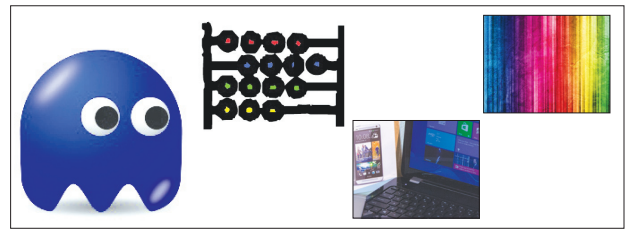


Nursing program changes: 3



Victoria's king of beer: 5



New columns galore: 11

NEXUS

camosun's student voice since 1990

september 4, 2013
issue 1 | volume 24
nexusnewspaper.com

#suicide#arabspring#distraction#careeradvancement#bullying#fun#careerdestruction#family

#change

social media: finding clarity...

...in the chaos

page six

A collage of various social media posts and news snippets related to the #change hashtag. The posts include:

- Revolutions Info**: #libya The Arab Spasm - American Spectator: The Arab Spasm American Spectator Much the same thing ha... bit.ly/...
- Kushniss Everdank**: miley should get her bangs back so she could at the current destruction of her career
- David Icke**: The 'Arab Spring', fake 'peoples' forces seeking to conquer the Middle East
- Tawakkol Karman**: It is no coincidence that all the recent presidents in the Arab spring countries...
- AI-Monitor**: Winners And Losers After Arab Spring
- Trevor Timm**: A touching piece by Tun Manning's leaks helped
- Foreign Policy**: ...
- Jurgen Appelo**: How to Use Social Media for Your Career Advancement
- Omar Offendum**: Remember that behind every image of a dead #Syria-n soul you are shown in the media, there is a story of struggle ... and a grieving family.
- Fatima Alkaff**: A family backs you up whenever you're attacked. A family you're coming back to no matter how far you've gone.
- Krystyn**: #1 is now obsessed with Olivia on Nick (thanks Rachel). But, really, it is quite funny. And, we can't say it's quite funny. And, we can't say it's quite funny. And, we can't say it's quite funny.
- Caroline**: I hate hearing about suicide stories. It's just so sad.
- Quilmis Silva**: ...
- Fatima Alkaff**: A family backs you up whenever you're attacked. A family you're coming back to no matter how far you've gone.
- Jurgen Appelo**: How to Use Social Media for Your Career Advancement
- Kristina**: @iCutShapes you just witnessed suicide
- Ogidan hollayincah**: Governor Killed In Afghanistan Suicide Attack
- Krystyn**: #1 is now obsessed with Olivia on Nick (thanks Rachel). But, really, it is quite funny. And, we can't say it's quite funny. And, we can't say it's quite funny.
- Jurgen Appelo**: How to Use Social Media for Your Career Advancement
- AmberBamber**: @Darian_Marie08 have fun! I'm jealous!
- Srikanth Duddu**: We'll share the latest update about 1D and eventually have fun! 1DLS in fav! Chintya, Utari, Gesha&Fav! Chintya, Utari, Gesha&Fav!
- Omar Offendum**: Remember that behind every image of a dead #Syria-n soul you are shown in the media, there is a story of struggle ... and a grieving family.
- Lex Ferenda**: @alderirish Wikipedia says it's the 4th largest city but I'm sure it's super fun, I had no idea it was so fun.
- jo**: Até quando sofrerei bullying por ser belleber até c'????????????
- Brayan Dabfarro**: @xkimmykushx to trying to go :/ Fuck
- Rachel Macdonald**: Twitter bullying is beyond a joke! #IfYouHaventGotAnythingNiceToSayDontSayIt
- Ander Martinez**: #NadaMasPerfecto Urbe haciendole bullying
- JOVITA**: Hahahahaha omggg the bullying is real right now
- Vanessa**: Mi mente le hace bullying
- Karen**: @ParaisoMentalJT @NathaliaIbague Esta bien no que me gusta hacer bullying. JAJAJA
- Jurgen Appelo**: How to Use Social Media for Your Career Advancement
- Kushniss Everdank**: ... she could at

NEXUS

camosun's student voice since 1990

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editor's letter Media blitz

About a year ago, I received a letter to the editor from a former Camosun student confessing to a social media addiction that almost sent him to jail. We never ran that letter, but I did find it to be very touching that someone would write to us about their devastating journey through the dark side of social media.

I wrote this issue's feature story (page 6), and I'll be the first to admit that I had a bias going into it: I'm nervous about where I see us going with social media. Don't get me wrong; I quite enjoy being on social media. I do it as part of my job here; I do it as a journalist; I do it as a family man. It's great fun, I engage in it pretty much every day, and it's a good way to meet new people, share some fun links, and then get on with your life.

I heard about the dark side of social media while putting this story together, fielding anonymous comments from people who said they've been harassed and abused online. But I never stopped posting on Facebook, tweeting on Twitter. It's not about rejection, it's about determination... and moderation. We welcome your comments on the story and the subject.

There are tons of other interesting stories to dive into here, in our first issue of the fall semester. We found out that our student society is mighty concerned about some changes to the nursing department's registration techniques (page 3). We talked to a Camosun prof in our ongoing attempts to introduce staffers to you (page 4). We daydreamed about beer (page 8). And, uh, we need some people to start up some new comics, apparently (page 11). Get in touch if you're interested!

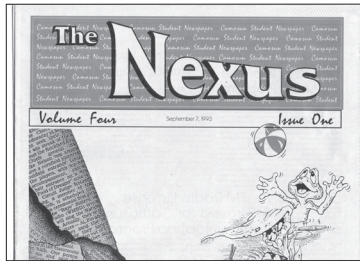
Actually, get in touch, no matter who you are. If you're a reader, we want to hear your thoughts going into this semester: what do you want to see covered in the paper? If you're an aspiring writer, we definitely want to hear from you. Looking to do some proofreading? Want to help us sell some ads? Get involved with your student newspaper: drop me an email.

And to the person who wrote in that letter coming clean about your social media addiction some time ago: this feature story's for you.

-Greg Pratt, editor-in-chief
editor@nexusnewspaper.com

flashback

20 years ago in Nexus



Silent airwaves: "FM Radio License Approved for Camosun's Communication Program," from our September 7, 1993 issue, tells a tale of Camosun's radio station, well, getting approved for an FM radio license. Given how events shook down the past couple of years and that the station's office is now an empty shell after it closed down and the Applied Communication Program went with it, it should be apparent that we read this old article with more than a bit of sadness in our hearts.

At least this is still here: The

article "Women's Centre Opens" talked about the opening of a new place on the Lansdowne campus where women can network, gather, and get connected with other women's organizations. The centre, now located in the Richmond House, was originally located down in the Fisher building in room 114a, a room that now appears to not exist... sounds like a mystery to us!

Ground = broken: A news article in this issue talked about the groundbreaking new registration system that Camosun had employed for that school year. And while we have no doubt that it was groundbreaking for the time, as anyone who's tried to engage in any sort of system where thousands of people are trying to do the same thing at the same time through an automated phone system knows: this rarely ends well.

open space

Canada's commercial flight scene dismal

I had a connecting flight in Tokyo from Korean Air to Air Canada, and the stark contrast in the service between the two was incomprehensible.

RYAN BREZZI
CONTRIBUTING WRITER

Have you ever noticed how Canada has absolutely no decent commercial airlines? First of all, it seems more than half the staff on Air Canada flights are old enough to be my grandmother and have probably been working there since the company started. Though, I have to give it to them, making it through countless overseas flights at that age is very impressive.

I've made something like 10 international overseas flights, countless domestic Canadian flights, and a couple to the US. No flight carrier compares to Korean Air. On Korean Air all the flight attendants constantly smiled, they were ready to help with anything, and they really appeared to enjoy their job. I had a connecting flight in Tokyo from Korean Air to Air Canada, and the stark contrast in the service between the two was incomprehensible. It was like warping through a culture shock, going from

young, smiling, happily helpful attendants to disgruntled, worn-out, careless demoneses.

WestJet isn't any better. Why is it that you have to pay for things that are akin to staple food items, like movies, on WestJet flights, when on the international flights you can watch movies and play video games for free until you're keeling over green? Inflicting such torture as having nothing but home renovation and cooking competition shows to choose from must violate some human rights law.

It's about time that there's either more flight carrier competition or a serious revamping of the commercial flight carrier services in Canada. It's not enough that outrageous flight costs basically pillage our pockets. No, on top of that they can't even hire people who can put on a smile and make the six hours of staring at the seat in front of you a little more hospitable.

Come on, Canadian airlines, is that too much to ask?

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

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

OVERHEARD AT NEXUS: "Can you recycle earwigs?"

COVER PHOTOS:
Gerry Hlieter, beer king: Provided
Stephen Bishop, nursing program: Greg Pratt/Nexus



Call, email, stop by.
We want to hear your story tips.

250-370-3591
editor@nexusnewspaper.com
Richmond House 201,
Lansdowne

NEXUS

SPEAK UP

What are you looking forward to the most this semester?

BY STACEY YOUNG



ANNA GRAHAM

"The golden leaves and the strong coffee."



GABRIELLE NIELSEN

"I'm looking forward to the new challenge of college and taking that on because it's fresh for me."



ZACH ANDERSON

"I'm looking forward to starting my nursing program and meeting all my nursing posse."



FARISHA ALI

"I'm just looking forward to the freedom that I'm getting of going to college for the first time. Also, getting my life started and doing what I want to do."



JOSHUA TAMBLYN

"Just getting back in gear and just smartening up in life. Going forward to the next chapter."



MATTHEW HELLIWELL

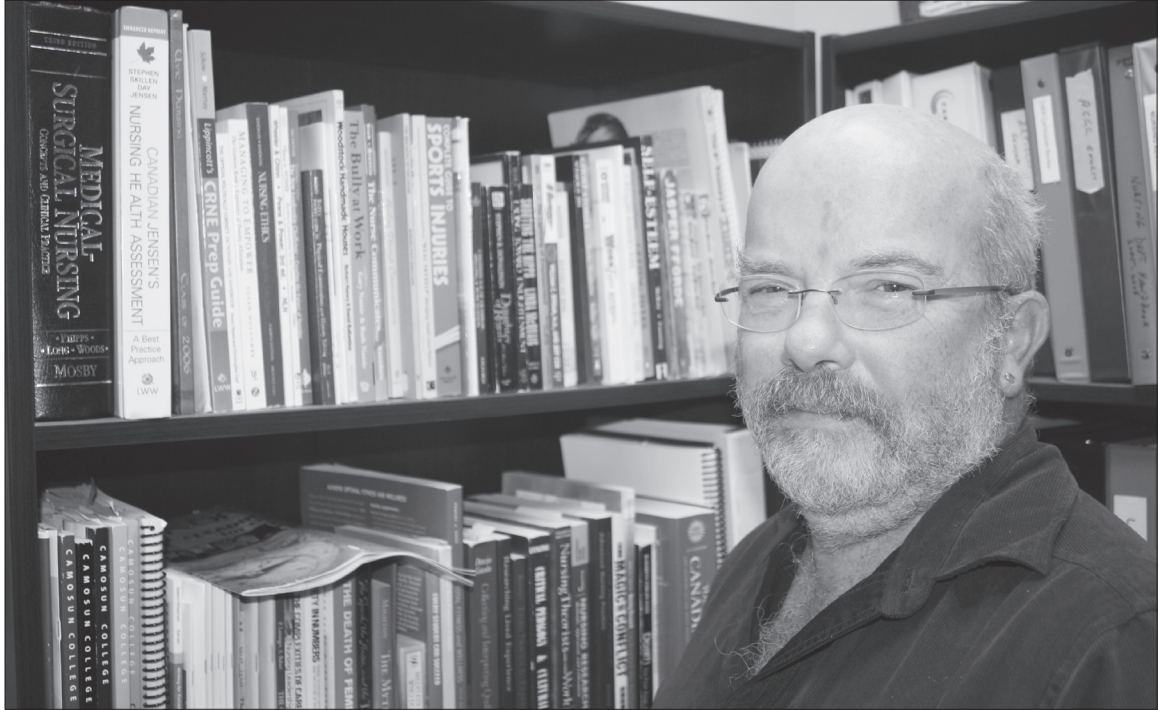
"This semester I'm mostly looking forward to meeting new people in Victoria and meeting new international students."

education

Camosun nursing program switches to competitive entry

“The purpose of bringing in competitive entry is to ensure that students who enter the program will be confident that they have the capacity to be successful in the program.”

STEPHEN BISHOP
CAMOSUN COLLEGE



GREG PRATT/NEXUS

Camosun College nursing chair Stephen Bishop says a competitive entry process will be fairer for students.

JASON SCHREURS
MANAGING EDITOR

Camosun’s nursing program will be even tougher to get into next year, when the popular and academically rigorous program switches to a new competitive entry process.

Final details need to be confirmed at the September 16 meeting of Camosun’s Education Council, and the college’s nursing program will begin assessing and interviewing new applicants at the end of the month.

Previously, the program used a first-qualified, first-waitlisted system that at times had applicants waiting more than three years for a spot.

Citing high dropout rates and academic weaknesses with under-qualified students entering the program, nursing chair Stephen Bishop says that the new competitive entry process is more in line with other Canadian postsecondary institutions and that it will be a fairer system for all prospective students.

“The purpose of bringing in

competitive entry is to ensure that students who enter the program will be confident that they have the capacity to be successful in the program,” he says, adding that, currently, approximately one in four nursing students at Camosun drop out before they graduate.

“It’s unfair to let someone invest years of their time and thousands of their dollars in a program that they don’t have a reasonable chance of success at,” he says. “We think it’s a terrible thing for our students to have to work through years in a program and then be unsuccessful.”

But the Camosun College Student Society (CCSS) say they are worried that the competitive entry process might provide too many barriers for some students, including grade-point average qualifications and an intensive interview process. They are especially concerned about those students who are returning to school after a long absence and those who use English as a second language.

“Camosun still needs to be fair to all students and give them all

equal opportunity, so if they do get through the process and nursing is what they want to do, I think that should be encouraged,” says Mindy Jiang, CCSS student Education Council representative for the Lansdowne campus, “even if English is not their first language, or they didn’t have the best marks or best experience in high school. It will provide barriers for students because not every student is given the same kind of opportunity.”

Currently, the goal is to get 160 of the program’s 192 students into the University of Victoria for their last year and a half of the degree program, but this has proven to be quite challenging without competitive entry, says Bishop.

Meanwhile, the chair of Camosun’s Education Council, Carly Hall, stresses that the college has developed an “educational standard around competitive entry” in order to make decisions on what programs the process is appropriate for.

“We just want to be really clear that there’s not a change to the

admissions process at Camosun, that the first-qualified, first-served philosophy still stands, but there have been some changes to how that is defined for certain programs,” says Hall.

Jiang says the CCSS is worried that once nursing moves to competitive entry, other programs may follow suit, but Hall doesn’t think it will become common practice in admissions at the college.

“I certainly wouldn’t expect it to become the standard. I think there may be programs where it’s appropriate, but there’s also a lot of programs where it’s maybe not appropriate,” says Hall.

Bishop says that qualifying students for the nursing program without an interview and consideration of their academic levels had put Camosun at a disadvantage because it was easier for applicants to get into the program, as long as they were willing to wait it out.

“So many well-qualified applicants who live in Victoria ended up going to schools in other parts of the province because they could get in

more quickly,” says Bishop. “And, to be blunt, some of the weaker students in the province applied to Camosun because they knew if they sat on the waitlist long enough, they could get in here.”

Bishop says he’s feeling positive about switching his program to the new entry process and believes it will increase the overall quality of Camosun’s nursing program.

“What we’re trying to do is encourage applicants to the program to come better prepared, and to assess that ability so that the students who enter the program have a very reasonable expectation that they can be successful,” he says. “Ultimately, I think we’ll end up with a process that is both more straightforward and fairer to the applicants.”

Bishop says that the college’s next step, after a couple of years of using competitive entry, is to decrease the number of nursing students taken into the program each year. This will provide smaller class sizes and better opportunities for hospital and clinical placements, he says.

NEWS BRIEFS

VIU to give free tuition to youth raised under provincial care

In a landmark decision, Vancouver Island University recently announced they will be giving free tuition to people who have been raised under the BC government’s care. They are the first postsecondary institution in the province to take up the challenge that Mary Ellen Turpel-Lafond laid down at a recent talk at the University of Victoria, where she said that schools should give free tuition to people who grew up in conditions of neglect and abuse in foster care or group homes.

Ride on

Pedalbox is a new mobile art gallery that is powered by bikes. You like bikes, right? And you like art, right? Well, holy cow, check this out: they’re currently accepting applications from artists 25 years and under. (You’re over 25, right? Uh, well, tough luck.) So email pedalbox@cvyc.net (say that three times out loud), or keep your eyes peeled for the mobile gallery when it pops up at its next location.

CRD going ahead with wastewater treatment program

The Capital Regional District recently confirmed they will be

moving ahead with their plan and timeline for the Core Area Wastewater Treatment Program. They’ve been planning for new waste treatment facilities since 2006; federal and provincial funding partners have committed \$501 million, and the facilities are expected to be in operation by spring 2018.

New public market opening at Hudson

As of press time, a new public market was slated to open at the Hudson development on Douglas Street on Saturday, September 14. Called The Victoria Downtown Public Market, the project has been delayed several times, but those

involved are confident it’ll finally be opening. The market will feature booths from several local food vendors. There will be spaces for people to eat their freshly purchased goods. The market will be open six days a week; head down at 10 am on September 14 to hear Victoria’s poet laureate Janet Rogers and check out lots of fun activities.

Weird Sooke discovery is awesome

A 100-year old stone bake oven was recently uncovered in Sooke. The oven, which is said to be from somewhere around 1911 to 1915, made food to feed workers making the Sooke flowline. This is an

interesting sociological and historical find, plus, finding a 100-year-old stone bake oven is just plain awesome.

-GREG PRATT

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

Contact us to find out how you can volunteer for *Nexus* (no previous experience required, and we help you every step of the way). Email editor@nexusnewspaper.com, call 250-370-3591, or stop by Richmond House 201, Lansdowne campus. For more info, go to nexusnewspaper.com/volunteer and read on.

camosun

Know Your Profs: Dianne Perry

GREG PRATT
EDITOR-IN-CHIEF

Know Your Profs is an ongoing series of articles helping you get to know the instructors at Camosun College a bit better. Got someone you want to see interviewed? Email editor@nexusnewspaper.com and we'll get on it.

This time around we caught up with nursing instructor Dianne Perry and talked about travel, judgmental attitudes, and French coffee.

1: What do you teach and how long have you been a teacher at Camosun?

I have been teaching nursing since 1984 and have taught in the classroom, lab, and hospital or clinical settings in Victoria and internationally.

2: What do you personally get out of teaching?

Providing excellent care to patients and their families is the most important part of my career as a nurse and a nurse educator. A nurse has the ability to make a difference to someone's life every day that he or she works. My nursing background has been in critical care, emergency, maternity, neurology, and tropical disease. I have worked in hospitals in the Arctic, Central America, South America, Africa, and Asia. As a nurse educator, I have been able to share those experiences with the students.

I especially enjoy the satisfaction of watching students enter into first year, working with them and seeing the personal and professional transformation that happens as they progress through the program.

As I get to know the students, I realize how much many of them have sacrificed to be here and how

hard they work to stay in this nursing program. I am humbled by their dedication and desire to become a nurse, despite some staggering obstacles. I have also had the distinct pleasure of working with so many of our fabulous graduates in clinical settings and now as fellow faculty.

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

That even with all my years of teaching, and no matter how well I have prepped, I still feel nervous before I begin to teach. What nurses do is so important and we need to get it right. Someone's life may depend upon it.

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

I have a wicked addiction to travel. I always carry my passport, in case there is a chance to get to the airport. At present I am in acute withdrawal, as I don't have an airline ticket in my back pocket. So if I don't turn up for class, well, I could just be...

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

I have loved the nursing program, but the best thing was when I was asked by International Education to assist in developing field schools for our nursing program. I was fortunate to help establish field schools in the Philippines, India, and Nepal. Others in Namibia and Tonga have also been developed by our faculty. It is truly amazing to take our students halfway around the world and have them working with the poor in a developing world hospital. Camosun's nursing program is one of the few in North America that offers this unique opportunity. Our faculty have presented at inter-



GREG PRATT/NEXUS

Camosun nursing instructor Dianne Perry: loves the outdoors, dislikes negative attitudes.

national conferences and published a paper on our international nursing student experiences. For me, it is the best of all possible worlds: nursing, education, and travel.

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

Our department lost a nursing colleague, Monica Clarke, to a tragic and sudden death. As nurses we are always aware of the fragility of life but the loss of such a vital, inspiring nurse, teacher, and dear friend was a very dark time for me, our faculty, and students.

7: What do you see in the future

of postsecondary education?

The future of postsecondary education needs to prepare students for a flexible, rapidly changing technological- and science-based world. Programs need a global perspective and students need to have strong critical-thinking skills. Students invest heavily in their education; they deserve a program that adequately prepares them to meet the changing needs of business, health care, and technology.

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

I spend time with family and friends. I love almost anything

outdoors, preferably on the water. Kayaking and sailing do nicely. I also have a terrific dog that always makes me laugh when we are hiking, biking, swimming, or camping.

9: What's your favorite meal?

I enjoy fresh, healthy, organic, and mostly vegetarian meals, but my very favourite is that first cup of delicious, hot, dark French coffee at sunrise.

10: What's your biggest pet peeve?

I find negative, judgmental attitudes and narrow-minded thinking very challenging.

NEXUS

Your student voice

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).

drinks
Victoria's annual beer fest brings all kinds

“Beer is just being recognized now by a whole generation of people who have grown up with craft beer as more than just beer.”

GERRY HIETER
 GREAT CANADIAN BEER
 FESTIVAL

SAMANTHA PETTIFER
 CONTRIBUTING WRITER

It is time once again for the Great Canadian Beer Festival, reminding Victorians that, yes, we are the Portland of Canada when it comes to craft beer. The local beer landscape continues to change, with new breweries opening every year across the province. Gerry Hieter, chairman and co-founder of the Great Canadian Beer Festival (GCBF), is excited by the quality of what BC breweries have to offer, and the festival is a way for Victorians to share that excitement.

These days, practically every restaurant in Victoria serves local brews, but this was not always the case. Although citing the reasoning as “purely selfish,” Hieter remembers wanting to hold a festival to

“increase the awareness for craft beers, thereby having the local bars and restaurants introduce more of these craft beers to their selection, so we could drink them ourselves.”

Beer has clearly made a dramatic comeback from when the only beers on most taps in Canada were Molson Canadian or Labatt's Blue.

“Beer got a pretty rough ride in North America for about 70 or 80 years. From prohibition onwards it turned into a commodity,” says Hieter. “What we have now is just only really getting back to where we were at the turn of the last century.”

Historically, Victoria is no stranger to a robust beer culture. The modern conception of beer, however, has changed.

Not only does today's beer come in all kinds of styles, it comes in flavours: Chai, Pumpkin, Hibiscus, and Vanilla Bean Espresso are a few of the offerings listed from the breweries appearing at GCBF.

Maybe some beer purists will be offended, but it's really a reflection of how far beer has come: it is a drink for all palates, unafraid of a little irreverence. Speaking of all palates, gluten-free beer spreads the love even further, showing how even brewers want their beer to be inclusive.

“Beer is just being recognized now by a whole generation of people who have grown up with craft beer



The crowd enjoying themselves at last year's Great Canadian Beer Fest.

PHOTO PROVIDED

as more than just beer: it's something you can sip reading a book, it's something you can drink with friends, it's something you can pair with cheese or chocolate and food. It's a phenomenon,” says Hieter.

Craft beer is innovative, but it also looks to the past for ideas. One tradition that is seeing small-scale revival is the method of service: beer drawn from casks, unlike the modern keg system requiring added carbonation.

“It's a return to the way beer

used to be served when it was alive,” says Hieter. “It wasn't filtered, it wasn't pasteurized; it was full of healthy little yeast cells and plenty of good stuff.” (Cask ales are still not very common, though there will be selections available at the festival.)

GCBF has a cross-Canada lineup of craft breweries, with some American ones as well. “We get a lot of grief if we don't bring in some of the American brands. Some of them are so good that we always

try to have some of them here,” says Hieter, adding that “there might come a day when we pretty much have [only] BC breweries,” due to the increase in their numbers.

The Great Canadian Beer Festival
 3-8 pm Friday, September 16
 and
 12-6 Saturday, September 7
 Royal Athletic Park
 gcbf.com

PEERS HELPING PEERS AT CAMOSUN

Camosun College International Peer Connection Program

- International and domestic students that join the Camosun College International Peer Connections Program receive training in cross-cultural communication skills that are invaluable for personal growth, cross-cultural learning, and career development and exploration.
- Peer Connections provides Camosun students with a unique leadership opportunity to help their peers while learning about culture and global perspectives from other students.
- Students in the program enrich their campus life intellectually and socially by learning from a variety of guest presenters and student-centered activities with a global focus.

Students interested in joining Peer Connections can attend one of the following information sessions:

Sept. 16 or Sept. 17 - 5-6 pm
 Lansdowne Campus - Wilna Thomas Building, Rm. 234

Sept. 16 or Sept. 17 - 12-1 pm
 Interurban Campus - CBA Building, Room 101

For more info, please email

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"How many teen suicides must it take before society wakes up to the need for social media reform?"

**Raffi Cavoukian,
author/musician**

#chno

Some people are saying social media needs a reform, before it reforms us. Others are praising its benefits. Sometimes, it's the same people. Inside the turbulent world of social media reform.

by greg pratt, editor-in-chief

It's mind-numbingly obvious that social media is a huge part of the lives of students today. Everyone knows about social media, most people partake in it, and it affects every Camosun student.

There are social media meetups. There are networking and career-advancing opportunities.

There was the Arab Spring.

There is also the destruction of self-esteem. There is endless distraction.

There are suicides.

There's confusion: do we believe it when we see a Facebook post where someone claims "for every share I'll plant a tree"? Do we believe every link that's shared on Twitter from a news blog that doesn't check its facts and has no credibility?

Every social phenomenon has two sides to it, and social media is no exception. While some students embrace it as a vital part of their future and their career-to-be, some experts are warning that if we don't change our relationship with social media, the consequences will be dire.

Take the bad with the good

Raffi Cavoukian is one of the people saying social media needs to go through a serious stage of reform, that we need to gain control of it before it gains control of us. The popular children's singer is also an advocate for change, and, as he points out in his new book, *#lightwebdarkweb: Three Reasons to Reform Social Media Be4 it Re-forms Us*, he embraces advances in technology, but he advocates reforming it.

The idea of reforming what has become such an enormous thing is a daunting one, but Cavoukian says that's no excuse to not do it, via regulation, like how other forms of media are regulated.

"The need to reform has to be weighed on its own merits," he says. "How realistic is almost a secondary question. If something needs to change, it must be changed. 'Are there good reasons to reform social media?' is the way I would approach your question, although I appreciate the question as you've formed it. How many teen suicides must it take before society as a whole wakes up to the need for social media reform for safety?"

In his book, Cavoukian cites three reasons why social media must be reformed: safety, intelligence, and sustainability. "Reforming social media without delay is critical," he says in the book. But before reform even happens, there are steps people can take to make social media a safer place. And while his book is geared towards parents who have kids, he says the advice in it also applies to adults.

"The advice for younger kids also holds true for college students," says Cavoukian. "Use social media wisely, with discernment, not compulsively. And never while drinking or in an altered state. Never while driving. Those points have to be made; that has to be your base from which you start."

And once you've started, think about what you're doing on social media, he says.

"When you're using social media, have your goal be to inform, to enliven, and to uplift," he says. "You can have a lot of fun; humour is a great thing we can share in social media. Not to harm. Always to uplift."

And while a person talking in catchphrases is usually a fast track to annoyance, with Cavoukian, his sincerity shines through as he urges: "Shine your light. Grow the lightweb."

Camosun communications instructor Lois Fernyhough says that the way to make social media a safer place is through education.

"We've talked in the past about media literacy; social media literacy, we need to work on that," she says. "Kids today have grown up with digital technology, and because they've grown up with it, they accept it, and they don't question it. So it's just assumed it does what it does, so people just take it for granted and perhaps don't realize how powerful it can be or some of the problems it can pose."

Fernyhough says that she teaches students that it's not always them using the technology... sometimes, it's the technology using them. The attitudes she faces when talking about this surprise her.

"I'm very surprised that college students are aware that there isn't much private on the internet, but they don't seem to be that concerned about it," she says. "I try to show them how corporations are using their personal information to sell them stuff online, and even that doesn't seem to faze them much."

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"Kids today have grown up with digital technology... they accept it, and they don't question it."

**Lois Fernyhough,
Camosun College**

Take the good with the bad

With all the bad comes good, according to some. Take, for example, Paul Holmes, co-founder of Victoria chapter of the Social Media Club and co-host of the annual Social Media Camp. Holmes established his first chapter of the Social Media Club when he founded Victoria's, and the Social Media Camp is the largest social media conference in Canada.

To say, Holmes likes social media. "I guess you could say that, sure," he says with a smile. "I was in IT for 20 years. I'm 40, and I was always interested in communications technology. When I was 13 years old, before the internet was something we did, I was running BBSes."

Holmes says that even though he's a champion of social media, he's not blind to its problems. Yet there's more positive than negative about the phenomenon.

"When I hear of some of the amazing things, and I spend a lot of time running these conferences every year, and I see the amazing things happening around the world with individuals and stuff using these tools and connecting with people, I still believe the positive far outweighs the negative. We as a society have to figure out a way to deal with the negative. Some of it's just going to be social changes."

Camosun's Fernyhough points to the Arab Spring as an example of how social media, on a larger scale, can do great things.

Twitter was used to bring together people who were opposing the Egyptian regime at that time, and other things that were happening across the Arab countries at

that time," she says. "Twitter was being used as a force to unify the opposition to the political regime and to organize the people and sort of get them to figure out, 'We'll meet here, we'll organize here, we need medical assistance there,' that sort of thing. So an instantaneous social messaging system can be used in those sorts of ways as well."

That's on a global scale; on a micro level, Fernyhough says that social media can be used to build positive communities, and to help advance potential careers through networking.

"Social media is a way for like-minded people to come together, and it can be for the purposes of evil, but it can also be for positive things," she says. "So it's a way for people to get together, to communicate, to share ideas. It can definitely be used educationally, and in a career sense, and you can build up a network of people who are working in the same area that you're working in, or, as a student, that you want to work in. So it can be a wonderful networking tool. You can meet and be connected to so many more people than if you, say, just went to a business mixer in Victoria."

The power is in our hands

It's very important to note that social media isn't all negative. It has the power to create incredible change on a global scale, can be utilized to help advance careers, and is just a lot of simple, mindless fun.

"Revolutions have started on social media," says Holmes. "The tools of human communication have become far faster and far more effective to reach wide audiences, and it becomes a very liberating tool in a very real sense around the world."

And it's also important to note that, ultimately, it's not whether social media has good or bad intentions. It's whether the people using social media have good or bad intentions.

"Bullying is a human problem, not a social media problem," says Holmes. "To imply that without the tool bad behaviour wouldn't happen is pretty naive. So in facing those challenges, we have to look at solutions that work within the framework of modern society."

For Cavoukian, it comes down to using the tools of social media wisely. He still hopes for a large-scale reform of safety and privacy issues with social media, but in the meantime, he says this: don't be stupid.

"Why would we use social media, anyway? What are we doing when we're using it? We're reaching out, making new acquaintances. Learning, sharing, right? But, again, when we do that with a conscious mind, rather than the compulsive dependency or addiction, which we don't want, that gives us the best chance to use the web in a smart way," he says. "You want to be a smart social media user, not a dumb one, to put it bluntly. You don't want to be social media stupid, because it's an unforgiving medium. You make mistakes on social media, and it's there for life."



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music

Steve Bays finds challenges in studio and bands

“That’s why I did the studio; I need to always feel like I’m moving forward and doing something different.”

STEVE BAYS
MUSICIAN/PRODUCER

JASON SCHREURS
MANAGING EDITOR

Steve Bays will be one busy and excitable guy come September 13 and 14, when he pulls double duty playing in two different bands on the main stage during the Rifflandia music festival. But this is really nothing new. After all, Bays is always busy, and always excitable, whether it be playing music or working in his Vancouver recording studio, Tugboat Pl. Studios.

Most know his name as leader of '00s dance-punk/indie rockers Hot Hot Heat, one of the most successful bands to ever come out of Victoria, but Bays also recently started a band called Mounties with songwriter Hawksley Workman and Ryan Dahl of Limblifter. And while Hot Hot Heat will make a return to the stage at Rifflandia after several years of not playing live shows, it will actually be Mounties' first live show.

Understandably, Bays is working on overcoming a few pre-return-to-the-stage jitters.

“I was kind of nervous about it at first,” he explains from his studio. “But it’s all coming back to me and it’s got me thinking about the

fun stuff. I’m thinking to myself, ‘I totally forgot I not only like playing live, but I might actually fucking love it!’”

Along with rehearsing for the upcoming performances, Bays has also been readying the release of a new Hot Hot Heat album, the band’s first since 2010’s *Future Breed*. In fact, he just got the masters a couple of days before we talk to him, and he’s been burning the 4-am oils for quite some time working on a number of different projects, including the release of an album by another one of his projects, Fur Trades. For him, a 1:15 pm interview is as good a wake-up call as any.

“Lately I’ve been so busy that the first thing I do when I wake up is music stuff. I usually wake up to a phone call from somebody in one of the bands, so I’m used to it... Mostly I’m just super stoked to take a sigh of relief that this new Hot Hot Heat is done,” he says of the album that he’s been creating, off and on, for the better part of three years. “I finally got the master and I didn’t think I’d want to hear it after all of that, but I put it on and actually flipped out. I listened to it three times in a row, driving around the city in my car.”

Bays says his music career shifted substantially when he built his own studio in 2010. Not only was it a way to take control of the recording process and work with a number of different musicians, it also gave him the infamous “real job” that many people who play in bands never get. Really, it was the best of both worlds for Bays.

“I just needed to feel like I could work a job and work for other people,” he explains. “It’s kind of freaky being a musician; even after having a bit of success there’s still that looming feeling of complete un-



BRENDAN MEADOWS

Steve Bays (left) gets a bro rubdown from Parker Bossley, the other half of Fur Trade, in Bays' studio.

certainty with every album. So I just wanted to know that I could learn a trade, partly because I wanted to be able to feel that I had that blue collar trade in me, but then also because if you’re a painter you want to be able to learn to use your paintbrush as well as possible. Figuring out how to present myself with a more fulfilled vision was a huge motivator for building a studio.”

While work has been steady from outside artists and collaborators, Bays says the biggest benefit of owning his own studio has been regaining control over his own music.

Bays explains that before he built Tugboat Pl. he would record with producers and engineers who didn’t always share his vision. And the demos he had already recorded and gotten attached to before going into other peoples’ studios wouldn’t always translate the way he wanted them to as finished products.

“By the end of it, it was a really frustrating experience because I just didn’t feel like I was quite getting

the ideas across as well as I could have,” he says.

When Bays got together with Workman and Dahl earlier this year to form Mounties, it was a completely different kind of energy than his work in Hot Hot Heat and his other projects. Three completely different musicians were coming together almost on a whim, but with the pressures of doing something outside the spectrum of what they were used to. It was a good challenge for Bays.

“I find myself always craving a challenge. And I think that’s why I did the studio as well; I need to always feel like I’m moving forward and doing something different, as opposed to saying, ‘Well, I know I do this one thing really well, I should just keep doing it.’ That probably would be a smart thing to do,” he chuckles, “but I just need to feel that things are always changing.”

Bays admits he’d like to someday find a path back to Victoria, maybe even work on a way to make his studio succeed in a smaller

market, having hopefully built up a substantial client base by then. But in the meantime he’s just excited, if not a little nervous, to return to his home city and play in front of a festival audience in the city that started his life in music.

“Victoria’s always been an awesome show for Hot Hot Heat. The last Rifflandia we played [in 2010] was so fun. The only thing I was nervous about was getting enough rehearsing in, but then I sat down with the songs and it felt like we had just played yesterday. We toured for years so a lot of it is muscle memory, which is what you want. The last thing you want to think about is how to play your songs, you want to save your brain for personality stuff onstage, so you can give the crowd a unique experience.”

Hot Hot Heat and Mounties
(at Rifflandia)

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film

UVic alumni finds success with movies and television, tries hand with crowdfunding



UVic grad and filmmaker Sam Dunn (right) with heavy metal legend Tom Warrior.

PHOTO PROVIDED

“The music is important to us and these stories are important to us.”

SAM DUNN
FILMMAKER



Dunn (left) interviews Cannibal Corpse's Alex Webster.

PHOTO PROVIDED

GREG PRATT
EDITOR-IN-CHIEF

When filmmaker, University of Victoria anthropology grad, and lifelong heavy metal fan Sam Dunn sat down with executives from VH1 to pitch his *Metal Evolution* television show idea, he must have done a good job. They bought it. (Considering Dunn had the strength of popular documentaries *Metal: A Headbanger's Journey* and *Global Metal* behind him, it's really no surprise.) The show was a hit, but there was one thing missing, one thing the suits didn't want to touch: an episode on extreme metal.

Death metal (bands like Cannibal Corpse, Morbid Angel, and Death), grindcore (Brutal Truth, Nasum, Napalm Death), black metal (Dimmu Borgir, Mayhem, Emperor): these genres make up extreme metal, and the powers that be figured it was just too niche and

too underground to have much of an audience on their networks, so they let Dunn make the series, with his Banger Films crew, but said no to an extreme metal episode.

Now that the series is done, Dunn—currently working on a feature-length documentary on shock rock icon Alice Cooper and a separate doc on the history of the devil in pop culture—has turned to metalheads to make the “lost episode” of *Metal Evolution* happen.

“It's the subgenre of metal that's pushing metal to the edge, and I think that that in and of itself encapsulates the spirit of all metal,” says Dunn about extreme metal. “And then maybe more from a sociological perspective, it's also important because it ensures that the foundation of the metal underground never collapses in the sense that metal came out of the underground—tape trading, factory

towns, suburban basements, the places that people didn't want to go to.”

Dunn and his team launched one round of fundraising through IndieGoGo and raised almost \$40,000, which paid for the first round of expenses (travelling around the world to interview main players in the extreme metal scene, as well as equipment and filming costs). Now he's hoping to raise another \$35,000 to cover costs associated with putting the episode together and releasing it independently.

“We learned a lot on the first campaign,” says Dunn. “We've never done something like that before. This time we're going to be much more active. We're going to be leaking brief excerpts from the interviews that we film as the campaign unfolds, to give people a taste of what we actually did.”

Those who knew Dunn while he

was at UVic say it makes sense that his movies have done as well as they have. Margo Matwychuk, assistant professor in UVic's department of anthropology, says she's not surprised that Dunn has achieved the considerable amount of success that he has.

“As an undergraduate student in anthropology at UVic many years ago, Sam stood out as an extraordinary student among a cohort of excellent students,” says Matwychuk. “Unusual for undergrad students at the time, Sam looked for and found opportunities to get involved in research projects being carried out by various profs and offered his insightful comments on a paper I was working on for publication. He was an exceptional student and person.”

Matwychuk goes on to say that Dunn's movies have an academic element to them that isn't pro-

moted but gives them a deeper element than a standard music documentary.

“While not marketed as such, his films are outstanding anthropological documentaries, or ethnographies, that record both a musical genre and a way of life for thousands of musicians and aficionados around the world,” she says.

For Dunn, it's all in a day's work, which is exactly what he's made his passion for metal: work. He's settled into a busy career making movies about metal, which is what he wants to be doing, whether the end result is crowdsourced or bankrolled by major networks.

“We try to create good quality work, because the music is important to us and these stories are important to us, and because this is what we want to do. This is our livelihood and also our creative pursuit.”



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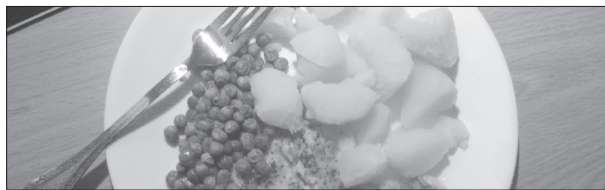
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Noms!

by Patrick Hallihan

Fish cheap and delicious



Fish is a great meal for dining on a budget with not enough time to actually cook anything. Fish is healthy, generally cheap, depending on where you shop, and very fast to cook. Tonight I just bought a basic fish fillet from the store, though my favourite is sockeye salmon, which can often be found for cheap as well. I also boiled some potatoes and nuked some peas to bulk out the meal. Total cook time was just over 20 minutes.

The longest parts of this meal are the potatoes, so peel your desired amount and cut them up. The smaller you cut them the quicker they cook, by the way. Put them in a pot and cover with water, with enough extra to keep the potatoes submerged as the water boils off, and add some salt. Put the stove on high and bring to a boil, reducing to medium once boiling and allowing them to cook for about 15–20 minutes.

As the potatoes come up to a boil, prepare your fish fillet. This part is pretty simple and there's no real need to get extravagant. Put some salt and pepper on the fillet, and you're pretty much good to go.

Once the potatoes reach a boil, that's your cue to put the fish in the frying pan, which should be oiled and preheated to medium; you'll hear the fish sizzle when it hits the pan if it's hot enough. As the fish cooks, you'll see it turn opaque on the sides and slowly spread to the middle; this is when you want to flip the fish. Depending on thickness, we're looking at about five minutes of cooking time.

You probably want to throw your veggies in the microwave about now as well. Finish cooking the fish for about another 4–5 minutes on the other side. If you're unsure whether the fish is fully cooked, you should be able to flake it with a fork

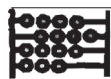
or spatula, with the insides being opaque and non-translucent.

Slap your potatoes, veggies, and fish on a plate and you're done! This should have taken you about 20 minutes to do, depending on the thickness of the fish, and it tastes delicious.

Better yet, this meal probably cost me around \$5 to make, with the fish coming in at \$3.12 on its own in this case.

As we, the student body, collectively prepare to sell our souls to the homework devil once again, bracing for the state of constant hunger and exhaustion as we enter a comatose state for roughly the next four months, it's important to get those cheap and easy meals where we can.

So pick up some cheap fish and potatoes to keep up your strength: you're going to need it. The relentless onslaught of school is coming for us, my friends.



Gaining Uplift on the Downhill

by Danelle Harris

Mature students to gather

“What? I'd never do that.” “Good on you!” “You're brave!” “That's scary!” “I'm jealous.”

These are a sample of reactions I've received from people when I've told them that I'm going back to school after being out of school for over 20 years. I hadn't even gotten to the point of telling them what I was going to study when I went back to school.

Now, after two semesters of full-time school, I've come to the conclusion that it's not an easy thing to do, this going back to school as an older student. It's actually really, really hard: the feelings of displacement and awkwardness; getting dormant brain cells reactivated; juggling competing priorities of

school, work, home, children, and aging parents; ongoing financial challenges; and nurturing that key ingredient that keeps everything humming along—energy.

Some of the older students I've met here at Camosun have offered up these little gems as some of the concerns that they grapple with. The term “older student” is accurate and descriptive, though some people may cringe upon hearing it. But, it's true: I am older than the average student population.

Camosun doesn't appear to have any social networks or supports explicitly focused on the older student. At least I've not encountered or read about anything yet.

However, that doesn't mean that

something can't be started here.

How about starting an informal social gathering of older students? How about the initial gathering of older students occurs on Wednesday, September 18 at 2 pm in the cafeteria at the Lansdowne campus? I'll bring coffee, tea, and treats, and a good ear for listening.

When does one start being an older student? I don't know. How do you feel compared to your classmates? How do your goals, aspirations, challenges, and experiences compare with theirs? Does being an older student begin at age 27? 30? Over 35? You decide.

Hope to see some of you older students on September 18 in the cafeteria.



Age of Geeks

by Vishal Pandey

Smartphone competition heats up

There's absolutely no shortage of tech stories in this era. Some of us sleep with tech news in our minds and wake up in shock at how it changed overnight. Well, that's a bit of overkill, but, still, technology keeps changing rapidly and it's up to us to keep up with it. In this column we will keep you updated with the latest advancements and stories from various segments of day-to-day technology.

For now we have some very interesting news coming from our beloved smartphone segment. These are the stories you shouldn't have missed:

iPhone Reuse and Recycle Program

Apple really did it right this time. Apple's rumoured “recycle” or “trade-in” program is all set to launch during early September. Word has it that almost every iPhone

is eligible for trade-in. So now you can trade in your existing iPhone for Apple credits and use those credits to get a new iPhone. Well, that's something to look forward to, isn't it? Thank you, Apple!

Rogers slashes Motorola Moto X price

The much-anticipated MotoX is finally here, and it's exclusive to Rogers. But it looks like it's not gaining as many sales as Rogers anticipated, so they have decided to cut back its price by \$20. Let's see if that's going to work for Rogers, keeping in mind that American telecommunication giant Verizon is knocking on the door.

Google refunds \$100 on Nexus 4 purchases

Did you buy a Nexus 4 recently? Then you might be shocked that Google decided to slash its prices after you bought it. Well, my friend,

it's time to cheer up. Google has decided it will refund \$100 to all customers who bought the Nexus 4 after August 12. But you only have until September 12 to file a refund.

Verizon knocking on Canada's door

Not sure if it's something to cheer about or feel threatened about. Although Verizon's arrival in Canada is not confirmed yet, it has still shaken our big three: Telus, Rogers, and Bell. The big three have started offering lucrative deals to its new and existing customers by introducing better plans and mouth-watering promos in anticipation of a possible price battle with Verizon.

Join us next issue when we see what our favourite tech giants have in store for us for the fall. Maybe some nice surprises? Or some shockers? Either way, geek out!



Gameplay

by Stacey Young

Fall games good distraction from studies

It's a brand new semester, which means we are back to fixating our brains on homework, exams, and the never-ending studying. Sometimes we need to take a break from all that schoolwork and have a moment to unwind, even just an hour to ourselves. So why not kick back, put our feet up, and unwind with a video game?

Let's take a peek at what's coming this fall:

Dead or Alive 5 Ultimate

Dead or Alive 5 Ultimate is the latest addition to the *Dead or Alive* series. It will include some features from the PlayStation Vita's *Dead or Alive 5 Plus*, such as the “move details plus” and the tutorial mode.

But that's not all. *Dead or Alive 5 Ultimate* will have a new gameplay feature called Power Launcher, which is similar to the *Dead or Alive 5* Power Blow, but the difference between these two techniques is that Power Launcher allows the player to continuously damage their opponent while the opponent is in the air.

Dead or Alive 5 Ultimate will add five new or returning characters and will be offering a wide collection of costumes: 231, to be exact. Also, it features a 2-on-2 tag mode, which allows the gamer to team up with a friend and challenge other play-

ers, either on the same console or online.

And let's not forget the environmental interactions that all *Dead or Alive* fans love, where the player can send their opponent flying and cause a destructive chain of events.

This fighting game was released on September 3 on the PlayStation3 and Xbox 360.

Diablo III

Yes, it's finally here. *Diablo III* was released for the PlayStation3 and Xbox 360 on September 3. The game will continue to use the fundamental mechanics from the first two games and is set in a dark fantasy world called Sanctuary.

After 20 years of peace, evil rises once again. Players choose from one of five character classes—barbarian, demon hunter, monk, witch doctor, or wizard—and act as the hero that saves the world from darkness.

Players can either play solo or choose the four-player co-op feature, where players team up with friends on the same console or invite other players from online to work together towards a common gaming goal.

If you're seeking adventure for the weekends, *Diablo III* could be the game for you.

events

by greg pratt

UNTIL OCTOBER 4

Creature feature

Creature Comforts is happening now. What is it? Good thing you asked! It's an exhibit going down at the Maritime Museum of BC until October 4, showing what it's like for animals who live at sea. Dogs on boats? Geese on boats? Reindeer on boats?! Hold on, reindeer are real? See mmbc.bc.ca for more info.

SATURDAY, SEPTEMBER 14

Farmbox fun

Head down to Cafe Solstice (529 Pandora) at 11 am to see how you can get more involved in the local food movement. This is a meeting of the Camosun Farmbox group, and it goes down until 1 pm.

FRIDAY, SEPTEMBER 6

Golf... for charity!

Well, why not? You can do anything for charity these days. Might as well be golf. I've never actually golfed. I don't know, there's just so much to do. My to-do list is outrageous. I used to have a physical list, now I just remember it all in my head. Or, you know, forget it all. I'm not quite the man I used to be. Anyway, Cordova Bay Golf Course, benefit for Victoria Cool Aid Society, more info and registration at drivetoendhomelessness.ca or 250-383-1977.

THURSDAY, SEPTEMBER 12 TO SUNDAY, SEPTEMBER 15

Riff time

Just in case you had an urge to see Courtney Love recently, she's playing this year's popular and successful Rifflandia music fest, along with a zillion other acts, including Big Boi, Edward Sharpe and the Magnetic Zeros, Death From Above 1979, and many more. Info: rifflandia.com.

MONDAY, SEPTEMBER 16

They are the walrus

The Walrus is one of Canada's best magazines, so we're excited that The Walrus Talks series is coming to town. Head to the Belfry Theatre to hear eight deep thinkers talk for seven minutes each (and long for the days when people could talk for more than a handful of minutes at an event... but I digress). Call 250-385-6815 for info or to buy tickets, which are \$25.

TUESDAY, SEPTEMBER 17

Farmbox deadline

If you want to pick something up at Camosun Farmbox's pick-up market on Monday, September 23 (12-3 pm, Fisher courtyard, Lansdowne), today is the deadline to let them know! Pre-pay \$19 through the bookstore or CCSS offices. See camosunfarmbox.wordpress.com for more info.

WEDNESDAY, SEPTEMBER 25

Galactal pop

We're only sort of sure that “galactal” is a word, but here's what we do know: The Centre of the Universe recently closed to the public, and that's a huge blow. Come down your sorrows at Lucky Bar while listening to Young Galaxy's shoe-gaze pop. Or, as those promoting them would say, their songs of “azure longing.” Sounds fun! Haha, no, I'm just kidding, it doesn't sound fun. But, I fully recognize and understand the power of longing in music and the wonder and greatness of seeing said music performed in a live situation. As for tossing around the word “azure,” well, that's a funny thing to do! It's interesting, the older I get, the less I want to hear music filled with longing of any kind. I've heard about this phenomenon. Maybe because you get more... hey, you still reading?

Camosun College Student Society columns



In Search of Lost Time

by Daphne Shaed
camosun college women's center

Women's resources available on campus

Since 1993, the Camosun College Student Society has been providing a welcoming environment for self-identified women on campus. A self-identified woman is anyone who identifies as a woman; this includes trans-women, gender and/or sex transitioning, and natal females or intersexed individuals.

The support provided is multi-dimensional; there is a "safer space" on both campuses to provide an area for self-identified women to meet, share, and support one another with respect and understanding, and there is the collective at large.

The Women's Collective is a feminist group that promotes solidarity and social justice advocacy. We recognize the marginalization of self-identified women through the forces of patriarchy, ongoing colonialism, gendered violence, racism, heteronormativity, covert

discrimination, xenophobia, capitalism, and other complex identities and systems of oppression that jeopardize the lives of women in Canada and beyond. No experience is required and involvement in the collective is not expected.

The Women's lounges provide free coffee and tea, a quiet, cozy environment to study, chat, or relax, a fridge and microwave, and a phone.

Most importantly, the collective is where lots of interesting, creative, and delightful friends can be made. There are also numerous workshops and activities throughout the school year.

The lounges are located in Richmond House 102 at Lansdowne and Campus Centre 133 at Interurban. Please phone 250-370-3484 or email womens@camosunstudent.org if you have any questions.



Ability's Muse

by Rachael Grant
camosun college students with (dis)abilities collective

When diagnosis becomes an identity

There is value in diagnosis; it can be a source of comfort and a means to guide treatment. A diagnosis should be a way of defining a specific set of symptoms. But when a diagnosis becomes an individual's defining trait, a dangerous line is crossed. Who we are as individuals becomes compromised and we are reduced to little more than a label.

The child playing in the park isn't an epileptic, and the neighbour across the way isn't a schizophrenic.

That child has epilepsy, and that neighbour has schizophrenia, and the minute we as individuals start identifying ourselves and others as a diagnosis first, and a human being second, we have taken away from the very identity of whom we speak of, boiling down the multifaceted human self to an often negative and even stigmatic identity.

When a label is assigned to an individual it can be demeaning, and although the notion that labels

are empowering thrives in many circles, this mentality doesn't apply to everyone. We as a society deny the richness and complexity that we each hold, simply in the language we use, and our attitudes and beliefs tend to follow suit.

To label is to refuse the very essence of who we are: a multitude of abilities, experiences, and passions. We are each so much more than a diagnosis. Don't be the label that we as a society are so quick to assign.



Queerly Forward

by Piotr Burek
camosun college pride collective

Welcome back from Pride

The Pride Collective, a constituency of the Camosun College Student Society aimed at serving the queer community on campus, is made up of a fantastic group of people. These people are getting pumped for the fall semester with exciting plans for workshops, get-togethers, parties, and all sorts of random stuff. These plans are made at the collective meetings, which often take place in the Pride lounge on Lansdowne campus.

The Pride lounge is located on the first floor of the Richmond House. Everyone is welcome to attend the collective meetings, where snacks (seriously, snacks)

are served: can't beat that. The first collective meeting of the fall semester is on Friday, September 6 in the Pride lounge. We will, of course, be serving... snacks.

If you can't make it to the meeting, come by the Pride lounge and make some friends, relax, hang out, read some rad queer books, drink some tea, study, or find out when we'll be having the next meeting. Join our Facebook page or mailing list for news about events organized by the Camosun College Pride Collective.

We hope to see some new faces and ideas this semester. And remember: snacks!

A MESSAGE

FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

by Simka Marshall
ccss external executive

CCSS has lots to offer

Welcome back, students! The Camosun College Student Society (CCSS) has been busy this summer planning for the upcoming school year. The CCSS represents the interests of more than 8,000 students at both the Interurban and Lansdowne campuses through advocacy, services, and events.

Camosun students have access to many services provided by the CCSS and the Canadian Federation of Students.

For hungry students who are strained financially, there's a student food bank located in the Fisher foyer at Lansdowne and in Campus Centre 111 at Interurban.

We also offer funding and support to those who wish to start their own clubs on campus. For students on campus in the evenings, there is the Walk Safer program, with volunteers available to escort students safely to their destinations.

For those with the travel bug, Camosun students can sign up for the internationally accredited International Student Identity Card (ISIC). The ISIC provides full-time students with discounts on transportation and accommodation while travelling abroad. These are only a handful of the great services provided by the CCSS.

Getting involved with the student society is a great way to make friends, network, and build skills. Camosun students are able to sit on a number of CCSS committees with voting rights, including Campaigns and Advocacy, Special Events, Organizational Development, and Finance.

There are also different constituency groups that students can be a part of, such as Pride, the First Nations Students Association, and the Women's Collective. These groups plan events, work on campaigns, and provide safe(r) spaces for students on campus.

Finally, the CCSS is always looking for volunteers to help out at our events throughout the year.

If you have any questions about the services we provide or if you would like to get involved, please feel free to stop by our offices and chat, or send an email to external@camosunstudents.org. We wish all Camosun students a happy, healthy, and successful semester!

NEXUS

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Web-exclusive stories are constantly going up at nexusnewspaper.com



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NEXT PICK-UP MARKET:
MONDAY SEPTEMBER 23rd
12-3pm FISCHER COURTYARD
ORDERS IN BY: Tues, Sept 17th

Farmbox (noun): A collection of locally grown, organic fruit and vegetables available to everyone on campus on a bi-weekly basis.
No mark ups, no bull****, straight groceries.

www.camosunfarmbox.wordpress.com
*FACEBOOK*TWITTER* Join the Crew @ our next meeting!

Find Your Voice. Speak Your Mind.
Lan: 6:45 PM Thur, Paul 216 Int: 5:15 Tue, Campus Ctr 320
Info on the web: <http://camosuncollege.toastmastersclubs.org>

You draw comics

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

NEXUS

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

Submit samples to:
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UNO MAS FRIDAYS

ONE MORE...KISS LAUGH DRINK DANCE
9PM DOORS
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TEQUILA SAMPLING 9-11 PM
\$3⁵⁰ DRINKS
\$4 TEQUILA

Top Shelf Saturdays

PREMIUM PRODUCTS
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DJ'S MARSHALL A & REIGN
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