

camosun's student voice since 1990

student politics

Camosun College Student Society brings new and returning board members on in elections



ADAM MARSH/NEXUS

Camosun College Student Society external executive Fillette Umulisa.

KATE WOOD
STAFF WRITER

New and returning council members were elected onto the Camosun College Student Society (CCSS) board in its spring elections, held from April 8 to 10.

The CCSS recently moved their election process to an online voting platform in order to make it easier for students to vote; this election received votes from 788 students out of roughly 9,400 eligible voters. The election did not have a referendum, which CCSS executive director Michel Turcotte says could have had an impact on the involvement of students. Turcotte also says it's possible that the other responsibilities of students may have taken precedence over their participation in this election.

"I would have liked to have seen more students participating," says Turcotte. "The fact we weren't doing a referendum at the same time may have also had some impact around that. Students may have been distracted getting ready for exams and things of that nature as well, but it was still more than we would have received with a traditional ballot election. So, all in all, I'd say that I'm reasonably pleased with the results. While I certainly would have preferred there to be a more contested election and slightly high-

er voter turnout, I would certainly like to thank those who participated as candidates, those who were successful and those who were not, as well as all the students who voted to make this election a success."

First year Associate of Arts student Fillette Umulisa was re-elected as the CCSS external executive. She says she feels encouraged by

"I feel empowered and motivated now more than ever to continue doing what I've been doing."

FILLETTE UMLISA
CAMOSUN COLLEGE STUDENT SOCIETY

her re-election, and will continue to work as an advocate for students.

"I feel empowered and motivated now more than ever to continue doing what I've been doing," says Umulisa. "The fact that I've been re-elected means I did a great job in my last year, so I am looking to keep up with all of the good things that I've been doing. The advocacy, the transparency, and the media and everything, and just being around attending events and talking to everybody, and just being involved."

One of Umulisa's roles in the student society is to act as a liaison between the CCSS and the British Columbia Federation of Students (BCFS), as well as between the CCSS and the Canadian Alliance of Student Associations (CASA). Umulisa is also the CCSS campaigns chairperson; she says that the CCSS is working on a campaign to encourage students to vote in the upcoming federal election, as well as working on becoming more educated in issues relating to sexual violence and misconduct on campuses.

"Somebody [from the CCSS] will probably be attending a conference that the Ministry of Advanced Education has put on to talk about sexual misconduct and violence on campuses," says Umulisa. "Somebody's going to go out there, learn from what the provincial government is offering, and then bring

it back to us. Then we're going to implement that, like we do with every campaign that we get. We're also working on strengthening our relationship with the college slightly, so those are some of the things that are up and coming for the next year."

Turcotte says that student politics are an important element of ensuring that the policies of the college reflect the needs of the students.

"CCSS members don't always realize the importance of ensuring that there is adequate representation of students in both the CCSS and in student government bodies, because it's not obvious what benefit that provides to them," says Turcotte. "But, unfortunately, without a strong student representation on campus, the general position of students is weakened, and often that's when policies and practices are not necessarily in the best interest of students."

Second-year Marketing student Karan Sharma was elected as the CCSS Interurban executive. He says that part of his motivation for running in this election came from his experience working in student advocacy when he lived in India.

"I had this dream of being elected as an executive member," says Sharma. "I actually did this kind of stuff in my previous college when I was back in my country."

As Interurban executive, Shar-

ma will focus on bringing people together by organizing events and communicating with students about what the CCSS does.

"Basically getting all the communities together, because we have a lot of different people coming from different places, as well as making freshmen aware of the resourceful Camosun College Student Society, what services we provide and what we are," says Sharma. "Basically organizing the events aside from the studies and stuff, so they feel like getting into events."

Sharma says that helping students feel more included at Camosun is important to him.

"I don't actually feel any kind of problem, but still there are many people who actually feel a lot of problems, like settling here, and even gelling with the crowd and stuff," he says. "[The] student society always helps, and, as I got elected, I'm definitely gonna help the students with that as well."

Tamara Bonsdorf was elected as the new CCSS sustainability director, and Sascha Christensen was re-elected as Lansdowne executive. Joshua Cameron was elected into the position of finance executive, and Eleanor Vannan was re-elected as student wellness and access director. Angela Chou was re-elected as the pride director, and Shayan de Luna-Bueno was re-elected as the women's director.

eyed on campus



ALLAN SHOOK/CAMOSUN COLLEGE AV SERVICES

Camosun's literary journal *Beside the Point* had its most recent issue's launch at the Lansdowne campus on April 8.

NEXUS

camosun's student voice since 1990

Next publication: June 12, 2019

Deadline: 9 am Monday June 3, 2019

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Phone: 250-370-3591
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Website: nexusnewspaper.com
Publisher: Nexus Publishing Society

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OVERHEARD AT NEXUS: "No boners."

student editor's letter The future of grammar

We live in a world where blog posts are taken as gospel, where the powerful can say whatever they want, and where people are more engaged with their phones than they are with the people around them. We're all taking in more words on a screen than ever, but there are problems with that. For example, we hear a lot about "content" these days as writers; I think the reason I hate the term "content" so much is the lack of moral and professional standards that goes with it.

The impacts of grammar not being taught enough in school (ask pretty much any teacher and they will agree) is that more and more publications are slippery with comma splices, dangling modifiers, and misplaced semi-colons. A few weeks ago, I got to talking with a guy on the ferry who didn't know what a semi-colon was. After some prodding, the light went on: "Oh, the thing with the dot on top of it?" he asked.

Kill me now, I thought; in the corner, I could see Darwin cringing at our linguistic decent. The idea of quality going down as quantity rises like water into a sinking ship is not a new idea; it saddens and frightens the editor and English major.

Trust me: the irony in this article is immense. I guarantee that during the editing process managing editor Greg Pratt had to fix some grammatical issues that wouldn't have got past the student editor a few generations ago. In the words of staff writer Katy Weicker, call a spade a shovel: people are growing dumb. But only I am responsible for what I know and don't know. Pointing fingers at the world won't teach me anything.

When it comes to nitty-gritty rules of language, people typically aren't as sharp as they used to be. I don't know why those who make secondary curriculum don't seem to focus on commas, splices, and clauses, but it's impacting society; post-secondary instructors don't teach it because they assume it's already been taught. As someone who had an overpriced, private, liberal secondary education, I can tell you it wasn't taught enough, even when the education comes with a price tag. I've been at Camosun since 2014; in five years of English courses at the college, I've spent a total of three classes on grammar. Mark my words: the quality of newspapers and online publications in years to come, after generation X leaves the work force, is going down. We are already seeing this today in what's called "online magazines" but are really just unedited, embarrassing, over-righteous blogs.

I'm a bit of a nerd, though, and love reading 18th and 19th century British literature. After reading just a few pages of almost any book from that time period you'll see that time dictates diction at least as much as culture and education does. So the younger generation has responsibility to help guide language in the right direction.

TL;DR: pick up a bloody book.

Adam Marsh, student editor
adam@nexusnewspaper.com

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open space

The reality of rentals in Victoria

CODY AVITAN
CONTRIBUTING WRITER

Finding affordable rental prices in Victoria is like sticking your hand into a beehive hoping to get honey without getting stung.

Unfortunately, you are going to get stung.

Most people are still picking high-rental-price stingers out of their fingers while continuing their search for affordability. All you have to do is sneak between the stingers to find someplace reasonable to rent, right? It's difficult when affordable rentals are hard to find, and you're dealing with a time constraint while you're searching for a new home. Stress levels are high when looking for an affordable place that meets the basic requirements of a liveable space.

The Victoria Tenancy Action Group (VTAG) recently conducted a survey showing that in the past three years the level of stress surrounding finding rentals has increased. According to the survey results, not only did "more than half of respondents (56%) [indicate] a high rate of stress for the process of finding their most recent home, rating it as rather or very stressful," but also of "316 renters that indicated they moved in the last three years... about two-thirds (65%) rated the process of finding their most recent home either "very stressful" or "rather stressful." This survey gives insight into the fact that people are struggling to find a suitable rental suite without getting a pre-emptive sting just while searching.

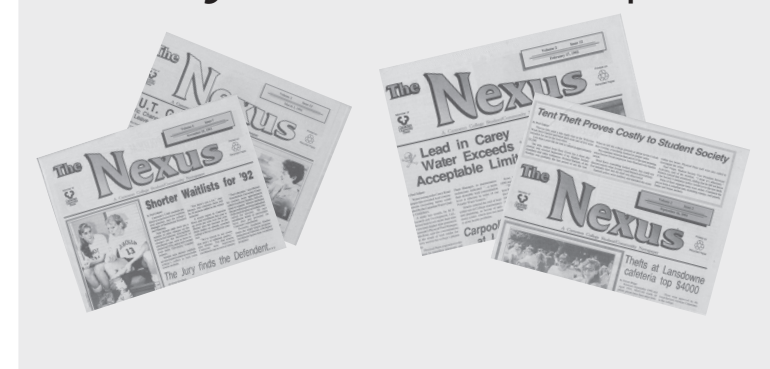
So, you have spent all of your free time online sifting through rentals with your stress levels increasing after each passing second, but then, like a stork delivering a beautiful baby to your current doorstep, there it is: your dream home is staring you right in the face. However, the only problem is that the baby has a sticker on its forehead saying "in your wildest dreams." According to VTAG, "92% of survey respondents indicated that the rents are too high," which means that forever in your dreams that perfection of a rental suite will remain.

You wanted to find the perfect rental before the month ends, but chances are you had to settle on some aspects that once were unconditional necessities. You found a potentially affordable place; unfortunately, it's missing something that is crucial to your quality of life. Like, say, a full kitchen. Affordability does exist, but it only comes with a sink, and you have to bring the hot plate.

For better or for worse, there is always an end to the search for a rental suite. You have to be out of your current space one month after you give notice; if you manage to not end up couch surfing at friends' or family members' homes, consider yourself lucky. Hopefully, you don't compromise too much on what you need in a living space, but you might end up succumbing to living with the bees. Like I say, in this housing market, until things change, you're going to get stung.

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!

25 Years Ago in Nexus returns in September



student clubs

Camosun Powerlifting Club a chance for students to train, escape

ADAM MARSH
STUDENT EDITOR

We all have moments where all we want to do is stop thinking. Methods of escape vary depending on the person: music, food, books, booze, or exercise—everyone has a different method to their madness. For first-year Exercise and Wellness student Eric Zhao—who founded the Camosun Powerlifting Club—it's definitely exercise. He's been lifting weights since the age of 11; as he got more into it, lifting progressed into powerlifting, a sport and escape for Zhao, who hopes to get a national record one day.

"My last competition, I was able to bench press 170 kilos, which is roughly 370 pounds," says Zhao.

Zhao applied for a provincial competition when he was younger but didn't know about the age restrictions, so couldn't compete.

"Part of that was due to my lack of knowledge with how competitions work," he says.

Easy access to information like start dates, age restrictions, and

the type of lifting the athlete wants to focus on was part of why Zhao wanted to start a powerlifting club at Camosun. Form is important, says Zhao, so it's often what students opt to work on during club training sessions.

"If anyone has interest in competing, they will have a group of support, and they will have help in getting down the basics," says Zhao, who competed in the annual Lift the Rock Powerlifting Championships in Victoria last year and is hoping to again this year.

Zhao says that mental preparation is key for him.

"It helps you take your mind off other things and concentrate solely on the sport itself; you're able to essentially focus on what you are doing right now, and not think about possible school papers or whatnot," he says. "It's a form of escape, but it's also a form of mental conditioning."

When Zhao's lifting for a personal record, being prepared mentally comes with being prepared

physically, he says, adding that overthinking is something to be avoided.

"What I try to do is visualize the perfect lift and focus on what movement—a form or such—is critical to the lift itself," he says. "I concentrate on that before starting the lift, and only that."

Zhao says that as people lift and compete more, injuries become more likely, as they do with any sport; proper form is the best way to combat that.

"With the right form you can get a certain advantage, as long as you follow all the rules of the lift," says Zhao.

With bench pressing, one of Zhao's areas of focus, good form includes the lifter keeping their back arched to decrease the range of motion, keeping their shoulders back, and not usually going 100 percent during training.

"Most powerlifters I've seen do three reps of a lower weight," he says, "and they do many sets of that."



PHOTO PROVIDED

Camosun student and Powerlifting Club founder Eric Zhao.

When a person competes, they do only one rep of a higher weight, says Zhao; it's called "heavy singles," where the lifter lifts as much as they possibly can for one rep.

"You use 95 or 97.5 percent of your rep max, and you just do them for reps of one, so it's slightly

lighter than your absolute limit," he says. "You train your form and your mental preparation for the competition itself. For two weeks prior to the competition, they load up on volume. So they do many sets."

See camosunstudent.org/clubs to contact the Powerlifting Club.

Camosun trades programs receive \$250,000

Concert Properties, a property management company who are an employer of skilled tradespeople, has given Camosun \$250,000 to go toward developing the college's trades program. Using the donated money, Camosun is bringing a Red Seal training trades program to off-site locations to train students who live in more isolated communities along the coast of BC. The Red Seal program is a recognized status of safety and excellence for skilled trades.

Charity involving Camosun students breaks record

The Hungry Hearts charity fundraiser, held on April 6, raised a record \$150,000 for Our Place Society. The night involved members of the public voting on their favourite dishes from local and touring chefs, including Camosun Culinary Arts students. Vancouver-based chef Nicolas Hipperson was awarded the Hungry Hearts Top Chef trophy. Our Place Society provides aid to Victoria's vulnerable population.

Camosun and UVic creating smooth program transition

Camosun College is working with the University of Victoria to establish course equivalents for transfer students interested in UVic's new Indigenous Studies program, which launched on Thursday, March 14. In March 2018, UVic became the world's first university to offer an Indigenous law degree.

Camosun involved in West Shore post-secondary study

The provincial government recently assigned \$1.5 million to a full business case aimed at developing post-secondary opportunities in the growing region of the West Shore. As a community partner,

Camosun will be playing a key role in the development of the business case, according to Camosun vice president of partnerships Geoff Wilmshurst.

New electric-vehicle charging stations up at college

Six of the nine electric-vehicle charging stations in parking lot two at Camosun's Lansdowne campus were activated in early April. The three other stations are available for staff parking until demand increases, at which point they will be used for electric-vehicle charging only. All vehicles using the spots, which were implemented as part of the Province of British Columbia's Carbon Neutral Capital Program, require a valid parking permit; the college is also asking that users limit their stay to three hours.

College building gets \$100,000 donation

Victoria resident Joan Wilmshurst recently donated \$100,000 to the Together for Health campaign, an initiative at Camosun College that strives for a collaborative approach to teaching and learning in the medical field. Wilmshurst's donation will go toward the Alex and Jo Campbell Centre for Health and Wellness, Camosun's new building for health and social service education. The building is on the Interurban campus and is expected to open in 2019. According to camosun.ca, the estimated construction cost of the building is \$48.5 million. Wilmshurst is Camosun vice president of partnerships Geoff Wilmshurst's mother.

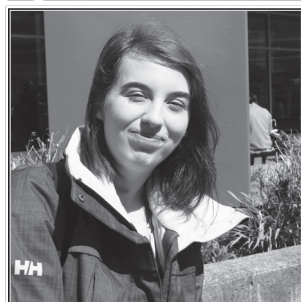
Camosun involved in accessible marine training program

On April 23, Minister of Transport Marc Garneau announced that the federal government is providing the British Columbia Institute of Technology with \$6.2 million in funding over three years to deliver The Marine Training Program, which will make marine training more accessible for Indigenous and Inuit communities and women. The program will be jointly delivered with Camosun College.

-ADAM MARSH

SPEAK UP What exam format do you think is the most fair for students?

BY ADAM MARSH



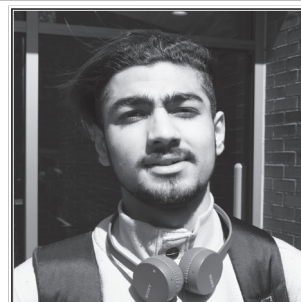
KAY HAWLEY

"I would say multiple choice. I think just because it gives a chance, maybe, for people not as good at memorization of materials... With long answer, if you don't know it, you're screwed, basically."



EMMA DUKE

"I'm in Dental Hygiene; we typically wait until May and then we do it all in a row, five days, typically. It might be better to have an extended period, then you can study for it. It's hard to wake up to an exam, and then go home and study, and then wake up and do another exam."



MOHIT TANDON

"The written exam."



KEEGAN CHRISTIAN

"A combination of multiple choice and short answer, just because it can show your understanding. Multiple choice shortens the length of tests; that makes it easier when you're studying as well, not having to remember so many short answers."



CATALINA CARRASCO

"Maybe short answers... Sometimes open questions are hard because sometimes you don't remember exactly what it is, or you mean a different thing and the teacher interprets it in another way."



ZACH BLANEY

"I kind of like a blend of multiple choice with short form. You get the multiple-choice aspects to get the general knowledge, and then some written short stuff to really kind of flex your knowledge about it, and it actually gets more into what you really know."

know your profs

Irene Wallace on the importance of a Starbucks glass half-full

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 get on it.

This issue we talked to Camosun Career Services employment facilitator Irene Wallace about applied learning, her love of lattes, and getting inducted into a sports hall of fame.

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

I served as head coach for the Chargers women's basketball program for nine years starting in 1998. I was an instructor in the Sport Management program for one year. I was hired in June 2008 as employment facilitator responsible for Student Employment Services, now called Career Services, within the Co-op and Career Services department.

2. What do you personally get out of teaching?

Hmmm, I honestly can't think

The most rewarding outcome of career coaching and working with a student is to see them "arrive" and take charge of believing in themselves. Erasing fear and uncertainty allows a person to see possibilities in a whole new way.

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

Well, I am most proud of having just been inducted into the Saskatoon Sports Hall of Fame in November 2018 in recognition of my many years of coaching provincial and national basketball plus athletic achievements including national team softball and university basketball and field hockey.

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

Have to say that I don't have an answer here. I consider myself a genuine person, so what I share is who I am.

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

Getting to know and work with so many students and faculty from all the different programs Camosun offers. It has been a true privilege.

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

Hmmm, I honestly can't think



ADAM MARSH/NEXUS

Camosun College Career Services employment facilitator Irene Wallace.

of anything that I would consider "worst." Other than maybe there is no Starbucks on campus.

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

It is very exciting to see that career development is becoming an integral part of the academic paradigm. From my observations across the country, there is movement in which a student's academic learning and career development are progressing in tandem as opposed

to separate silos. There is growing interest in development of experiential and applied learning and I find this particularly exciting. Also, there is more interest unfolding in people pursuing entrepreneurial ventures and opportunities.

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

As mentioned, my life has been heavily involved in the sports world, so on weekends, I love to golf, hike, work out, and—most exciting—I

love to play ice hockey. I don't like to sit down much, but when I do I enjoy reading a book and sipping my Starbucks latte sitting outside in the sunshine.

9. What is your favourite meal?

Steak and lobster—when I decide I can afford it.

10. What's your biggest pet peeve?

Being around people who see the cup half empty. I am an optimist.

what's going on

by kate wood

UNTIL SUNDAY, OCTOBER 27

Debris in the sea

The Maritime Museum of BC has a new exhibit, *The Great Pacific Garbage Patch*, examining, you guessed it, the Great Pacific Garbage Patch. Covering twice the surface area of Texas, and made up of up to an estimated 3.6 trillion pieces of garbage, the patch is only one of several large collections of waste in our oceans. The exhibit teaches visitors about marine debris and suggests changes that people can make in their lives to improve the state of the oceans. Student tickets are \$8, and the museum is open every day from 10 am to 5 pm. For more information visit mmbc.bc.ca, and see our full story next issue.

TUESDAY, MAY 28 TO

SUNDAY, JUNE 2

Oh, what a night

Tony- and Grammy-winning jukebox musical *Jersey Boys* will be at the Royal Theatre from May 28 to June 2. The play outlines the triumph and decline of 1960s rock and roll group The Four Seasons by telling the band's story from the different perspectives of its four members. The Broadway production of *Jersey Boys* wrapped in 2017 and will no longer be touring as of this July. Tickets start at \$114.75. For show times and more information visit rmts.bc.ca.

FRIDAY, MAY 17

Actions speak louder

Resistance Rising Choir's end-of-season concert, *Spring Into Action*, is being held on May 17 at the Dave Dunnet Theatre. The evening is a fundraiser in support of Xwaaq'w'um Youth Camps for Indigenous youth on Salt Spring Island. The camp provides opportunities for Indigenous youth to learn about Hul'q'umi'num culture and teachings. Some of the funds will also help provide garden

tools and native plants for Project Reclaim, empowering youth from the Tsartlip Nation. General admission tickets are \$20 and are available at resistancerisingspringintoaction.bpt.me.

SUNDAY, MAY 19

Have fun, and help someone

St. Andrew's Presbyterian Church Hall, located at 690 Courtney Street, is inviting the public to a Korean dinner and cultural celebration. The event is a fundraiser for the Kalmo Refugee Support Group, who are working to reunite Marwo Abdi, a Somali woman living in Victoria, with her family members who are living in a refugee camp in Uganda. Aside from socialization and entertainment, the night is a chance to learn about refugee issues and local Korean communities. Tickets are \$30 for an adult, \$25 for a teenager; for more information visit koreandinerner2.bpt.me.

THURSDAY, MAY 23

Mantra meets the masses

Deva Premal and Miten are forefront in the movement of mantra chanting. They are coming to McPherson Playhouse on May 23 with Nepalese bansuri maestro Manose and their international band. The group has shared their transformational healing music at prisons, homeless shelters, and facilities for autistic children. The show is at 7:30 and tickets start at \$44. For more information visit rmts.bc.ca.

THURSDAY, MAY 23

The Allan Rayman show

Toronto singer/songwriter Allan Rayman is coming to the Capital Ballroom on May 23. After gaining a following from projects such as *Harry Hard-On*, Rayman has played sold-out headline tours in the United

States and Canada and at festivals such as Bonnaroo, Lollapalooza, and Osheaga. Tickets are \$30, and the show is at 8 pm. For more information visit thecapitalballroom.com.

FRIDAY, MAY 24

Show, inevitable

Halifax-based singer/songwriter Jenn Grant is coming to the Capital Ballroom on May 24. Her new album, *Love, Inevitable*, reflects Grant's intuitive writing style in its ethereal folk-pop qualities. The first single released for the album, "Raven," shares ideas of independence and empowerment. The show is at 8 pm and tickets are \$16.50. For more information visit thecapitalballroom.com.

SUNDAY, MAY 26

The real deal

SonReal is coming to Capital Ballroom on May 26. The Vancouver rapper is making waves in the Canadian music scene. He received a 2014 Juno nomination, and his album *The Closers* with Canadian rapper/producer Rich Kidd debuted at #3 on iTunes Canada's hip hop charts. Tickets are \$25, or \$80 for a meet-and-greet package. The show starts at 8 pm; for more information visit thecapitalballroom.com.

THURSDAY, JUNE 6

Hello, operator?

Operators is coming to Upstairs Cabaret on June 6. The Montreal-based band is the project of former Victoria resident, Covic-han-born Daniel Boeckner (Wolf Parade, Handsome Furs, Divine Fits), Devojkja, and Sam Brown (Divine Fits, New Bomb Turks). Operators are touring their new album *Radiant Dawn* across North America. Tickets are \$18.50, and doors are at 8 pm. For more information visit upstairs-cabaret.ca.

COMING SOON:

June 24, Corey Hart, Save-on-Foods Memorial Centre
August 21, "Weird Al" Yankovic, Save-on-Foods Memorial Centre
November 16, Jim Jefferies, Save-on-Foods Memorial Centre



PHOTO PROVIDED

Jenn Grant is coming to Victoria on Friday, May 24.

FRIDAY, JUNE 7

Many types of metal

Progressive death metal band from Vancouver Neck of the Woods are coming to Lucky Bar on June 7. They will be joined by Edmonton modern death metallers Protosequence and local technical metalcore crew Tip the Scales. Protosequence is coming to Victoria as part of their Canadian tour, sharing their blend of face-melting modern and technical death metal in support of their two EPs, *Biophagous* and *Schizophrene*. Advance tickets are \$12, and doors are at 7 pm. For more information visit luckybar.ca.

TUESDAY, JUNE 11

Thon't forget!

Thorgy Thor is coming to the Royal

sports

Roller derby offers fun, sport, outlet for local player



JOHN ROBERTSON

Ruby Roughouser of local roller derby league Eves of Destruction.

EMILY WELCH
FEATURES WRITER

Whenever a person hears the words "roller derby," there's a very specific image that comes to mind. It's an image of angry women—women you don't want to offend—pushing and clawing their way around a rink. There's an aura of mystery around it too, and everyone who hears those words is instantly curious. That's why when I had a chance to sit down with Ruby Roughouser of local roller derby league Eves of Destruction, I jumped at the chance.

Roughouser (also known as Chrystal Myers) looks the part. She's tall, tattooed, muscular. She looks like a person you want to have on your side.

"Way back in 2010, there was an amazing movie that came out called *Whip It*," she begins. "Mine is the same story of a thousand roller derby girls out there who saw *Whip It*. And while it isn't entirely accurate to contemporary roller derby, the feeling and emotion that is displayed is. You are a woman who feels weird, who feels awkward, like you don't belong, then you see

some really cool skaters. You think, 'That looks awesome,' and you kind of find yourself. I didn't even know roller derby existed until I saw *Whip It*, which is funny because it has existed since 1930."

Roughouser says that when she saw the movie, she was turning 30 and had a bucket list of things she wanted to do.

"I had had some issues with my own mental health that had just been resolved," she says. "I was feeling good, feeling happy, with a new zest for life. I had seen this movie, and I had also seen an

"You are a woman who feels weird, who feels awkward, like you don't belong, then you see some really cool skaters. You think, 'That looks awesome,' and you kind of find yourself."

RUBY ROUGHOUER
EVES OF DESTRUCTION

advertisement for a local league. I thought, 'Yeah, I'm going to do it!'" Roughouser says that the only skating she had done before was as a child.

"The nice thing about derby is that no matter where or when you join, there is always a 'fresh meat' group," she explains. "They will teach you to skate. Then they will teach you to derby. Then, well, then you play."

Roughouser says that while lots of people know how to skate, knowing how to derby is another thing entirely.

"To be able to derby, to manoeuvre, to hit people, to think while you skate... Your body is doing one thing, your brain is doing another. It's very complicated," she says. "So that's why you can't just skate and jump in. You'll get hurt. People get hurt anyways, but you would really get hurt."

Roughouser broke her leg in 2016, and re-evaluated her derby involvement—for a second.

"I had to question how much do I really love doing this," says Roughouser. "A few people think you

are crazy for going back. I'm lucky I have a supportive husband and a really supportive daughter. It's clear too, though, when someone has a passion, something that they have done on an every-day basis for eight years, it's obvious it's something they love doing. So it really wasn't that hard for them to support me in that decision."

Roughouser says roller derby is also a great tool for dealing with the unpredictability of regular life.

"We have a lot of nurses, caregivers, a lot of frontline workers of the opioid crisis playing derby. We have mothers, teachers, and non-binary folks, as well. You have a hard day and feel like you need to hit something. It doesn't come from a place of anger, though. It comes from a place of celebration, of what you have found your body can do."

Eves of Destruction roller derby
5 pm Saturday, May 18
\$10, Archie Browning Arena
evesofdestructionrollerderby.com

review

Shrek the Musical a little too green

These actors should be commended for their ability to tackle multiple small roles, bringing them all to life in a delightful and engaging way.

KATY WEICKER
STAFF WRITER

Victoria Operatic Society (VOS) is a community theatre company with a good reputation for producing professional quality theatre. I've seen countless shows by VOS and, for the most part, I agree—they consistently knock it out of the park. However, their latest production, *Shrek the Musical* (based on the animated film), while charming, was not their strongest show.

Part of this is the writing itself—the over-the-kids'-heads jokes of the movie aren't pushed far enough, making it definitely a show for kids (fart jokes and all). Despite this, VOS chose to start the show at 8 pm. With a total run time of two hours and 40 minutes, it ended far too late for most children to attend.

That being said, VOS made some bold choices with the work. The show was technically ambitious and visually delightful. While there were some sound issues with micro-

phones and piped-in flatulence not quite matching up, the sets were bright and vibrant and made great use of moving pieces and screens.

The costumes and make-up were stellar, allowing the ensemble cast to move seamlessly through their never-ending costume changes, embodying countless fairy-tale creatures over the two acts. These actors should be commended for their ability to tackle multiple small roles, bringing them all to life in a delightful and engaging way.

Dwayne Gordon also deserves praise for his portrayal of Lord Farquaad. Gordon has a knack for playing bad guys we love to hate. He brought an audience-engaging flair to the role that was both endearing and groan-worthy (in a good way).

Dan Comeau and Mandy Wiltshire were scene-stealing as Donkey and Dragon, respectively. Comeau's Donkey started off as a slightly too heavy-handed imitation of the movie version, but he quickly found



PHOTO PROVIDED

Victoria Operatic Society's recent *Shrek the Musical* was an ambitious production that fell a bit flat.

his footing, serving Donkey-drag realism that brought the sass to a level that I never knew I needed. Put him next to Wiltshire's diva Dragon, and the chemistry was on fire.

The secondary characters were very strong; I actually found the weakest links to be Shrek and Prin-

cess Fiona. Again, a large part of this may be the writing. Shrek's internal battle seemed to be missing, and Fiona's edge felt a little soft. While Morgan McLeod (Shrek) and Heidi Fox Lange (Fiona) gave solid performances, the characters felt shaky, particularly against Gor-

don's and Comeau's. This made it hard to root for the main couple, and, therefore, to invest in the show.

However, even with all that being said, this was an ambitious production and, while not quite up to VOS' usual calibre, a solid and entertaining effort.

Crunch time

By Emily Welch, features writer
Photo provided

What are we really examining with final exams?

I've been a student at Camosun for three years; the biggest hurdle I've experienced has been getting through final exams. The feeling is always the same: anxiety squirming in the pit of my stomach as I try to figure out how I can prove myself on a few small sheets of paper. My own recall memory isn't great; I buckle under pressure. Everything I've done up to that point—papers, assignments, stripping down to my most vulnerable self in class discussions—might mean absolutely nothing if I don't nail the exam.

I always wonder the same thing: does anybody else feel this way, or am I the only one? I thought it would be a good idea to investigate, to find out from instructors and students the advantages and disadvantages of taking final exams, and the different ways that we deal with the stress.

I decided to tackle the instructors first. It was a chance to see their humanity come through and to realize that they were all students themselves once—a useful realization when the stress and feelings of resentment come alive within us during exam time.

Psychology instructor Cate Pelling says that she had two different experiences as a student: when she didn't know what she wanted to do and didn't prepare very well, and when she found a program she was interested in and became more conscientious about her studying.

"Things like giving myself plenty of time for what I was studying, checking and making sure that I understood everything, well, it led to success," says Pelling. "It all comes down to motivation. I went back to school as a mature student, and I had to juggle a job, three kids... but since I was motivated, with something I really wanted to do, it made things easier"

"I cope very poorly, to be honest. Depending on the class, I get very stressed."

SARAH SHUMANSKI
CAMOSUN COLLEGE STUDENT

Anthropology instructor Karoline Guelke says that studying as you go along throughout the semester is really helpful, although she admits that she didn't do that as a student.

"I remember going to a psychology workshop as a grad student, and I had never seen these before, these studies where they look at the memory. Even if you are at a lecture, and you are completely engaged, you would still be leaving the room and remembering maybe 80 percent, and that is the best-case scenario," says Guelke. "During the course of the day you are losing it already, and if I asked you some questions about it five days later, you probably will remember only about 20 percent, and that is if you are really interested. But they have found that if that same day, or the next day, you take 10 minutes in the evening just to sit down and go over your notes, maybe rewrite a few things, just rehash it in your mind, it does amazing

things for your memory. But I recognize that with exams, students have them close together, and time management is hard."

Ten minutes? *Anyone can do 10 minutes*, I think. So... why don't we? Guelke agrees with me, but understands too well what it's like being a student.

"I know that consistency is not easy for a student; it wasn't for me either," Guelke says. "But taking a little time, even every other day, just a few minutes to review things [helps]."

Camosun College ombudsman Carter MacDonald says the best way to cope with exams is to be consistent.

"Practice good study habits right from the beginning," says MacDonald. "I would also highly recommend that students pay attention to the course outline, because that is really like an unofficial contract between the faculty member and the student. It is what is expected. I so often see students realize at the last minute that they haven't lived up to the progressive steps in the outline, and then it sometimes gets to be too late."

First year Mental Health and Addictions (MHA) student Hayley Veintrop started at the college in January and is taking the MHA program as part of a new chapter in her life. Veintrop has a new-age approach to exam preparation.

"I cope with the pressure of exams through meditation and mindfulness, and I also use affirmations," says Veintrop. "I know it may sound corny, but it really helps. My personal affirmation that I tell myself is: 'I know all of the information, and I'm prepared for my exam.'"

Second year Pre-Social Work student Gabriel Aclassi is preparing to transfer to UVic. Aclassi also has a less traditional method of self-care.

"Seriously, I schedule time into every day to relax and not think about exams, if at all possible," says Aclassi. "I also make sure that I have one day a week set aside as a full decompression day where I don't allow myself to do any schoolwork. This means that I actually have time to decompress and process the information for school on a subconscious level for a bit."

First-year University Transfer student Sarah Shumanski feels huge anxieties at exam time, and has difficulties dealing with them.

"Whether exams are meaningful is a debate that has gone on for a long time."

CARTER MACDONALD
CAMOSUN COLLEGE OMBUDSMAN

"I cope very poorly, to be honest," says Shumanski. "Depending on the class, I get very stressed. For my math exam, it was worth 50 percent of my mark, and I spent two days basically trying to re-teach myself the entire course. I watched a lot of YouTube to try and calm myself down."

Seems reasonable to me. Anything to make the hamster wheel stop for a minute, as far as I'm concerned. Still, I've always wondered if exams are truly necessary when it comes to showing what you know.

"Exams are meaningful because how else are we going to determine what someone is ready to do, or whether they are job-ready?" says Pelling. "People have to have a base of knowledge which to practice from, and testing is a good way to determine that. When I was a student and was involved in studies that I was really interested in, then I actually found exam period kind of exciting. Kind of like a sports competition. So, weeks of preparation leading to a morning of exam brain. I wasn't even competitive against other people; I was competitive with myself. When one has that intrinsic sort of interest, it makes the whole process less onerous."

Veintrop also agrees that there is value in exams. "I think there is valuable learning in exams. Granted, I've only taken one class so far as a Camosun student," says Veintrop. "That class was English, and you study by practicing structure rather than memorization. I'm curious to see what my opinion on this question will be after more classes. If anything, I learned a lot about myself and how I study for exams."

Guelke also believes that exams are meaningful—although not always how one might expect them to be.

"They are one specific way of testing information that doesn't always work well for all people," she says. "I still do think that there is value in memorizing information, because it is only when you have memorized information that we can show what exactly we know. I personally try and vary my exams in the way that I ask questions, so they are not just multiple choice. I try and add different creative questions, and choices."

MacDonald believes that it can go either way—depending on the student. "Whether exams are meaningful is a debate that has gone on for a long time," says MacDonald. "I have spoken with a student, here at Camosun, who convinced his instructor to allow him to be orally questioned for the exam questions. This was very open-minded and wonderfully accepting of the faculty member. This student found it very easy to talk, as opposed to the writing, and the memorization. I have also dealt with some grade appeals this semester, where students would say that they knew the work, but couldn't remember how to get it all down in a written fashion when it came to taking the exam."

Veintrop has been pleased with her exam results so far, but that doesn't change the fact that the memorization process was difficult for her.

"Based on my first and only exam at Camosun, I did quite well," she says. "Therefore, I'm not against exams...yet. Granted, I do excel in English. When it comes to memorization, I struggle. Overall, I find exam time very stressful and emotionally draining."

Guelke also believes that exams don't always necessarily reflect the actual intelligence of a student.

"I recognize that with some students, the exam situation is very stressful," she says. "I see that they might be very strong in their written work. Then that is sort of sad, especially if it is a first-year class, when there is so much weight given to the exams. So, I think, maybe I should revise the percentage. But then you would also not believe how many students do not hand in their papers. So, some students are only making it because of the exams. It is a difficult toss-up."

First-year Psychology student Daniel Gallant is, like Aclassi, preparing to transfer to UVic. Gallant says exams have actually been helpful for his style of learning.

"In some ways, I do better on exams than any other component of my courses," he says. "When studying for exams, I generally need to focus on them one at a time, or I lose my mind. I prioritize them chronologically. I am naturally good at memorizing information, and I also find exams less time-consuming than research projects and weekly labs. Therefore, I appreciate exams."

One common thread when talking to people about exams is anxiety, the stress that final exams bring to a lot of students. Pelling remembers her own anxieties very well.

"One thing I always loved about exams was the camaraderie I felt with my fellow students. We all went into the exam room like we were going into battle or something."

CATE PELLING
CAMOSUN COLLEGE

"My most memorable experience was when I was writing my Grade 12 math exam," says Pelling, "I was very anxious about it. I flipped over the exam booklet, saw the word 'name,' and I could not remember my name because I was so anxious. That was a very good lesson about the power of anxiety. I have never forgotten that—being so highly aroused that you just can't process information."

Well, that's slightly reassuring. I had always been curious whether anyone else felt the blind panic I felt during the week of finals. The baristas at By the Books, the coffee shop at Camosun's Lansdowne campus, know full well the perils of exam week.

"Here in the coffee shop we see lots of frazzled students, students that are anxious that the term is over, but happy that it's coming to an end," says By the Books barista Catherine Latour. "We also see students that are a bit more absent-minded than usual. They forget things behind in the shop, like wallets, glasses, phones, and such. It's also just the normal flow of people, and they need their treats, their caffeine—in exam week they might need a little more. There is a bit of a higher energy, an anxiety."

I wondered whether people have broken down in the coffee shop during exam week; turns out that, yes, they have, and Latour and her colleagues do what they can to help.

"One or two have, yes," Latour says. "We've been there for them. We've given out a few hugs."

MacDonald also notices the rise in tension at the campus during crunch time.

"It gets very hectic," he says. "I come to my office at 8, and am able to leave at about 5:30, but that is expected. There are times of peaks and valleys, and during exams is a busy, busy time."

After all this talk of tension, anxiety, and worry, I was delighted to hear of some students' positive experiences. Veintrop had a very memorable exam-time moment involving an instructor who made all the difference.

"During exam week, my heart was touched by my instructor [Deanna Roozendaal]," says Veintrop. "I was feeling overwhelmed and anxious. Deanna took time to meet with me outside of class hours to reassure me. Together, we went over the exam-preparation assignment to make sure I was clear. Deanna helped me gain confidence and I ended up getting an A on my exam."

Gallant also remembers a particularly terrifying exam experience that turned positive because of a wonderful teacher.

"I was preparing for my English exam on a Wednesday when my professor [Maureen Niwa] emailed me and asked where I was," says Gallant. "It turns out the exam was on Monday after all, and had started an hour ago. Busing would have taken too long, so I frantically rode my bike to campus from Tillicum, and my professor let me stay an hour late to finish writing. Maureen Niwa—best teacher ever."

"We see students that are a bit more absent-minded than usual [during exam time]. They forget things behind in the shop, like wallets, glasses, phones, and such."

CATHERINE LATOUR
BY THE BOOKS

It's nice to know there's some teachers here at Camosun who will do something as seemingly small as taking that extra moment to help a frazzled, exam-blasted student or give some one-on-one attention that makes the student's dream of doing well become a reality.

Personally, and based on the research I've done for this story, I'm not so convinced about exams. It's true that it's a way of showing knowledge and whether you have put your all into your studies. But with the pressures, anxiety, late nights, and deep-breathing exercises, it's not so much a test of knowledge but a test of the human spirit. A testament to this is the friendships that Pelling formed during her time as a student, friendships which made the exam process easier, and certainly made it more special.

"One thing I always loved about exams was the camaraderie I felt with my fellow students," Pelling says. "We all went into the exam room like we were going into battle or something. As an instructor today, I sometimes get a little envious of people coming into write an exam. You've all worked together, you've all worked really hard, and you've gotten through that process together."

music

Snotty Nose Rez Kids bring hip hop with a message to town



PHOTO PROVIDED

Vancouver hip hop duo Snotty Nose Rez Kids are touring in support of their new album, *Trapline*.

KATIE MONDEY
CONTRIBUTING WRITER

Quinton “Yung Trybez” Nyce and Darren “Young D” Metz, the two members of Vancouver-based hip hop band Snotty Noze Rez Kids, are doing more than making music—they are communicating a message of empowerment and healing. They’re not the first to voice injustices through music, and—like other musicians who create music this raw, real, and impassioned—they move their fans.

And now they’re moving their fans with the songs on *Trapline*, their third album, which follows up 2017’s *The Average Savage*.

“We exposed this state that we live in for what it was,” says Nyce about *The Average Savage*. “From a young age we had racial stereotypes put on us, which made us think

about ourselves in a different way than we should have. And then when you listen to *Trapline*, it’s all about being empowered, and power through unity, and ancestral knowledge, and land and identity.”

Trapline rings with truth and empowerment. The band continues to write about stereotypes, ancestral pride, and both strength and pain being passed through genes from one generation to the next. They attribute their growing success to many factors, including perseverance, state of mind, and a responsibility to share their message.

“We realized early on that we have a message that needs to be heard, and we realized we wanted to pursue music as a career with that message,” says Nyce. “It wasn’t until we recorded *The Average Savage* that we were just like, okay, we

have something special here that the world needs to hear. Once we started getting all the acknowledgment that *The Average Savage* got through the Polaris Prize, the Western Canadian Music Awards, and then the Junos, we realized we can actually do this as a career.”

And as their career evolves, so does their sound. For *Trapline*, collaboration with several other artists produced a more dynamic album and was also symbolic of the unity that’s possible among people regardless of race or other differences.

“One thing we all had in common was hip hop,” says Nyce. “And on top of that, we all come from a very similar struggle, and we found that to get out of that struggle, or to persevere through it, was through unity and knowledge. The reason

why we chose all these different artists to have on *Trapline* is to show the world—not only the Indigenous community but the non-Indigenous community—that we’re all the same.”

Reflecting upon the history in North America, one may wonder, with all the damage done, the injustice, the conflict, the trauma, and all the dysfunction that still exists today, is it possible to truly heal?

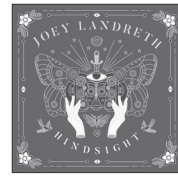
“Yeah, definitely,” says Metz. “We did some really personal healing on the first album. ‘Black Blood’ is the aftermath of losing somebody to suicide. That was probably our most personal track, and we’ve had some fans tattoo lyrics from that track. So it’s not only healing us, it’s definitely helping others heal, and once we realized that, you know, there’s no turning back, really.”

The Snotty Nose Rez Kids are exposing deep-rooted and significant social, political, and personal issues among Canadians. There are many questions and uncertainties about how we can coexist peacefully—if at all—given our history, but Nyce and Metz believe wholeheartedly that harmony can be achieved. Nyce says that’s exactly what some of the lyrics on *Trapline* are about.

“That was pretty much a call-out to people that haven’t figured it out yet, you know?” he says.

Snotty Nose Rez Kids
8 pm Friday, June 7
\$15, Capital Ballroom
thecapitalballroom.com

New Music Revue



Joey Landreth
Hindsight
(Cadence Recordings)
2.5/5

Winnipeg blues rock guitarist Joey Landreth has returned with his second solo album, *Hindsight*, and he’s definitely taking a change of direction from his Juno-winning work with The Bros. Landreth.

The album features guitar-driven power-trio sounds that blur the lines between modern blues rock and Landreth’s folk/blues roots. *Hindsight* is strong through the opening tracks: “Forgiveness” and “Cryin’,” with their grimy distorted guitars and soulful melodies, are reminiscent of Bahamas’ early albums. The songs set the mood for the lead single, “Where Did I Go Wrong.” Some of the acoustic tracks, like “Dangerous Heart” and “Hindsight,” showcase Landreth’s versatility.

Hindsight has everything—great guitar work, soulful vocals, and great songwriting—yet somehow it doesn’t work. The album starts out well, building momentum as a blues-rock record, but the band may be better suited to a country audience. Simply put, *Hindsight* isn’t at the same level as Landreth’s previous work, and while it contains some decent tracks, it, unfortunately, may just be the forgettable cuts that you’ll remember.

—FRED CAMERON

stage

Directing *The Master Builder* a dream come true for Blue Bridge’s Brian Richmond

KATY WEICKER
STAFF WRITER

When Blue Bridge Repertory Theatre was putting together their 2019 season with the theme of “travel the world with us,” bringing plays from across the globe to Victoria’s own Roxy Theatre, artistic director Brian Richmond knew he had to include David Hare’s adaptation of Henrik Isben’s *The Master Builder*.

“I’m just a huge fan of Henrik Isben. He’s one of my favourite playwrights of all time—a 19th-century Norwegian playwright—and he’s also called the architect of modern drama, and I believe that that’s true,” says Richmond. “He’s really in many ways the one who’s responsible for inventing the 20th-century drama and this is one of his truly great plays.”

After several years of directing, Richmond says people always ask him if he’s excited about directing a particular play and his response is usually that the excitement comes as he starts to engage in the process of directing it. In the case of *The Master Builder*, however, he’s truly excited to be directing the piece.

“I think it’s a fascinating and enigmatic piece of storytelling, so I’ve been wanting to direct this for well over a decade,” says Richmond.

Despite this being a long-time dream for Richmond, the quick

turnaround between Blue Bridge’s previous show—*Happy Days*—and *The Master Builder* means a quick three-week rehearsal process before opening night.

“There’s a lot of challenges with it,” he says. “It’s been a play that right from the beginning people who were even fans of Henrik Isben were perplexed by. It tends to blend realism and symbolism in one package, so it’s always a tricky balance from the creative team’s point of view of where you’re going to sit in terms of your emphasis on realism versus symbolism.”

Blue Bridge has taken a more avant-garde approach to their work in the past; Richmond says this interpretation of *The Master Builder* is going to fall more along those lines.

“It is going to be one of our far more adventurous visual approaches to a production—although I haven’t seen all the designs yet, but I think it will be the most abstract of all of our visual designs,” he says. “And the material is going to be very interesting, particularly in light of the MeToo movement and how people respond to this story.”

Richmond explains the central story revolves around a man in his early 60s who had a fleeting encounter with a teenage woman 10 years earlier; this forces the audience to figure out for themselves what the main themes of the play are.



PHOTO PROVIDED

The Master Builder is on at Blue Bridge Repertory Theatre until June 9.

“I don’t believe that is what the play is about, but of course that’s going to be seen in a very distinct way in our times,” says Richmond.

When it comes to tackling these sensitive subjects, particularly in older pieces, Richmond believes it’s important to approach the past in theatre the same way we do as citizens.

“The past is not a carbon copy of our values of the present, nor should it be,” he says. “So, if the past is at all valuable to be revisited we have to look at the past through the lens of how people view issues

The Master Builder
Various times, Tuesday May 28 to Sunday, June 9
\$18-\$42, Blue Bridge Repertory Theatre
bluebridgetheatre.ca

New Music Revue



The Warhawks
Never Felt So Good
(Independent)
4/5

The Warhawks’ debut LP, *Never Felt So Good*, makes me want more from this incredibly talented rock and roll band, who consist of three cousins and a long-time friend. And Matt Orlando, John and Pat Bilodeau, and Tom Lipski (he’s the long-time friend) have crafted a great rock album here, proving why they’ve established themselves as a national radio presence.

The entire album flows like a movie soundtrack in a summer blockbuster—from start to finish it keeps me entertained and engaged.

No two songs on *Never Felt So Good* are the same, and it feels so refreshing to be able to listen to an album without needing to or wanting to skip any song.

With clear influences from punk, garage rock, and indie pop, this rock band has released an album that, after just one listen, lets it be known that it will be enjoyed on repeat.

—GABBY VONKORNFELDT

art

Bateman Centre exhibit looks at the beauty of birds



TERRY VENABLES

A 2019 photo of a hummingbird by Terry Venables.

CHRISTINE CLARK
FEATURES WRITER

There’s such a push for housing on the south island that developers are buying up and tearing down any unprotected piece of forest they can find. It’s a great boon for local economies, of course; people in construction jobs keep on working and the influx of new residents helps to increase our tax base. But one of the losers in this scenario are the ones who depend on the forest for their very lives.

“It’s one of those difficult things, because the human population

grows, and everybody wants to make money, it seems,” says North Saanich-based bird photographer Terry Venables. “It’s a tough situation when you love nature, to see the habitat destroyed; it’s really tough.”

Some see economic growth while others feel the loss of our green space and the resulting threat to biodiversity very keenly.

“People are very divided on a lot of different subjects; you almost have to be guarded on your viewpoint because people will jump on you and say you are wrong, or you don’t have a right to think that way

or something,” says Venables. “But we do have people out there that are thinking about the environment and our natural beauty that we have here.”

Plumage: The Majestic Art of Birds, on now at The Robert Bateman Centre, is a celebration of natural beauty in the form of birds, created by artists JJ Audubon, Fenwick Lansdowne, Allan Brooks, and Robert Bateman. Also on show is a collection of carvings, prints, and dioramas, as well as Venables’ highly detailed photographs of hummingbirds, ducks, and herons.

“We had bird feeders from the time I was little, and had bird books. It’s one of those neat things that kids can do—you look out the window at the bird feeder and then you get the book and you go, ‘Oh, that’s a junco,’ or, ‘Oh, hey, look—there’s a woodpecker,” says Venables. “It’s quite incredible because there it is, it’s right outside your window. It’s kind of mysterious, but it’s right there in your yard and all around and people don’t even notice.”

Canadian painter Robert Bateman has spent his life carefully watching and meticulously painting birds. Like Venables, Bateman started his career in the arts and as a naturalist while still just a child.

“All little kids love doing art—and nature, for that matter—but most of them grow up around the age of 12 and go on to more grown-up things, and I just never grew

up,” says Bateman. “That’s when I got serious—when I was 12, and I painted every hawk and owl in North America by the time I was 16. They were just little paintings and I did them in a series.”

Coming of age in the 1950s, when contemporary art was ruled by the expressionists—painters like Jackson Pollock and Robert Motherwell—Bateman was convinced that bird art was finished, until one afternoon at the Royal Ontario Museum when he experienced an epiphany.

“The third floor was the natural history floor and they had a rotunda at the middle of it, and then a kind of very large alcove where they had rotating exhibits,” says Bateman. “We were all just hanging out, and here was this exhibit and this young pigeon-like Fenwick Lansdowne, who was better at painting feathers—by far—than I was. [Lansdowne] did these wonderful bird paintings; I thought, the last five or 10 years, there’s nothing more to be said, and he came along and he had a new approach, so he influenced me to eventually going back into bird art.”

Bateman, who is now 88, has travelled the world in search of bird sightings, but it’s an early memory from his teen years in Toronto that comes to mind when he thinks about spectacular sightings.

“It was in the wintertime, and I was sort of crunching through this frozen cattail marsh and I scared a pheasant up,” says Bateman. “It

burst into the air like an explosion, and then out of nowhere came a peregrine falcon. The peregrine falcons attack by striking with their feet and stunning their prey, and it hit the pheasant with its feet, so the pheasant squawked even louder. But it didn’t fall or anything—it changed direction and went off squawking. The peregrine was startled by seeing me there. That moment with the peregrine and the pheasant, it was quite an encounter.”

Bateman is a positive person who, when asked about the threat to biodiversity on this planet, refers to the Serenity Prayer, which calls for serenity to accept what can’t be changed, courage to change what can, and wisdom to know the difference between the two.

“Birds are like the canary in the coal mine,” says Bateman. “They used to, before they had instruments, bring a canary in a cage into a coal mine and the canary would collapse or maybe die before the people did because they’re more delicate—if the canary is in trouble you better get out of the mine. Birds are an indicator, because if the birds are dying, we’re next.”

Plumage: The Majestic Art of Birds
Until Wednesday, June 5
Robert Bateman Centre
batemancentre.org

art

Discovery of rare prints leads to *Landscapes of Edo*

“[The pieces] are obviously very beautiful to look at. But they’re also very interesting for all of the references that are within them, because they had such a big impact in Japan and on Western art history.”

HAEMA SIVANESAN
THE ART GALLERY OF GREATER VICTORIA

KATY WEICKER
STAFF WRITER

Landscapes of Edo: Ukiyo-e features an abundance of Japanese prints from artists such as Utagawa Hiroshige and Katsushika Hokusai that were pulled together from The Art Gallery of Greater Victoria’s extensive collection. For curator Haema Sivanesan, the process of putting this collection of *ukiyo-e*—a style of Japanese art that depicts the life of the common people through block prints and paintings, with a focus on a wide range of subjects ranging from sumo wrestlers to landscapes—altogether entirely from the gallery’s archives was a bit of a whirlwind experience.

“We were going through a process of reviewing what was in our collection—at the same time we’re working very quickly at the art gallery right now in terms of our exhibition generation and turnaround—and we just realized there was an opportunity there in the collection to do an exhibition that

showcased some of the key works in *ukiyo-e* prints in our collection,” says Sivanesan.

In order to pull this collection of approximately 200 pieces together, Sivanesan—who only had six months to create it—worked with fellow curator Su Yen Chong, a recent MA graduate from the University of Victoria who had done some research with Sivanesan while doing her master’s studies. Sivanesan says the time crunch the two found themselves under was the biggest challenge for them—in addition to matting and framing several of the pieces, there was also an abundance of research and consultations required for the exhibition.

“It’s kind of a massive undertaking to do any exhibition,” she says. “And, when you’re working with historical materials it’s kind of another level of, you know, wanting to check and make sure that what you’re showing is of the highest quality, and you’re checking other museums to see what’s unique and



COURTESY OF THE FRED AND ISABEL POWARD COLLECTION

Utagawa Ando Hiroshige’s *Yoshiwara: Mount Fuji on the Left*.

what’s not unique, so it makes a huge difference working with a collaborator who had the background and the interest for her to take on some of that research.”

The exhibition is running juxtaposed with *Fiona Tan: Ascent and Quiet Nature: The Woodblock Prints of Walter J. Phillips*, showcases that demonstrate the lasting impact *ukiyo-e* has had on landscape work. *Landscapes of Edo: Ukiyo-e* also features a complete set of Utagawa Hiroshige II’s *Forty-Eight Famous Views of Edo*, a collection which Sivanesan says they didn’t realize they had in its entirety until they pieced it all together.

“That’s a very rare set,” she explains. “It’s very rare to find a complete set of prints like that. There are very, very few museums in the world that have it, so it was

really wonderful to find that in our collection. So that was the starting point, and we kind of built out the exhibition from there.”

As stressful as the preparation of the exhibit was, Sivanesan says that now that it’s open for viewing the public response has been positive.

“People love it,” she says. “I think there are a lot of people who really love Japanese art. And [the pieces] are obviously very beautiful to look at. But they’re also very interesting for all of the references that are within them, because they had such a big impact in Japan and on Western art history.”

Landscapes of Edo: Ukiyo-e
Until Monday, May 27
The Art Gallery of Greater Victoria
aggv.ca

New Music Revue



Dave Hause
Kick
(Rise Records)
4.5/5

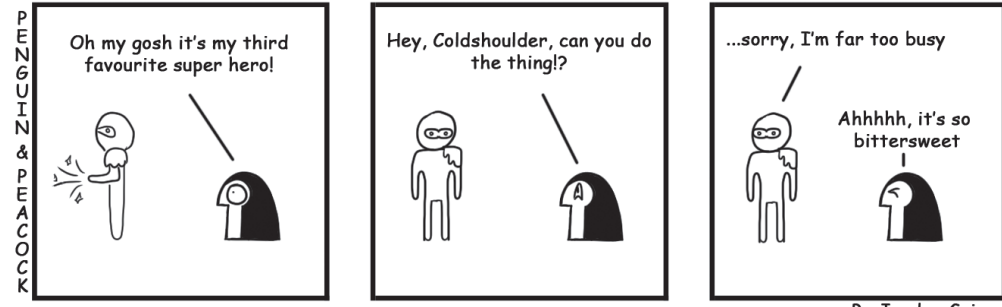
It’s been a while since I heard an album that was as skilfully written and executed as Dave Hause’s fourth solo album, *Kick*. A commentary on issues facing working-class America, *Kick* is full of heart, musically empowering, and lyrically insightful. With the album full of societal critiques, songs like “Saboteurs”—driven by modern, raw heartland beats—give Springsteen or Petty a gracious nod.

Hause is versatile throughout the album, venturing to soft acoustics at times and returning to his fast-paced punk roots in “Weathervane.” He hones in on some methodical beats and background riffs in “Warpaint” and “Fireflies”—the latter is a lyrical masterpiece.

Hause proves himself a true artist and songwriter with this album; in “Bearing Down”—an eerie ballad that deals with suicide—he pays tribute to Robin Williams and Hunter S. Thompson.

Hause’s transparency, heartland vocals, and introspection make this album a 2019 essential.

—ADAM MARSH



C'est la Vie by Sebastien Brotherton



Kayfabulous by Nate Downe



Bubbles by Lia Glidden



Let's Talk?

by Katy Weicker

Summer love

Every time I get the “How are you?” I feel like an asshole, because I’m kinda loving my little routine. I am an independent woman, and I like my space—again, I reserve the right to change my opinion on this in a few weeks. But I can adult on my own with great success.

Like many students, I’m finding my sea legs again after the insanity that was end-of-the-semester mayhem. Finals are done, grades are in, and I’m back in the swing of working full time and having my evenings free from homework—also known as having time to write things that I’m not getting graded on!

In addition to the many upheavals to my own schedule, I’m also, like many students, dealing with massive shifts in the schedule of my partner (who is also a student). For us, this means him embarking on a once-in-a-lifetime travel adventure for over five weeks while I’m here in Victoria living my normal life.

Let the record show: I fully support his decision. And I’m only a little bit jealous that he gets to spend the next month writing travel pieces in a stunningly beautiful location while I have the privilege of working 9 to 5 and baking in an apartment with no airflow, watching *Friends* at night alone. And, while I may lament, there is actual validity in this statement. Before we started dating, I spent many summers doing this routine, and I find comfort in it. I like being able to binge-watch my guilty-pleasure TV shows (looking at you, *Jane the Virgin*), eating what I want for dinner without having to

discuss it, going for evening coffee with girlfriends.

But with this routine comes the sympathy. I’m not talking about the empathetic checking-in texts from his or my mom, I’m talking about the constant barrage of “OMG, how are you doing?! How are you surviving?!” statements that have replaced the obligatory “How’s school?” conversation openers (I may be paraphrasing here, but you get the idea). When I assure the other person that I’m doing really well, I get a follow-up reassurance: “Hang in there! The time will fly! He’ll be home soon!” And I’m standing there, like, “I understand how time works...”

Again, let the record show: I have a countdown on my phone to the second his flight lands. And

yes, after the initial novelty starfish stretch across the bed, I miss his shoulder nook like crazy, but, no, I’m not hyperventilating into a paper bag over his absence (full disclosure: as I write this, we are only on day five of 39, so that may come).

But, for now, everytime I get the “How are you?” I feel like an asshole, because I’m kinda loving my little routine. I am an independent woman, and I like my space—again, I reserve the right to change my opinion on this in a few weeks. But I can adult on my own with great success. I don’t want to get all “I don’t need a man” soap-boxy here, but the reality is, yes, I love my partner, yes, I miss him, but I’m not crumbling at the seams without him. And I’m pretty sure that’s a good thing.



Health with Tess

by Tess Syrawik

From financial hell to financial health

You know what people never talk about? Financial health.

Once upon a time, only a couple of years ago, I had just under \$5 and some laundry-card credit to my name. I hadn’t even spent money on fun—it was purely the cost of responsibilities. Not my best moment, but it did inspire (scare?) me into researching strategies for better financial health. Here are some things I’ve found useful.

Putting 10 percent of my income and 50 percent of any financial gifts into a savings account is the best financial tip I’ve ever heard. Do I always manage it? No. Sometimes it’s five percent of my income; if it’s been a rough month then maybe it’s zero percent. What I do know is that when my car develops a problem or when tuition hits hard, I feel less

panic. If I have money sitting in my chequing account, I know I’ll find a way to spend it. When it isn’t there, no can do.

This one may sound obvious, but paying off credit cards every month is so key. I get it: Victoria is expensive. So is the interest rate you can get slammed with. The best thing I’ve found for solving this one is actually removing credit cards from my wallet if I know an impulse buy might tempt me. If I don’t have the piece of plastic that enables me to buy 10 new books, suddenly I’m less impulsive. Fewer impulse buys means smaller bills, and smaller bills are easier to pay.

Redefine what “treating yourself” means to you. This one is hard but so worth it. For example, if you are a food lover, try inviting people

over for a little potluck instead of eating out somewhere, even if the place is cheap. If you go to the movies just for the popcorn, buy kernels and make it yourself at home. Do you love the cake from the bakery around the corner? Learn to make microwave brownies. Treats add up quickly. Savour the little things. It makes treats feel that much more special.

There are many more ways to work on financial health; the trick is in finding what works best for you. It feels weirdly good in an adulting way to have a money cushion for when times get tough. Nobody wants to be the person who has only \$5 and some laundry-card credit to their name. It’s worth it to develop the tools that can help you avoid that situation.



Communication Error

by Nate Downe

Parrot juice

I thought that I saw a parrot; a flock of parrots flying freely here and there—parrots everywhere. Although I am not entirely sure if they were parrots or not. As I stared intensely out of my window I witnessed a colourful figure ascending from one corner of my eye to the other; in a blink it was there and then it was not. Perhaps it was never there at all? I surmise that it must have been a parrot. But why?

could we simply enjoy staring at it? Similar to how others often tell us that we need to prepare for this and that, go here and there, we need not consider the this and that for themselves, that is, the experience of their blinking, because they are everywhere. Or are they?

Strings and things, connecting dots, and waging invisible wars. Invisibility cloaks painted with the murmurs of those who have

Why do we think that we know what something is just because we can name it?

Abstractions swimming around that are now being poured into their new form—a new body, a new vessel, a rebirth (words?). Consciousness—rather, a socially conceived consciousness—has us believe that what we can see and hear is all a part of our conquered world, all of which is within our control by the use of language. But why do we think that we know what something is just because we can name it?

Life is nothing but riddled with transitions, blinking on and off with everything starting up just to end up stopping again. It is as if teleporting and shape shifting were used by science fiction solely as a metaphor

to try to explain this very real phenomenon around us. If a seagull were to shape-shift into a parrot would we need to write it down, or

suffered for them to become unnoticeable. Now visible, the beast is sighted, identified, and rectified as it is no longer caged by the cloaks that previously described it (language). Inference allows us to believe that we know—we understand—that we saw and that by creating a name and a categorical number we can identify our visions and place them neatly in the drawer next to our paintings of photographs. Although one thing was always forgotten to be mentioned to us, for as fast as the tap runs the water out of it, it always evaporates just as quickly before it ever reaches our hands.

“I thought I saw a, I thought I saw a...” For those who are old enough to want to finish that sentence with a yellow-bird-like voice, I must ask you: did someone think they saw you?



First Things First

by Tiegann Suddaby

Picture-perfect notes

Have you ever heard of the studyblr or studygram community? It’s a wretched, cursed place that I willingly visit, and you might too. There’s something so clean and perfect about it that makes me so conflicted I decided to write a column—no, a warning—on what it is and why I love it.

Simply, it is sharing your notes on a social media platform of your choice (hence the portmanteau of “study” and “Tumblr” or “Instagram”) in a manner that is pleasing to the eye.

But here’s what people are getting wrong about studying and giving advice: it shouldn’t be superficial and perfect like every other thing on this planet of publicity.

I’ve shared my thoughts on seeing everyone living perfect lives before, but how depressing is seeing that even in their notes? How often have I seen some stranger’s little account bio that says things like “I

give advice on how to survive the school semester,” only for their feed to say things like “Drink water and have a snack” under a picture of perfect calligraphy?

So why am I so in love with it? Because it celebrates studying! The community honours the quietness of work.

The problem is the generic nothings that go with it, and how it seems like some high-school kid showing off how they’re better at taking notes than you are.

The point is this: a community dedicated to studying has aesthetic value to it, but helpful information in the community is too hard to come by. Without those pretty pictures, I might not have the same motivation I do now, but photos are just photos. Just ignore the people trying to fill you with useless platitudes and focus on what matters: minimizing the stress of a workload to the point where you find enjoyment in it.

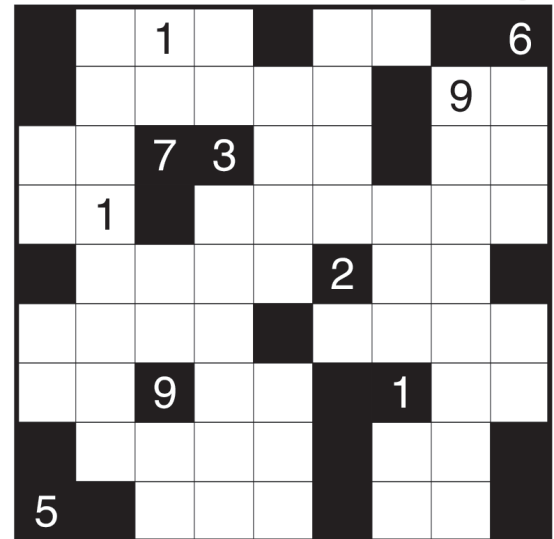
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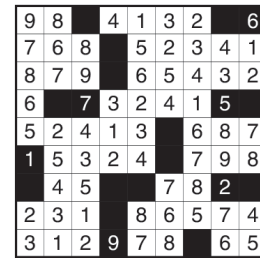
Email editor@nexusnewspaper.com with your column idea today!

STR8TS

No. 223 Tough



Previous solution - Medium

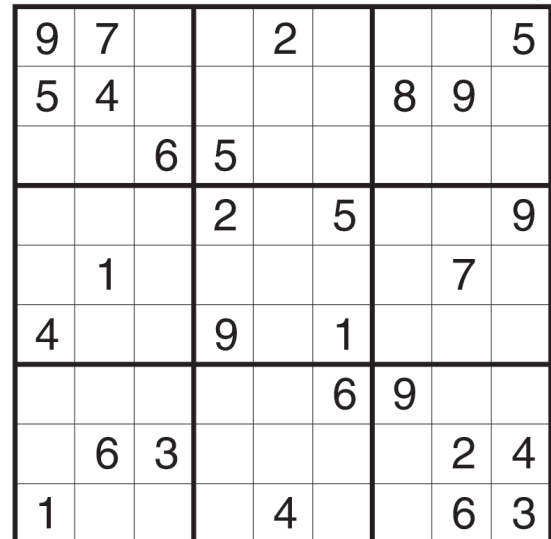


How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a ‘straight’. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how ‘straights’ are formed.

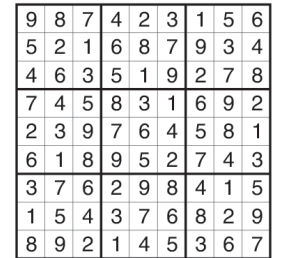
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 223 Easy



Previous solution - Very Hard



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

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.

The solutions will be published here in the next issue.

Web Exclusive NEXUS

What's happening at nexusnewspaper.com

Week of April 28, 2019, top five most read stories:

1. "Open Space: Meditation should be part of post-secondary," March 20, 2019
2. "Camosun College Student Society election results in," April 11, 2019
3. "Camosun College involved in proposal to enhance transportation to rural Indigenous areas," March 20, 2019
4. "Under pressure: How Camosun College's counselling services are holding up under stress," February 20, 2019
5. "The Belfry Theatre's Spark Festival celebrates 10 years with the personal and the political," March 6, 2019

Plus, head to our site to check out web-exclusive stories! Check it all out at nexusnewspaper.com, and find us on Instagram, Twitter, and Facebook today!

Victoria's Horror Escape offers frightful challenges for

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*Ask us about our FREE student membership program sponsored by the Camosun College Student Society (CCSS)

stand-up-comedy word search

We ran Fred Cameron's last feature story in our April 3 issue; in it, Cameron took a deep look at the local comedy scene, on campus and off. Check it out at nexusnewspaper.com if you missed it. We took words from that story to make this 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.

ADRENALINE
AMATEUR
AUDIENCE
CIRCUIT
DYING
EXPLICIT
GRANDFATHER
HECKLERS
JOKES
LAUGHING
MATERIAL
OBSERVING
PARTICIPATION
PERSPECTIVE
RATFISH
REACTION
SHOWCASE
TAXI
UNPREDICTABLE
YELLING

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

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 around, the issue was hidden in the Ewing stairwell, near the second-floor entrance.

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!

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If you're interested in doing some volunteering at an award-winning student newspaper, stop by our offices at Richmond House 201 on the Lansdowne campus, or contact us by email (editor@nexusnewspaper.com) or phone (250-370-3591).

No experience necessary!

NEXUS

Our next issue is on stands Wednesday, June 12. We'll be looking into the relationship between Camosun students and their phones, previewing the Maritime Museum of BC's Great Pacific Garbage Patch exhibit, and much more!