



**DAMAGE CONTROL**

Camosun is searching for some solutions to funding problems after announcing cuts.

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**SOUND OF OBAMSAWIN**

Famous aboriginal storyteller and filmmaker finds understanding in listening to other peoples' stories.

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# ADVENTURES IN HOMEMADE



ALEX HARO



budget

# College searches for funding solutions

“We’ve got to the point where there’s nothing left to cut without impacting programs or core services.”

**PETER LOCKIE**  
CAMOSUN COLLEGE

**RENÉE ANDOR**  
STAFF WRITER

College administration is doing damage control after recently announcing reduced intake for six programs and the elimination of 19 staff positions in order to balance their 2011/2012 budget.

The adult basic education, tourism, business administration, and engineering graphics technician programs will have reduced intakes next September, and the applied communication and dental hygiene programs will have reduced intakes in September of 2012.

The reduced intakes for some programs could be as much as 50 percent; a total of approximately 245 potential student seats could be gone next year.

And the cuts only balance next

year’s budget. To balance the budget for the following year, cutting full programs is a possibility, according to college president Kathryn Laurin.

“What we’ll start to do in the fall is take a look at how we’re going to put together the budget for 2012/2013 and look at what possibilities are there,” says Laurin. “We may have to bring some programs forward for cancellation.”

Academic upgrading student Freddie Dailly is in her first year at Camosun and now she’s worried about the future.

“Next year I’m still going to be here again, so I hope they still have some good classes left over,” says Dailly.

Laurin says students will also see a reduction in services due to the 19 eliminated positions; less staff at the registration desk is one possibility.

Other cut positions include two college administrator jobs, 10 from the Camosun College Faculty Association, and five CUPE support staff positions.

Camosun’s chief financial officer Peter Lockie says flat government funding for the last three years, with three more years a probability, combined with inflation, is the problem.

“We’ve got to the point where



EMILY LAING

Students protesting rising tuition fees at a recent rally in Victoria.

there’s nothing left to cut without impacting programs or core services,” says Lockie.

Minister of advanced education Naomi Yamamoto says that institutions are responsible for managing within their budget.

“I’m confident that the budget decisions made by Camosun will ensure a continued high standard of education for students while respecting the need to be fiscally responsible,” says Yamamoto.

Yamamoto points out that funding for Camosun has increased by 36 percent since 2001, but Lockie says that the rate of increase hasn’t kept up with the rate that operating costs have risen.

Yamamoto says additional funding has been set aside for certain health and skills programs and many institutions will see increases in funding during 2011/2012, but she doesn’t say if Camosun will receive additional funding.

Meanwhile, the college is looking for other ways to generate revenue. Besides tuition increasing by two percent next year, as it has every year since 2005, parking costs will increase by 25 cents per four hours of parking.

Laurin says the school is also looking at expanding its international student base, a big revenue generator.

“It’s going to be a focus as we

move forward,” says Laurin. “We need to be more creative, more innovative, and more entrepreneurial in those areas.”

While Laurin says “we are not victims,” she stresses that the pressure needs to be kept on government to help properly fund postsecondary education.

Camosun College Student Society external executive Matteus Clement agrees with Laurin that the pressure needs to stay on.

“We’ve just got to keep hammering at MLAs,” he says. “Education is not an expense; it’s an investment. Next year it could be an entire program and it could be your program, so take action.”

environment

# Camosun student puts twist on green

**RENÉE ANDOR**  
STAFF WRITER

How do you know you’re making the most change possible?

This is the question Camosun student Liam Hildebrand asked himself a few years ago when he first wanted to get involved in the environmental movement in Victoria.

The problem for Hildebrand was that he couldn’t figure out exactly how to get involved in the movement.

After a couple of years’ research and going to any and every event

surrounding Victoria’s movement, he created a non-profit organization called Integreen.

Integreen.ca connects all the different local environmental organizations, and is a one-stop-shop where individual users can find information on each of the organizations to see where they can best fit into the movement.

This is the first organization of its kind in Victoria, and Hildebrand sees a great need for it.

“It’s incredibly important for the non-profit and volunteer community to work together collaboratively

to make sure that we transition into a sustainable world as quickly as possible,” says Hildebrand.

He says the growth of Integreen has been slow since its launch in February 2010, so in February of this year he started the Action First Concert Series in an effort to get the word out.

People now have the chance to get involved in local environmental organizations by joining one-day work groups in a series of 10 environmental actions; anyone who takes part receives a \$25 discount on tickets to the Hannah Georgas

concert at the Victoria Event Centre on April 9.

Full-price tickets are \$40, and all of the concert proceeds go to Integreen.

Although the action initiatives are finishing up now, Hildebrand has decided to include two extra opportunities. He’s saving one as a surprise, but has announced a work party at Woodwynn Farms on April 2.

Woodwynn Farms is a therapeutic community for the homeless to get off the streets and turn their lives around by helping out on the

organic farm.

Volunteers at this action event will get their hands dirty preparing garden beds and helping to clean up winter debris on the farm.

Hildebrand says he hopes Integreen will become a central hub for the environmental movement in Victoria, and that the people of Victoria will work together to ensure the greatest impact.

“As a society and as individuals we need to be able to go beyond and start making a positive difference in the world,” says Hildebrand, “not just being carbon neutral.”

## SPEAK UP Who would you like to be and why? BY JINA MOUSSEAU



**DANA BELL**  
“I would be someone pregnant, maybe Natalie Portman because she’s cute. I really want to have a baby.”



**WHITNEY NICHOL**  
“I’d be Stanley Kubrick because he’s genius and psychotic and he is my favourite director of all time.”



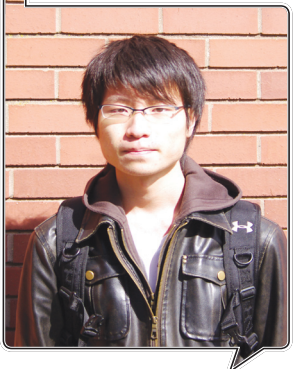
**LIAN LIU**  
“I think I just want to be me. I’m happy and lucky to be where I am, and what I am.”



**DANIEL IPPEN**  
“Superman. Because he is one person who has the power to instigate change, and he has to combine that with the responsibility to know when to do so.”



**RAFAEL CHICOPA**  
“The one who got the Nobel Peace Prize, Pearson. That is a good cause for me, having peace in the whole world is great.”



**RAYMOND LAU**  
“I would be the owner of IBM, because I can think of a better future for the company and have a lot of ideas about where it could go.”

## student issues

# Insurance company angers students

“We have a problem where some students feel uncomfortable with a rep coming to their home, but that’s how the business runs.”

**STEVE ORCHERTON**  
AIL INSURANCE

**EMILY LAING**  
STAFF WRITER

Two Camosun students say a Camosun College Student Society (CCSS)-endorsed life insurance company has been harassing them with phone calls and proposed home visits.

The CCSS signs up all Camosun students with a free accidental death and dismemberment policy every September through American Income Life Insurance (AIL), but a contest form on an AIL response card has created some confusion among students.

“Although I don’t remember signing up for this policy, there was a contest I signed up for, which happened to be the respond card for AIL insurance, stating in fine print at the bottom,” says environmental technology student Shayn McAskin. “I find this misleading.”

The response card in question included a draw for an iPod Shuffle, which was given away during CamFest in September.

Since filling out the form, McAskin says he’s been repeatedly called by an AIL representative who tried to sell him other insurance products.

Another environmental technology student, who prefers to go unnamed, was recently approached by an AIL rep to come to their home. The student is upset that the company pushed themselves in to where they live.

“So, he arrived and sat in my living room,” says the student. “I was not very comfortable, but he had said that Camosun set it up and that he had to come to my house.”

The student wouldn’t sign anything and told the rep that he could give his talk and leave the papers for the student to think about.

“At that point, he swore and said that he was upset because he had to drive all the way out to my house.”

AIL public relations representative Steve Orchardton is unaware of this behaviour.

“I’ve never heard of a complaint of this nature,” says Orchardton.

According to Orchardton, students who fill out and forward a response card displayed in the CCSS student handbooks automatically receive a follow-up call.

The purpose of the call is to set up an appointment to deliver an insurance certificate for the free coverage, and to see if students are interested in purchasing other insurance products.

All students have access to the accidental death and dismemberment policy, free of charge, whether or not they return a response card.

“Our job is to call students who



EMILY LAING

**Camosun student Shayn McAskin says he’s been harassed by AIL.**

fill out the response card given to us by the CCSS, but our company doesn’t want to contact people who don’t want to be contacted,” says Orchardton. “We have a problem where some students fail to recollect returning the card, or feel uncomfortable with a rep coming to their home, but that’s how the business runs.”

AIL representatives call hours are between 9 am and 9 pm, including weekends. Orchardton says there’s no obligation for students to meet with a rep, but he insists a certificate must be delivered to students who return a response card.

The CCSS has been dealing with the company for five years and CCSS director of operations Michel Turcotte questions why students are upset.

“We never release student contact information without permission,” says Turcotte. “We value our relationship with AIL as they

support us and several communities across the province. They’ve always responded to and resolved any type of conflict.”

Turcotte says that he is aware of reps being verbally abusive to students in the past, but is keeping the communication open between the CCSS and AIL to avoid future issues.

“We have had problems with aggressive AIL employees in the past,” he says, “but we’ve refined our procedures and developed a protocol to avoid future problems.”

Orcherton believes the student complaints are just a simple miscommunication, and says that harassing students is never their intent.

“We’re dealing with human beings and sometimes communication can get messed up,” says Orchardton, “but we’re taking all the right steps to make sure all members of the society are happy.”

## NEWS BRIEFS

### Maclean’s recognizes Camosun

A unique program at Camosun College received recognition this month in *Maclean’s* magazine. The fine furniture program, located at Interurban, was listed as one of 2011’s red-hot post-graduate programs in the March 7 issue of the weekly mag. The article praises the program for being 70 percent hands-on while teaching students to design, build, and sell their own furniture.

### CFS calls for more transit funding

The BC sector of the Canadian Federation of Students (CFS) is calling on the province to step in and get involved, after the Victoria Regional Transit Commission voted to cut transit service in the city. CFS-BC chairperson Nimmi Takkar said in a press release that more public funding is needed to avert cuts.

### Suicide-prevention agency needs support

Suicide prevention and support agency NEED2 is used to helping others. But these days the agency needs a little help themselves. The organization, which focuses on suicide prevention and education, will have to close at the end of June unless it secures \$240,000. In 2010, the Ministry of Children and Family Development cut the agency’s funding, and funds from both BC Gaming and the Vancouver Island Health Authority were lost during the past year.

### UVic exhibition celebrates Victoria’s urban landscape

Victoria will celebrate its 150<sup>th</sup> birthday next year and UVic has started the festivities off with the first in a series of exhibitions exploring the development of a regional aesthetic in Victoria’s urban landscape. *The Emergence of Architectural Modernism in Victoria* looks at the development of two architectural projects in the early 1960s: the Gordon Head Campus (now UVic) and Centennial Square. The exhibition runs until May 2 at the McPherson Library.

-ERIN BALL

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# New trades and technology dean, new plans

“People at the college have been very friendly, helpful, supportive, and enthusiastic.”

**ERIC SEHN**  
CAMOSUN COLLEGE

**RENÉE ANDOR**  
STAFF WRITER

Camosun’s new dean of trades and technology plans to move the school further toward sustainability in technology, with a strong emphasis on learning excellence.

Eric Sehn started his first day as

dean on February 28. He says he’s wanted to work with Camosun for a number of years and is excited to be here.

“It’s been really good and I think it’s because of the people,” says Sehn. “They’ve been very friendly, helpful, supportive, and enthusiastic, so that’s been really great.”

Sehn worked at five different positions since 1998 at Northern Lights College (NLC) in northern BC, finishing up his time there as dean of instruction at the Fort St. John campus.

While Camosun already works with local companies to prototype new sustainable technologies, Sehn plans to expand its innovation and technology programs and focus on things like clean energy.

He also plans on expanding distance education for students in

trades and technology programs. He says the hands-on aspect of learning won’t be affected, but he wants to enable online teaching of some theory-based components, so students don’t have to physically come into school for these parts of their education.

“It’s an augmentation of what we’re doing,” he says. “You give people the opportunity to have a choice, plus then there could be learners from anywhere.”

Sehn says that an expansion of online-learning options will benefit people who are working and want to go back to school because they will have more flexibility in the online-learning components, rather than having to go in to class at a specific time of day.

Sehn considers providing education to be a responsibility and



Eric Sehn, Camosun’s new dean of trades and technology.

wants to emphasize excellence in teaching, but he also considers his job a privilege because he’s able to see lives being transformed in front of him.

“When a student walks up on

the stage to receive their credential, and someone from the crowd yells, ‘Way to go, mom’ or, ‘Right on, dad,’ that’s what gets me every time,” he says. “It just gives me goosebumps.”

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technology

# Cloud computing takes off

“If you’re doing something truly private, Google is not where you want to be sending that information.”

**CHRIS PARSONS**  
UNIVERSITY OF VICTORIA  
STUDENT



Chris Parsons says cloud computing has its pros and cons.

ED SUM

**ED SUM**  
CONTRIBUTING WRITER

Due to privacy concerns, the appeal of cloud computing is falling short of being widely recognized; the average user doesn’t know what it means and some people don’t even realize they’re using it regularly.

But the applications of cloud computing are vast. Camosun’s Desire2Learn (D2L), web-based email services, and Google Docs are just some examples. These days, multimedia clouding is getting the big push, thanks to Microsoft.

“It’s essentially a service that’s residing somewhere in the world; you don’t have to know where it is and you go to a website to get it,” says Murray Smith, manager of systems and software development in Camosun’s information technology department.

Camosun’s D2L is a closed sys-

tem where students have to be registered in a course to gain access. But there are other examples of clouding where it’s a wide-open space and anyone can make an account to gain access to a wealth of information that’s stored within.

“Anybody can potentially access your information from anywhere,” says Kim Hoodless, a first-year Camosun student in the environmental technology program. “Security systems can always be breached and that can cause problems.”

Smith believes not a lot of companies have gone to cloud computing services outside of Canada because there are laws in the US which permit the government to go into a computer system.

“There is a trade-off,” says Chris Parsons, a political science PhD candidate at the University of Victoria. “If you’re a large corporation, and you’re doing something truly private, Google is not where you want to be sending that information.”

And the internet has no borders.

Parsons explains that the US has national security red letters that can be given to any telecommunications provider. That gives them the right to look at all the information being stored and shared on a networked computer, he says, and the person under investigation might never know.

According to Parsons, the reason why working in the cloud is appealing is because it’s a treasure trove of data that several people can work on at the same time.

“A lot of the web and security comes down to who do you trust, or where is the data kept? Is it better to keep it truly private or put it in the cloud?” asks Parsons.

The answer depends on who is asked.

“At Camosun, we would never put student information out on the cloud, or anywhere outside of our servers,” says Smith. “We’re trying to be secure about that kind of information because that’s what’s important.”

opinion

# Dubstep = dumbstep

**PHILIP MOYDL**  
CONTRIBUTING WRITER

A certain genre of music has, unfortunately, spread through Victoria and has grown exponentially popular among the electronic music scene. It’s called dubstep.

Raves and music festivals were the first to showcase dubstep, and now even mainstream artists like Deadmau5 and Britney Spears have jumped on the bandwagon.

Dubstep music primarily consists of extended bass notes manipulated beyond recognition and rhythm, alongside random samples from other artists. This fad has exploded in Victoria and it seems you can’t go to an electronic show anymore without enduring a three-hour set of “braps” and “womps.” Dancing to this slow-tempo, jerky-rhythmed noise would mirror that of an enraged orangutan with a degenerative bone disease.

Aside from the obvious fact that the average person can’t dance to dubstep, most dubstep tracks are mundane and bland in terms of musical composition. This is due to the lack of variations in the drums and bassline. In turn, the entire song is predictable and lacks any real energy.

No one should enjoy hearing the first 30 seconds of a song knowing that’s all they’re going to hear for another four or five minutes.

Of course, this monotony isn’t a problem for anyone on a mind-altering substance, which is what you would need in order to enjoy

this kind of music. Drugs, or a lobotomy.

While there are dubstep tracks that change direction and offer, in the parlance of those who partake, “wicked funky bass,” this is only good for anyone who enjoys ear-shattering noise similar to that of a steel mill undergoing an emergency shutdown.

Another trend with dubstep music is that many songs use unnecessary, ludicrous samples—anywhere from Stewie Griffin lines off of *Family Guy* to clips from *Thundercats* (not joking).

What compels dubstep composers to take cheesy samples from movies and TV shows, add a bass drop with some “wobbles,” and call it a “dubstep remix”? Maybe it’s because they can’t see what they’re doing on their computer screen past their shutter-shades, or maybe it’s out of sheer boredom. Either way, it makes it hard to take the genre seriously.

Unfortunately for hipsters everywhere, dubstep’s musical presence will be about as long-lived as Lou Bega’s “Mambo No. 5.”

It’s only a matter of time before another subgenre of electronic music becomes popular, tosses dubstep to the curb, and starts burrowing its way into everyone’s stereos.

As trance, electro, and a dozen other genres had their 15 minutes of fame, so will dubstep. It will also go down in history as having the Helen Keller of basslines.

opinion

# Canucks cup-bound

**JAMES NIELSEN**  
CONTRIBUTING WRITER

The Vancouver Canucks are going to win the Stanley Cup this year. This year it isn’t just hope; it’s evident.

When you combine last year’s league-leading scorer, this year’s highest-scoring offence, and maybe the best goalie in the league, how can anyone say otherwise?

They didn’t perform last year in the playoffs, and a third of their team was dismantled. The core of the team remains, with three of the top six forwards in the prime of their careers, and Manny Malhotra, the centre of their third line, easily a top-six forward on any other team. The ability to win face-offs and shut down their opponents with the best defence in the league doesn’t hurt either.

Last season, underperforming players led to their demise. No scoring support for the Sedins line and the inability on defense to help Luongo resulted in an early exit.

General manager Mike Gillis addressed these issues this summer in a big way. Keith Ballard and Dan Hamhuis were added to solidify the defense. Malhotra and Raffi Torres were added to provide the grit that Vancouver lacked against Chicago.

Extra pressure was taken off Luongo by reassigning the captaincy to Henrik Sedin. In addition, the amount of games played by backup Cory Schneider this season has allowed Luongo to rest often and still have the second most wins in the league.

Meanwhile, the call-ups the Canucks have been forced to make due to injuries have been fantastic.

Dallas rode into Vancouver last month looking to get back in the winning column and were dismantled 5–2 by a Vancouver team with two of their starting six defencemen. Were it not for the injuries sustained to the majority of the Canucks defence this season, their league-best record may be even better.

With an abundance of talent, grit, and work ethic, this is the best Canucks team ever. They score first and they don’t sit back. They have three solid lines and a fourth line that doesn’t get outworked. They have the best duo of goaltenders in the league, the best defense, and the highest scoring offence.

When the playoffs arrive and their roster is healthy, the Canucks are the strongest team in the NHL. They won’t have any excuses not to win it all this year.



# WANTED

## Your ideas...

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The winning student entry will be printed in Nexus in the April 6 issue and all submissions will be forwarded to the Strategic Planning Development Team for consideration as the plan takes shape.

SPORTS BRIEFS

**BC teams take top spots at volleyball nationals**

The Canadian Colleges' Athletic Association (CCAA) women's volleyball national championships were held in Saint John, NB on March 10-13. The Vancouver Island University Mariners, who came second at the BC provincials, lost in the final match to the Mount Royal Cougars of Calgary. The gold-medal game was agonizingly close, with match point for the Mariners overturned by the referee. The game finished at 3-2 for the Cougars. The men's CCAA volleyball championships took place the same weekend in Sherbrooke, QC and the top two teams of the tournament come from the BC Colleges' Athletic Association. In a repeat of the provincial match-up the Columbia College Bearcats took on the provincial champion UBC-O Heat. This time the result was different; the Bearcats defeated the Heat 3-0 to win the national title.

**TC10K takes a new route**

The organizers of the Times Colonist 10K run have announced a new route for the race. The 22nd annual run takes place on May 1, and will start on Government and Bellville instead of Quadra and Southgate as in previous years. The route will provide more room for the runners and spectators and may even be faster than the old one. Organizers are expecting 15,000 participants this year and are planning towards 25,000 by 2016.

**PISE offers workshop to improve coaching skills**

The Pacific Institute of Sport Excellence (PISE) is holding a workshop that will train participants in teaching fundamental movement skills. The workshop is a part of the Coaching Association of Canada's national coaching certification program. The workshop is comprised of 12 units and will include improving the teaching of fundamental movement skills to kids and leadership skills. The workshop takes place on Sunday, April 3 at PISE.

**Record broken at 2011 Ididarod**

The Ididarod sled dog race takes sled dog teams 1,600 kilometers across the interior of Alaska to the coast, finishing in Nome. This year's race crowned a new winner, John Baker, who's the first native Alaskan to win the race since Jerry Riley in 1976. Baker's finish time of eight days, 19 hours, and 46 minutes breaks the record set by Martin Buser in 2002. The Ididarod is the most popular sporting event in Alaska and the top mushers and their dogs usually end up as local celebrities.

-ERIN BALL

SOCCER

**Street soccer league inspires**

EMILY LAING  
STAFF WRITER

Sports possess a certain innate power that can extend off the court or field. But the power of soccer is in a category all its own—it's so powerful that it can bring homeless people off of the street, even temporarily.

Local volunteers, outreach mentors, and the homeless have been gathering for a couple of friendly footie matches every Sunday afternoon at George Jay Elementary School.

The idea is to take a group of members from the street community, lacking both exercise and much to look forward to, and adding soccer to the mix.

The program, formed by Katie DeRosa, is a non-profit service and has been credited with helping members pull themselves out of



EMILY LAING

Victoria's street soccer league in action.

homelessness. DeRosa is thrilled by both the attention the team has received and its potential.

"Even though this is drop-in, I would like to see a group of regular players come out every week so they can hone their skills and play teams from other cities," says DeRosa.

DeRosa's goal is to create a social change in the community—one member at a time.

"This is intended for everyone

who identifies themselves with the street community, and people who don't have the financial means to afford to pay for a soccer league," says DeRosa. "I can't control if someone gets off the street, but at the very least these people can get together to have some fun."

Rick Sweeny, a participant in the Victoria street soccer games, has been playing the sport for most of his life and says it's a great idea.

"I feel better about myself here," says Sweeny.

Sweeny thinks homeless people are more likely to work their way off the street when supported by mentors, peers, and coaches instead of being left to their own devices.

"We all come from a variety of problems," says Sweeny. "So this is a place for people to meet others and find motivation to improve their lives."

links

**Chargers golfers host invitational**



Kevin Walz of the Camosun Chargers golf team.

EMILY LAING  
STAFF WRITER

The Camosun Chargers golf program has been hitting the gym, the course, and classes, all in preparation to tee off at the Collegiate Golf Tournament on March 26-27 at Bear Mountain.

The team ended their season strong last fall, placing fourth at the Canadian Colleges' Athletic Association national championships, but they are fighting for more play on the course during other parts of the year.

And due to the efforts of head coach John Randle, the team is already seeing progress.

"I'm trying to take the program to a higher level in terms of resources and playing privileges," says Randle.

Randle is finishing up his fourth year and has accomplished things no other Chargers golf coach has. During his time, Nike has sponsored the team, and more recently Randle secured the spot to host the upcoming tournament at Bear Mountain.

Randle is looking to host more events like this for the sake of keeping the golf program alive at Camosun. He finds it difficult to keep his team motivated through the year with the lack of action between the fall and spring.

"It's tough that we're a golf program that plays a schedule within a six-week period," says

Randle, "especially since there are a lot of great players out there who refuse to join this program for that reason."

Fourth-year Charger Kevin Walz says even though a demanding golf schedule means he misses out on study time, he thinks the BC Colleges' Athletic Association (BCCA) needs to extend the schedule, especially for new players to join and improve.

"It would be great to see the league expand since it's so condensed," says Walz. "It's hard for us to keep our heads in this since we have nothing to play towards during the year."

Walz is in his last year with the Chargers and looks forward to some competition at the upcoming invitational against team rival University of the Fraser Valley. He says he will use his style of play to his advantage.

"I'm a steady player," says Walz. "I don't make a lot of numbers or birdies, I'm pretty boring to watch, but I'm consistent."

Randle is currently working with the BCCA towards a more extensive schedule to entice new prospects. Until then, the Chargers will continue to train on their own clock.

"We would all benefit if we had more league games in the winter and spring," says Randle, "so we could keep the team atmosphere going."



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**Your vote DOES count!**

# Homemade: *Nexus* goes DIY

**S**ince the first time I saw it at the tender age of 15, I've wanted to make soap just like Brad Pitt and Edward Norton did in *Fight Club*. I wanted to go all out. Break into the compound of a liposuction clinic, heave enormous, gelatinous bags of human ass fat over barbed-wire fences, and create the perfect bar of soap, all the while talking to my street-savvy alter ego.

Though for obvious and hopefully understandable reasons, I've always been okay with foregoing the lye burn.

It's this Tyler Durden fandom that has led me to trying my hand at making everyday goods at home in my kitchen. Soap, yogurt, a scarf, and Irish cream liqueur are on the to-do list. As an added bonus, in the event of another global financial crisis, I'm going to be laughing all the way to the "I'll give you two goats and a chicken for that bar of soap" bank.

amanda richardson  
staff writer  
photos by alex haro

## Rub and scrub

**W**hile there are a few easier methods out there, I decided from the get-go that I was going to make real soap. *Fight Club* soap.

Thanks to its overly corrosive nature and the fact that it's a main ingredient in back alley methamphetamine production, lye is extremely hard to find. But without lye, there's no soap. So after a couple dozen phone calls and a fair chunk of time spent Googling, I managed to track down a three kilogram tub of lye at, of all places, Home Hardware, for \$30.

For my particular brand of soap, I decided on a blend of coconut, canola, and olive oils. Coconut is commonly used for its rich lather, olive for its moisturizing prowess, and canola is stable and cheap. Traditionally tallow, which is rendered beef fat, is used, but practically any oil will do the trick.

The most critical component of soap making is the measurements. There's no wiggle room to the science behind soap. Too much lye and you've got yourself an acid bath. Not enough lye and your soap will never harden. Like finishing your vegetables before dessert, you have to do the math before taking creative liberties.

While I normally opt for the trial-by-fire approach over the tried-and-true instruction manual method, I decided to do my homework on this one.

Vinegar neutralizes lye, not water. Not only is it good to have vinegar around for any accidental skin contact, it's good to use when washing up at that end. Also as a precaution it's good to wear long rubber gloves, eyewear, and your grandma's best apron.

There are thousands of recipes on the internet, but all you really need is a soap calculator (like you can find on [snowdriftfarm.com](http://snowdriftfarm.com)) to calculate the lye-to-oil ratio.

As every oil and fat is different, it's important to use a soap calculator each time. It will also tell you exactly how much water to mix with your lye.

Recipe in hand, with all my oils, lye, and containers spread out on the counter, I realized that while the oils are measured by volume, the lye is done by weight. So, after a mad scramble, I managed to finally dig up a rickety, questionably calibrated baking scale.

With care and diligence reminiscent of a monk and a bonsai, I ladled lye crystals into a Tupperware tub tottering precariously atop the aforementioned scale.

Heeding the warnings of my soapy internet instructors, I added the lye to the water, not the other way around. Adding water to lye can, and will, result in a sudden, violent explosion.

After adding the cooled lye to the oils, I used a hand blender to mix it together until I created trace. This is the

soap equivalent of making stiff peaks with whipped cream. Then I added in some essential oils to make it smell nice and a little food colouring, just to see what would happen.

I wasn't sure what to use as a mould, so I went to my old standby: a giant Ziploc container. Fancy, I know.

It was at this point that I made my one mistake. As some oils and fats harden quicker than other, it's important to insulate your soap as it cools. This I did not do. As a result, three days later when I popped it out of the Ziploc, I got a slightly marbled-looking soap. But who cares about looks when it actually works!

Yes, ladies and gentlemen, I made sweet, lathery soap without a single chemical burn or battle wound.



## Active cultures

**I** have always been a fan of yogurt. Needless to say, I was pretty jazzed when a friend informed me that I could make yogurt at home.

I hollered at my best friend, Google, and began hunting for homemade yogurt recipes. It seemed like a simple enough concept. Put milk and gelatin in a double boiler, heat, cool, add cultures, incubate. While the concept may have been simple, the execution was far from.

First off, I was making this on an all-but-non-existent budget. I figured that I could jerry-rig and whim my way through my shortcomings. Shortcomings which included, most notably, equipment. I don't have a double boiler. I don't have a candy thermometer. I don't have a yogurt incubator. But I've watched *The Red Green Show* for enough years to know that nothing is impossible.

Pyrex, meet soup pot. My two-litre Pyrex measuring bowl fit perfectly into my huge soup pot, and with a butter knife through the handle, I was able to prop the bowl up on the edge of the pot, keeping it from touching the bottom. Because the lid didn't fit on once I'd created my contraption, I threw an old cookie sheet on top. Then I was in business.

I poured in the milk, skim milk powder, and the gelatin (which is only necessary for thick yogurt), and brought the water in the pot to a boil. I was to cook my milk mixture

for 30 minutes, bringing it up to 200 degrees, but not boiling it.

I used a meat thermometer to check the temperature because it went up to 190 degrees and people thermometers tap out at 109.7. It's around that time that I learned how hazardous it can be to be a yogurtier.

Dipping a short thermometer into a vat of steaming liquid surrounded by furiously boiling water makes for some pretty nasty steam burns... trust me.

Dipping a short thermometer into a vat of steaming liquid surrounded by furiously boiling water makes for some pretty nasty steam burns... trust me.

Despite my most valiant efforts, and 40 minutes of hovering and worrying, I was only ever able to get it up to 180 degrees.

Undaunted, I carried on my yogurt-making way. I was supposed to cool

the cooked mixture rapidly down to 120 degrees, but after five minutes in the fridge and only a two-degree drop, I panicked and threw the whole Pyrex bowl in the sink with arctic-cold water and pseudo-glacier ice cubes.

That worked surprisingly well and, at the 120 mark, I added in my yogurt culture, which was a small amount of store-bought yogurt. You can use real starter cultures, but they cost a lot more to do the exact same thing.

Then came the really fun part—incubation. This essentially consisted of me watching the mix like a hawk, adjusting my oven in minute increments, and finding the perfect amount to prop open my oven door with a tea towel.

This elaborately choreographed song and dance went on for over four hours. Exhausted, I finally tossed my congealed bowl of dairy into the fridge and went to bed.

In the morning I hesitantly approached the fridge, fearing the worst, hoping for the best. To my own dumbfounding shock, it worked.

Thick and creamy, it actually looked exactly like yogurt should look. More shocking, it tasted like yogurt should and after adding in a little honey I had myself quite the breakfast.

Now I just need to figure out what to do with a litre and a half of yogurt.



# 2011 Elections



April 05, 06, 07  
Make **YOUR** Choice

Voting stations open from **8 a.m. - 7 p.m.**

**Interurban** Campus Centre 2nd floor  
**Lansdowne** in the Fisher Foyer

## Darragh Grove-White External Executive



My name is Darragh Grove-White, and I'm a second-year Business student at Camosun. I have been privileged to serve Camosun students this last year, and I'm running to be your 2011-2012 External Executive because I want to continue to build on the momentum of our previous successes. This year alone, we've lobbied the government, the BC Liberal and NDP leadership candidates, and organized the March 16 rally to demand more adequate funding for post-secondary education. We have also organized the most student-run events in the history of Camosun, such as free coffee days, chili days and beer garden events for students.

As your External Executive for 2011-2012, I will:

- Fight for more accessible post-secondary education
- Create more scholarships for students

- Lobby the Camosun administration for a full-week reading break
- Get more student discounts from local businesses, ranging from restaurants to car repairs
- Enhance student-life on and off campus with more fun and inexpensive events
- Enrich our student clubs
- Plan for more quality, free food events
- Keep you informed

Let's make the 2011-2012 school year the best one yet! Vote for Darragh Grove-White and Camosun's Student Life Collective!

Connect with us on Facebook

## Sahra MacLean External Executive



My name is Sahra Maclean and I'm running for External Executive of the Student Society for the upcoming year. I have 15 years experience as an activist and have spent the last year as the Camosun External Representative to the Canadian Federation of Students. I have worked with the Women's and Pride collectives, Indigenous students and external groups to represent and advocate on behalf of Camosun students. This coming year I will fight for high quality, affordable and accessible education:

- 1) By coordinating both campuses campaigns for better education funding
- 2) By building awareness of issues that affect Camosun Students

My goals are to:

- Create a platform for students to share their experience and ideas
- Pressure local government for better transit
- Work to prevent large tuition and fee increases due to funding cuts
- Put in place a strategy to lower fees for international students
- Work with the President and Student Services to reduce ancillary fees
- Fight for student representation on the Industry Training Authority
- Lobby Federal and Provincial government to improve up-front funding for students
- Build on the strengths of the Camosun Community
- Work with the media, governments and other institutions to improve post-secondary education for all.

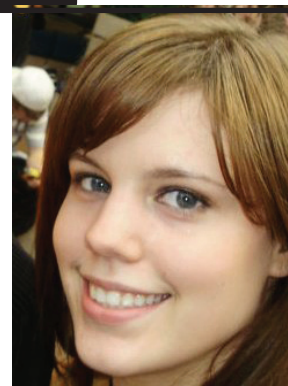
## Rene Weatherhead External Executive



I am originally from Barbados I have been here in Canada for a while now. I am currently taking marketing and psychology university transferable courses. This is my first time running in the school election. My partners and I are running in this election to represent diversity and are from the Philippines and Colombia. My partners and I will represent students to the best of our ability and will try to bring more school events for students. As a group we will like to hear from students what kind of activities they will be interested in. I have strong interpersonal and leadership skills. If elected I will strive to make sure students will get what they want, need and deserve. As a representative this is my goal

to achieve. I will be the voice of students and will try my hardest to promote the reduction of the student tuition fee. I will be writing articles in the Nexus paper on important issues that you as a student face and that relates to our main ideology as members of the board of the student society.

## Hayley MacDonald Lansdowne Executive



Hey Lansdowne! I'm Hayley MacDonald and I'm running for the position of Lansdowne Executive. I've been a Lansdowne Director since the fall semester and have had the privilege to see and experience the life and community that makes the Lansdowne campus at Camosun so fantastic. If elected, it would be my goal to continue to improve that sense of community through clubs, events, and continuing to find ways to involve you – the students!

It is my passion to be involved and I could serve no greater purpose than to act as an executive towards making Camosun the best it can be, to see the students of Camosun come together as a community as well as for an education. It would be my goal to involve the student body in various events around and on campus – your suggestions or my own. I want to be that 'go-to' person that you know and with whom you feel confident sharing your ideas and concerns; someone you can rely on to make our points-of-view well known and loudly voiced – to get results! I am confident that as an executive I will be successful in making a difference and voicing the issues that we as students experience on a daily basis. I want your voices to be heard and your thoughts to be put into actions. It would be my pleasure to be the representative of such a diverse campus. Together – we can make a difference and make it count!

## George Ivanishviei Lansdowne Executive



I am a Political Science Student at Camosun College and the current Lansdowne Executive for the Camosun College Student Society (CCSS). My dedicated involvement has played a significant role in all of the breakthrough developments of the CCSS that our students, faculty, staff, and community at large can be proud of. My Goal is to continue making Camosun College more organized, more student oriented, more comfortable, and most importantly, healthier for students.

Currently, I am leading the fight against a contract that Camosun College may sign with Telecom to construct dangerous and powerful wireless transmitting antennas at both campuses. I am also helping a number of students that had some courses cancelled that are required for graduation.

My priority projects are also: Extending our reading break, involving students in strategic planning for college development, and providing students with the support they need to make Camosun clubs a success. With the privilege of your vote, I will continue my effort to make Camosun College the best school that it can be.

## Carlos Suarez Lansdowne Executive



Dear students, as it is known persistency and perseverance are the true values of a real campaigner, and so therefore here I am once again being nominated for the position of Lansdowne Executive looking forward to improve the student life and claiming for your voices and rights. I believe that my experience Volunteering in the political field as it was Federal elections 2008 and currently as member of the Board of Directors for Troy de Sousa MP conservative candidate for Juan de Fuca and Esquimalt, as well as my experience as International Director for the CCSS, events planning and promoter working in the hospitality industry, and entertainment, had given me the skills to serve your needs as Lansdowne Executive. I believe it is time for a change for a diverse collage and new ideas to renew and revive our college, and what a better way to do it than to bring new faces and to take along on board a diverse committee. Therefore I invite you to vote for me and my colleagues Rene and RD as your new representative in the student Board of the CCSS.

Sincerely

Carlos Suarez  
Lansdowne Executive Nominated

**Bill de Frias**  
Finance Executive



My name is Bill de Frias, and I'm a third year BBA - Accounting Major student at Camosun. I work in the finance industry as a business development manager, advising financial planners and developing accounting software. I am currently serving Camosun students as the Interurban Director, and I wish to continue building on our student society's success as Financial Executive.

As your Financial Executive for 2011-2012, I will:

- Lobby to lower student loan interest rate.
- Create partnerships with local businesses to provide more student discounts. Discussions have already begun for fair student cellphone plans to be made available to you.
- Budget more scholarship funds for students.

- Create the infrastructure to further establish our student clubs.
- Work with Camosun to better Camlink.
- Increase awareness of the many free services and financial aid that is already available to you.
- Provide clear, accessible, and accountable information on how the student society is spending its budget.

Voice your vote for your student society.

**Chris Marks**  
Interurban Executive



Hello again! For those of you that don't know me, my name is Chris Marks. Many of you have elected me to the student society before, and I am asking for you to reelect me, this year as your Interurban Executive. In my previous position as Students with Disabilities Director I was very successful at representing the needs and concerns of that constituency. As I have confidence that position will be in good hands next year with Madeline Keller-MacLeod, I am asking you to help me take my contribution to the next level as your Interurban Executive. As Interurban Executive, I plan on leveraging past experience and success in order to represent, work with and for, the over 4500 Interurban students currently projected for next semester. Both campuses are important for Camosun yet they each have a very unique feel and set of specific issues; with over 30 months of unbroken studies at Camosun Interurban, and more planned, I feel that my energies would be best utilized if I was able to focus on your concerns at Interurban specifically. If you get a chance to vote, please vote for Chris Marks!

**Gurinder Pal Singh Banwait**  
Interurban Executive



Hello Camosun's Interurban Students! I have been a part of the student's society the last year as an Interurban Director. In this time I have learned about the workings of the college, internal relations and how to do some events. I have been a part of on campus events and projects like coffee days, Education Shouldn't be a Debt Sentence Campaign, soup days, beer garden, food bank and more. I would like to use my experience to help Camosun become more of a community and to enhance a better students life. I want to focus on Campus Parking, events for trades students and better bus service to Interurban campus.

Also, during the campaign period I am going to be finding out what you want to see on campus next year so please give me your comments and feel free ask me any questions.

During these hard economic times I think it is more important than ever for us to band together and get our voices heard.

Thank you,  
Gurinder Banwait

**Kara Vandervalk**  
Interurban Executive



Working with the Student Society and serving on the board of directors has been a truly enriching experience these past months. I ask once more for your support, and to now elect me to the office of Interurban Executive. Using the experience I have gained, I will work hard to bring more events, coffee days, chili days and what ever change you would like to see on campus. I strive for student voices not only to be heard, but acted upon.

Thank you,  
Kara Vandervalk

**Chantal Kyffin**  
Women's Director



My name is Chantal and since Nov 15th 2010 I have had the opportunity to take on the role as Camosun's Women's Director. This experience has been invaluable. I have had the pleasure of working collaboratively alongside CCSS staff, board members, and the women of Camosun. I have made advocacy for the Women's Center and the struggle to keep safe space for Women my long term goal. I will continue to reach out to women on and off campus to promote awareness about and support for, women's issues. It is my job to represent the Women here at Camosun and in doing so I seek to hear your voices and advocate as best I can. In the past four and a half months, I have helped to create and hold special events pertaining to women's issues, and have held Women's

Collective meetings monthly to ensure our voices are heard and that we are moving forward collectively. To continue with our effort to hear women's voices I would like to invite inspirational women to contribute to the Center's educational seminars and arts and fund-raising special events. Lastly, I invite all women to experience the Camosun College Women's Centre.

**Kelly Crossman**  
Pride Director



My name is Kelly Crossman and I am running for Camosun College Pride Director this spring, 2011. I believe I have a unique perspective and can contribute greatly to the LGBT community.

Throughout my life I have expressed myself freely and without concern for what others think. This has brought me great friends, also many tears. I found that in categorizing myself I simultaneously excluded many others. Only when I realized that exclusion is discrimination, which leads to prejudice, did I note that I was becoming what I was struggling against. Only after embracing everyone, including those who scorned me, did I finally feel accepted and free.

I wish to unite ALL students at Camosun to take pride in who they are, and who they love. To include everyone in the ongoing issues that face, not only the LGBT community, but those that we share the greater community with. I am committed to building a campus community resistant to all forms of discriminations and oppressions, and recognize that LGBT people represent a diverse niche in our community. Together we may build a welcoming, safe, all-inclusive campus that everyone may take pride in. Free to be me! Remember you are not alone!

**Alexah Konnelly**  
Pride Director



Pride at Camosun should extend beyond the Pride Lounge. As a queer student at Camosun, I've been unsatisfied with the lack of Pride's visibility at events on campus. We need to have a stronger presence, and this what has motivated me to run for Pride director. Pride deserves a director who is dependable, available, and committed to spending time with students.

If elected, my goal will be to prioritize the interests of students while maintaining a safe space where we can grow and celebrate diversity. An important aspect of Pride is the inclusion of all students; whether they

identify within the GLBT2Q spectrum or not.

Vote CSLC!

**Richard Kao**  
Sustainability Director



My name is Richard Kao and I am 2nd year Environmental Technology students in Camosun College. For the past year I have been working closely with Physical Resources to finalize a compost program. This new program will be combining with the pre-existing Green Cone project to provide compost in every hallway and buildings. This is a not only important but essential program because in 2013 CRD will ban all organic waste from filling up our Hartland Landfill. With this program, we will be the first campus in BC that has this type of compost program. I want to be your Sustainability Director in coming year to complete more sustainable programs!

As your Sustainability Director for 2011-12, I will:

- Continue to provide once a week bread drive on Thursday morning
- Complete compost program and extend it to both Campuses
- Work on water bottle refilling and student food processing stations
- Provide useful, informational Sustainability Day
- Plant sales
- Clothing swap
- Raise awareness on our recycling and move to waste free campus

I want to be your Sustainability Director in the coming year and continue to increase awareness on existing programs and also finish the compost program.

Vote for Richard Kao and other Camosun Student Life Collective!

**Madeline Keller-MacLeod**  
Students with Disabilities Director



I am a first year political science student who is passionate about social justice. I am currently a Lansdowne director of the Camosun College Student Society, where I never cease to be inspired by students.

As Students with Disabilities director I will be making myself accessible to students with disabilities and working closely with the last Students with Disabilities director, Chris Marks, to carry on his incredible legacy.

Vote CSLC for a dedicated and passionate student society!

**Zoe Edgar-Wilson**  
First Nations Director



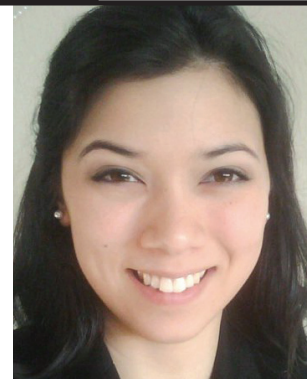
My name is Zoe Edgar-Wilson and I'm running for the First Nations Director position of the Student Society. As First Nations Director I would be actively involved in the Indigenous community; with my passion for culture and background in community involvement I would be a great fit for this role. I am member of the Métis Nation of Greater Victoria and a first year student in the Indigenous Studies program at Camosun, I have an excellent understanding of current Indigenous issues and am interested in gaining more knowledge in this area. I'd like to raise awareness and educate people about Indigenous issues. I'm grateful to have the opportunity to represent the Indigenous population at Camosun and am looking forward to increasing my involvement in the community.

**Josh Goodwill**  
First Nations Director



I am a full-time student at Camosun College Lansdowne Campus. My Cultural background is Tseshaht, Nuuchahnulth Nation and Standing Buffalo, Dakota Nation. My goal is to see more First Nation students involved at Camosun College. Not only do I want to see First Nation Students involved within the school but within the community as well. I want to be another reliable resource of information for community and educational opportunities. I am a young regular sociable student who has goals, beliefs and values that I will bring forth as a First Nation Director. I want to see myself as well as other First Nation students involved at Camosun College throughout the year.

**Jessica Hargrove**  
International Director



International students would benefit from my passion for creating fun peer connections and providing opportunities to share our cultural diversity with all Camosun students. I'm eager to apply my experience in coordinating a variety of successful social events that reflect my enthusiasm for athletics, travel, and culture to our future goals.

In addition, I am confident that I have the ability to become a reliable and productive resource for all international students. As CCSS's International Director, I will be able to accurately represent and promote the interests of international students within our student society. I'm looking forward to working together to take advantage of our potential and ensuring that any future endeavors are absolutely successful.

Thank-you for your support. You won't be disappointed! ~Jessica J. Hargrove

\* Jessica is pursuing a BA Linguistics (Hons) with a double major in Political Science. She is also the President of Camosun College Climbing Club and volunteers for Mt Washington's Special Events Department. Her passion for travel has taken her all over North America and to Hong Kong, Bangkok, and Paris.

**Jessica Marie Masters**  
Lansdowne Director



My Name is Jaz Masters, and I am running for Lansdowne Director this upcoming election.

Many of you know me as the loud and outgoing geek who sits in the cafeteria all day. I hear the gossip, the news, and countless complaints from students, teachers, and staff. Finally, I've decided to do something about it; I've decided to put my platform where my mouth is.

Our school is facing a great deal of change: Tuition is going up, interest rates are higher than ever, and student loans are barely enough to cover tuition and rent – let alone food. As the Lansdowne representative I would work to inform students of the many actions being done in their names, and the problems that come up everyday.

During my office, I plan to set up a reliable networking system that will let students in on the events and decisions happening at Camosun. I plan to work hard to keep the few open student services active, be it the free coffee stands or the Walk Safe Program.

Let me be someone who can make a difference. A vote for Jaz is a vote of a positive future.

**Jewlz Sliwowska**  
Lansdowne Director



Passionate inspiring people are contagious. I've been fortunate enough to attend Camosun college and meet many dynamic, proactive people. These people, especially Darragh Grove-White have inspired me to get more involved in student life. I want to work for positive change. I'm known for having a big voice; it's time to put it to good use and speak up for all our students. I hope to ensure the student body is informed with issues relating to them, on and off our beautiful campus.

As the Lansdowne Director I will improve campus life by:

- Increasing awareness and ensuring students continue to be well informed.
- Helping students connect with each other through fun events.
- Provide students with adequate support and representation in decisions that pertain to them.
- Ensure free food initiatives continue to grow through supporting Camosun's Student Life Collective.
- Assisting and supporting the clubs levy and encouraging clubs to flourish.
- Organize fun and fabulous activities for all the students to enjoy!

Vote for Jewlz Sliwowska and the Camosun Student Life Collective and help us instigate positive changes for our student life's future!

**Stephanie Havers**  
Interurban Director



I am a 2nd year student at Camosun College completing my education in the Exercise and Wellness program. With your support I would be interested in making Camosun College more active, and bring awareness of PISE (Pacific Institute of Sport Excellence) services to students. I hope to take what I have learned in my program to implement, and promote more events, and CCSS clubs that will make the Interurban Campus a more social, active, and fun Camosun community. I am interested in joining CCSS to learn, and to support the student body, to fight for our rights and to try to make for a more affordable and quality education.

**Deana Srdic**  
Interurban Director



My name is Deana Srdic, and I am a second year business student. Through my past experience working at the CCSS election polls, I have heard what you all desire and I want to be the untied voice of the students!

My main priorities include:

- Working tirelessly to lower textbook prices!
- More nutritious food choices in order to build a healthier campus
- Cleaner, more accessible water fountains, as water is essential to a powerful brain
- Promotion of equality and teamwork in and off of campus
- Free coffee and tea days in order for students to network
- Discounted parking

Please give me the opportunity to better our campus and your adventures here at Camosun! I appreciate your time and consideration.

Vote DEANA as Interurban Director! I can't wait to work for you!

# Notice of Referendum

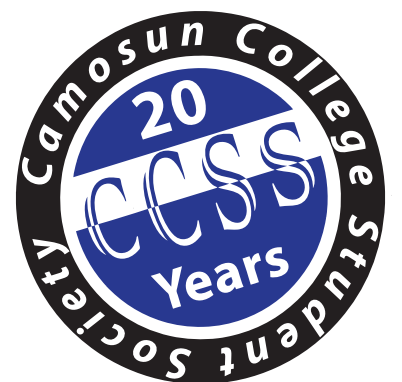
**There has been a dramatic increase in the number of student clubs and related activities. The Student Society has lacked the capacity to properly run, support and fund student clubs. As a result the CCSS Board of Directors determined that the best course of action would be to ask the membership of the Student Society if they are willing to increase their fees by \$1.00 per month. This money would be dedicated to hire a staff person to support clubs and student life and to fund student clubs.**

## **Question:**

**Are you in favour of increasing your current student society levy by \$1.00 per month in order to employ a Student Life Coordinator and to fund student clubs?**

# STUDENT SOCIETY ANNUAL GENERAL MEETING

2PM  
APRIL 9TH  
FISHER 100



## **Notice of Motions:**

**Motion #1 – Election Tie Rule**

**Motion #2 - Pride Job Description**

**Motion #3 - Election Eligibility issue**

**Motion #4 – Election Eligibility issue**

# Homemade: *Nexus* goes DIY

continued from page 8

## Stitch and bitch

My grandma had four granddaughters. We were collectively stubborn and impatient, so as children when she tried to teach us how to knit scarves and slippers, we would usually opt out in favour of making homemade paper with our grandpa, digging up ditches for clay, or double-bouncing each other to the point of nausea on the trampoline.

On the rare occasions that I was able to sit still for long enough to learn something, I was taught how to crochet.

I was the youngest, so my brain-hand coordination was the worst out of all of us, but I could manage the rudimentary steps of crocheting. That is, until I went home and promptly forgot everything I'd learned.

Fast-forward 15 years, and despite my grandma's best efforts, everything I know about knitting I learned from YouTube and my friend and fellow Nexus staffer Alex Haro.

Haro assured me that knitting was child's play, and that if he, a grizzled old wildfire fighter, could figure it out, I shouldn't have any trouble.

Armed with a pair of his knitting needles and the sage advice to knit, not purl, I embarked on my quest for online knitting tutorials.

You can learn a lot from YouTube if you know what you're looking for. There are some things in life that need to be shown to you. I originally looked up written tutorials, and all the pretty pictures and time in the world won't teach me what I can learn in five minutes on the Tube.

That's not to say that every YouTube video is going to be a hit, though. The first one I found was by a fast-talking,

and even faster-knitting, Spanish woman. After a few attempts to keep up with her, I was left with empty knitting needles and a foreboding sense that knitting was going to be a lot harder than Haro had made it out to be.

Then I stumbled across "How to Knit—The Basics" by cyberseams. A lovely pair of disembodied hands showed every step of the process, with written instructions accompanying the actions instead of a potentially confusing voiceover. Every step was done slowly, and repeated three or four times to give the viewer plenty of time to grasp the concept.

The video also explained all the lingo, because you need to be able to talk the talk if you're going to knit the scarf.

It went through the steps of casting on, or getting the yarn onto the knitting needles, and then explained how to knit. Given Haro's advice to knit, not purl, I turned

off the tutorial once I got the hang of knitting.

Here's the catch. There was a precursor conversation to knit, not purl. And because yarn-working turns my brain into a sieve, I forgot what he'd said. It was something along the lines of, "Yada, yada, pick up two. Yada, pick up two."

Without knitting needles in my hands and a long-past frame of reference, "pick up two" meant squat to me.

It was when I was 12 rows in, knitting away in my parents' living room one evening, that my dad pointed out that my scarf was progressively gaining in width. Apparently I was supposed to be counting my stitches. Who knew?

Unfortunately, my dad paid about as much attention to my grandma's knitting lessons as I did, so he was useless

to help me in my newfound predicament. My tutorial also didn't cover what to do in the event that your scarf takes on a mind of its own.

While griping to him about my fat scarf that barely fit on my needles, Haro reminded me about our conversation.

"Remember when I said that you pick up two? Two stitches, like when I make toques. That's your problem," he said. Then he laughed and shook his head—hopefully at my forgetfulness, probably at my incompetence.

Apparently I was  
supposed to be  
counting my stitches.  
Who knew?



## U-booze

No one ever said it would be easy, or that making stuff at home was a piece of cake. In hindsight, this is probably why mass production is so widely accepted. While fresh, homemade bread could take store-bought to the mat any day, it's nice to be able to drive to the store and have toast three minutes later, compared to the hours you'd spend waiting for bread to leaven, let alone bake.

That being said, not everything made at home is an arduous journey spent slogging through YouTube tutorials and corrosive chemicals. Sometimes it's as easy as following a recipe.

I figured that if homemade bread was good, imagine how

good homemade booze would be?

Not beer, not wine, but a little Irish cream liqueur.

After a friend suggested it, I figured it would be one of those closely guarded secret family recipes handed down from generation to generation. Instead, it was a knockoff Bailey's recipe found online and, consequently, one of the easiest things I've ever made.

It was literally as easy as throwing ingredients in a blender and giving it a spin.

Now I have a delicious hot toddy to enjoy along with my warm neck, clean hands, and full stomach, and it was all done for a fraction of the cost of the store-bought stuff.

**M**ass production was popularized with the advent of the assembly line. Thanks to Henry Ford and his desire to create a vehicle that was affordable for the everyday American, the 1908 Model-T became the first commercially produced vehicle that was available to the public en masse. Not only did this bring down the overall cost of the vehicle, but it set a precedent that the rate of production was not indicative of quality. But as times change, so do motives.

While Ford's intention was to provide for the people, assembly lines today are geared towards mass production, and thus, maximum cash flow, which can have a detrimental effect on the quality of a product.

Quality is a direct result of the amount of care and effort put into something. With a little time and patience, anyone could be the next Henry Ford. A scarf might seem a little less ambitious, but it's a start.

spoken word

# Obomsawim the storyteller learns to listen



Alanis Obomsawim, one of Canada's most celebrated First Nations filmmakers, creates great work by sitting back and listening.

**DYLAN WILKS**  
CONTRIBUTING WRITER

The most important part of any story is the act of listening.

This is the belief of Alanis Obomsawim, one of our country's most celebrated First Nations filmmakers. Obomsawim is coming to Victoria to speak as part of the Camosun College Insight Speaker Series on April 6.

Despite being in her late '70s, Obomsawim is a member of the National Film Board of Canada and maintains a youthful passion for

her work. After more than 30 years and nearly 40 films to her credit, her process hasn't changed—it all starts with the sound.

"Sound is really my priority," says Obomsawim, who sometimes records audio herself without a crew. "I'll go there alone, and I'll just have a tape recorder and I'll listen to their stories."

Listening to stories is how Obomsawim finds understanding. She says this is because she was raised on an Abenaki reserve with no electricity or running water. In the

evenings, her people would gather around oil lamps and listen to the stories of their history.

"For me, the images were all in my imagination," says Obomsawim, "and from listening for so long I can tell those stories now and feel they are really a part of me."

Obomsawim says those stories remain with her, the sounds lingering inside her mind.

This passion for listening is something Obomsawim says younger generations of filmmakers don't prioritize. These generations

tend to focus on imagery and video instead.

"People feel satisfied because they're shooting video and they think they got the story," says Obomsawim, "and often it's just the surface of things."

When she watches films made by students and aspiring filmmakers, she can immediately tell how far below the surface they attempted to delve with the subject of their films. Often, Obomsawim feels that not enough time is given to the heart of the story.

"It's so important to really give time to whoever you're working with," says Obomsawim. "Because in the end, time is the best gift."

What do you think?  
editor@nexusnewspaper.com  
or TEXTBACK to 604-223-0076.

Alanis Obomsawim

Wednesday, April 6,  
\$14.50-\$22.25

McPherson Playhouse  
camosun.ca/about/foundation/speaker-series.html

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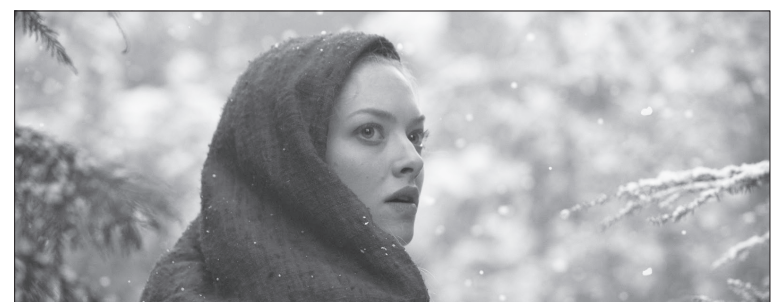
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## Big Screen Review

by Janine Crockett

## Red head

*Red Riding Hood*  
3/5



Yes, that hood is actually red.

*Red Riding Hood* lacks real bite, and at times feels like a rehash of director Catherine Hardwicke's previous film, *Twilight*, but the superior acting saves it from being just another teen drama.

Valerie (Amanda Seyfried) lives in a village that has been plagued by a werewolf for two generations. The love triangle between Valerie, Henry (Max Irons), and Peter (Shiloh Fernandez), her childhood friend, creates greater tension than the threat of a werewolf.

*Red Riding Hood* takes minimal influence from the fable and branches out on its own, with refreshing twists. The scenic shots are beautiful, especially those contrasting the

snowy mountain with the iconic red cloak. And the promise of scares that the film begins with? It doesn't come to fruition.

Solomon (Gary Oldman), a successful werewolf hunter, is recruited to help the village and reveals the werewolf is among the villagers themselves. Oldman is excellent as usual in his performance, and brings *Red Riding Hood* to another level.

The twists throughout are surprising, due to the red herrings Hardwicke skillfully weaves into the story. The mystery of the werewolf's identity is kept secret until the climax, which keeps the pacing tight and makes the movie worthwhile.

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music

# Mother Mother closer to global domination

“We really want to go out there and do well across the globe. When you look at it in that light, there’s still a lot of work to do.”

**RYAN GULDEMOND**  
MOTHER MOTHER



Vancouver’s Mother Mother are riding a wave of buzz with a recently released third album and two sold-out shows in town.

**ERIN BALL**  
STAFF WRITER

Mother Mother lead singer Ryan Guldemond is hesitant to say that his band has “made it,” despite the fact that they have sold out two consecutive nights at Alix Goolden Hall and have recently released their third album.

But Guldemond wants Mother Mother to go global.

“We still like what we’re doing, and feel content with what we are doing, so that’s the greatest success of all—not to sound too cliché,” he says, travelling somewhere on the road in Arkansas. “But it’s a big world and we definitely don’t limit our goals to just domestic success. We really want to go out there and do well across the globe. When you look at it in that light, there’s still a lot of work to do.”

Mother Mother released their new album, *Eureka*,

on March 15. The band hit up the mid-island in February with shows in Campbell River and Nanaimo. But more recently, they played a show in New York.

“It was great,” says Guldemond. “We just played the historic Knitting Factory for the first time and it was amazing; it’s a really cool club in Brooklyn. They were sold out, so that was a treat.”

Mother Mother aren’t strangers to filling up venues, however, as demonstrated in the speed with which their local shows sold out.

“It’s become more that way, definitely in western Canada,” says Guldemond. “You don’t want to book a venue until you can be quite certain you can fill it.”

The Vancouver-based band plans to tour across Canada through April, but Guldemond admits being on the road is sometimes tough.

“It’s a fairly extreme place, the touring environment,” he says. “But overall we like it. We settled into this routine. It really just comes down to the nature of the gigs. If they’re good then everything else

is fine. As long the shows are cool and spirited and full of people and sound good then we’re okay; we can suffer through a lot.”

Guldemond says that the pressures of being on the road and being expected to perform with no time to prepare can be hard, but all those age-old rock hardships are forgotten once Mother Mother hits the stage.

“There’s quite an intense pressure and feeling of immediate action that’s required when you are pushed onto the stage having to perform,”

he says. “Any little tiny dispute or logistical wrinkle immediately evaporates the minute you’re up there. But the task at hand, which is to connect with the people through your music, becomes extremely relevant.”

*Mother Mother*

7 pm Sunday March 27  
7 pm Monday March 28  
\$32.75 each night  
Alix Goolden Hall  
mothermothersite.com



New Music Revue

## A five-pack of new releases



**The Strokes**  
*Angles*  
(Rough Trade/RCA)  
3/5

When 2001’s *Is This It* came out, The Strokes were able to piggy-back on more interesting bands that were coming out of New York. While their follow-ups to that album were met with lukewarm response, at least the band were trying to be more than just another commercial reduction of better, lesser-known bands.

On their fourth full-length, *Angles*, The Strokes are back to 2001 form on radio songs like “Under Cover of Darkness” and “Taken for a Fool.” The album sounds pretty disjointed, but at least it isn’t entirely uninteresting.

The Strokes are a reasonably middling band, but if you are forced to listen to mainstream indie, they are a fine choice. And there’s at least one very-good-to-great song on here in “Call Me Back.”

Also, the band invokes their inner Kinks during “Life Is Simple in the Moonlight,” the album’s last song, which, really, is kind of fun to hear.

-TYLER ROWE



**Daniel Romano**  
*Sleep Beneath the Willow*  
(You’ve Changed)  
4/5

Daniel Romano’s *Sleep Beneath the Willow* isn’t just country for the sake of making a buck. It’s not Travis Tritt or Keith Urban; it’s a genuine, step-on-your-heart album full of country music ballads that pander not to the cowboy-hat-wearing city dweller, but to the real, down-home country boy, one with dusty boots at the bottom of his bow-legs. It’s AM-radio country, full of twang.

As sad as some of the songs are, Romano sings them with enough grit to turn them into Cash-esque masterpieces, producing songs that ring with anyone who’s ever had anything go wrong in a relationship.

The last song on the album, “Nothing,” showcases the importance of the music to Romano. You can almost hear his heart in every lyric and honky-tonk electric note.

*Sleep Beneath the Willow* is country music, in the purest sense.

-ALEX HARO



**Kurt Vile**  
*Smoke Ring for My Halo*  
(Matador)  
3/5

On his fourth solo release, Kurt Vile channels a kind of roused dusty Americana only found in dingy pool halls or brisk moving days across counties in a dirty pickup.

*Smoke Ring For My Halo* touches on a few styles, but settles on a pleasant lo-fi rock sound in the end. Vile’s got Lou Reed’s heart and voice, but there’s a rurality to his composition that can’t be found in Reed’s hyper-urban style.

Tracks to note are “Baby’s Arms,” which is very *Howl*-era Black Rebel Motorcycle Club; “Society is My Friend,” a toned-down Sonic Youth; “Runner Ups,” a jangling, folkie Reed.

There are throwaway songs, too, though. “Smoke Ring For My Halo” and “Jesus Fever” are repetitive and don’t bring any themes that aren’t already evident on the album.

Overall, this album feels like it’s always moving on; it’s got a very transitory vibe, never pondering for too long.

-ADAM PRICE



**Mother Mother**  
*Eureka*  
(XL/Columbia)  
4/5

This appropriately titled third album from Vancouver indie rockers Mother Mother will have the listener bobbing their head and singing along in no time. The lyrics go all over the place, but the confusion and irony is what makes the songs so great.

One of the album highlights here is “Baby Don’t Dance.” With fast-paced bass and guitar work, it’s a great song to play in that most timeless of rock listening centres: the car with the windows rolled down.

But the album’s not all light-hearted: “Born In A Flash” makes hearts sink in a flash. Then, just as fast as they took the mood down a few notches, the band picks things up again with “Problems.”

*Eureka* is recommended for anyone who is looking for good road music or for anyone who just wants to have fun.

Just be warned: tapping your feet and rocking your air guitar is inevitable.

-SHEA SWENSON



**Lykke Li**  
*Wounded Rhymes*  
(Atlantic)  
4.5/5

After impressing critics and inciting fans worldwide to dance dance dance with her debut album, *Youth Novel*, Swedish native Lykke Li is back with *Wounded Rhymes*.

Each song on this album is complete and thoughtfully composed. It’s full of contradiction, and it takes the listener on an epic journey.

“I Follow Rivers” is a melodic art-pop anthem with an almost primal beat. This beat is present in nearly every song, and gives the album a hypnotizing amount of continuity. Though nearly a capella, “Unrequited Love” has a subtle foot-tapping rhythm to it, a rhythm that might go unnoticed on cheaper speakers but is essential to the flow of the album.

Li’s voice is noticeably better on *Wounded Rhymes* than *Youth Novel*, and her confidence permeates each track. Overall, the album is darker and moodier, but never indulgent.

Li has put herself and her experiences into this album, and it shows.

-ALI HACKETT

stand-up

## New comedy night aims to support local scene



Wes Lord, local comedian and founder of the Underground Comedy Fort, up against the bright lights of the stage.

BENJI COEY

**SHAWN O'HARA**  
CONTRIBUTING WRITER

The city of Victoria has always had a vibrant performance and arts scene. But one thing that had been lacking until recently was standup comedy.

In the last two years, Victoria's comedy scene has grown significantly, with the creation and continuation of a number of monthly comedy nights. One such night is now in its beginning stages—The Underground Comedy Fort.

Held at the Fort Street Café once

a month, the Underground Comedy Fort showcases young up-and-coming comedians from Victoria. The show's creator and organizer, local comedian Wes Lord, started the show as a way to help his favourite local comedians hone their craft.

Lord says that the existence of amateur comedy nights in Victoria doesn't just help out the comedians; it helps motivate growth in Victoria's culture.

"There are a ton of music events in the city," he says. "If you look online there are like five concerts

every day, and not many comedy shows. It helps round out the arts scene."

Lord says, like any other artists, comedians need events like the Comedy Fort to help them test out their material.

"It doesn't matter if you're Louis C.K. or Chris Rock, events like this are where you cut your teeth," he says. "In the past, any professional comedian from Victoria has had to move out to Vancouver to grow. It would be nice if eventually Victoria had enough rooms, enough nights,

and enough people coming out to them that comedians could build up their material and get the skills needed to do it professionally."

The comedy scene in Victoria is only being held back by the number of people willing to perform, according to Lord.

"The more amateur and standup comedians we have actually producing comedy, the more events we can support; there's sort of a critical mass," he says. "The only thing stopping Victoria from having two or three nights a week is the talent

pool. Right now, you have the same 10 or 15 comedians performing at every event."

Lord says that the single best thing people can do to support local comedy is just show up.

"Come out, bring your friends, maybe even sign up and try out at any of the open-mic nights around the city," he says.

Though initially hosted as a one-off showcase, the Underground Comedy Fort will continue as a monthly event on the first Tuesday of every month starting April 4.

# Kool

107.3

## Today's Best Music

1. Rihanna > What's My Name
2. Usher > More
3. P!NK > Perfect
4. Bruno Mars > Grenade
5. Black Eyed Peas > The Time (Dirty Bit)
6. Britney Spears > Hold It Against Me
7. Far East Movement > Rocketeer
8. Lady Ga Ga > Born This Way
9. Enrique Inglesias > Tonight
10. Katy Perry > Firework
11. Alyssa Reid > Alone Again
12. Rihanna > Only Girl (In The World)
13. P!NK > Raise Your Glass
14. Chris Brown > Yeah 3X
15. Fefe Dobson > Stuttering
16. Edward Maya > Stereo Love
17. JRDN > Tonight
18. Ke\$ha > We R Who We R
19. Sunloverz > Fire
20. Diddy > Coming Home

## TOP 40 COUNTDOWN

Saturdays 10am-2pm  
Sundays 6pm-10pm

21. Taylor Swift > Back to December
22. Taio Cruz > Higher
23. Dirty Radio > My Heart
24. Marianas Trench > Good To You
25. Eminem > Not Afraid
26. Sweet Thing > Lazy Susan
27. Nelly > Just A Dream
28. Avril Lavigne > What The Hell
29. Far East Movement > Like A G6
30. Bruno Mars > Just The Way You Are
31. Destineak > Calling Your Name
32. Taio Cruz > Dynamite
33. Kaskade Vs. Dragonette > Fire in Your New Shoes
34. Usher > DJ Got Us Fallin' In Love
35. Brock Zanzoso > Perfect Storm
36. Fefe Dobson > Ghost
37. Martin Solveig > Hello
38. Eminem/Rihanna > Love The Way You Lie
39. Shawn Desman > Electric
40. Katy Perry > Teenage Dream

www.1073kool.fm



Worth the Trip

by Shawn O'Hara and Alex Pask

# Real black gold



**Campus Café**  
Lansdowne Campus  
Coffee and a muffin  
\$4.04

**Presentation and service**

**Alex:** We picked up a cup of Milano Dark Roast with a carrot muffin. Our other coffee choices included the morally soothing, fair-trade organic option next to the sugar-infused Vanilla Hazelnut (for the coffee drinkers that don't like coffee), along with the standard decaf option (for the babies).

**Shawn:** This coffee and I didn't get off to a great start. I sat down to drink it, and almost immediately a torrent of liquid poured from my evidently ill-fitting lid and right onto my crotch. It landed in the perfect spot that the casual observer would be practically forced to assume that I pissed myself. Also, this muffin looks like a hand-packed snowball of dough.

**Taste**

**A:** The muffin looked like somebody sat on it and tasted a little raw, but held my interest until the end. It's a nice chase to the coffee-flavored water.

**S:** I'm no coffee expert, so this just tastes like coffee to me. Though my opinion of coffee is generally this—bitter water. I can't tell if this is quality coffee, because it tastes like every other cup of coffee I've ever had. The muffin isn't bad, though. I mean, it's nothing special, but I can eat it.

**By the Books**  
Lansdowne Campus  
Coffee and a muffin/loaf  
\$6.63

**Presentation and service**

**A:** There's a functioning espresso machine on campus; this may be reason enough to walk the 150 steps from the cafeteria. The treats here range from muffins posing as loaves and the cafeteria sandwiches posing as cafeteria sandwiches with slightly different ingredients. Service was pleasant and perky.

**S:** I've been walking by this husk of an office for months, and now there's a coffee shop in here. I'm concerned that this bean water will taste the same as all other bean water. Am I supposed to eat lemon rind? Because there's a huge one on this muffin. One thing we can all agree on: By the Books is a pretty great name.

**Taste**

**A:** The brick-shaped, muffin imposter was dry and difficult to ingest. The coffee was less flavorful and more burnt, but still caffeinated; for a college coffee shop, what more do you want than 12 ounces of stimulant? They brew coffee from local do-gooders Level Ground Trading, so there's a plus.

**S:** I don't think I'm supposed to eat lemon rind. The only thing I can say about this coffee is that it tastes... darker? I don't know. It tastes like coffee.

And the winner is... Campus Café

**Verdict:** It could really just amount to which bus stop you get off at. Both options have exactly the same mediocre stuff; it's just cheaper in the cafeteria.



Green Your World

by Keira Zikmanis

camosun students for environmental awareness

# Green graffiti

In these times of nuclear clouds, tsunami threats, and plastic garbage islands, sometimes the only thing you can do is create. And while I prefer to stick to the written word and argue over the superior pronunciation of the word "basil," I am still regularly inspired by visual art.

Stefan Thompson, an eco artist from Ottawa, once gave a memorable talk on the benefits of more natural pigments and solvents in paints. He discussed the environmentally harmful and carcinogenic components of regular, store-bought paint, and described easy-to-follow recipes for homemade, vibrant paints on his website (stefanthompson.com).

For anyone looking to explore

their inner Séraphine, another option for natural art exists in an abundant plant here in Victoria—moss. In my meanderings I stumbled upon a great recipe for a moss slurry which, when painted onto a hard surface and sprayed occasionally with water, will cultivate moss in whatever patterns (or even words!) you desire.

This opens up all sorts of possibilities for street art and activism. What better way to spread an environmental message than through a natural medium? Art of and for the environment. Guerilla gardening meets graffiti.

And who could take up issue with moss?



What's Cooking, Camosun?

by Naomi Kavka

# Cut the crepe



ALEX HARO

Some say breakfast in the most important meal of the day.

I love making breakfast and brunches. They are probably my favourite meals to prepare, and I like preparing all meals, so that's saying something. An easy and fast way to please a group is with crepes. The beauty part about crepes is there's no wrong way to eat them. You like fruit? Great! Cottage cheese? Fly at 'er! Butter, sugar, and lemon? Eff yeah! My personal favourite is cottage cheese and tomato with salt and pepper. You can literally put anything in them. I've had crepes with fillings as varied as avocado, chocolate, bacon, and curry. Plus, making pretty decent-tasting crepes at home is easier than you'd think. All you need is a big enough skillet and you're set.

**Crepes Make for Hard Puns**

- 3 eggs
- 1/2 cup milk

- 1 cup flour
- 3 tbs. butter
- 1 tsp. vanilla extract
- 2 1/2 tbs. sugar

Sift dry ingredients in a large bowl. Make well in centre and add wet ingredients. Mix with whisk or egg beaters until well blended (no lumps). Heat a small amount of oil in a skillet at a low/medium heat. Using a ladle, spoon an appropriate amount of batter into pan. This will vary depending on how large your skillet is, and how large your ladle happens to be. Immediately after putting batter in pan, pick up the pan and swirl it so the batter makes a thin, even layer over the surface of the pan. Watch the surface of batter; once it loses its shine and looks dull, the crepe is ready to turn over. Don't overcook as it will make the edges crispy. If I am making large amounts of crepes I often try to

undercook them slightly, and then put them on a pan in the oven at a low heat (around 200) to stay warm. This will help them stay moist but warm until ready to serve. If you're really feeling adventurous, try your hand at fruit compote. Simply put one cup of water in a small saucepan and dissolve about 1/2 cup sugar into it. Add a few tablespoons butter and fruit of your choice. Apples and berries work well for this. Bring to a boil and reduce fluid until the compote is very thick. Serve over crepes while hot.

**Tasty tip:** I'm sure a real French chef would strangle me over this, because traditional French crepes take time to prepare properly, but you can simply put all the batter ingredients in a blender and mix it that way. It's pretty convenient as you can just pour the batter into the pan from the blender.



The Bottom, Bottom Line

by Lisa Brown

# Japan: business as usual

With post-tsunami efforts still focused on search efforts and pulling survivors out of the rubble, businesspeople begin to pull the Japanese economic empire out of the rubble as well.

A bit of dusting off will be required; about \$620 billion is brushed from the Japanese Stock Exchange as Tokyo businesspeople begin to assess their economic damage.

The words "Made in Japan" instantly come to mind when thinking about any sort of manufacturing.

Whether it's clothing, or elec-

tronics, or even raw materials, something from everything in the business world seems to tie back to devastated Japan.

But it seems to be business as usual in some parts of Tokyo. Businesspeople line up along the glass walls of the exchange, settling back into their daily routines amidst the chaos.

Some companies are continuing operations offshore.

Workers are also preparing to return to work at the Fukushima Dai-ichi power plant after radiation

emissions dropped to safer levels. The plant sparked an atomic crisis following the tsunami after the destruction of one of its reactors and the feared meltdown of its twin.

As one of the most advanced countries in the world, Japan will waste no time getting back into the scheme of things in every aspect of their setback, and will expect a full recovery in the coming months.

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The Electric Bungalow

by Ed Sum

## Check the AR

People can now get an enhanced experience of viewing the world through their cell phone's camera. Augmented reality (AR) allows users to view the real world like the Terminator. All the measurements needed for that custom fit can be scouted out—and you can even get exercise statistics while jogging. But there are even more applications.

- The maps in a GPS will display more than just locations of nearby attractions or pit stops in real time. They'll give ETAs and booking options.
- When watching sports on TV, you can see where that darned golf ball is.

- Special live broadcast television events can enhance the viewing experience with interactive CGI.
- AR can let users record their experiences or retrieve specific information that interests them during a field trip. Instead of chatting on the cell phone, you can look up extra information about Picasso.
- The audio devices that some museums offer for its patrons to use are an example of a primitive form of augmented reality. When listeners approach one particular exhibit, the player will play a specific sound track explaining what it is about, sometimes with audio extras.



What's Up with Her?

by Pam Oliver  
camosun college women's centre

## Oasis threatened

Tucked away in the old Richmond House on Camosun's Lansdowne campus, down a crooked corridor decked with sensible clutter, is a space filled with the things of women.

Previously unaware of the Camosun women's centre, I spent my first two semesters miserably anxious, regaining my composure in bathroom stalls between classes.

One day, when looking for the *Nexus* office, I discovered the centre and it has since become my refuge. The centre is an oasis to someone like me whose anxiety needs careful managing.

It's to Camosun's credit that they support this resource, even as there's not an official mandate by the college in support of nurturing it long-term. With no panic room or low-light lounge on campus,

the women's centre is an essential service.

But the best-kept secret on campus might very well be whispering its last memories. There's currently no official plan for a women's centre to be included in the proposed student union building.

If you value this resource, now's the time to write into the college administration and get your voice heard... to save this oasis from possible extinction.

Before the only safe place women have to cry in on campus is a washroom stall.

If she knows there's a secured, safe place to be herself for a few minutes, where she doesn't have to look after anyone, where she can have a cup of tea and a quiet word with people she trusts—a woman can handle just about anything.

sudoku

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## Call us on it!

Did any of our articles spark your interest or get you riled up? Tell us what you thought in 250 words or less, e-mail your letters to *Nexus*, or textback to 604-223-0076.



Screwed

by Alexah Konnelly

## Messy and obvious

Dear *Screwed*,

While surfing the internet recently, I came across footage of women, fully clothed, sitting on things like pies and smearing them around their bums. I'm not sure if I was excited by this or not, but I sure watched a good amount of it. What exactly is this phenomenon? Is it sexual? Is it deviant? Was I right to immediately delete my internet cache so no one busted me?

-It Was On YouTube, Really

Dear It Was On YouTube, Really,

I'm more interested in what your query doesn't say. I'm curious to know what you were typing into

the YouTube search bar that led you to women sitting on pastries, to be honest. But to answer you, what you watched sounded like a softcore wet and messy fetish video. Wet and messy (or WAM) fetishes are pretty self-explanatory. Basically, it's the erotic enjoyment of being covered in or covering your partner in goop, slime, sometimes food, and so on. It is sexual, at least in intent. As for deleting your browser cache, considering what you must have been looking for to begin with, I figure you have more important things to cover your tracks for.

Dear *Screwed*,

I've been dating a girl long-distance for eight months. For the first little while, it was great. We

talked very regularly, always made an effort to visit one another, and really enjoyed each other's company. Lately, she's started acting differently. She's full of excuses not to talk or see me, and the last few times we've spoken she's been rude and distant. I told her I wanted more communication if this was going to work, and she said that she didn't want a boyfriend that said that kind of stuff and that she thought we should see each other less. I've started to worry if maybe this won't end up working out. How will I know? Should I ride it out?

-Now Unsure

Dear Now Unsure,

It's not going to work out. Now you know.



First Person, Plural

by Pam Oliver

## Vacuuming the mind

Whoa is me.

Lately I've been interested in vacuums. Not the floor-cleaning type—where did all the vacuum salesmen go? Maybe they discovered, as women all over the world already knew, the only good vacuum is one pushed by someone else?

No, the vacuums that suck in my life are the kind I exist in mentally. States of vacuum-stentialism. Habits that keep me stuck—in a Roger's-cell-phone-contract kind of a way. Easy in—no way out.

A brain is like a little vacuum; it fills up with whatever we put into it and doesn't judge, it's all just input.

One element my mind will fill up with is negativity—your basic woe-is-me stuff. Like guilt, negativity's important—in moderation and

balance. What we do with it, how often we apply it, how we react to it, all of these elements cause us to grow.

On bad days the state of aloneness mixes me up, and I grow afraid of quiet. The first feels like isolation and the other like... deadly.

If I'm whining excessively you can bet I've had too much TV and haven't shut up in about three weeks. Those periods of crappola are part of who I am, part of what you become if you get to know me, just like parts of you become parts of me, and so on, and so on.

It takes work for a depressive to mix in enough happy moments but it's not easy to discern the bad stuff. On bad days being alone mixes me up, and I grow illogically afraid of quiet. The first feels like isolation and the other like dead.

Contrary to what you might think, depression is not always obvious to the depressed.

About once a month I lock the door, get in about a half a ton of chocolate and cheese popcorn and force myself to watch four funny movies in a row.

So I build in whoas for my woe. I trick myself into being happy. Close friends have permission to call me on my crap. My editors at *Nexus* are also trusted flaggers.

Socially, if eyes start to shift across my face or roll in classmates' heads, well, just thank god semesters are only four months long. And, of course, if it hurts to smile, that sucks.

All good clues that it's time for a reality check with my logic—a vacuum can't function when it's too full of crap, and neither can we.



Nostalgia Filter

by Tyler Rowe

## Nintendo versus Sega

Nostalgia Filter will look at two similar things from an era past and see which stood the test of time.



**Nintendo** has been part of most of our lives since 1985 (although they've been a playing-card company since 1889) when a pair of friendly Italian stereotypes jumped on to our TV sets and into our hearts with *Super Mario Brothers*. Since then, Nintendo has become one of the most profitable entertainment corporations in the world, and Nintendo's Wii can be found in 85 million homes.

**Pros:** The best characters and attention to quality and detailed releases led to recognizable franchises like *Mario*, *Zelda*, and *Metroid*. Gameplay always came first for Nintendo.

**Cons:** Never enough adult content. While videogames for older teens and adults have gotten bet-

ter through the years, Nintendo has more or less avoided this trend entirely, leaving Sony, Microsoft, and PCs as the choices for adult content.



**Sega** is a game-development company that used to make some very nice consoles, but was ultimately crushed by Nintendo (plus Sony and Microsoft) in 2004–05 due to inferior marketing and some bad luck. Let's be honest—Sega got jobbed. Nintendo's Gamecube was a pretty lame system, Sony was paying tons for exclusive development rights and blocking Sega (which Nintendo could weather; Sega could not), and Microsoft was crushing the North American and Japanese markets with advertising. Ask any

nerd if the Sega Dreamcast was the most underrated system of all time; he'll probably say yes.

**Pros:** As far as graphics go, Sega was almost always ahead of Nintendo, from the Genesis onward. And there was blood in the games! *Mortal Kombat* sucked on the SNES because you knew it was the bloodless family version, and if you were 12, that mattered. The *Sonic* games were slick and fast, and still hold up reasonably well. And the *NHL* and *Madden* franchises were better on Genesis.

**Cons:** Sega doesn't make consoles anymore, because they weren't clever enough.

**Winner:** Nintendo! It wasn't even close. We'll miss you, Sega, but the mustachioed monster must be fed its sacrifices.



local, live, and loud  
by erin ball

eye on campus  
by erin ball

TUESDAY, MARCH 29

### The Strange Boys, Natural Child, Bankrobber, White Ribs

LOGAN'S PUB, \$10, 8 PM  
American rockers from Austin the Strange Boys make one of two Canadian stops in Victoria at Logan's Pub. Fellow rock band from Nashville Natural Child opens.

THURSDAY, MARCH 31

### Rocky Mountain Rebel Music

REHAB, \$9, 9 PM  
Victoria's 10-piece funky reggae/dance-party band celebrates the release of their new album, *Vic Soundsystem*, at Rehab nightclub. This diverse group of musicians is also the Zone band of the month.

SATURDAY, APRIL 2

### Ron Sexsmith

ST. ANN'S ACADEMY, \$25, 7 PM  
Melancholy pop singer/songwriter Ron Sexsmith plays the auditorium of St. Ann's Academy. This baby-faced singer is touring in support of his 11<sup>th</sup> album, *Long Player Late Bloomer*.

WEDNESDAY, MARCH 30

### Cinema Politica

The documentary *Living Downstream* is based on a book by ecologist and cancer survivor Dr. Sandra Steingraber, and follows her as she travels across North America working to raise awareness about cancer and its environmental links. 7 pm in Young 216, Lansdowne. By donation.

SATURDAY, APRIL 2

### Strength and conditioning conference

This conference features workshops on long-term athlete development, nutrition, group fitness, personal training, and sport specific training. The conference costs \$50 per session or \$200 for the entire day. Visit [piseworld.com](http://piseworld.com) for info.

EVERY WEDNESDAY

### African Awareness Committee meetings

The African Awareness Committee meets Wednesdays at 12:30 pm in Young 220, Lansdowne. They promote awareness of Africa's development, develop educational materials on Africa, and support community development in Africa.

## classifieds

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BANANA REPUBLIC, Guess, Club Monaco, etc. Spring Clothing, Shoes and Accessories. Outkast Women's Consignment. 250-590-5477. 2280 Cadboro Bay Road, [outkastconsignment.com](http://outkastconsignment.com)

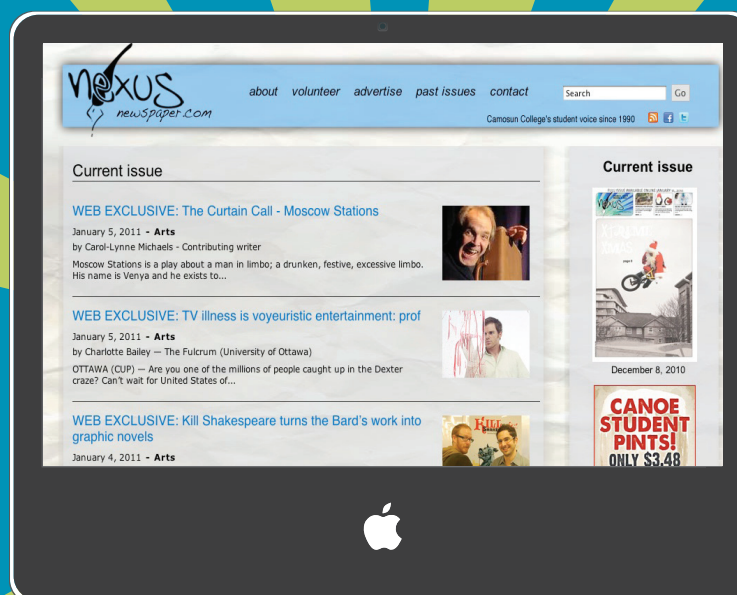
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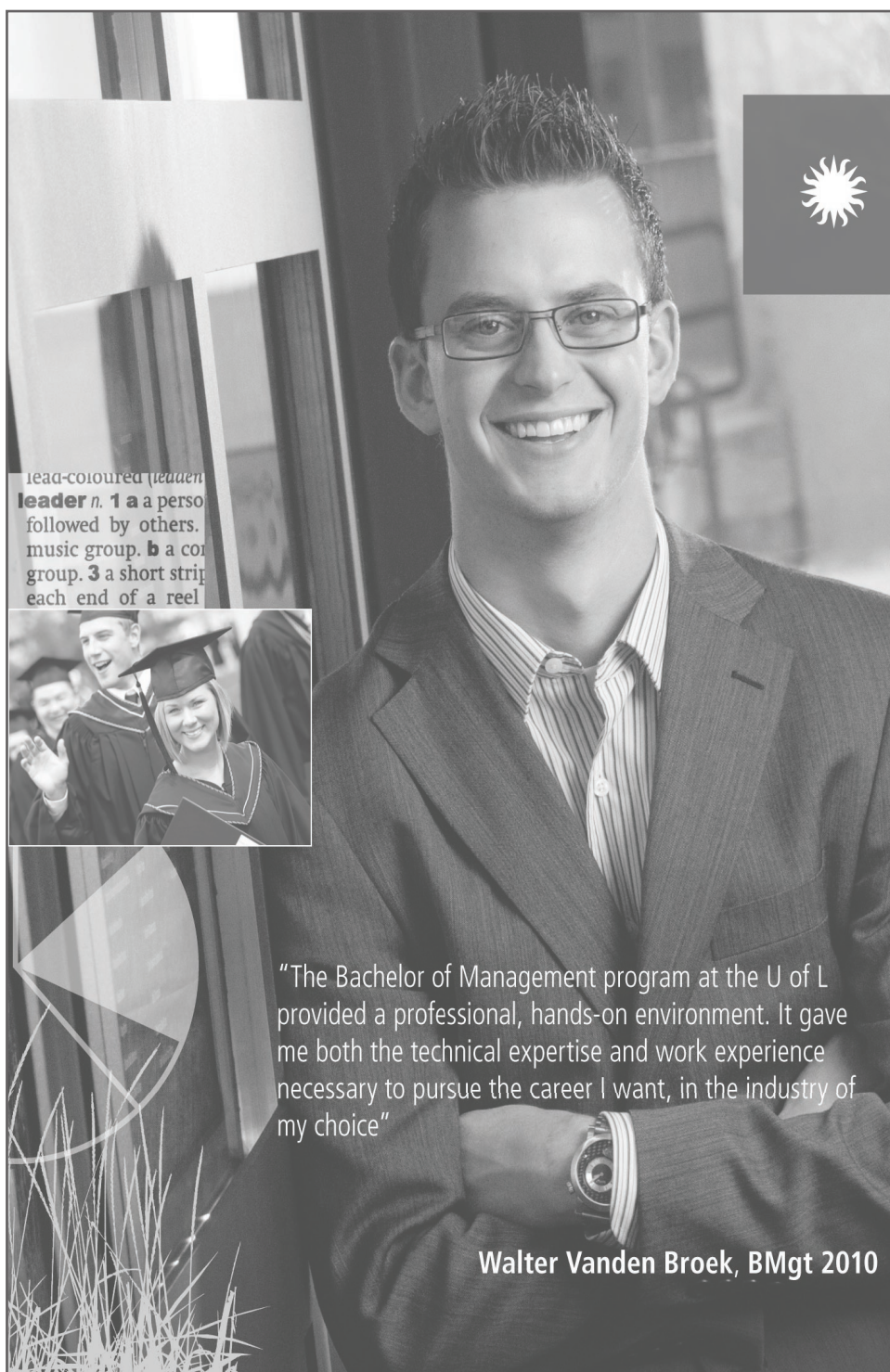
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lead-coloured (lead) leader n. 1 a person followed by others. 2 a music group. 3 a group. 3 a short strip each end of a reel

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