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camosun's student voice since 1990

college

Camosun Indigenization coordinator oversees new post-secondary Indigenization guides

KATY WEICKER
STAFF WRITER

A new series of educational guides has been launched to provide post-secondary staff members with the tools to help incorporate Indigenization and reconciliation into curriculum and campus life, and there's a Camosun connection to it.

The six-book series, titled *Pulling Together: A Guide for Indigenization of Post-Secondary Education Institutions*, was a collaborative project between the Ministry of Advanced Education, Skills and Training; BCcampus; and a large group of Indigenous writers across BC. At the helm of the project was Camosun Indigenization coordinator Dianne Biin.

Biin says it's important for non-Indigenous students to approach Indigenization with openness and curiosity.

"One of the main messages in the guides is to always come at this with curiosity and to know that you don't have the answers—and most of us, we don't have the answers. There's not 'one way' to do this right, and that we have to unlearn a lot of what we've learned along the way," says Biin. "And so, it's being open to that curiosity. It's having that genuine appreciation and not coming in as trying to fix something. That it's just becoming more comfortable with how you see the world, and how you interact with your colleagues and peers."

Camosun College Student Society First Nations director Ren Louie says the Indigenization guides are powerful steps toward reconciliation.

"They'll do a lot for Indigenous students, and students as a whole," says Louie. "Indigenous people have a rough relationship with western educational institutions, but I think this new guideline will help us into a better future where we can walk, in a



CAMOSUN COLLEGE A/V SERVICES

Camosun Indigenization coordinator Dianne Biin says there is always more Indigenization to be done at the college.

proper way, to the same destination together."

Biin took a break from her position at the college to tackle the role of the guide's project manager. She was officially offered the position in late August 2016, which presented its own unique challenges.

"So then, I had two weeks here to find replacement instructors because I was all ready to teach for the fall," says Biin. "So, I had to find replacement instructors, brief them on all the content. All of my workload had to then be transferred onto somebody else—I had to do all of that process. Then I had to go over to BCcampus to do the project."

Eyē? Sqā'lewen director Janice Simcoe says she was absolutely supportive of Biin's decision to take on the project.

"I was thrilled to know that she was moving towards that," says Simcoe, who was part of the hiring committee (although not of the hiring of Biin herself).

As hectic as her transition was, Biin, who has been involved in

Indigenization at the college since 2009, says the guides are a passion project.

"I'm a product of going through the post-secondary system here in BC in spaces that weren't friendly for Indigenous students," says Biin. "The work that Eyē? Sqā'lewen has done here for the past two decades is

resources. So, doing the guides was just a great opportunity to just start talking about what it takes to do this type of work in the institutions: what are the processes, what are the practices that need to be recognized and then changed?"

According to Biin, Camosun is in a realm of ebbs and flows when it

"Indigenous people have a rough relationship with western educational institutions, but I think this new guideline will help us into a better future where we can walk, in a proper way, to the same destination together."

REN LOUIE

CAMOSUN COLLEGE STUDENT SOCIETY

amazing, and they've created such a welcoming environment that it was time for us to start sharing that model outwards. And out of the 25 post-secondaries here in the province, not everybody is Indigenizing because they don't have the capacity, or they can't keep the

comes to its success with Indigenization. Despite the college being praised and awarded for Indigenization, there is always more work to be done.

"There are parts of the college that are exemplary in practice, and there are parts of the college that need to start looking at this more seriously, and the guides give them that open door to kind of come in and start exploring in their own departments, in their own units: what are we doing, are we doing it okay, and what else can we do?" says Biin. "So, the guides are a nice set of benchmarks for a lot of people to kind of see what's out there, what's being done, and what can we do here."

The guides are set to help post-secondary staff who are working with Indigenous content as well as staff who are lacking the content.

"It's for both," explains Biin. "And it's not just teachers. It's support staff, it's folks working in student services, it's people who are doing research in their departments and working with Indigenous communities. It's for advisors, it's for counsellors, it's for librarians.

It's for all staff across the college, including custodians and physical services."

Bringing Indigenization to all aspects of the college was one of the fun parts of the job for Biin.

"It's for sure focusing on Indigenous students and creating space for them here in the institution," she says, "but it's also providing opportunity for non-Indigenous students to start learning our shared history, and start figuring out 'what are these new working relationships? And how do I, now that I've graduated from Camosun and I'm out in industry, how do I carry this forward in what I do?'"

Only one of the guides is for instructors, with the remaining five dedicated to other roles within post-secondary institutions, with the goal of bringing Indigenization across the board. This is one of the reasons that Simcoe believes the modules of the guides are important.

"Instructors, curriculum developers, student services providers, researchers, and leaders are all for different functions within the college," explains Simcoe. "I'm really excited for all of those functions to have access to some learning that was developed specifically for their field."

Simcoe says that these guides are a tool to further meet the needs and goals of Indigenization, which, she says, is completely about students.

"The first [goal of Indigenization at the college] is for Indigenous students to see themselves reflected in their educational experience at Camosun College," says Simcoe.

"The second goal is for non-Indigenous students to come away from Camosun knowing more, understanding more, and being better prepared to be good neighbours and partners to Indigenous people."

Biin told the over 50 writers working on the guides a story of coming together to help direct their work on the project.

"The story is of pulling together in a canoe," explains Biin. "And together in that canoe we are navigating the levels of Indigenization, from people who are genuinely curious to those who are resisting the process, and how do we work within those realms. And the metaphor for the canoe and the pulling together is what kept us going."

Louie says the guides will help Indigenize parts of academia that may not even have previously been considered as areas that were possible to Indigenize.

"It will definitely reshape the educational landscape of the future," he says.

With files from Adam Marsh, student editor.

eyed on campus



KATY WEICKER/NEXUS

Fall has arrived at Camosun College's Lansdowne campus.

NEXUS

camosun's student voice since 1990

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SEND A LETTER

Nexus prints letters to the editor. Nexus reserves the right to refuse publication of letters. Letters must include full name and student number if a Camosun student (not printed). Nexus accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

OVERHEARD AT NEXUS: "I can't even find my belly button."

student editor's letter Retrospectively loving deadlines

To kick things off with backbreaking cliché: hindsight is a funny thing. I think I speak for all the *Nexus* writers when I say that my life operates on a two-week cycle. As a bi-weekly paper, Mondays at *Nexus* either mean breathing room if it's deadline day or time to go hard because there's only a week until the next deadline. (I love the word "deadline," by the way, and the connotations it has toward a fragile mortality.)

The reason I mentioned hindsight is because I get a slightly dizzy, odd, nauseous feeling when I focus in on the reality that seven deadlines have already passed at *Nexus* since the end of August. Time flies fast, and even faster for journalists, because we make our living by focusing on what's happening at any given point in time, often without actually stopping to really think about it, because, well, deadlines sometimes don't allow for as much cerebral gymnastics as we might like.

When features writer Fred Cameron was assigned the task of writing about the top 10 most-read stories on the *Nexus* site this year, he had to chuckle at some of them. He sat down to chat with me about the two I wrote; while I loved writing both of them, I could only remember writing one of them, at least for a moment, until the light came back on. Even though I forgot about it, I loved writing it, too; I'll refer to it as The Forgotten One (TFO). TFO got my heart pounding and forced me out of my 9-to-5 comfort zone. TFO was difficult, yet giving. This is just one of the many things that writing can do; it's one of the many reasons why I love what I do.

What Cameron essentially got to do this time around was write about time passing. We all know how fast time can slip through the old fingers, even if they are going tap-tap on a keyboard writing words that can outlive the people who wrote them.

Adam Marsh, student editor
adam@nexusnewspaper.com

flashback 25 Years Ago in Nexus



GREG PRATT
MANAGING EDITOR

Flyer friction: We did a cover story on feminism at Camosun back in August of this year, but it's been a hot topic on campus for a long time. Athena Tupaatsch wrote in a letter to the editor in our November 29, 1993 issue that the Camosun College Student Society's "women's centre has done me a grave disservice." Tupaatsch was upset about a women's centre flyer that, she says, "featured a detailed illustration of female genitalia." "As a woman, I am disgusted that the women's centre could remotely assume that such tacky tactics could in any way represent me," she wrote, adding, "Just as I do not want to see the penis paraded across my eyes, I do

not want to see the vagina paraded across my eyes. Nor do I see any need to pull my pants down to demand my moral rights."

Degrees, please: This issue's Student Opinion editorial column, written by Keith Bell, talked about the woes of being a student: most importantly, high debt and a worry about finding work after graduation. In the column, Bell told a joke that has become more or less timeless: "What do you say to a person who holds a degree? I'd like a Big Mac and fries, please." Ouch.

More flyer friction: The story "Posters removed by students" in this issue talked about how representatives of the Camosun College Student Society (CCSS) said two different event posters around campus were examples of sexism toward women and that people had been tearing them down. In a statement that almost echoes the one levied against the women's centre's fliers above, CCSS women's centre executive Laurie Sluchinski said, "It's pretty disgusting."

open space Stop being so sensitive about ghosting

MANDY BARBER
CONTRIBUTING WRITER

People take offense too easily, especially over texts. The one thing people really seem to take offense to is when their texts go unanswered or ignored, or when they get ghosted. You've been ghosted when you've been communicating with another person over text, email, or social media and they don't respond to one of your messages for a long period

she hates the whole game of, 'Oh, they took an hour to answer me, I'm going to wait three hours to respond in return!' I too think that's rather immature. Maybe they were at work or somewhere else where it's considered rude to be on their phone. The person being immature is now just torturing themselves unnecessarily.

I don't think the person doing the ghosting should always be

I've noticed from being ignored and from ignoring others over text that there's usually a reason for the ghosting. People who overreact over ghosting only make the situation worse.

of time, sometimes not getting back to you at all.

I've noticed from being ignored and from ignoring others over text that there's usually a reason for the ghosting. People who overreact over ghosting only make the situation worse. Overreacting can cause the person who has been overthinking it stress and anxiety, not to mention they could find themselves sending messages to the person not responding and harm the relationship in the process.

I'm the type of person who usually answers people right away; the only times that I don't respond to someone promptly are when I'm busy or when I need time to consider what to say. The only times I've completely ignored someone's messages were when I felt overwhelmed by them or that they hadn't respected my personal space.

Has anyone ever wondered why a certain someone that they liked stopped responding to them? Mostly, people want to know why someone took so long to respond; if people were more patient, they would see that the other person was probably just busy. I've heard from a friend that

blamed. If the person did completely cut ties with someone else, maybe that someone should assess their own actions and resolve any issues in their relationship.

If someone does ghost you for some unknown reason and never responds back, it doesn't mean that nobody else is going to like you; we weren't made for every person out there to like us. It's better to be who we are and have the people who truly want to be around us in our lives, rather than having a bunch of people there who aren't there for your best interest.

People's biggest question about ghosting is, "Why didn't they just tell me nicely that they didn't want to talk or hang out any more?" I think that they don't want to hurt other people's feelings or, rather, they don't want to see someone hurt because of them. Maybe it just makes it easier for them to leave. Nobody likes to be the bad guy, and this gives them an easy escape from feeling like they are in a negative situation.

Although, if someone is a jerk, I wouldn't want them in my life, and they definitely would have done me a favour by ghosting me.

corrections

In "*New Music Revue*" (November 7, 2018 issue), we said that artist Kinnie Starr was from Toronto and her most recent album, *Feed the Fire*, is her ninth. She is not from Toronto and *Feed the Fire* is her eighth album. We apologize for the mistakes.

college Camosun's Nicole Kilburn incorporates Indigenous knowledge into field school



ADAM MARSH/NEXUS

Camosun College Anthropology instructor Nicole Kilburn.

STEPHANIE ANKERSEN
CONTRIBUTING WRITER

The world of archeology is changing, and Camosun Anthropology instructor Nicole Kilburn and the Archeology Field Assistant program she developed are at the forefront of that change. Kilburn developed the program in 2008 to fill a skills gap in the industry.

"Generally, if you are working [in the field] you have an undergrad in Anthropology that would include a field school," says Kilburn, "but field schools until very recently have been almost 100 percent on excavation. So you have this funny gap between the types of skills that people finish their undergrad with and the types of skills they actually

need to do the fieldwork. This program was designed to kind of fill that gap and teach people what they need to know to be field assistants."

The program aims to teach the skills that students will need to work in the field by allowing them the opportunity to work on actual archeological sites; Kilburn recently offered the program remotely to students on to the Tk'emlúps reserve in Kamloops. The skills taught in the program include basic practical skills such as how to use a compass and how to take field notes, as well as important cultural resource management skills.

"I could create an archeology site out in the lawn out in front of

know your profs Steve McKinnon on sushi and "spare time" in soccer season



KATY WEICKER/NEXUS

Camosun Chemistry instructor Steve McKinnon.

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 Chemistry instructor Steve McKinnon about printing nightmares and the importance of sorting garbage.

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

a fair amount about me or will in a short period of time. I used to advertise more that I play in a band, but we rarely play shows anymore.

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

Most of the students who knew my jumping abilities have moved on to university or their careers. When they were around, I was often asked to demonstrate in class...

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

Besides getting a continuing position at Camosun in the first place, it would probably be seeing my students at grad. For someone who skipped their own graduation ceremonies, I see what an important experience it is for the students, their families, and faculty. It is also pretty great to see students finish your program and find a job right away.

2. What do you personally get out of teaching?

I love talking to students and getting to know them. I like explaining course material to them, and I am always learning new things from those discussions. It is interesting when you see new connections between topics that you didn't see before.

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

I think I'm a pretty open book. Most of my students probably know

"I've had to re-examine some of the things that I learned from the old school of archeologists."

NICOLE KILBURN
CAMOSUN COLLEGE

the Young Building and I know my students would do a good job," says Kilburn. "They would go out and they would dutifully map the site and take their field notes, but when we partner with Indigenous communities, it's modelling Indigenous archeology so [it incorporates] the importance of following protocols and working with the elders and knowledge keepers."

Kilburn says that students end up working really hard and are very concerned about being accurate and doing things right because it's a real-life scenario and they see how it's going to benefit that community. Kilburn says that this incorporation of Indigenous knowledge has not always been a part of archeology.

"I've learned a lot from my Indigenous community involvement, but I've had to re-examine some of the things that I learned from the old school of archeologists," says Kilburn. "This idea that I went through my undergrad living in Coast Salish territory, talking about Coast Salish history, seeing Coast Salish archeology sites, and I did not meet a single Coast Salish person... I think about that now and that's just not right, so I don't want any of my students to be able to say

that. I'm going to make sure that I make those opportunities to hear firsthand from knowledge keepers and to share that voice."

Kilburn believes that BC is "leading the pack" in terms of change in archeology and says that some of the difference in what BC is doing comes from a shift in the ways in which historical sites are conceptualized.

"When Indigenous people look at those bones, they don't see scientific potential, they don't see data potential, they see their ancestors," says Kilburn. "So how am I supposed to look at that? Increasingly, I look at it as their ancestors."

These changes in the field have not come without their own set of struggles, however.

"It can be challenging, too," says Kilburn. "There's a lot of learning still to be done and a lot of that relationship building takes a lot of time, building trust, and [overcoming] the legacy of bad anthropology, of people who arrived with a sense of entitlement and stole ancestral remains and removed artefacts and didn't do it in a way that was respectful. My education continues, and there have been really positive developments."

couldn't find extra paper, didn't bring enough data sheets to the test... I've had nightmares go the same way.

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

At my level, in the classroom, probably just broader use of technology. More programs will probably be created and expanded to keep pace with the ever-changing job market. I'd like things to not change too much; I think colleges and universities are already giving students a great basis for continuing on into the world.

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

There doesn't seem like there is much time to relax on the weekend, especially with busy kids in soccer season; it's all about keeping the kids busy. Maybe when the kids are older there will be more spare time.

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

There hasn't been anything all that bad, except for a complete disaster before a test a couple years back. I submitted the test to the Printshop for the wrong day, then my computer wouldn't start, the hallway printer was out of order, the other printer was out of paper,

couldn't find extra paper, didn't bring enough data sheets to the test... I've had nightmares go the same way.

9. What is your favourite meal? I never seem to get tired of sushi.

10. What's your biggest pet peeve?

Hmmm, so many. I would have to go with inconsiderate drivers... No, kids not cleaning up after themselves... No, students not sorting their garbage properly...

NEWS BRIEFS

Camosun research on the rise

Camosun College has jumped from the number 41 spot to number 26 on Research Infosource's annual list of the top 50 Canadian research colleges. Camosun scored third nationally for research growth; its research income, which is what the final rating is based on, grew 69.2 percent this year. Research Infosource is a Toronto-based research and development organization.

New coffee house open at Interurban

Busy Beans coffee house opened for business at Camosun's Interurban campus on Tuesday, October 30. It's located on the first floor of the Centre for Business and Access and is open from 8 am until 3 pm Monday to Thursday and 8 am until 2 pm on Friday; the college says these hours may be extended soon. The coffee is roasted locally; vegan and gluten-free options for snacks are available.

College launches new sustainability plan

Camosun College recently launched its 2018-2022 Sustainability Plan. The plan was created with student input and focuses on issues surrounding energy and emissions; food; waste and recycling; and transportation. The plan is available to read at camosun.ca.

Master-plan feedback

On Tuesday, November 27, Camosun College is holding two open house sessions for the public—that includes you, students—to attend. The sessions are a chance for the college to show the progress it's made with its Campus Master Plan process, and to give people a chance to chat with those involved in the planning. The college is looking for your feedback, so go give it to them from 8:30 am to 11:30 am at the Lansdowne Library Learning Commons 151 or from 1:30 pm to 4:30 pm at the Huber Hall Annex at Interurban.

New writing workshop for Camosun students

Shut Up and Write! is a new writing workshop available to both students and staff. It takes place every Wednesday until the end of the fall term in the Lansdowne Library Learning Commons 151 from 2 pm until 4 pm. It's free to attend, and people can come and go as they please.

Marketing firm launches scholarship for Canadian students

Toronto-based digital marketing firm Local SEO Search has launched a \$500 bi-annual scholarship to any students enrolled at an accredited educational institution in Canada, including post-secondary. Domestic and international students are eligible for the scholarship; to apply, students are required to submit an essay of a maximum of 1,000 words. See localseosearch.ca for essay topics and for information on submitting. The deadline for submission is Wednesday, December 12 at 11:59 pm Eastern Standard Time.

-ADAM MARSH

SPEAK UP Do you feel proportional representation would or wouldn't work in BC?

BY ADAM MARSH



KYLIE SCHUSTER

"I live out in Metchosin, so proportional representation will work better for us because we have a lower population. It'd be nice to get more say for us and actually have the numbers represent it."



HOLLY SOLO

"I think it would work. It would be nice to see what gets voted in is actually what gets represented."



MEGAN HILDERLEY

"I feel that it would. It would be better than our current system; I'm not saying that it's going to be the best end-all thing, but I feel like first past the post doesn't properly represent the needs of everybody."



JACK HARRISON

"I'm from Manitoba. It's all kind of new to me, but I think it would work; the former parties can get more say in government, but I do also think having a majority government and first past the post does help. It gets laws passed. I do see both sides, but I think it could work."



AARON WATT

"I see no reason why it shouldn't."



MATT PITCHER

"I think it would work if enough people vote for it. It doesn't seem like there's a lot of people voting for it yet."

drinks

Christmas Craft Beer Show brings more than just brews



JON HOWE

The Christmas Craft Beer Show is back for its third year.

JOSIAH SNELL
CONTRIBUTING WRITER

Trevor Thors has a vision of what the perfect beer event is, and he's throwing everything he has into making sure that each incarnation of his annual Christmas Craft Beer Show at the Save-on-Foods Memorial Centre is as close as possible to that vision. The event—now in its third year—is a carefully curated and meticulously designed opportunity for people to socialize, dance, and drink, but for Thors it's more than that: it's a passion project.

"I've always had the philosophy of 'build it and they will come.' My personal goal is to not have less than a perfect event, and to develop it and make it more perfect and more perfect every year. If you build an event that's a success, people will gravitate to it," he says, adding, "I don't want to be coming back to this event in five years and be able to say that it hasn't changed."

This emphasis on building

something lasting and integral is a key part of Thors' design philosophy for the show; this isn't meant to be an afterthought to the summer beer events, but rather an anticipated event in its own right. At the same time, he's conscious of the season and the host of other demands on people's time, but he says what he wants is to add a new and exciting option to that list.

"The way I envision Christmas is people are busy because they want to go to something, so now I'm just trying to build that option," says Thors. "Whether it's a staff party, or a friend's party, or whatever your options are—going to see *The Nutcracker* at the theatre, anything like that—I just want this to be one of those options."

The biggest thing Thors is bringing to the table with his show is something he feels is often desperately missing in local beer events: entertainment.

"We've all been to the beer fest

where all you're doing is going line to line slamming beers and by the end of the night you're a hot mess, and you can't stand up straight, and you wonder what the heck you spent your money on that day," he says. "Whereas if you go to a pub, you're there for four hours. How many beers are you going to drink at a pub in four hours? You might drink four or five or six. Well, realistically, that's the same as having 24 samples over four hours, but what's going to stop you from slamming them back and just getting in line and getting the next one? You need to have that ancillary stuff that allows you to have fun without needing to be drinking beer all the time."

Of course there's more to it than just adding a band or two to the mix, and, according to Thors, they've got every base covered—even some that patrons might not have realized they'd been missing before now.

"We're trying to make it into more of an all-around, inclusive event," he says. "It's not so loud that you can't have a conversation with your friends, but at the same time there's music in the background, there's tables to sit at, there's dance floors. We put it on the breweries to decorate up as a Christmas theme; there's prizes for guests that dress up in their ugly sweaters and Christmas costumes. We just want it to be a fun place. Vessel Liquor brings a pop-up store so that any of the breweries on the floor that you try,

you can take something home with you. It's an unbelievable setup—if you like a beer, the majority of them you can go purchase right there."

For Thors, keeping the momentum going is the most important thing now—a task that shouldn't prove too difficult, as he says this year is already shaping up to be the best one yet.

"It's obviously getting to the point where the breweries them-

selves think it's a must-attend event from their perspective," he says. "We just have to get the fans on the same page, and we're definitely on track for a sellout this year."

Christmas Craft Beer Show
5 pm Friday, November 30 and
1 pm Saturday, December 1
\$40, Save-on-Foods Memorial
Centre
christmascraftbeershow.com

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

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By Fred Cameron, features writer

Anxiety, accessibility, and athletes

A look at the ten most-read stories on our website in 2018

In the fall of 1995, there was a municipal election in Edmonton. My tenth grade Social Studies class received a visit from two of the candidates running in my ward. Alderman candidate and leftist character Tooker Gomberg was always entertaining, but, unfortunately, he had to save time for some schmuck who gave us no reason to remember his name to tell us about his platform as a candidate for trustee. I probably should have put quotation marks around “platform,” as he really didn’t have one. He was an early-20s recent University of Alberta graduate who was running because he was pissed off that there wasn’t enough journalist work to support his grad class, so he wanted to raise tuition costs in order to limit the number of students enrolling in journalism.

I had a lot of issues with his platform, but the central problem was that that isn’t even a decision that the public school board is involved in. This kid was so clueless that his mom probably didn’t even vote for him, and I was so annoyed that I decided right then and there that, out of spite, I was going to prove him wrong and become a journalist.

It didn’t happen quite as I had planned. Last fall, I finally made it to college after a 20-year break. I had never had anything published, but I still had something to say. I just didn’t know who to say it to.

With no idea where to start, I knocked on the *Nexus* office door and went in to shake hands with the editor, Greg Pratt. I told him I wanted to write for the paper. I don’t know if he was impressed with my initiative or if the paper was starved for writers, but he said, “Let’s see what you can do.”

Over the short time I’ve been involved, I have written about, among other things, politics, economics, music, comedy, and human rights, and I hope that that list continues to grow. Two days ago, I was struggling with a story and, with deadline quickly approaching, I had nothing. I went to Pratt for advice. He suggested that rather than find a story, maybe we should take a look and see what it is people want to read by looking at what stories did the best this past year on our site.

So here it is—a look back at the top 10 most-read stories from 2018 at nexusnewspaper.com.



10. “Hitting the panic button: How Camosun is dealing with student mental health and what needs to change,” April 4, 2018, written by Fred Cameron

I spent 37 years preparing to write this story. I’m not going to get into specifics, but I work in mental health and addictions, and I came by my expertise through a long and painful period of trial and error. I had been lobbying to write an addictions feature but my editor felt I was too close to the subject to write about it impartially, so we compromised with a mental health story that I quietly planned to push the limits on.

As a journalist, I had to learn how to adapt and tell the story in front of me when, through the

interview process, I exposed shortcomings in Camosun College’s counselling department: a significant shortage of counsellors at the college was brought to my attention. The piece instantly shifted and became a news story, where I facilitated a conversation between the college, the Camosun College Student Society (CCSS), and the college’s counselling department.

Beyond the news aspect of it, “Hitting the panic button” was a strongly personal piece. Camosun students Cam Webster and Melanie Winter touched on their own mental-health struggles and how they work through it all.

If there were an actual panic button I would have hit it as hard as I could. Truth be told, I was struggling mightily at the time, and I almost missed my deadline as a result. I’m very stubborn, and there’s no chance that I would have gone to see a counsellor, but I learned a great deal in the interview process of this story, and writing it all down proved to be highly cathartic.

For reasons of both sentiment and content, this is, without a doubt, my favourite piece that I’ve had published.

9. “What is the future of retail? With another retail giant gone, Camosun’s Lansdowne neighbourhood is changing,” March 7, 2018, written by Fred Cameron

This was an amazing story to take on. I tapped insider knowledge at Camosun and out in the local business sector, and concluded the article with the thoughts of one of the nation’s foremost retail experts.

The world is changing, and consumers, voting with their money, are constantly choosing convenience. The effects are visible in malls and retail districts. Department stores are struggling to adapt and, one by one, fading from memory, while online retailers are opening storefronts to offer face-to-face communication with consumers.

The gravity of the shift was embodied when retail giant Sears permanently closed its doors at Hillside Centre in January of 2018. There had been a trend of larger stores going under since the ’90s, but Sears was a unique trainwreck.

Online sales have continued to grow year after year, but Sears was the first company to perfect the catalogue system, long before online shopping entered the mainstream. Poor decision-making and failure to reinvest profits and evolve with the market eventually rendered it obsolete.

Camosun students offered arguments for and against online shopping in this story. Arts and Science student Mary Rubin gave a unique perspective as a fashion model who has seen some of the deceptive tactics used by online clothing retailers. And, on the other hand, University Transfer student Linden Jackson described his first-hand experience working at the Source, a company that has successfully merged online and physical services to create a thriving business.

8. “Accessibility for all? A recently constructed building with no elevator raises questions about how Camosun is doing with accessibility issues,” February 21, written by Fred Cameron

As journalist, I was still a little bit green when I wrote this piece. It was really my introduction to investigative journalism. “Accessibility for all” had it all—accessibility is a human-rights issue, but this story extends into every political level.

After receiving an email from a Camosun instructor voicing their concerns to *Nexus* that the Centre for Trades Education and Innovation building at Interurban has a mezzanine in the common area that is not accessible, I set out to find out why this is the case.

I spoke with at least a dozen people before finally discussing the matter with Camosun director of facilities Ian Tol, who said that the college was aware of the problem, but that the building still exceeds BC Building Code standards. To my eyes, this exposes a major gap between human-rights legislation and the Building Code.

The story also featured a personal piece about Legal Office Assistant student Natalia Grass, whose life changed in an instant when she lost her footing and fell from a cliff on a ski hill and was left paralyzed from the chest down. I chatted with her a few times; she gave us a window into her day-to-day life and the adjustments that she has made since the accident.

After the article ran, there were quiet rumblings of a retrofitted lift



being added to the mezzanine, with the college meeting with the CCSS to discuss funding options, but there are no confirmed plans at this point.

7. “New musical shows that we’re still workin’ 9 to 5, 40 years later,” April 23, written by Katy Weicker

I must admit that I am absolutely shocked to see two stories about musicals in our list of 10 most-read stories of 2018, and a little disappointed that they are also the only arts stories on the list. (Not a single album review or concert preview was on the list; makes sense, then, that I’m constantly taking the ferry over to Vancouver because my favourite bands decide it isn’t worth taking the trip to Victoria to play.)

The success of the musical, and this story, serves as a testament to the staying power of the 1980 film, *9 to 5*. The message remains relevant, as women’s equality in the workplace is still a hot-button issue decades after the film hit theatres.

remains relevant, as women’s equality in the workplace is still a hot-button issue decades after the film hit theatres.

6. “Camosun College reassessing grade-appeal process to consider human-rights issues,” April 27, 2018, written by Adam Marsh

Very long story very short: in the spring of 2018, Camosun had to reassess its grade-appeal process after three Nursing students successfully appealed failing grades. Their appeals were denied by their instructor, then their faculty head, and then their faculty dean before the students were successful in a hearing with Camosun vice president of education John Boraas.

This was a different process than students have been able to use in the past because, under recent provincial policy on sexualized violence, the students were protected under the British Columbia Human Rights Code.

Our senior member of staff, student editor Adam Marsh, was undoubtedly the right person to cover a story this heavy.

“I like to keep a balance between the arts stories and these,” says Marsh about harder-hitting stories. “Any time you write a human-rights piece it gets your heart pounding. Any journalist who says otherwise is full of shit.”

Marsh says that it hits close to home any time he is giving fellow students a voice when they are dealing with administration.

“Any time I write a story where the crux is ‘student is pissed off at college’ it’s difficult, as a student, to not go into it in an accusatory way,” says Marsh. “As a journalist, I have to consider that the student could be wrong and the college could be right, or vice versa. Giving students a voice is great, but it doesn’t always mean that the student is going to come out on top.”

5. “Redefining the F word: What it means to be a feminist Camosun student in 2018,” August 8, 2018, written by Katy Weicker

Nexus staff writer Katy Weicker dove headfirst into a sensitive topic with this piece. As both a colleague and a reader, I have to hand it to her on a job well done.

“I think the joke around here is that I am the resident feminist,” says Weicker, “so it made sense that I would write a piece like that.”

This was Weicker’s first feature, and with the number of interviews involved, it was a challenging piece to write; as *Nexus* features writer, I can definitely relate.

“I was really intimidated by the process,” Weicker says, “and I wanted to do something that I thought that I knew a lot about, because I thought that would make it easier. I very quickly realized that I had a lot to learn about feminism, and that feminism is forever evolving. You can’t wrap it in a little bow and say that ‘this is what feminism looks like on campus.’” Weicker says that, with this story, she changed her approach as a writer.



“I was convinced that I was going to get yelled at for saying something wrong or offending someone,” she says. “Thankfully, I didn’t, or at least nobody vocalized it. I think the biggest piece was realizing that I didn’t have all of the answers, and to humble myself and allow others to share their experiences, and not push one opinion or one point of view. It was an interesting article to write.”

4. “Brazilian student athlete brings his experience to Camosun Chargers,” February 21, 2018, written by Renata Silva

We don’t do a ton of sports coverage at *Nexus*, but contributing writer Renata Silva created an entertaining and informative feelgood piece with this profile of a Camosun Charger. It must have hit a nerve, as it placed very high on this list.

After coming to the conclusion that Brazil isn’t the right place to pursue academics and athletics together, Eduardo Bidá started shopping around at Canadian colleges for the right fit. In the end, Bidá chose to enrol in Camosun’s Exercise and Wellness program and to join the Chargers men’s volleyball team.

It didn’t take long for Bidá to find his place on the team. In his second week as a Charger he won both the Pacific Western Athletic Association Male Volleyball Athlete of the Week award and the Canadian Collegiate Athletic Association Male Athlete of the Week award. Now both he and Silva can take home this fourth-place award, too.

3. “Sweeney Todd mainly a victory from beginning to end,” August 3, 2018, written by Adam Marsh

One of the fringe benefits of writing for *Nexus* is the opportunity to cover events out in the community. Student editor Adam Marsh had the good fortune of reviewing a performance of *Sweeney Todd: The Demon Barber of Fleet Street* at the Blue Bridge Repertory Theatre for this web-exclusive review, which did surprisingly well in our year-end tally.

“*Sweeney Todd*, specifically, is known to be one of the most difficult shows to sing,” says Marsh. “There is an incredible range of vocals. I couldn’t pass up the opportunity to review it. I am a huge fan of the musical and, specifically, Johnny Depp’s interpretation of it in the movie.”

The thrill of taking in live musical theatre is sometimes in the roller-coaster ride that goes on behind the scenes. Anything can happen, and, for better or for worse, the show must go on. While the audience was distracted by the comically told tales of cannibalism, rape, and murder, the director was holding his breath and hoping to avoid disaster. There was a last-minute cast change, leaving Kieran Foss with three days to learn his part in the chorus.

For Marsh, stories like this one are an incredibly important part of what we do at *Nexus* because the arts seem to be an afterthought at post-secondary campuses.

“The arts are usually the first thing to get cut when the government spending is tight for educational institutions such as Camosun,” says Marsh. “I understand why they do that, to a certain extent, because the play directors aren’t building the bridges or the elevators that get us to our doctors’ appointments.”

But Marsh says that he takes offense to the lack of value that we place on the arts in our society.

“To say that the arts are less important than math or science is completely ludicrous,” he says. “They are important to a different group of people, and in an entirely different way. Art gives me meaning and purpose on a daily basis. Whether it’s music, plays, movies, or literature, art has saved my life on numerous occasions. To be able to talk to directors and writers about their process is an absolute privilege.”

2. “Know Your Profs: David Armstrong just can’t get a break,” March 21, 2018, written by Adam Boyle

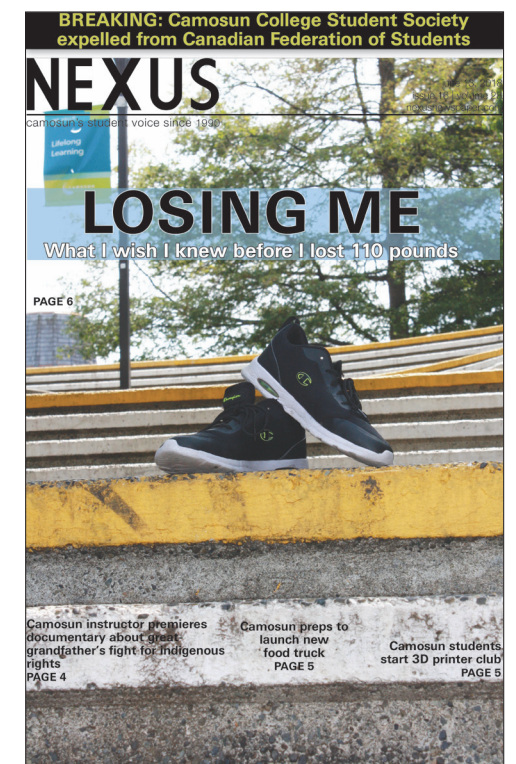
This was a bit of a surprise for those of us around the *Nexus* office: coming in at number two was our *Know Your Profs* profile of Camosun Hospitality Management instructor David Armstrong. Although they’re always fun and interesting, our *Know Your Profs* stories generally don’t place quite this high on our year-end lists of most-read stories.

“It was fun. I was honoured to be included,” says Armstrong. “I have no idea why I was included.”

Know your Profs is one of our longest running columns. It might be a little on the fluffy side, but it gives students an opportunity to know their instructors on a personal level. While the usual topics of favourite meals and biggest pet peeves are addressed in the piece, Armstrong

also tells us about his program, what he teaches and why he loves doing it, and his thoughts on the future of post-secondary education. Still, why did this story do so well? We couldn’t help wondering if Armstrong’s family rallied to pad the numbers in his favour.

“I have no clue,” says Armstrong. “It must have been a slow day at *Nexus*. I was surprised [when I got the email about this story placing this high]. I thought it was a practical joke, by either the students or the staff and faculty, who ribbed me to no end about the article. I didn’t even mention it to them, but copies of it just started showing up around the office.”



1. “Losing me: What I wish I knew before I lost 110 pounds,” June 13, 2018, written by Katy Weicker

Coming in at number one is a personal narrative from our staff writer Katy Weicker, who tells a tale of the challenges she faced as she struggled to lose a significant amount of weight, and then maintain her new weight.

Weicker says that while the story was difficult to write because it was very personal, it was also cathartic. She says that she really didn’t think that she’d be allowed to write this story, as *Nexus* doesn’t do a lot of personal narratives, and she also had doubts that readers would care.

“My biggest apprehension was not so much the universe reading it, *per se*,” says Weicker, “but people I know at college, and people I work with here at *Nexus* didn’t know the story because it happened before I started here. They had only ever known me at my lighter weight. That was the most intimidating part, because they were kind of the first group of people that I had let into my life since losing weight.”

Weicker says that maintaining her weight loss is a daily challenge. “If I wrote a piece on it now,” says Weicker, “it would be completely different than the one I wrote in May. It is an ever-evolving journey, and it’s not something that has an endgame. It’s a kind of recovery in some ways, in that you hit your goal but you still have to fight it every day. Some days are easier to fight than others, and some weeks and months are easier to fight than others. You just get up in the morning and think, ‘I’m going to do the best that I can today.’ Sometimes you win and sometimes you don’t, and that’s okay.”

To be honest, I immerse myself so deeply in the feature stories that the subject takes over my life for two weeks. After I submit my work, I can’t even discuss the subject without getting a disgusting taste in my mouth, so I avoid those discussions and quietly move on.

Now that the dust has cleared, it’s been incredibly fun to look back at the past year.

I can’t say enough about how positive and valuable my *Nexus* writing experience has been.

I had been telling myself and others that I was a writer who didn’t write for most of my life. Eventually the time comes to stop talking, and go out and do it. I’m incredibly grateful for the opportunity, and for this chance to look back on what stories *Nexus* readers enjoyed the most this year. Thanks for reading, and see you in 2019.

“It must have been a slow day at *Nexus*.”

DAVID ARMSTRONG
CAMOSUN COLLEGE

stage

Making *RENT* in Victoria is no easy task



PHOTO PROVIDED

Cast members rehearsing for the Victoria Operatic Society production of *RENT*.

KATY WEICKER
STAFF WRITER

The Victoria Operatic Society (VOS) isn't one to shy away from a difficult show. Over the last few years they've put on productions such as *Les Miserables*, *Spamalot*, *Miss Saigon*, and, most recently, *9 to 5*. This is something that director Doug Crockett is excited to be a part of with their latest production, *RENT*.

"When I first got here, VOS was still doing a lot of older type shows," says Crockett. "You know, *Annie*—of course, *Annie*, you can do that any time and people will still love it—the old Rodgers and Hammerstein stuff, and it just started to evolve, I think, since I've been here."

With this wave of newer shows hitting the stage, VOS decided to mount what Crockett believes is the first full-scale production of *RENT* in Victoria. It's a gamble that has paid off, as the show is already breaking pre-ticket sales, prompting an additional performance.

"We started off with six and now we're doing seven performances," says Crockett.

Excited as he is to be directing such a buzz-worthy show, Crockett admits he wasn't originally sure he was up for the challenge, as it brought up a lot of memories for him.

"I lived in Los Angeles and San Francisco during the '80s and '90s," says Crockett. "So, I was around,

lost a lot of friends to AIDS. I used to visit New York back in the '80s before it was gentrified, when New York was considered really one of the sleaziest cities, I'd say... I don't know if 'sleazy' is the word I should use, but it certainly was not what it is today, sort of the Disney version of New York we see when we go there now. There were prostitutes and drug use, and it just was not the greatest place."

Still, Crockett quickly realized that he had a unique perspective to bring to his young cast.

"I thought that these people are going to have no reference at all for what the world was," says Crockett.

"And I thought, you know, I think I can offer something to the cast of

"I used to visit New York back in the '80s before it was gentrified... It certainly was not what it is today, sort of the Disney version of New York we see when we go there now."

DOUG CROCKETT
RENT

this show because I do have that experience, I did live through it. And I'm happy to say that I believe I have [brought something to the cast]."

Cultural references alone have been a huge learning curve for the young cast.

"I'll mention things and people will look at me and go, 'Well, what's that?'" admits Crockett.

That minor snag aside, once he made the decision to direct, Crockett had to figure out how to tackle casting in Victoria a show that is typically performed by an incredibly ethnically diverse cast.

"We're community theatre, so we can only cast people who audition," says Crockett.

And because *RENT* is a show that is performed by young people, relies heavily on chemistry between actors, and is almost exclusively sung, the casting process was a bit like a jigsaw puzzle.

"There's just so many different things that come into play," says Crockett, "and I really have to say

that VOS tried very hard to bring in new talent."

From putting up posters downtown to promoting the auditions at various events such as Pride and Car Free YYJ, VOS did their best to try and bring on as diverse a cast as possible. And while they may not have been able to get an ideally diverse cast, Crockett is thrilled with the all the new talent coming to VOS' stage.

"By doing that outreach, we really brought in some people," he says. "I am just so happy that we were able to get so many fresh faces, especially for a show like *RENT*, where it should be this big ensemble."

RENT

Various times,
Friday, November 23
to Thursday, December 20

Various prices,
McPherson Playhouse
rmts.bc.ca

dance

Local company sets new stage for pole dancing in Victoria

"Pole studios are a place women get to celebrate the strength that each other are building."

JANE BULL
ELECTRA PRODUCTIONS

EMILY WELCH
CONTRIBUTING WRITER

It's a busy and fast-moving world out there; it feels like there is always somewhere to go and that there's always something that has to get done. Often, we look around and wonder if life will slow down enough for us to take a breath. When Electra Productions co-founder Jane Bull decided that it was time for life to take a different direction, she did not take a vacation. Bull discovered pole art.

"I think specifically with dance, it's hard because we train in high school as if we are going to a professional ballet company, or a professional modern dance company," says Bull. "Then we reach that turning point when we graduate [and have to decide] whether we are going to go into the professional world and leave the dance world behind."

Bull then went to law school and worked in Vancouver; one day, she tried a pole-dancing class and, she says, it completely blew her mind.

"I did not expect it to be what it was," she says. "It filled that piece of me that had been missing since I had left dance."

Bull says she then saw an opportunity after fusing her own style of contemporary dance with ballet and pole dancing.

"I moved back to Victoria in 2015," she says, "and I found there was no real pole-dancing community here. After competing and instructing while I was in Vancouver, I decided to make it my mission to form a pole community here. I had just re-connected with Linley [Faulkner, co-founder of Electra], and we both saw an opportunity together."

Bull says that there has been a trend of moving pole-dancing out of the strip clubs and into the studios and competitions since the late '90s.

"What I noticed was that there were these people with amazing talent and artistry, but that there was no real place to perform just for the sake of performing," says Bull, "for the sake of pole art as art."

Bull says she knew that there was something that the pole community itself needed—the opportunity to perform as an art. She also wanted audiences to be able to see what these dancers could do. So, in 2018, the two formed Electra Productions.

"Our mandate has four key pillars," she says. "The main one is to promote pole as a performance art. Another main one is to promote local island talent, with high-quality performance-art shows for local audiences; [the third is] trying to move pole into a similar genre as ballet, theatre productions, and contemporary dance. The last thing is to start stimulating the discussion around the stigma that still pervades pole dancing and the pole world."

Bull says there are certain things every woman feels when she tries pole dancing; one of the most important ones is the celebration of female fortitude and physical and emotional strength.

"There is a high and heavy focus in North American culture on our female bodies and what we are supposed to look like," says Bull. "We are generally encouraged to stay small. Then, when we start pole dancing, there is focus that is away from stereotypes. The focus is on building your physical strength in order to complete a certain trick. Our bodies start to change; we do get stronger, with more muscle

mass. Pole studios are a place women get to celebrate the strength that each other are building."

Bull says there is something magical that happens when a person finds out what their body is able to do.

"Once you realize that you can climb up a pole," she says, "with the women all around you lifting themselves as well, no matter what

their body type, or how old they are, it is that moment that you realize you can do anything."

Eclipse Pole Art and Aerial Theatre
7 pm Saturday, November 24
\$35, Metro Studio Theatre
poleart.ca



PHOTO PROVIDED

Electra Productions' Jane Bull (left) and Linley Faulkner.

words

Camosun alumna helps bring storytelling event to Victoria

"We brought something new to Victoria and people were really excited about it."

CAROL-LYNNE MICHAELS
CONFABULATION

JOHNNY FREM
CONTRIBUTING WRITER

The buzz starts before 7 pm down on the sidewalk in front of the Victoria Event Centre on Broad Street on the third Thursday of every month. There are greetings and hugs in the lineup as people wait to get into the storytelling event Confabulation.

Confabulation producers Cassandra Togneri and former Camosun student and *Nexus* writer Carol-Lynne Michaels say the event was started in Montreal eight years ago by comedian and storyteller Matt Goldberg. Togneri was helping out on the show in Montreal, but when she moved to Victoria, she thought of expanding Confabulation. At the same time, Goldberg's co-producer was moving and wanted to start the show in Toronto. Now it's held in all three cities.

"When I first moved here," says Togneri, "I was working in an office with Missy Peters of Paper Street Theatre and I was telling her about this idea and she said, 'Oh, I know someone, Carol-Lynne Michaels, who's been wanting to do this type of thing for years now.'"

Michaels had been coaching in the Canadian Improv Games; she



PHOTO PROVIDED

Carol-Lynne Michaels (left) and Cassandra Togneri are the producers of storytelling event Confabulation.

wanted to start a show but didn't want to do it on her own. (Anyone can tell a story at Confabulation, but those looking to tell their story need to register beforehand at confabulation.ca.)

"I already had project budget sheets ready to go, looking at different venues and people I'd like to approach," says Michaels. "Our very first show was part of the Fringe Club in August of 2016, a soft launch, stories from different Fringes across the country."

After that soft launch, Confabulation moved to the Victoria Event Centre. Michaels says that getting a turnout of 200 people was a landmark for the event.

"That was the threshold we were really excited to hit last year, where we had a huge audience," she says, "out the door, around the corner."

Togneri and Michaels credit their audience for Confabulation's growth.

"Every third Thursday [of the month] they put on a nice little party for themselves beforehand right up until the shows start," says Togneri. "It's a nice vibe. This is the number-one way that I've been meeting people in Victoria... absolutely." (Although Confabulation is usually on the third Thursday of every month, December's is on the second Thursday.)

One of the things Michaels really likes about Confabulation is that the audience and participants create an environment that "feels like we're all in this big living room together" listening to stories.

"We brought something new to Victoria and people were really excited about it," she says. "They didn't necessarily know

they wanted to go to a storytelling show, but they're so willing to just try it and come with their friend. Our biggest advertising has been word-of-mouth."

Each month's event has a theme; December's is "family stories." Michaels says this theme can open up the storytelling to family myths and legends and other stories people keep alive within their families.

"It's an interesting show because you think it's going to be this sweet holiday show and there's a lot of interpretations of the family theme," says Togneri. "Family conflict—difficult, interesting, wild stories... There's quite a range."

Confabulation
7:30 pm Thursday,
December 13
\$10, Victoria Event Centre
confabulation.ca

New Music Revue



OKAN
Laberinto
(Lulaworld Records)
3/5

There's lots to enjoy in OKAN's debut album *Laberinto*, but the Toronto group's eclectic debut has its faults as well.

The album starts off with classical piano work in the title track, which calmly slides into jovial Cuban beachside tunes, with the lyrical content often remaining reflective.

The vibrato in the vocals is beautiful throughout the album, as is the trumpet, violin, and piano. Most of the time it's a mish-mash, arty pleasure to listen to, although sometimes the quintet and eclectic guitars clutter the beauty. It feels as though the members of OKAN are, at times, too eager to show listeners their incredible talent on their instruments, and they occasionally jumble what should have been separate songs into one. That said, "Last Day," violinist/vocalist Elizabeth's Rodriguez's first English recording, is a great account of a person learning to cultivate their self through a painful breakup. "1000 Palabras" finds a balance some of the other songs struggle to: it stays focused yet is adventurous, and the results are incredible.

This album gets ahead of itself at times, but when it stays on the right track it's clear, creative, and fun to listen to.

-ADAM MARSH

music

Toronto's Ralph brings her best self to stages across Canada



PHOTO PROVIDED

Toronto's Ralph has learned lessons from her time on the road.

KATE WOOD
CONTRIBUTING WRITER

Toronto synth-pop artist Ralph (also known as Raffaella Weyman) is touring her new album *A Good*

is working hard to make sure she brings her best to every stage.

Eating healthy, exercising, and taking those little opportunities to relax are Ralph's keys to success while on tour.

"You know when you're touring it's already hard enough because every day you're in a new city, you're in a new bedroom," she says. "It's nice to have your little comforts that you know keep you on a routine. For me, that's a huge thing. I think that if you don't feel good on the inside then you're not gonna feel good on the outside, and then you're just not gonna feel good, period. You know, I think it really shows on stage if I've had junk food or if I just feel off of my normal routine, so I try to maintain a semblance of how I eat at home, and even working out and just stretching and doing yoga in my room if I can."

From folk music to synth-pop, Ralph's style has grown and developed through her musical career, but she has always found it important to be authentic.

"I've always felt like if you kind of create a contrived image it does become a bit transparent, and I think it must be hard to kind of

keep up, too," says Ralph. "So I've always been very true to who I am. When I was doing folk music, the stuff that I was wearing on stage and in the photos, that was me at the time. Now with this sort of fun glam pop stuff, like, that is me. I wear all that stuff because it's me. It's evolved, for sure, but it's always felt very genuine."

Early in her musical career, Ralph learned to be grateful for every opportunity to make an impression on an audience, no matter the size.

"When I was younger, I remember being in a band and performing for small audiences," she says. "I think those experiences are actually super important because they're humbling. And you realize that you have a choice to either feel bummed that there's nine people in the audience and do a shitty job on stage, or you go, 'You know what? I'm gonna play the best fucking show that these nine people have ever seen, and they're gonna walk away and tell all their friends.' Now, me and my band will sometimes joke, like, 'Oh my god, is that show gonna be tonight? Are there gonna be nine people in the audience?' But you're

kinda ready and you're okay emotionally if it is a smaller audience and then pleasantly surprised when it's a huge audience."

These early lessons that she learned help Ralph to appreciate some of the more extreme experiences of her career.

"I remember we did this show this summer," she says. "We opened for Charlotte Cardin in Quebec for this festival called FestiVoix and we thought maybe it would be like 500 people, and we get there and it's like 10,000 people, maybe more, and it was just us and Charlotte that night, and it was so cool. For my drummer and my keys player, it was one of the first shows they did with me, and it was really cool to be like, 'Okay, here, guys; not every show is gonna be like this but we get to do cool stuff.' You just never know with shows what you're gonna get, which makes them exciting and terrifying at the same time."

Ralph
8 pm Thursday, November 29
\$20, Capital Ballroom
thecapitalballroom.com

STR8TS

No. 213 Easy

Str8ts puzzle grid with numbers and black squares.

Previous solution - Medium

Completed Str8ts puzzle grid.

How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column...

SUDOKU

No. 213 Tough

Sudoku puzzle grid with numbers.

Previous solution - Medium

Completed Sudoku puzzle grid.

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.

Comic strip panel 1: Oh hey! I'm doing meal prep for the week. These are just pieces of paper...

Comic strip panel 2: Monday: Susan leaves her tuna sandwich unguarded for two minutes at 1:15pm. Tuesday: Brad will do anything in exchange for old toenail clippings.

Comic strip panel 3: Wednesday is just a gun and a ski mask! Thursday... Jim from accounting still hasn't paid you back that \$5, feast on his flesh!

By Jayden Grieve

Health with Tess

by Tess Syrawik

Exercise doesn't have to cost an arm and a leg

School is hard on our bodies, especially in November and December. We know we're probably not getting as much exercise as we should...

few hours (usually around four) per week and, in exchange, you get free classes. I've been doing this for a year and a half at a yoga studio and love it...

Secondly, if you're like me and need someone to tell you what to do (who voluntarily does abs, anyway?), a lot of places have energy exchanges that give you free classes. Yes, free classes. This is how the exchange works: you work for a

The Chopping Block Chronicles

by Justin Bennett

Food, nutrition, and our mental well-being

When it comes to food, most of us realize that we need it to sustain our bodies and we use it as fuel to keep our machines running.

mean regarding nutrition? Fats are good for us! Now, I'm not talking a triple-bacon-cheeseburger-with-a-side-of-fries-and-a-milkshake fat. I'm referring to healthy fats...

For some. Try limiting red meat, and instead look toward fresh fish—salmon and albacore tuna are the ideal choices. Instead of reaching for that bag of potato chips during the day, try to have a bag of nuts/seeds instead...

The thing that I think people struggle with most when it comes to eating nutritiously is that there's a common misconception that you must eat like a rabbit in order to be considered healthy.

Recent studies have shown that people who ate a Mediterranean diet (consisting mainly of the things listed above along with fruits, vegetables, and whole grains) compared to a typical Western diet (consisting of a high intake of red meats, processed meat and packaged foods, refined grains, butter, and fried foods) showed an average of a 25- to 35-percent less risk of depression.

Lastly, limiting the amount of refined sugars and replacing them with fruits and vegetables is a sure-fire way to increase those feelings of well-being.

Limiting the amount of processed foods in our diet is probably the most vital thing we can do for our mental well-being; the fresher it is, the better it is for us.

Our brain is an organ composed of 75 percent water and is the fattiest organ in our body, so what does this

What can we do to increase these healthy fats in our diet? It's quite simple, but it may not be easy



Campus Access by Kelsey Worth

Richmond House woes

Most buildings on Camosun's Lansdowne campus are decently accessible. However, due to the age of the campus, there are a few buildings that have not been modernized.

in a perfect world, it's not realistic. There may be another option, however, in making at least some of Richmond House's services accessible.

Not only is the building itself inaccessible, so are the services that are run within it, which include the Women's Centre, the pride lounge, the main Camosun College Student Society office (you can also find them in the main floor of Fisher, though), and even the Nexus office.

With the Nursing program soon to be moving to the Interurban campus, some space may become available in the Wilna Thomas building. Wilna Thomas is newer and far more accessible for those with mobility concerns.

Most of the services available to students at Camosun pride themselves on their availability to all students. This, of course, is rather ironic to some students, especially when they're trying to access services they can't.

Although it is unclear what Camosun plans to do with the space vacated by the Nursing program, perhaps these options should be considered more closely.

Anyone who has been to the Richmond House may have noticed that there is actually a wheelchair access button on one of the exterior doors. While this was a valiant effort by Camosun, it doesn't exactly help much.

While the college has done admirably in making do with creating accessible space within old buildings on the Lansdowne campus, there are still steps to be taken, and not just in the Richmond House.

While renovating a building in its entirety would be the solution

Until recently, Ewing did not have access buttons on any of its first-floor entrances, even though there were ramps. To make matters worse, even if a student in a wheelchair managed to get into Ewing, they would have to contend with another set of doors—this time, heavy metal ones.

While renovating a building in its entirety would be the solution

Although these are only two of the buildings on campus, each one of them has its quirks.



First Things First by Tiegan Suddaby

The unnecessary existential crisis

Picture this: You're on the floor thinking about how you haven't done anything special in your life while everyone else is living theirs way better than you ever could, and you feel like a failure.

to do; some do and are eager to pay to learn about their passions. Sometimes school just doesn't work out. Younger students don't realize post-secondary gives them more freedom in education than before.

You then think you must get through college or university as diligently as possible so that when you graduate you can finally start living your "best life."

In the first years of school, you can experiment with new topics and schedules. You can treat yourself more as an individual and learn what you like; plus, some classes have free workshops or events anyone can join in.

The cultural mindset of school is rapidly changing with the state of the job market. Graduates joke that their degrees are useless when looking for a job.

Remember that the meaning of life isn't to get a degree or a steady job (I mean, society is structured in a way that it's pretty impossible to not do that, but I digress).



Let's Talk? by Katy Weicker

Fuckboys 2.0

Last issue, I talked (or vented and gave our poor editor an extra grey hair or two) about my frustration with "fuckboys" and the role they play in today's society.

I still find myself being the nurturer, coaxing emotional responses, and rewarding men like they're puppies who earned a treat when they correctly identify emotions.

Fuckboys get away with their behaviour because the patriarchy allows it and, until incredibly recently, encourages it (in many cases it actually still does encourage it).

hates me for admitting this, but that inherent drive doesn't just change overnight.

The reality is, as much as we are currently fighting tooth and nail to change the perspective, there are thousands of years of tolerance engrained in us that, on an instinctive level, tell us that "boys will be boys" and that as women, we are expected to allow and—even worse—accept this behaviour.

I still find myself being the nurturer, coaxing emotional responses, and rewarding men like they're puppies who earned a treat when they correctly identify emotions.

Yes, logically, we know this is no longer true, and my feminist self

Roll the paper up and pop them on the nose when they say something sexist or make a mess on the carpet? Is that helpful in rewriting the narrative? Or is my hesitancy just another example of the engrained beliefs of the patriarchy?

And at what point do we acknowledge that women are just done? We're done asking nicely; we're done being understanding;

we're done sacrificing our self-worth and emotions for the fuckboys of the world.



Unpacking the Bags by Renata Silva

A letter from an international student to Victoria, BC

Dear Victoria, When I arrived, we were complete strangers. I carried in my bag a mixture of feelings—nervousness, anxiety, and satisfaction.

always found a way to calm me, be it with your beautiful flowers, with your delicate people, or simply with your cozy personality.

At first, we didn't like each other because we did not speak the same language and you had a different climate from what I was used to.

It seems we came a long way. It doesn't feel like it's been two years. We are no longer complete strangers; we became best friends.

However, time passed and we began to understand ourselves, and I got to know and to appreciate your flowery and welcoming personality.

Thank you, Victoria, for every adventure we spent together. But don't get me wrong; I'm not packing my bags yet. This is not goodbye; it is just the beginning.

While renovating a building in its entirety would be the solution

And, as this is my last column, thanks to everyone who has read and followed Unpacking the Bags during my time at Nexus.



Tech Talk by Sunki Baek

DNS and your privacy

Keeping your privacy on the internet is getting harder, with more government or private organizations being interested in using personal data for their own benefit.

and APNIC (1.1.1.1) or Google's public DNS (8.8.8.8).

First off, what is DNS, though? DNS is server computers which translate your request to a certain website into IP addresses.

8.8.8.8 is Google's effort to make the internet faster for everybody. 1.1.1.1 is a new service from Cloudflare and they also seem to have similar motives for provide this service for free.

But IP addresses are not designed for humans to easily remember—for example, the web server IP address of Camosun college is

Changing your DNS setting is easy. If you are on Mac, you can go to System Preferences/Network/Advanced/DNS and add a new DNS server on the top of the list.

If you have not manually configured it otherwise, your DNS might be a default one that your internet service provider has assigned. You can consider using either Cloudflare



Communication Error by Nate Downe

Trap doors

Are you afraid of spiders? It's said that when one conversational door closes, another opens.

creature preying on others, and you just don't know it yet. Now you may be thinking, what are you talking about? I am certainly no fly trapper (just in case you are,

Trap doors only exist if there's the possibility of the trap.

trap-door spider ready to paralyze you, then spin you in its web for later consumption? All while it feeds on your friends?

remember the whole honey-versus-vinegar thing). But what is it that you truly wish to obtain from new friends? And what is it that they wish to gain from you?

If you're still new to life at Camosun and you're more familiar with the concept of semi-permanent friends whom you've known for years, then reaching out for new ones may seem difficult and even scary, and for good reason—it only takes one-time scorn to feel the burn of betrayal.

Often, we wish to find solace in our furry friends as a means of comfort and joy with little risk of betrayal and being hurt, but cowboy movies where the man can roam the countryside with no need for companionship other than his horse aren't exactly popular anymore, are they? In other words, instead of choosing between an apex spider and a harmless kitten, we must approach new communication with a different mindset.

Trap doors only exist if there's the possibility of the trap; that is, the notion that something isn't a trap simultaneously postulates the trap itself.

When eight-legged creepy crawlers wish to feast on you, the power of hindsight with a little human kindness (yes, it's almost Christmas again...) may allow you to ask yourself this: what is it I am getting out of this? You see, to "use" someone is rather relative. Quite possibly, you are this monstrous



The Periodic Column by Gwyneth Faulkner

Me, my interstitium, and I

I might be a little late to the science party, and maybe everyone else has already gotten over this discovery, but I sure haven't. Back in March (ancient history, I know), scientists discovered a new maybe-organ, the interstitium.

removing it so the tissue spaces don't collapse as easily.

Until this discovery, it was as though there were a wall of collagen that surrounds tissues and organs, but new microscopic imaging techniques have allowed researchers to see that this is not actually the case.

The collagen tubes of the interstitium have been discovered all over the body, including the skin, digestive system, the bladder, and tissues surrounding muscles. We've known for a while that about one third of the fluid in the body is in between cells, called interstitial fluid, but the discovery of these collagen tubes indicates that the fluid is contained more purposefully than just "being" between cells.

Once you have configured it, that's it. Now you can forget about DNS and keep enjoying the internet. If you are curious, you can search for "DNS benchmarking tool" and compare which DNS gives you the best speed from your location.

One hypothesis is that this network of collagen helps cushion our skin and other organs from damage due to impacts. Another theory is that the interstitium is to the lymph system what capillaries are to the circulatory system.

One area of inquiry that seems quite promising for research is looking at how the interstitium influences how cells move throughout the body and the lymph system. This area of research could have significant influences in understanding how cancer metastasizes, and potentially in being able to treat and prevent those metastases in the future.

what's going on by katy weicker

SATURDAY, NOVEMBER 24

Walk like an Egyptian

Students in Anthropology 290 (The Anthropology of Death) are teaming up with the Royal BC Museum to host a mock Egyptian funeral. The event includes interactive booths to take you through the rituals, a funeral procession through the Egypt exhibition, and a discussion around displaying death in museums. The event runs from 1 to 3 pm and is included in the cost to enter the museum. Contact Nicole Kilburn at kilburn@camosun.ca for more information.

FRIDAY, NOVEMBER 30

I saw three ships come sailing in...

The Greater Victoria Harbour Authority is hosting its Annual Marina Light-Up Kick Off in the inner harbour starting at 5:30 pm on November 30. The event will take place at the causeway marina docks in front of the Empress and will feature lighted boats, free hot chocolate, and a special Christmas surprise. Visit gvha.ca/events for more info on this and other events.

SATURDAY, DECEMBER 1

AND SUNDAY, DECEMBER 2

Revenge of the Christmas nerds!

What can be more nerdy than a craft fair? How about a craft fair with gifts focused on geeks and nerds? The first weekend in December, Market Square will be home to exactly that kind of event: Nerdy Days of Christmas. Entry is by donation, with 100 percent of the door proceeds going to Victoria Hospitals Foundation. For additional info, visit cherry-bomb-toys.myshopify.com.

SUNDAY, DECEMBER 2

TO FRIDAY, DECEMBER 11

Baby, it's cold outside

The Capital Regional District is hosting several free guided nature walks to encourage people to get out and enjoy the beautiful nature the island has to offer. The walks run rain or shine, so dress appropriately. Some events do require preregistration; visit crd.bc.ca for specific times and locations, and for info on other events.



COLIN MEDLEY

Kalle Mattson will be bringing his tunes to town on Tuesday, December 4.

TUESDAY, DECEMBER 4

He's so lucky!

Kalle Mattson will be performing at Lucky Bar to promote his most recent album, *Youth*. Formerly known for his folk music, Kalle's new motto is "folk is dead," giving him freedom to explore other genres. Doors are at 7:30 pm and tickets are \$15; for more info, visit luckybar.ca.

FRIDAY, DECEMBER 7

Life is a cabaret

Intrepid Theatre's winter cabaret, *HOMO*, promises a campy night of adult themes, language, and content. This edgy show features a diverse group of queer artists, actors, and more. Doors open at 7:30 pm at Metro Studio. Tickets are \$25 and can be purchased at intrepidtheatre.com.

TUESDAY, DECEMBER 11

All that jazz

Singer, songwriter, and pianist Michael Kaeshammer is coming to the McPherson Playhouse. His sound is a blend of jazz, blues, and boogie-woogie and has earned him eight JUNO award nominations (and two wins). He will be joined by additional musicians, including New Orleans

musicians Johnny Vidacovich and David Piltchs. The show begins at 7:30 pm; tickets start at \$39 and are available at rmts.bc.ca.

SATURDAY, DECEMBER 15

AND SUNDAY DECEMBER 23

There's no place like The Vic

Sing your heart out to the original *Wizard of Oz* with a subtitled sing-along at The Vic. Tickets are \$20 and are available at victoriafilmfestival.com. The December 15 show is at 7 pm and is for those 19 of age and older, while the December 23 show is an all-ages matinee at 2 pm. Costumes are not required, but are encouraged, so dust off your ruby slippers!

FRIDAY, DECEMBER 28

Christmas recovery with The Dudes

Take a break from Christmas carols to hear The Dudes sing rock songs about everything from love to cops to knife fights. This quirky band promises laughs, dancing, high-fives, and more. They will descend on the Capital Ballroom on December 28; tickets are \$18.50. Visit thecapitalballroom.com for info.

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.

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

Last time, the issue was hidden on a window ledge in the stairway between the second and third floor of Ewing.

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

NEXUS Web Exclusive

What's happening at nexusnewspaper.com

Week of November 12, 2018, top five most read stories:

1. "Mellencamp bounces back to success after a slow start in Victoria," November 13, 2018
2. "Redefining the F word: What it means to be a feminist Camosun student in 2018," August 8, 2018
3. "Burst bubbles: How Victoria's housing crisis impacts Camosun students," November 7, 2018
4. "New Music Revue: Kinnie Starr's new album leaves much to be desired," November 7, 2018
5. "Goodnight Mister Tom a heartstring-pulling success," November 12, 2018

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!

NEXUS

camosun's student voice since 1990

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bloody mary word search

Let's take a minute to throw back to Halloween and appreciate the fact that staff writer Katy Weicker and student editor Adam Marsh had a little run-in with Bloody Mary in *Nexus* HQ (find the full story on our site). We took words from that story to create 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.

- APPARITION
- ASS
- BANSHEE
- BATHROOM
- BEETLEJUICE
- BLOOD
- BLOODY
- CONJURE
- CRAWLED
- EVIL
- FLICKERED
- FUMBLER
- GHOST
- HEART
- MARY
- POUNDED
- SANITY
- SHADOW
- STRANGLING
- WITCH

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

JOURNALISM
 storytelling with a purpose.

Katy Weicker
 Staff writer for *Nexus* newspaper. Her Left's Talk? column examines feminist issues, and her stories often look at arts and entertainment through a feminist framework.

With a few keystrokes you can sample thousands of opinions, afloat in a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.

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