



OCCUPATION: HUMAN SHIELD

**FORMER CAMOSUN
INSTRUCTOR RISKS
LIFE FOR HUMAN
RIGHTS**



**VICTORIA ROYALS'
BRANDON MAGEE:
NHL BOUND?**

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**SPOKEN-WORD FEST
BRINGS POETS OF
ALL TYPES TO TOWN
PAGE 10**

NEXUS

camosun's student voice since 1990

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

OVERHEARD AT NEXUS: "Hugs are free. I charge for anything more than that."

COVER PHOTOS:
Brandon Magee; Jon Howe
Spoken-word fest: provided

letters Pipeline debate continues

Apart from a vague reference to "More important moral and ethical concerns," Ryan Brezzi's recent *Open Space* article ("Public losing sight of pipeline's true detriment," February 6 issue) did little to enlighten me on the "true detriment" of the proposed Enbridge Northern Gateway pipeline.

The thrust of the article seems to be that the proponents have skewed the argument towards only economic considerations, while downplaying the environmental and social risks.

The reality is that any company's main function is to create value for shareholders, so, naturally, this is their focus. There are few, if any, useful metrics to capture environmental and social values, despite attempts at recognizing a "triple bottom line."

Brezzi says that "It's evident that Enbridge only thinks about the money." This is a revelation to no one, and feeds into the unfortunate standard modus operandi of many environmental groups: cry wolf, demonize project proponents, and stifle debate by clinging to absolute positions, supported by tenuous "facts."

To be fair, governments and industry often employ similar tactics, so any debate that survives becomes simplified and polarized and devolves down to whether a project is "good or bad." Polarized positions, on both sides, do little to engender meaningful debate.

The real task of environmentalists should be to come out of the trenches and really start to move the language of debate beyond a simplistic consideration of projects in isolation from the social, environmental, and economics complexity of the real world. It wouldn't hurt if industry and governments could do the same.

TONY DORLING
CAMOSUN COLLEGE

"Job deficit" not all it seems

The alarm over this looming "job deficit"—poorly worded, as a first glance implies a lack of positions, not workers—is disingenuous at best (*News Briefs*, February 6 issue). Our country, and many others across the world, still have

high unemployment rates—even higher among those under 25. Saying there's a shortage of workers to fill jobs to an unemployed person is the verbal equivalent of kicking them in the crotch!

It's no surprise that UVic and other post-secondary institutions are trumpeting this report of worker shortages: they simply want more students to enroll and pay skyrocketing tuitions!

And what do we get out of our post-secondary education? Six-digit debt and being snubbed by employers sneering that we have no "real world" skills.

How do you get your foot in the door if the door is locked (and kicking it down is a *faux pas* that prohibits entry)?

I'M NOT TELLING MY NAME TO A MACHINE
VIA NEXUSNEWSPAPER.COM

Victim blaming sign of societal ills

Violence against women is not a single-sided issue ("Camosun Student Society joins global activist movement," February 6 issue). However, women are not responsible for violence against women. To think that it is the responsibility of women to avoid violence is victim blaming.

I do not believe that it is the fault of the student quoted in the story: although her statement is putting the responsibility on the victims of violence, the student herself is also a victim, of a society that blames women for the violence and the inequality we suffer. To say that "it's just as much a woman's responsibility to not be in that situation in the first place" must have universality if it is to be a reasonable statement.

In comparison, I read last week that a couple were struck by a drunk driver while walking down a residential street in the middle of the day. Using the logic provided in the premise of responsibility of victims, then the couple were not acting responsibly and are as much at fault as the drunk driver is. Most reasonable people would say that to blame the couple would be ridiculous.

Rape is one of the only crimes in which the victim is held entirely accountable. It is violence against women, not violence with women.

DAPHNE SHAE
CAMOSUN STUDENT

open space

No such thing as safe space

MADELINE KELLER-MACLEOD
CONTRIBUTING WRITER

There was a story in the last issue of *Nexus* about an event that the Camosun College Student Society was getting ready to host: a dance party as part of the One Billion Rising movement. One Billion Rising is a global movement of people, primarily women, rising up in protest of violence against women. This movement seeks to shake people of the ability to ignore the massive global issue of violence against women, to help women empower themselves to speak out against gender-based violence, and to be a call to both men and women to refuse to participate in the status quo until rape and rape culture ends.

One Billion Rising was named after the amount of women who are currently on the planet who will experience some form of physical or sexual assault at least once in their lifetime. The campaign brings to light the startling statistic that one in three women globally will experience violence.

The amount of women who face violence in every society and space around the world is almost unfathomable.

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

flashback

20 years ago in *Nexus*

Wild times: I'm beginning to think the '90s were a more radical, strange time than we think. In our event listings for the February 22, 1993 issue, phrases such as "comedic feminist terrorism" and "the 5 White Guys" and "their rocking R&R band, Simply White" were casually dropped, as well as a notification that we may be "channelling without knowing it!"

Sure it wasn't 183?: Concerned letter-writer Anton Prins put pen to paper to ask why, if Camosun was so concerned about conserving paper, the bookstore put up 182 pieces of



paper wishing students a happy Valentine's Day. All we are wondering right now is if Prins actually stood outside the bookstore and counted all those pieces of paper. Anton, you reading this? Can you confirm this, please? We've been trying to fact-check this for 20 years.

correction

In "Camosun student society joins global activist movement" (February 6 issue), we called the student society's V-Day event the Vagina Day event. We apologize for the mistake.

SPEAK UP

What do you think of the Idle No More movement?

BY DAMEN KORKORAS



ASYA WEST

"It's a great movement because it gives indigenous people a chance to speak with one voice."



AMANDA SMITH

"I don't know much about it, but I do support it."



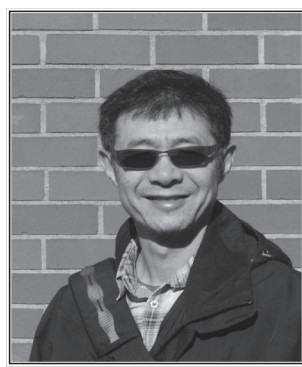
JOSH GOODWILL

"It's important for our generation to step up, support the movement, and do what our ancestors did for us."



JOHN KIRK

"What I've heard is that they're taking it to the government, but both sides need to compromise."



TONY LUM

"I like the movement itself, but I think the younger generation should show more support, rather than just the elders."



ALYSSA MCGEE

"I'm just trying to ignore the whole thing."

workforce

College weighs in on looming job shortage

“We first noticed the problem when we saw that they stopped hiring co-op students.”

GLORIA DARROCH
CAMOSUN COLLEGE

DAMEN KORKORAS
CONTRIBUTING WRITER

BC will lose close to 19,000 jobs due to a shortage of qualified persons, according to a number of recent reports.

The BC Labour Market Profile,

BC Stats, and Statistics Canada confirm that the number of jobs that require postsecondary credentials will exceed the amount of BC graduates between 2016 and 2020.

According to Gloria Darroch, director of cooperative education at Camosun College, this job deficit has been expected for years and the province is only now a short distance away from the hurdle.

“This problem has been going on for several years,” says Darroch. “We first noticed the problem when we saw that they stopped hiring co-op students.”

Of the unfilled jobs, 8,400 will require a university degree, 8,100 a college credential, and 2,300 trades training. Educational institutions are well aware of this looming crisis and some have taken proactive

measures to address the problem.

“The situation is no worse than it was,” says Darroch, “but it’s kind of depressing because it has been going on for a while and we know we have a big skill shortage coming as baby boomers start retiring.”

Camosun has received \$35 million from the federal and provincial governments to build a new trades education and innovation building at the Interurban campus in response to the growing demand for skilled labor and technical workers.

On January 29, college president Kathryn Laurin addressed the Victoria Chamber of Commerce and spoke of Camosun as a key economic driver for business.

Presently, skills shortages can be found in shipbuilding, construction, mechanical trades, healthcare, and

technology. Camosun has committed itself to tackling this job crisis by producing more skilled individuals to fill the foreseeable empty positions.

“As far as trades go, I think people are going into more technical careers,” says second-year psychology student Thomas Holland. “It would be bad for the economy at first, but if people want a job in trades they will always be able to re-locate somewhere else, just like how they go to Alberta”

Graduating finance student Peter Foucher is unconvinced by the government reports.

“I almost find it difficult to believe that we have a shortage of qualified people,” says Foucher, “especially given that we have so many students graduating from



TJ NYCE/NEXUS
Camosun College's Gloria Darroch. universities and colleges, even in Victoria alone.”

postsecondary

Research universities and trade schools compete for funding

“What’s important is that there be space in the system for every qualified student.”

DAVID TURPIN
UNIVERSITY OF VICTORIA

LAURA RODGERS
THE UBYSSEY/SPECIAL TO NEXUS

A limited pot of post-secondary funding in BC has begun to pit the province’s large research universities and trade schools against one another.

As technical and skills-based programs at schools were given sizeable sums in recent weeks as part of the BC Liberals’ Jobs Plan funding rollout, a group representing research universities’ interests across the province fired back.

The Research Universities Council of BC, representing UBC, Simon Fraser University, University

of Victoria, University of Northern BC, Royal Roads University and Thompson Rivers University, recently re-released a report they’d originally publicized back in October 2012. The report shows, based on the government’s own jobs data, that job-market demand for university graduates in BC will outstrip supply by 2016.

But the Liberals are still committed to staying the course on their plan to beef up trade and technical programs at key schools, while giving post-secondary grants across the province an overall \$41 million cut by 2014. The NDP opposes this cut, but the party has yet to reveal whether it will prioritize research-based universities or skills-based trade certification programs in its post-secondary platform.

University of Victoria President David Turpin said the province needs a variety of education options so young people can choose what path they’ll take to try to obtain employment.

“Trades are valuable, college diplomas are valuable, university degrees are valuable. What’s important is that there be space in the system for every qualified student,”

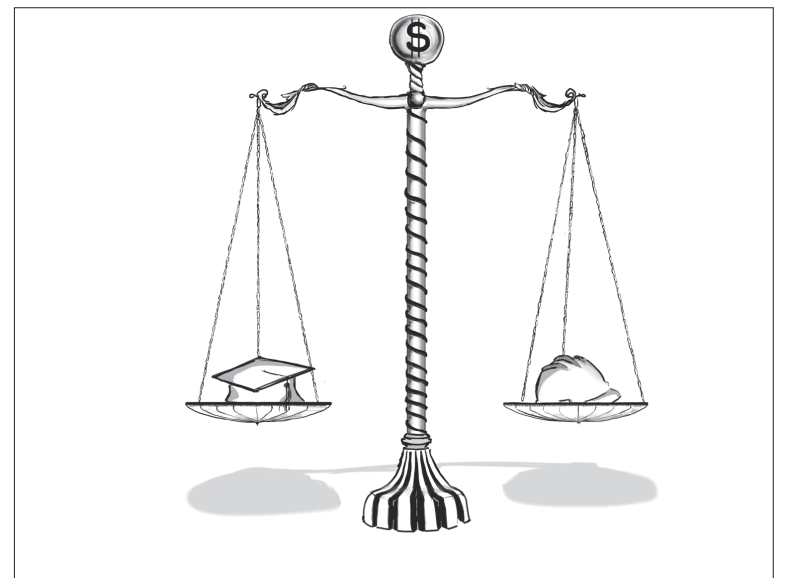
Turpin said. “I’m a firm believer in this being driven by demand.”

And when given a chance to speak at a recent invitation-only event promoting student involvement, UBC President Stephen Toope took a more adversarial stance. He argued that a trade-school education, while helpful for employment, doesn’t help students become versatile and agile leaders.

While the overall cut in operating grants has shrunk the number of funded spaces available at many schools in the province, targeted capital spending has allowed some schools to expand. Emily Carr University of Art and Design was given over \$100 million to expand into a new campus in late January.

And Thompson Rivers University (a mid-size institution that is part of the Research Universities’ Council, but also houses a good number of trade certification programs) was just given \$1.39 million specifically for heavy equipment used by trades and technology students.

This shows the shift in priorities as laid out by BC Liberal minister of advanced education John Yap when he took over the cabinet post



KIM PRINGLE/THE UBYSSEY

in September of last year.

“Taxpayers invest \$5 million each and every single day to support the [BC post-secondary] system. The four major research universities—UBC, SFU, UVic, UNBC—receive more than half of the operating grants provided to the 25 institutions,” said Yap.

“We need to make sure that we’re training people for the jobs that need to be filled,” Yap added.

Turpin argues that a significant

uptick in funding should be given to schools’ operating budgets, rather than just focusing on affordability for needy students.

“The quality of our programs is going to erode,” says Turpin. “And that is a long-term problem for the province of British Columbia. Our view is that the investments we’re calling for are truly investments. By generating talented people for society, they’re going to be able to give back through the tax system.”

NEWS BRIEFS

Camosun appoints John Boraas as VP Academic

Camosun College has announced that John Boraas will be the college’s new vice-president of academics. “John is a passionate and tireless advocate for the college,” said Camosun president Kathryn Laurin in a press release. “He brings a wealth of experience, expertise, and energy to the position, most notably in the area of inspiring nontraditional adult learners to realize their academic and career potential.” Boraas was previously the dean of the school of access, before becoming a member of the college executive team.

CCSS promotes provincial voting

The Camosun College Student Society (CCSS) is urging students to vote in the May provincial election. More than 500,000 eligible BC voters chose not to vote last year on election day and many people believe a mobilized student voice could have a huge impact on elections. One group of optimistic people is Rock the Vote BC. It’s a non-partisan voter registration campaign to increase voter turnout among BC’s university and college students. The group believes students have a strong reason to vote and if more young people show up on election day bigger changes and new ideas would emerge and benefit everyone.

Camosun student earns PACWEST Award

Third year Camosun student-athlete Alex Wolf shined like a star recently when his Chargers men’s volleyball team beat the CBC Bear Cats twice. On Friday night, Wolf played on the right side and scored 13 points for the victory, with 11 kills, two ace serves, and a number of key digs. On Saturday, he returned to action and again led the Chargers with 12 kills on a stellar night. Wolf’s two-match total of 23 kills, three aces, and two blocks represent a career high for the third-year Camosun athlete, as his team heads towards the playoffs.

Alumni awards nominations open

Camosun College is seeking nominations for its annual distinguished and promising alumni awards, to be presented at the college’s annual graduation ceremony on June 13–14. To be picked, distinguished alumni nominees must have graduated more than 10 years ago and demonstrated exceptional service to their community, outstanding contributions in their field, and offer inspiration to those around them. The distinguished alumni award is \$1,000 towards a Camosun project or student bursary of the winner’s choice. The promising alumni award also recognizes outstanding alumni who have graduated within the

last 10 years. Nominees in this category must be able to display career accomplishments with a clear prediction of future success and a commitment to others in their community. This award grants a \$500 fund to be directed toward a Camosun library purchase of the winner’s choice. Nominations for both awards close April 15.

-DAMEN KORKORAS

Got a news tip? Send an email to editor@nexusnewspaper.com to let us know what you know!

business

Camosun alumna a business-world success

“I feel as business leaders in the community you need to have a balance with your personal life the career that you choose, but you have to give back to the community.”

MANJIT BAINS
CAMOSUN ALUMNA

ALEXIS NIEUWKERK
CONTRIBUTING WRITER

Manjit Bains knows what it's like to start from the bottom, and she worked hard to reach the top.

Bains, now the vice-president of Consumer Protection BC, started off at Camosun College in the '80s and graduated with three business diplomas, in finance, accounting, and general business. From there she trained in leadership and corporate governance. To add to her large list of credentials, she also obtained a designation as a Certified Management Accountant, which she used to open doors of opportunity in government.

“I've gone from being a file clerk and a courier to processing travel claims, to working in a court system, the criminal justice system, the information technology world, finance, and now I'm in consumer protection,” says Bains.

Bains says she's happy where her education, experiences, and career have taken her. She helped build Consumer Protection BC into the organization it is today and is proud of how that vision has taken form by helping consumers and businesses.

“It really comes down to helping those people who need help,” she says. “It's protecting the rights of consumers, but at the same time you're also levelling the playing field for businesses, which is the heart of what my training is all about. So it's a nice balance between consumers and businesses.”

Bains' passion for helping the community doesn't stop there. She's heavily involved with multiple charities and organizations and is currently on the board of directors for the Victoria Hospitals Foundation.

“I am a firm believer of volunteering, not only to build a network, but I think we all need to be responsible for the communities we live in,” she says. “I feel as business leaders in the community you need to have a balance with your personal life the career that you



PHOTO PROVIDED

Manjit Bains aims for a balance between her career, her personal life, and giving back to the community.

choose, but you have to give back to the community.”

Bains says Camosun helped her on her career path to get where she is today. A lot of that help came from Camosun instructors, whom Bains respects immensely.

“They inspired us with the fact that they were not just teaching the academics; they were actually teaching us real-life experience,” she says. “They had instant cred-

ibility in our eyes, in that they could take something that was very hard textbook learning and convert, and transition, and translate that into a way we could understand by providing us with those real-life examples.”

With so much experience under her belt, Bains is able to share a valuable piece of advice with the students at Camosun.

“If you can build on your net-

work very early on it's going to help you in all kinds of ways,” she says. “So don't always focus on the academics, but learn that you're in an environment at Camosun that's so invaluable, it's important as you move forward. Because those people that are in your classroom are going to be the future leaders. They may be the future leaders who are going to hire you, or are going to help you get that next job.”

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NEXUS

fashion

Opening of Uptown's H&M met with excitement from shoppers, concern from local retailers



KATE MASTERS/NEXUS

Fashion giant H&M has rolled into Victoria.

“We really value our neighbours and a good competitive marketplace.”

EMILY SCARLETT
H&M CANADA

“I don't think we can avoid watching everything slow down initially, but as time goes on things will pick up again.”

KHLOE CAMPBELL
AMELIA LEE BOUTIQUE

KATE MASTERS
CONTRIBUTING WRITER

H&M will open its doors at Uptown at noon on Thursday, February 21. The chain was founded in Sweden in 1947 and has 2,700 stores worldwide. In nine years, H&M has opened 61 stores across Canada, with the 62nd at Uptown.

“One of the greatest things about H&M is we allow people to dress their personality, no matter what that is,” says Emily Scarlett, communications press manager and spokesperson for H&M Canada. “We feel like there is always something for everybody in the store. Depending on what you're into that season or what trend speaks to you,

you'll be able to find something at the store.”

The Victoria H&M will have over 18,000 square feet of retail space. The store will house lines for ladies, men, and children. However, it's the ladies who should be the most excited.

“The main focal point of the store will be our ladies collection,” says Scarlett. “For spring you'll see pastel colours, slim leg trousers, and spring prints and patterns. Another spring trend is the embellishment of studs and jewels on fabrics.”

The men's section will be a bright light on the otherwise expensive men's fashion scene in Victoria.

“There will be a full range of men's clothing in the store, everything from denim to the David Beckham body wear collection, basic T-shirts to really high-quality knits,” says Scarlett.

Scarlett says reaction to H&M opening at Uptown has been positive on social media. “People just seem to be excited to have fashion and quality at the best possible price come to Victoria,” she says.

But while some shoppers are ready to welcome H&M with open wallets, locally owned businesses aren't as excited to see another international retailer hit the market in tough economic times.

“Forever 21 opened up on De-

cember 21, the Saturday before Christmas,” says Khloe Campbell, owner of Amelia Lee Boutique. “The Lower Johnson Street shops went from being steady, steady, steady to dead for that little while before Christmas. I don't think we can avoid watching everything slow down initially, but as time goes on things will pick up again.”

Personalized customer service is something local businesses can offer that larger stores like H&M struggle with.

“I don't like how there isn't any customer service,” says Maia Langston, store manager of Indigo Apparel. “If you don't know somebody who knows what looks good on you,

how are you ever going to find what you are looking for? Everything in this store was picked out by hand. We know how it fits you. You can come in with any body shape and I'm going to know what looks good on you.”

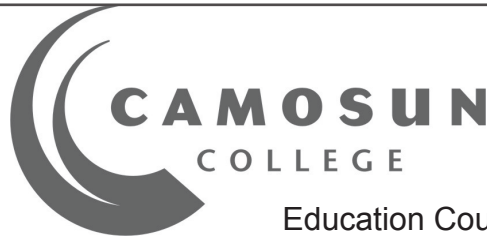
H&M's Scarlett understands that locally owned boutiques have trepidations with the large chain coming to Victoria, but she believes that the small stores and H&M can co-exist together.

“I think that we really value our neighbours and a good competitive marketplace,” says Scarlett. “I think it's about offering the customers more choice, at the end of the day.”

NEXUS

Now is the time to write for us.

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).



Education Council and Board of Governors

ELECTION

Representation is important!

Do you want to influence the future of the college? Would you like to have a voice in the development of educational programs? Expand your horizons by serving on Camosun College's Education Council or Board of Governors!

The nomination period is from Monday, March 4 through Wednesday, March 13 (3 pm deadline).

The election will be held on Tuesday, April 2, Wednesday, April 3 from 9 am – 7 pm and Thursday, April 4 from 9 am – 3 pm.

For more information, see posters around the campus, on CamNews, student website, or contact Linea Patterson at 250-370-3530.

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March 18th 2013

*All international
& domestic Camosun students welcome*

**Performers
wanted!!**

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Peer Connections



hockey

Magee pursuing his dream with Victoria Royals

“I’ve made hockey my number one priority in life and that’s the only thing I really know.”

BRANDON MAGEE
VICTORIA ROYALS

JASON SCHREURS
MANAGING EDITOR

Hockey is life. Life is hockey.

It’s a catchphrase that’s probably been used by a few hockey equipment companies over the years, maybe even a couple of beer ads. But for Victoria Royals star centre Brandon Magee, it’s been a personal mantra since he was three years old.

Magee’s enjoying a banner year in the Western Hockey League (WHL) and has been key in the Royals’ successful second season in Victoria. He knew he wanted to play professional hockey soon after he picked up a stick and hit the backyard rink that his dad made him when he was growing up in Edmonton.

“Right from the day I first started playing hockey I always watched NHL games with my parents and I just loved the game,” says Magee, currently second in scoring on the Royals with 54 points in 59 games this season. “It’s all I’ve really thought about to do with my life: play hockey. I’ve never really thought anything past that.”

The 19-year-old is currently in his third year in the WHL. His strength on the puck and his impressive vision on the ice has done him well in his almost 200 games in the west’s premier junior hockey league.

But without a formal backup plan beyond eventually playing in the National Hockey League (NHL), the 5’8” centre has a lot riding on making the big leagues.

“To be honest, I really don’t

worry about it, not right now,” says Magee. “I’ve made hockey my number one priority in life and that’s the only thing I really know, and that’s the only thing I really want to do with my life.”

Royals head coach and former NHL player Dave Lowry thinks Magee has a solid chance at making the big leagues, as long as he sticks to what has brought him success so far in his hockey career.

“He’s a heart and soul guy. He plays hard every night and competes hard. He’s got skill and he can finish,” says Lowry. “He has pro aspirations and he just has to make sure he continues to work at the pace that he plays at and wants to improve every day.”

The Edmonton Oilers organization agrees with Lowry. They invited Magee to their development camp over the summer and gave the skilled center a hard look.

“He’s not a big guy in stature, but he’s kind of hefty in the way he plays on the ice,” says Stu MacGregor, head amateur scout of the Edmonton Oilers, “and that combined with his will and desire to compete makes him a very unique player.”

The development camp experience was extra special for a kid who spent his formative years smack in the middle of an Oilers dynasty (the NHL team won the Stanley Cup five times between 1983–1990).

“It was amazing to play on the same ice as those guys; guys like Nail Yakupov who already has five NHL goals,” says Magee of the development camp, “and it doesn’t seem that far away to hopefully one day be there.”

He wasn’t chosen in last year’s NHL entry draft, but MacGregor says Magee has a good chance of getting drafted this year.

“He’s certainly a player everyone will be considering for the draft and he’s obviously improving,” says the Oilers scout, “and everyone’s looking for players that are doing that.”



JON HOWE

Brandon Magee is the star centre for the Victoria Royals, and he just might have the NHL in his future.

If Magee doesn’t get picked in the NHL draft, which takes place in New Jersey on June 30, he says another option would be if a team signed him as an un-drafted free agent.

“A lot of guys do that,” says Magee. “My agent and I talk, but we haven’t really touched on the draft too much; we’re just taking it game by game and focusing on helping the Royals win. The draft is there, obviously, but it’s not a huge deal.”

But talking to Magee about his future in hockey, it’s clear that playing in the NHL is monumental for him and pressures are high for him to succeed, especially when it’s common to see pro scouts at Royals games checking out young talent on the rapidly improving WHL team. (The Royals currently sit tied at eighth overall in the WHL, versus

an 18th place finish last season).

“Even if you have one off night, that could put an X beside your name for that scout,” says Magee, “even though you want to bring it every night and play your heart out every game and hope they notice you.”

Coach Lowry appreciates Magee’s attitude and perseverance. Magee is a coach’s dream: a hard worker who doesn’t hesitate to block a shot in the last minute of a close game, but with the talent to speed down the ice and pot the game winner.

“He’s a great kid,” says Lowry. “He’s very coach-able and he’s got a great personality and he wants to win. That’s the kind of player you want on your hockey team.”

As for that dream to someday turn hockey into an NHL career, Magee claims it doesn’t occupy

his thoughts too much. It’s pretty evident, however, that nothing would please him more than donning an NHL sweater. And if that sweater were an Edmonton Oilers one, wouldn’t that be a dream come true?

Still, when answering questions about his potential NHL future, Magee downplays his hopes and dreams for what the Royals organization would agree is the smart and safe answer: the success of his current team is paramount right now.

“I haven’t really thought about my chances of making the NHL too much. I just keep playing day by day here and I want to be successful with the Royals first,” he says. “Team success brings a lot of personal success. I’ve learned that. Our team’s been winning lately and it’s been fantastic.”

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politics

Occupation: human shield

Understanding political activist Kevin Neish

RACHAEL GRANT
CONTRIBUTING WRITER

Imagine being a human shield. Former Camosun College instructor and longtime political activist Kevin Neish is currently in the midst of a five-week stay in Gaza, putting his life in incredible danger as he guards researchers while wearing a reflective vest and white hat.

According to Neish, who was trained as a marine engineer and taught heavy duty, marine diesel, and commercial transportation mechanics courses at Camosun, his job is to help protect researchers looking “to ascertain what kind of shape the land is in and find out what is needed to bring it back into food production.” He does this by standing close and watching for danger.

“They’ll know that it’s not dangerous and that we are not a threat to anybody,” says Neish, who spoke with Nexus shortly before leaving.

Gaza is a war-torn strip of land that shares a border with Israel, Egypt, and Jordan. Saying life is difficult for Gazans is an understatement, as there are blockades that have been erected by the Israeli authorities restricting resources both coming in and leaving this highly unstable area.

The area has almost no clean drinking water, food is scarce, and, because the Israeli blockades are heavily guarded, planting a crop or even venturing near the border can be deadly.

In such a volatile area of the world the risk is real. While there, Neish will be reporting what he observes. “I’ll be on Twitter; I’ll be on email immediately, telling people what I see.”

No stranger to putting his life on the line in the name of peace, Neish has risked his life on several occasions in the past with the interests of others in mind.

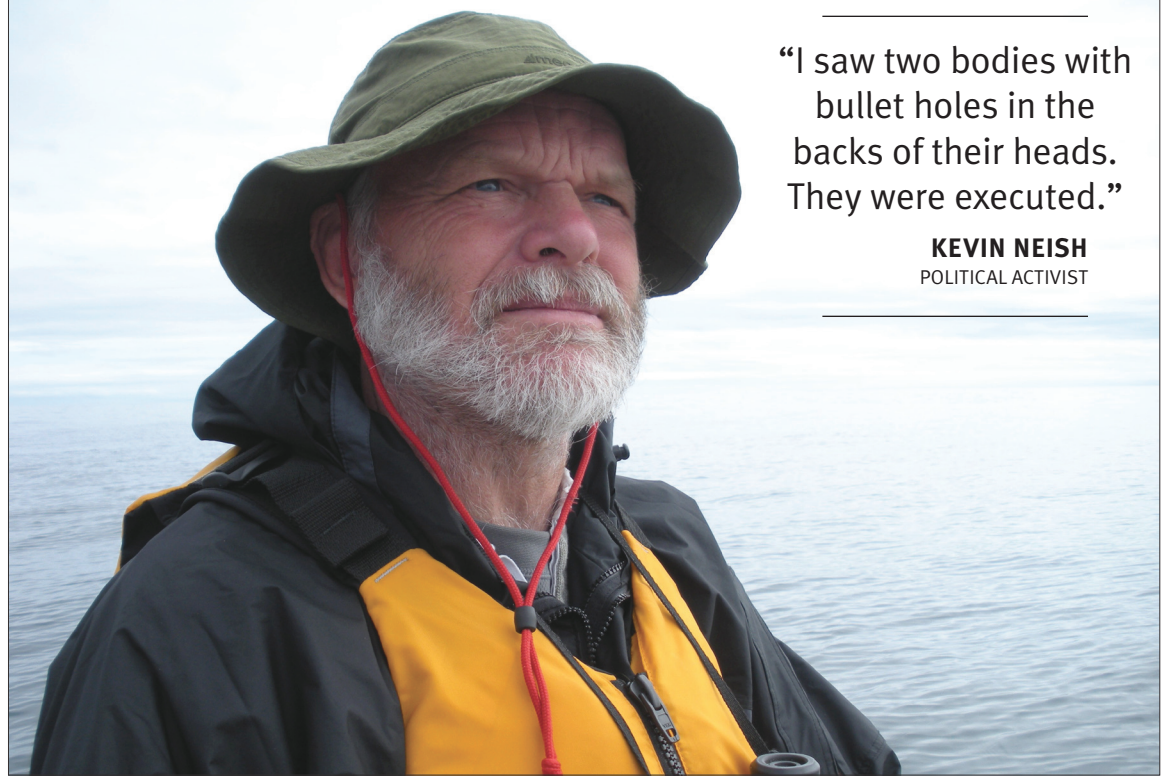
While sailing on the Mavi Marmara with many other civilians on a mission to bring supplies to Gazans, the boat Neish was on got boarded by Israeli authorities in the wee hours of the morning of May 31, 2010. Many shots were fired and, of the 580 passengers on the ship with over 34 nations represented, nine lost their lives, some of which were shot at close range in the back of the head.

“I saw two bodies with bullet holes in the backs of their heads. They were executed. The Israelis were executing unarmed people, civilians,” claims Neish.

The passengers of the Mavi Marmara who managed to keep their lives were then arrested and many were tortured, Neish being one of them. Neish was introduced to the “stress position,” a form of torture where the victim’s hands are tied behind their backs, in Neish’s case, with plastic handcuffs. The victim is then forced to kneel at gunpoint, sometimes for hours.

“I dare anyone to sit in one spot on their knees for that long, with their hands sucked up behind their back,” says Neish. “Everything goes numb. Hands, arms, shoulders go numb, your knees go numb; your legs don’t function.”

After three days in an Israeli prison, in which many forms of torture and intimidation were executed, according to Neish, such as limited food and water, sleep deprivation, and beatings, the Turkish government was able to pressure the



“I saw two bodies with bullet holes in the backs of their heads. They were executed.”

KEVIN NEISH
POLITICAL ACTIVIST

Former Camosun instructor Kevin Neish puts his life on the line for human rights.

PHOTO PROVIDED

Israelis to free their prisoners.

Neish was released along with many others to go back to their families. Neish recovered from the experience so he could return to Gaza, with the citizens in mind. Neish sees no other way to make peace.

“I don’t know what other way there is, what else can you do besides get in between the warring parties and make sure they don’t fight,” he says, “Maybe we can make it better. My little bit might just help it along further, and lots of other people add little bits, and we might have a peace in the area... everybody does a little bit, and good things happen.”

When asked where his activist passion stems from, Neish smiles and says, “It sounds a bit cliché here, but you can blame my mother.”

Neish goes on to describe a long family history of activism. “I don’t know if it’s in my genes, lots of people take these things on, but it was there in front of me.”

But having discussions of world politics around the dinner table isn’t the only thing that keeps Neish coming back for more. At this point he feels responsible to help.

“I can’t just go back to being a

former Camosun College instructor, a former national defence employee with a nice pension, and a nice house to live in,” he says, “I can’t do that, I wouldn’t sleep at night. So, every so often, I’ve got to do something to try and help out.”

Larry Hannant, close friend of Neish and history instructor at Camosun, elaborates on the risks involved in Neish’s choice of work.

“It’s dangerous in its own right, in the sense that there could be unexploded ordnance and things like that, but Kevin’s job is to serve as a kind of target for the Israelis, so that the people working on the ground level are safer,” explains Hannant. “Not completely safe, but safer.”

Hannant says Neish’s willingness to put himself into such dangerous situations speaks to his character.

“It’s a highly hazardous location and position to put yourself in,” he says, “and it’s really a testament to Kevin’s courage that he is ready to do that.”

Many would find Neish’s actions a source of inspiration to contribute to the world, but may not know where to start. Daniel Reeve, political science instructor at

Camosun College, applauds Neish’s remarkable efforts and explains where students can fit in.

“There is a place for activism that is not just somewhere else. There can be a place for activism here in Canada. In fact, lots of them,” says Reeve. “We sometimes tend to think of trouble and strife as somewhere else, and although it can be very comfortable in Victoria, there are plenty of opportunities in Canada for activism, whether it is the pipeline, whether it is Idle No More, there are many, many struggles that require not just teachers but everyone, students, to be involved in one way or another. And if this instructor can be an inspiration for them, that’s great.”

It’s not uncommon that humanitarian workers lose their lives in Gaza, often in horrific ways. Many leave behind their families to try and put an end to the oppression, never to return. This line of work is not for the faint of heart.

When asked why he would go back after nearly losing his life, Neish’s reply is simple.

“I’ve seen it, I can’t turn away now,” he says. “I can’t go back and pretend I didn’t see it.”

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words

Spoken-word fest on the cutting edge

“Anybody can write slam poetry. You see it and it’s inspiring. It makes you want to get on stage and do it yourself.”

JO BEE
SLAM POET

NICOLE BENETEAU
CONTRIBUTING WRITER

“If you want to hear a poem about riding a unicorn, I’m going to write that poem and it’s going to make you cry,” says Missie Peters, director of the Victoria Spoken Word Festival. Poetry written on the fly, or instant slam, is just one of the many manifestations of spoken word art showcased at this year’s Spoken Word Festival.

The third annual festival features performances by an ensemble of 12 emerging artists from across Canada, as well as poet of honour Johnny MacRae, and internationally renowned stand-up poet Mighty Mike McGee.

Running February 27 until March 3, the festival continues to stretch the boundaries of spoken-word art, as the performers spend their days participating in

workshops focusing on areas of artistry like mime, mask making, and puppetry.

For Peters, giving poets the chance to enrich their art form was a driving factor for starting the festival.

“One thing that spoken word doesn’t have in Canada is a lot of opportunities to learn and grow,” says Peters. “I designed this festival in response to what I saw missing at the national level.”

Veteran performer McGee, whose combination of comedy and poetry grants him the label of a stand-up poet, has been witness to the progression of the spoken-word scene for over 20 years.

“Back in the ’90s there were a lot of older people involved in slam poetry. Now the performers seem to be getting younger and younger,” says McGee. “They seem to be a little more bold about what they’re doing, and I like it.”

Vancouver poet Jo Bee has been performing her poetry since she joined the first Vancouver Youth Poetry Slam team at 14. Even at such a young age, Bee, now 20, didn’t feel intimidated about getting up on stage.

“It’s nerve-racking, but it’s also a really accessible art form,” she says. “Anybody can write slam poetry. You see it and it’s inspiring. It makes you want to get on stage and do it yourself. It’s been an incredibly supportive environment to grow up in.”

For those interested in trying



PHOTO PROVIDED

Vancouver poet Jo Bee says performing spoken word is intimidating but anyone can do it.

their hand at some spoken word poetry of their own, the last day of the festival features a public workshop for aspiring poets-to-be.

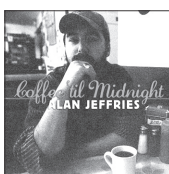
If you just want to sit back and enjoy the show, every night of the festival promises to offer a unique experience.

“Every year the shows are something that you’ve never seen before. This is really cutting-edge, one-time-only kind of stuff,” says Peters. “To watch these poets that have only been working together for a week build something so deep and risky and memorable is really

the highlight of my year.”

Victoria Spoken Word
Festival
February 27 to March 3
Intrepid Theatre
victoriaspokenwordfestival.
com

New Music Revue



Alan Jeffries
Coffee 'til Midnight
(Forward Music Group)
3.5/5

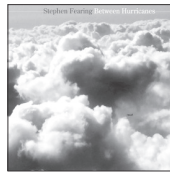
Alan Jeffries brings his award-winning bluegrass guitar playing to his debut album, *Coffee 'til Midnight*. Full of traditional bluegrass tunes and originals penned in the same vein, Jeffries and his band keep the energy levels high throughout.

If you like bluegrass, this album will put a smile on your face. If you don’t want to hear some fun guitar, banjo, fiddle, and mandolin playing, accompanied by some mighty fine harmonies, then don’t listen to this album.

Tunes like “I Ain’t Broke but I’m Badly Bent” and “Cabin among the Trees” highlight the harmonies and show off some damn fine fiddle playing. “Bookworm” doesn’t say a word, but gets every instrument involved, casually showcasing each one.

I’ve always wanted to visit the Maritimes. If I keep listening to this album, I might not have to. I can just close my eyes and imagine myself on the shores of Nova Scotia.

-DAN DARLING



Stephen Fearing
Between Hurricanes
(Lowden Proud Records)
3.5/5

Drawing inspiration from Gordon Lightfoot, Blackie and the Rodeo Kings founding member Stephen Fearing gives us a touching look into a new beginning on his latest solo effort.

This album starts off quiet and sombre, but evolves into a well-rounded album of folky, and sometimes even rocking, goodness.

The dark, lonely feeling of surviving a helicopter crash in “Cold Dawn,” or the soft reminiscing in “The Half Life of Childhood,” make songs like “Keep Your Mouth Shut” seem that much more alive with their straightforward, ’50s rock ‘n’ roll atmosphere.

This isn’t a folk album. This is for listeners that like songwriting, storytelling, and honesty. Now 20 years into a storied career, Fearing is happy telling his stories any way they feel like coming out. Whether that’s with his band or collaborating with other artists, or even producing work from other musicians, music isn’t just what he does, it’s who he is.

-DAN DARLING



The Night Marchers
Allez Allez
(Swami Records)
4.5/5

John Reis a.k.a. The Swami a.k.a. Speedo has made a name for himself as a musical dickhead of the highest order. The term “dickhead” is used with pure respect and admiration. See, before this little band called The Night Marchers, Reis brought us such pinnacle San Diego punk/rock bands as Pitchfork, Rocket from the Crypt, Drive Like Jehu, Hot Snakes, and The Sultans.

Combine Reis’ pedigree with his sarcastic-prick sense of humour and his severe allergy to the mainstream music industry and we have an underground rock god.

On *Allez Allez*, The Night Marchers progress from a studio project featuring ⅓ of Hot Snakes into a bona fide punk rock/garage/rock force to be reckoned with.

If “Loud, Dumb and Mean” doesn’t rip the front door off your domicile and drag you into the mean streets kicking and screaming, the bizarro tempo changeup in “Fisting the Fan Base” (great title!) will make you weep like a baby.

-JASON SCHREURS



My Bloody Valentine
MBV
(Pickpocket Records)
4/5

After the release of 1991’s critically acclaimed *Loveless*, shoegaze pioneers My Bloody Valentine were going to make another album. There were rumors here and there for more than 20 years about a possible album being released. Frontman Kevin Shields confirmed that they had even completed at least one album that they just dumped. In early February, seemingly out of the blue, the almost self-titled album *MBV* was released.

After over 20 years it’s assumed that some creative growth would be present on this album, but it seems eerily similar to everything else the band has ever done. The album starts out slow with a bass-y ballad, but, luckily, it quickly gains momentum.

The album is danceable with periods that seem more like spacey soundscapes than songs. “New You” is what people should be playing in clubs, it’s romantic but depressing, dreamy but rhythmic. *MBV* is a pretty fantastic album.

-NICK JOY



Texas Is the Reason
Do You Know Who You Are?: The Complete Collection
(Revelation Records)
4.5/5

It kinda feels like a lifetime ago that American indie rockers Texas Is the Reason burst out of the ashes of a handful of heavier hardcore punk bands, stunning the underground with their sensitive-dude whines and straight-up rocking out.

Well, no one was really “stunned.” Lots of hardcore dudes didn’t care, because this was wimpy stuff, and lots of wimps embraced it, because it was nerdy, wimpy, and sensitive, but it also rocked out, in its own feather-y way.

Thing is, they were ahead of the curve, as this retrospective collection proves. Here, the band’s only full-length is paired up with their EP, material from two split 7” releases, and two recently recorded old tunes that never saw the light of day. It all sounds incredibly perfect.

The band is doing some quick reunion shows, then, they’ve promised, it’s over. As it should be. This music was amazing once. Context is a lot. Not blowing it by trying to relive that context is important. TITR is dead. Long live TITR.

-GREG PRATT

music
Clarke Champniss returns with '80s music tome



PHOTO PROVIDED

The former face of alternative music on MuchMusic has returned.

“The people that were born around that time want to put their life in context. ‘What was mom and dad listening to, what were they dancing to?’”

**KIM CLARKE
 CHAMPNISS**
 THE REPUBLIC OF ROCK ‘N’
 ROLL

JASON SCHREURS
 MANAGING EDITOR

For some, the music of the '80s was as cheeseball as it gets. But for music journalist Kim Clarke Champniss, it was a revolution.

The former MuchMusic VJ details what he says was one of the most important decades in rock in his new e-book, *The Republic of Rock 'N' Roll*, due out in March via Warner Music Canada.

“The '80s has been slagged for years as being a time of bad hair and bad fashion when, in fact, it's one of the most fascinating and revolutionary periods of the last 40 or 50

years,” says Clarke Champniss, best known for hosting MuchMusic's classic *The New Music* and *City Limits* programs in the '80s.

Clarke Champniss' new e-book details how the '80s were the impetus for the music industry's massive sales peak in the late '90s and also for its eventual decline.

“In our lifetime we've seen the industry build up to unbelievably profitable heights and then have a meltdown,” says Clarke Champniss, “and a lot of it was set up by the '80s, and then the '90s cashed in on it.”

But the e-book isn't just about the business of music; it's also about

politics and how music is intertwined with world events, such as the rise of right-wing conservatism and rapidly changing technology.

According to Clarke Champniss, the economic recession that led to the rampant consumerism of the '80s, or the “greed is good” decade, made for some groundbreaking tunes.

“Politically it was the rise of Margaret Thatcher and Ronald Reagan,” he says, “and from a musical point of view technology was coming into play, drum machines, synthesizers, giving rise to the new sounds of bands like Kraft-

werk, Orchestral Manoeuvres in the Dark, and even Duran Duran was toying with that kind of sound.”

Clarke Champniss, who also hosts a syndicated '80s radio show, aptly titled *The '80s Radio Show*, credits the modern resurgence of new-wave-influenced music to people of the current generation's fascination with what got their parents on the dance floor three decades ago.

“The new synth bands like Crystal Castles are fascinated with what was happening with new wave,” he says. “The people that were born around that time want to put their

life in context. ‘What was mom and dad listening to, what were they dancing to?’”

The Republic of Rock 'N' Roll takes the music of bands like Joy Division, The Cure, U2, and REM, as well as the rise of hip-hop bands like Public Enemy and Beastie Boys, and applies it to a decade that was ripe for a musical, and social, uprising.

According to Clarke Champniss, something had to give.

“When you boil it down, man, there was quite a lot going on in the '80s,” he says, “and we were quite willing to let the world change.”



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“This play serves as a peephole into the world of our brothers and sisters across the ocean to get us thinking of solutions.”

TRACEY MOORE
HELEN'S NECKLACE

MARIELLE MOODLEY
CONTRIBUTING WRITER

If you attend the Belfry Theatre's production of *Helen's Necklace*, don't be surprised if you recognize Helen's voice.

Well known for her voice-acting skills in *Sailor Moon*, *Care Bears*, *George Shrinks*, and *Ned's Newt*, performer Tracey Moore sets the stage as western woman Helen who goes on a mission in the Middle East.

Moore describes Helen as a Woody Allen type of character. She's on a mission to discuss world issues and possible solutions, and is plunked down in the centre of circumstances which she knows nothing about and doesn't really understand who or where she is.

“Helen's character is a typical female character that we're used to seeing in our western culture,” says Moore. “She isn't a maiden, mother, or crone, but is rather an older pro-



DAVID BUKACH

Helen's Necklace takes large, global subjects and boils them down to a basic human element.

fessional woman who never made a family of her own.”

In the script, Helen loses her necklace and lets her colleagues go ahead while she journeys into the heart of Palestinian camps searching for her necklace. There, Helen encounters the real loss of the people there. As a western woman, Helen values external things to find herself. The necklace to Helen represents a fragile, lighter-than-air hope that can float above disaster.

“There's a real statement made in *Helen's Necklace* that fragility, willingness to be open, and looking at chaos and tragedy, while main-

taining lightness and hope, is the solution,” explains Moore. “Helen comes to a place in the play where she talks about dreaming, hoping, the value of pursuing pasts, and how to find solutions.”

Moore did lots of photojournalism research about Palestinian camps, the history of Beirut, and the references of Helen of Troy. The Middle East is very ancient, so there are conflicts in the tides of humanity coming in and out, she says. There's been lots of war and loss so Moore says it's important to look as far back as the times of the Roman ruins to grasp the magnitude of what

Helen is viewing comparatively to aspects of a very young country like Canada.

“I work in dreams, in fantasies, as a career, so I try creating things lighter than air to deliver as a gateway to change, hope, or significant motions towards positivity in a personal or societal level,” says Moore. “I know that I have empathy toward conflict in the Middle East but don't have real understanding. This play serves as a peephole into the world of our brothers and sisters across the ocean to get us thinking of solutions.”

As people of the world, we all

lose things and suffer loss. Moore thinks it's this binding force—our environments—that can help us understand each other, and if we look past the environments we can realize that we all have a lot more in common than we've realized.

“I hope this play prompts people to see the world differently,” says Moore. “We're a global community with solutions that are much easier to resolve than we think they are.”

Helen's Necklace
Until February 22
The Belfry Theatre, \$25-\$40
belfry.bc.ca

eye on campus

by Damen Korkoras

MONDAY, FEBRUARY 18

Chinese immigrant film screening

Celebrate Chinese culture and enjoy a lunchtime screening of the National Film Board's *From Harling Point*. Through interviews with two Chinese Canadian women, the film tells the story of Chinese Canadians and the significance of the Chinese Cemetery at Harling Point. The event takes place at the Greater Victoria Library at noon and admission is free.

WEDNESDAY, FEBRUARY 20

Bipolar info session

Do you know someone who suffers from bipolar disorder? The Camosun College Student Society is inviting you to an informational and sharing session. From 3:30 to 5 pm, come down to Young 216, Lansdowne and share your story with others coping with similar experiences and gain insight to the pathway of recovery.

WEDNESDAY, FEBRUARY 27

Gendered Empire

This event is a guide to thinking about gender in western culture through the sociological lens of transsexual and Camosun Pride director Daphne Shaed (who also moonlights as a *Nexus* columnist). The event takes place at 5 pm in Fisher 100, Lansdowne. Attendance mandatory for *Nexus* readers! Well, not really, but we do urge everyone to check this out.

THURSDAY, FEBRUARY 28

Tour your hometown

Be a tourist in your own hometown: come celebrate 40 years of fun and take advantage of wicked deals on attractions, restaurants, lodging, shopping, and transportation. Tickets are available at participating outlets around town and online over at attractionsvictoria.com/bat. Admission books are \$10 and the event runs from February 28–March 3.

local, live, and loud

by Dan Darling

WEDNESDAY, FEBRUARY 20

The Pharcyde, Cityreal, DJ Verse, DJ Squantos

CLUB 90NE9, \$18, 9 PM
I drank with a Quebeçois in the Canadian Navy for my birthday one year. He was trying to keep up but I could tell it wouldn't end well. We had to drive from Sidney into town for a dance party. Our designated driver was bone sober so when we hit a roadblock the cop just smiled and waved us through. We hadn't gone 20 feet past him when the Frenchman in the back proceeded to projectile vomit on everything in range. I dunked my head in a 7–11 bathroom sink and then danced my ass off for the rest of the night.

FRIDAY, FEBRUARY 22

The Wailers, Roger Steffens

CLUB 90NE9, \$29.50, 6:30 PM
Did anyone catch Sting hogging the spotlight at the Grammy's the other night? The guy was in the background of every crowd shot. After all that hamming it up, he even had the audacity to play a Police song during a Bob Marley tribute. “Walking on the Moon,” my ass. His head is so big it's the only place he can walk without falling over.

FRIDAY, FEBRUARY 22

Longwalkshortdock, Miami Nights 1984, Dark Arps, G.I. Blunt

SUGAR NIGHTCLUB, \$22.50, 9 PM
So I just finished watching the latest season of *Dexter*. Have you ever seen

it? It's about a serial killer that kills serial killers. But here's the catch... he's a blood-spatter analyst for the Miami Metro Police Department. I watched the first handful of seasons, then skipped a couple, but figured it wouldn't be too hard to catch on to the story. Really, what's to get? He does bad things to bad people while trying not to get caught by his friends at work. Sounds like any job where you deal with the public.

SUNDAY, FEBRUARY 24

Melinda Whitaker

VICTORIA ART GALLERY, \$25-\$30, 2 PM
I love checking the Internet Movie Database to see where actors got their starts. Usually it's nothing I've heard of, but every once in a while it's a bit part in a famous flick. I completely forgot that Forest Whitaker was in *Fast Times at Ridge-mont High*. Johnny Depp was in the original *A Nightmare on Elm Street*. I could do this all day. I'm going to make some popcorn and get my keyboard all greasy from the butter. Or maybe I should just watch a movie instead? Nah...

WEDNESDAY, FEBRUARY 27

NoMeansNo, The Hoffmans, AK-47

CLUB 90NE9, \$18, 9 PM
I just keep getting older. But I guess the only other option would be to stop getting older but that would mean I would have to either find a fountain of youth or die. One is about as likely as getting my baby to stop throwing up all over himself and the other would just be, well, harsh. Looks like a slow descent into old

age for me. At least, I hope so. Cross your fingers people, I don't want to jinx this life. Do you know the meaning of...?

FRIDAY, MARCH 1

Mindil Beach Markets, Deep Sea Gypsies, Criss Cross and The River Band

SUGAR NIGHTCLUB, \$15, 8 PM
Style is such a relative thing. I love the fact that I've somehow snuck through life without ever owning a tie, let alone learned how to properly tie one. Now, don't get me wrong, I'd love to put on a swanky suit and look like a million bucks. Instead, I've done things like wear size 40 purple jeans when my waist was only a 30. I'm pretty sure I may have put my clothes on backwards for a school dance back in junior high. The only pair of dress shoes I've ever owned were some Doc Martens that I bought for my high-school graduation. At least I never owned a leather 8-ball jacket.

SATURDAY, MARCH 2

Diamond Rings

SUGAR NIGHTCLUB, \$15, 7 PM
Did you know that they put serial numbers on diamonds these days? Seriously, who has a small enough chisel for that? What a ridiculously difficult job that must be. Jewellers already have to wear those crazy monocle things to see how pretty the diamonds are. Are they training mice or bugs to do this sort of work? What? They use lasers? Come on, you're joking, right? I'm not falling for that one. What do you take me for, some kind of idiot?



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Interurban Campus
Technologies Centre
First Floor

CAREER FAIR PRESENTATIONS

10:30-11:10 am 11:20-12:00 pm

BC HYDRO

Devin Dukeshire
And guest
TECH 175



STEP BC

Kevin McTavish
"STEP into a skilled trade"
TECH 177



12:00-12:40 pm 12:50-1:30 pm

Reliable Controls

James Puritch
TECH 175



Fast Canadian Enterprises Ltd.

Matthias Ruhland
TECH 177



Kiewit Kiewit will hold a special presentation and info session following the career fair.

Tech 110 4:00 - 6pm Food and beverages provided.

Resumes will be accepted from students interested in employment, and interviews for selected candidates will take place on Friday, March 1, 2013 in Tech 250.

Sponsored by:



Co-operative Education and Student Employment
Make an impression: • Dress for Success • Bring Your Resume
Camosun.ca/cese

Over 20 Confirmed Exhibitors Including...

ASTTBC – Applied Science Technologists and Technicians of BC
asttbc.org

BC Construction Association bccassn.com

BC Hydro bchydro.com

BC Transit bctransi.com

Canadian Coastguard ccg-gcc.gc.ca/eng/CCG/Careers/Apply

CGI cgi.com

Capital Region District crd.bc.ca

Chatwin Engineering
chatwinengineering.com

DND MARPAC – Department of National Defence
dndjobs.forces.gc.ca

Canadian Forces Recruiting Victoria & Royal Canadian Navy
forces.ca navy.forces.gc.ca

Fast Canadian Enterprises Ltd. gentax.com

IBEW 230 – International Brotherhood of Electrical Workers
ibew230.org

Kiewit Infrastructure kiewit.com

McElhanney Consulting Services Ltd. mcelhanney.com

PCL Constructors Westcoast Inc. PCL.com

Schlumberger slb.com

Stantec stantec.com

Trans CDA - Transportation Career Development Association of BC
transportationcareers.ca

UNIT4 Business Software
unit4software.com

VIATeC – Victoria Advanced Technology Council viatec.ca

DOOR PRIZES!

Enter the draw for two door prizes valued at \$250. Door prizes sponsored by ASTTBC and Camosun. Other prizes, including Starbucks cards.

Pizza for \$1 a slice

Don't miss out on this great opportunity to network with potential employers. Be prepared - bring along your résumé and dress for success!



Sour Grapes

by Nicole Beneteau

Alkaline diet mysterious

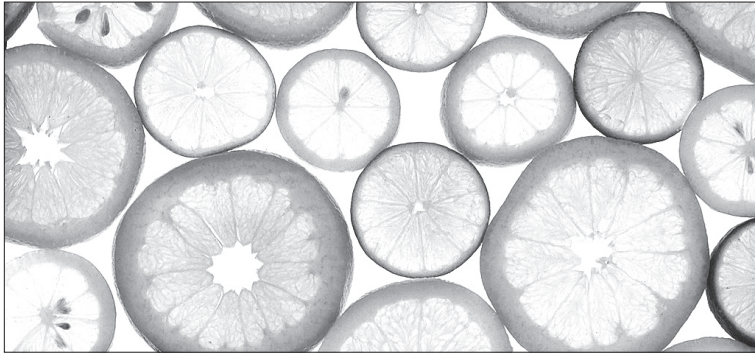


PHOTO PROVIDED

Oranges. Different shapes and sizes. Well, sizes, anyway. Oranges.

Diets aren't always about losing weight. Sometimes, an eating regime can be about healing the body and protecting oneself from disease. Enter the alkaline diet.

The alkaline diet is based on a whole lot of chemistry and science mumbo-jumbo, but it basically breaks down to this: acidic foods suck away your very life force, while alkaline foods supercharge your fluids and make you a superhero. Alkaline foods are supposed to balance the body's pH levels, reducing the risk of things like osteoporosis and cancer.

Of course, a side effect of cutting out acidic foods happens to be weight loss, since, surprise, surprise, all the tastiest foods really mess with your body's pH. Breads, sweets, meat, alcohol, and coffee are all no-nos on the alkaline diet. But, there are some other foods you wouldn't expect on the acidic side of the spectrum. Nuts, most grains, beans, and fish are also disease-causing culprits.

Alkaline foods are a sneaky bunch, too. Things that taste acidic, like citrus fruits and apple cider vin-

egar, are some of the most alkaline foods of them all. And, somehow, almonds have snuck in as the only nut that doesn't up your acid levels.

The popularity of the alkaline diet is on the rise this year, thanks to endorsements from celebrities like Kirsten Dunst and Gwyneth Paltrow. Healthy lifestyle bloggers, like Toronto's Joy McCarthy, are all about the alkaline diet, to the point of recommending a complicated and expensive system for alkalizing your tap water. Yes, even plain old water has become a target in the never-ending quest to complicate the hell out of healthy eating.

It's no surprise that, like any other diet that tells us to cut out everything but vegetables, the alkaline way of eating has its critics. Mostly, these critics point to the fact that there's little to no evidence that what we eat changes our pH balance, since our body is self-regulating, no matter what we ingest.

Of course, cutting out processed food and alcohol in favour of a pile of vegetables will lead to better health, but some say that alkalinity has nothing to do with it.

A MESSAGE

FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

Election time

by Madeline Keller-MacLeod
CCSS external executive

Camosun College Student Society (CCSS) and Camosun College elections are fast approaching! College and student society boards offer a wide range of positions to become involved in, and all positions will be up for election at the beginning of April for the 2013–2014 year.

The college elects students to two separate boards: the board of governors and the education council. Two students have votes on the board of governors each year (one student from Lansdowne and one from Interurban) and experience what it's like to oversee the running of a college, including the passing of the annual budget.

Two more students from each of the campuses can represent students on the education council, working on education issues such as class and program cancellations and creations. All students elected to college boards have the option of sitting on the board of the CCSS, as well.

The CCSS is a great way for students to become involved in advocacy work in a variety of capacities. Eight seats are reserved for four directors from each campus to be elected. Running as a campus director is a great way to get involved if you're inexperienced or timid, as you're required to attend council meetings but have the freedom to decide for yourself how much more involved you will be.

Constituency directors and executives have more responsibilities, but the jobs are rewarding and exciting. There are directors responsible for the First Nations Student Association, the Women's Collective, Pride, Students with (dis)Abilities, and International students. As well, four executives oversee finances, external affairs, and the two campuses.

Nominations for college and student society elections run from March 4–13, with the elections taking place on April 2–4. All CCSS positions begin May first, and college positions on August first. Forms will be made available at Fisher 101B, Lansdowne and at camosunstudent.org.



Noms!

by Patrick Hallihan

pudding cookie sensation

Today I bring you another recipe: pudding cookies.

They're relatively easy to make, and delicious. I call them pudding cookies because they are made using an instant pudding mix, making them extremely soft and extra delicious. They do, however, have such high butter/sugar content that it may be best not to think about it. Here's what you'll need:

- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1 cup butter, softened
- 3/4 cup brown sugar
- 1/4 cup white sugar
- 1 3.4 oz pack instant pudding (flavour of your choice)
- 2 eggs
- 1 tsp vanilla extract
- 2 cups semisweet chocolate chips

Start by setting your oven for 350 F. Now start creaming together the butter and sugars. (Tip: fill a measuring cup to one cup with warm water and add chunks of butter until the water level raises to two cups. This method is known as displacement and the warm water will make creaming the butter and sugars easier.) With either a fork or your hands, mash it all

together until completely mixed. You'll end up with a gross-looking beige paste.

Next, pour in the pudding mixture and mix that in as well. Then break open the eggs and add them, along with the vanilla extract, and continue to mix it all together. The mixture should be fairly creamy.

Grab another bowl and a sifter and sift together the flour and baking soda. Next, we'll be adding this to the paste, but before we do that (as our hands are about to get messy), grab some cookie sheets and grease them up for the cookies to be cooked on.

Once the dry mixture has been added in, you'll start to find it difficult to continue mixing with any sort of object, so at this point I recommend using your hands to fully mix together the dry and wet ingredients (after washing your hands first, of course). Continue working the mixture until bits of flour can no longer be seen, then add the chocolate chips and mix a little bit more.

Finally, roll the mixture into small balls and place them on the cookie sheets (the balls should be roughly the size of a large spoon). Space them out evenly, and place in the oven for 10–12 minutes. Though you can tell they're done/nearly done by colour, a good trick is to take a toothpick and stick it in the cookie. If it comes out clean, they're done (this doesn't work if the toothpick passes through a chocolate chip, so you may have to poke more than one hole).

So, there we go, ladies and gents: pudding cookies! Fairly simple, and oh-so-fattening.

In Search of Lost Time

by Daphne Shaed

camosun college pride centre



Don't blame the victim

Victim blaming is a powerful force where the person(s) subject to violence, bullying, domination, or oppression are blamed for whatever befalls them.

We see this with frequency in our culture, and it's disturbing and disgusting. We're inculcated to think in this manner, in an individual-centric culture where each person is unreasonably accountable for everything in their life without regard to social forces or the actions of others.

I was bullied and beaten in school. I never went to high school. I dropped out because, although I loved learning, I feared school. The solution proposed to me by the staff at the school and other adults was to not make myself a target.

The bullies were only singling me out because I was different, so the answer was not to be different, to conform. This caused extreme depression and fostered ideas of self-harm.

Victim blaming is ridiculous and yet we see it everywhere where violence occurs. Even if dispute arises, there are methods of mediation, and violence is never part of a solution. No one is ever asking for it!

Pride meetings are every Tuesday at 4 pm in the Lansdowne Pride lounge (first floor, Richmond House) and the first Monday of each month at 5 pm at the CCSS office at Interurban (first floor, Campus Centre). All bodies welcome.

Speaker's Corner

by Jean Oliver

camosun college toastmasters



(Un)constructive Criticism

Read this: Rate My Professor is an obnoxious website students use to help decide which instructor to avoid, trash, or lust over.

Now, read this: students can use Rate My Professor to determine if their learning style will mesh with that of an instructor's. Patience is required to sift for useful information through rants and mystifying hotness rankings.

The first paragraph is an example of criticism. The second is evaluating. Many students make serious career and social mistakes thinking they are one and the same.

Criticism, like teasing or other aggressive verbalizing, requires no skill and is simple venting.

In contrast, evaluating is feedback and is a skill that can only be acquired. Good evaluating is also a key factor in becoming a good communicator.

Toastmaster's Effective Evaluations manual states, "If you truly want to improve your leadership skills, you must learn how to give and receive helpful evaluations."

More Camosun students should use Rate My Professor as a tool for evaluation, not criticism.

Ability's Muse

by Rachael Grant

camosun college students with (dis)abilities collective



Think of the children

A society can be judged on the basis of how it treats its most vulnerable members. I cringe when this concept crosses my mind, as individuals of the utmost fragility fall through the cracks of our mental health system in BC so frequently.

The cracks in the system that I speak of are far more extensive when it comes to our most defenceless: our children.

On Vancouver Island, there are 13 beds for children and youth struggling with mental illness and, as you can imagine, there's quite the waitlist. This service primarily features medication and acts more as damage control. This isn't a lasting solution, but merely a Band-Aid for a gaping wound.

As one who's no stranger to the system, I've seen

first-hand that self-harm and suicidal behavior isn't age specific. As horrible as it is to think, we have children and youth in danger, and our system has done nothing short of abandoning them and their caregivers.

Without appropriate resources, we are setting up our children to fail. How many more must we lose to suicide, the streets, and substance addiction? With this blatant lack of support, families are left fighting for their children; their cries for help often falling on deaf ears.

I strongly encourage you to sign the petition at change.org entitled "BC Needs to Provide Emergency Mental Health Services for Children." Be outraged, for the lack of services is endangering the lives of our youngest.

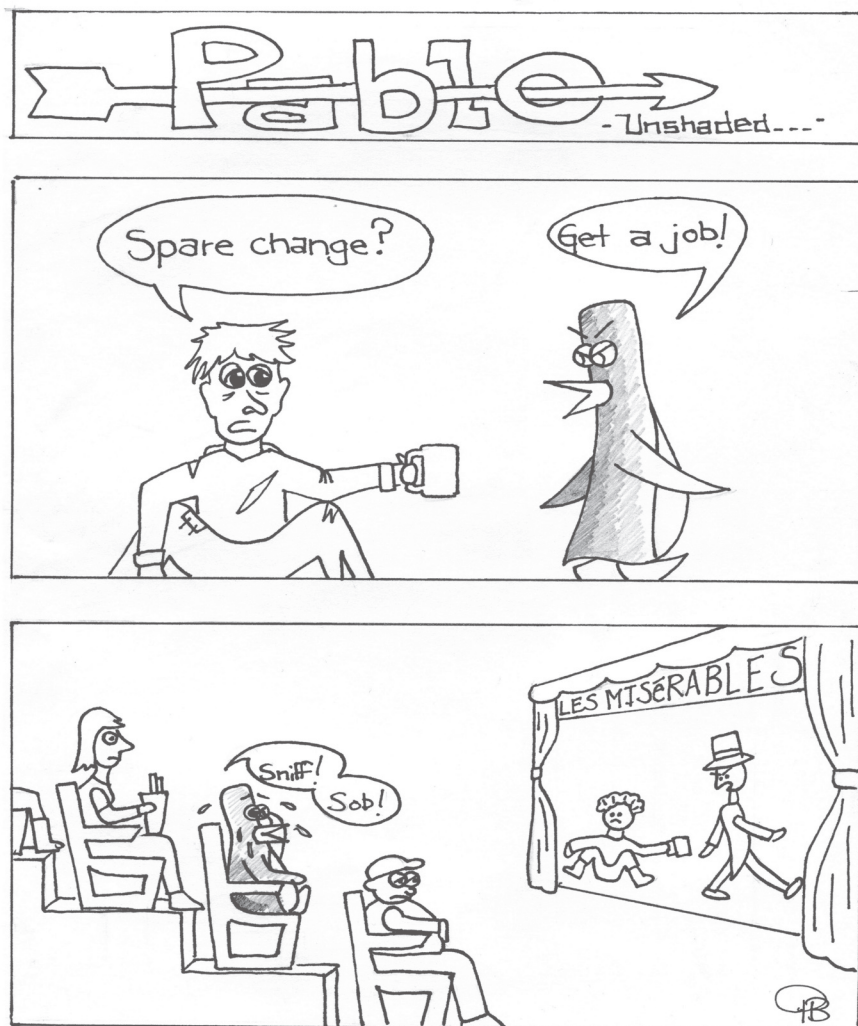
Noble Sloth Manifesto By Libby Hopkinson



Luke Sanity Deprived By Lucas Dahl



Pablo By Pedro Banman



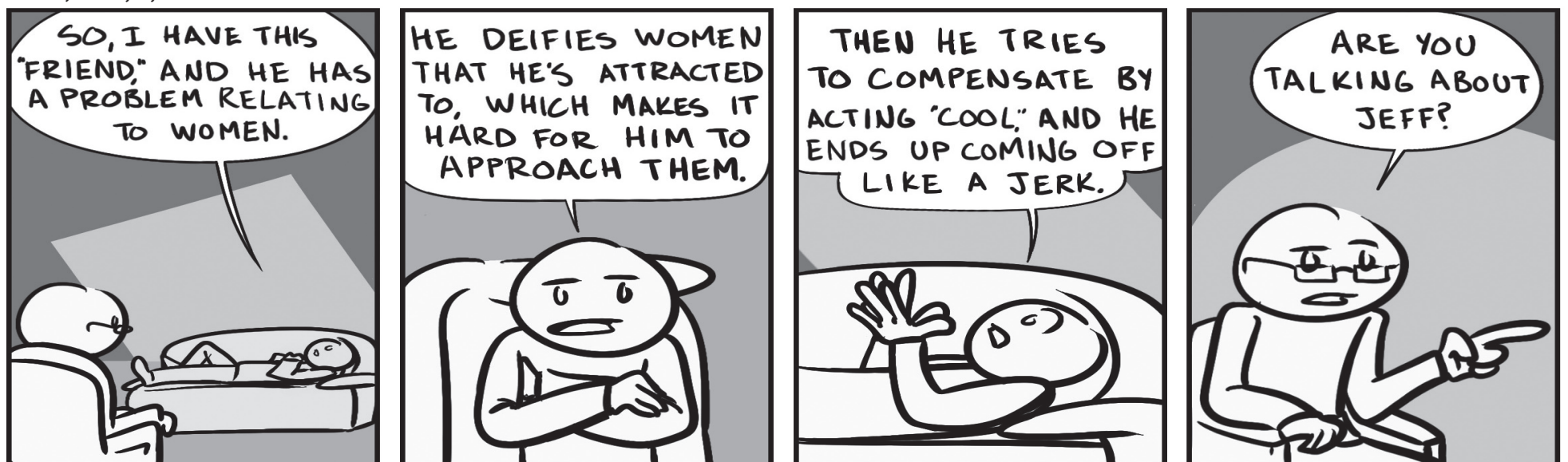
You draw comics
and we know it!
(Don't ask how.)

If you think you might be able to make folks laugh with a short comic every other week, then we'd like to see your work in print

Submit samples to:
Nexus, 201 Richmond House,
Lansdowne Campus, or email:
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NEXUS

Ski Ninjas By Kyle Lees





H&M

FINALLY HERE!

Get ready to do some serious shopping! Join us on Thursday, February 21st at noon as we open the doors to our first location on Vancouver Island at Uptown!

TO CELEBRATE, THE FIRST 300 PEOPLE IN LINE WILL RECEIVE FABULOUS GIVEAWAYS AND UP TO \$300 OFF THEIR PURCHASE - CERTAIN RESTRICTIONS APPLY.* FOLLOW US @HMCANADA!



*The first 300 people in line at the grand opening will receive an H&M Access to Fashion Pass with a random value of \$10, \$25, \$50, \$75, \$100, \$200 or \$300.