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NEXUS

camosun's student voice since 1990

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indigenization

Camosun College involved in proposal to enhance transportation to rural Indigenous areas



ADAM MARSH/NEXUS

Camosun director of Indigenous Education and Community Connections Janice Simcoe.

KATE WOOD

STAFF WRITER

The South Island Prosperity Partnership (SIPP, formerly known as the South Island Prosperity Project) and Camosun College have partnered on a proposal that will focus on improving transportation to and from school for students living in rural Indigenous communities. The two organizations are finalists in the Smart Cities Challenge, a government-funded competition encouraging communities to improve the lives of their residents through innovation, data, and connected technology. If they win, they will be awarded \$10 million to implement what they call the Indigenous Microtransit Pilot.

Camosun director of Indigenous Education & Community Connections (Eyē? Sqā'lewen) Janice Simcoe says that SIPP and Camosun agreed that the four villages of the WSÁNEĆ Nation are currently facing the biggest challenge when it comes to transportation and post-secondary.

"The group of Indigenous students that have the greatest challenge with transportation in regards to their attendance at Camosun are students who live in the four Indigenous villages of the WSÁNEĆ Nation—that's Pauquachin, Tsecum, Tsartlip, and Tsawout," says

Simcoe. "Their homes are often quite a long distance from bus routes, and then when they do get to the bus route, the route can be really quite circular. There's a number of students that live in one of these villages and attend Lansdowne, and it takes them an hour and a half each way to get to school."

SIPP interim CEO Bruce Williams says that the Smart Cities Challenge is about making cities smarter by improving residents' quality of life.

"The federal government has a big fat bag of money that they've put forward for municipalities and regions to use data and technology to make themselves smarter, to address issues that are barriers to quality of life and economic success," says Williams.

Williams says this pilot aims to accomplish the goals set out by the challenge by connecting people who are living in isolated communities and are not being offered the access to transportation that those living in more urban areas may take for granted.

"[The Indigenous Microtransit Pilot] would mean enhanced engagement and mobility for Indigenous people around the region who don't have the same access to transportation that many of us

do," he says. "There are some reserve areas, for example, that don't have transit service. There are even some that don't have cell service. It isolates them, it encumbers their ability to engage within the economy for education, for healthcare, for social reasons, family reasons, safety reasons."

The Indigenous Microtransit Pilot will address these issues by creating a sort of transportation network, according to Williams, that will enable Indigenous people, particularly those in more isolated areas, to get around better.

"For example, one of the Nations is the Scia'new, or the Beecher Bay First Nations," says Williams. "They're located just past Metchosin. There is no transit service to them, so if they want to get into town for anything, if they don't happen to have a personal vehicle or the resources to put gas in a vehicle, they have to hitchhike. So students hitchhike to school, or they hitchhike to shop, or they call a cab, which is really expensive, and to call a cab they have to actually take their phone to the band office where there's Wi-Fi, because that's the only way they can get the call made."

Williams says that the Indigenous Microtransit Pilot will create a network of vehicles operated by drivers who will be trained by BC Transit.

"Many of the Nations—the Songhees, the Pauquachin, Tsartlip—have their own vehicles," says Williams. "There's a whole network of them that could be made available. Or vehicles would be crafted or acquired for that purpose, and there would be training in place through BC Transit to help them best operate those vehicles, and then there would be studies and research done to determine whether a regular service or an on-demand service, or a combination of those, would be the best way to make it work."

Camosun will recruit and employ a co-op student to assist with this program; according to Simcoe, the position will likely focus on gathering information.

"I think it'll be primarily information provision," says Simcoe. "This is what you need to do, you know—gathering information about how to set up the process, and what will work best for the current and potential students that the project will support—and then once that is set up, then it's information about what will be available."

"I think the more engagement there is between Indigenous people and the college, the more incentive there is to enhance its programming that has Indigenous perspective in it."

JANICE SIMCOE
CAMOSUN COLLEGE

Camosun College Student Society (CCSS) clubs and events assistant Quinn Park says that the CCSS supports any initiative that increases access to higher education.

"At the student society, we are deeply in favour of any program that seeks to get our members to and from their educational goals more easily or more quickly," says Park, "so it seems like a win for students."

Simcoe says that increased engagement between Indigenous people and Camosun will help to build a shared understanding between the two, and amongst the student body itself.

"I think the more engagement there is between Indigenous people

and the college, the more incentive there is to enhance its programming that has Indigenous perspective in it," says Simcoe. "I need to hold the college up, for it's doing that anyway, and doing it beautifully, and I really want to make the point that doing that isn't just about Indigenous students, it's about the whole student body. Because part of the goal is that we all learn to work together better and have more shared understanding. So the more that the college develops and delivers that kind of programming, the better for everybody, and when we've got more community students in the college, then their needs need to be responded to."

eyed on campus



ADAM MARSH/NEXUS

Some of Camosun student Iona Adam's art, as seen on the Lansdowne campus in March.

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OVERHEARD AT NEXUS: "We got the gooseflesh."

SPEAK UP

Do you feel your education at Camosun will help you gain employment in the future?

BY ADAM MARSH



AMRIT SAINI
 "Yeah, I'm at Camosun right now because I'm trying to do some upgrading courses from high school... If I didn't have Camosun, I wouldn't be able to do these courses because it wasn't offered anywhere else."



CHLOE FISHER
 "Absolutely, yes. I'm in the MHA [Mental Health and Addictions] program and the certificate that we get is most recognized with VIHA [Island Health]. So in terms of getting a good government job, I'm really confident in my program."



MAX LA VOIE
 "Yes, because it will help me get a degree [with] which I can apply to other universities and transfer over, and hopefully get a job out of that."



SABRINA WARMENHOVEN
 "I definitely do, yeah. I'm in the Environmental Technology program; they've definitely helped us acquire a lot of skills."



MEGAN HASKAYNE
 "Yeah, I think so. I'm learning quite a bit, and all my professors know what they're doing, it seems like."



PETER BARRY
 "Yup, absolutely. The program I'm in, Mental Health and Addictions, is a program with a lot of demand. I've already got people who want to hire me before I even finish the program."

open space

Meditation should be part of post-secondary

KATIE MONDEY
 CONTRIBUTING WRITER

I once did a 10-day silent meditation retreat: no internet, talking, reading, writing, working out, or even making eye contact with other people. No nothing—just sitting in meditation all day for 10 straight days. It was absolutely the longest 10 days of my life. But I realized something very important: wanting to escape from the retreat—and I wanted to more often than not—was the same thing as wanting to escape from my life, from existing.

In school, we are learning, acquiring knowledge through taking

without need for stimulation, entertainment, or distraction. Meditation teaches us how to stop trying to escape ourselves. Meditation is a gateway into an infinite inner world in which it becomes clear that all conceptualization is extremely limited and cannot, on its own, solve any of our problems. Information and productivity, therefore, are grossly overrated.

I'm not saying we should stop learning or going to school. Gathering information has its place and can be very useful and enjoyable. But we are severely out of balance. We have all but lost the ability to

In school we analyze and attempt to explain things. But do we understand ourselves?

in large amounts of information. We are cramming about as much information as possible into our brains and then spewing it out, one paper after another, one test after another. In school we analyze and attempt to explain things. We gather hoards of information and create innumerable categories. But do we understand ourselves? Do we know what we are, directly? Do we value what is simple and can only be experienced in the present moment, like breathing? Are we centred, content, or inwardly peaceful?

It's one thing to know about something or to explain it. We can explain how the lungs work, and how breathing happens. Nevertheless, most people walk around all day every day intermittently holding their breath, or breathing shallowly, or clenching their pelvic floor muscles so that their diaphragm cannot descend fully, making it impossible to breath normally—which has more harmful effects than you can imagine.

Meditation does not impart any conceptual understanding, which is perhaps why it is not widely valued in our culture or integrated into our schools. Meditation is a tool that shows us how to just be here,

sit still and observe ourselves—our breathing, physical sensations, thoughts, and emotions—the ability to experience life directly, to be comfortable right where we are, as we are. Paradoxically, the inner spaciousness created from stillness and silence allows for better use of information—our thinking is clearer, our ideas more organized. School becomes easier! It is not only valuable to be able to sit in observant stillness, it is essential for human well-being.

The value of being able to simply be where we are, totally and fully, is greater than most people realize. It is nothing less than the ability to actually live life instead of seeking endless distractions—including being hyper-focused on information and intellectualization—from it. The benefit of knowing how to just be, and breathe, and allow what is to be as it is, is enormous. It is the ability to truly listen to another person, to transcend addiction, to integrate information in a truly meaningful way, to create spontaneously, to feel content, and to connect with others.

Why then, is meditation not a part of our institutions of higher learning?

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!

volunteer work

Camosun student and instructor volunteer with Canucks Autism Network

KATY WEICKER
 STAFF WRITER

A Camosun student and instructor have been volunteering with an organization that brings team-sports opportunities to autistic children. The Canucks Autism Network (CAN) currently helps support over 4,000 young autistic people living in BC and relies heavily on volunteers.

One of these volunteers is fourth-year Sport and Fitness Leadership student Teresa Vivian. Vivian heard about CAN through a workshop the organization participated in at Camosun in her second year. Prior to that workshop, Vivian had no experience working with autistic kids. Last spring, she got involved with CAN, volunteering for a six-week multi-sport program.

"Each week was a little bit different," says Vivian. "You would either be one-on-one with a child, or you would just be out on the gym floor playing with a whole bunch of them. There's a wide range; some kids are more independent than others, so it really depended—each week was a little different, but it was fun. You'd just run around with the kids all the time and get a good workout in."

Camosun Accounting instructor Stan Yung, whose young son is autistic, also volunteers with CAN.

"It was just so amazing to see these kids who don't necessarily have any experience with sports just running around, playing soccer, and just smiling and laughing."

TERESA VIVIAN
 CAMOSUN COLLEGE STUDENT



ADAM MARSH/NEXUS

Camosun College Sport and Fitness Leadership student Teresa Vivian.

Three years ago, when Yung moved here from Alberta, CAN was one of the first organizations he reached out to, as his son was already diagnosed as being on the spectrum.

"At that point, I started volunteering with them just to get a feel for who they were, and I was able to see firsthand how they worked with young kids, and how young kids who are special needs really had fun and flourished," he says. "So, I ended up putting my kid in as soon as he became of age, and he's been participating in Canucks Autism Network activities ever since he turned four-and-a-half, I guess."

As the parent of an autistic child, Yung says the network is invaluable to him. He says that it's difficult to integrate into everyday life with a child on the spectrum, pointing to enrolling in sports programs as an example.

"My child, firstly, he's non-verbal, and then secondly, his motor skills are not the greatest, and so he would not survive in an organized sports setting, so an organization like the Canucks Autism Network is invaluable. I've mentioned this to other parents, where you can bring your kid to a CAN activity and they can do everything, and everyone accepts them there, and so you don't have to worry—you don't have to be self-conscious about your kid's behaviour or anything like that. Everything is accepted."

Yung says the network allows the opportunity for his son to relate to and interact with another person, although he admits it was tough at first.

"It was really challenging at the beginning because on many of the Canucks Autism Network sessions my son would just sit there," says

Yung. "He refused to participate with other kids, or other caregivers, or what have you. He just didn't want to participate, whereas over time, I think with the patience of the volunteers, as well as paid staff, with the support and patience of them, he was slowly able to kind of get into it and start to enjoy himself."

As a volunteer, Vivian also appreciates the opportunity to connect.

"The volunteer staff are just so patient," she says, "and they're so kind, and just seeing them

interacting with the kids... Again, because I didn't have a lot of experience, I would just kind of see what other people were doing, and it was just so amazing to see these kids who don't necessarily have any experience with sports just running around, playing soccer, and just smiling and laughing."

April 2 is the 12th annual World Autism Awareness Day. According to the National Autism Spectrum Disorder Surveillance System's 2018 report, one in 66 Canadian children is on the autism spectrum.

NEWS BRIEFS

Camosun Student Innovation Challenge wraps up

On Wednesday, February 27, eight teams made up of Camosun students showcased their creative ideas in the Student Innovation Challenge. The winning team consisted of Alana Marks, Alec Page, Brandon Lapensee, and Taylor Graves, who each took home \$1,000 for their idea of a podcast about the Camosun Chargers. \$500 each went to Colin Thomas, Ellie Somf, and Kiana Pomponio, who had the idea of napping stations available at the Lansdowne and Interurban campuses. The idea for murals at both campuses was brought forward by Anne-Sophie Cournoyer, Hanna Kim, Moloud Mazaheri, and Sidney

Champan, who all earned third prize at \$250 each. Christine Clark, Aman Kumar, Divyanshu Malik, and Savannah Barrett recieved an honourable mention for their idea for an accessibility app.

Electric vehicle charging coming to Camosun

Electric vehicle charging stations will be at Lansdowne soon. Six new stations will be available in parking lot 2 of the Lansdowne campus; the stations will be for students, employees, and guests. The funding for the spots comes from the Province of British Columbia's Carbon Neutral Capital Program. The charging stations are free for users, but regular parking rates will

apply. Spots will be limited to three hours per use, and there will be some construction in lot 2 to prepare for the spaces.

Make your neighbourhood great

If you have an idea about how to make the City of Victoria a better community for everyone, now is your chance to have your voice heard. Applications for the My Great Neighbourhood Grant—which looks for ideas that will make it easier for people to connect with and interact with others in your area, with the goal of making a more vibrant community—are now open. The City will provide up to \$5,000 for winning projects, and up to \$1,000 for community activities, and will match contributor dona-

tions in both time and money. The deadline to apply is Sunday, April 14. Go to victoria.ca for more info and to apply.

Victoria Writers' Society makes call for submissions

The Victoria Writers' Society is looking for writers from Vancouver Island to submit to their 18th annual contest. Short stories, creative non-fiction, and poetry are the three categories; no previous publication credits are required. First prize is \$300, second is \$200, and third is \$100; there is a \$20 entry fee. Last year, Nexus staff writer Katy Weicker won first place in the poetry category for her poem "Office Politics." All accepted entries will be pub-

lished in *Island Writer Magazine*, which is available at Bolen Books and online. Submission deadline is May 1; see victoriawriters.ca for more info.

-ADAM MARSH

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know your profs

Chemistry instructor Silvija Smith on the importance of having fun while learning



ADAM MARSH/NEXUS

Camosun College Chemistry instructor Silvija Smith enjoys a good chemistry-related pun.

KATY WEICKER
STAFF WRITER

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 who

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 and we'll add your instructor to our list of teachers to talk to.

This issue we talked to chemistry instructor Silvija Smith about waitlists, poker faces, and puns.

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

I started teaching at Camosun as a Chemistry sessional instructor in the winter 2016 term. This is my first term as a continuing faculty member.

2. What do you personally get out of teaching?

I have a terrible poker face. I prepare exams months in advance so I don't accidentally let them know which questions and topics will be tested.

Sharing my passion for chemistry. Students enjoy my sense of humour, consisting of chemistry-related jokes and puns; it's a great feeling knowing that students are enjoying their time learning chemistry.

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

I wish students knew how much of an impact they have on me on a regular basis. Teaching is the highlight of my day, and I feel privileged to be a part of their lives, if just for a class, and assisting them in reaching their goals and fulfilling their dreams, whether that's in chemistry or an entirely different field.

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

I see post-secondary schools offering more courses online. This will be a huge benefit for students to work on their courses according to their own agenda. It would be great if educators could embrace this change and find alternative methods for delivering traditional classroom lectures in the online world.

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

Seeing students succeed. Learning isn't just about getting As, it's about growing as an individual, both professionally and personally, and achieving the goals one sets for oneself. If students leave my class understanding chemistry and had fun while learning, then

I've achieved one of my goals as an educator.

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

Turning away students who are on the waitlists.

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

With advances in technology, I can see post-secondary schools offering more courses online. This will be a huge benefit for students to work on their courses according to their own agenda. It would be great if educators could embrace this change and find alternative methods for delivering traditional classroom lectures in the online world.

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

I enjoy having dinner and playing board games with friends. My most recent favourite is *Settlers of Catan*.

9. What is your favourite meal?

Salmon with asparagus and homemade bread. Baking is one of my hobbies, and recently I have been learning how to make bread.

10. What's your biggest pet peeve?

People who aren't willing to learn.

what's going on

by kate wood

UNTIL SATURDAY, MAY 25

Walk and talk

The Capital Regional District is hosting a series of guided walks and hikes in its regional parks. Register for a selection of guided walks, moderate and intermediate hikes, and accessible tours at crd.bc.ca.

UNTIL MONDAY, MAY 27

Pictures of the floating world

Prints by influential artists of the *ukiyo-e* tradition, Katsushika Hokusai (1760-1849) and Utagawa Ando Hiroshige (1797-1858), are on display in the Art Gallery of Greater Victoria's Centennial Gallery until May 27. The two artists innovated the art form of woodblock prints in the 19th century. The exhibition has many iconic prints highlighting the work of these Japanese artists as well as the work of their students. For more info, visit aggv.ca.

FRIDAY, MARCH 22

Concert envy

Vinyl Envy is celebrating its 250th live in-store show with the musical stylings of Victoria singer-songwriter and multi-instrumentalist Sam Weber. Doors are at 7, with opening act Sail Cassidy getting things started. \$12 advance tickets are available at Vinyl Envy; tickets are \$15 at the door. All ages welcome. For more information visit vinylenvy.com.

TUESDAY, MARCH 26

A bright light in a dark room

The Bright Light Social Hour are at Upstairs Cabaret, with opening act Sea Moya, on March 26. The band's last two albums, *Jude Vol. I* and *Jude Vol. II*, are a product of the band's cathartic process of healing after a tragedy. The band hopes to help audiences untangle their own complicated feelings and find optimism. Doors are at 7 pm and tickets are \$20. For more information visit upstairscabaret.ca.

WEDNESDAY, MARCH 27

From the sidewalk to the stage

I Walked the Line, an Other Guys Theatre Company production, is at Intrepid Theatre from March 27 to 30. The play tells the story of actor Allan Morgan's experience trying to maintain a positive spirit while work-

FRIDAY, MARCH 22

It's not over 'til the DJ says

Vancouver-based DJ Ryan Wells is



COURTESY OF THE FRED AND ISABEL POWARD COLLECTION

Utagawa Ando Hiroshige's *Yoshiwara: Mount Fuji on the Left* is on display at the Art Gallery of Greater Victoria.

ing in a mailroom during a lockout. Tickets are \$15 for students. For showtimes and ticket information visit otherguystheatre.ca.

THURSDAY, MARCH 28

Northern Coast meet west coast

Calgary-based indie rock group The Northern Coast are bringing their new album *The Great Divide* to Logan's Pub on March 28. *The Great Divide* is a break-up album about love and reflection with themes of apathy, shortcomings of love, and the great divide that exists in society. The show starts at 9 pm; for more information on this and other events, visit loganspub.com.

FRIDAY, MARCH 29

Caplan merges media

Ben Caplan brings a melodic twist on folk-rock to Capital Ballroom on March 29. His latest album, *Old Stock*, is an adaptation of music-the-

atre piece *Old Stock: A Refugee Love Story*. The album speaks to issues like immigration, religion, and sexuality through the true story of two Jewish Romanian refugees who came to Canada in 1908. The show is at 8 pm. Tickets are \$20 and are available at Lyle's Place or online at thecapitalballroom.com.

SATURDAY, MARCH 30

Inclusion initiatives

Royal Roads University is hosting The Inclusion Project, a strategic dialogue on diversity, equity, and inclusiveness, on March 30. The event will highlight challenges faced by immigrants, refugees, and international students, as well as develop initiatives to support equity in policy development in areas such as gender equity, racial inclusion, and youth engagement. It takes place from 8 am to 6 pm and costs \$75 for students. For more information and to register visit theinclusionproject.com.

COMING SOON:

April 12, Jim Gaffigan, Save-on-Foods Memorial Centre

April 17, Metric with July Talk, Save-on-Foods Memorial Centre

May 19, Chris D'Elia, Royal Theatre

June 24, Corey Hart, Save-on-Foods Memorial Centre

August 21, "Weird Al" Yankovic, Save-on-Foods Memorial Centre

review

Eating hops and experiencing shroomageddon: a look back at Victoria Beer Week



ALL PHOTOS BY NATHAN KRAUSE/NEXUS

NATHAN KRAUSE
CONTRIBUTING WRITER

The sixth annual Victoria Beer Week officially began with the **Lift Off!** event at the Victoria Public Market. The room was packed with beer aficionados eager to dive into the premiere of 15 delicious British Columbian craft beers. To help the brew go down, seven Public Market vendors were on hand to keep us going strong throughout the night, offering hearty bites inspired by—

you guessed it—beer!

From the moment the doors opened, the kegs were flowing, and with my personal four-ounce mini-pint I weaved my way through the crowds looking for something light to start with. Saanich's Howl Brewery's Petrichor Rose Saison proved to be a wonderful way to whet the palate. Crisp and herbal, the hazy, honey-toned brew was elegant while full-bodied, with an alluring aroma of rose petals and Meyer lemon. Suddenly spring seemed so much closer.

As a long-time fan of Richmond's Fuggles and Warlock's imaginative creations, the White Mage Belgian White IPA was a must-taste on my list. Creamy with a bite, this witbier was fresh and medium-bodied with a touch of winter spice rounding out the finish. Next, Nelson brewery Torchlight's Sakura Cherry Blossom Gose was true to style: it was slightly sour

with a balanced saltiness that carried the malted cherry beautifully. Immediately I knew I had to grab two for the road.

With 12 ounces down, it was time to cruise the grub. I went with Roast Meat and Sandwich Shop's Phillips Pilsner poached bratwurst with beer-infused Dijon mustard. Full of flavour, with grilled onions and perfectly seasoned meat, it put me back in the game. I needed something earthy and found that Victoria's Axe and Barrel's Traditional Bock did the trick with its caramel-toffee sweetness, bolstered by a pleasant cocoa bitterness.



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Finishing the night, Swans Brewery filled my glass with their awesome Cherry Jade Rice Lager. Easily my favourite, the ruby-red brew boasted toasty rice notes with a hint of cherry sweetness. My last swig was Twa Dogs' Hazy Mist New England IPA. Surprisingly tropical with notes of pineapple, it paired perfectly with The Very Good Butcher's Shroomageddon Sliders, a vegan treat even the most devoted carnivore would love.

Certain things are made to be paired together: bonfires and s'mores; grilled cheese and tomato soup; bare feet and a warm beach. But nothing has quite the combo power of tacos and beer. Victoria Beer Week's **Taco Tuesday** at the Victoria Public Market made sure we were all aware of this fact.

Keeping the sweet theme going, Canoe Brewpub's Choco-Wit was next up. Walnut-tinted with a foamy head, this one was a total treat. The chocolate notes were sophisticated, and the weightier body made every sip one to savour. I grabbed two of Taco Stand's Baja-style fish tacos and noshed in the line for the one brew I'd had my eye on all night: Twin City Brewing's Vanishing Act Pineapple Coconut Sour. Lightly sweet with toasty warm coconut notes, this sour beer is not to be missed. Coincidentally, it was the first keg to blow. Always a good indication.

Pushing the boundaries of cocktail creativity, the **Beer Cocktails Competition** put the attendees in the judges' shoes. Six mixolo-

gists—each from one of Victoria's best restaurants—were on hand at this event, pairing Vancouver Island-made spirits with BC craft beer. The results were sometimes strange, but a few creations had me asking for a refill.

Hosted at LURE Restaurant and Bar overlooking the inner harbour, patrons were given a special bottle cap for judging. Crowds formed around each outlet as the mixologists recited poetic stories meant to accompany the experience. My favourite was Veneto Kitchen and Bar's Mike Norbury, who equated his cocktail to a day of fishing with friends.

Norbury had smoked salmon on hand while the drink was built, mixing Duncan's Small Block Brewing's Test 'n Tune IPA with Stillhead Distillery vodka as he painted a picture of a perfect day on the lake. Norbury's final garnish was a spritz of cedar on the drinker's open palm. Each sip of this was distinctly Pacific Northwest, with the earthy IPA creating a scotch-like flavour, backed by whiffs of the forest floor.

Plenty of staff were on hand delivering impressively crafted hors d'oeuvres and pizzas. Every bite I had was exceptional, with the panko-crustured fried mac and cheese wedges and Kahlua-ganache-stuffed "monkey bread" being the standouts. After filling up, I went straight for the night's winning cocktail, an elegant blend of green tea and yuzu-infused gin by Sheringham Distillery mixed



with beer from Chemainus' Riot Brewing. Balanced and exotic, it completely deserved its prestige. Soren Schepkowski from Clarke & Co. took home the big win with his mix of drinks from Riot and Sheringham.

Not all contenders were so lucky. A blended margarita with a beer float didn't exactly have what I imagine was the desired effect, leaving a slushy, flavourless iceberg to dissolve in a pool of IPA and porter. Another that didn't quite hit the mark was an intricately crafted cocktail that amounted to a two-ounce shot of sweet, syrupy, chocolatey framboise. Intentions were ambitious on these ones, yet the results didn't live up to the expectations.

All told, it was a night to remember, and I applaud VBW's efforts to elevate the craft-beer experience.

It was one of the last events of Victoria Beer Week, and **Drink Your Hops & Eat 'Em Too** had the Victoria Public Market hopping yet again. Hops are what give beer its earthy, bitter flavours, which are meant to balance the sweetness of malt. Turns out they add quite a bit of zest to food as well, and market vendors were proud to show off their hoppy culinary creations.

Entering with a rumble in my tummy and a clean tasting glass, I went straight for the hush puppies from Roast Meat and Sandwich Shop. Golden brown nuggets of fried hops and corn batter topped with a tangy aioli, these little guys were just what I needed. Fresh and satisfying.

With a few hush puppies lingering on my plate, I filled my glass with Twa Dogs' Cloud Chamber Smash Double IPA. Holy hoppy hell, at 8.6% ABV, this one isn't messing around. With notes of citrus and tropical fruits, this hop bomb was a great way to start the night.

Catching a glimpse of Driftwood Brewery's Original Gravity Haze in the glass, I knew it was next. With its vibrant amber hues, stone fruit notes, and beautiful viscosity, I was on cloud nine. I managed to float down to where Shatterbox Coffee Co. were set up, where rows of fresh brownies were calling my name. I grabbed a Hopped Up Brownie

and marvelled at the way the rich hops worked with chocolate. It was made even better with a serving of their cold-brewed honied Cascade hop tea.

My hunt to find the hoppiest of them all was fulfilled with Hoyme Brewing's Alpha Acid IPA. This beer is a punch to the face; you have to love hops a lot to get into this one. The aroma alone was intoxicating and within a few sips I was on an Alpha Acid trip that I didn't want to end.

Finishing off the night, Yellow Dog Brewing's Go Fetch Hoppy Saison was the perfect way to wash down the heavier flavours of previous beers. Lively and crisp, the hops in this saison are as carefree and playful as a day at the dog park.

Degrees of employability

How does an education from Camosun College help in 2019's job market?

By Fred Cameron, features writer
File photo

Every day I take the number 15 bus to Lansdowne. I cross paths with, literally, hundreds of students. I overhear bits and pieces of conversations and glance at the titles of their textbooks, but my days are just as rushed as theirs are, so I rarely have the opportunity to strike up a conversation. Each and every face I pass has a story of their own, and I can't help but wonder why they're here.

I think it's safe to assume that most Camosun students enrol for career-development reasons. The truth is, as students, we have a relatively short time together and then we move on into the real world to try to make something of ourselves. While it's both interesting and entertaining to speculate about what will become of my former classmates, I thought it would be interesting to dig a little deeper.

Just how valuable will our certification be as Camosun alumni? Every year, thousands of students come and go, so it isn't realistic to think I can answer that question for all of my peers. But I thought it would be interesting to talk to a few recent grads and see what it looked like when they approached graduation and took the next steps.

Derek Dalziel graduated from the Mental Health and Addictions (MHA) program after attending Camosun from January until December of 2017. He speaks fondly of his time at Camosun; in terms of the educational component, Dalziel says the MHA program prepared him to step directly into the field.

"I enjoyed the learning and the instructors," says Dalziel. "I was challenged by some of the material not in terms of difficulty but in terms of my stance on certain points. There were some parts that weren't exactly indicative of the reality of being a frontline worker, though."

Dalziel points to worksheets he was given in class as an example of a classroom activity that doesn't transfer to the workforce.

"In some instances we were given worksheets," he says. "I think one of them was 'my steps to success.' It was suggested that we hold on to it because we might want to do it with somebody in the field. I just don't think there's ever been an opportunity in any of my jobs where I would want to whip out a 'steps to success' sheet and be like, 'Okay, and what can we do to get you there?'" In some facets it didn't accurately represent the reality of my role working with mental-health and substance-use issues, but I think there were some components that were very good."

The MHA program was definitely very eye-opening in the way that it looked at some of the realities of the field, says Dalziel, adding that it gave a pretty good idea of what students should be expecting when they get into it.

"We had a few people come in from the BC Schizophrenia Society and just talk with us," says Dalziel. "It was great to hear from people who had lived experience. They were directly impacted by what we were studying, and explaining what did and didn't work for them. They told us about the experiences they had when life was getting really bad, what support looked like for them, and what ultimately ended up working. I thought that was really cool."

In order to get a leg up, Dalziel says that he was actively looking for work as he moved toward the completion of the program.

"As we approached the end, I was in my practicum," says Dalziel. "I spoke with my mentor, as I would call her at the time, at the housing site that I worked in at Tillicum. I asked what the feasibility of getting hired was. She recommended that I submit a resume and cover letter before I even graduate, because she wanted me to work there."

With no idea what to expect, Dalziel says he was prepared to shop around if necessary.

"I was prepared to apply at Cool Aid, Portland [Housing Society], Pacifica, and VIHA [Island Health], depending on how it went," he says. "But because she said, 'Hey, apply right away and I'll give you my recommendation,' I applied with VIHA and it worked out."

Dalziel was initially hired on as a mental health worker.

"I had my interview before I finished my program," he says. "I got a call from VIHA right around Christmas. They told me that I had the job, and I would start on January 15."

Dalziel says he began as a casual and picked up whatever shifts he could.

"Once you're hired on with VIHA you have to build seniority before you get into a regular position," says Dalziel. "Personally, I thought that was fine. I kind of liked being in a casual role because it allowed me to see a number of different housing sites. I got hired on as a mental health worker, so my opportunities were at residential sites that VIHA operates. It gave me a better appreciation and an understanding of how things operate at different places."

Dalziel said that he knew he had a passion for addictions work when he was going through school.

"I knew that I wanted to work in a safe injection site," says Dalziel. "During my final English project, we had to do a business proposal of some sort. I did mine on opening a safe injection site in Victoria. My vision and the Harbour [a supervised consumption site located on Pandora Street] are very different, but that was what I wanted to get into, and I was prepared to move away to Vancouver to follow that path."

Opportunities are out there, and Dalziel says he has continued to branch out in order to find his way.

"After doing a bit of work here and kind of feeling the system out and figuring out how things operate under the VIHA umbrella, I heard whispers that we were going to be opening our own [safe injection site]," says Dalziel. "From there it was a matter of poking at the right people and finding out who was going to be running it, what it was going to look like, and who I needed to talk to to get in on it. I got lucky, and I guess I asked the right people at the right time, and I found out who the permanent coordinator was going to be. I found out early enough and made contact and was able to secure an interview."

While education and hard work are key, Dalziel admits that some of his success can be attributed to good luck.

"I would say that I was very fortunate and connected with enough people who knew what was going on, and they were able to point me in the right direction; otherwise I may have missed the posting," says Dalziel. "The window to apply was really limited. I was really adamant in spreading the word to anyone I met that I wanted to work at the safe consumption site when it opens. I think that kept it in the back of people's mind, so they let me know what was going on."

"My education is what helps me get my foot in the door wherever I go. I think my education opens doors, and then it is on me to showcase my ability."

DEREK DALZIEL
CAMOSUN COLLEGE ALUMNUS

Dalziel is currently working at Tillicum Apartments three days a week, in addition to working part time at the Harbour, which led to him meeting Harbour program manager Tim Gorman, who hired him on as a casual harm reduction worker.

"I mean, realistically, working down there on the weekends and wanting to work more, I just started a dialogue with the Lookout coordinator," says Dalziel. "He said that he had room to hire some casuals. He didn't really interview me. He said, 'I know you can do this job because you do this job.' It was more of a formality."

Gorman hired Dalziel to work as a harm reduction worker with his organization; Gorman says that Dalziel is a great employee.

"He is casual staff with us, but I would give him more hours if I could," says Gorman. "He's knowledgeable and professional. He seems to be the type of person who will be a lifelong learner, and he has a desire to learn more about this subject matter."

Harm reduction isn't the right line of work for everyone, says Gorman. "It's important to have some sort of education that addresses the complex issues around substance use and the issues around it," says Gorman, "particularly homelessness, mental health, and trauma. People coming in here without lived experience or without education aren't going to know how to help in this field. Derek's got a leg up on people who don't have that background. It's crucial, and I see Derek doing good work well into the future because of his education."

Gorman says that one of the things you pick up at school is how to learn.

"It gives you the tools to know how to get the knowledge you need," says Gorman, "how to filter through what is and isn't necessary, and get to the core of the subject matter, best practices, and experts in the field. Derek is aligned to do that. This field and subject matter is changing daily. With the opioid epidemic, some of the conversations around safe supply and some of the therapies out there were unimaginable a decade ago, but they are actually happening now. Ongoing education is crucial, or else you get left behind."

When looking at a stack of resumes, Gorman says the first thing that catches his attention is experience and education.

"I want some kind of related experience, even if it's volunteer experience," says Gorman. "And then I look for some kind of education and lived experience component, and it's usually a combination of them both. As I

said, to do this work, I'm not willing to take huge risks on people who don't have those core educational and experience pieces. I would never throw someone who's green into this environment, because I would be setting them up to fail."

Harbour is one of a couple of dozen sites across the country that are Health Canada exempt sites, says Gorman.

"This is new for all of us," Gorman says. "We are doing our best to keep up. We are right on the cutting edge, and every little decision we make has ramifications. We often have to go back and adjust to make things work. We consider ourselves to be a minimal-barrier essential service. Moving forward, the knowledge-sharing, education, and researching about what best practices are are being developed as we speak, and we're a part of that. It's pretty cool. If you're going to Camosun to study addictions, it's a great field to get into."

Everyone's experience is unique, and even within the same program, results vary. After completing MHA in June of 2018, Emily Welch has decided to change her educational path. She is currently preparing to enter the Community, Family and Child Studies (CFCS) program in September.

Welch—who is also a *Nexus* contributing writer—says that she struggled to find work after the completion of her program.

"It felt like it took forever," says Welch. "I tried for about four months, which isn't all that long, but I was under the impression that it would be very easy to find work. I saw that it was for some of my classmates."

Welch is curious about why it didn't seem to be as easy for her as it was for some of her classmates.

"I went to tons of interviews," says Welch. "I treated my job search like it was a job. I would sit at my computer for three or four hours a night, applying to places. I probably applied for 50 jobs. I went to many interviews and had some phone interviews. It wasn't as easy as I had hoped."

If it were up to her, Welch says, she would have found a job in the addictions field.

"I wanted to get into Island Health," says Welch. "I really tried for places like Cool Aid and others like it that are under VIHA. I also tried places like the Sobering Centre."

After four months of toil, Welch says she actually received two job offers at the same time.

"Both jobs were with non-profits," says Welch, "Our Place, and Lifetime Networks. I went on two trial runs so I could see which would suit me better."

It was a tough choice because both jobs paid about the same, says Welch.

"Our Place offered graveyard, three nights a week, 12 hour shifts. From 7 to 7. Some people would find that ideal, because you get a lot of downtime," says Welch. "I did one shift, and the people were lovely. It was at the emergency night shelter. I saw and learned a lot of things that I won't forget. In the end, I didn't take the job because I couldn't handle the hours."

Ultimately Welch chose Lifetime Networks, which allows her to work with people with developmental disabilities.

"I have three or four one-on-one clients," says Welch. "It allows me to work around my school hours. It is an ideal fit. It took a long time, and a lot of interviews, and a lot of frustration, and a lot of crying."

Welch says she had a wonderful time doing the MHA program.

"There were a lot of great things about it," says Welch. "They do a wonderful job with the program, but it didn't prepare me to actually be out in the field. When I started working I was flailing. I had to really do a lot of initiation, and really throw myself out there."

Welch thinks the certification carries value but says she would have preferred to have done more interview practice in the program. (She adds that MHA students would benefit from more collaborative instruction from the Co-operative Education and Career Services department.)

"I remember it being a short period of one day working on interviews," Welch says. "I've talked about it with other classmates and we all agreed that we would have liked to get the interviews down, because that's something we all struggled with."

Dalziel says that he had already interviewed with VIHA before, so the mock interview portion was just an exercise for him, but he agrees that it could have been more comprehensive.

"It was on the very last day of our program," says Dalziel. "They had a fair number of good questions, but the whole procedure was fairly casual and nonchalant."

While struggling to find her footing and find a job, Welch says that she made a decision to enter the CFCS program.

"I wanted more options," says Welch. "I don't like being idle. I wasn't in school, and I wasn't working, and I was doing all of this job hunting, and at that point it felt like I was never going to get a job, so I enrolled in school again. I still think it was a good idea, because it will take me farther in the long run. I may end up wanting to go to UVic."

Welch says the CFCS program is a better long-term fit for her because she would like to work with youth.

"I find teenagers really fascinating, and I would enjoy working with them," says Welch. "There are also a lot more options if you have this program under your belt. Apparently, you can work in schools, and the [government] ministry, and all sorts of places."

2018 Certified Dental Assistant (CDA) graduate Gina Nelson says that the demand for employees is so great that everyone she knows who graduated found work in the field. CDA is an intense one-year program, says Nelson.

"You do six classes per semester," says Nelson. "We usually started at 8, but you have to be in the lab for 7:30, and the days typically ended around 4. The classes were extremely challenging. They said we have Fridays off, but we pretty much used them to get caught up from the week."

Students in the program are immersed in dentistry, says Nelson, but she adds that there is a lot of information attached to that.

"It was all dentistry, but there was some anatomy and biology, there was nutrition, there was pharmacology, and then we touched on the professionalism aspect of it and discussed the business," says Nelson. "We did some work on resume building, which was really great. We had speakers come in, and we did presentations for different schools. We went to elementary schools and talked about the benefits of clean teeth and fluoride treatment."

Then there was lab work, where students learned dental skills and techniques, says Nelson.

"We were taught pretty much any skills you need as a dental assistant, and then we had to practice it," says Nelson. "With each skill you would be tested one-on-one with an instructor. You would be graded as satisfactory, improvement needed, or unsatisfactory. If you got an unsatisfactory—and we all did at some point—you had to redo the clinical assessment. You think you know a skill, and then you do it with an instructor watching every move—sometimes you make a mistake that you typically wouldn't make."

Nelson's plans changed early in her program because her husband was offered a great position at Smile Dentistry in Kamloops.

"It just so happened that a friend who was in the program with me was moving to Kamloops, too," says Nelson. "She mentioned that the dentist she was going to work for was looking for a CDA, so I applied and I got the job. I was hired before I even finished school."

Nelson says that she was able to bring a lot of what she learned into the workplace, but each dentist is different, so she says she had to be able to adapt.

"The materials that some dentists use are completely different than what is used by others, but having a basic knowledge was really helpful. My program gave me a really good base, as well as knowledge that let me know what I should expect in the dental field."

Nelson says she absolutely loves her job.

"Usually people start out in general dentistry before they get into specialty," says Nelson. "I actually did very well in school, and because of my high grades I was able to get this job. It was a huge learning curve with all of the different materials, surgeries, and procedures. It was a lot to learn, and I feel like I've barely scratched the surface, but I definitely feel like the program equipped me for that. I plan to be there for quite a while."

"Spending time exploring and thinking about our career and life path is just as important as what we learn in the classroom."

IRENE WALLACE
CAMOSUN COLLEGE

For more than 10 years Camosun student employment facilitator Irene Wallace has offered what she refers to as "career coaching."

"I was hired to directly lead and form the student employment side of things," says Wallace. "It was kind of an independent role, which comes around to the services I put in place for students. I'm not a counsellor; I take a different approach."

Wallace says that students need to know what it is they want to do before they can even try to do it.

"My job as a coach is to suggest things to try, and offer encouragement," she says. "In order to advance, students need to step out and explore. I understand that they're students, and academics is key, but this is where people often make a mistake. Spending time exploring and thinking about our career and life path is just as important as what we learn in the classroom."

The Co-operative Education and Career Services department offers a wide range of services, says Wallace.

"We offer the normal pieces—resume and cover-letter development—as well as networking strategies, job finding, and informational interview strategies," says Wallace. "One of the things that I do, which may be a little different than the others in the department, is on the personal development side, is help students to identify barriers, asking questions like, 'Is fear getting in the way?' and, 'Are you really aware of who you really are and what matters to you?'"

For years, institutions have guided people into career paths, says Wallace, but she says that those institutions are realizing that careers are no longer linear.

"One of the philosophies I use is called 'challenge researching,'" she says. "It's a different approach to see what you care about and what you want to be involved with, and then looking at that to see what careers fit that mould, and then that can help to determine what to study. There are some fields where there is little doubt about it, but most programs don't necessarily correlate to your professional direction."

One of the biggest challenges is getting students to start planning their career path early on, says Wallace.

"A lot of students think they only need to worry about their career in their last semester, but that's too late," says Wallace. "We should be engaging together, right from their first semester, within a month of being on campus."

Wallace says that she is expecting continuing economic growth in BC, which will lead to more job growth.

"The BC forecast for 2018 to 2028 is indicating that there will be 903,000 new job opportunities, but 77 percent will require post-secondary education," says Wallace. "Not necessarily completing a degree, but education is becoming the expectation."

Coming out of high school, a lot of students are deciding that they don't want to work for anyone besides themselves, says Wallace.

"Entrepreneurialism is becoming a topic of more interest," says Wallace. "That means that more students are choosing not to pursue a degree, which is risky because what happens down the road if they decide they need to go to work? A lot of people are doing that, and we have a lot of older people coming to Camosun as a result."

In an ever-changing world, jobs disappear as technology expands, says Wallace.

"As an employee you have to know that you may not be there for a lengthy time," she says. "Typically, four years is what we're seeing for people staying with one employer. It doesn't mean they're illogical. Situations have changed, and more people are being hired part time or on contract work. It's a change of environment."

On the other side of the department, Wallace says that the co-op facilitators engage directly with the faculty.

"Employers are looking for employees who can hit the ground running," says Wallace. "Co-op certainly has gained huge clout, and you just can't argue against the value of it. But what if you're not in a co-op stream, and you don't have those opportunities? We try to help those students with other strategies, such as volunteering. The essence of applied learning is that employers are looking for people who can land with experience right away."

In her experience with institutions, Wallace says she has always seen a separation between career education and counselling.

"Counselling was in place years back, when institutions started to realize that they needed to have a service for students to look for employment," says Wallace. "We work with counselling, but maybe not as closely as we could. There are also academic advisors. One of the things that I would really like to see is those three services working together a little bit more, but it's not happening here yet."

Institutions are slow-moving ships, says Wallace, adding that Camosun needs to be light on its feet to keep up with the trends.

"As an example, cybersecurity currently has 300,000 open positions in the United States," says Wallace. "In Canada, 8,000 cyber experts will be hired in the next two years. By 2021, the global shortage in the area will be exceeding 3,000,000. Are we doing enough? What programs do we offer that allow people to study for that expertise?"

Career paths are often as unique as the people who walk them. It's a desire for success that brought most of us to Camosun in the first place; I think Dalziel summed it up perfectly when he says that he's 100-percent certain that his education got him where he is today. "My education is what helps me get my foot in the door wherever I go," says Dalziel. "I think my education opens doors, and then it is on me to showcase my ability. Even if I'm overstepping by saying that it's 100-percent education, I don't think I would be as competent or as confident in my ability to do this job without the education."

art Ko Kirk Yamahira unweaves his life through art

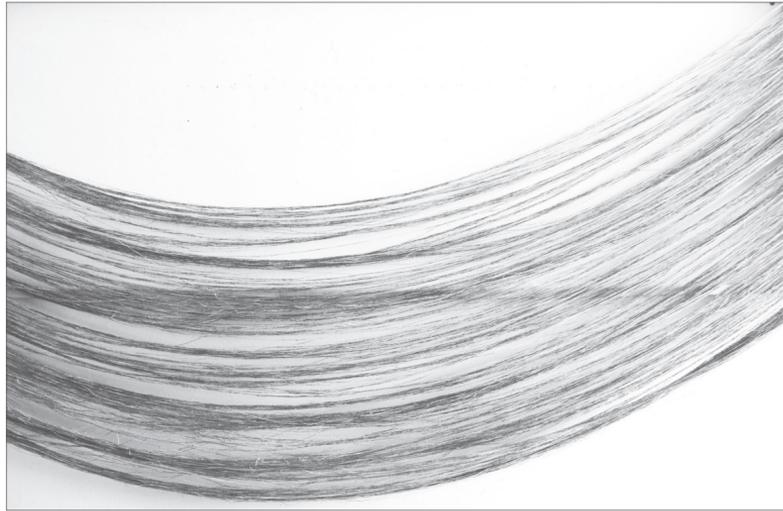


PHOTO PROVIDED

For Seattle's Ko Kirk Yamahira, the process of making art is his life.

CHRISTINE CLARK
CONTRIBUTING WRITER

Ko Kirk Yamahira has put a lot of work into his upcoming exhibition of paintings in Victoria. He's bringing 15 pieces to town, all specifically made for the exhibit. The Seattle-based painter says he's been spending 10 hours a day at work in his Capitol Hill studio to get ready for the show.

"I don't go out that much," says Yamahira. "Actually, well, I don't go out. Most of the time I'm here, I think it's something I have to do almost, like, daily."

Yamahira—a self-taught artist and a founding member of New York-based Japanese art collective Art Beasities—began his practice creating silkscreen prints. His prints involved an extensive use of layering, with each piece accumulating up to 10 or 15 separate layers. Over time, his attention shifted away from the surface of the canvas to the canvas itself.

"I realized what I'm using at bottom is the canvas, and I started to focus more about the canvas, more about the possibility of what I'm using for many years," he says. "And

then I think I started to unweave the actual canvas."

Yamahira unweaves his canvases with fingers, scissors, and an X-Acto knife; the carefully separated threads hang in delicate loops between unmolested sections of canvas. Yamahira's works blur the line between 2D and 3D; like Lucio Fontana, a painter who began, in 1949, to inflict carefully executed holes and slashes in his canvases, Yamahira is on the verge of sculpture. The work is often described as minimalist.

"Some people say that," he

"I don't go out that much. Actually, well, I don't go out."

KO KIRK YAMAHIRA
ARTIST

says. "I mean, I understand that people need to categorize with some names, like 'minimal art' or 'fibre art.' If that makes it easier ['minimalist'] might be the name... I try not to title each single painting. It's all untitled, actually."

Yamahira tends to undermine the integrity of the stretcher bars as well, leaving, in some cases, entirely deconstructed canvases. An untitled 2018 piece of his resembles a large skein of pink wool hanging from the wall. The destruction of the canvas is a fundamental necessity in the creation of these paintings.

"I've still not completed the possibility of the canvas," he says, "but I'm kind of interested in the frames too, the wood frame, which is always at the back of the painting and no one sees that—only the artist, maybe, when they're stretching canvas."

Bringing together the past and present, Yamahira eventually reincorporated his silkscreening techniques into this new style of painting, with the result being that when someone looks into the unweaved threads it's still possible to see images. Many of his canvases are pre-treated with acrylics, graphite, and silkscreens.

"It's kind of like a starting over or a spiral, so I'm not turning to the zero but I'm kind of going around and getting at the starting point above the beginning," he says.

Yamahira spends an enormous amount of time making his art. While he's working, he listens to the radio and he thinks—a lot. He describes the process of unweaving as being much more than just a part of his life. It's not a separate activity like eating a meal or practicing meditation; the unweaving is actually his life.

"When you meditate, I think, you're going to decide when to start meditating, right? You're going to start sitting or walking around or be relaxed or you're going to change your clothes, so you have to prepare something, but what I do, painting is closer to my life," he says. "My hands are always moving, unweaving canvases, just repeating the same thing over and over and over."

Ko Kirk Yamahira
Until Saturday, April 6
Deluge Contemporary Art
deluge.ca

music

The Blue Stones bring their success story to town

"It's so crazy to pull up to a city and have people come out. It's been amazing to see the support."

TAREK JAFAR
THE BLUE STONES

MYRIKA MCDONALD
CONTRIBUTING WRITER

From being good friends just jamming together and discovering their sound to breaking through and achieving success, The Blue Stones have come a long way. Now the Windsor-based alt-rock duo are coming to Victoria during their first North American headlining tour, in support of their debut full-length, *Black Holes*.

Before vocalist/guitarist Tarek Jafar and drummer Justin Tessier became The Blue Stones, the pair were good friends through high school and university, and they began playing together after six years of knowing one another.

"Justin was the first person I asked, 'Hey, why don't you check out some of the stuff that I've been writing?' We just started practicing some of the songs together and they sounded good and we went along with it," says Jafar.

Taking influence from artists such as The Black Keys and Acid Jazz, the duo write their songs

based on what they want to hear themselves, but it seems to be connecting with a wide audience. Now they're bringing those songs to town to connect with the Victoria crowd. Jafar says the experience of touring across the continent has been exciting.

"This is the first time that we are going off on a tour where we are the headliners, so it's really exciting for us," he says. "It's so crazy to pull up to a city and have people come out. It's been amazing to see the support."

The Blue Stones' 2015 single "Black Holes" was one of the songs that really helped the band take off. It's been streamed over a million times on YouTube alone, never mind on other streaming services like Spotify.

"It's a song that reflects our past or journey as a band," says Jafar, "but, really, I think it relates to a lot of people who have to make big decisions early on now."

Black Holes contains some of the band's earliest material, but as



SAM SHAPIRO

Windsor's alt-rock duo The Blue Stones have already come a long way in their short career.

Tarek looks ahead to their second album, he says the material will be a bit different.

"The next [album] is going to be a lot punchier, a lot more groove, a lot more hip-hop influence, and

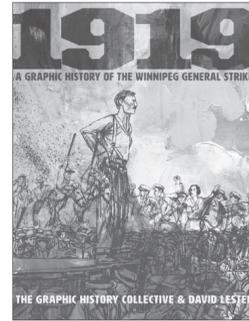
definitely more alternative-rock leading," he says.

The duo also have high hopes of collaborating with other artists. "[We] would love for that to be a part of the next project," says Jafar.

The Blue Stones
7 pm, Tuesday, April 2
\$15, Lucky Bar
luckybar.ca

book reviews

A graphic approach to the history of the Winnipeg strike and a look at A Tribe Called Quest's legacy



KELSEY WORTH
CONTRIBUTING WRITER

Most people have too little time in their busy lives to think much about their past. We are too concerned with our next meeting or class or what our commute time looks like to worry about history. However, the things we can learn about our past can often help us shape our futures, which is why when history is delivered to us in a convenient form, we need to make the time to understand what it can teach us.

1919: A Graphic History of the Winnipeg General Strike is a graphic novel that helps to break up what can easily become a rather bland subject by showing us the basics of what happened through art more than through text.

1919's introduction sets the stage by presenting us with what

is most likely a familiar scene: an overturned streetcar in the middle of a main street. This can be seen as a metaphor for how the strike overturned the city in its quest. It teaches us that while the Winnipeg strike is the most famous, many more strikes had already happened before it.

After the succinct but powerful history lesson in the introduction, the reader is given the chance to dive right into the visuals for a clear and—let's be honest—more exciting look at what really happened.

The pencil sketch style of art almost makes it feel as though the reader is watching a black-and-white film while still showcasing the importance of the event. Although this format may not be able to go as deep into everything as a classic textbook or academic perspective, it's a starting point.

1919 presents history in a way that minimizes the chance of the reader getting bored and picking something else to read. This provides the perfect entry point to the subject at hand.

The graphic-novel format provides a lighter tone, which is perfect for a younger audience, while not skimming over the intense violence that happened during the strike, especially on Bloody Saturday. *1919* would be a perfect resource in libraries and at schools; however, its appeal is not limited to a younger audience.

We could all do to learn a little bit more about where we came from. What previous generations had to do to get us where we are isn't something we should take lightly. After all, we need to ask ourselves this: what are we leaving behind?

**THIS IS THE
THIRD BOOK BY
HANIF
ABDURRAQIB.**

**IT IS A LOVE LETTER
TO A GROUP,
A SOUND,
AND AN ERA.**

**IT IS CALLED
GO AHEAD
IN THE RAIN:
NOTES TO A TRIBE
CALLED QUEST.**

JOHNNY FREM
CONTRIBUTING WRITER

Hanif Abdurraqib makes a heartfelt homage to the band A Tribe Called Quest in his new book *Go Ahead in the Rain: Notes to A Tribe Called Quest*. The band left an indelible mark not only on the author and on all of rap but on the music industry, and this book explains why.

When early hip hop songs sampled tracks from '60s and '70s LPs, the music, Abdurraqib says in the book, "created a dialogue between past and present." Abdurraqib places hip hop within the context

A Tribe Called Quest left an indelible mark not only on the author and on all of rap but on the music industry, and this book explains why.

of a long history of Black music in America, demonstrating how it's an extension and continuation of the constant struggle of Black musicians to hold on to their musical traditions.

A Tribe Called Quest began as a crew hanging out in Queens, New York. They were part of Native Tongues, a collective of east coast hip hop bands and artists. This book looks at the history of the east coast rap scene and the emergence of the west coast scene in LA, and how the conflicts between the two scenes ended in the deaths of Tupac Shakur and the Notorious B.I.G.

Rap became dangerous on the west coast in the early '90s with the humiliating arrest of the members of NWA and their ultimate vengeance with a song called "Fuck the Police."

In the book, Abdurraqib contrasts the sentiments of the scenes on the west coast, saying that on the west coast "...what would make young white people most excited and old white people most afraid... [on the east coast] would make young black people most curious and old black people most welcoming." He says that A Tribe Called Quest does not "approach race politics with violent rage, not because they don't feel

it, but because their solutions are more esoteric."

Chapters 4 and 8 are loving tributes, fan mail to each of the band members. In a letter to band member Ali Shaheed Muhammad, Abdurraqib recreates the scene at a lunch-hour sock hop in high school and credits the mood to Muhammad, whose music was playing the first time the author kissed a girl he liked.

Abdurraqib's themes and approach as a music historian are similar to Chris Walter's histories of Canadian punk bands SNFU, Personality Crisis, the Real McKenzies, and Victoria's own Dayglo Abortions.

Although they disbanded after their 1996 album *Love Movement*, Tribe reunited for concerts in 2004 and 2006, and for festivals in 2008 and 2011, by which time the band had become legendary.

In the book's last chapter, Abdurraqib discusses how at the 2017 Grammy Awards, rap was finally acknowledged as a respectable category of music. But fans of A Tribe Called Quest knew that all along, and this passionately written book will remind readers of both the genre's and the band's legacy.

New Music Revue



LAGS
SOON
(Casu Marzu Records)
4.5/5

SOON is Rome post-hardcore band LAGS' second album. With a progressive style, *SOON* proves that LAGS are definitely one of the main players in the Italian hardcore scene.

The album begins with powerful tracks like "Knives and Wound" and "Echoes" that combine indie, hard rock, and punk. "Showdown" takes listeners on a road trip by using a hard rock foundation perfect for a long drive. The album's later tracks have ripple transitions from powerful to melodic sounds.

LAGS mix things up behind the mic, too: the album ends off with the track "Il Podista," which is sung in Italian.

The music on *SOON* is the result of some excellent work from the musicians in the band. The bass lines are executed very well, not being sunk down, and going well with the guitar lines. The lyrics consist of powerful messages and are screams for solutions for today's problems.

Although I'm not even a fan of post-hardcore, I highly recommend this album.

—MARK NGUYEN



JV's Boogaloo Squad
Going to Market
(Flatcar Records)
3.5/5

I wasn't sure what to expect when I slid *Going to Market* into my car stereo, but I was drawn right in. JV's Boogaloo Squad are a trio from Toronto; the CD cover features three very approachable-looking dudes smiling away. Upon opening up the packaging, I saw a write-up of how their lives and music have been heavily influenced by Black artists.

The music is cool; the songs are all instrumental and are a fusion of jazz, soul, swing, and funk. Listening to this feels like a time-travelling trip to when some of the most influential music trends were started. It isn't what I will always listen to in my car, but I can definitely see having it on while I have dinner guests, or maybe throwing a *Mad Men*-themed party featuring this CD as the soundtrack.

"Squazilla" took me down a path that echoed a cocktail party in the 1970s, and "Capybara Walk" had the distinct sound of a detective show from the same era.

Going to Market is a groove-filled musical journey and a worthy purchase for those who love soul.

—EMILY WELCH



Mark Morton
Anesthetic
(WPP Records/Spinefarm Records)
3.5/5

Lamb of God fans will be eager to check out lead guitarist Mark Morton's debut solo album, *Anesthetic*. The record is more like a collaborative project orchestrated by Morton than it is a traditional solo album, as every song features a different vocalist, which is a refreshing take on the Lamb of God sound.

The album kicks off with "Cross Off," featuring one of the last known recordings of Linkin Park's late Chester Barrington; it's a fantastic opener. The song is exactly what you would expect—both artists are well within their elements here.

After a string of songs with familiar structures, "Reveal" (with Naemah Maddox) is the album's monkey wrench, changing the pace with a jazzy R&B fusion that bleeds into upbeat thrash metal.

I would have liked to see Morton go farther with experimenting and melding genres outside of his previous work with Lamb of God. Regardless, this album is sure to quench the thirst of any diehard metal fan.

—BO ESSERY



Rare DM
Vanta Black
(Independent)
1/5

Rarely have I heard albums I don't enjoy, but Rare DM's *Vanta Black* is one of them. From Brooklyn, New York, Erin Louise Hoagg (also known as "Errmine") has released her debut dark electronic and underground dance album *Vanta Black* under the name Rare DM. Just give up now if that's too confusing.

The songs—I use the term loosely—are fraught with her conflicting emotions about a break-up. This turmoil is expressed in 45 minutes and 41 seconds of incessant synth and drone noises increasing and decreasing in pitch. The sounds are slow and whiny, like her voice.

The most unbearable aspects are the bells, beeps, pings, and trills. The frequencies fluctuate so often that I was rolling around whimpering due to the pain they caused me.

Music is supposed to be pleasant; I feel that I am being punished when I listen to *Vanta Black*. My immediate headache was only granted relief between each of the 11 songs and when the album, mercifully, ended.

—ZACHARY GREENWOOD



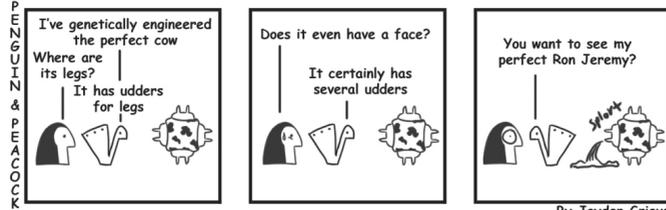
Trampoline
Happy Crimes
(Independent)
2.5/5

The rock musical *Happy Crimes* from Winnipeg's Trampoline is an interesting and unfamiliar mix of music and storytelling that I really expected to enjoy more than I did. I love musicals; I love rock music; what's not to like?

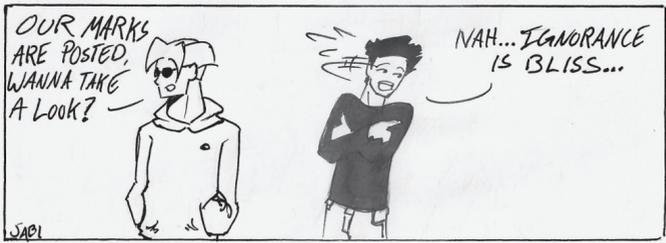
For starters, the songs are not as melodic as a musical demands. The vocals are difficult to listen to due to the effects placed on them. Trampoline may have been trying to make the voices sound distant, alien, or ethereal, but this did not work for me. Instead of giving the music a magical effect, it sounds more like vocals sung inside an empty room. This sound does not permeate the entire album, but it was enough to immediately put me off.

I can see the appeal of *Happy Crimes* but I didn't connect to the music, and, as a result, I didn't follow the story. I like the concept of a rock musical and some may experience this differently than I did, so I wouldn't rule out giving this a listen. But, if you're like me and you require an instant connection to the content you consume, you're better off finding something else to enjoy.

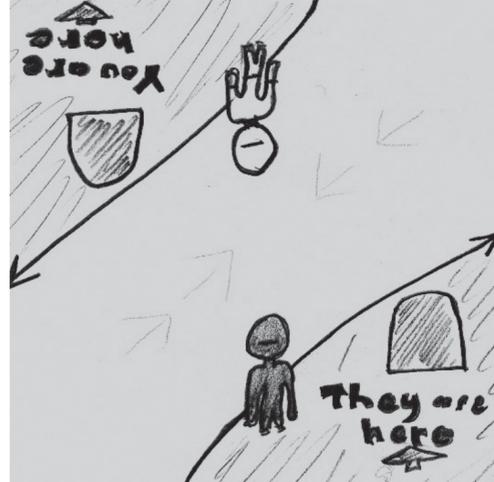
—TRULY HUNTER



C'est la Vie by Sebastien Brotherton



Kayfabulous by Nate Downe



STR8TS

STR8TS No. 221 Easy. Grid with numbers and empty cells. Includes a 'Previous solution - Medium' grid.

STR8TS No. 221 Tough. Grid with numbers and empty cells. Includes a 'Previous solution - Medium' grid.

SUDOKU

SUDOKU No. 221 Tough. Grid with numbers and empty cells. Includes a 'Previous solution - Medium' grid.

SUDOKU No. 221 Tough. Grid with numbers and empty cells. Includes a 'Previous solution - Medium' grid.



Let's Talk?

by Katy Weicker

Not my job to cook dinner

Recently, I was reminded just how old school the old-school way of thinking about gender roles really is. I was chatting with an older man about younger people and our hippie ways...

I was chatting with an older man about younger people and our hippie ways, which included him making a crack about vegans, to which I lamented that my boyfriend is a vegan but he wasn't one when we started dating...

In as diplomatic a way as possible, I informed him that I'm actually a very good cook (maybe a bit of a stretch) and that my boyfriend and I actually share cooking responsibilities...

institutions, and more often than not doesn't stop moving until I flop down on the bed to check emails and work on writing while Friends plays in the background until I pass out at around 10 most nights.

Yes, sir, sometimes I don't cook dinner. Actually, more often than not I don't. But why? I mean, my boyfriend is doing that horrific balancing act of school and work...

And even if I did have the time to cook every night, guess what? I still wouldn't. Because, despite my like ("love" is too strong a word) of cooking, my kitchen is horrifically tiny with zero counter space...

But guess what? So would I! Yes, me! The woman who works two jobs, attends two post-secondary

education gives when us young folk say something radical. So, I gave him a tight-lipped smile in response and excused myself.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts check out our books, iPhone/iPad Apps and much more on our store.



Communication Error

by Nate Downe

Down side up

Our lives are inverted. Life is inside out. For a moment, imagine that we are trying to keep the dead dead. Suppose that the aim of life is not for it to end in death, but rather to keep the dead in their place...

on which side? After all, we can only experience one at a time, can we not? Imagine a tunnel populated with this moment, and the last, and the next. Now imagine its direction is reversed...

How do we know that the dead are not pondering the same questions about the living? Things are not moving toward us; no, they are moving away from us.

That being said, what is life, and what is death? Did the dead ever know what the rainfall was? Every step taken in attempt to flee its own precipitation will result in a fate that the rain cannot escape...

The dead were never living and we shall never die—rather, each moment we are alive. It is the dead who are in fact dead, remember? Can you remember the dead? Can you see them? Are they in front of you? Can you touch them? Can you interact with them? Can you posit their (former) existence? Are they really in the ground, and are you really above it? Who is really

Faith is not like sandcastles on the shore near rocking waves. If one imagined their unique image of their palace resting on the shore it would be for them, and them alone—free to reimagine whatever details come to be—out of harm's way.



The Chopping Block Chronicles

by Justin Bennett

The dark side of the restaurant industry (part two)

I finished last issue's column talking about when I had found my calling: to be a rock-star chef. This self-obsessed, ego-driven lifestyle was further encouraged by copious amounts of drugs and alcohol...

this industry could be. When you show promise, they want it all. Not only did this restaurant make me the chef, but when their bar manager was fired I ended up taking on that position as well, despite the fact that I had never bartended once in my life.

I attained my first chef position at age 23, and at that time I had absolutely no idea how to actually run a kitchen successfully. Granted, I did have the talent necessary when it came to cooking, which is why my rise to management always seemed to be faster than I could learn. I did not have the skills to do the job, but I had the charisma and charm to fool just about anyone into believing I could do so.

No one told me otherwise; I'm not sure I would have believed them if they had.

Here I found just how stressful

I am grateful to say that I survived the industry and am now clean and sober. Not everyone is as lucky, and although there are a lot of restaurants and pubs that still operate like this, there is an upswing of positive role models sharing their stories of a drug- and drink-free lifestyle within this industry.

My one hope is that there are many more to follow.



Health with Tess

by Tess Syrawik

Catch infections early, not late

I was recently listening to a podcast on how people will take great measures to avoid bad news. One of the examples given was that 20 percent of college students in a study paid \$10 to not be told whether or not they had herpes, despite having all of the testing already complete.

What are your resources on campus? Well, a branch of Island Sexual Health pops up at Lansdowne every Thursday between September and April from 12 to 4 on the third floor of the Richmond House.

Shocking, right? Isn't it better to know that information, that small detail that not only impacts you but also, potentially, others? Anyway, it got me thinking. I don't know what your Planning 10 Sex Ed was like, but mine consisted only of gross pictures of sexually transmitted infections (STIs) at late stages. The thing is, late stages of any infection that has not been

Other places to get checked out include off-campus branches of Island Sexual Health and any walk-in clinic. If you are sexually active, and especially if you have unprotected sex, it's important to make sure you are taking good care of your sexual health. Use protection, and get yourself checked out. Catching an infection early will save you so much discomfort down the line.

Web Exclusive NEXUS Hannibal Buress brings hilarity to Victoria. What's happening at nexusnewspaper.com. Week of March 10, 2019, top five most read stories: 1. 'Victoria Beer Week review: Drink Your Hops and Eat 'Em Too gets things hopping,' March 11, 2019...

ANNUAL GENERAL MEETING OF THE NEXUS PUBLISHING SOCIETY THURSDAY, APRIL 11, 2018, 12 PM, NEXUS OFFICE, RICHMOND HOUSE 201, LANSDOWNE. AGENDA: I CALL TO ORDER, II INTRODUCTION TO RULES OF ORDER, III APPROVAL OF AGENDA, IV APPROVAL OF MINUTES FROM PREVIOUS AGM, V REPORTS, VI ADOPTION OF FINANCIAL STATEMENT, VII RESIGNATION OF CURRENT BOARD OF DIRECTORS, VIII BOARD OF DIRECTORS ELECTIONS, IX ADJOURNMENT.

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TOASTMASTERS INTERNATIONAL PATHWAYS learning experience Find your voice. Speak your mind. First Canadian Toastmasters, Club #38 Camosun College Interurban Campus Centre Room 321 Tuesdays 5-15pm

camosun chargers word search

Our feature story last issue took a look at 25 years of Camosun Chargers here at the college; if you missed it, check it out online to read all about what the school's sports teams get up to. We took 20 words from that story to make this issue's word search.

Find the words on the left in the puzzle on the right; as always, stop by the *Nexus* office (Richmond House 201, Lansdowne campus) if you complete this puzzle to pick up something from our pile o' prizes.

- AWESOME
- BASKETBALL
- BATHE
- CAMOSUN
- CELEBRATIONS
- CHARGERS
- CHEER
- CLASHING
- COMPETITION
- ENERGY
- GOLF
- JUGGLING
- LOSSES
- PHENOMENON
- POSITIVE
- RAP
- SOCCER
- SUPPORT
- TESTOSTERONE
- VOLLEYBALL

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

contest

Find the hidden *Nexus* and win



GREG PRATT/NEXUS

Let's see if you can find this copy of a previous issue of *Nexus* that we hid somewhere at Camosun College's Lansdowne campus.

Last time we did this, the issue was hidden behind an information board on the second floor of Ewing.

The first person to find this copy of the paper and bring it in to our office wins themselves a free prize!

Bring this copy of *Nexus* to us if you find it; we've got gift cards, shirts, and more for the winner to choose from!

NEXUS
camosun's student voice since 1990

Camosun student? Join us.

No experience necessary!

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