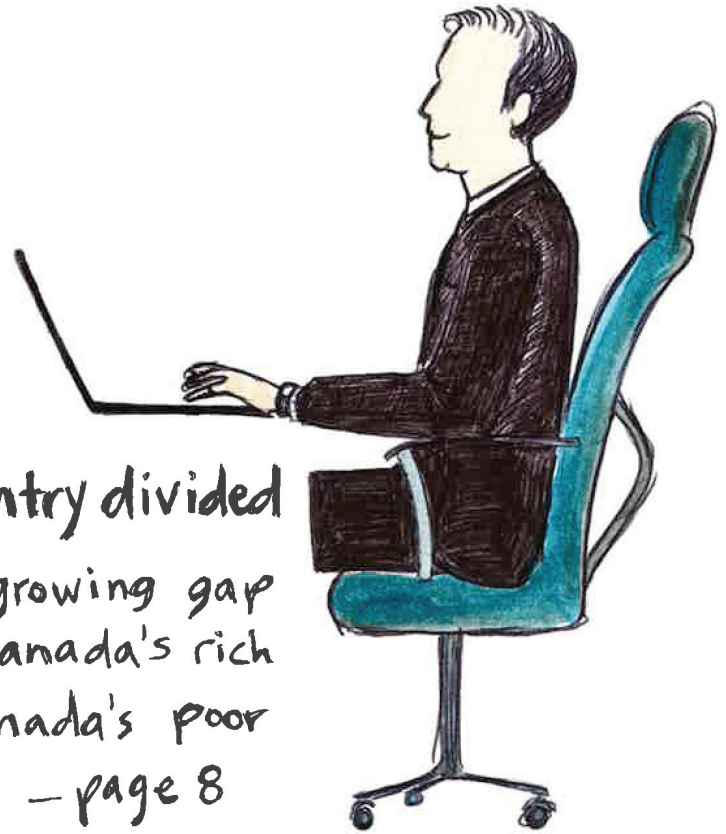
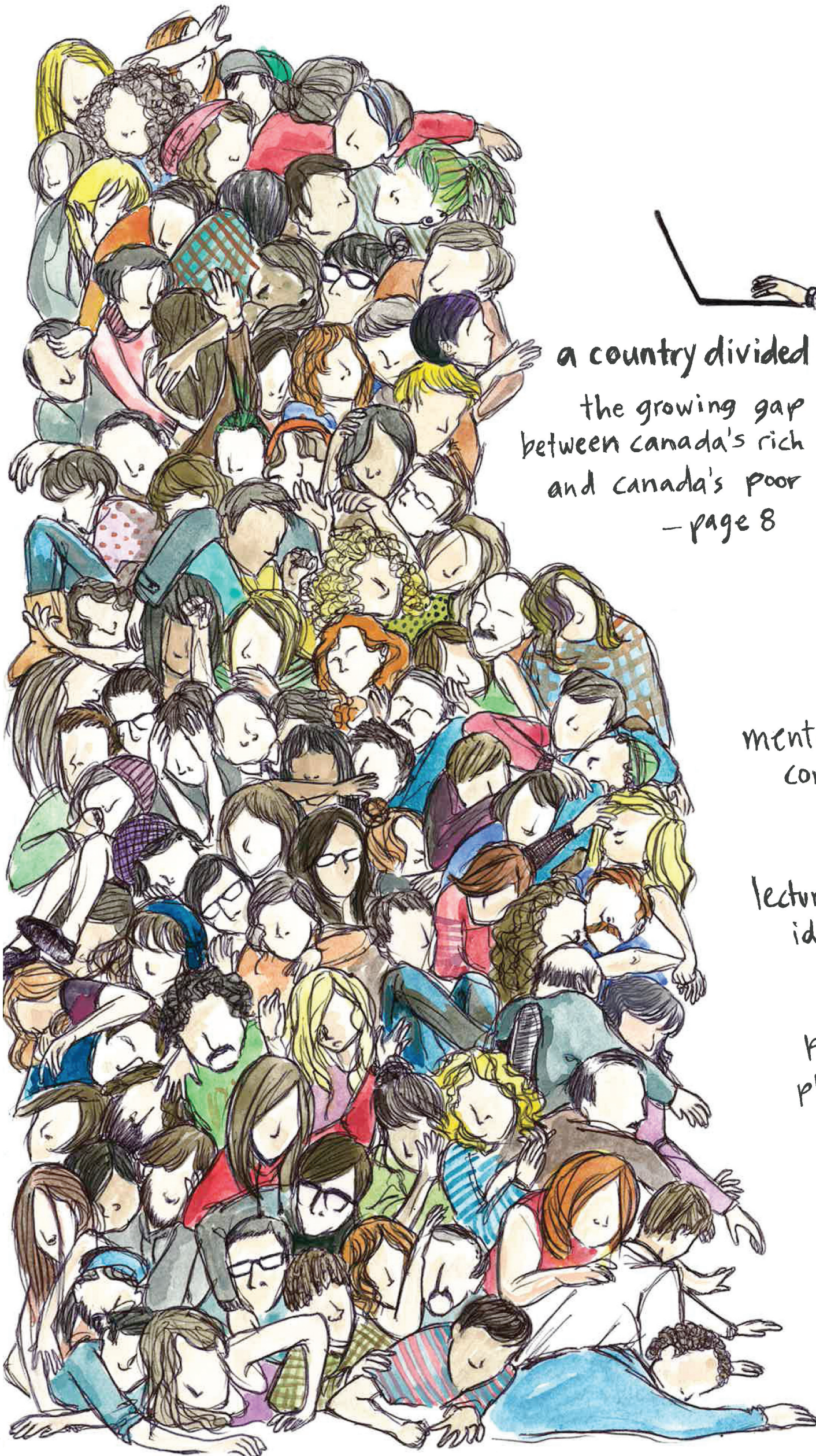


NEXUS

November 2, 2011
issue 5 | volume 22
nexusnewspaper.com

camosun's student voice since 1990



a country divided
the growing gap
between canada's rich
and canada's poor
— page 8

mental-health screening
comes to campus
— page 3

lectures explore gender
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photo exhibit brings
photos back off the
computer
— page 12

NEXUS

camosun's student voice since 1990

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

EDITORIAL MEETINGS

Come out to our weekly *Nexus* editorial meetings, where all Camosun students can get involved in their student newspaper. Meetings take place every Tuesday at 11:30 am in the *Nexus* office, Richmond House 201, Lansdowne. Call 250-370-3591 or email editor@nexusnewspaper.com for more information.

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NEXUS NEEDS STUDENT VOLUNTEERS
250-370-3591
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editorial

Nexus as catalyst for change

DYLAN WILKS
STUDENT EDITOR

There's a palpable change in the atmosphere of Camosun's campuses when students start writing their midterms. Everyone is slightly more hurried in their step, the time before and after classes includes way more activity, and frustrated students (and faculty) are everywhere.

What better time to have free mental-health screenings on campus? Staff writer Rose Jang has the story on page 3.

Another way for students to deal with stress is to focus on their physical symptoms, and for that they can check out the new athletic-therapy clinic at the Interurban campus. Jang also has the scoop on the new student-run clinic on page 5.

And if you find that physical or mental therapies don't quite work for you, you can always check out one of the many performances in Victoria (arts section, pages 10-13, and *Local, Live, and Loud*, page 15) where you can distract yourself with culture.

If the theme of this issue of

Nexus is stress, then the feature about Canadian government could be best described as a catalyst for change. Staff writer Ali Hackett has much to say about the Harper government on page 8-9, and some experts chime in with some thoughts as well.

The Occupy movement is still in full swing worldwide, and in keeping with *Nexus*' ongoing coverage, the feature story, *Open Space*, and *Speak Up* all broach the topic.

Because *Nexus* isn't just a student newspaper talking about things happening on campus, we also like to relate to our readers what goes on in the world at large.

And if there's something we miss, some issue that interests students as a whole, or even just you in particular, come and let us know.

Our office is in Richmond 201 at the Lansdowne campus. If you'd rather not meet us charming journalists in person, we can be reached at 250-370-3591, or send a message to editor@nexusnewspaper.com to reach our editor-in-chief.

open space

Occupy movement lacks unity



CAROL-LYNNE MICHAELS/NEXUS

Where's the common message in Occupy protests?

DYLAN WILKS
STAFF WRITER

When Egyptians and Libyans began protesting to topple their corrupt governments, the world had yet to see what the singular focus of hundreds of thousands of people could accomplish. It was something new that the world hadn't seen before: a nonviolent revolution.

The growing Occupy movement currently seeks to use this new power of nonviolent revolution to try and fix the western world. Currently, around 80 countries worldwide have Occupy protests underway.

But, unlike the revolutions in Libya and Egypt this past year, these protests lack the unity and focus they're trying so desperately to emulate.

Citizens in Egypt and Libya endured decades of mistreatment from corrupt regimes before they took to the streets to reclaim their countries, the latter of which ended up becoming a violent revolution that ultimately led to the death of their leader. These revolutions were unified under a singular purpose.

In Victoria, the Occupy movement was fractured before it began.

Ask a dozen different people why they're there, and there will be a number of different responses—not all of which necessarily make sense together.

And that's not to say that the issues aren't worth protesting about. Smart Meters, student debt, and government misspending are all issues that need to be addressed. But these protesters are diluting their messages by lumping it all together.

A thousand protesters all camped out on the lawn of the legislature to protest a single issue sends a message. A thousand protesters all camped out on the lawn of the legislature for a dozen different reasons is laughable—although their hearts are in the right place, their lack of organization and unity only makes them easier to ignore.

Rather than have thousands of people each trying to shout their issue the loudest, instead there are a thousand protesters shouting the same message in unison.

Individually, messages can be lost, can get muffled, or can cancel each other out. Collectively, they amplify, gaining a power and momentum that cannot be ignored.

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

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

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



WIN FREE TICKETS!

The first seven people to email editor@nexusnewspaper.com and tell them what their favourite and least favourite aspect of *Nexus* is will win a pair of tickets to one of the following events:

Entity
(November 4)

Twisted Theatre
(November 6)

Rock 'n' Roll Shakedown
(November 9)

Philips Comedy Night
(November 13)

Comedy Showdown
(November 20)

Sunday Night Improv
(November 27)

Underground Comedy Fort
(December 6)

NEXUS

services

College provides mental-health screenings

“It confirms that what they’re experiencing is, say, anxiety, and that there’s help for that.”

CHRIS BALMER
CAMOSUN COLLEGE

ROSE JANG
STAFF WRITER

Camosun counsellors will be trying to find out how students and staff are doing mentally during Mental Health Awareness Week at the college.

The college is providing free mental-health screenings on Thursday, November 3 at the main floor of the library on Lansdowne campus for all interested students and staff (staff screenings are from 9 am to 9:30 am; student screenings from 9:30 am to 3:30 pm). Participants can complete confidential surveys

designed to determine whether or not they are struggling with mental-health issues, specifically depression, anxiety, and excessive drinking of alcohol.

“This conversation is really just a confirmation, a sort of reality-check discussion,” says Camosun counsellor Chris Balmer. “If the student then wants to see a counsellor, we give them a referral card, and can even walk them over to the counselling centre. The counsellors are set up to see students all day, on a drop-in basis, to further that conversation, and problem-solve a bit, and provide some support and encouragement.”

The mental-health screens are assigned a level of concern. Students and staff can then talk to a clinician from the Capital Mental Health Association (CMHA) about their results.

The Camosun counselling centre has been running mental-health clinics for several years. Generally, 60–70 students attend each clinic. Some have major concerns, and



ROSE JANG/NEXUS

Camosun’s Chris Balmer says the on-campus mental-health screenings are a reality check.

some are simply curious.

“A good 40–50 percent go and the result they receive in terms of their level of concern does not surprise them,” says Balmer. “In other words, they’re aware that they’re having a hard time, and the mental-health check-up gives them some way of naming what’s going on. It confirms that what they’re experiencing is, say, anxiety, and that there’s help for that.”

But the screenings aren’t just for

people with mental illnesses. They are just as valuable for the general student body that can gain coping mechanisms from the clinic.

“Students are in the middle of the semester, under the pressure of assignments, and they’re becoming overwhelmed,” says CMHA education coach Will Gordon. “The clinic is a great way of checking in on your sleep pattern, anxiety level, and depression level, and learning where you can get help. A mental-

health check-in, just like a physical check-in, is invaluable.”

Meanwhile, Balmer says the mental-health checkups are also good for putting things into perspective. “Sometimes people go and say, ‘I’m relieved to know I’m not depressed. And it’s just life. And I’m coping with life just like everyone else does.’”

A screening day is in the works for Interurban staff and students for next semester.

africa

Microfinance discussion seeks solution to poverty

NICOLE BENETEAU
CONTRIBUTING WRITER

An on-campus panel discussion on November 9 will tackle the contentious issue of microfinance and how it may help alleviate poverty in Africa.

Overseen by Camosun sociology professor Francis Adu-Fibiri, the panel will discuss the pros and cons of the lending practice known as microfinance, the impact it can have on poor communities, and especially the change it can bring in the lives of women.

Adu-Fibiri defines microfinance as “a small kind of loan with a low interest rate to help poor people, especially women, in both the third world and developing countries.”

While this may sound like the idealist’s dream come true, microfinance can prove to be problematic

for the recipients.

“If women get this kind of finance and they are unable to get regular income to pay it back they’ll have to borrow somewhere else,” explains Adu-Fibiri. “Because of that, I’ve been a bit sceptical about microfinance.”

This scepticism is warranted. There are examples of microfinance lenders that hinder, rather than help, their communities.

Josh Ault, professor of international business at UVic, has seen the positive and negative effects that microfinance can have in developing countries.

“There are lenders out there that call themselves microfinance and a lot of them have been accused of creating negative outcomes,” says Ault. “I spent the summer in Hyderabad, India. About a year ago the industry

there got into trouble. There was actually a string of suicides among borrowers.”

But Ault has also seen microfinance be a positive force in the lives of the poor.

“Most of the organizations that I visited in Eastern Africa have followed [the original microfinance] model very closely and you can see it; it’s palpable. You can see that their incomes, their capabilities, and opportunities are higher than the general population,” says Ault.

This dichotomy will be a main focus for the upcoming panel discussion. Adu-Fibiri, co-chair of Camosun’s Africa Awareness Committee, hopes to come away with some solutions he and the committee can put into action.

“If this system can facilitate women’s empowerment, then it



PHOTO PROVIDED

UVic’s Josh Ault, here in a village in Nairorbi, will be speaking on campus.

will help them get out of poverty and through that, their children will get out of poverty and the community will get out of poverty,” says Adu-Fibiri.

And despite the negatives, Ault

agrees that “when microfinance is done right, it is an incredibly powerful tool for poverty alleviation.”

Go to faculty.camosun.ca/africa for more details on the free panel discussion.

SPEAK UP: What does the Occupy movement stand for? BY CLORISA SIMPSON



KELLY CHASE

“It’s starting to lose its vision and people are seeing it as an opportunity to skip out on work and school, using banks as an excuse so they don’t have to feel responsible for their actions.”



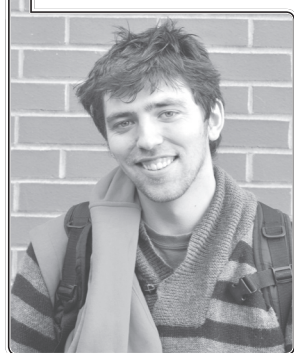
ALEESHA HORN

“That the one percent isn’t being taxed on the money they are making, and they could be doing more to help the 99 percent.”



PETE SMITH

“It stands for social justice and being in solidarity with the marginalized communities of the world collectively. Sustainability and autonomy are awesome!”



CONOR O’SULLIVAN

“It stands for the anger of the everyman; it’s more about discontent than specific policy.”



SAMANTHA MACPHAIL

“They are basically saying that one percent of Americans hold all the wealth and this is the 99 percent that are trying to fight it.”



CHRISTOPHER HAUSCHILDT

“It represents a turning point of people questioning and being more outspoken towards government policy and standing up for change they want to see.”

campus service

Student-run clinic treats sports injuries

“It’s cheaper than any other clinic in town, because they’re being seen by students, but at the same time they’re getting a full service.”

DAVID LAURIN
CAMOSUN COLLEGE

ROSE JANG
STAFF WRITER

Fourth-year students in the Athletic and Exercise Therapy (AET) program have opened a clinic at Interurban campus where Camosun students can be treated for sports-related and other injuries.

Camosun students training to be athletic therapists run the clinic, which is open on Mondays, Tuesdays, Thursdays, and Saturdays. The clinic is open to all Camosun students, and is currently free, though there are plans to charge a small fee in the future.

“We’ll see lower back pain, shoulder problems, ankle sprains, neck pain, headaches. Basically, anything you’d see at a regular physio or athletic-therapy clinic,” says clinic supervisor and certified athletic therapist David Laurin.

The student athletic therapists assess and treat injuries using exercise prescription and manual therapy, as well as ultrasound or electrical stimulation. The clinic,



CARLEE VIVIAN

A look inside the new athletic clinic at Interurban.

located in Campus Centre 107, is outfitted with rehab exercise equipment, such as Swiss balls and dumbbells, plus ultrasound machines and electrical stimulation machines.

“I would definitely use this service because it’s helping students learn by gaining hands-on experience, and why not get it for free and learn more about your body?” says university transfer student Emily Ternullo.

Students in the AET program have to do 600 clinical hours and 600 field hours as part of their program. To gain their clinical hours, the school places them with clinics

in the city, but this year they weren’t able to find enough placements for students. The solution was to start a student-run clinic on campus.

It’s a win-win for AET and Camosun students; students who go as clients get a free (or ultimately cheap) service and the AET students get hands-on experience.

At a regular clinic, clients expect the clinicians to be professionals, but at the student clinic the clients going there know students will attend to them, says Laurin.

“The students do 95 percent of the work, and I just help guide them,” says Laurin. “It’s a good

deal. It’s cheaper than any other clinic in town, because they’re being seen by students, but they’re getting a full service, and I’m there to supervise, to make sure they’re working properly and safely.”

AET student Shawna Neal says the clinic is a valuable experience. “We’re able to practice and apply the skills we learn in class in the real world,” she says. “I’m learning new things every day, and it really is a positive environment in which to gain experience.”

Email atstudentclinic@gmail.com for more information or to book an appointment.

NEXUS

camosun’s student voice since 1990

Nexus editorial meetings are held every Tuesday from 11:30 am to 12:15 pm at Richmond House 201 on the Lansdowne campus.

The best part? You’re invited! So come on down, share story ideas and give your feedback on the paper.



Dunlop House
PUB NIGHT

Mardi Gras
November 3

Crime and Punishment
November 10

4-6 PM
Off Lansdowne Road,
beside the staff parking lot

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NEWS BRIEFS

CCSS election results in

The Camosun College Student Society (CCSS) have announced the results of their fall elections. Jordan Sandwith and Deanna Srdic are Interurban directors, Archie D’Souza and Peggy Liu are Lansdowne directors, and Bradley Clements is the Lansdowne executive. A referendum was passed to increase the CCSS levy by nine cents per month to pay the students with disabilities director.

UBC joins Africa Calling

The University of BC has joined the Camosun College-grown non-profit organization Africa Calling. UBC joined after Camosun invited other Canadian postsecondary to get involved in the cause. Africa Calling has now made its first shipment of cellular phones to Africa and given away phones that can’t be used in Africa to local Canadian charitable organizations (only phones with SIM cards can be sent to Africa and used). Check out the newly launched africacalling.ca for more information.

BC students to lobby Ottawa for increased federal transfers

Students from across Canada recently travelled to Ottawa to lobby members of parliament and senators for increased funding for postsecondary education. Zach Chrispin, chairperson of the Canadian Federation of Students-BC, said in a recent press release that the federal government spends half as much on post-secondary education as it did a generation ago.

Japanese tsunami debris headed for BC

An estimated 20 million tons of debris from the tsunami that occurred in Japan last March could be headed for the coasts of British Columbia, according to scientists at the University of Hawaii (UoH). The debris was initially spotted by a Russian training ship in the Pacific Ocean. Estimations about the size of the debris field suggest that it’s roughly 3,200 km long and 1,600 km wide, and could reach shores in Hawaii as early as 2013, and BC as soon as 2014.

Stepmother’s investigation led her to Pickton farm years before RCMP

A woman recently told the Missing Women Inquiry that a rumour led her to the farm of infamous killer Robert Pickton in the late 1990s—years before his arrest in 2002. Lynne Frey told the inquiry that she was looking for her stepdaughter, Marnie. A tip from Frey’s foster sister led her to Pickton’s farm, where she climbed the fence to investigate, but fled when dogs were set on her, she told the inquiry. Frey says she returned to the farm many times afterwards. Pickton was arrested in 2002 and is currently serving a life sentence for the murders of six women, including Marnie.

-DYLAN WILKS

event

Lecture series looks at gender-identity issues

“When we speak of male or female, we are speaking of sex. When we speak of masculine or feminine, we are speaking of gender.”

DAPHNE CROSSMAN
CAMOSUN COLLEGE STUDENT
SOCIETY

CHRISTIE BURNS
CONTRIBUTING WRITER

Gender: what that word really means today is a complex issue. To help examine the complexities of the concept, an upcoming lecture series will explore what gender means for individuals and within our society.

Gender Identity: Understanding Trans-Identities begins November 2 at the Lansdowne campus.

Camosun College Student Society Pride director Daphne Crossman, Esquimalt-Juan De Fuca MP Randal Garrison, and Camosun student Jesse Fraser will discuss a range of topics over the three Monday-evening lectures, including social etiquette and the scope of gender, social acceptance of trans-identities, fashioning our own self-identification, and the need for medicalization and endocrine



CAROL-LYNNE MICHAELS/NEXUS

Pride director Daphne Crossman is excited to be involved with, and speaking at, the gender-identity lectures.

pharmacology.

“This is stuff that is near and dear to my heart,” says Fraser. “Daphne, being a trans-woman, has a fairly different experience from me being a trans-man, so I wanted to offer that perspective as well.”

Gender is more complicated than it seems. In fact, for some people, gender is something they deal with all day, every day. One of the biggest problems is that the difference between sex and gender is rarely recognized in our society.

“When we speak of male or

female, we are speaking of sex,” says Crossman. “When we speak of masculine or feminine, we are speaking of gender. Gender identity is how you self-identify and gender expression is how you identify other people.”

In Canada, the Northwest Territories is currently the only place that recognizes gender identity and gender expression.

Garrison, also an instructor in Criminal Justice and Political Science at Camosun, wants to change that. He has reintroduced Bill C-

279, which gives human-rights protection to transsexual and transgender Canadians.

Garrison says that lectures like these are a great idea to help with gender issues in society. “Public education at any level and any place is really essential to getting acceptance for trans-Canadians,” he says. “And if we don’t have that, people will continue to suffer from both discrimination and violence.”

The timing of the introduction of Garrison’s Bill C-279 lines up perfectly with the gender-identity

lectures being held on campus.

“We have a lot of support in the community,” says Crossman. “But, that being said, there’s also a lot of opposition to these bills being passed.”

*Gender Identity:
Understanding Trans-
Identities*

6 pm, November 2, 9, and 16
Young 310 Lansdowne, \$5
or donation of a new pair of
socks

college

Aboriginal education thrives at Camosun

“My hope is that we have graduation rates that are on par with the non-aboriginal rates, and beyond.”

SUZANNE WILKINSON
CAMOSUN COLLEGE

JEREMY AMBERS
CONTRIBUTING WRITER

Celebrating its 20th year at Camosun College, Aboriginal Education and Community Connections (formerly First Nations Education) plays a large role in ensuring a successful future for aboriginal students at the college.

The resource centre offers support for students who are in aboriginal studies. “When I walk into this office, I feel like I’m walking into a friendly home” says Trevor Bach, a student in the indigenous studies program.

The centre, which started in 1991, has expanded from serving 100 students to accommodating

the needs of over 1,000.

“We are simply growing and growing,” says student advisor Suzanne Wilkinson. “It’s in part because of our population boom and in part because, collectively, our communities are realizing how important postsecondary education is for getting what you want out of life.”

Wilkinson says that another reason aboriginal studies are growing is because society is moving further away from the past negative experiences of education that have impacted aboriginal people.

“More and more, our people and our communities are having positive experiences with education, and they are passing that along to their families,” she says. “My hope is that we have graduation rates that are on par with the non-aboriginal rates, and beyond.”

Camosun supports aboriginal studies in its strategic plan and the college is working to build a strong foundation to strengthen the future of education for aboriginal people.

“The college over the years has been really committed to the work we’re doing,” says Sandee Mitchell, program leader, student services. “There have been many years when our numbers have been really low



CAROL-LYNNE MICHAELS/NEXUS

Camosun student advisor Suzanne Wilkinson.

in our programs, and the college hasn’t put us on the cutting block. They’ve supported us, so I give a lot of credit to Camosun.”

Aboriginal Education and Community Connections has continued

to have a vision for success and growth, helping aboriginal students through their postsecondary journey.

“We have a philosophy that we all adhere to, and our philosophy is

that we’re here to serve students,” says Mitchell. “We’re here to make life better for aboriginal students who are studying here, we’re here to support and hold up students who journey through the college.”

event

Fair celebrates vintage fashion

“I find that when I find the larger pieces, especially the really nice ones, they sell fast and they sell for top dollar.”

LYNN GRATHAM
EMPRESS JADE VINTAGE

WES LORD
CONTRIBUTING WRITER

For the past three years, Vintage Fair Victoria has been uniting one-of-a-kind clothes with one-of-a-kind customers. On November 12, over 30 vendors will roll their wares into the Fairfield United Church for the fifth instalment of the event.

“Most people that are in this business have done it because they’re collectors, and their collection got out of control,” says Lynn Gratham of Empress Jade Vintage, a vendor at the fair since its inception. “You have to have a passion for it.”

The fair’s organizer, Sarah Rempel, definitely has a passion for vintage. Vintage Fair is more than just a glorified swap meet:



PHOTO PROVIDED

Vintage Fair organizer Sarah Rempel loves her vintage clothes, and her vintage cars.

it’s a chance to get educated about vintage clothing.

On the morning of the event, Heritage Productions will be conducting a roaming fashion show, wearing clothes from the 1880s to 1920s and explaining the history behind each article and accessory.

In the afternoon, local vintage merchant Sam Medley has a fashion show of her own planned. Last time, Medley organized a pillow fight in vintage lingerie.

“Hopefully for this one we’re

going to have a lot more entertainment. And we have another surprise coming, but I can’t say what. It’s just naughty,” says Medley.

So what is vintage, exactly? “Vintage is any item that’s 20 years old, up to 100 years old. Some people consider something that’s 75 years old an antique; I prefer the 100-year mark for that, that’s just how I’ve always seen an antique,” says Medley.

While vintage clothes are unique, it’s an unfortunate fact

that the average person was smaller 50 years ago.

“There’s always a much larger selection in the tiny little sizes, so if you’re a medium-to-large-sized gal, or you’re really tall, it’s a lot harder,” says Gratham. “I find that when I find the larger pieces, especially the really nice ones, they sell fast and they sell for top dollar.”

Men’s clothes are also less common at vintage retailers, but there are a few vendors who specialize in fashion for gentlemen. “If you come

earlier in the day, the items aren’t as picked over,” says Rempel.

And wearing vintage isn’t just about being fashion conscious. Rempel says that second-hand clothing is also “the oldest green business going.”

Holiday Vintage Fair

10 am - 4 pm, Saturday
November 12

Fairfield United Church, \$3
vintagefairvictoria.com

Smoking a pack a day costs about \$300/month.
Describe your smoke-free lifestyle at
facebook.com/quittersunite for a chance to win!

Contest open to everyone 19 and older, even if you don't smoke.



SPORTS BRIEFS

Camosun fourth at golf nationals

The Camosun College Chargers finished fourth overall at the 2011 PING CCAA National Golf Championships. The Chargers fell from second overall at the end of the first round, which coach John Randle said made for a disappointing day, but he's happy with how his players reacted to the turn of events. "The guys tried their best and they conducted themselves like gentlemen," he said in a press release. "I'm proud of them."

Royals prospect going to 2012 winter youth Olympics

Joe Hicketts, the 15-year-old first-ever draft pick of the Victoria Royals WHL hockey club, has been selected to represent Canada at the 2012 Winter Youth Olympic Games. The games will be held in Innsbruck, Austria from January 13-22. The 2012 Winter Youth Olympic Games are the first of its kind. The first Summer Youth Olympic Games took place in Singapore in August of 2010, in which Canada took home 12 medals.

Chargers results:

- Women's volleyball
- Friday, October 14:
- Camosun College Chargers: 3
- College of the Rockies Avalanche: 0
- Friday, October 21:
- Camosun College Chargers: 0
- Vancouver Island University Mariners: 3
- Saturday, October 22:
- Camosun College Chargers: 1
- Vancouver Island University Mariners: 3
- Friday, October 28:
- Camosun College Chargers: 0
- Capilano University Blues: 3
- Saturday, October 29:
- Camosun College Chargers: 0
- Capilano University Blues: 3
- Men's volleyball
- Friday, October 14:
- Camosun College Chargers: 3
- College of the Rockies Avalanche: 0
- Friday, October 21:
- Camosun College Chargers: 2
- Vancouver Island University Mariners: 3
- Saturday, October 22:
- Camosun College Chargers: 0
- Vancouver Island University Mariners: 3
- Friday, October 28:
- Camosun College Chargers: 3
- Capilano University Blues: 0
- Saturday, October 29:
- Camosun College Chargers: 4
- Capilano University Blues: 0

Chargers basketball under way

The Camosun College Chargers basketball clubs have started their seasons, beginning with exhibition matches on the weekend of October 29-30. The women's basketball team played their exhibition match in Duncan against Vancouver Island University, and the men's team spent their time across the border in the United States playing against colleges in Washington State.

-DYLAN WILKS

water sports

Camosun's rowing club off to a rollicking start

JAMES NIELSEN
CONTRIBUTING WRITER

Camosun's recently formed rowing club wasted no time getting to the podium when student athletes Graham Obee and Trish Mara medaled in the lightweight men's single sculls and lightweight women's single at the Western Canadian University Rowing Championship in Burnaby on October 23.

The wins come mere weeks into Camosun's rowing club existence. Although a club has long been in development, previous attempts have failed to gain enough traction to succeed. The club's recent tryouts saw 12 student athletes make the cut, a number that will hopefully increase for the spring season.

"There's a tremendous pool of athletes at Camosun that we want to expose to rowing," says Barney Williams, talent development coach of the Canadian Sports Centre Pacific. "Also, recognizing that many rowers from the junior rowing program in Victoria end up at Camosun, the thought was to provide them with a context and an environment to carry on in the sport."

Williams says this is the first coordinated launch of the program that features investment from several groups, including the University of Victoria, the Victoria Rowing Club, and Rowing Canada.

"All of these people are really looking to support the growth of rowing in Canada," he says, "then there's increased support for new programs, and I think Camosun is really fitting the mould of a new program that we want to see happen."

Camosun's program will initially provide new athletes and more experienced athletes with separate training environments that cater to their abilities. Athletes new to rowing will participate in an initial orientation with the hope that they will eventually join the rest of the program's athletes in 2012.

Williams says student athletes will have the opportunity to focus their attention to the sport at hand, thanks to the partnerships in place.

"For Camosun, the challenge, obviously, is resources," he says, "and the advantage is we do have partners that are really excited to support the initiative, with the Victoria Rowing Club providing resources and equipment."

Although still in the early phases, Camosun rowing coach Douglas White would like to see the program take the next step sooner rather than later.

"One of the objectives of the program is a two-year horizon, so we'd like to see a men's eight and women's eight at varsity level be-

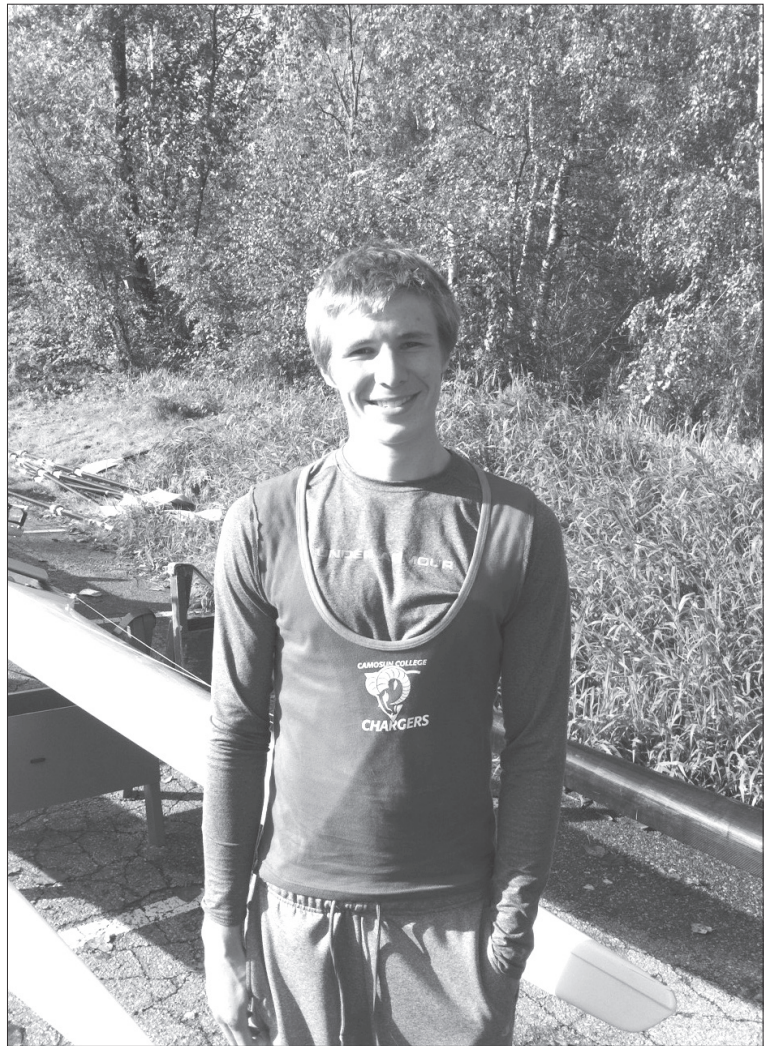


PHOTO PROVIDED

Graham Obee of Camosun's rowing club.

ing able to compete on a two-year program to accommodate university transfer," he says, "and to go

to the San Diego crew classic and compete in the college event every second year."

running

Victorian runs island for Rwanda awareness

"One night I wrapped fish around a stick over a fire and got fish juices all over me. I was perfect cougar bait, with only a flare gun for protection."

ERIC MAZIMPAKA
SIYON STUDIOS

MARIELLE MOODLEY
CONTRIBUTING WRITER

Eric Mazimpaka spent October running up and down Vancouver Island. He covered 560.5 kilometres with little money and little time to prepare. He slept in a car every night and was fuelled mainly off of candy.

Mazimpaka began the run on September 27 and finished it on October 24, covering roughly 26 kilometres per day.

The run was his most recent attempt to raise both awareness and funds for an upcoming festival to be held in Rwanda, on the 20th anniversary of the Rwandan genocide.

On Mazimpaka's first day of the run, he ran 20 kilometres from Holberg to Cape Scott, the most cougar-populated area in Canada.

"That night I ate fish with nothing to cook it in; this was a bad idea," says Mazimpaka. "I wrapped



PHOTO PROVIDED

Eric Mazimpaka recently ran Vancouver Island for a good cause.

it around a stick over a fire and got fish juices all over me. I was perfect cougar bait, with only a flare gun for protection."

Apart from large animals, Mazimpaka also had to get used to truckers. He says he started to recognize the same truckers in the same trucks driving past him every day.

"After a few days the truckers started recognizing me too," says Mazimpaka. "They would honk at me and give me huge smiles, not even knowing the reason why I was running."

While on his run, Mazimpaka learned a lot about himself. For example, he never felt impatient

about running for over eight hours every day. Rather, he used that time by opening his train of thought and appreciating his surroundings.

"I kept envisioning an hourglass with each grain of sand falling through representing an old era," he says. "Once those grains had all fallen out it would be time to turn it again, time for change."

Mazimpaka likens that change to what's happened in Rwanda since the genocide there in 1994. These issues mean a lot to him; in fact, this isn't the first time he's run a marathon for positive changes in Africa.

"When I was in high school at Spectrum Secondary, a teacher

and I created a club called Stand for Peace," he says. "Through this club, I ran two fundraising marathons and raised enough money to build a school in Sierra Leone."

Stand for Peace has now become a credited elective called "global issue studies." Siyon Studios, Eric's art company, carries on the same ideals as Stand for Peace.

Siyon Studios is selling Mazimpaka's original art and clothing and is putting on fundraisers and fashion shows.

The music festival that Mazimpaka was raising awareness for with this run, ThinkOne, will take place in Rwanda in December 2013 and January 2014.

Heading south

One student's opinion on Canada

By Ali Hackett, staff writer
Illustration by Jessica Tai



In the last 15 years Canada has seen a widening gap between incomes of the rich and poor, a situation that will most likely become more extreme under the current government.

Income inequality is a global epidemic, and is a key reason behind the Occupy protests. At a time when most of the world is struggling with income inequality and general fiscal malcontent, Canada has proven to have a strong economy even in the face of a global recession.

In spite of this, the Harper government is determined to make decisions that benefit the needs of the rich, leading Canada down a well-worn path already proven unsuccessful by our neighbours to the south.

In a move towards fiscal prudence, the Harper government is dissolving the per-vote subsidy. This subsidy sees that every vote a party gets in a federal election translates into \$2 of federal funding via tax money for that party, regardless of whether they win any seats. This amounts to about \$30 million a year in funding for political parties, and has allowed small parties to participate in the election process.

Although there are other subsidies available, the per-vote subsidy provides a relatively level playing field, at least in terms of representative financial support. The rescinding of the per-vote subsidy goes along with the neo-liberal ideologies that say the state has no role in terms of equal allocation of resources.

Of course, what happens in this situation is the one percent of the population, who has a lot of money, recognizes the party that represents its interests, which in our case is the Conservative Party, and that party ends up with the most funding.

The inverse of this is the party with the poorest supporters ends up with the least funding. In the US, the situation is so extreme that one needs millions of dollars to even consider running for office.

As income inequality becomes more extreme, fewer voting options will be available to a greater majority of (poorer) people. If viewed from the angle of the one percent, though, this situation can be seen as beneficial. Only in this way can a person understand the determination of the Conservative government to move in the direction of a crumbling democracy, in which a small percentage of the population profits directly from the financial oppression of the majority of the population.

Economists have relentlessly analyzed the Amer-

ican economy since the beginning of the global recession years ago. A couple of key reasons explain why they hit harder than Canada by the recession.

The Harper government is determined to make decisions that benefit the needs of the rich, leading Canada down a well-worn path already proven unsuccessful by our neighbours to the south.

First, military expenditures in the US are trillions every year. Pound for pound they spend 15 times more military than Canada every year, although their income is not 15 times greater.

Second, as Europe and Japan recovered after the Second World War they were able to rebuild many factories and manufacturing plants and take business back from the US. At this time America was practising a very pure form of capitalism that worked because their economy was so strong. Labor unions were practically nonexistent, and weren't in demand because there was excess wealth.

Canada continued to practise a combination of capitalism and socialism, with the support of unions, and relied on the export of resources to sustain the economy. As the US economy declined due to competition overseas, its labor unions left without protection against the growing gap between rich and poor.

Much like Ronald Reagan in the 1980s, who essentially fired an entire body of air traffic controllers for striking, threatening their union and employment, some of Stephen Harper's moves were to intervene in what constitutes the basis for industrial relations in Canada.

In June, the Conservatives legislated the postal workers to work, citing damage to the economy. More recently, in Canada, a private company, the federal government sought to force the airline workers back to work if they voted to strike.

Young, low-earners have a tradition of poor showing in elections, but they are often the ones most affected by government policy.

It's important to note that this is an unprecedented move by the federal government, and it essentially stripped the workers of their bargaining power. Again, potential damage to the economy.

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This action by the Canadian government is disturbingly similar to what Reagan did in the '80s. If unions, and the labour force in general, have their bargaining power stripped, then there's no longer a system of checks and balances in place to protect employees.

Given this history, and given the current protests in the US and Canada, one has to wonder why the Conservative government is following much in the same footsteps as previous American governments.

The Conservative government argues and, in fact, ran on a platform that insisted that the role of the business sector is key in promoting economic growth and prosperity. In general terms, this may be correct, but this neo-liberal style fails to address the divide between rich and poor and in no way moves towards an egalitarian society.

Harper's first moves were to intervene in what constitutes the basic framework for industrial relations in Canada.

To someone in the 99 percent, this system is entirely detrimental. Neo-liberals will site the trickle-down effect as being the most effective form of economic policy, and yet if that were true we wouldn't be seeing situations of extreme income inequality in the US.

In theory, the trickle-down effect works by giving tax breaks to the higher earners, with the idea that they will be more likely to spend money, invigorate the economy, and create jobs. Like many things, it works great in theory, but fails in reality.

And if tax breaks really do stimulate the economy, then why not just give an equivalent break directly to the lowest earners instead of waiting for it to trickle all the way down from the top?

The most disturbing thing about this situation is that none of the actions by the government come as a surprise. The Conservatives fully stand behind their ideals and policies, and believe emphatically that the economy is the most important thing on the political agenda. Once a government has a majority in Canada, it can basically do whatever it wants within the confines of the constitution, including changing laws.

Seeing the support for the Occupy movement is encouraging, but Canadians have to remember that at this point it's still in their greatest interest to demonstrate their opinions at the polls. Young, low-earners have a traditionally poor showing in elections, but they are often the ones most affected by government policy.

Only the Conservatives ran on a platform that supported less funding for small political parties, or placing the economy above all else.

There's no reason Canadians should have historically low voter turnout in the future, given our demonstrations in support of democracy and equality.

Expert examinations

Nexus asked professors from UVic and Camosun to discuss the Occupy movement and what it means in Canada. The experts commented on income inequality, corporate influence on government, and Canadian politics.

Bill Carroll
Professor of Sociology, program director in Social Justice Studies
University of Victoria

My sense is that the divide between rich and poor will continue to grow in Canada and globally in the next few years. In Canada we have a very conservative federal government, also a pretty conservative provincial government, just looking at BC in particular, and the policies that are likely to issue from these kinds of governments are not going to address issues of poverty or income inequality. They'll be primarily oriented towards trying to attract investment capital. In particular, at the federal level I would say the Harper government has signalled a very strong anti-labour posture since it won its majority last May. Of course, one of the major social forces that help reduce inequalities is the labour movement, so I think you might say there are two different scenarios. One is that the federal government will continue along the policy agenda that it seems to be putting forward, and that would definitely increase inequalities. Or, if there's a sufficiently strong opposition from below, its agenda might be checked. In which case, perhaps, inequalities would not increase.

Warren Magnussen
Professor of Political Science
University of Victoria

The divide between rich and poor has been growing for quite some time in this country, as elsewhere. It's hasn't grown quite as dramatically as in the US, but that's been the direction of change. In terms of corporate influence there's not a huge amount of difference, although there are some differences in the two political systems in that the American system has been more prone to lobbying by particular interest groups. But the overall influence of business on government is similar in the two countries, and always has been. So, would I expect inequality to increase of the next number of years? It depends a great deal on the kind of resistance amongst people to that growth in inequality, and their capacity to put pressure on governments and business to make adjustments to reduce inequality. It's anybody's guess whether that kind of political pressure will be forthcoming or sufficient.

James Lawson
Assistant professor, Canadian Politics
University of Victoria

I think the fact that the Occupy Wall Street movement has targeted income inequality is big. That's not been on the political agenda for decades. Does the government of Canada respond by being open to it, or cracking down on it? So far some government officials have been surprisingly open to listening to the discussions that the Occupy movement are holding. Here, the protesters have gone out of their way to be very diligent to not diversify their tactics. That's a change from earlier protests, which have sometimes accommodated those who are willing to damage property while protesting. It will be interesting to see whether the Occupy movement comes up with more concrete demands and how the government will respond then. The wider picture is that the stakes are very high. It is possible to come out of a crisis with a more egalitarian society or a less egalitarian one; the Great Depression ended with a set of policy changes that greatly reduced the gap between rich and poor.

Mona Brash
Political Science instructor
Camosun College

The trend is continuing along the growing gap between rich and poor. I don't see what's going to stop it unless there's a big change in participation of voting, for example. Many stats are showing that young people are falling further behind, economically, but youth voter turnout is low. I think some young people, those 18 to 30, may not see what role government is going to play in their lives, they don't realize how much of a role there will be, but they'll find out soon and hopefully they'll start voting. I haven't seen anything that indicates the current federal government is willing to work to close the divide between rich and poor.

dance

New production combines science and art

“Wayne McGregor’s really interested in pushing himself as a choreographer and a dance maker, so he’s been working with these cognitive scientists to look at how the brain and body works.”

MICHAEL-JOHN HARPER

WAYNE MCGREGOR/RANDOM DANCE

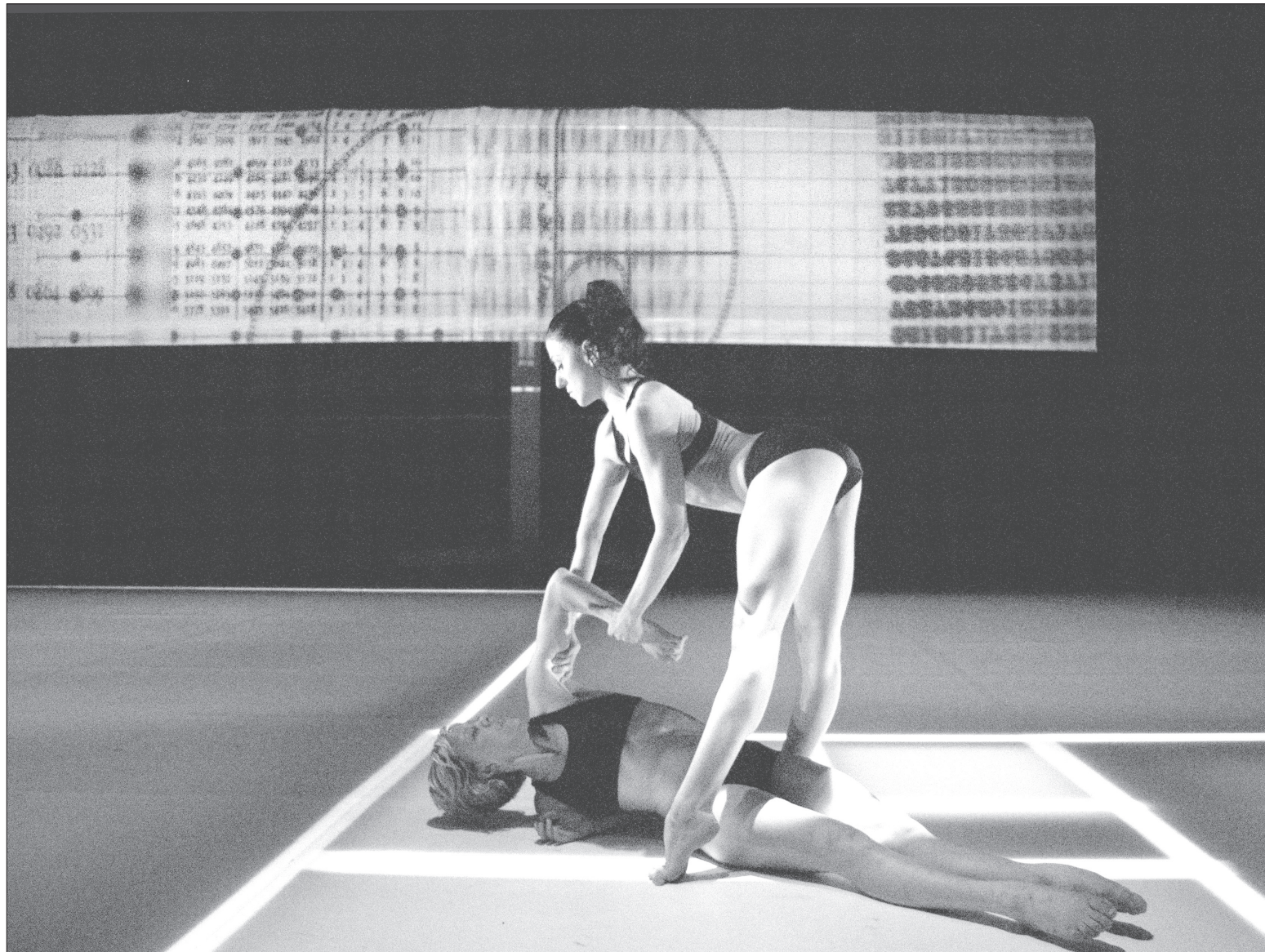


PHOTO PROVIDED

The Fibonacci sequence, DNA strands, Darwinism. And, of course, dancing. Get ready for *Entity*.

WES LORD

CONTRIBUTING WRITER

Electronic soundscapes, DNA strands as a visual motif, and inexplicably technical dance moves.

It’s no wonder Dance Victoria is thrilled to be bringing *Entity* to town.

Elise Wren, associate producer with Dance Victoria, says she’s excited to welcome the production of British dance company Wayne McGregor/Random Dance on November 4–5.

“Wayne McGregor is one of the top three choreographers in

the world right now, so the chance to bring his company to Victoria is incredible,” says Wren.

McGregor created *Entity* in 2008 and, according to Wren, it’s a perfect fit for Dance Victoria, since the company has been pursuing less ballets recently and trying to attract more contemporary works.

“We’re trying to reach a younger demographic with this piece,” says Wren. “The music for the piece is a soundscape by Joby Talbot and Jon Hopkins, who is a Coldplay collaborator. It’s an electronic soundscape that sounds very Coldplay-esque.”

Michael-John Harper, a dancer with the company, lauds McGregor for his experimental approach to choreography.

“Wayne’s really interested in pushing himself as a choreographer and a dance maker, so he’s been working with these cognitive scientists to look at how the brain and body works,” says Harper. “You start to realize that you work in different patterns, in things that you’re most comfortable with.”

The experimental nature extends to the subject matter. “[McGregor] doesn’t really do narrative

ballets or works,” says Harper.

The production doesn’t have a definitive middle and end, but “there’s a lot of meat to it,” says Wren, and it’s up to the audience to interpret what they saw.

“McGregor plays with the idea of artificial intelligence; there’s Darwinism in there,” she says. “He also projects images like the Fibonacci sequence and the golden mean, ideas that beauty can come from mathematical concepts.”

Another nod to science and math is a subtle visual motif of DNA sequences. But you won’t need a

science degree to enjoy *Entity*. From a visual standpoint, Wren has high expectations for the performance.

“These dancers are some of the best in the world,” she says. “You’re seeing incredible extensions, flexibility, they’re doing things that you’d never imagine are possible. They seem to be like other entities... which is fitting for the piece.”

Entity

7:30 pm, November 4-5
Royal Theatre, \$25-60
dancevictoria.com

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music

The Arkells come into their own on new album

“Keeping everything in house made it so we can be honestly proud of the things we do and take responsibility for them.”

MIKE DEANGELIS
THE ARKELLS



PHOTO PROVIDED

The Arkells have grown as musicians since the release of their last album.

LUCAS MILROY
CONTRIBUTING WRITER

It's been a long three years since Hamilton indie rockers The Arkells put out their debut album, *Jackson Square*.

In that time, the band logged in a lot of hours touring around Canada, and while they made an impression on fans and critics, winning the Juno Award for new group of the year along the way, those three years were often filled with uncertainty.

“Especially those times where you don't really know what to expect,” says guitarist/vocalist Mike DeAngelis, “and then you go to the show, and even if there are not really a lot of people, they are really enthusiastic. Those are the sorts of experiences that really affect us the most.”

The band's new album, *Michigan Left*, finds The Arkells out to prove themselves, as they're hoping it will demonstrate how they've developed and matured musically.

“I would say that we've definitely taken in a few more influences since *Jackson Square*, and have found an appreciation for a different sound and textures that weren't really on our musical map when we put out *Jackson Square*,” says DeAngelis.

In the process of making *Michigan Left*, The Arkells were able to keep a large portion of the assembly of the record within the band. This process created a genuinely unique album; from the music, to the pro-

duction, to the cover art, members of the band did it all.

“The ability to keep everything in house made it so we can be honestly proud of the things we do and take responsibility for them,” says DeAngelis.

There have already been questions over what the phrase “Michigan Left” symbolizes, with people creating their own meaning behind it. The Arkells took a lot of time coming up with the title, and have given it a significance of their own.

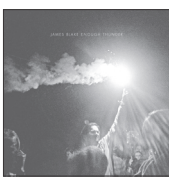
“It's a particular traffic system in Michigan where in order to make a left turn, you have to make a right, and then a U-turn,” explains DeAngelis. “So it's kind of an interesting analogy for how sometimes you need to go in a different direction to get where you need to go.”

The Arkells
9 pm, Saturday November 12
Sugar, \$18
arkells.ca



New Music Revue

New releases from James, Mayer, Patrick, Ben... and M83



James Blake
Enough Thunder
(Universal)
4/5

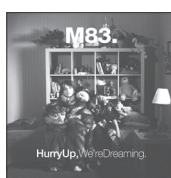
James Blake's latest addition to his musical catalogue is this six-song EP, which contains his unique style of eclectic electronic sounds mixed with synthesized genius.

What makes Blake so unique is his ability to sweep the listener off their feet and carry them somewhere they could only imagine, and could only fear. Like passionate nightmares or a painful kiss, Blake's music is confusing yet compelling.

His brilliance comes from his ability to change the pain into pleasure, leaving the listener empty until they realize that life just wouldn't have been the same without that moment.

If your musical taste is stimulated by self-discovery and escape, Blake will envelope your senses amidst his layers of rich melodies and brilliant sadness.

-TJ NYCE



M83
Hurry Up, We're Dreaming
(Mute US)
4.5/5

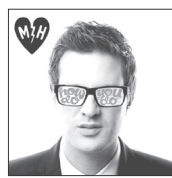
On M83's sixth full-length album, the double-disc *Hurry Up, We're Dreaming*, the Los-Angeles-by-way-of-France dream-pop/shoegaze band takes the listener on a cerebral journey across an endless shoal whose thin waters reflect a distant-yet-vast setting sun.

Make no mistake: *Hurry Up, We're Dreaming* is a tremendous album, delicately woven with the finest of threads.

Traditionally, dream-pop albums flow together as if you're in a dream; with *Hurry Up, We're Dreaming*, M83 has provided a tapas array of evolving sounds and beats. They're able to achieve this because of the various tasteful and brief transitional filler songs placed between their more concrete songs. These brief interludes enable the band to go from slow to fast, and harsh to fine.

This album is definitive for 2011, and it's sure to grow with age.

-ADAM PRICE



Mayer Hawthorne
How Do You Do
(Universal Republic)
3.5/5

Turn the lights down low, light some candles, pour a glass of Courvoisier, and get ready for a cheesy soulful romancing. Contemporary hip soul crooner Mayer Hawthorne's latest album, *How Do You Do*, showcases his enthusiasm for '60s and '70s soul and R&B.

It's not surprising that some of Hawthorne's influences, like Isaac Hayes and Barry White, revealed themselves on this album. This is especially true on the song “Can't Stop,” which features Snoop Dogg.

Hawthorne's pulse-paced beats are just too catchy to ignore, and you may find yourself unknowingly singing along to album highlights like “A Long Time” before too long at all.

While you may not fall for his dysfunctional lyricism, Hawthorne's approach and style may be just what the doctor ordered to put the smile back on your face.

-TJ NYCE



Patrick Stump
Soul Punk
(Island)
1/5

Most of us know Patrick Stump as the singer from Fall Out Boy. Remember how bad Fall Out Boy were? Due to the quality of this album, I think it's safe to say that Stump is the one to blame.

This 10-song album is about nine songs too long. I'm not hinting that one of those tracks is good; no, they're all awful. Ultimately, Stump could have just rolled all these songs into one amazing, epic hour-long song of the worst pulpy pop garbage of all time.

Musically, every track sounds completely identical; Stump just marks the changing of songs with different lyrics. They're not even good lyrics. They're lyrics like this: “If you're unfaithful put your hands in the air, hands in the air...” Wait... what?

The nicest thing I could possibly say about this album is that it's dancey, so I'm sure it will please the top-40, club, and 13-year-old crowds.

-CLORISA SIMPSON



Ben Wilkins
Ben Wilkins
(Milagro)
2/5

After reading that Canadian indie-pop/jazz artist Ben Wilkins studied music at McGill University and received a scholarship following graduation to teach and study music in China, I was expecting an album full of songs that could be described as culturally influenced, passionate, or interesting.

But the only interesting thing about Wilkins' self-titled debut album is its lack of creativity.

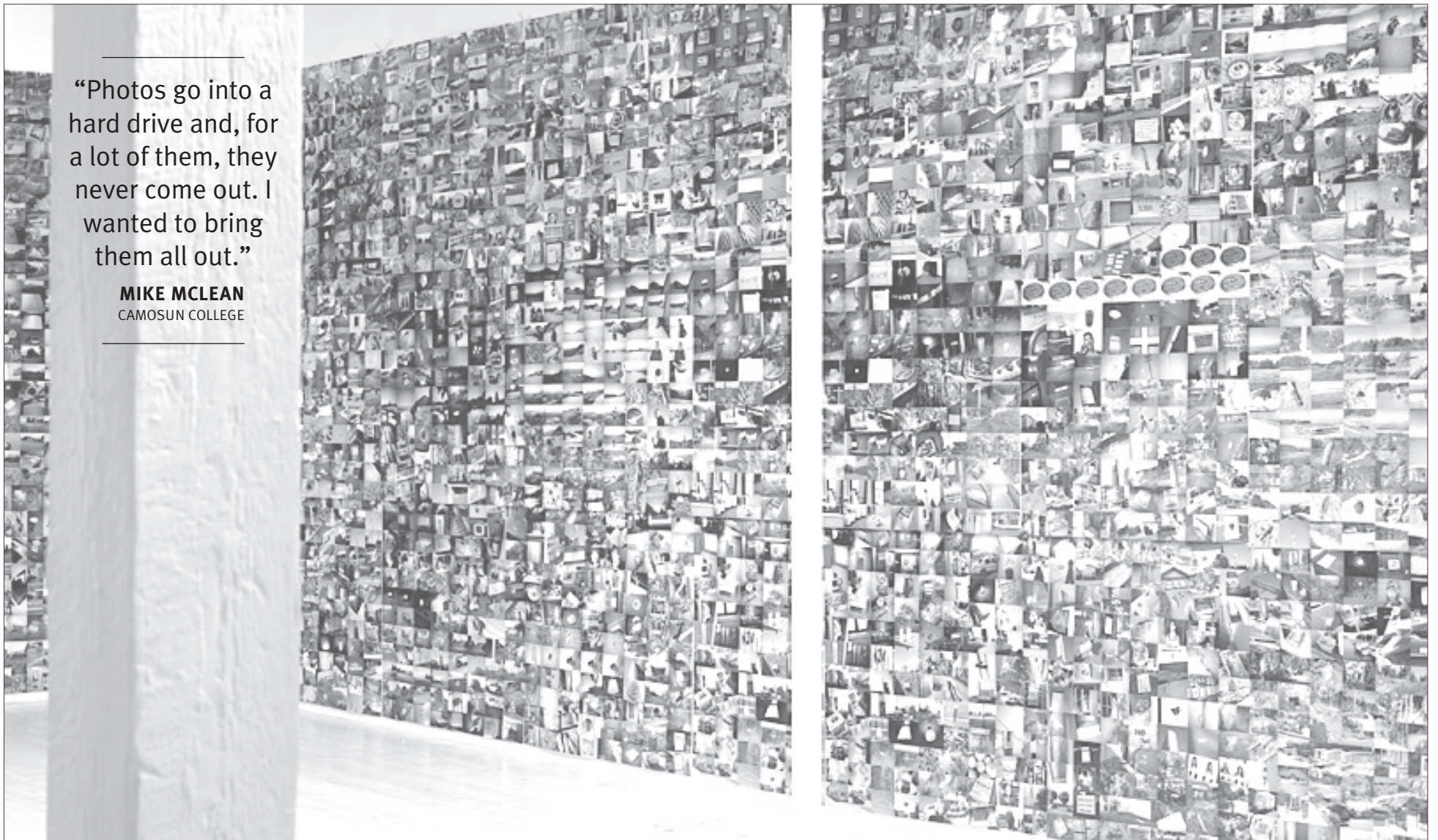
It's the kind of album that, if you purchased it and it made its way onto your mp3 player, you would only end up listening to if it came on during shuffle. It's the kind of album that you would buy and then forget you even own because the songs are unoriginal, bland, and lifeless.

For a debut album, Wilkins should have worked to create something interesting, or at least something that people would talk about. Instead, this disc will leave listeners wanting more because it's forgettable and doesn't showcase Wilkins' experiences or originality.

-CHESLEY RYDER

art

New exhibit brings photos back off the hard drive



“Photos go into a hard drive and, for a lot of them, they never come out. I wanted to bring them all out.”

MIKE MCLEAN
CAMOSUN COLLEGE

Thirty-Five Thousand Forty aims to reconnect people with the physical aspect of photographs.

PHOTO PROVIDED

JESSICA CLARK
CONTRIBUTING WRITER

An instructor from Camosun’s visual arts program will be opening his latest art installation downtown at Open Space gallery on November 10.

The exhibition, entitled *Thirty-Five Thousand Forty*, will demonstrate a new way of reading digital photography and exhibit over 35,000 photos displayed on the 14-foot walls of Open Space gallery.

The installation is courtesy of

Mike McLean, a new instructor at the Lansdowne campus who plays a big role in helping visual arts students understand the technical aspects of art.

The photographs in McLean’s installation were taken on a daily basis; his goal was to take 100 photos each day for an entire year. This method of digital photography was inspired by the amount of space photographers are now capable of occupying.

“It’s about something that we all do,” says McLean. “It’s about

quantity, nowadays. Digital photography, now, for a lot of people, is the computer; it’s your phone. The photos go into a hard drive and, for a lot of them, they never come out. I wanted to bring them all out.”

Traditional wet-print photography and digital photography are both important mediums in McLean’s art practices. He believes *Thirty-Five Thousand Forty* can bridge the gap between the two mediums and create a relationship between different generations.

“For a lot of us there is a removal

that happens when we’re just looking at images on a screen. There’s no tangible component to it,” he says. “I’ve talked to young people who have never made a photographic print before. I think that making prints will help to bridge that gap. When you hold a photograph, even if it’s just for a moment, you kind of have a different relationship with it, and I like that.”

Joseph Hoh, fellow instructor and former chair of the visual arts department, has some advice for students about getting involved

with art outside of their current studies.

“In Canada, art changes peoples’ perception,” he says. “Art is all about connecting; maybe taking a break from what you’re doing will bring fresh ideas and fresh connections.”

Thirty-Five Thousand Forty
7 pm, November 10 (runs until
December 10)
Open Space
mikeandrewmclean.com

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theatre

Jitters looks at anxieties of Canadian actors

“Every character was modelled after a Canadian actor of the era.”

PATRICK MCDONALD
JITTERS

LAUREN DUGGAN
CONTRIBUTING WRITER

Jitters is a play that will appeal to theatergoers and thespians alike. The story, written by David French (*Salt-Water Moon, 1949*) depicts the neurotic anxiousness of opening night and the desperations of working Canadian actors.

“I saw this play when it opened,” says director Patrick McDonald. “Ever since then it slips back into my life in different ways. I’d say that

in my career I’ve worked with every one of the characters in the play.”

Jitters opened in 1979 and quickly became a popular comedy. McDonald says that it’s hard for Canadian plays to achieve the amount of success that this one did during its original run.

“*Jitters*, when it first came out, ran for eight weeks at Long Wharf Theatre in Connecticut, then it was slated for a Broadway run,” he says.

It never made it to Broadway, but it did make it to Canadian theatre history. And history is now a part of the play itself: because the play was written in the ‘70s, it will be treated as a period piece. Right down to the shag carpet, this interpretation of the play will be true to its roots.

“There will be lots of foretell, polyester, really big moustaches, and white belts,” says McDonald. “Everything you would expect to see.”

Another part of staying true to the play’s roots means including an all-Canadian cast. But no matter where those playing the characters are from, everyone in the play is insecure and insane in their own way, including a drunk leading man on opening night, an aging stage diva, and a sadistic stage manager who’s tired of running after actors.

“Every character was modelled after a Canadian actor of the era,” says McDonald.

But even those who aren’t actors will enjoy *Jitters*. This comedy has something in it that everyone can relate to.

“Everyone’s experienced a petulant co-worker who has a certain amount of power over you,” says McDonald. “Who hasn’t experienced those people in their job?”

Jitters

November 15 - December 18

The Belfry, \$28-38

belfry.bc.ca



PHOTO PROVIDED

Everyone will be able to relate to some aspect of *Jitters*.



Arena Rock

by Clayton Basi

Death breath



CLAYTON BASI

Napalm Death proving that the old guard still got it in the world of metal.

Napalm Death
Club 90NE9
Victoria, BC
October 25

Over 27 years ago, in Birmingham, England, Napalm Death were beginning to fuse death metal with hardcore punk. Featuring abrasive vocals, sociopolitical lyrics, downtuned guitars, and speedy punk drumming, Napalm Death were the grindcore pioneers. Strangely enough, they recently played at Club 90NE9 in Victoria.

Local grinders Compound Terror kicked off the night. This three-piece contains drums, guitar, and a singer/sampler. The trio wielded a unique sound utilizing dirty synth tones and fast d-beats in tasteful combination with grooves and blasting. As a pleasant surprise, Six Brew Bantha, another local grind trio, hopped on stage seconds after Compound Terror finished their last song. After being denied a spot on the bill, Six Brew Bantha were able to perform two songs after all.

After a grindcore introduction, fellow locals Reaver delivered melodic death metal. Despite two new members, Reaver gave a performance as solid as ever. Blazing har-

monies and ripping guitar solos filled Club 90NE9, much to the dismay of many strictly grindcore locals. Reaver gave a tight, and mostly well received, performance, although it seemed like they were just on the bill to sell drinks and get people through the door.

After a lengthy changeover, Napalm Death exploded onto stage sending the floor into a moshing and fist-pumping frenzy. Shredding their signature short blasts with lengthier songs sprinkled between, Napalm Death gave an energetic performance lacking nothing present in their past years (besides hair).

Frontman Mark “Barney” Greenway was in his signature persona: calm, cool, and completely insane. He introduced almost all songs with their meanings and made sure to give out handshakes on stage, even stepping out front of the venue after their 90-minute-long set. Greenway also showed sincere care for his fans, requesting that kids not be thrown out “just for jumping on stage.”

These English innovators are clearly still killing it after 27 years of grinding the world to a Napalm Death.

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Worth the Trip

by Tyler Rowe and Jason Saliani

Su-su-sushi



TYLER ROWE

Campus Caf
Lansdowne campus
Sushi Combo
\$8.95

Presentation and service

Jason: Sushi from the cafeteria. This seems safe... I hope. As a rule, I avoid sushi that has been sitting in a cooler for an undisclosed amount of time, but we have a job to do, and it actually looks pretty decent. Plus, you get a fair amount of sushi in a pack.

Tyler: Honestly, the safety thing is probably all cool, since there isn't any actual raw fish in it, but I couldn't open the wasabi packet and I love wasabi. Bad mark for the caf there; I could've really used some wasabi, too.

Taste

J: The best way I can describe it is "soggy." The rice was just a gelatinous paste that coated flavourless fake crab, or in a ball under a slab of poor smoked salmon. It was too cold: sushi is supposed to be room temperature, when it's cold it loses all its flavour.

T: It's pretty flavourless, and the texture is brutal. The so-called "spicy" California roll was a disappointment, especially after the no-wasabi incident. I was hoping for a bit of a burn, or at least flavour. I guess people buy it every day, though.



TYLER ROWE

Fujiya Sushi
Sushi Combo and California Roll
\$11.65

Presentation and service

J: Everyone on staff is super nice, and you get tons of selection. The fact that you get fresh sushi for half the price is just the bee's knees. That's right: the bee's knees.

T: Well, it's basically a food market, but instead of being full of Triscuits and Spam, it's full of delicious, fresh food. Don't let the look of the place throw you: it's a gem. And there are tons of non-fish items for those of us who don't eat sushi. Like my grumpy 94-year-old great-uncle Mort.

Taste

J: It tastes real, like it was made the same day. Better than that, it tastes great. Really top-notch sushi. It's of the same quality as any great sushi place in town and for super cheap, so you can't beat that. The California rolls weren't bland this time; whoever invented fake crab was a genius.

T: More like made the same hour. One of the best things about Fujiya sushi was that it wasn't super cold, even though it contained actual raw fish. That raw fish was awesome, too, it had real flavour, and you could tell the difference between fish and rice.

And the winner is... Fujiya

Verdict: Fujiya has amazing quality for a low price. We had twice as much sushi for only three bucks more. And it was great sushi, too. No contest; it's kind of like comparing apples and crapples.



What's Up with Her?

by Madeline Keller-Macleod
camosun college women's centre

Objectification of women still not okay

It would be nice to think that the objectification and degradation of women are no longer problems in our culture here in 2011. But they are problems, and the continuing exploitation of women in advertising perpetuates those problems.

For example, a local house party featuring all-you-can-drink beer was recently marketed using a poster featuring a naked woman. Images like this promote issues of inequality; every day, women experience discrimination based on the cultural ideals that images like this reinforce.

Some people defend event posters like this, saying they are art. But, clearly, the naked-woman image and what it represents is different from a lot of classical artwork.

Objectifying the female body to sell tickets to an all-you-can-drink event is not art. But this doesn't

mean that the naked female body should be hidden from the world. The female body has been repressed for far too long.

An important difference exists between classical artworks that celebrate the female body, such as the Greek statue Venus de Milo, and a completely naked woman in a suggestive but powerless pose, a woman who has been Photoshopped to the point where there could be no possible perception of a culturally defined imperfection.

In order to support positive change in the world, it's essential for us to adopt strong policies of supporting basic human rights.

The objectification of women degrades human rights and promotes issues of inequality and violence, the latter of which is made especially worse by excessive alcohol consumption.



Earthy Edibles

by Keira Zikmanis

A touch of the Mediterranean

This is the kind of recipe that will stand up to whatever different vegetables you want to throw in it. (Don't take that as a challenge.) Really, it's super versatile: you can switch up the greens for spring mix or arugula, and the sunflower seeds for toasted almonds, or whatever other nuts or seeds your taste buds desire. This salad can also be ready in a flash, especially if you cook the rice in advance. Since rice is the kind of thing you don't have to stir while it's cooking, you can leave it alone once it's simmering and snuggle up with a good book (or textbook) until it's done.

Mediterranean-inspired chickpea salad

Serves 6
Prep time 15 minutes, cook time 50 minutes

Ingredients

1 ½ cups brown rice (or 3 cups cooked brown rice), cooled to room temperature
½ tsp salt
2 cups cooked chickpeas (or 16oz can)
½ medium red onion, diced fine
2 cups loosely packed, chopped spinach
½ cup coarsely chopped, pitted black olives



KEIRA ZIKMANIS

½ cup crumbled feta
½ cup toasted sunflower seeds
1 red pepper, cut into ½ inch squares

Dressing

2 small cloves of garlic, minced
Juice of 1 lemon
1 ½ tsp sugar or maple syrup
½ tsp dried tarragon
½ tsp dried basil
½ tsp salt
Pepper, to taste
4 ½ tbsps olive oil

Directions

Rinse the brown rice in a fine mesh strainer (or in a pot, using the lid to drain). Bring the rice to a boil with 3 cups of water and ½ tsp salt in a small-to-medium-sized pot with

a tight-fitting lid. Once bubbling, reduce the heat and simmer the rice until tender, about 45-50 minutes or until there's no water left in the pot. Let cool to room temperature.

Combine all ingredients (except those for the dressing) in a large bowl. For the dressing, put all ingredients (except the olive oil) in a jar, tighten the lid, and give it a shake. You can also use a bowl and a whisk for the dressing, but shaking it in a jar can really help the oil to emulsify properly. Now add the oil and shake vigorously for a minute or until everything is well combined. Add pepper to taste.

Now drizzle the dressing onto your salad ingredients, and stir to combine.

Taste and adjust seasonings to your liking.



In Search of Lost Time

by Daphne Crossman
camosun college pride centre

The vulva is not invisible

Often the genitalia of the female body is discounted and the breasts are the focus of the sexualized anatomy. The fact that women have a vulva is seldom mentioned. Women's clothing, specifically swimwear and yoga pants, exemplifies the expectation of a perfectly smooth, featureless, generic genital region.

When, in fact, women do have external genitalia, which present in many shapes, colours, and sizes. Don't trust your anatomy books, either, as they feature, for the most part, small, uniform, and featureless vulvas.

The vulva is the collective female external genitalia including important parts for sensuality and sexual stimulation.

The labia majora extends from the pubic bone toward the anus, and is composed of bilateral soft tissue folds. The inner surface of the folds is smooth and soft, moistened by the secretions from the sebaceous and other glands deep inside and the apocrine glands (which secrete a milky, viscous, odourless fluid).

The labia minora are delicate flaps of soft skin that lie within the labia majora. They may be of different sizes in different women and, if

large enough, may protrude from between the labia majora. Their inner surfaces remain in contact with each other.

The labia minora contains no fat but are so vascular that they become erect during sexual stimulation.

The vulva is actually what's meant when most refer to the vagina, as the vagina is part of the vulva. The vagina is the opening from the vulvar vestibule (external) to the cervix (internal).

Vulva massage can stimulate the erectile elements and be extremely pleasurable. Girls, take pride in your vulva, because it's beautiful!



Green Your World

by Luke Kozlowski
camosun students for environmental awareness

Green reflections

As I reflect upon my time at Camosun I have come to realize the importance of volunteering. In first year I got a job with City Green, a local non-profit specializing in helping homeowners access grants to make their houses more energy efficient.

By donating my time I was able to get my foot in the door and assess whether I liked the work while my employer was able to gauge if I was a good fit. If I had applied for a position as a total stranger the chance of getting an interview would've been very slim.

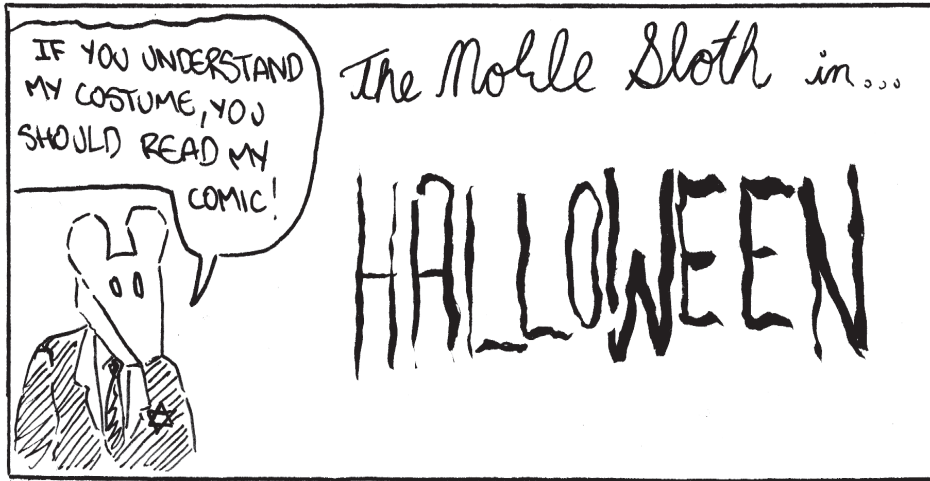
Since then I volunteered by helping with plant sales for my program at Camosun and I got involved with my neighbourhood association. Having these experiences on my resume gave me more to talk about when I applied for co-op jobs. When I got hired to work at the CFB Esquimalt one of the reasons they chose me was because of my volunteering experience.

Now, my time at Camosun is winding down and I've stepped up my extracurricular efforts by running the college's student environment club. Doing so has enabled me

to gain more experience by planning and promoting events, fundraising and networking with other students and teachers who also want to contribute to positive change on campus and in the community.

So, instead of burying your head in the books and hoping that everything will work out, I encourage you to get out and volunteer. So many great organizations out there need your help, and the experience gained will help you stand out when your resume is sitting in a giant pile on an employer's desk somewhere.

Noble Sloth Manifesto By Libby Hopkinson



Nomadic Mindset By Ken MacKenzie



local, live, and loud

by Adam Price



PHOTO PROVIDED

Three dudes, one vest, one bow tie: it's Elliot Brood.

TUESDAY, NOVEMBER 8

Elliot Brood, One Hundred Dollars

SUGAR, 8 PM, \$20
Touring *Days into Years*, Ontario-based alt-country/folk outfit Elliot Brood are in Victoria to raise midterm spirits. Plus, the dude plays a banjo, and banjos are dope.

WEDNESDAY, NOVEMBER 9

Mickey Avalon, with guests

CLUB90NE9, 9 PM, \$20
Don't make a Jane Fonda reference, don't make a Jane Fonda reference... Ahem. Ambiguous rap artist Mickey Avalon is in Victoria to entertain crowds in what I'm sure will be an enchanting and completely sobering evening. Also, Jane Fonda.

THURSDAY, NOVEMBER 10

Dan Mangan

ALIX GOOLDEN HALL, 7 PM, \$26
Delightful, poignant, lively, melancholic, these are de-

scribing words... adjectives. Huh? Oh, right, Dan Mangan is in town touring his fantastic new album, *Oh Fortune*. It's probably an unfair connection to the both of them, but if you like Mumford and Sons, check Mangan out on November 10. Describing words.

SATURDAY, NOVEMBER 12

The Arkells, Rich Aucoin

SUGAR, 9 PM, \$18
What's that you say? Signed to a major label, they did? Put out a new record, they have? Called *Michigan Left*, it is? Get out of here, hipster Yoda! Out of the way for some slick alt-rock/pop with The Arkells and Rich Aucoin.

SATURDAY, NOVEMBER 12

Lights, Nightbox

CLUB90NE9, 7:30 PM, \$22
Toting her brand new album, *Siberia*, the electronic pop artist Lights is in town at Club90NE9. I'd go, but I'll have to take a pass on that as I'd just end up staring at her hair the entire time. So creepy.

eye on campus

by Dylan Wilks

WEDNESDAY, NOVEMBER 2;
WEDNESDAY, NOVEMBER 9;
WEDNESDAY, NOVEMBER 16

Gender Identity: Understanding Trans-identities

Camosun Pride presents an ongoing lecture series on a variety of gender and trans-identity topics. Admission is \$5 (or a donation of a new pair of socks, which will be given to AIDS Vancouver Island) and all money raised will go to help launch a youth outreach program. 6 pm in Young 310, Lansdowne. Advance tickets can be purchased from Daphne Crossman at Camosun Pride, Richmond House, Lansdowne campus, Monday through Thursday.

WEDNESDAY, NOVEMBER 2

Less Stress: Mindfulness-based stress reduction

Check out Lynne Mustard's talk about the biological aspect of stress, how stress is triggered, and how you can get rid of it. That's the best part. 11:30 am-12:30 pm in Young 219, Lansdowne. Part of Camosun's Mental Health Awareness Week, as is...

THURSDAY, NOVEMBER 3

Bipolar Babe

Bipolar Babe is a stigma-fighting superhero. Bipolar Babe is also an insightful look into one person's unique experiences of mental illness through a live presentation. It takes

place from 12-1 pm in Young 310, Lansdowne. Go to bipolarbabe.com for more information.

THURSDAY, NOVEMBER 10

IconoCraft Christmas DIY Craft Fair

Victoria's new DIY craft fair is back, and just in time for the Christmas season. This crafty event will include DIY needle felting, Christmas card embossing, and even learning how to make a wooden gnome. The IconoCraft Christmas DIY Craft Fair will take place at the Victoria Event Centre (1415 Broad) from 5-11 pm. It's \$10 to get in and the event will feature a cash bar. Did we mention DIY yet? Now check out iconocraft.com for more info.

SATURDAY, NOVEMBER 12

Quote-along Anchorman: The Legend of Ron Burgundy

The Vic Theatre will become a glass cage of emotion as the Victoria Film Festival presents their third quote-along film of the fall, *Anchorman: The Legend of Ron Burgundy*. Prizes will be awarded to those who most effectively embody *Anchorman* attire. The bar will be serving beverages that want to go down, down into your belly. Tickets are \$10 at the door; 19 and over only, please. Baxter may or may not make an appearance.

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*sexually-active females

www.cervarix.ca



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