

ON STRIKE

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NEXUS

camosun's student voice since 1990

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SEND A LETTER

Nexus prints letters that are 250 words or less in response to previous stories. *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.

EDITORIAL MEETINGS

Come out to our weekly *Nexus* editorial meetings, where all Camosun students can get involved in their student newspaper. Meetings take place every Tuesday at 1:30 pm in the *Nexus* office, Richmond House 201, Lansdowne. Call 250-370-3591 or email editor@nexusnewspaper.com for more information.

COVER ILLUSTRATION by Jessica Clark

editor's letter

Something for everyone

As we were putting this issue together, we received a phone call at *Nexus* HQ from an 81-year-old woman. She called us to say that she loves reading our paper because it has something for everyone in the community. We're still beaming from that compliment, along with all the kind words we've got lately from students enjoying the content in the paper.

Indeed, we try to write stories that will captivate and inspire, that will entertain and enrage everyone in the community. We start at the school level to ensure that we're covering the topics that students tell us they want to read about. But we don't stop there. We branch out to wider, larger topics, often bringing it back to why it's relevant to students, sometimes writing about it because it's relevant to people in general.

Labour struggles are relevant to everyone; labour struggles on campus are extremely relevant to students, hence our coverage on nexusnewspaper.com of the strikes on campus, and the coverage in this issue.

The issue is also overflowing with so many other great articles that all I can really say is sit back, dive in, and I guarantee there'll be something for you in here.

If not, swing by the office and grab a complimentary leftover Halloween candy; we've got tons. Actually, swing by, say hello, and grab one anyway!

-Greg Pratt, editor-in-chief

flashback

20 years ago in *Nexus*



Idiots rule: *Words & Thoughts for the Thinking Idiot* was a column by Alan Callbeck two decades back in these very pages. In our November 30, 1992 issue, Callbeck looked at Canada's catch-22 economy, and took no prisoners. Responding to claims that Canadians are "well off," he said that "the number crunchers base this perception on gross national product, a number that includes all of the idiotic expenditures of inefficient bureaucracies and policies—public, private, and personal. Simply, we are well off because we've spent beyond our means for the last two or three decades. All of us." Ouch!

Hot stuff: No joking around here: 20 years ago, Camosun was the target of an island arsonist, who set a fire at the Interurban campus that ended up costing \$1.5 million. Security had to be stepped up and restrictions put in place to determine who could access buildings between midnight and 7 am.

Grunge for life: In this issue, we interviewed Seattle grunge rockers Screaming Trees. They never got to the level of a Nirvana or a Pearl Jam, but they had a good time doing what they did, as drummer Barrett Martin explained to *Nexus* writer Dustin Rabin. "It's a really fun band, and it's totally crazed," he said. "When we play a show, we just play the songs, we have a good time, and take care of each other. It's a good time to be alive."

open space

Last-minute shopping the only way

Maybe mom would really love that novelty belt buckle.



NICOLE BENETEAU
CONTRIBUTING WRITER

Doing holiday shopping ahead of time is so overrated. Leaving the gift-getting to the last minute will be sure to get your creative juices, and your adrenaline, flowing like rum and eggnog.

In the back of every Christmas gift-giver's mind there's a little voice that whispers, "Maybe you should start thinking about shopping for gifts," right around November 1. Most of us ignore the whispers until, by the third week of December, there's a screeching banshee in your brain telling you to run to the mall and throw handfuls of money at any store with stock still on the shelves. Secretly, though, we enjoy that last-minute stress. Why else would we ignore the little nudges for so long? Sure, when a friend posts a smug Facebook photo showing off all of her holiday shopping wrapped and placed under her immaculately decorated tree you may participate in the obligatory "you're amazing!" and "I'm so jealous!" comments. But what you're really thinking is "That bitch be crazy."

Putting off Christmas shopping allows for all sorts of benefits you miss out on when you get it all done by the beginning of December. When the old, reliable mall stores are out of what you're looking for, you'll be forced to expand your

horizons and explore new shops and possibly exciting new areas of town.

One never knows what treasures await in the magical lands of industrial Langford. When even those areas prove to be less than fruitful, you get to let your creativity shine by thinking of a wholly original gift.

Maybe mom would really love that novelty belt buckle. Heck, you might even opt for making a present, which, whether it's marshmallow squares or a macaroni necklace, is sure to fill you with enough pride to stifle that last-minute-shopper's guilt.

Some might say that beginning to shop early allows one to carefully select each gift, putting real thought and care into what the person might really appreciate. But such care will just cause heartbreak if the gift is received with a forced, uncomfortable grin.

When you resort to last-minute shopping, you can blame that disappointment on your lack of time instead of being confronted with the harsh truth: you really know nothing about the person you've shopped for.

After all, Christmas is about tradition. And if you've spent the last few decades putting off your shopping, it would be downright Grinch-y of you to stop now.

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

SPEAK UP

Do you think that instructors should rally behind the Camosun support staff and participate in strikes with them?

BY MARIELLE MOODLEY



CARLEY WACHTIN

"No, it's getting close to exam time and we pay money for our education. We shouldn't be deprived of something we paid for."



JEREMIAH DEWHURST

"Yes. I think unions should support other unions in order to make an impact on what they're trying to achieve."



ZOE BROADRIBB

"Teachers should definitely strike because as a student I notice that I get a lot of help—and teachers do, too—from the advisors and other support staff on campus."



JUSTIN ROXBURGH

"If teachers don't support the support staff that work with them it might drive them apart, so, yes. They work for the same people, after all."



DONNA BIEKER

"People garner support by supporting others. Teachers should strike with the support staff so that when the tables are turned and teachers want to strike, they'll gain support as well."



STEVEN LOWE

"Teachers, nurses, and other union workers haven't gained the increases they were hoping for by striking; why does our support staff deserve it any more? Teachers shouldn't support the strike because no one group of people deserves the raise more than the other."

campus

CUPE job action disrupts Camosun as workers fight for contract

“The cost of life is going up and our wages aren’t.”

**JESSICA
MICHALOFSKY**
CAMOSUN CUPE MEMBER

LUCAS MILROY
STAFF WRITER

Striking Canadian Union of Public Employees (CUPE) support staff workers at Camosun College took job action on Tuesday November 20 and Wednesday November 21.

Signs gripped in cold fists wrapped in soggy gloves were waved through the air. Flags were raised and automobiles issued honks of encouragement. If one didn’t know better, they might mistake the rain for some sort of Marxist potion of camaraderie and workers unity—workers of the world did not unite, but the Camosun support staff was joined in spirit by CUPE members from colleges all across BC, shutting down schools across the province in a stand for equality.

“All we’re asking, basically, is to be treated the same as other unions in the province,” explains Louise Oetting, chief steward of CUPE Local 2081, who is looking for a 0–0–2–2 percent raise increase, retroactive to 2010. This would win them a two-percent raise in both 2013 and 2014.

Jessica Michalofsky, an instructional assistant at Camosun’s School of Access and member of

the support staff union, explains that not getting this raise makes everyday life a chore as a result of general inflation.

“We haven’t had a raise in two years, and I think we’re asking for a very small amount,” says Michalofsky. “The cost of life is going up and our wages aren’t.”

Oetting says that the economic stress put on the members of CUPE Local 2081 doesn’t just affect them, and not getting a settlement also holds negative ramifications for students.

“Getting a settlement of a contract provides us with more stability and a better working environment; people are a lot happier, so we can give the students a better service,” says Oetting.

While the union claims one of the goals of the strike is to provide better services for students, in the short term it’s having an immediate impact on them.

To show support for the support staff union many of Camosun’s faculty chose not to cross picket lines, resulting in about 30 percent of classes across both campuses to be cancelled over the course of two days, according to Joan Yates, executive director of communications and advancement at Camosun.

Yates says that students will receive no reimbursement for cancelled classes.

“Probably not at this juncture,” she says, “given the fact that it was two days, and especially given the fact that most of the material and content will be made up.”

When asked how Camosun will make up the lost time for students, Yates says they will do their best under the circumstances.

“This is somewhat out of the college’s control, and the best the college can do is to do our best to make sure content is not missed,” says Yates.

CUPE said in a news release that “few students crossed the picket lines.”

Richard Paul, a second-year criminal justice student, says that none of his classes were cancelled.

“All of my teachers ended up crossing the line,” says Paul. “They don’t get paid if they don’t show up.”

The Camosun College Student Society (CCSS) gave a public statement of support to *Nexus* while the picket lines were up.

“The student society is in support of the strike, as we are very supportive of labour unions and the rights that they fight to maintain,” said CCSS external executive Madeline Keller-MacLeod.

Oetting, who says that the union appreciates the support from both the CCSS and from the students and that the union members “sincerely don’t want to negatively impact our students,” says that national union representatives met with the deputy minister of advanced education late last week but at press time couldn’t give details on how the meeting went.

A November 23 news release from CUPE Local 2081 was positive in tone, saying that after the meeting the situation was “not at a standstill” and that things are “fluid and changing daily.”

More job action could be forthcoming if the union doesn’t get their contract negotiated. See nexusnewspaper.com for the latest information.



PHOTOS BY LUCAS MILROY/NEXUS

CUPE members walking the picket line on Tuesday, November 20.

NEWS BRIEFS

Business students win competition

Four Camosun College business students were recently awarded the top prize in an accountants’ case competition at Simon Fraser University. The Camosun team of Eric Brabander, Annette Wagers, Natalia Simo, and John Turner won a \$2,500 shared scholarship. Students were given one day to work on a case assignment before presenting a financial solution for a fictional company. “I’m so proud of the students. Their innovation, teamwork, and composure throughout the competition showcased their outstanding talents and abilities,” said Camosun accounting instructor Michelle Lysak in a press release. “The experience was invaluable and made for an incredible weekend,” added Brabander.

Employment skills funding for college

Camosun will be receiving almost a million dollars in provincial government funding to train students in job-readiness programs. Over \$600,000 was directly awarded to the college, while the remainder will go towards partnerships with other institutions, such as Vancouver Island University. “This funding

means Camosun can continue working with unemployed individuals to equip them with in-demand work skills and recognized certifications to find meaningful employment,” said Shelley Gilmour, Camosun Employment Skills Access program coordinator, in a press release. Over the past three years, Camosun has prepared almost 400 clients to be job-ready.

Ulterior motives?

BC Transit is spicing up the already diverse roadways with the introduction 15 new shuttle buses, five of which will end up in Victoria. These buses, which will carry a total maximum of 39 passengers, are aimed at offering an overall more comprehensive transit experience. However, in a statement by Ben Williams, president of Canadian Auto Workers (CAW) Local 333, he says that members of CAW Local 333 aren’t pleased by this move; they say that BC Transit wants under-qualified and lower-paid drivers to drive the shuttle buses, which are a big part of the current tensions between the union and BC Transit. CAW says that this is an attempt to get the members to go on strike, while a press release by BC Transit says that the buses are simply to meet the “growing

needs” of the community shuttle service. BC Transit announced an 11 am showcase of a prototype of the new bus only two hours before, at 9 am on November 22. Saanich mayor Frank Leonard and Victoria mayor Dean Fortin both spoke out against BC Transit for doing this during a labour dispute. At the time of publication, no further action has been taken.

Right to spread germs

Over 100,000 BC healthcare workers are being forced by the provincial government to either get a flu shot or wear a mask. The government says that it’s to reduce the spread of the flu. The BC Nurses’ Union (BCNU), on the other hand, says that they should have the right to choose. The BCNU still remains in support of recommending that each of its members receive flu shots, but doesn’t believe it should be mandatory. The government remains firm and cites studies that show that institutions that have high rates of immunized healthcare workers have lower rates of influenza-like illnesses.

Pipeline tensions rise

In northern BC, members of the Unis’tot’en clan of the Wet’suwet’en Nation have taken action. They’ve

evicted pipeline surveyors from their territory, set up roadblocks, and have seized equipment, claiming that the surveyors from Apache Canada’s Pacific Trails Pipeline were trespassing. This serves a significant roadblock for the pipeline and its proponents, as many pipelines are set to go through First Nations’ territory, which includes many peoples that are strongly opposed to the development of such pipelines.

Sled dog killer to be sentenced

Shortly after the 2010 Winter Olympics the sled dog market took a nosedive in BC. This was a particularly hard blow for Robert Fawcett, a man who made a living off of raising these pups. The only answer to this problem is clearly to just kill them all. It was discovered that this is exactly what Fawcett did when sled-dog remains were found buried in a pit on his property about a year after the slaughter occurred. Fawcett, who pleaded guilty for one count of causing unnecessary pain and suffering to an animal, is facing a maximum of five years in prison and a fine of \$75,000 for the slaughter of 56 sled dogs.

Wipeout whips up worry

A large freightliner recently ran ashore in northern BC near Prince Rupert. There were no reported injuries and the ship sustained no damage. However, this close call serves as a lesson, say opponents of tankers and pipelines on the west coast. Environmental groups cite the Prince Rupert harbour as being known as one of the world’s safest, and infer just how easily a catastrophic oil spill could occur.

Snow day cancelled

Police in BC are reporting the takedown of a cocaine trafficking ring located in southern Vancouver Island with connections to the Lower Mainland. The investigation took over a year, in which time police investigated the activities of their prime suspect, a 42-year-old male, and his accomplices, 23 and 27. The three men have been arrested.

-LUCAS MILROY

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

social issues

Controversial webcast on HIV issues in Africa aims to open minds on an international scale

“In Kenya, if you work with a male co-worker or boss, it’s expected that you sleep with them.”

JUDY WOO
UNIVERSITY OF VICTORIA



Judy Woo wants to bring awareness to HIV/AIDS issues in Africa.

CRYSTAL DERRY
CONTRIBUTING WRITER

A first-time webcast focusing on the epidemic of HIV/AIDS and disabilities in Africa will broadcast on November 29 from University of Victoria’s Cinecenta theatre.

As part of the webcast, a live international panel will discuss the issues around stigma, gender, human rights, and self-worth. The panel is taking on the challenge of addressing these controversial topics in the African community, something that coordinator Judy Woo is excited about. (The event is co-sponsored by Camosun’s African Awareness Committee.)

“I’m trying to eradicate the stigma of having AIDS or being HIV positive in the African community here in Victoria and also around the world,” says Woo, who is also an intercultural education training candidate at UVic. “I wanted to make this strictly about Africa in Victoria because there is a lack of voice, a lack of people talking about it.”

This webcast will incorporate social media to connect with more people and gain the voice Woo mentions. These elements, as well as keynote speaker and HIV educator Minneh Bushby, will help take this local event worldwide.

“I want to use modern social media to give Minneh an international platform and discussion about AIDS and disabilities,” says Woo. “We’re hoping to get people interacting on an international level.”

Bushby fled Kenya for Canada in 1996 because of the stigma associated with HIV/AIDS and for her personal safety. She now works within the community to educate people on HIV/AIDS by going to local schools, as well as through her own educational workshop, San-Fan, here in Victoria. Bushby uses the power of her own personal story to educate and connect to

others about stigma, gender, and self-esteem issues.

“She’s going to talk live, for the first time in a long time, because she’s just starting to get her self-worth and her self-esteem together,” says Woo. “She met with us and talked with us about being raped, and how if you work with a male co-worker or boss, it’s expected that you have to sleep with them in Kenya.”

When trying to share Bushby’s story, Woo discovered that one of the main challenges with stigma eradication and education is gaining a voice in a community that is not yet encouraging of events such as this.

She says that she’s had several posts on social media taken down.

“It’s a very controversial topic,” says Woo. “The African community, some of them are not happy... some of them are upset I’m doing this. I’ve been trying to talk to people out in Africa, and trying to get them to come in with the discussion, but it’s a male-dominated Facebook, so they took my postings out.”

Social awareness webcast
11 am—1 pm Thursday,
November 29
streaming at
faculty.camosun.ca/africa or
goo.gl/YKWCq

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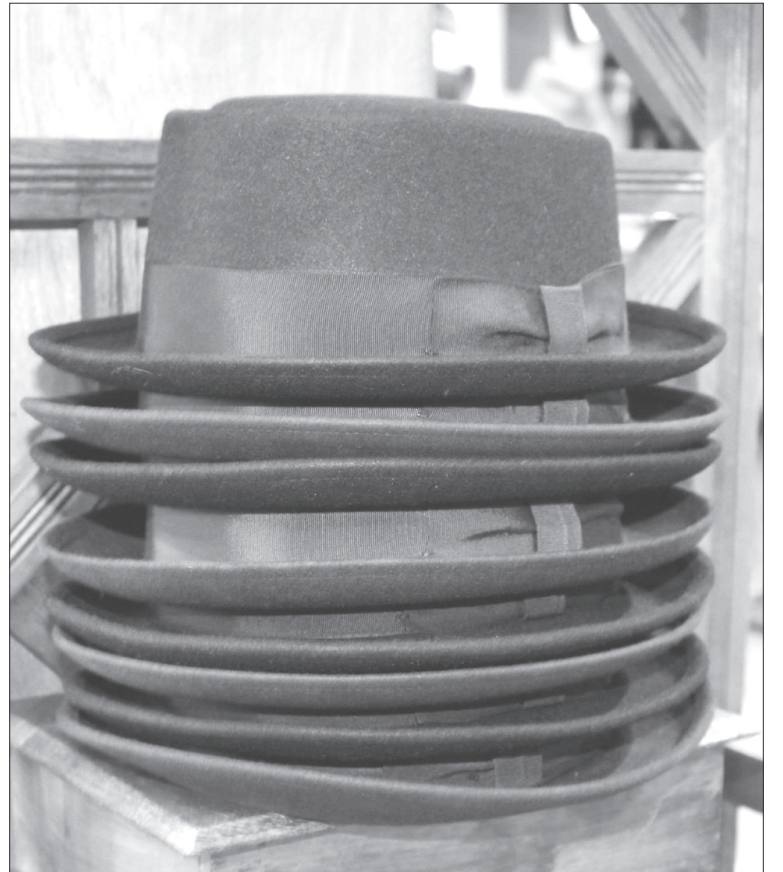
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fashion

Hats off to hats



From fedoras to, um, pirate's hats, there's a hat for everyone. Especially if you're a pirate!

PHOTOS BY KATE MASTERS/NEXUS

KATE MASTERS
CONTRIBUTING WRITER

Hats are statement accessories. Whether the hat has a massive plume of feathers gushing out of its crown or it's a simple black beret, people are going to notice the person wearing a hat. And that, in turn, can be a confidence builder.

"You're going to get a few comments and compliments from people when you wear a hat; it's inevitable," says Roberta Glennon, owner of Roberta's Hats. "That kind of reassurance gives people a lot of confidence."

Hats are a great way to exert your self-expression. As you evolve, you can buy different hats to suit your style.

"For younger people, wearing a hat is a pretty harmless form of self-expression," says Glennon. "It's not like getting a bunch of crazy tattoos or piercings or something like that, that you have to deal with later. You can just let yourself explore your identity through fashion."

Aside from elaborately flowered hats and intricate fascinators, the most popular hat trends—the fedora and the slouchy toque—are unisex. The sizing and colours may be marketed towards the different sexes, but the basic hat style doesn't change.

The fedora actually was a woman's hat before it was a man's. The hat got its name from the French play *Fedora* by Victorien Sardou. When the play was brought to Broadway in 1882 the lead character, Princess Fedora, wore a medium-brimmed hat that was pinched in the front to resemble a "Y" shape, and the fedora was born.

"The fedora became all the rage for women," says Glennon. "But then men started getting into the fedora as well. The '50s and '60s were really the heyday for the

fedora as a man's hat. From gangsters to Frank Sinatra, every man seemed to be wearing a fedora."

The slouchy toque has always been around, but it's enjoying a resurgence thanks to bohemian style trends and celebrities such as Brad Pitt, the Olsen twins, and Kirsten Dunst continually sporting one. The slouchy toque basically looks like a regular toque, but the brim is not turned up and the crown is much longer.

"It's a great look and it doesn't give you hat head," says Glennon. "People like that about the slouchy toque, because it's a little bit more loose fitting. When you take them off you can just fluff your hair back up and you're good to go."

Some people are too into their hair to risk hat head, or they don't want to cover up those \$200 highlights they just had done. At least for women there are fascinators, which are sometimes categorized as a hat and sometimes as a hair accessory.

"Fascinators are a good thing for people who want something a little bit whimsical on their head, but don't necessarily want to cover up their hair with a hat," explains Glennon. "You can still have a really nice hairstyle going and you can still wear a little something fun on your head."

Glennon has learned that every hat has its day, because not everyone is worried about messing their hair up.

"We had this lady come in and she bought a 'wow' hat," says Glennon. "It had a wide brim, flowers, lace, something you would wear to a really fancy occasion, I thought. But then I said to her, 'Where is going to be your first opportunity to wear this fabulous new hat you're buying?' And she said, 'Well, I'm going camping this weekend, so I think I'll wear it for that.' I loved that."



Hat fun facts

Fedora
Rocky Balboa, Michael Jackson and every gangster in between have all sported fedoras.

Pork pie
Walter White. 'Nuff said.

Beret
Glennon says this is the easiest type of hat to wear. "I don't think there is anyone who can't wear a beret and look nice," she says.

Bowler hat
Minister for Magic Cornelius

Fudge had a lime green bowler hat.

Top hats
The reason Canada became colonized. The French and British needed to get their beaver pelts for these from somewhere, right?

Flat cap
In 1571, an English Act of Parliament decreed all males over the age of six had to wear a flat cap on Sundays and holidays to stimulate wool production. The law lasted 25 years. Glennon wears a flat cap almost every day.

Fascinator
How much do you think Princess Beatrice's toilet-shaped fascinator that she wore to Will and Kate's wedding sold for on eBay? \$131,000 (US). And, to answer your next question, yes, it also has its own Facebook page.



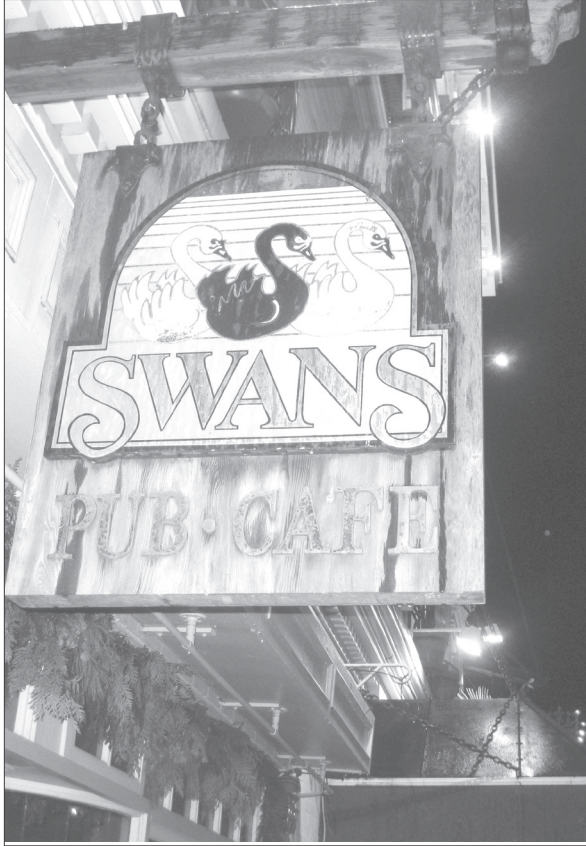
food

A trio of restaurants to check out during the holidays

PATRICK HALLIHAN
CONTRIBUTING WRITER

What does a starving college student do with most of their limited spending cash? Eat and drink, of course! For me, the emphasis is very much on the eating, as I love food and I can eat an atrocious amount of it (where it all goes, I haven't figured out yet).

So in preparation for the winter break, I've put together a little list of places for us hungry college students to eat, stay warm, and recharge at.



Swan's Brewpub

Situated on Pandora Avenue in downtown Victoria, Swan's has all of the pub essentials. True to my UK heritage, I went straight for the fish n' chips. They came with good French fries too (yes, bad French fries are a thing). Sadly, I dove straight into my food without checking how hot it was, and burnt the ever-loving piss out of the roof of my mouth, which my date found hilarious. My only complaint with the food was the coleslaw, which was sub-par (yes, I actually eat coleslaw: weird, right?). Swan's also sports beer and root beer made in-house; freaking sweet! This is a good place to eat and has a great atmosphere, but is a bit pricey: it was about \$23 for a two-piece fish n' chips.



Original Joe's

Original Joe's is a favourite among me and my friends. Placed next to Westshore Mall in Langford, it's a sports-style bar with great pub food. I recently had their Sgt. Pepper Burger, which is huge and full of peppers and other hot things; it's great. Most meals also come with two side dishes, with one of my favourites being the garlic mashed potatoes. But the best part about Joe's is that you get a LOT of food for not too much money (two-piece fish n' chips will run you about \$16). Joe's also features a large selection of local beers and does half-off all appetizers (except nachos) on Saturday nights after 9 pm. The only downside is most people I go with can't finish all their food. Which is great for me, actually, because I get to eat it for them.



Second Slice

Second Slice sits on the main Douglas strip in the heart of downtown. Probably the cheapest pizza on the island, it's also among the most delicious. They're open super late, servicing all the drunks as they stumble out of the clubs, but can also be great the next morning when you need grease to ease the hangover. My favourite part about them is that they use Alfredo sauce in lieu of the usual tomato sauce. I dragged my friend down there when I heard he'd never been; he despises tomatoes with a passion. When he bit into his first Alfredo-filled, tomato-less slice, a single tear ran down his cheek.

ALL PHOTOS BY PATRICK HALLIHAN/NEXUS

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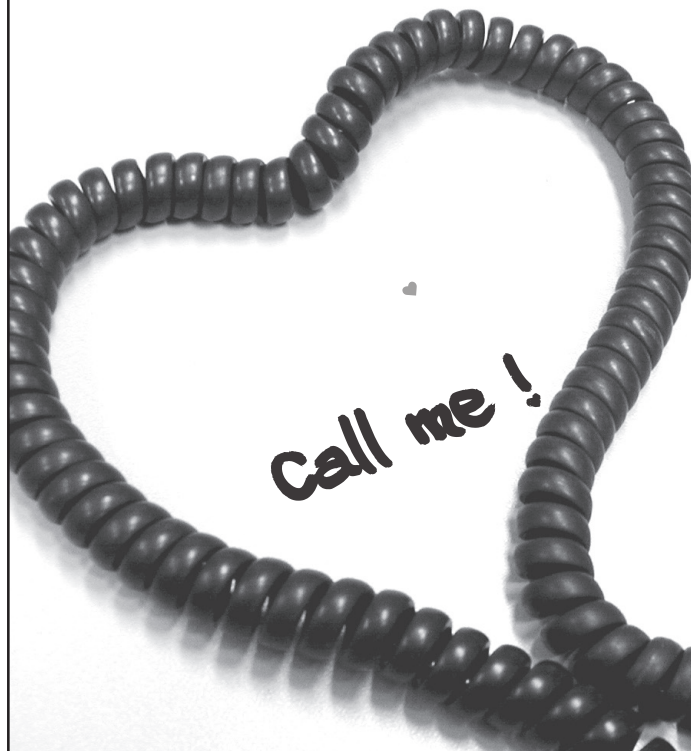
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NEXUS

social issues

Panel to discuss public oversight at Lansdowne event

GREG PRATT
STAFF WRITER

Public oversight. What is it, and what does it mean for you?

Okay, hold on: I can see you turning the page already, so just give me two minutes. Trust me, by the end of this article, you'll be all over public oversight.

In a world where technology moves ahead at a rate faster than you first turning away from this story, it actually means a lot to you. In a world where you'll soon be an active part of the workforce, it means a whole lot to you. In a world where police and government agencies have a whole lot of control over the public, it means a ton to you.

In a lot of ways, public oversight means a lot to Camosun students, according to Rollie Woods, deputy police complaint commissioner representing the office of the police complaint commissioner, who pro-



Rollie Woods

vide oversight of municipal police. He says that if people come to the event and hear him talk about some specific examples, they won't think it's too dull.

"The average person probably doesn't think much about oversight until they or a member of their family is mistreated by a government office or a person in authority," he says. "It's important that every person understands their rights in a democratic society so that they can hold these powerful bodies to account should they not act in the manner that they were created for. I know if I provide some examples of misconduct that I have seen they would not find that boring."

Oh, right, so back to that first question: what is public oversight? It's being able to ensure that, for example, in Woods' case, complaints against police are properly investigated and dealt with appropriately... and that the public gets notified that they're dealt with appropriately.

It's worth noting that Woods isn't blind to the fact that people don't always trust police, or that police, in his words, haven't always "dealt with misconduct appropriately, and it has resulted in the public losing trust."

"The Davies Inquiry into the death of Frank Paul and the Braidwood Inquiry into the death of Robert Dziekanski are recent high-profile examples of the police either conducting a poor investigation or attempting to cover up alleged misdeeds," he says. "With strong independent oversight it has been

our experience that the municipal police are responding appropriately, and when they do not, the commissioner has the power under the legislation to deal with those issues and hold them to account."

Other people speaking alongside Woods provide oversight for other government agencies. Correctional investigator Howard Sapers, BC ombudsperson Kim Carter, and deputy representative for children and youth Jeremy Berland are the other panel members at the event, which is sponsored by the Vancouver Island Criminal Justice Association.

Ombudsperson Carter says that their office exists to ensure that every person in BC is treated fairly in the provision of public services; to promote fairness in public administration; and to make sure that democratic principles such as openness, transparency, and accountability are upheld.

"These are things that matter to students," says Carter. "The power of the people is an effective motivator for public agencies to act on our recommendations. It's been our experience that sometimes a complaint from one person results in changes to policy that benefits many people."

Carter says that as an officer of the legislature, she is actually independent of government and political parties, which helps maintain a degree of fairness and a critical eye towards policies that are not in the public's best interest.

"We have an ability to shine a



PHOTO PROVIDED

BC Ombudsperson Kim Carter will be speaking at Camosun.

spotlight on certain areas that need improvement or where unfairness has occurred, and improve accountability and good governance," says Carter.

As far as police oversight goes, Woods says that it's something everyone should be concerned about. Possible abuse of power by arms of the state can be a life-or-death matter.

"Police in particular are given significant powers: power to search, deprive you of your liberty, hold you in custody, seize property, use force... They need to be held to a high level of accountability to

ensure that those powers are not abused," he says. "There are many examples where those powers have been abused and it has resulted in wrongful convictions, injuries, and even death of innocent people, so I think it is critical that everyone cares about police oversight."

Public oversight. That's what it is, and that's what it can mean for you. Who knew?

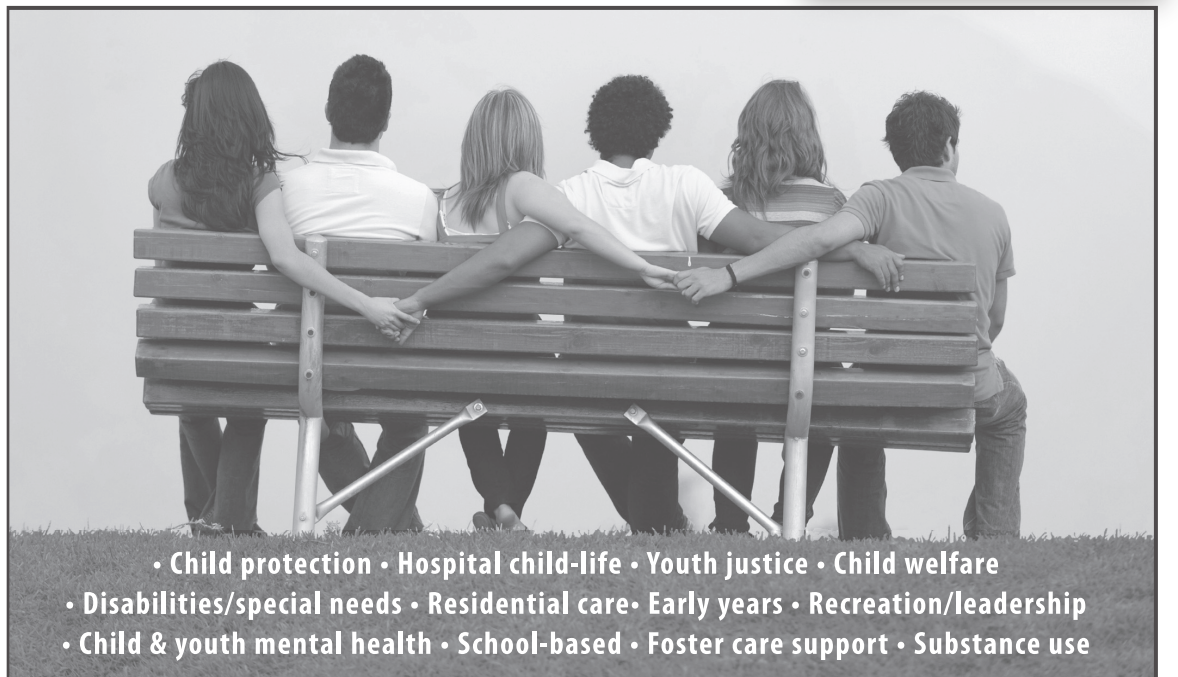
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sports

Charity event transforms regular people into boxers



Fight 4 the Cause Blue Team contender Aaron "Smash" Usatch is ready for action.

ALL PHOTOS BY MARIELLE MOODLEY/NEXUS



Blue Team coach Cassius Sebunyana watches Aaron "Smash" Usatch (left) spar.



Stephanie "Sugar" Wray (right) training with fellow red team member.

"I don't think I've ever seen another group of fighters improve so much in such a short amount of time."

CHRIS JONES
FIGHT 4 THE CAUSE

MARIELLE MOODLEY
STAFF WRITER

Imagine having no combat skills and getting put into a boxing ring to duke it out. Imagine waking up every weekday morning and training at 6 am for two months straight to prepare for your big fight.

That's exactly what contenders in a local charity event called Fight 4 the Cause do.

We spoke with people four weeks into training for the event and saw confidence, better results, and greater determination than might be imagined. According to multiple contenders, they went into this program with apprehension but have since overcome and accomplished so much.

"I was afraid of getting hit at first," says Fight 4 the Cause Red Team contender and UVic social work student Stephanie "Sugar" Wray. "Rather than flailing around trying to not get hit like in the beginning, I'm learning how to properly

block hits and take hits so it doesn't hurt as much."

Wray feels a sense of accomplishment from putting herself out of her comfort zone and says it's been quite the learning experience for her, considering she had no previous combat training.

"I have to continuously remind myself of the basics, like keeping my hands up and staying in a proper position," explains Wray. "I do notice that every day gets easier and I'm naturally improving but, of course, there is still room for improvement."

Most mornings Wray wakes up sore, but her body has become much stronger since then and, according to her boyfriend, her punches are harder (when they play fight, that is). Not only is the training physically worth it, but the charities have sentimental value for her (proceeds go towards Mustard Seed, Power to Be, and The Brazilian Cultural Foundation).

"When I heard they were donating towards Mustard Seed, it really struck a cord for me," says Wray. "As a social work student, I deal with poverty in Victoria and I know how important having food and warm jackets is, especially during this time of year."

While Wray is overcoming her fear of getting hit, local property manager Aaron "Smash" Usatch has overcome his addiction to smoking. Usatch thanks Fight 4 the Cause for helping him jumpstart his health in the right direction.

"I quit smoking cold turkey

when we started training," says Usatch. "I'm using these eight weeks as a springboard to start living a much healthier lifestyle. I've lost 15 pounds so far and have another 10 pounds to lose to match my opponent and reach my ideal weight."

Usatch says his mind hasn't been this clear since he was a teenager and feels like his health improvements have given him an edge that he doesn't want to lose. He feels calm and settled, his life all properly in place.

"Everyone should take the opportunity to make choices to improve their life, health, and challenge themselves," says Usatch. "The worst thing that can happen is that you can fail, while the best thing is that you can accomplish your goals and reach a new level of success."

Usatch is finally achieving a goal on his bucket list (competing in a boxing ring) and is looking forward to his fight.

"The psychological, physical, and mental challenge this has been has helped us all grow," says Usatch. "Seeing the body weight that everyone walked in at and noticing all the strength they have gained and positive changes everyone has made has been quite remarkable."

BC Boxing and Boxing Canada coach Chris Jones has been involved in the sport since the 1960s and is putting in his time to help Fight 4 the Cause and its contenders reach their goals.

"This group of contenders is

so eager and quick to learn," says Jones. "They are determined, focused, and the fact that they wake up and are training here at 6 am every weekday morning speaks a lot about their work ethic. In fact, I don't think I've ever seen another group of fighters improve so much in such a short amount of time."

Hans "The Crusher" McFarlane may have had an advantage, considering he used to be a military police officer. McFarlane trained mainly in self-defence and says boxing is much more calculated with many more rules to it.

"Boxing is like a mental chess game and certainly physically enduring at the same time. It's the combination of fitness level and skill level which determines who will win a fight," explains McFarlane.

McFarlane has always enjoyed the exercise component of fitness but never really took into account the diet part of fitness until now. He used to be a burger-and-beer kind of guy but has changed that aspect of his lifestyle for the competition.

"I've been seeing a nutritionist since I've committed to this and it makes all the difference in the world," says McFarlane. "I only drink water and protein shakes now and eat mainly meat and vegetables. The change in my diet, along with training towards a goal, has made me lose 20 pounds in this mere four weeks."

McFarlane renovates and flips houses as a career and says that his work feels completely different now. Training early in the mornings

gives him more energy to take on his working day.

"Mentally I feel stronger, my confidence has been boosted, and I generally feel better than before," says McFarlane. "I haven't been a part of a team in a long time, and it feels great to have the teammates I do. It's really helped motivate me and I think my growth has really encouraged my friends."

The trainer of the blue team, Cassius Sebunyana, says the biggest change he's noticed in the competitors is their confidence levels.

"I don't think these guys realized what they signed up for training-wise," says Sebunyana. "They seemed to get nervous once they realized they were going to get hit. It's only been a month and they now bounce back from the hits and laugh about their initial fears of it."

Sebunyana says that most of the competitors want to continue training after the fights and that one competitor, Jeni "Quick Draw" Gunn (or, as he nicknamed her, "Machine Gunn") wants to continue pursuing a career as a fighter.

"I look forward to seeing everyone's performance in the ring," says Sebunyana. "Win or lose, they are winners already in my mind. Not too many people would have the will to go through this training, get in the ring, and go through with the fight."

Fight 4 the Cause
6 pm Saturday, December 8
Victoria Conference Centre
fight4thecause.ca

eyed on campus
Two strikes



PHOTOS BY LUCAS MILROY/NEXUS

Striking CUPE 2081 members were all over the Camosun campuses last week.

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music

Mother Mother unlocks sonic mysteries with *The Sticks*

PHOTO PROVIDED

Mother Mother: artistic visionaries or five people who enjoy wearing sunglasses inside? The jury's still fighting it out.

DAN DARLING
CONTRIBUTING WRITER

Transcendental magic and cheese-based creative experiences: Vancouver-based art-pop quintet Mother Mother have been busy. Hot off the heels of a whirlwind year of touring in support of their third album *Eureka*, the band recently released their most eclectic (yet, at the same time, most cohesive) offering to date: *The Sticks*.

The Sticks carries on with the signature vocal harmonies and vibrant instrumentation that the band is known for. And what better way to kick off the release of their latest album than a cross-Canada tour?

"It's ironic—sometimes the shittiest place can be the birthplace

of the most magic," says vocalist Ryan Guldemond on playing in Canada. "But there should be no excuses by the time we hit Victoria. A beautiful, acoustically fit theatre near the end of a tour—it better be magic."

The magic began when producing *The Sticks*. Rather than going it alone, as he did with the last album, Guldemond opted to share the recording duties with veteran producer and engineer Ben Kaplan.

"Ben is more a crafter of sounds, where I'm more of an artistic visionary," says Guldemond. "He's got a great work ethic. It's always 'Let's go. Let's find the answer to this sonic conundrum,' or 'Let's unlock

the mystery to this song.'"

The hard work has definitely paid off. From the menacing, Led Zeppelin-like drumming of the title track to the acoustic simplicity of the depressive ballad "Little Pistol," Mother Mother have thrust forth an album that is as diverse as it is enjoyable to listen to. And lots of people think this band is enjoyable to listen to: just ask some of the people who first heard Mother Mother on a Kraft cheese commercial earlier this year.

"Those corporations are going to traipse along regardless," says Guldemond. "If I can have a creative experience with a benign form of music via some corporation, that's still my experience. I think the power

of music being made and being heard and being shared, it overrides what it is promoting."

There may still be some fans claiming the band have sold out taking on such a cheese-y job. Guldemond doesn't let that bother him, saying that when it comes to opinions about music, there is no right or wrong.

"The funny thing is all the cash I get from it, I pour into this band," he says. "I've spent ugly amounts of money on this tour just getting the elements superior so that people can get carried away in the music."

It all comes down to staying connected with the source of that creative spark. Take away the tour preparation and the interviews and

all the new gear and you're left with an artistic original trying to keep his inspiration always at the ready. And if Ryan Guldemond and the rest of Mother Mother can stay ready, fans are in for one hell of a ride on this tour.

"I just want transcendental experiences every time," Guldemond says on his band's shows. "I just want to be taken out of my head and do something really magical."

Mother Mother
8 pm Tuesday, December 13
Royal Theatre, \$34.75
rmts.bc.ca

theatre

UVic theatre students channel their inner *Lehrstücke*

"The language barrier was the most obvious challenge for some of us."

RAIN MAIR
UVIC STUDENT

INSU KIM
CONTRIBUTING WRITER

Aristotle once said that the things we have to learn before we can do them, we learn by doing them.

In order to practice what the philosopher called "experiential learning," students at the University of Victoria in a course called Performing German Drama decided to perform part of a body of work called *Lehrstücke* ("teaching plays") by German poet and playwright Bertolt Brecht.

"We chose to stage these plays because Brecht's concept of the

Lehrstück emphasizes the process of rehearsal and learning through trial and error, collaborative workshop, and critical engagement," says actor and undergraduate Germanic studies student Taylor Antoniazzi. "These themes are especially relevant to our experimental, student-driven project."

Antoniazzi says Brecht's *Der Jasager* and *Der Neinsager* were written specifically for performance in schools and were originally performed to an audience of students. These plays could be an informative experience not only for student actors but also for an audience of students. The main purpose of these plays is to improve critical-thinking skills and the active involvement of the audience, and to see theatre as a means to educate rather than entertain, according to Antoniazzi. But the plays have their challenges.

"The language barrier was the most obvious challenge for some of us, but we have found many ways to embrace that challenge and allow it to strengthen the play," says Rain Mair, a co-director and theatre



PHOTO PROVIDED

The cast of *Der Neinsager*. They do not look happy. Except the guy on the left, he looks happy. Kinda happy.

student. "Coming in to the show from such diverse backgrounds in Germanic studies and theatre was also a strength and allowed us to learn from one another."

Camosun College students who want to get to know Brecht through the eyes of other students will now have a good opportunity to do so. (Be warned, though: due to a very limited number of tickets

being available at the door, it is strongly recommended that tickets are bought in advance. Tickets are available in the Clearihue building at UVic, in the Germanic studies department on the second floor.)

"If they visit our website before they watch the play, they can gain an understanding of Brechtian ideas such as *Gestus*, or gesture, and the *Verfremdungseffekt*, or alienation

effect," says Sarah Sabo, an actor and theatre student. "We have tried very hard to vocalize and physicalize the play the way Brecht would have wanted."

Der Jasager and *Der Neinsager*
8 pm December 4-5
Merlin's Sun Home Theatre
\$5 minimum donation

music

Kreviazuk evokes emotions through music

“I don’t like writing songs for myself anymore unless they come from sincere experiences or feelings.”

CHANTAL KREVIAZUK
MUSICIAN

MARIELLE MOODLEY
STAFF WRITER

Singer, composer, and Juno Award winner Chantal Kreviazuk’s music comes from a deep place inside of her. And it’s her emotions that make her the impeccable composer she is and allow her to, as she puts it, “sponge out” her music.

“I came from a musical family and had many influences growing up and felt music so deeply,” she says. “Music expressed my feelings so much that when I wanted to express my own feelings, I did it through music.”

Kreviazuk wants to evoke the greatest triggering emotions that she feels when she hears music, and she strives to give back what music has given to her.

“Songs like ‘Surrounded’ are my life and soul,” says Kreviazuk. “Those are the songs that gave me life as a musician and are indicative of what I’ve always wanted to create with my music.”

“Surrounded” was a song Kreviazuk wrote about her friend who committed suicide; she says she found that writing it helped her release her emotions.

“Most of my songs genuinely



PHOTO PROVIDED

Chantal Kreviazuk’s music is full of feeling, and she’d have it no other way.

come from personal experience, and I don’t like writing songs for myself anymore unless they come from sincere experiences or feelings,” says Kreviazuk.

Kreviazuk is at a place now in her career where she isn’t trying to please everyone. She knows her music falls into a certain category where it needs to be authentic and she wants to wait until she has a plethora of songs that will affect her and her listeners in a profound way before she releases another album.

Her upcoming performance with the Victoria Symphony is something different that she’s looking forward to.

“The symphony to me is authentic and that’s the amazing thing about performing with them,” says Kreviazuk. “It’s ‘holy crap’ music

and it transforms me. It’s bigger than me, and when I perform with them I really go on the same ride as the audience.”

Kreviazuk and her husband Raine Maida (lead vocalist and songwriter for Our Lady Peace) had a riveting experience when they went to Iraq in 2000 before the war broke out.

“We had an orchestra perform for us that were playing strings that had been under sanction,” says Kreviazuk. “They don’t allow strings to come into the country, so they only take out their instruments on special occasions so the instruments don’t deteriorate.”

The 50-piece orchestra performed together and that’s when Kreviazuk recalled really taking in all of the magic that happens when numerous people collectively use

their skills to create something huge.

“To me, I realized at that moment that that is what life and being free and civil is about. I feel that these performances with huge ensembles are the ultimate symbol of peace and understanding,” explains Kreviazuk.

Kreviazuk writes for other musicians, movies, and TV shows and creates music with Maida. When Kreviazuk and Maida are in their space of creative flow they push and inspire each other’s creative juices; when one of them gets overwhelmed they step back, have a cleansing period, and end up producing something better as a result, she says.

“Raine makes me better in every way and I hope that I do the same for him,” she says. “That’s the thing about partnership—we work on

everything together about ourselves as people, parents, partners, and because we’re both artists we help each other in that aspect as well.”

The biggest lesson that Kreviazuk has learned in her career is the aspect of authenticity; she believes there’s another currency in life that goes beyond money and fame.

“There are many different currencies in life,” says Kreviazuk. “One is money, another is notoriety and fame. There are all sorts of ways of feeling validated and fulfilled. The currency that pleases me is being true to myself and having authentic expression. To me, there is just no replacing that.”

Chantal Kreviazuk
8pm Saturday, December 15
Royal Theatre
rmts.bc.ca



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review

The convincing nature of 11 blue squares



PHOTO PROVIDED

Horizon #2, normally in a deeper shade of blue.

JEAN OLIVER

CONTRIBUTING WRITER

Any time a photographer hangs 11 large blue squares on white walls and calls it art, I must check it out. It's always possible we have the next *Black Square* on our hands, and I want to have seen it first.

Now, I admit that I'm a contextualist. If it's an image that needs an explanation, give me an explanatory note beside each piece, or, better yet, headphones and a taped explanation. Or let me speak to the artist. If I have to go in without any background and guess at the

meaning behind what I am seeing, I get irritated.

I climbed the stairs to the second-floor location in a less-than-receptive mood and crossed the threshold into the long, bright, tiny white room showing *Horizon 1 to 11*. My eyes noticed the absence of title cards and, irritated anew, I thought about leaving.

But something about the squares drew me further into the room. Then I felt the old hit of knowing I was in the presence of art, and my eyes opened as the serene, sepulchral environment made an impression.

What the blue squares were mounted on was beginning to warp. Did the artist mean for them to appear to float above the walls like that? I noticed my shadow looked different reflected in each one; was that intentional? My favorite—a deep, Prussian blue pool—was steeped in nostalgia for me, reminding me of leaning over the edge of an air mattress as a child, looking deep into the bluest part of the lake. But why did she choose blue? Why a square?

In her artist's statement, Wallace explains her blue squares as

a "longing to be able to see what is beyond, so that the visually familiar becomes almost invisible," of "wanting to create a contemplative space," and of trying to avoid the natural restriction of photography because "an image always has to be something."

While I wish I could say I honestly knew what she meant, I can't. But, having seen the installation, I'm prepared to say that whatever it was, she pulled it off. (Hear that? It's the sound of my aesthetic muscle being stretched.)

Some argue most contemporary

art is not art... or if it is, it's not good art. But whether or not a square of solid colour—be it a photograph or, say, a painting of a black square—is art is not an interesting question. It is one for the philosophers to argue over, and a question artists have been wise to ignore, as evidenced by these 11 blue squares.

Horizon 1 to 11
Until December 15

Deluge Contemporary Art
Gallery, 636 Yates Street
deluge.ca

review

A Christmas Carol brings whirlwind of emotions to Belfry

MARIELLE MOODLEY

STAFF WRITER

I've seen *A Christmas Carol* many times in my life, through multiple mediums and numerous renditions.

The Muppet Christmas Carol, Jim Carrey's *A Christmas Carol*, Bill Murray's *Scrooged*, Bugs Bunny's *A Christmas Carol*: I've seen each of those and more. Every rendition I've witnessed has touched me in one way or another, but none has ever pulled at my heartstrings the way that the Belfry Theatre's production of the famous Charles Dickens original did.

Michael Shamata, as always, brought in his spark of Belfry flavour by setting the stage in a way that brought the audience into the story, used props in a tactful way, and used rich and substantial dialogue and story flow.

There were many moments where I was holding back tears; there were times I was laughing out loud; there were parts where I was really feeling for the characters. The chosen actors play their parts well, have great character develop-

ment, and engage the audience so you really feel for them (hence the tears).

Watching this performance left me thinking about the monumental development old Ebenezer Scrooge went through; the riveting performance and sincerity of his character shines through Tom McBeath. Shamata did a great job of putting a focus on how Scrooge's past impacted the miserable Christmas-hating person that he had become.

This performance of *A Christmas Carol* made me ready for Christmas, got my spirits high, and motivated me in my own life to try and not let negative experiences bring me down.

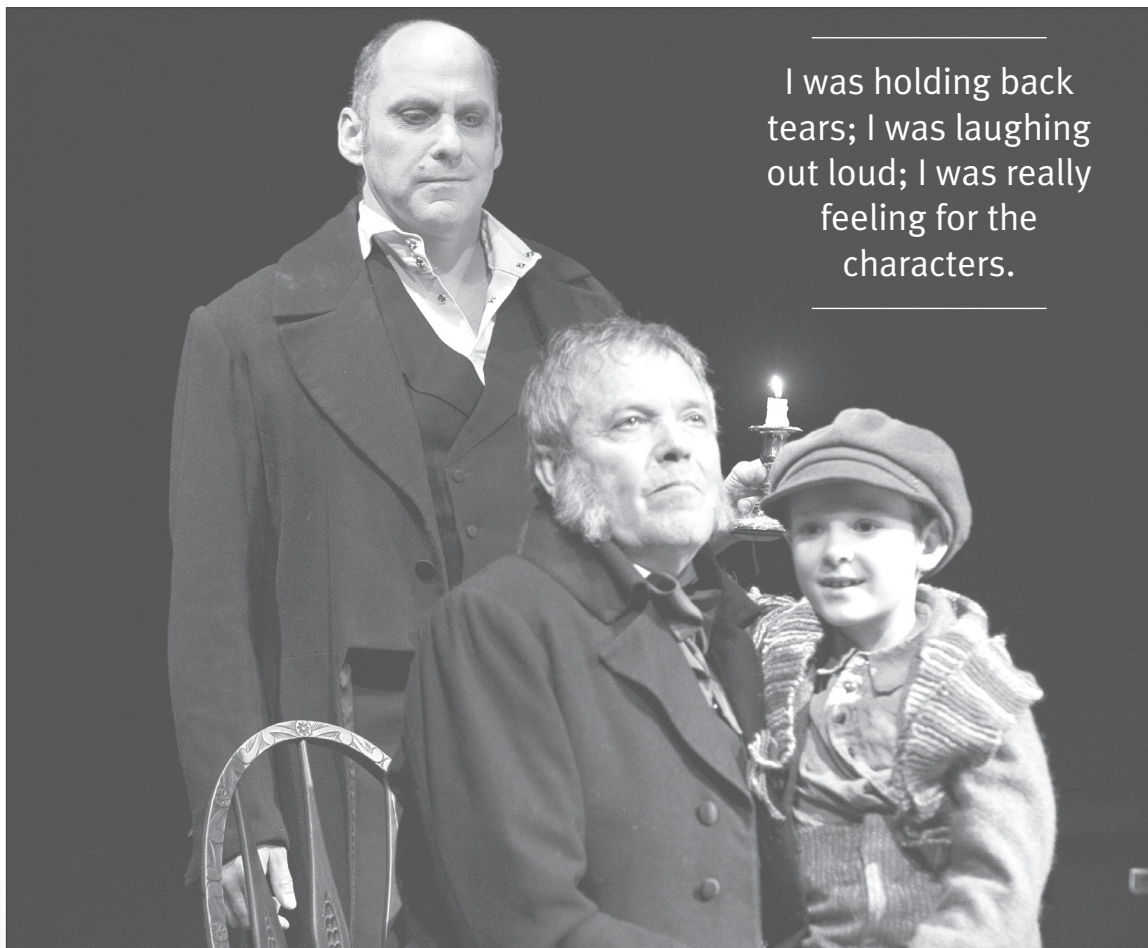
The Belfry's rendition of *A Christmas Carol* is recommended to anyone who wants a heartfelt, moving, and compelling theatrical experience.

A Christmas Carol

Until December 16

Belfry Theatre, \$25-\$40

belfry.bc.ca



I was holding back tears; I was laughing out loud; I was really feeling for the characters.

The Belfry hit all the sweet spots with their current take on *A Christmas Carol*.

DAVID COOPER

New Music Revue



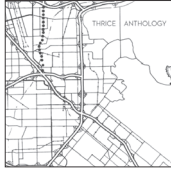
Rhyme
The Seed and the Sewage
(Bakerteam Records)
3/5

Italy's Rhyme are described as a '90s metal band by their record label, and that definitely sums up *The Seed and the Sewage*. There's a distinct nü-metal vibe on this, the band's second album, especially on tracks like "Blind Dog" and "Brand New Jesus," and a grunge flavour that comes through in the vocals.

Towards the second half of the album, Rhyme shift over to a more traditional heavy metal style, though they never quite leave the '90s behind. "Nevermore" still features some very nü-metal interludes and it's not until the very last track of the album that they ditch the sound entirely.

There are a few pretty good songs on this album, but *The Seed and the Sewage* doesn't really offer up anything we haven't heard before. If you miss Godsmack and want to tell people you listen to Italian metal, this may be the band for you.

-JULIANA COOPER



Thrice
Anthology
(Universal)
4/5

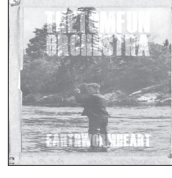
Thrice is a heavy rock band hailing from California. Their newest, and last, album *Anthology* is exactly what its name implies: a collection of their work recorded live for the CD.

Being a collection of songs, there's no real theme to this album aside from being all live performances. While I'm usually not a big fan of live versions of songs, the fact that the CD was recorded live doesn't stand out too much, other than the odd cheers from the crowd.

It's too bad Thrice has already had their farewell tour and released their final album because I like their style. They have a good mix of fast-paced and slower songs and keep things mixed up instead of religiously following a set format for their songs.

While *Anthology* won't bring anything new to the table for long-time fans, it's still a great collection of some of Thrice's best songs.

-PATRICK HALLIHAN



The Tom Fun Orchestra
Earthworm Heart
(Company House Records)
3.5/5

This Nova Scotia band plays a rather interesting mix of rock and folk music, as evidenced on this, their sophomore album.

The band keeps the tunes diverse with a mix of acoustic and electric sounds; I think at one point there was even a banjo. While some songs take it fairly slow, others are very fast paced and almost remind me of swing music.

The best part of the band's sound, however, is the singer, who very much has the voice for folk music.

While I don't think it breaks any new ground in the music industry, it does a great job at mixing up the pace. Admittedly, as I wrote this review, I found myself wiggling around in my chair as I typed, most notably to track nine, "Animal Mask," a great song. *Earthworm Heart* is a fun album worth checking out.

-PATRICK HALLIHAN

review

Book gives voice to outcast children

COLLEEN MCLEOD
CONTRIBUTING WRITER

Cry of the Outcast: Josiah's Story is a powerful true story about a mother who takes in Josiah, an abandoned African baby boy; it's a decision fueled by her passion to prevent Josiah's death. The book is written by the mother, Wendy Reaume.

Throughout the book, the reader is witness to the brave struggle of a missionary family who succeed in making a difference while living in West Africa from 1993 to 2006. The reader also gets glimpses of the cultures inside a Christian missionary family and the impoverished African families' lives.

The destitute Africans' lack of education has cut them off from having a better future; their survival and fear often comes before doing what is right. Reaume and her husband John help these people take what they feel is the right path. The reader experiences the hope that blossoms in the thick of corruption. Interestingly, Reaume also talks about how missionaries were treated in West Africa after 9/11.

Reaume keeps these heavy topics interesting using a narrative approach that paints pictures in the reader's mind. Descriptive words create a bleak setting where



villagers live in shacks and huts. The mood ranges from the darkness that resonates out of poverty to the illuminating faith that breaks through this hopelessness.

The book is a poignant story about a heroic child that the Reaumes are trying to bring back to life from malnutrition. And, really, it goes beyond Josiah and is about all children who have been discarded throughout the world.

The story has potential to open up our awareness, giving insight into a poverty that is so great.

This is an educational read for anyone wanting to know more about West Africa or wanting to make a difference in the world.

WHERE LEADERS ARE MADE

Create Your Vision for Success – Free Workshop
Saturday September 15, 9am-12noon, Y300

Register now: <http://endpointvisualization.wordpress.com>
Toastmasters Info: <http://camosuncollege.toastmastersclubs.org>

NEXUS

The content doesn't end in the paper. Web-exclusive stories are constantly going up at nexusnewspaper.com

Scan above to check it out.

NEXUS

We need voices.

Representing the student voice can be a lot of work, and volunteers go a long way towards making each issue of *Nexus* fantastic.
We could use your help.

Writers - We cover news, sports, and entertainment on campus and throughout Victoria, from local theatre to mainstream movies, concerts, and festivals.

Artists/illustrators - Good artists always have opportunities to share their work through *Nexus* with comics and illustrations.

Proofreaders - Every issue of *Nexus* strives for perfection, but the occasional typo escapes our notice. Proofreading is an invaluable skill.

Ad Sales - *Nexus* actually pays a finder's fee for any local advertising brought to the newspaper. What student doesn't need money?

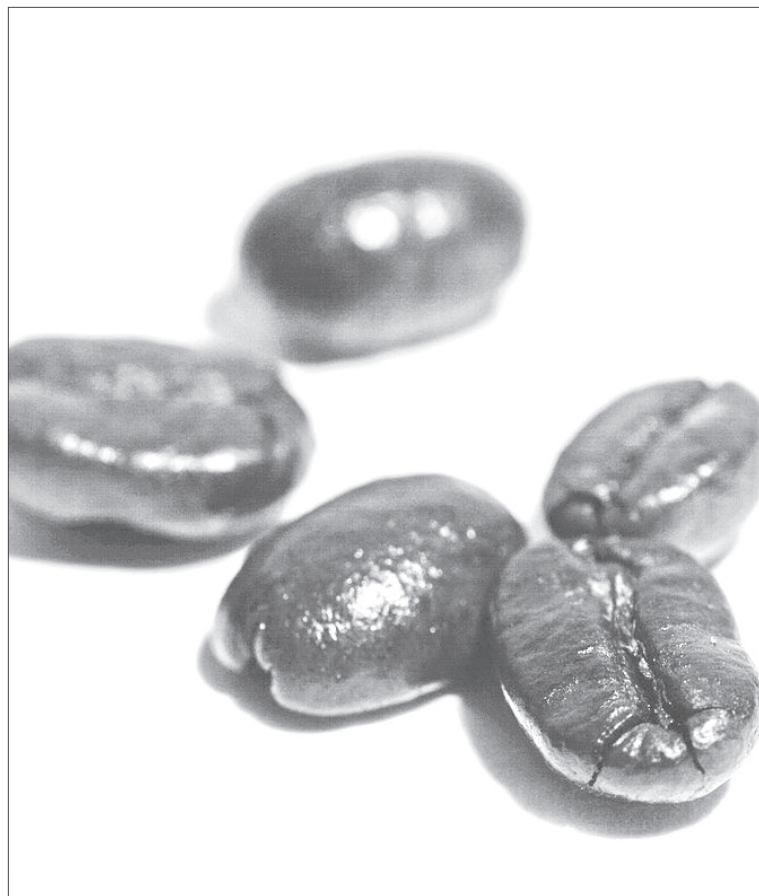
If you're interested in doing some volunteering at an award-winning student newspaper, stop by our offices at Richmond House 201 on the Lansdowne campus, or contact us by email (editor@nexusnewspaper.com) or phone (250-370-3591).



Sour Grapes

by Nicole Beneteau

The green-coffee scheme



AIRINTAKE AT EN.WIKIPEDIA

The coffee bean, at the heart of the latest cash-grab scheme.

Walk into any coffee shop this time of year and you'll find the typical assortment of festively flavoured coffees. Pumpkin spice, peppermint, gingerbread, and eggnog lattes abound alongside the artificial garlands and animatronic Santas.

But Starbucks has recently added something new to their coffee repertoire that you may have missed among the twinkling lights and mounds of whipped cream: green coffee extract.

Touted as the chain's latest breakthrough in coffee, this so-called natural energy booster is the star ingredient in Starbucks Refreshers.

Refreshers, fruit-flavoured and fizzy, were introduced this past summer and hopped right on the health-drink bandwagon by offering flavours like pomegranate and hibiscus, claiming to be high in vitamins and tossing around the words "natural" and "green" like it was their job.

But the main attraction in the Refresher is the caffeine derived from unroasted (green) coffee beans.

All the marketing language around these new drinks suggests Starbucks is trying to convince us that these over-sweetened, caffeine-laden creations are not just your average energy drink. Somehow we're supposed to believe that caf-

feine extracted from an unroasted coffee bean is more "natural" than the energy boosters found in Red Bull and Monster. Must be because it's "green," right? Or maybe Red Bull uses some sort of evil-robots-torturing-puppies method of extraction we just are not aware of.

But wait! How could I be so naïve to think that the corporate coffee slingers would be so obvious in their marketing ploys? Turns out Starbucks is also attempting to wrangle the one customer base bigger than the health-conscious: dieters.

Starbucks touts the low-calorie nature of their Refreshers, and in the periphery of pop culture there is a buzz about green coffee's amazing fat-burning abilities. Doctor Oz has even endorsed green coffee extract as an effective dieting tool on his program.

I know what you're thinking: "Dr. Oz and Starbucks are saying green coffee extract is the bomb? Why have I been drinking anything else?" Don't worry, you can now stock your shelves with stylish little cans of Refreshers and get all the health benefits of artificial sweeteners, caffeine, and carbonated water that your body can handle.

And if you ever feel like treating yourself to something a little less healthy, Starbucks will be happy to serve you up a 360-calorie eggnog latte with extra whip.



In Search of Last Time

by Daphne Shaed
camosun college pride centre

Make different the new normal

Social rules penetrate our lives so intensely and deeply that the thought of escaping them seems impossible and we are better off to simply foster compliance. But compliance breeds stagnation and acts against change.

It's confusing that in a world where everything changes with such frequency we have all had to become specialized in our areas of interest, yet our social boundaries and laws appear to be static.

We need to recognize that we can change the parameters of social institutions through activity. To be active is to be in charge; to be passive is to be under control. Ask yourself if you are active in your identities and your decisions.

This active social role requires access to power and influence within groups that can apply reform to social

codes. This is difficult because being active and committed to these goals often involves conflict, loss, and sorrow due to the pervasive passivity of society.

There will be those who have no interest, especially in changing a system that favours their ascribed and achieved identities. There will be those who fail to see the difference due to privilege or socialized traits that don't allow the individual to overwrite their own social code. To be active is to expect a forfeiture of rights, privilege, and social ease.

I encourage everyone to take care in fashioning their social identities. Be conscious and active in your bundle of identities, your gender, sex, sexuality, ideologies, religious, spirituality, and so on. Embrace yourself, embrace others, and love and immerse yourself in the true diversity of society.



Speaker's Corner

by Jean Oliver
camosun college toastmasters

Inclusive sympathy

What you are speaking about is not nearly as important as *how* you share the talk with your audience. The same can be said for synchronizing how you learn with how your instructor teaches. Knowing what your instructor is all about can help you communicate with him or her and ensure your own success.

In their book *Living Biographies of Religious Leaders*, authors Henry and Dana Lee Thomas coined the phrase "inclusive sympathy," referring to the greatest soundbite messenger of all time, Confucius.

Do you know what it is that gets your instructor to the front of the room every day? To risk doing a

standup routine in front of what amounts to a pretty tough crowd? Believe me when I say that they are not there for the money.

Here are some Carnegie tips, from *The Quick and Easy Way to Effective Speaking*, that will help. Simply substitute the word "instructor" for "audience": Talk in terms of your audience's interests. Give honest, sincere appreciation. Make your audience a partner in your talk.

Practicing some Confucian "inclusive sympathy" is, as Carnegie tells us, the key that unlocks your audience's—or instructor's—heart.

A MESSAGE

FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

by Madeline Keller-MacLeod
ccss external executive

Respect the picket lines

I have chosen not to cross the picket line at Camosun. Students and faculty members have stood in solidarity with the members of the Canadian Union of Public Employees (CUPE) Local 2081, support staff at Camosun College, during their strike for a renewed contract with 0-0-2-2-percent wage increases over four years.

I choose not to cross picket lines because I respect, and am grateful for, the history of the union movement. Many Canadians have risked and often lost their lives in order to ensure that workers have basic rights such as fair wages, safe work environments, and fair treatment by employers.

While mistreatment by employers happens much less today than it did at the beginning of the union movement, it's only been four years since the deaths of three workers at a non-unionized mushroom farm in Langley due to the lack of plans to protect workers from toxic gases, and many other workers face discrimination and abuse at the hands of their employers daily.

Unions today cover the kinds of jobs that students hope to obtain: jobs that provide decent wages (need to pay off student loan debt, anyone?), jobs that have access to benefits, and jobs that allow us to contribute meaningfully to society and to the economy. Unfortunately, only about 26 percent of the civilian labour force in Canada is unionized.

Should the CUPE strike at Camosun College continue, the student society hopes that students and their professors will choose to respect the picket line and pressure the government of British Columbia to fund a fair settlement.

Dunlop House

PUB NIGHT

Thursday, November 29 - Disco
Thursday, December 6 - Xmas

4-6 pm

Off Lansdowne Road,
beside the staff parking lot

NEXUS

The content doesn't end in the paper.

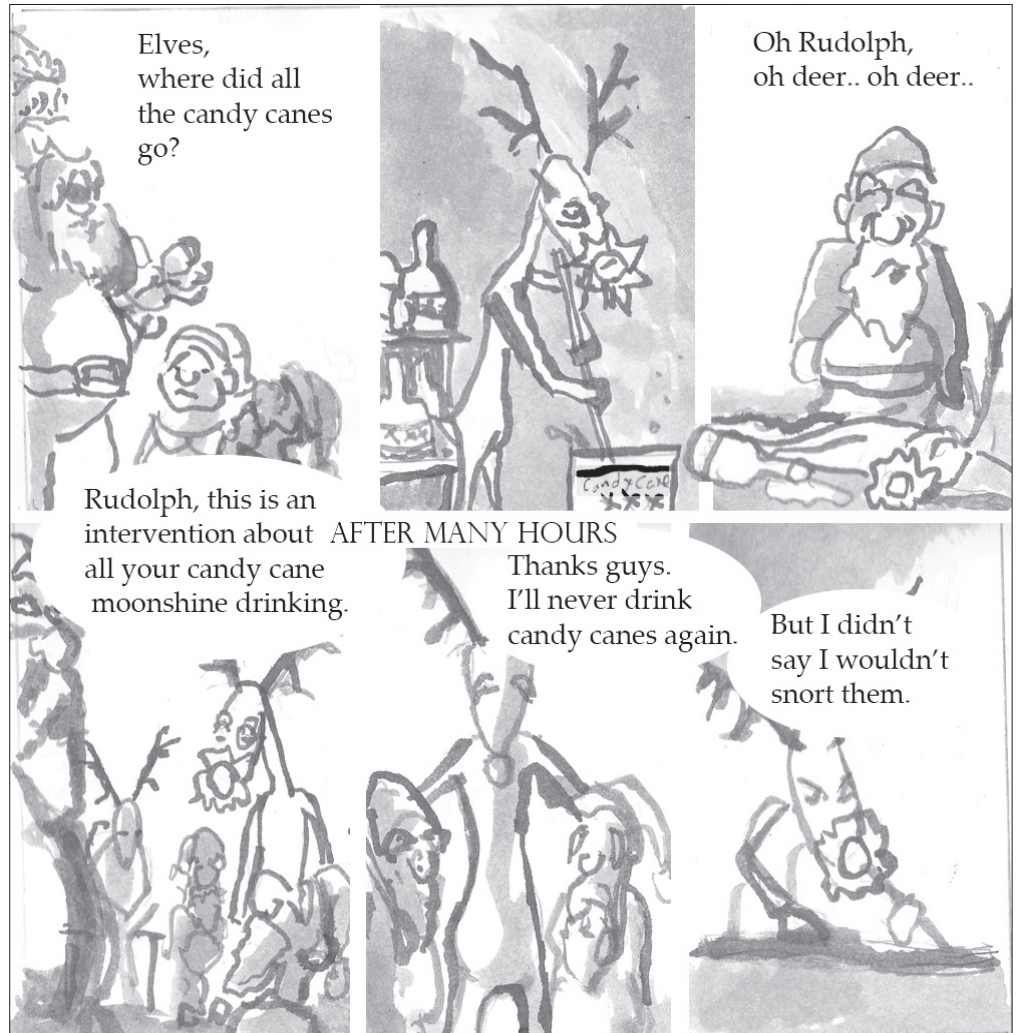
Web-exclusive stories are always popping up at nexusnewspaper.com.

Plus, use the comments sections to make your voice heard!

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

NEXUS

Submit samples to:
Nexus, 201 Richmond House,
Lansdowne Campus, or email:
editor@nexusnewspaper.com

Ski Ninjas By Kyle Lees (The Argus)



local, live, and loud

by Dan Darling



Said the Whale are a shining example of why we will continue to make fun of bands who look bored in photos.

THURSDAY, NOVEMBER 29

Eliot Lipp

LUCKY BAR, \$15, 8 PM

I haven't watched *E.T.* in a really long time. I might have to get a big bag of Reese's Pieces and sit down with my family for a classic-movie night. I wore a blue long-sleeved *E.T.* shirt in my grade two school photo. It had one of those iron-on type prints that you don't really see anymore. The ones that don't fade with washings so much as they crack and peel and start to look just horrible after a while. It's too bad. I really loved that shirt.

FRIDAY, NOVEMBER 30

Poor Young Things, Tim Chaisson

FELICITA'S PUB, \$10, 9 PM

Michael Jackson's *Thriller* album sure is awesome for something that's having its 30-year anniversary. Every time I see Poor Young Things on a poster I think of Michael Jackson. He had a song on that album called "P.Y.T.," but it stood for "pretty young thing." Does anybody know if Poor Young Things do a cover of that? If they don't, they should. I bet it would sound sweet as a rocker with some harmonies. Throw a little guitar solo in there and you've got a hit. If Alien Ant Farm can do it with "Smooth Criminal," this one's a no-brainer.

SATURDAY, DECEMBER 1

Woodsmen, KHBR, Leisure Suit

LUCKY BAR, 7 PM

I bet the Woodsmen could get a great name for themselves as a grunge cover band. I don't even know what they sound like, but they could put on a bunch of matching plaid shirts, grow some crusty beards with some long hair, and rock out old Alice in Chains tunes. Sure, it'd be stereotypical, but I was alive in the '90s. Everybody really did look like that.

MONDAY, DECEMBER 3

Said the Whale, Carmanah

UVIC UNIVERSITY CENTRE AUDITORIUM, \$22, 7 PM

Have you ever used one of those relaxation albums? You get different options like soothing rain, flowing ocean, the wind in the trees, whale songs, stuff like that. If you're trying to get all zen and zero in on your inner self, have a listen to one of those. You might fall asleep five minutes in, but isn't that just the ultimate form of relaxation? Or better yet, do yoga while listening to one. Yeah, that should help keep your eyes open. I'm falling asleep just writing about it.

WEDNESDAY, DECEMBER 5

The Funk Hunters, Celebrity Traffic, Party On High Street

CLUB 90NE9, \$20, 9 PM

I keep getting these ideas for television shows while writing about all the bands coming through town. Imagine a show where producers or managers had to battle it out with different singers and the fans would call in or vote online to pick the winner. You could give a bunch of backstory on the artists, each one pulling at the heart-strings to make you care and vote for them. What? *The Voice? X-Factor?* Never heard of them. Dammit, I thought I had a winning idea there, for sure.

THURSDAY, DECEMBER 6

Astronautalis, Busdriver, Jel

CLUB 90NE9, \$15, 9:30 PM

I remember being on the school bus when I was little and one of the older kids decided to harass me. He sat down beside me and started pushing my buttons. I had my lunchbox open and he really wanted my apple. I told him, "No, it's my apple. Get your own!" He grabbed it from me and took a bite. So I closed my little lunchbox clasps, clenched the handle tightly and smashed him in the face hard enough for him to drop my apple. Then I ate it.

FRIDAY, DECEMBER 7

Monophonics, The New Souls

UPSTAIRS CABARET, 7 PM

I would love to visit San Francisco one of these days. Some of my friends seem to think I'd really like the place. A couple of my best friends live in Philadelphia at the moment, but they keep talking about moving to San Francisco. That would be the perfect excuse. They know that if I could, I would visit them wherever they live. San Francisco is just a few thousand miles closer. Hell, I could drive there in a day or so. I really miss those two.

SUNDAY, DECEMBER 9

The Cave Singers, Poor Moon

SUGAR NIGHTCLUB, \$20, 8 PM

The acoustics in a cave would be wonderful and terrible all at the same time. I guess it would really depend on how big the cave was, but I bet the walls would just give such an awe-inspiring feel to whatever was played in there. Then again, there's the echo that could end up really distracting. And, of course, the bat poop. That would probably be the worst part. I think local punk band Dayglo Abortions said it best: "Here today, guano tomorrow."

eye on campus

by Lucas Milroy

UNTIL JANUARY 4

Dead trees inside

Event for sick kids featuring fancy trees, pretty lights, and an excuse to wear that "I don't need an excuse to wear this" beauty of an ugly sweater? That is an event that puts the "win" into angel wings! The doors at the Empress will be open for you to gander about, soaking up the intricate splendour and soothing warmth of the elegant ballroom that has been utterly pimped out for the holidays. Plus, the bedazzlement collects donations to raise funds for B.C. Children's Hospital (it's free to get in, however).

THURSDAY, NOVEMBER 29

Art walk, commence

It's time for the 15th annual Victoria Art Gallery Walk. A plethora of galleries will be opening their doors to the masses in celebration of these 15 glorious years. The walk will begin at 3 pm and will mosey on until the clock strikes eight, just in time to enjoy a hot cocoa along the harbour. See westendgalleryltd.com for more.

THURSDAY, NOVEMBER 29

Learn stuff, have fun

A lecture regarding the colonization in past and present Palestine, Israel, and the West will take place at UVic. Speaking will be professor Basem L. Ra'ad, an international educator, writer, and community organizer. The event is at 7 pm at UVic in room 110 of the Harry Hickman building. Go to hiddenhistories.com for info.

MONDAY, DECEMBER 3

Eradicate AIDS

World AIDS Day is December 1, and to raise money and awareness there will be a World AIDS Day event from 9 am-4 pm at the Lansdowne campus in the Fisher foyer. There will be hot beverages available by donation, as well as a wealth of HIV/AIDs info. Not to mention a staple crowd pleaser: free condoms. Email Kayla at kayla_woodruff@hotmail.com for more info.

WEDNESDAY, DECEMBER 5

Together with Politica

Camosun's Cinema Politica club will be screening *We Are Together*, a documentary about a children's choir at an AIDS orphanage in South Africa, at 7 pm in Young 216, Lansdowne. Don't miss this!

WEDNESDAY, DECEMBER 5

Produce in a box

Quick, this is your last chance to order a delicious large cube full of vegetables from a local farm. It's FarmBox, and it's cheap and convenient and fresh. But you must place your order by 5 pm December 5 at either Camosun bookstore. Orders will arrive December 10, and will be the last until 2013, which, according to our Mayan friends, might not actually happen.

SATURDAY, DECEMBER 8

Musician suspicion

"They've taken to the streets!" is what I would shriek if I were a baker in the 19th century and an orchestra of mutants had emerged on a chilly winter's day playing their tunes as though they couldn't even feel the cold. Well, at 1 pm on December 8 the Greater Victoria Concert Band will be defying all laws of nature and playing a concert in the cold. If you're not yet convinced that they may not be human, wait until you hear this: they are not charging anything. That's right, it's free, and it's happening at Market Square. Go to gvcb.ca to conduct further research.

THURSDAY, DECEMBER 13

Free food and stuff

It's time for the Pacific Peoples Partnership Annual General Meeting, going down at the Alcheringa Gallery at 5:30 pm. Connect with others over shared interests in the Pacific and social justice, learn about some PPP programs from over the past year, listen to Hawaiian guitar music, and see art and a multimedia performance. There will also be some light refreshments, and it's all for free.

World AIDS DayMonday, Dec 3rd in the Fisher Foyer

Drinks, snacks and info--

Come check us out!!

2013 NYE

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\$20 ADVANCE TICKETS
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31 | 9PM
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CLUB 90NE9