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NEXUS

camosun's student voice since 1990

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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.

OVERHEARD AT NEXUS: "I was interviewing her, and it looked like she was going to cry every time I asked her a question. I didn't know what to do."

COVER PHOTOS:
Juggling fest: Pierre Dubeau
That Face: David Lowes
Food: Patrick Hallihan/Nexus

editor's letter

Goodbye holidayze

Ah, yes, not always so easy to get back into the swing of things after the holidays daze, is it? Especially when most everyone on the island got the flu. We at *Nexus* are not immune to such things but we fought the evil forces of violent nausea and hallucinatory fevers to put together a batch of stories sure to help get your inspiration up and your brain working again.

Our feature story this issue finds contributing writer Jean Oliver down in the trenches interviewing various heads of local non-profits to find out what makes them tick. It's a fascinating story, one that is sure to get you thinking, and feeling.

We're happy to debut our new food column this issue, as contributing writer Patrick Hallihan will complement our food-opinion column *Sour Grapes* with a column called *Noms!* that will alternate between recipes and restaurant reviews. This issue, it's a recipe, so get ready to cook.

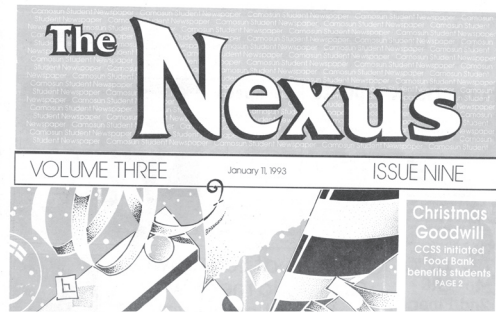
Then there's the mysterious juggling woman on the cover. We're still not sure why she's covered in gold or what secrets that ball she has holds, but we're pretty entranced. Actually, all jugglers entrance us: call us kids at heart, but we love that stuff. Check out the story, by contributing writer Nicole Beneteau, on page five.

Elsewhere, there are profiles on Camosun's DECA business club (page four), news on the Idle No More movement (page three), and more. So dive in, and get that brain working again. Welcome back!

-Greg Pratt, editor-in-chief

flashback

20 years ago in Nexus



I remember you: Wait, that's Skid Row. Remember Toronto sleaze rockers Slik Toxic? No? Back in 1993, they were hot stuff, as evidenced by our January 11, 1993 issue, which featured an interview with guitarist Rob Bruce. The band briefly were on top of the world, with gold records on major labels, limo-related dust-ups at Juno celebrations, and more excess than they can even remember. Cut to two years later and they were more or less completely forgotten in a musical landscape that decided that kind of rock wasn't valid. Still, Bruce told *Nexus* that he was going to play guitar "for the rest of his life." The band has broken up and Googling his name didn't yield much in the way of solid evidence, but we can report that it does appear that Bruce is still out there playing the six-stringer.

Subtly, we never knew ya: The editorial in this issue talked about donating some of those tight student funds to worthy charities. Always a good idea, yes, even when delivered with an opening sentence like this: "There are children dying of starvation in Somalia." Luckily, the article turns around in tone by the end, with the last sentence being this: "Happy new year and welcome back to school!"

Just awesome: This issue featured a profile of *Nexus* contributor Elizabeth Rotenburger, a university transfer student who overcame impressive obstacles to pursue her love of journalism. Lots of writers have a hard time meeting deadline for no particular reason, but Rotenburger dealt with something more concrete: she's blind. Using a special Toshiba that told her what keys she was typing, she wrote for the paper, bringing students stories against incredible odds. Good on ya, Elizabeth.

open space

Rev up the idling feminist

JEAN OLIVER
CONTRIBUTING WRITER

A Facebook chat on a popular Idle No More site started innocently enough. Various people were coming to grips with an attempt by one woman to place misguided blame. It was her pain speaking, but her argument was so provocative, and so poorly researched, we couldn't resist weighing in.

Within a dozen or so comments, we had things in hand. There had only been two people posting from historical blind spots. The woman who had started it all was ultimately unable to be clear on what her issue actually was. The other seemed to have left, but was simply regrouping, coiling up for a more sinister strike.

I keep my newsfeed on all the time these days. You never know, Harper might man up, or a courageous few might make a break from the Conservative herd and stand up to him. As a result, I saw the negative commenter's name (let's call him Creep) appear in the corner of my screen. Because of his goading, I moved quickly to view it. There was just a website link, and of course, unable to help myself, I clicked...

Some very silly looking men were dominating a screen full of women, all with expressions of unlikely ecstasy. Decorating the page: full-on, pink, ripple-edged images of vaginas. Creep's message was clear, if tiresomely predictable. Ah, I thought, a creep, *and* a loser. I shut him up by deleting his "comment" and stopped his impotent poison from reaching the other women.

The Idle No More movement, begun by four women, reaches beyond the First Nation's fight. There are feminist and matriarchal elder overtones that speak to a force as transformative as the suffragette impact on society. But we will be

The Idle No More movement reaches beyond the First Nation's fight. There are feminist and matriarchal elder overtones that speak to a force as transformative as the suffragette impact on society. But we will be attacked for it, and women need to be aware of this.

attacked for it, and women need to be aware of this. Through vigilance and courage we can protect each other.

While a small, courageous woman sits in her warm teepee, under the cold shadow of Parliament Hill, will our government continue to disrespect her just like all the other Creeps of this world? Tough comparison? I don't think so. Because anyone who harms a woman, or through her, her children, is committing an unspeakable violation.

It's difficult to write knowing that by the time this runs in *Nexus*, the standoff will be resolved, one way or another. Spence will either have met with Harper and live; will be close to kidney failure; or will be gone.

But one thing I'm sure of, Harper will have not broken that woman's spirit, or any others, just to fuel his limp ego.

Mr. Harper, consider your party's presence in our midst, deleted.

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

correction

In *Controversial webcast on HIV issues in Africa aims to open minds on an international scale* (November 28 issue) we extracted and highlighted a quote from Judy Woo but did not make it clear her quote was talking about something that Minneh Bushby said. We apologize for the error.

SPEAK UP

What's the best or worst thing about Camosun College?

BY JASON SCHREURS



CHRIS WADE

"The best thing is the atmosphere. Everything's laidback and relaxed, and nobody's uptight."



JILLIAN WEDEL

"I really don't like the food in the cafeteria. The quality of it and the price: they're both awful."



LUCAS VARGAS

"The best thing is definitely the people. And people from Alberta are pretty dope."



NICOLE COLLINS

"The worst thing is the cafeteria size. It's a little too small for the amount of students, so it's always hard to find a spot to sit down and eat your food."



MICHAEL BODIE

"The best thing is the accessibility. Anyone can come here and no one can get kicked out for bad performance."



HOLLY MILLER-STROES

"The best thing is the small class sizes and the incredible teacher support."

politics

UBC campus protest raises aboriginal issues

“[Harper’s government] has shown utter contempt for the parliamentary process and I believe Canadians are beginning to wake up to this.”

**GRAND CHIEF
STEWART PHILLIP**
UNION OF BC INDIAN CHIEFS



KAI JACOBSON/THE UBYSSEY

Demonstrators drum at a recent Idle No More rally at the UBC campus.

ARNO ROSENFELD
THE UBYSSEY/SPECIAL TO NEXUS

A red blanket adorned with traditional symbols draped over her shoulders, Shelly Johnson took the mic in front of the UBC First Nations Longhouse on the afternoon of January 3 and began verbally assailing Bill C-45, a sweeping new law from Prime Minister Stephen Harper’s government.

“We can all do something about this colonial and unilateral, paternalistic legislation being pushed through in the name of Canada,” said Johnson, an assistant professor in the UBC School of Social Work and a Saulteaux person from the Keeseekoose First Nation in Saskatchewan. The roughly 200 Idle No More supporters gathered on the lawn cheered.

Idle No More is a viral, decentralized protest movement founded

weeks ago by Canadian aboriginal activists. It sparked over a hunger strike by Theresa Spence, chief of the Attawapiskat First Nation in Northern Ontario, who has now gone three weeks on a liquid diet in hopes of meeting with Harper to discuss treaty rights. The movement grew across Canada to a series of increasingly vehement demonstrations opposing C-45, a law that changes how aboriginal reserve land in Canada can be sold.

The January 3 event, organized by Johnson, was the movement’s first on the UBC campus. It featured speakers including Joyce Murray, MP for Vancouver—Quadra and candidate for leader of the Liberal Party of Canada, as well as Grand Chief Stewart Phillip, president of the Union of BC Indian Chiefs.

Those assembled were low-key and solemn. Quiet, scattered

applause was punctuated by occasional drumbeats. The speakers had angry and determined messages, but spoke in a somber tone. During a lull waiting for Grand Chief Phillip to arrive, a dance circle began, one lively moment that drew in most of the crowd.

The speakers criticized the Harper government and praised the movement for highlighting issues that have long plagued aboriginal peoples and Canada as a whole.

Murray, who first announced her support for Idle No More weeks ago, said Bill C-45 demonstrates larger problems with the current government. “It has been a very difficult time, to see the downward spiral of democracy, the closed-ness, but also the lack of consultation and especially the lack of consultation with aboriginal peoples,” she said.

Proponents of the bill say it will help aboriginal groups pursue economic development projects on their land. But the Idle No More organizers say the bill violates existing treaties. Specifically, many are worried that by allowing the minister for Indian affairs to sell reserve land without a band’s consent, the government is hoping to open more land to oil drilling.

Tom Flanagan, a political science professor at the University of Calgary and former Harper adviser who supports the bill, says aboriginal groups oppose it simply because they believe the federal government lacks authority to change how aboriginal land is managed. Phillip said the Idle No More movement has brought out a side of aboriginal issues the media had previously failed to focus on.

“The only way the public is go-

ing to really understand the depth of poverty, and the tragic dimensions of that poverty, is when you hear from the people themselves who are most affected by the poverty,” said Grand Chief Phillip. “The Idle No More movement goes beyond the indigenous community.... [Harper’s government] has shown utter contempt for the parliamentary process and I believe Canadians are beginning to wake up to this.”

Shawn Schaubel, a UBC social work student who collected signatures in opposition of C-45, thought the demonstration achieved an important goal: raising more awareness for aboriginal issues.

“I don’t think a lot of people on campus either know about Idle No More, or people think it’s only about aboriginal issues,” said Schaubel. “The average person doesn’t know what it’s about.”

NEWS BRIEFS

Camosun VP gets tip of literary hat

John Boraas, vice president, education for Camosun, recently received the 2012 Peter Gzowski Award from Literacy Victoria. Boraas got the nod for his “life-long personal and professional commitment to adult literacy,” according to a press release. Then I go and spell “commitment” wrong when I’m first writing this! Sorry, John!

Interurban students show their goods

An Electronics and Computer Engineering Technology Capstone Symposium took place over at Interurban before the holidays. Students displayed what they’ve been hard at work at over the last five months, including an underwater remote camera system, an Android-operated blimp, a guitar effects module operated by an Android smart phone (hey, they like their Androids over there!), a renewable energy project controlling a micro hydro system and photo-

voltic system over the internet, and the “webscope,” which is an internet-connected oscilloscope, spectrum and logic analyzer, controlled online. In other news, we at the *Nexus* office totally know what photovoltaic systems are. Really.

Blue Bridge contract approved

A proposal has been accepted and a subsequent contract has been awarded to PCL Constructors West-coast Inc. to replace the Johnson Street Bridge, known to locals as the Blue Bridge. The project is set to start this spring, and is expected to be finished before March 31, 2016, costing an estimated \$92.8 million. The bridge will feature three automobile lanes, two bicycle lanes, and a wheelchair-accessible pedestrian walkway.

Downer up

Drake Downer must hate it when good things happen to him. With a last name like that, everyone must make jokes about how he’s “not feeling down.” It must get so old!

Good grief. So when the Camosun Chargers men’s basketball second-year wing recently earned the PACWEST Men’s Basketball Athlete of the Week Award, he must have thought, Man, here we go again with the jokes. We did it in the headline here! “Downer up,” we wrote. Man! Good grief. Anyway, congrats, Drake!

New location for sexual health society

The Island Sexual Health Society will be relocating on January 21. They will no longer be located on Fort Street, but instead will moving to their new location on Quadra Street (across from the recycling depot). This move will allow them to grow with their growing client base and continue to offer their confidential services while expanding to better serve Victorians. The new location is being funded by donations, and some of the improvements include better hours, more space, free parking, and space for training, which is hoped to be used for workshops.

Less assaults

BC Transit has released a report on about bus violence. The report shows that the number of incidents between drivers and riders has decreased in the past year. However, the number of violent attacks that led to injury has increased, with none being reported in 2011, and three being on the record for 2012. To deter future attacks, the bus driver’s union (Canadian Autoworkers Local 333) is pushing to have bus drivers recognized as peace officers. Doing so would lump them together with the likes of police officers, border officials, and parking enforcement officers, and would see heftier fines placed on those who assault them.

Immigration online

Canadian immigration reform is hitting the web, as a new program is planned to launch in 2014. This new program will allow potential immigrants to make a profile online where they can advertise their skills and qualifications. Businesses

looking for more than just temporary workers will be able to browse through potential employees. Employers will also be able to post job openings when workers are unable to be found in Canada.

No food

First Nations chief Theresa Spence continues with her hunger strike in Northern Ontario. As chief of the Attawapiskat First Nations, she hopes to garner attention for her cause, which is focused on action from the Canadian government about treaty issues. Spence plans to continue her tea-and-broth diet, which started on December 11, until the issue is dealt with in a manner that she feels is appropriate.

**-LUCAS MILROY AND
GREG PRATT**

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

CAMOSUN

DECA club means business

“Employers see you’re a part of a group, and you’re going to different leadership conferences, and you’re really successful and you’re winning competitions. It sets you apart from other applicants.”

JASMINE GIESBRECHT
CAMOSUN DECA



Camosun College's DECA business club is larger than it's ever been.

CRYSTAL DERRY
CONTRIBUTING WRITER

A business club at Camosun College is giving students real-life experience in the business world.

DECA is aimed at developing students' professionalism and leadership skills through networking, volunteer work, and competitions. The experience gives members opportunity in the world of business to give them an edge in the competitive field.

Jasmine Giesbrecht, an accounting student who has been a part of DECA for three years and now serves on the board, says the

purpose of DECA is “to develop our members into better leaders and business professionals, and also to give back to our community at Camosun.”

Camosun's DECA chapter is the only one in BC and has 25 members, the largest it has ever been. Members of the group go to conferences and participate in case competitions against other DECA groups in the United States.

“Being a DECA member doesn't really require anything. Our fundraising events are usually once a month, but it doesn't really take much effort,” says Giesbrecht.

“The rewards are so good because employers see you're a part of a group, and you're going to different leadership conferences, and you're really successful and you're winning competitions. It sets you apart from other applicants.”

Joshua Hoetzel has gotten everything he had hoped for from DECA since he first joined two years ago.

“I joined it to meet people in the business community,” says Hoetzel, an accounting student at Camosun. “It's been inspiring. Every time I go to a DECA meeting and hang out with them it's like I work harder in school.”

Hoetzel says there are many benefits from the real-world experience DECA provides, as well as the networking.

“It's a lot of competitions, it's a lot of out-of-school experience in the business world. Basically, meeting a lot of interesting people. I still keep in contact with many of them,” says Hoetzel. “There are no actual requirements. It's what you put in, you get out. I put in a lot and I get out a lot more than what I put in.”

Another goal of DECA is to benefit the larger Camosun community, something Giesbrecht admits they have not done enough of

this year. But the club plans to do that this year by using their business skills to help students with their personal financial planning later on this year.

“Even though we haven't really done our community service yet, we're really going to work on that for next semester and really give back to the community more by helping people, working through their financial literacy and that sort of thing,” she says. “I mean, we're business students and we're good at budgeting and planning for the future. So we really want to help people that way.”

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culture

Juggling fest teaches the art of play

“To display the abilities of humans is inspiring and reminds us what we are capable of even in times of darkness,”

DAWN MONETTE
VICTORIA JUGGLE AND FLOW FESTIVAL

NICOLE BENETEAU
CONTRIBUTING WRITER

For those who’ve dreamed of running away with the circus, performing magnificent feats with hoops and fire, and delighting awe-struck audiences around the world, the Victoria Juggle and Flow Festival will light the way.

This year’s festival is the seventh of its kind and features performances by some of the West Coast’s greatest ground-level circus performers and the famous Komei Aoki from Japan. It also offers a unique opportunity to network and learn through over 40 workshops ranging from “Busking 101” to “Spinning Prop Movement Theory.”

Dawn Monette is a member of the UVic Juggling Club and the driving force behind this year’s festival. Monette’s passion for juggling began when, as a child, she saw her older brother practising and asked him to teach her the tricks.

“He blew me off, so I stole his

balls and his book and was determined to learn on my own,” says Monette. Her brother soon lost interest in the hobby, but for Monette, juggling became a way of life. “It ended up being something that I really loved doing,” she says. “People kept asking me to perform and all of a sudden I didn’t have time for anything else.”

Monette has since forged a successful career as a juggler and street performer, making enough to avoid student loans while getting her education.

“I’ve returned to school this year to finish my degree and I managed to pay for my tuition with the busking money I had made in the summer,” says Monette.

Through getting her degree in social work, Monette hopes to channel her performance skills into helping the less fortunate. “I want to work healing people through joy and play and inspiration,” she says.

This vision was born from Monette’s stint with Spark Circus, a project operating in war-torn areas of Thailand, visiting local schools, performing, and giving toys to the many orphaned and displaced children.

“I really saw the importance of play at these schools. They’re so happy that you’re there and to have these toys,” says Monette. “I got to go back a second year and see how they played with the toys that they’d gotten and how much it enriched their lives.”

As for why performance skills



PIERRE DUBEAU

Dawn Monette showcases some of her juggling abilities.

like juggling and spinning poi have a powerful effect on an audience, Monette says it’s about testing the boundaries of human skill.

“To display the abilities of humans is inspiring and reminds

us what we are capable of even in times of darkness,” she says. “We’re answering these questions of ‘what am I capable of and how do I make that look beautiful, graceful and easy?’”

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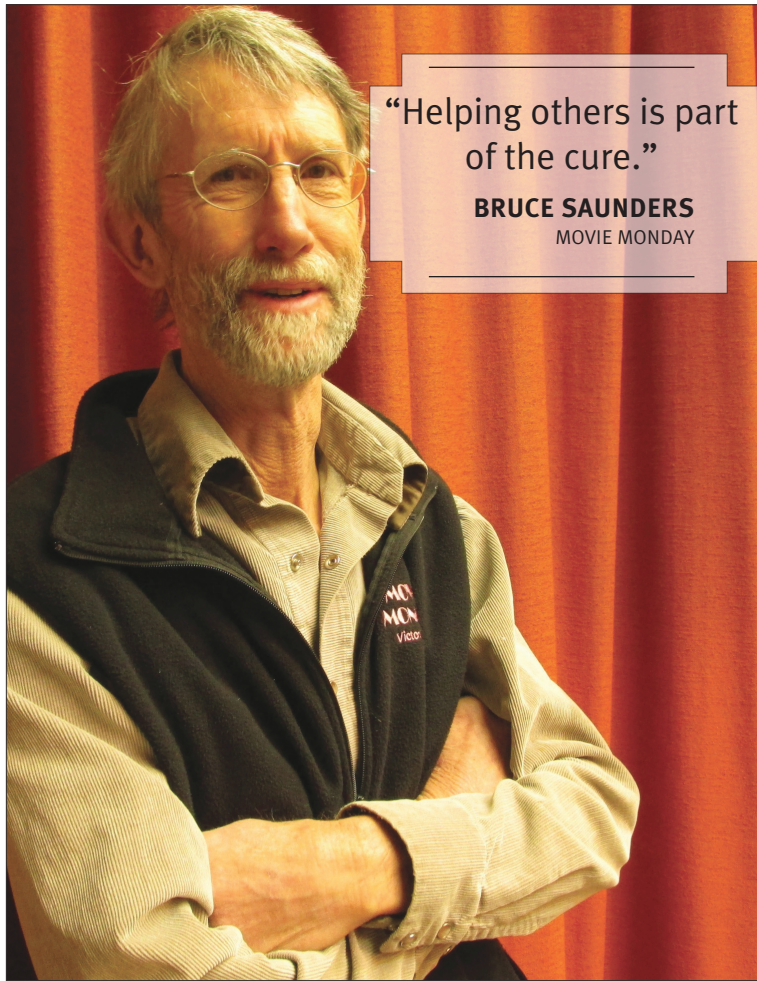


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social issues

The prophets of local non-profits



Bruce Saunders is the man behind the popular Movie Monday events.



Hazel Meredith of the BC Schizophrenia Society has lost two family members to suicide.

PHOTOS BY JEAN OLIVER/NEXUS

JEAN OLIVER
CONTRIBUTING WRITER

Whenever I read the next great mental-health study or report, I'm reminded of a scene in *The Life of Brian*. Brian is about to be crucified, propelling lover Judith into action. She charges into their Judean rebel group's board meeting, shouting, "Do something!"

The president, Reg, played to perfection by John Cleese, nods enthusiastically and excitedly assures her, "Yes! Right." He pulls up a chair, "This calls for immediate discussion!"

Let's discuss it, that way we don't have to actually do anything. But many have found a way to both work and speak on behalf of the miserable invisible. Visionaries who believe we can overcome poverty, and work for change. They are the executive directors of non-profit organizations (NPOs) who head an army that has spread a net of compassion over humanity.

NPOs benefit society by upholding democracy, ensuring hope, and giving a voice to those in the gaps. They hold community together through volunteers and donors, and inclusion of workers. They see people pre- and post-system involvement as well as during it, even as they too are part of that same system, but are not fully funded as many assume. They are driven by the need they see.

So, what keeps our non-profit leaders hanging in there in the face of legendary bureaucratic obstruction? Many are frustrated by the equation of time fundraising equaling less time providing service. How do they sustain their remarkably positive attitudes?

Similarly to Judith's plight, we can compare the non-profit effectiveness to the infuriating delays caused by ordering studies. Historically undervalued and

under-funded, these bloodlines of our nation have even had to hold their tongues to avoid having their funding cut off.

Meeting of the minds

It's Thursday. I'm seated at a makeshift boardroom table in a small back boardroom with other directors from Victoria's not-for-profit sector, my eyes stinging pleasantly on the coffee dust from nearby Café Fantastico. As the social problems of our city settle on the intelligent, concerned faces around me, we get down to business.

The Progressive Recovery Group (PRG) is a collective that welcomes agency reps, initiative reps and guests. Chaired by Hazel Meredith, executive director for the BC Schizophrenia Society in Victoria, the PRG was created by Meredith in 2006, along with Liam McNery, then executive director of the Capital Mental Health Association (CMHA).

The PRG describes itself as being "developed to address concerns about fragmented service delivery in the mental-health and addiction system." Attending a PRG meeting is a lot like giving oneself not-for-profit oxygen once a month.

It's a good idea to hold onto something solid when entering Meredith's orbit. During our interview, she spoke calmly, fielded phone calls, and lobbed decisions through her office door to colleagues in the hall.

Her black, executive outfit provided an anchor for a head of gorgeously thick, curving gold hair that has a personality as lively as its owner. And she too has a mental-health story to tell. Depression stalked her family, and she lost two family members to suicide. Beginning in Manitoba, in her 18 years in the field Meredith has

garnered expertise on every side of the problem. She describes her move to the coast ruefully: "In my experience, Manitoba uses more strength-based recovery oriented based models—not so much here in BC."

As for her involvement with the PRG, she believes the collaborative model has been useful locally, and will eventually see the same success as the Supported Employment Network in Manitoba. I ask her what her wish list might include.

"I'd like to see peer individuals train as leaders, with an emphasis on health, recovery, and wellness planning," she says. "We want to make sure when someone reaches their hand out in hope, someone is there to grasp it."

Giving back

One of the people at the NPO table is Bruce Saunders, the quiet force behind Victoria's iconic Movie Monday theatre. Saunders reminds me of Bob Dylan's laid-back intensity in a lanky Jimmie Stewart-esque body. In 1993, he discovered a potential movie theatre in the old Eric Martin Pavilion near the Royal Jubilee Hospital. The venue caught his imagination in that visionary way of many non-profit leaders. Movie Monday has become a staple of moviegoers in this city, and recognized by the provincial Ministry of Health as a mental health Best Practice.

Saunders begins our interview by quietly telling me a story he'd told many times before.

"I've lost a sister to suicide, and I've been hospitalized; so has my mother."

Like so many others, it's his personal experience that drives him to do this work. He's also facilitator of and a participant in the Mood Disorders Association (MDA) of BC, a

local support group. The MDA has been peer-run for 25 years, building community where there used to be only isolation.

He says he's luckier than others because he has pretty much complete control. "The bureaucracy that defeats many initiatives cannot bog mine down."

Saunders says he has created a perfect balance between the physical nature of his landscaping business, the emotional connection of his non-profit work, and his strong ties to his family. But there's another element he suggests is key to recovery.

"Helping others is part of the cure," he says. "I've seen the delicate nature of recovery and believe it is possible, and that gives me immense optimism for others. Peer support works and is cost effective. Through helping others, a person realizes that the potential of recovery is there."

Redefining charity

Across town, I meet with Jane Arnott, executive co-director of the reinvented NEED2: Suicide Prevention Education and Support. Small, grey-haired, and neatly dressed in blue and violet, she produces an immediately calming effect. My guess is there have been many who underestimated the fierce heart behind the gentle demeanor.

In 2010, when the province transferred the crisis line element and most of their funding to a Nanaimo group, NEED scrambled to hold on to what was left. With everyone pulling hard for the next two years, they became NEED2. Cheerful, in spite of it all, Arnott quips that they "are a brand new organization with 40 years of history."

She goes on to say the "sector" isn't understood, and gives me a quick history lesson on the non-profit movement. Many NPOs

have their roots in the '70s when groups beyond the churches were beginning to form in the community and provide services outside the sphere of churches or other state institutions. She notes the change came with redefining the word "charity."

"We don't tend to use the old charity model—it reinforces inequality," explains Arnott. "There's no mystery to our success in the '70s—it was the product of a lot of social activism. We were using the concept of change agency, and we were starting from scratch then too, with no manual to do things."

She remarks wryly that the funding hoops "waste valuable energy that could be better applied to direct community work."

So why does Arnott stay in the fight, after all that she's been through?

"My values are strongly rooted in the belief that communities are richly resourced and have the capacity to come together over the issues they face. But the other piece for me personally is I have a responsibility to give back, it is something we need to do."

And she has a message for those of us who have answered the calling.

"When you think you still have something to offer, even if all you've worked for is lost, believe in your vision," she says. "It might take a while, but there will always be others who will get together, now or at some point in the future, to do something about community need."

If our governments want to apply pressure to the flow of money gushing from the artery of health care, they'd do well to better support to the non-profit organizations.

But the first step, as anyone in recovery will tell you, is admitting they have a problem.

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music

A look ahead at 2013 in music

I am both thrilled and frightened about Black Sabbath's next offering.

DANIEL DARLING
CONTRIBUTING WRITER

With Arcade Fire capturing the album of the year in 2010 and The Black Keys, Jack White, and Mumford and Sons tossed in the mix for the accolades this year, it seems like some of the people behind the scenes at the Grammys may have seen the light. Great bands like Alabama Shakes and The Lumineers, as well as eclectic artists like Frank Ocean and rock legends like Bruce Springsteen, are all in the running for awards at this year's bash.

And while the Grammys may never have meant much to those of us that are just looking for a great new sound to latch on to, there's a



PHOTO PROVIDED

Black Sabbath, once upon a time. Can they recapture the magic of this era with their upcoming studio offering?

smug little smile on my face when I dig out my 2004 Black Keys tour shirt. These guys made it big. Call it selling out, call it bowing to the masses, call it what you want. They paid their dues by making great records and playing the smallest clubs. Now they fill Rogers Arena.

But what is on the horizon for 2013? I'm just going to focus on a few of the upcoming releases from some of the bands I can't wait to hear, in no particular order.

What do you get when Thom Yorke of Radiohead teams up with Flea from the Red Hot Chili Peppers? From the sound of the first track, "Default," you get a lot more Radiohead than Chilis, but the

new album from Atoms for Peace, entitled *Amok*, is sure to please at least a few fans of both artists.

Ever heard Major Lazer? Sure you have. Or at least that's what you'll tell people when you start hearing their new album, *Free the Universe*, being pumped out of all the clubs. With collaborations from Wyclef Jean, Bruno Mars, Vampire Weekend's Ezra Koenig, and (one I can't wait to hear) Mr. Boombastic himself, Shaggy, this one should be guaranteed to bump.

I am both thrilled and frightened about this next offering. Black Sabbath has Ozzy back at the vocal helm, which will either be painful or glorious. These rock geezers con-

vinced producer-with-the-magic-touch Rick Rubin to produce the album, so cross your fingers that it's more hot than not.

Slim Shady hops right off his tricycle in the new Skylar Grey video and into the studio to drop his latest offering. Eminem won't call it a comeback, but let's hope he's a bit angrier on this batch of tracks.

After their Grammy win, Arcade Fire got lazy. They only wrote 35 songs for their new record. Not only that, but they let LCD Soundsystem frontman James Murphy help with some of the production duties. Talk about slacker Canadians.

Don't get me wrong, it's not that I don't think Dave Grohl and Nick

Oliveri getting back in the Queens of the Stone Age crew isn't a big deal. It's a huge deal. Now if they can just play nice long enough to tour together...

Those are just a few of the more recognizable names set to release new material this year. There's a ton of other music that's on my "can't wait" list, too: Yeah Yeah Yeahs, Jamie Lidell, Phoenix, Frightened Rabbit, Johnny Marr, 50 Cent, Pearl Jam... Did I mention The Black Keys might have more for us in 2013? Where do I start and how do I end this list?

There are thousands of bands out there with albums I want to hear. I just haven't heard them yet.

music

A look at 2012's tunes

LUCAS MILROY
STAFF WRITER

While 2012 didn't host the end of the world, it did produce some interesting new music. Here are a few of the more notable albums released in 2012.

Ben Folds Five came out of the woodwork to release their first album since 1999. *The Sound of the Life of the Mind* is a full-length disc featuring Ben Folds' creative ability to combine catchy tunes with meaningful words and, as usual, some kick-ass piano.

Another great new album is *There's No Leaving Now* by The Tallest Man On Earth (the moniker of Swedish musician Kristian Matsson). Like his past releases, this album is also full of heartfelt, folksy tunes. When listening, you can almost picture him sitting on the stage of some ill-lit coffee shop, playing his acoustic guitar as the audience swoons over his quirky voice while sipping cappuccinos.

Pseudo-local favourites Mother Mother have also come out with a new record, *The Sticks*. While their tunes are still funky, their maturation is also quite evident, as this record displays a level of professionalism sophistication not heard in earlier releases.

From just across the water, Vancouver-based duo The Zolas released their sophomore album,

Ancient Mars. *Ancient Mars* sticks with their piano-rock style, but adds a more serious tone to their previous fun-filled songs. This is demonstrated in songs like "Ancient Mars" and "Local Swan." Wintersleep also came out with a new album. *Hello Hum* is their fifth full-length in just under a decade, and is an excellent addition to the record collection of any indie-rock fan.

New to the scene are Colorado rockers The Lumineers, who released their debut self-titled album in 2012. An album full of folk rock, *The Lumineers* also saw critical acclaim with its hit single "Ho Hey."

Lana Del Rey burst on to the music scene last year with her album *Born to Die*. Until the release of the title-track single, "Born to Die," Del Rey was practically unheard of. Now she's one of the biggest up-and-coming artists out there. Her unique raspy voice has managed to entrance the minds of listeners worldwide.

What may be one of the best albums of 2012 comes from Canadian music vets Stars. *The North*, their seventh studio disc, continues to build their legacy, featuring such songs as "Theory of Relativity" and "The 400." This newest installment keeps in tune with past releases, blending together their eclectic lyrics, electric instruments, and indie-rock vibe.

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theatre

That Face explores what it means to be part of a family

“Maybe you want to think about your family and how normal it is, too. That’s what we want people to do.”

JUDY TRELOAR
DIRECTOR

INSU KIM
CONTRIBUTING WRITER

Director Judy Treloar hopes *That Face* will grab audiences the same way it grabbed her when she first saw the play. That was in New Zealand, three years ago. After seeing the play, she was so moved by it that she went and bought the script.

“I took the script back to where I was staying,” says Treloar. “I read it. I couldn’t sleep. I just thought it was amazing.”

For Treloar, part of what makes the play so great is that it doesn’t spell things out for the audience, and makes them come to their own conclusions.

“People want to talk about it after watching it,” she says. “It leaves a lot of questions. It doesn’t answer everything. This play makes people think.”

That Face is the story of a dysfunctional family. And considering that we are all members of a family, and every family has stories and con-

flicts, audience members may find their family has elements in common with the family in the play.

In the story, there is a mother, who is very close to her son; a daughter, who pushed away from her family; and a father, who has to come in to rescue everything during a crisis. The play begins with the daughter and her friends torturing and hazing fellow students.

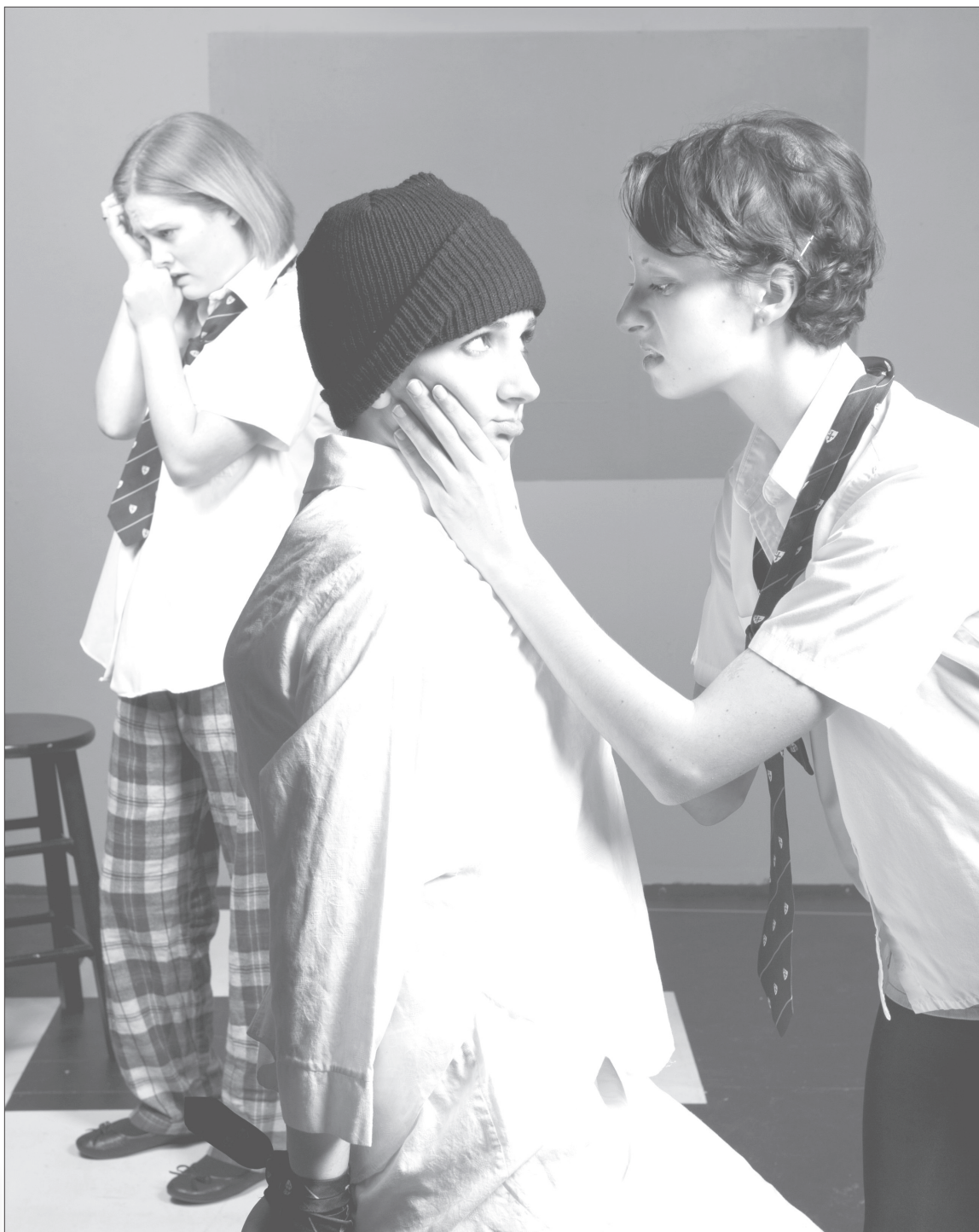
“There are some people in the world that think every family is dysfunctional,” says Treloar. “I mean, I look at my family... well, I have an ordinary family. Maybe you want to think about your family and how normal it is, too. That’s what we want people to do. Think about that.”

Actress Kirsten Van Ritzen, who plays Martha, the mother, says audiences will be able to relate to this play because of the family dynamics, whether or not their family is as dysfunctional as the one in *That Face*.

“Hopefully their family’s experience is not extreme,” says Van Ritzen, “but they can identify with some of the control issues and some of the emotional issues. It’s a very emotional and dramatic work, where you see how everyone needs each other and at the same time pushes each other away.”

That Face is a very good chance for people to look at their own families. This play not only helps us understand what it means to be part of a family but also makes people think what family is for.

That Face
January 17—February 2
Langham Court Theatre
langhamtheatre.ca



DAVID LOWES

This is no normal family, it's the dysfunctional family of *That Face*.



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Sour Grapes

words and photo by Nicole Beneteau

Conquer the hangover



Coconut water is the new Gatorade.

It's January. A time to decompress from December stresses, look toward the new year with a hopeful gaze, and recover from the inevitable holiday hangover. It's that magical time of year when a month's worth of overeating, sugar binging, and booze culminates in a cloudy-brained crash landing... just in time for a new semester!

Sure, that New Year's Day nausea seems light years away now, but you just know you'll soon be suckered into "back-to-school" drinks with classmates, followed by "let's-catch-up" beers with those friends who went home for the holidays. Before you know it, it'll be St. Patrick's Day and that New Year's resolution you made to drink less will be nothing but a fading echo in your foggy memory.

Luckily, there's no shortage of supposed hangover cures to relieve the morning-after blues. According to the likes of the *Huffington Post*, *Time*, and *Men's Health* magazines, here are some of the most popular options:

The greasy breakfast

This most hallowed of hangover traditions isn't just about stuffing yourself until you're ready for naptime, it's actually about replenishing your B vitamins. And you know what's chock-full of B vitamins? Meat. And eggs. Covered in cheese. Thank goodness for Victoria's seemingly endless string of breakfast joints serving up all kinds of combinations of this tasty

trifecta. Try Shine Café's brie- and bacon-smothered Benny next time you need a B-vitamin boost.

Hair of the dog

A little breakfast cocktail can go a long way to relieve hangover symptoms. Mostly, the alcohol just numbs your pounding headache, but along with that comes the added benefit of replenishing more of those elusive vitamins. A Bloody Mary will not only give you a little kick of vodka, but will also give you a decent dose of vitamin C with all that tomato juice. Same goes for the orange juice and champagne classic, the Mimosa. Blue Fox Café mixes it up with a mango peach variety that's sure to cure (if only temporarily) your hangover headache.

Coconut water

This tropical beverage has recently risen to fame as the new re-hydration powerhouse. Coconut water is giving sports drinks a run for their money, flaunting its five essential electrolytes over Gatorade's pathetic two. It's also full of potassium, providing a refreshing alternative to choking down an over-ripe banana first thing in the morning. And with no added sugar, coconut water has earned the right to sit alongside the iced teas and spirulina smoothies in the health-drink aisle of almost every local grocery store. But, beware: if you prefer a beverage that doesn't require chewing, steer clear of the "with pulp" variety.



In Search of Last Time

by Daphne Shaed
camosun college pride centre

The social police

The holidays are a reminder of the burden of difference to those of us who deviate from binary restrictions of gender and compulsory heterosexuality. This is not to say that family problems do not exist outside of the LGBT identity; rather, it can be a compounding factor that fuels problematic family relations. There are events in our lives that we wish to share with family and friends during the holidays, events that we see in fiction to be celebrated jubilantly with friends and family. In reality, so often (and much like the fictional accounts) the requirements of hegemony are met. All of the holiday movies I've seen predominantly feature heterosexual couples of the same race, showing that

media is but one arm of the social police.

Imagine announcing to your family that you are engaged to your same-sex or trans partner and all you wish is for your love to be celebrated and honoured, but instead you are met with denial, disapproval, and possibly unsavoury ultimatums from your family.

It's so easy for people to be boastful of the purchase of some expensive material item and yet completely lack the enthusiasm to celebrate love, due only to the idea that LGBT identities and relationships are a burden on the social standing of the family, or that it's not within the dreaming minds of the parents who see idle social conformity as blissful success.



Speaker's Corner

by Jean Oliver
camosun college toastmasters

The heart of persuasion

Can you say enthymeme? It means "an argument that is built on a premise that is not explicitly stated."

It describes that feeling you get when you woo someone, instead of trying to force them to your way of thinking.

Think of it this way: you've relied on your natural charm to win people over. But in the presence of someone who's better prepared, and not impressed by passion or wit, it won't matter how sincerely you pitch. If the premise of your argument is built on sand, the

solid ground of their "no" will not shift.

When you're trying to persuade someone to see your point of view, above all else, avoid arguing. Physiologically, when we say "no," and mean it, our entire body goes into rejection mode. Check your facts. And instead of launching into your cleverness with words, find a common ground between you and them. Let them convince themselves.

Once you have even a hesitant "yes," you're halfway to winning your argument, by never having to argue at all.

A MESSAGE

FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

by Madeline Keller-MacLeod
ccss external executive

A new year of advocacy

Everyone has their own way of welcoming in the new year. Some choose to reflect upon the last year, others rid their homes of clutter, and still others commit to making personal changes that will better their lives. At the Camosun College Student Society, we're looking ahead and celebrating all the new and exciting experiences the new year will bring.

With a provincial election now only five months away, we will continue registering our students to vote, and we will also be providing voter education. If you have ever wondered what ID you need to bring with you to vote, or who the candidates are in your riding, we can help you figure that out. Of course we'll also be discussing election issues, such as funding for postsecondary education, the Enbridge pipeline, and tanker traffic on our coast, poverty, and more.

We are planning to be involved in the Idle No More movement as much as possible. This powerful movement seeks to honour and fulfill indigenous sovereignty that protects land and water. By working to ensure that the treaties that founded this country are upheld, this movement is a fight for human rights and democracy for all.

On top of all this, student clubs and constituency activities provide many more opportunities for students to become involved on campus. Whatever your new year is going to look like, we hope the student society can help make it a great year.

Happy 2013!

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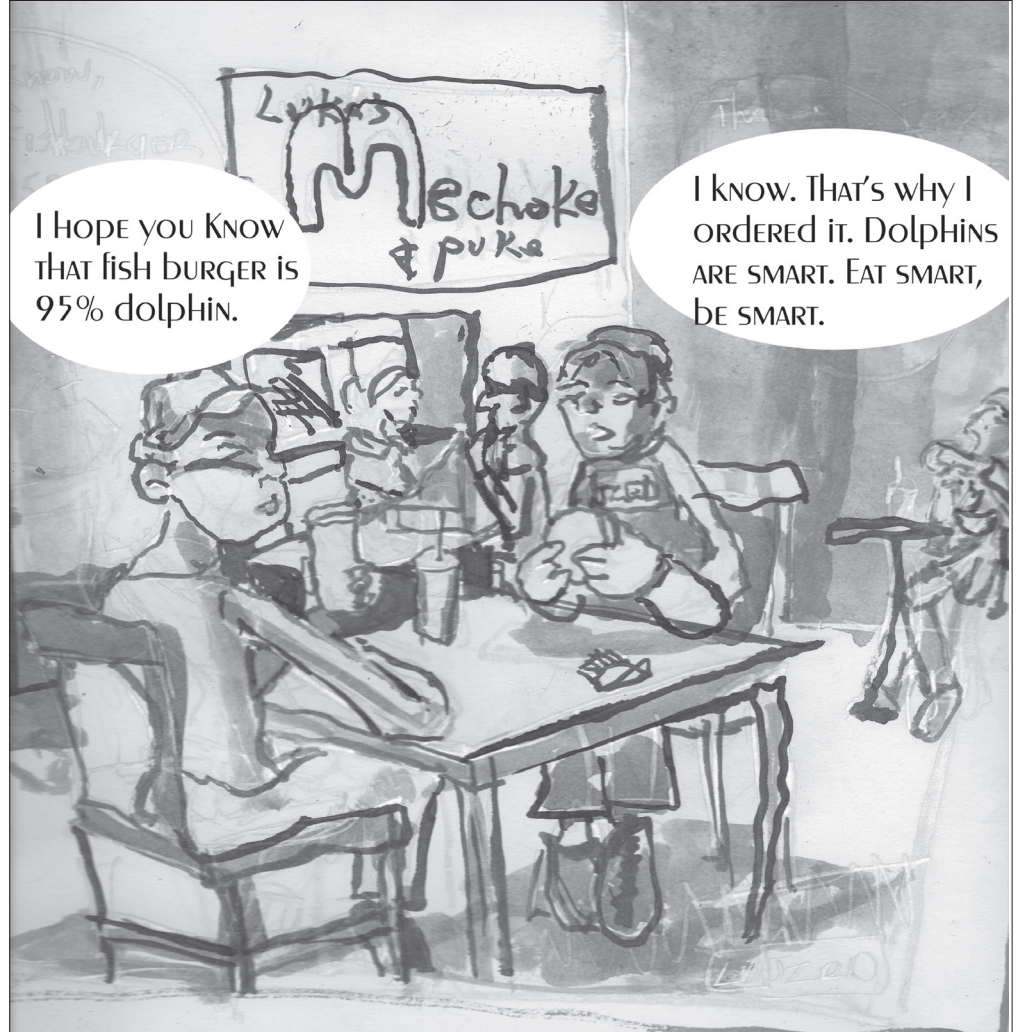
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Ski Ninjas By Kyle Lees (The Argus)



FRIDAY, JANUARY 11

Isobel Trigger, Milk, Smash Boom Pow, Weak Patrol

LOGAN'S PUB, 9:30 PM

Jason Lee skateboarded to a song by a band called Milk back in *Video Days* circa 1991. I'm willing to bet that none of the guys in the Victoria version have ever even heard of them. They recorded a tune called "The Knife Song" and then never bothered to record anything after that. It's really too bad. With deeply meaningful lyrics like, "It's about a beer, it's about a man, it's about a girl," their career could've skyrocketed. Instead the lead singer just ended up creating some TV show that became a movie with a couple sequels. Big whoop. I think it was called *Donkey?* No, wait a second, *Jackass*, that's it.

FRIDAY, JANUARY 11

Bonobo, Monolithium, Shrew

SUGAR NIGHTCLUB, \$20, 9 PM

I loved ninja movies as a kid. Kung fu flicks, too. It didn't matter how terrible the acting was in *American Ninja*, the disappearing smoke and the ninja stars ruled. They used to have classic kung fu on early Sunday mornings on one of the random Detroit TV channels we could pick up. I could never get enough. *Five Deadly Venoms*, *The 36th Chamber of Shaolin*, *Magnificent Butcher*... It didn't matter who was in the movie, it only mattered that there was some sweet overdubbing and amazing fight scenes. I tried to learn karate around that time, but it was too hard and took too long.

SATURDAY, JANUARY 12

The Ponderosas, The New Groovement

THE HIDDEN GEM, \$10, 9 PM

I lived on a street named Ponderosa when I was little. Actually, I think it was a "drive," not a street. It was on a big, long hill that you could really fly down on a bike or a skateboard. Except for the last bit, after it veered near the end of the block. It was too steep to risk bombing down because there was no way to make the turn at the bottom of the hill. You'd end up hitting the curb and flying into the bushes, breaking something, for sure. My friends and I would always take the trail to the next street over. The hill was mellower. My trucks were a lot tighter back then.

TUESDAY, JANUARY 15

Salva, Brenmar

LUCKY BAR, \$8, 9 PM

My youngest drools a lot. He chews on fingers and loves to suck his thumb. If you have friends that are about to have children or you're heading to a baby shower and aren't sure what to get, bibs are a no-brainer. This inexpensive gift will probably not get the biggest thank you at the time it's unveiled but I guarantee that if they are first-time parents they will call you months later to offer thanks. I'm not exactly sure how they do it, but babies produce an unexplainable amount of saliva, spit, puke, and other slippery things from the general area of their mouths. Buy something absorbent.

THURSDAY, JANUARY 17

WKND Warriors, Teaganbear, DJ Dunkaru, Cypress

UPSTAIRS CABARET, \$8, 10 PM

The first show I saw in the space that is now known as Upstairs was SNFU. I don't think it was still called Harpo's then. I know it was The Planet for a while, but I think this gig was before that terrible moniker. Regardless, this was a kick-ass punk show in an historic venue. At the time, I didn't care. I just wanted to hear "Reality Is a Ride on the Bus" and "Painful Reminder." I vaguely remember my buddy getting to sing a few lines to "Drunk on a Bike." Somewhere along the line Chi Pig tore apart a huge, pink stuffed bunny. At least I think it was pink. Or was it a bear?

THURSDAY, JANUARY 17

Johnny Vallis: A Tribute to Buddy Holly

CHARLIE WHITE THEATRE, \$29.50, 7 PM

There was an old episode of *Quantum Leap* that had the origin of Buddy Holly's tune "Peggy Sue" thrown into the story somehow. I don't remember much about it, but apparently the true inspiration for the song was actually someone on a farm calling a pig. Have you ever heard somebody do a hog call? Sooeey Piggy! Sooeey! How was I to know that the song was originally called "Cindy Lou" after Buddy's niece, and got changed to reference the future wife of The Crickets' drummer? That's some rock and roll history, folks.

WEDNESDAY, JANUARY 9

Interurban Mini CamFest

Join the holiday-hungover representatives of your Camosun College Student Society for a day of "handbooks, donuts, fruit, and information." Wednesday's festivities at the Interurban campus start at 6:03 pm (?), but we're going to use creative license and just say it's running throughout the day, so go grab some, um, handbooks, donuts, fruit, and information. A previous session on Tuesday at Lansdowne started at 2:48 am, which is completely hardcore and probably the wrong time.

WEDNESDAY, JANUARY 16

FarmBox order cutoff

If you want some veggie and organic goodies goodness, drop off your order on January 16 before 5 pm at either Camosun bookstore and you can pick up your very own Camosun FarmBox on Monday, January 21. Order forms are available at camosun-farmbox.wordpress.com or at either Camosun College Student Society office. Veggie power! Down with GMOs! Organic revolution! (Sorry. I get caught up in these things.)

THURSDAY, JANUARY 17

Information overload, Camosun style

Wondering about the college's 150-plus programs, but don't know where to start? Or, alternately, willing to pose as a prospective Camosun student for two hours in the everlasting quest for free coffee and carrot sticks? Look no further than Camosun's college-wide info session, happening at both campuses from 5:30-8 pm. Drop in on any program and see what's going on. Our money's on the Arts and Science drop-in at Lansdowne (6-7 pm in Fisher 244) but whatever yer bag is, there'll be something to check out. Go to camosun.ca/learn/info-sessions for more info.

MONDAY, JANUARY 21

The day that you do not want to forget

Head down to the your friendly neighbourhood student society office before 2:16 am today (okay, these times are definitely not accurate; any time is fine) to opt out of the student health and dental plan if you already have coverage elsewhere, like, say, a parent's or spouse's plan. There's really no good reason on Earth to pay for a health plan when you don't have to, so don't forget to pop by before January 21 during normal office hours (although showing up at 2:16 am would be pretty funny) to get yourself off the plan and save a couple hundred clams. Call 250-370-3696 for more info, or to leave a hilarious message at 2:16 am where you scream, "It's 2:16 am, why aren't you theeeeeeeerrrrrrrrr?!"

MONDAY, JANUARY 21

Camosun FarmBox pickup

Come grab your veggie and organic goodies today from Camosun's own little farm (so tempted to sing "Ol' Camosun's Farm" right now... okay, just did). Pre-ordered boxes will be available to pick up from 12-3 pm in the Fisher building lobby at Lansdowne and the Campus Centre lobby at Interurban. And, also, "come say hello," say the organizers.

FRIDAY, JANUARY 25

Holiday closure hoax

According to the Camosun College website, the college will be closed as of January 25 for a "holiday break." This is amazing news for those students who didn't quite get enough drinking and gluttony time in during their first holidays. We can only assume that someone on the college's website staff is using wishful thinking for a brand new holiday. We'll keep an eye on this most peculiar and stellar development.

Noms!

words and photos by Patrick Hallihan

Chicken pasta perfection

Hello, good evening, goodbye, and hello again! My name is Patrick Hallihan, and I like to eat, a lot. And I don't just mean in terms of how much I like eating, but the quantities I eat, as well. And I think many of my fellow students would share my joy of food, even if only to varying extents. But being a college student is tough enough on the wallet without an egregious food budget to deal with, so it's important to spend your edible cash wisely. But how does one do this? By reading food reviews!



I'll be doing a mixture of reviews of places in the Greater Victoria area I like to eat at (for anything from a quick lunch to a dinner date), as well as some recipes I enjoy making/eating. I'll keep three things in mind when writing reviews and recipes: quality, price, and ease. So, let's get some noms! (And, yes, I totally say that to people when I want to get food.)

This is one of my favourite dinners to cook on a budget: chicken pasta. It's fairly cheap, and if you bulk it out with some extra noodles, you can feed half-a-dozen people (or, if you're like me, yourself, half-a-dozen times). I'll also be including a recipe for a simple white sauce to go with the pasta. Prep time is about one hour, and feeds four, so bring your textbook to study between chopping and stirring! Here's what you'll need:

- Two boneless chicken breasts
- 400g of noodles (more or less, if you desire. I prefer penne, but in this iteration I'll be using rotini.)
- Vegetables (I used red and green peppers, a tomato, a stick of celery, and a portion of a yellow onion.)
- 2 tbsp butter
- 2 tbsp flour
- 1/4 tsp salt
- 1 cup milk
- spices (to taste)

First, preheat your oven to 325F, and line an oven-friendly pan with tinfoil. Now we need to coat the chicken in something. Today, I'm just using a dry rub of chili powder and coating the chicken in it. Once done, place the chicken breasts on the pan, and place

in the preheated oven. Cook for about 40-45 minutes, ensuring the chicken is cooked all the way through because no one wants food poisoning during school, as it will happen anyway during your midterms.

Next, get your vegetables ready.

Rinse them off, chop finely (carefully avoiding your fingers), and place in a bowl for later. Maybe chop some extra so you can eat some as you go. When choosing vegetables, grab what you enjoy, or whatever is handy from the fridge and seems vegetable-like. In this case, I used half a green and red pepper, a stick of celery, a tomato, and about 1/6 a yellow onion. Normally, I would prefer a Spanish onion, but this recipe is aimed at using what's handy. Place these to the side, we'll be keeping them raw, to give a nice crunch in the final product.

Grab a big metal pot and fill it with water (about four litres for 400g of pasta, or as the pasta package directs), and add about half a tablespoon of oil and some salt. Crank the burner to high and let the water come to a boil. At this point, you should be starting the sauce (see next paragraph). Once the water comes to a boil, add the noodles and cook until *al dente*, Italian for "to the tooth." Noodles should reach *al dente* around nine minutes, or as the package directs.

While the water is coming to a boil, start on the sauce. In a small saucepan, melt the butter, then add the flour and salt, mix, and then add the milk. Bring the sauce to a bubble on medium heat (about two minutes) and then reduce to low. Now add spices to taste. I put in a small amount of oregano, thyme, pepper, garlic, and some parmesan cheese, but experiment and find what you like. Allow the sauce to simmer and thicken for about six minutes. Make sure to stir occasionally, or you'll end up with a chunky mess burnt to the bottom of the pot.

At this point, everything should be finished. Drain the water from the noodles and add the vegetables to them. Ensure the chicken is cooked all the way through, and slice them up and add to the noodles and vegetables.

If any "chicken juice" is in the tinfoil, pour it in to the sauce: it adds a good flavour and the important fat content required for deliciousness. Lastly, pour in the sauce, and stir it all around until everything is a steamy, sauce-coated, delicious mess.

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