

“OUR TIME IS COMING.”



CAMOSUN CHARGERS AIM HIGH AS SEASONS WIND DOWN

page 6

Students upset over Camosun College snow closures
pages 2 and 3

Raven Spirit Dance honours land with contemporary dance performance
page 8

Camosun Teacher Recognition Awards nominations open
page 4

New music column *Listen and Learn* heads to a rap battle
page 9

NEXUS

camosun's student voice since 1990
Next publication: February 21, 2024

Address: 3100 Foul Bay Rd., Victoria, BC, V8P 5J2
Location: Lansdowne Richmond House 201
Phone: 250-370-3591
Email: editor@nexusnewspaper.com
Website: nexusnewspaper.com
Publisher: Nexus Publishing Society

NEXUS PUBLISHING SOCIETY

STUDENT BOARD MEMBERS

President - Celina Lessard
Vice-President - Keith Johnson
Treasurer/Secretary - Sam Ryder
Director at Large - Hanna Shultis

MANAGING EDITOR

Greg Pratt

STUDENT EDITOR

Jordyn Haukaas

STUDENT EDITORIAL ASSISTANT

Lydia Zuleta Johnson

STAFF WRITER

Nicolas Ihmels

SENIOR WRITERS

Mackenzie Gibson
Emily-Jayne Smythe

ADVERTISING SALES

Greg Pratt
250-370-3591

NEXUS IS A MEMBER OF
CANADIAN UNIVERSITY PRESS

CONTRIBUTORS

AJ Aiken
Amanda Butler
Naomi Fisher
Jaiden Fowler
Finnegan Sinclair Howes
Rufaida Islam
Recla Ker
Kit Miller
Ray Nufer
Jaxson Smith Peterson
Kiryn Quinn
Santiago Vazquez-Fuertes
Jenna Victoria
Emily Welch

editor's letter

Enjoying the journey

I'm in my last semester at Camosun College, and I'll hopefully be on to Royal Roads in September. Then, after that, I'll be free.

I've noticed that my perception of myself has shifted during my time at Camosun. It's not necessarily good, it's not necessarily bad—it's just different. I used to perceive myself as a waitress with money, and now I perceive myself as a student with debt and anxiety.

Jokes aside, I mostly perceive myself as a student because I usually have a lecture, a discussion, or a piece of homework pressing into my mind. And if that doesn't solidify my student identity, my growing collection of cancelled plans with friends and nights spent doing homework does.

Even when I try to suppress my thoughts and throw on a horror movie, I wake up to the nightmare of a never-ending to-do list when the credits roll—my little nightmare on Foul Bay Road. Except, instead of Freddy attempting to slice me with his razor-like fingernails—girl, get a manicure—my nightmares manifest as deadlines and a fear of failure.

In addition to the inescapable label of “student,” I've recognized a different perception of myself bubbling to the surface—especially as I reach my 30s—but it's harder to name. As I traverse through my studies, the more I recognize and acknowledge the liminal state of being that I reside in. My internal narration, however subliminal, keeps whispering, “Well, my life hasn't begun yet. I'm still in school.” Especially as I watch my friends get married, have kids, and go on fabulous vacations: “I'm not living my ‘real’ life until I'm done school,” the voice echoes with an air of Eeyore-level pessimism and jealousy as I scroll through Instagram.

I caught myself as I was telling my friend the other day that “my life is on hold” because of my choice to get an education, and I've been reflecting ever since.

My life isn't on hold, and I think that perception negatively holds me back. While I'm not achieving any societal milestones that have been ingrained into many women of my age, I'm educating myself and expanding my mind. Isn't that enough?

It should be.

School is a time in anyone's life that's full of possibility and opportunity, and there's a sense of wonder that comes with that. I don't know where I'll be working, if I'll get into Royal Roads, or if I'll achieve any of my dreams or goals. But it's kind of exciting to try.

I'm attempting to lean into my educational journey and enjoy the process. After all, one day I won't have the opportunity to experience the smell of walking to different buildings on campus in the fall, the joy of making like-minded friends in class, or the pride that comes with returning to school, even though it's hard and scary.

I might as well try savouring it, and I hope you can too.

Jordyn Haukaas, student editor
jordyn@nexusnewspaper.com

flashback

25 Years Ago in Nexus



JORDYN HAUKAAS
STUDENT EDITOR

Case closed (circuit): In our February 8, 1999 issue, we wrote about how the emergence of four closed-circuit television cameras in Camosun College's Lansdowne campus was cause for concern. Although I'm not sure why, because, as writer L. Vanderbijl pointed out, there were already 13 cameras in operation at Lansdowne. Camosun manager of College Safety at the time Carter MacDonald insisted that the cameras were being used for safety purposes, like preventing theft and assault. However, it seems like the majority of students felt it infringed on their privacy—during an informational poll, 61 percent voted against the cameras. Nowadays, I just assume I'm being recorded in some capacity most of the time.

“Back in my day”: In a situation that most current Camosun students couldn't imagine, *Nexus*

writer Christopher Wright welcomed a new project that aimed to cut down on wait times for students registering for classes and loan applications. Apparently, in 1999, students had to wake up early, make their way down to either campus, and wait in a lineup outside to register for classes and deal with loans for the upcoming semester. This seems unreal, considering that for this term I set a 9 am alarm, clicked “register all,” and then promptly went back to bed.

Camosun evicts nice raccoon family: A family of raccoons who had made Lansdowne their home were scheduled to be removed from campus on February 4, 1999. The grounds crew bravely attempted to capture the ambidextrous beasts, but were mostly unsuccessful as they were only able to get a single baby raccoon. The raccoon family had lived on campus for five years; the reason for their forceful eviction was because they were eating garbage and attracting rats, to which I say: rock on. Camosun, not understanding the punk lifestyle, opted to move them 80 miles (which you know today as 128 kilometres) away, leading me to believe that the raccoons did something much more serious than eat a few pieces of garbage and party with rats.

open space

Camosun's snow decisions preventable mistakes

MACKENZIE GIBSON
SENIOR WRITER

Many students—myself included—were shocked and displeased with Camosun College's decisions during the recent snowfall.

On Wednesday, January 17, Victoria residents woke to the gentle falling of snow—but by 10 am, the snow wasn't so gentle. This was completely in line with what had been forecast by various weather networks. This wasn't a surprise fall, which is why Camosun's course of action throughout it was disappointing.

Not wanting to miss out on tests, group presentations, or assignments which had to be handed in in person, they trekked through the snow.

Teachers, likewise, not wanting to let their students down, braved the weather. Support staff, cafeteria personnel, librarians, counsellors, every worker it takes to operate two campuses, all followed through on their obligations to be here. Some made it just in time for the school to close.

Just before noon, Camosun decided the conditions were simply

After a massive snow pile-up, Camosun announced that the campus was open on Thursday, January 18, then shut it down shortly before noon. By Talos! Who could have foreseen that outcome?

Snow is a big deal in this town. While our friends in other provinces across Canada laugh that we're wimps about the cold, the fact of the matter is the southwest coast of BC is simply not equipped to handle a snowstorm. In one of the most mountainous regions of the country, even relatively flat areas are often on a slope, and snow is an infrequent enough occurrence that many people forego winter tires completely. Our infrastructure goes toward handling the massive amounts of rain we receive every year, and thus our city's snow plan goes on the back burner.

All this points to several very good reasons why Victorians pay close attention to the weather when it starts to get cold, and most pack up and stay home if they can.

Despite the advance warning we all received of the oncoming storm, Camosun (and other post-secondary institutions across the island) weren't prepared. On the first day of snow the school announced that it would remain open. Many were skeptical about this move, watching the snowflakes grow larger in both size and numbers. Living rurally and over an hour away, I decided it would be too dangerous to get to school; I only had one class and there was nothing that day I would lose marks on.

Many other students weren't so lucky.

too dangerous to travel in and they shut down both Lansdowne and Interurban campuses.

The only problem was that so many students had already travelled to be here, and now they were stuck here.

As buses slid across the road and struggled to get passengers home, cars travelled at 20 kilometres an hour and pedestrians slipped and shivered. Visibility was poor, risk of accidents increased significantly, and the entire situation was completely preventable.

I understand that weather predictions are often unreliable, so the situation would be more sympathetic if the college hadn't done the exact same thing the next day.

After a massive snow pile-up, Camosun announced that the campus was open on Thursday, January 18, then shut it down shortly before noon. By Talos! Who could have foreseen that outcome?

This wasn't a rainfall warning or a wind warning (two types of weather Victoria is used to shouldering). This was a snowfall warning, and assuming that the decision-makers at Camosun live in the same city as the rest of us, they should have known what that meant and the risks associated.

The way they handed this was irresponsible and damaged trust in the institution's ability to respond to even the most minor of crises.

Something on your mind? If you're a Camosun student, get in touch with us with your *Open Space* idea! Email editor@nexusnewspaper.com. Include your student number. Thanks!

correction

Two of the photos of cat Alaska on the cover of our January 24, 2024 issue and in the story “Neighbourhood cat brings joy and concern to Lansdowne campus” in that issue were taken by Jen Bepalko but were not credited. We apologize for the mistake.

All editorial content appearing in *Nexus* is property of the Nexus Publishing Society. Stories, photographs, and artwork contained herein cannot be reproduced without written permission of the Nexus Publishing Society. The views and opinions expressed herein are those of the authors, not of *Nexus*. *Nexus* has no official ties to the administration of Camosun College. One copy of *Nexus* is available per issue, per person.

Send a letter
Nexus prints letters to the editor. *Nexus* reserves the right to refuse publication of letters. Letters must include full name and student number if a Camosun student (not printed). *Nexus* accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

COVER PHOTO: Camosun Chargers Athletics

OVERHEARD AT NEXUS: “I kind of like messaging strangers.”



policies

Students upset over Camosun College snow closures

“Student safety should always be a priority over education.”

JACK WILSON
CAMOSUN COLLEGE STUDENT

JORDYN HAUKAAS

STUDENT EDITOR

On Wednesday, January 17, and Thursday, January 18, snowfall caused Camosun College to cancel classes and close its doors at noon on both days.

Some students were happy with the college’s decision, but others were quick to question why it decided to open in the first place, criticizing the foresight of decision-makers.

Those students promptly took to Instagram to voice their concerns, like user @coltongaley, who commented “Stellar call! Lets risk the students safety by bringing them in, and then double down and send them back home...????” in response to Thursday’s closure announcement.

First-year Nursing student Jack Wilson says he’s concerned about the conditions he witnessed at Interurban campus on Wednesday, January 17. He wishes the college had closed on both days, noting that “Student safety should always be a priority over education.”

“Personally, I think that the college handled it with a little bit too much apprehension around their decision of keeping the campus open or closed,” says Wilson. “On the first day of closures... I had a lab class in the morning, and the parking lots weren’t cleared, there [were] people slipping up and down the driveway, kind of pulling up into

the last entrance up to the campus. It was just a mess.”

Dental Assistant student Chelsey Walsh has similar concerns for student safety, saying that during her class on Wednesday, many students—especially those who live further away from campus—were anxious about getting home safely.

“You know, the first day, sure, call it, we can give them a free pass for that,” says Walsh. “But just going off how everything went that first day, it just didn’t make sense to make the exact same mistake over again. You know, look at the forecast, ‘Oh, it’s going to snow, let’s not put our students in danger by making them go in.’”

Indigenous Studies student Makenna Whetung also feels that there was a lack of foresight in opening the college campuses on both days, especially with Vancouver Island’s limited resources for snowfall.

“I felt like they didn’t handle it well,” says Whetung. “Being on Vancouver Island, we know that people aren’t really prepared for the snow, and we know that we don’t have the infrastructure to deal with the snow. So, I think them closing at noon the first day was really not good, and then the second day, they didn’t learn anything from that. I think it was just really unsafe.”

But Camosun executive director of communications and market-



GREG PRATT/NEXUS

Snow at Camosun College’s Lansdowne campus on Wednesday, January 17; the college closed at noon on January 17 and 18.

ing Rodney Porter says that the decision to close campus is never taken lightly.

“We’re looking at the forecast, we’ve got folks on-site on campus, we’re looking at the buses, you know, we’ve got the news turned on, we’re watching social media, we’re watching all the other school districts,” says Porter. “We’re in touch with BC Transit at 5 am, 6 am; we know what’s going on. So, we made the decision on Wednesday to open campus based on the weather conditions at that time.”

Porter says the first thing taken into consideration during the decision-making process is the safety of the people travelling to campus. He says that the roads were fine on his drive in to work on Thursday, January 18, and points out that if the college were to close based on

the weather forecast and it changed, it would be criticized for that as well. However, he acknowledges the upset students and says that the college is always willing to take feedback into consideration.

“I do appreciate and I do empathize with students,” says Porter. “Whether you’re driving or whether you’re taking public transit, I think it’s important that the college empathizes and realizes that it is... not just an inconvenience to students, we do have to take into consideration safety aspects like getting home. Especially, I think, it’s harder whenever you do a midday closure, as opposed to just saying ‘We’re closed.’ I realize that, and I acknowledge that.”

Camosun College Student Society (CCSS) executive director Michel Turcotte says that he doesn’t

envy the people in charge of making the decision to close the school, because there will be criticisms either way. He does, however, think that there needs to be better protocol in place for students who can’t vacate the college right after a closure announcement.

“I think the college needs to work on a better plan for students that can’t leave immediately,” says Turcotte. “We got some complaints in relation to that. Apparently, on [Lansdowne campus] they left the Fisher building open for another hour, but I don’t think that was communicated to students, and it should be maybe a bit longer than that... That is a protocol that I think the institution and the CCSS has to work on in terms of letting students know there will still be a safe space for students to go.”

NEWS BRIEFS

International student permit cap announced

On Monday, January 22, the federal government announced that it has set a two-year cap on the amount of approved study permits given to international students. Approximately 360,000 permits will be allotted for 2024 across Canada—a 35% decrease from 2023. Each province will have its own cap; BC is able to accept 83,000 permits in 2024. Based on current approval rates, this could result in 50,000 permits issued. The cap is intended to protect international students from institutions taking financial advantage of them, to ensure students arrive to Canada with the proper supports, and to ease the pressure being put on housing and healthcare, but student groups are expressing concerns that it’s unfair for international students and will cause financial strain on Canadian post-secondary

institutions. Look for our full story soon at nexusnewspaper.com and in our next issue.

Interurban library opens research help desk

The Interurban library recently started offering research help desk hours. Students can use this service—which was already available at the Lansdowne library—if they need help with, for example, research topics or citation. The service is available at the libraries on both campuses Monday to Friday, 11 am to 3 pm. You can also book appointments to get help online, on the phone, or over email. Head to camosun.ca/services/library and navigate to Ask a Librarian for more info.

New federal program extends to student housing

On Monday, January 29, federal housing minister Sean Fraser announced that the government’s low-cost affordable

housing construction loans program is being extended to student housing. Colleges and universities will be able to apply for the loan funding to build student residences; non-profit developers and builders can also apply for the funding. The program consists of \$15 billion in low-cost loans starting in 2025-26 in an attempt to encourage the building of new rental apartments. It allows developers to get loans for a 10-year term at a fixed rate and an amortization period of up to 50 years. Camosun College is currently working towards building student housing at Lansdowne, and is looking at building at Interurban in the future.

Burst pipe causes college closure

On Thursday, January 25, Camosun College’s Interurban campus experienced an unexpected closure at 10:48 am due to a water outage caused by a

burst water line in neighbouring Vancouver Island Technology Park. The college asked students to leave the campus as soon as possible but kept buildings open for temporary shelter until noon. The situation was remedied and the college reopened for classes on Friday, January 26.

Saanich seeking engagement with new website

The District of Saanich recently launched HelloSaanich, a new website that calls for public engagement. The platform is designed to share information and allow citizens to weigh in on upcoming projects and initiatives through polls, discussions, surveys, and voting. From now until Wednesday, February 14, Saanich residents can weigh in on the 2024 budget. The survey includes 30 questions to help identify priorities on municipal spending. For more

information on the HelloSaanich website, visit Saanich’s main website at saanich.ca.

West Coast Trail tales wanted

If you’ve hiked the West Coast Trail and want to tell the tale, The Maritime Museum of BC (MMBC) may be interested. The museum is looking for contributions for its upcoming *No Walk in the Woods: The History of the West Coast Trail* exhibit, which opens on Thursday, April 11. If you have a story to tell, photos to share, or even items to lend, the deadline is Thursday, February 29; contact MMBC collections and exhibit manager Heather Fenney at archives@mmbc.bc.ca for more information.

-JORDYN HAUKAAS,
STUDENT EDITOR AND GREG
PRATT, MANAGING EDITOR
JORDYN@NEXUSNEWSPAPER.COM

awards

Nominations open for 2024 Teacher Recognition Awards

“The words that the students submit get shared directly with the instructor. And they have sometimes felt moved to tears. They’re extremely touched that students speak out.”

MARTHA MCALISTER
CAMOSUN COLLEGE

LYDIA ZULETA JOHNSON
STUDENT EDITORIAL ASSISTANT

Nominations are open until Friday, March 1 for Camosun College’s third annual Teacher Recognition Awards. The event, which celebrates instructional excellence, happens in April; students are encouraged to nominate instructors who have excelled in promoting student success.

Students from the Lansdowne and Interurban campuses recognized 27 teachers in the event’s first year and 28 in its next.

“I think students appreciate having their voice heard and a chance to celebrate and acknowledge teachers that they have appreciated,” says Camosun Centre for Excellence in Teaching and Learning education developer Martha McAlister. “Really, our goal is to really hear the student voice.”

During the first round of nominations in 2022, the organizers were unsure of what the student

reception of the event would be, but after seeing the reaction they knew it was a success.

“It was such a popular activity that we decided to make it an annual thing,” says McAlister.

Camosun’s Teaching and Learning Council (CTLC), who hold the event, adjusted its nomination guidelines from their first year to better reflect the student response and make it easier for those to engage.

“We’re trying to make it really no barriers for students to be able to participate,” says McAlister.

McAlister says that these awards aren’t only valuable for students—instructors have also been very responsive.

“The words that the students submit get shared directly with the instructor,” she says. “And they have sometimes felt moved to tears. They’re extremely touched that students speak out.”

McAlister believes that this opportunity helps promote an ef-



PHOTO PROVIDED

Camosun instructors who were recognized at last year’s Teacher Recognition Awards event.

fective way to support useful progression and nurture a positive learning environment at Camosun.

“It really boosts morale for instructors a lot,” she says. “It’s a public event... They’re getting lifted up and acknowledged by the whole college.”

The awards are non-competitive, so all instructors who are nominated and meet the nomination criteria get recognized.

“So the more people that get nominated,” says McAlister, “the better.”

Instructors were recognized in the event’s first and second years for showing tangible support efforts—such as accessible learning methods—and, especially, high levels of compassion and respect for students.

“What we’re seeing in the responses from the students is a real recognition of teachers who have gone above and beyond and really treated them as human beings and reached out and formed a really caring relationship,” says McAlister. “We hear the word ‘caring’ a lot,

and ‘supportive,’ and those are the words that really mean something.”

CTLC will be sending out an online registration form to all Camosun students with instructions on how to nominate instructors. The survey requests the student’s basic information, such as name and contact information, as well as the instructor they choose to nominate and the class the student participated in. Additionally, the survey requires a 100- to 250-word description of the student’s reasons for the nomination.

CAMOSUN COLLEGE STUDENT SOCIETY SPONSORED CONTENT

Student bus pass gets new look this year with Umo card and app

“The change to Umo means students no longer need to worry about coming to campus to activate or update their U-Pass, which means one less lineup to worry about, and easier access to BC Transit services across the region.”

CHRISTINE DESROCHERS
CAMOSUN COLLEGE STUDENT SOCIETY

The U-Pass—a bus pass for students—is one of the most-used services provided jointly by the Camosun College Student Society (CCSS) and Camosun College, and it’s gone through some pretty big changes recently.

You’ve probably heard of the Umo app or card by now; this is how students now use their U-Pass, which allows convenient access to unlimited public transit in Greater Victoria.

“The change to Umo means students no longer need to worry about coming to campus to activate or update their U-Pass,” says CCSS member services coordinator Christine Desrochers, “which means one less lineup to worry about, and easier access to BC Transit services across the region.”

Students wanting to take advantage of the U-Pass can find more information on accessing the service on the college’s website at camosun.ca/u-pass.

The U-Pass program was established by a student referendum in 1999 and is available to students seven days before the start of a program. Students will need to choose if they want to use the Umo app or card before activating (if you do want to change after activating you will need to contact Umo customer service to do so; you can find a link to their contact info at camosunstudent.org/services/upass).

All students that are taking any classes at Camosun College and are members of the CCSS are automatically assessed the U-Pass fee for each month of enrolment,



with the charges appearing on your Camosun fee statement. (The cost of the pass for students is less than 25 percent of what a pass normally costs and less than four days of parking costs per month.)

Because of the changes to the system, students taking courses that match the regular semesters (January to April, May to August, September to December) will have a pass that lasts four months, while students taking courses that don’t match those timeframes will need to enter a code that lasts 30 days for

each month enrolled, so remember to keep an eye on the expiry date of your passes.

Taking a semester off? Students enrolled in the previous semester off are eligible for the U-Pass for Non-enrolled Students. To access this service, check with the library on campus to purchase the pass for \$94. Spring and summer students can also contact the CCSS to opt out of the months they are enrolled so they aren’t paying twice for the same months.

The CCSS and BC Transit also have provisions to let students opt out of the U-Pass, provided they meet limited criteria, and it must be processed within 30 days of the start of a semester. Details on the opt-out criteria and the form to request it are available on the CCSS website.

Contact upass@camosunstudent.org if you have any questions about your U-Pass.

For more information on the Umo app or card, see bctransit.com/umo.

student clubs

International student organization comes to Camosun

“Focusing on development goals, in general, in our community gives us more of a reason to connect.”

ANURAGH SHETTY
CAMOSUN COLLEGE ENACTUS

JORDYN HAUKAAS
STUDENT EDITOR

International student organization Enactus has come to Vancouver Island; its first chapter on the island was formed at Camosun College’s Interurban campus last fall.

Enactus has chapters in 33 different countries and is affiliated with 1,064 campus programs. The Camosun chapter of Enactus aims to provide a space for entrepreneurship and innovation to assist students in making a positive social impact with projects of their choosing.

Enactus faculty advisor and Camosun Business instructor Brian Feltham says that while he helped get the ball rolling on Camosun’s Enactus chapter, it’s really the students who are spearheading the initiative.

“From a Camosun perspective, we just started this fall with our group, and myself and Coralee Czinkota are the faculty advisors, but really, this is a student-led initiative,” says Feltham. “So, we told people about it, and a bunch of students have joined. I think we’re somewhere in the vicinity now of

15 sort of really active members with some other people floating in and out.”

The Camosun Enactus team decided to work on a project that focuses on food sustainability. Acting president and second-year Marketing student Anuragh Shetty says that the team is currently working on a prototype for affordable food packages for students. Their goal is to have a pop-up booth to sell the kits by the end of February.

“So, I think the idea behind food packages was to give something of an alternative to a grocery store, a cheaper alternative with healthy ingredients, which you can make a complete recipe out of,” says Shetty. “The concept is that it would be a grocery package for a week, and it will include recipes that can be used with those ingredients. If you use those recipes, then everything inside the package gets used up. It’s healthy and also diverts waste from landfills.”

Feltham points out that Enactus isn’t just for Business students; he says that all Camosun students are welcome to join. He also adds that there are many important qualities



PHOTO PROVIDED

The Camosun College Enactus chapter is the first on Vancouver Island; any Camosun student can get involved.

he’s seen grow in the students who have joined so far, such as leadership, planning, and organizing skills.

“[Enactus] is not just meant for Business students; this is meant to be across the entire campus,” says Feltham. “So, there’s an opportunity for anyone in any school or faculty to take part. It just so happens that because we’re Business instructors, it kind of took off from there. But our goal was to grow it to all the other sorts of faculties as well.”

Shetty acknowledges the skills he and his team are learning through Enactus and adds that a project focusing on food sustainability builds a greater sense of community.

“I think effective listening and team building are one of the main skills that I think my team and I are learning,” says Shetty. “I think it builds a sense of empathy and community in our team because we’ve been reaching out to different people, we’ve been hearing stories of food insecurity... So focusing on development goals, in general, in

our community gives us more of a reason to connect.”

Enactus chapters can enter their projects into a competition: Enactus is set to host regionals for qualifying Canadian branches in Calgary on March 14. Shetty believes that his team has what it takes to place in the event.

“To be honest, I’ve always believed that if you go higher, you tend to achieve it, at least a bit below, if not,” says Shetty. “So, yeah, I’m going to say that my team always has the potential to place in regionals.”

internships

Six websites to explore for internship opportunities



FILE PHOTO

Many Camosun College students look for internships to improve their hands-on experience and gain workplace skills.

RUFAIDA ISLAM
CONTRIBUTING WRITER

Finding internships online can be challenging for many students, especially when you don’t know where to begin. Here are six websites you might want to check out to discover valuable internship opportunities and improve your hands-on experience and skills.

riipen.com

Riipen is a platform that connects students to real-world projects and learning opportunities. It also serves as a networking platform by connecting students with potential employers. Riipen offers a variety of project-based learning opportunities for students. These projects are designed to simulate

real-world challenges and tasks that students might encounter in their chosen fields.

joinhandshake.com

Handshake is another career platform like Riipen that connects students with employers looking for interns and entry-level employees. It provides a user-friendly interface for students to explore intern-

Employers post challenges to the challenge board in Mindsumo and students can send in a proposal of their solution to the challenges. The best solution to the challenge will be awarded.

ships, entry-level positions, and networking events. Handshake is used by colleges and universities to facilitate networking and career opportunities for their students.

cayop.ca

CAYOP connects students to opportunities in internships, hackathons, competitions, conferences, and youth council positions. CAYOP has a user-friendly interface that allows students to search and filter opportunities based on their interest, location, and other criteria. The platform also offers a range of resources, such as tips on interviews, building effective resumes, and learning to network efficiently.

mindsumo.com

Mindsumo is a crowdsourcing platform that connects students with real-world problem-solving opportunities posted by companies. Mindsumo provides students with a different approach to experiential learning by allowing them to take on challenges and display their problem-solving skills. Employers post

challenges to the challenge board in Mindsumo and students can send in a proposal of their solution to the challenges. The best solution to the challenge will be awarded.

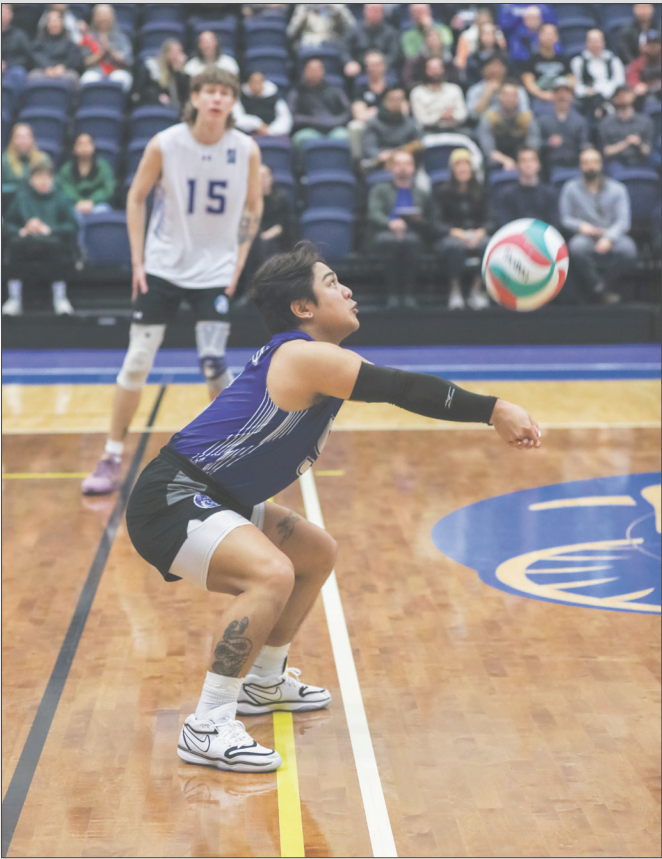
theforage.com

Forage provides virtual work experiences to students. Forage creates online programs that simulate real-world work scenarios for students to engage in practical projects, solving challenges designed by industry leaders. Students can gain valuable insights into various professions, develop industry-specific skills, and build a portfolio that showcases their capabilities to potential employers.

virtualinternship.com

Similar to Forage, Virtual Internship provides virtual real-world work experience to students according to their line of studies and also according to their region. Virtual Internship provides expert coaching, support, and courses to enhance skills and boost career prospects.

“Our time is coming” Camosun Chargers ready to



“I think the sky is the limit, as long as we have that competitive drive day in and day out. This team has really connected both on and off the court. We have chemistry, and we have the skills, I think it’s now the time to show it.”

KRISTOFER LA GUARDIA
CAMOSUN CHARGERS

The Camosun Chargers teams all had different starts to their seasons, but they have one goal in common: to finish the season strong and make noise in the playoffs.

The Chargers volleyball teams have had very similar seasons as of the time of writing this story in late January. They both started their season with a 2-4 record and have turned it around since then. The women’s team now holds a 7-5 record and the men’s team now has a 6-6 record. Both teams won the Pacific Western Athletic Association (PACWEST) championships last year and are looking to make history again this year.

The women’s volleyball team has added a lot of new players to their roster this year, which is a contributing factor to why they had a slow start to the season.

“Almost half of our roster was new to the team this year,” says women’s volleyball head coach Brent Hall. “But a lot of members from last year’s starting lineup did return, so we have a mix of experience and quite a lot of new players. Overall, our average age is pretty low.”

Most importantly, the women’s volleyball team lost their libero and captain and currently have rookies in that position. Hall says that the team’s transition led to a slow start but they were able to turn it around.

“I think it was a factor of having a young roster... We knew that going in and we also knew that we would be a very talented team and a top team in the league, so we were focused in the first semester on developing the skills and coming together as a team,” says Hall. “We knew there would be some bumps in the road, so I don’t think anybody was panicking after we had a slow start, we just knew that we had to stick to the plan and keep pushing, and the way we have been playing in the last while, it has been really strong.”

The team has been able to turn the season around, winning five of their last six games, and are now tied for the second seed, only six points behind first place.

“Knowing that we were returning a lot of our important athletes from last year’s team, our expectations coming in have been to place one position higher [in nationals],” says Hall. “With a younger team this year I think that has led to a bit more inconsistency in our performance, but the way that we play when we play at our best is very good and gives us the belief that we can win provincials again and hopefully go on to do the same at nationals.”

The women’s volleyball team came close to greatness as they lost the final at nationals last year; the team hopes to win gold this time around.

“At the start of the season we maybe played at a championship level for a few points a match,” says Hall. “The way that we have been practicing recently it’s looking like we’re playing at a championship level for most of the time. Where we need to go next is just to continue to grow in terms of our consistency to play the way that we are capable of, under pressure and from 0-0 until the end of the match.”

Similarly, the men’s volleyball team had a bumpy start to the season, winning only two of their first six games. Libero and captain Kristofer La Guardia says the team was never demoralized by their slow start.

“First semester we were doing a lot of learning, learning how to play with each other,” says La Guardia. “Because we are so young, we were able to take the losses at the beginning of the season and really learn from them and not only better ourselves but also better the understanding of playing with each other.”

The men’s volleyball team also lost some of their best players from last year, including their MVP Eduardo Bidá. However, the team has played better as of late, winning four of their last six games. Still, La Guardia believes the team is flying under the radar of other contenders.

“I think we have lost some very big players on our team, however, I think we have had a great deal of optimism in our gym. Yes, we are young, but we always come into the gym with the idea of ‘Why not us?’” says La Guardia. “To the rest of the CCAA [Canadian Collegiate Athletic Association], I think a lot of people have swept us under the rug because we are so young. That is why we came up with the idea of ‘Why not us?’ ... Now with provincials coming up, I think we can prove all those people wrong.”

The men’s volleyball team are the current two-time national champions and despite the feeling on the team that other teams are disregarding them due to their young ages, La Guardia believes that the ceiling for this team is much higher.

“I think the sky is the limit, as long as we have that competitive drive day in and day

“You have not seen our... of things to improve... guys for the first co... semester about needin... know what the ceiling... to find out together, b... team that can compet... the nation

out,” says La Guardia. “This team has really chemistry, and we have the skills, I think it’s... Nevertheless, being the reigning and defen... to perform at the highest of levels.

“There is a great deal of pressure on this... that won those national championships,”... that captain role, I feel like I have that press... and to the goal that we want, which is to win... that this team has gotten has kind of been... expectation to perform.”

The CCAA national championships will... Chargers automatically clinch a berth to the

“I feel a bit of pressure—in the past two... been in the finals,” says La Guardia. “So, th... the host we should make it to the final—but... a good group of people come out and suppo

On the contrary, the men’s baske... team from start to finish this se... conference with a 14-2 record, j... Geoff Pippus gives all the credit for their su

“The guys [are the key to our success]; I... “They care about each other, they care about... hard every day and getting better in practic... have been here for a couple of years and set... group of young people and they drive our c... and those things right now are translating i

The men’s team has been the best defens... per game while they average 75 points scor

“I think for the last two years we have be... the league. It is something that we value, it... Pippus. “Shots sometimes go in and someti... things you can control like defending, rebou... you give yourself a chance to win the game. I... defensively, the guys have bought into what

However, Pippus acknowledges that no... has had offensive struggles.

“I don’t think it’s a problem, it’s certain... think it’s a matter of us fine-tuning, makin... we want to play faster, we want to score m... high rate, but the fact that they are so consis... [some] games.”

“At the start of the seas... a championship lev... match. The way that w... recently it’s looking li... championship level f

ng; we can feel it.” finish seasons on a high note

Story by Santiago Vazquez-Fuertes, contributing writer
Photos by Camosun Chargers Athletics

...r best yet, we have a lot
...on. I have been on the
...uple of weeks of the
...g to improve, so I don't
...is. We're going to have
...ut my hope would be a
...e at the provincial and
...national level.”

GEOFF PIPPUS
CAMOSUN CHARGERS

...connected both on and off the court. We have
...s now the time to show it.”

...ending two-time champions conveys pressure

...team, and personally being part of that lineup
...says La Guardia. “Now that I've been put in
...ure of leading this team in the right direction
...a third [championship]. I think the pressure
...put on by ourselves. We all just have a high

...be hosted at Camosun this year, meaning the
...e tournament.

...to championships the home team has always
...here is always that pressure—because we are
...I also think because we are home we will have
...rt us.”

...tball team has been by far the best Chargers
...ason. They're sitting in second place in their
...ust two points behind first place. Head coach
...ccess to his players.

...think it has little to do with me,” says Pippus.
...doing the right things, they care about working
...e. We have a really solid core of leaders who
...the tone every day. I think it's a really special
...culture here, they drive our work habits here,
...nto winning games, which is great.”

...ive team in the league, allowing only 65 points
...ed per game.

...een in the conversation for the best defence in
...gives us a chance to be in every game,” says
...mes they don't, but if you do a good job of the
...nding, the sort of not-so-glamorous things,
...By the metrics, we are the best team right now
...we are doing.”

...ot everything is perfect and admits the team

...ly something we are working on,” he says. “I
...g sure we are getting guys in the right spots,
...more... I think we are capable of scoring at a
...tent defensively has allowed us to squeak out

...on we maybe played at
...el for a few points a
...e have been practicing
...ke we're playing at a
...or most of the time.”

BRENT HALL
CAMOSUN CHARGERS

Despite their tremendous start to their season, Pippus believes that they are not yet the best version of themselves.

“You have not seen our best yet, we have a lot of things to improve on,” he says. “I have been on the guys for the first couple of weeks of the semester about needing to improve, so I don't know what the ceiling is. We're going to have to find out together, but my hope would be a team that can compete at the provincial and the national level.”

Pippus says the goal is to win the provincial championships.

“Until that point it's all about just building up so that we can be as ready as we can be for that one weekend,” he says. “VIU will be a great measuring stick, Capilano will be a great measuring stick, and Langara at Langara is going to be a really tough game, so we just want to put ourselves in the best position so that we are playing our best basketball in provincials.”

On the other hand, the women's basketball team has had a really rough start to their season. They now have a record of 7-9 and are looking to have a good second half of the season. However, in this case, the record does not reflect the talent that the team has.

Point guard Rhiannon Ware is a top-three player in the league. She is top six in points, top four in assists, top three in steals, and a more impressive top 15 in rebounds. She's often the best player on the court but has had trouble staying healthy for the first part of the season.

“I do not feel I'm playing as well as I could to my full capacity just because I've been dealing with so many small injuries all year so far,” says Ware. “I haven't been fully healthy all season yet. I'm working to give [myself] a good balance to where I'm healthy enough and able to recover in between weeks and games.”

Nonetheless, availability is the best ability. That's why Ware's focus is to be healthy for her team so they can reach their full potential.

“We are playing well at the moment, we're obviously not exactly where we want to be, but we have so much growth to happen still and we haven't given the teams a look at what we can fully be yet,” says Ware. “We are playing well, though—we have a team full of vets and we have a great coaching staff. So we are all working together and helping each other out to get to that spot where we believe we should be.”

Despite their current record, they have indeed played well. They have had some close games with the top teams—one of those was against Capilano, who are currently in second place. Even though Ware didn't play against them she recognizes that the games against Capilano were the best they have played this season.

“[Our highlight] was our last semester home games when we played Capilano. They were very close games and, unfortunately, they did not come out in our favour,” she says. “That pair of games is probably the closest that we have played to our full potential, and, again, it did not go our way but the overall score did not reflect on our team chemistry and the hard work that was put into it. This semester we are in a better position to see those games through in our favour.”

The women's basketball team is now finally turning their season around. They are on a three-game winning streak and they have the opportunity to win the next four as they play the bottom two teams next.

“If we play at our best, we're going to give a lot of teams trouble. We already gave the top teams in the league a lot of trouble without playing up to our full potential,” says Ware. “I believe that when we get there, we are going to get noticed... We just haven't gotten recognition yet. So, when everyone gets on the same page, we are really going to make something happen and we are going to turn this around... Our time is coming; we can feel it.”



“If we play at our best, we're going to give a lot of teams trouble. We already gave the top teams in the league a lot of trouble without playing up to our full potential. I believe that when we get there, we are going to get noticed.”

RHIANNON WARE
CAMOSUN COLLEGE

dance

Raven Spirit Dance honours land with *Confluence*

“I think in this very capitalist, regimented society that’s all angles and lines and roads that intersect, there is not the circles that we need. I think that circle is important.”

MICHELLE OLSON
RAVEN SPIRIT DANCE

AMANDA BUTLER
CONTRIBUTING WRITER

Close your eyes and imagine you are on the banks of the mighty Klondike and Yukon rivers in Dawson City; you hear the rush of each body of water as it meets, each energy weaving together to create something new and numinous. The force of this energy is the inspiration behind Raven Spirit Dance’s production of *Confluence*, a contemporary dance piece that brings together traditional Indigenous ways of knowing with modern dance to create imagery that reflects each artist’s values and relationship to the land.

“It’s about us weaving in and around each other, it’s about moving forward,” says Raven Spirit Dance co-founder and co-artistic director Michelle Olson. “The piece tracks how we move forward in generations.”

The artists involved in the piece span an age range from those in their 20s to those in their 50s.

“It is about the process of sharing knowledge, passing knowledge, and then also being in relationship to each other in community,” says

Olson, “and in specifically being a circle of women.”

For many Indigenous cultures, the role of women as leaders in their society is directly tied to the land, because the Earth’s cycles are imprinted in her body. This understanding stems from a worldview in which the land is pedagogy. The work that Raven Spirit Dance does to honour the land and ancestors, as well as the physical and mental space in which they create, is just as important as the finished product.

“I will smudge the space at the beginning, or have smudge available during rehearsal,” says Olson, who is a member of the Tr’ondëk Hwëch’in First Nation. “We have circle to make sure we are in relationship to each other, and we sing ourselves in and we sing ourselves out.”

This practice allows the artists to orient themselves into the work through song and leave the work in the room through song. Olson likens the creation process to that of the flight pattern of geese.

“There’s a leader and then when the leader falls back, someone else takes the lead and we are all sup-



ERIK ZENSTROM

Raven Spirit Dance is bringing contemporary dance piece *Confluence* to the University of Victoria on February 17.

porting the flight, the journey,” says Olson.

This collaboration process won Raven Spirit Dance an Isadora award in 2023, the first time a collective had taken the provincial dance award home. This speaks strongly to the matriarchal power of the group, who understand the generative power of a circle of women.

“I think in this very capitalist, regimented society that’s all angles and lines and roads that intersect, there is not the circles that we need,” says Olson. “I think that circle is important.”

Confluence has been in development for the better part of 10 years and has seen many people leave their mark on its evolution. Throughout the process the group has sought council from the land, venturing to the headwaters of Lynn Canyon to pay homage and seek wisdom from her waters. The group will feast and create a spirit plate for the ancestors as a way of honouring and acknowledging that they are always in the room as part of the creation process. Another part of that creation process is when arts organizations want to work

with Indigenous artists, and Olson says that needs to be done with the right intent.

“Let the artist lead the conversation,” says Olson, “rather than being slotted in because you need an Indigenous person for the part, [or] because you need a certain number of diversity people involved.”

Confluence

7pm Saturday, February 17
Pay what you can, starting at \$5, UVic Farquhar Centre
uvic.ca/farquhar

stage

The Drowsy Chaperone searches for light in dark times

NICOLAS IHMELS
STAFF WRITER

Toronto-based director and choreographer Dayna Tekatch’s adaptation of the play *The Drowsy Chaperone* is hitting the Canadian College of Performing Arts’ stage this month. And according to Tekatch, the original play had a very interesting journey in getting produced.

“This play began as a wedding gift from a group of friends who were broke in Toronto to their friends who were getting married,” says Tekatch. “Their friends got together to do a show in a bar to make their friends laugh and it was so successful that it become a Fringe show and then it was so successful that it got picked up by Mirvish, which is the largest commercial theatre producer in Canada, and then it went to Broadway, and then it went all over the world.”

Tekatch says that *The Drowsy Chaperone* pays tribute to the golden age of entertainment.

“It’s an homage to a form of musical theatre that harkens back to the 1920s and ’30s,” says Tekatch. “So it’s very much golden age in terms of style and glamour and ridiculous comedy. It’s a very vaudeville-influenced story.”

The Drowsy Chaperone deals

with easily relatable themes such as the importance of connecting with your friends and family and the value of finding ways to make you happy when life gets too rough to handle.

“At the very centre of the whole story is a man who is sitting alone in his apartment,” says Tekatch, “and coming out of COVID, it makes sense to everybody, the idea of needing to connect with something that brings you joy. At the end of the day, that’s what our whole entire show is about: it’s finding something that brings you joy.”

The theme of the play, says Tekatch, is about “searching for light when you’re feeling blue” and trying to find something to make you laugh and feel happy when life is hard.

“We do that in the most old-school, 1920s vaudeville sort of way,” says Tekatch. “It’s comedy and tap dancing and juggling and really funny acts and a lot of ensemble work where everybody is working together to tell a story and the theme is to try and bring joy, full stop.”

Tekatch says that the legacy of the piece, as well as the opportunity to work in her hometown, drew her to the project.

“I grew up on the Gulf Islands

and in Vancouver... This happens to be one of my favourite shows, it’s a piece of Canadian history,” she says. “It’s the second-most successful show that a Canadian has ever created. I’ve done it many times before; it’s been a really influential show in my life. Right away, the idea of getting to come home and work with a bunch of people who are really truly using every resource and every trick in their arsenal to create a work of art... It just all lined up. I have a lot of family out in BC as well. So it’s just an opportunity for me to be creating in the place where I grew up.”

The biggest challenge with this play, says Tekatch, came with making the show’s small ensemble look larger than life.

“What’s incredibly challenging for the actors is that we have an ensemble of 10, but one of them has to be the stage manager for the entire production” she says. “There are only nine actors on stage at any given time and the show should have more like 16. Many of the actors are cast in multiple roles with not a lot of time because the show is not built that way. They have to transition from one character to another in, most of the time, less than 20 seconds. So it’s a huge challenge—how do I make nine



PHOTO PROVIDED

The Drowsy Chaperone is all about bringing joy when life gets hard.

people look like 16? How do we fill up all the edges of this and the detail in the work when we have only a few people doing that? So that’s the biggest challenge, but, luckily, I have a group of people who are totally game to try, so we’re in good shape.”

The Drowsy Chaperone
Various times and dates,
Friday, February 9 to Saturday,
February 17
\$30 (under 30)/\$35 (adult),
Canadian College of
Performing Arts
ccpacanada.com



Listen and Learn

by AJ Aiken

The Bridge Live Rap Battles stunning, hilarious

Nuckzy threatened to beat Kinch like bannock dough. Kinch fired back at Nuckzy's size accusing him of being the reason the ferry buffet shut down. Out of context, other lines were even more offensive.

AJ AIKEN
CONTRIBUTING WRITER

For the first edition of this, my new music column, I decided it'd be fun for me, a punk rock girl, to check out some rap battles. I have yet to really explore the musical landscape of the Victoria hip-hop scene; The Bridge Live Rap Battles presented by Set the Bar at the Victoria Event Centre on Saturday, January 20 was the first hip hop event I've ever gone to in Victoria. I had a blast; it was hilarious and jaw dropping.

Prior to going I wasn't sure what to expect. Was this going to be like the battles in *8 Mile*? Or was that just Hollywood? Well, it's mostly the same. There are no beats dropped while the rappers battle, it's filmed for YouTube and Twitch, and booing is not allowed.

Set the Bar is one of a few battle rap leagues in Canada, but I'm foggy on how it works. Winners weren't announced. I only know for sure who won one of the battles; EB, from Victoria, said he "Took the 'L'" (in other words, lost) against Illcoz, from Sooke.

There were six battles, including

the main event. The only rappers not from Vancouver Island were Surrey's Devious and one of the main event rappers, Carter Deems from Atlanta, Georgia. Everyone else was either from Victoria, Sooke, Nanaimo, or Campbell River.

The territorial jabs were great—only Nanaimo walked away unscathed. The clarity of "Welcome to Victoria. Campbell River sucks," delivered by Victoria's David Kinch—a Camosun alum—was beautiful. Devious took flak simply for not being from Vancouver Island.

The rappers proved that Canadians are not always nice. Everything a rapper had done or said, where they're from, their physical features, or their heritage was fair game. When Sirreal, from Nanaimo, called Devious ugly, a woman in the audience got upset. Sirreal, without skipping a beat, quickly shot back, "It's a rap battle, anything goes."

The first comment against Indigenous rapper Nuckzy, representing the 14 tribes of Nuuchal-nulth territory near Campbell River, made me squirm. Then I saw



AJ AIKEN/NEXUS

A jam-packed scene from the recent The Bridge Live Rap Battles event that happened on Saturday, January 20.

him standing proud, looking like a lion ready to pounce. This was meant to be a battle, but Kinch had just declared a vicious war.

But in a place where nothing is considered racist or bodyshaming, there are some good burns. Nuckzy threatened to beat Kinch like bannock dough. Kinch fired back at Nuckzy's size accusing him of being the reason the ferry buffet shut down. Out of context, other lines were even more offensive.

Devious, whose legal name is Sam, was roasted by Sirreal with a twist on Dr. Seuss' famous lines

about "Sam I am" from *Green Eggs and Ham*. The imagery that Sirreal used against Devious was genius. Mocking Devious' long neck by comparing him to a giraffe and a squeeze toy whose eyes pop out pleased the crowd. Sirreal also explained he'd rather build people up than destroy them, but it's a rap battle; at the end they shake hands and have a drink together. Sirreal was one of my favourites.

But the main event was the best. Kreative, brother of Nuckzy, started his intro with saying something in his native tongue then ended

his intro with, "If you're not First Nations, you're fucked!" Carter Deems started the first round with, "Fuck Christopher Columbus," and continued with an overly self-deprecating round mocking his own whiteness. Kreative shot back on the Columbus remark suggesting Deems should get status for it. Kreative also had a line taking a stab at the Indian Act; dark humour was used from both angles. I don't know who took the official "W," but I give it to Kreative. If Campbell River sucks, it's better than Atlanta, Georgia.

contest

Find the hidden Nexus and win



LYDIA ZULETA JOHNSON/NEXUS

We've hidden this copy of our last issue somewhere on Camosun's Lansdowne campus. Find it and bring it in to our office for a prize!

Nexus HQ is located at Richmond House 201 at Lansdowne. Good luck!

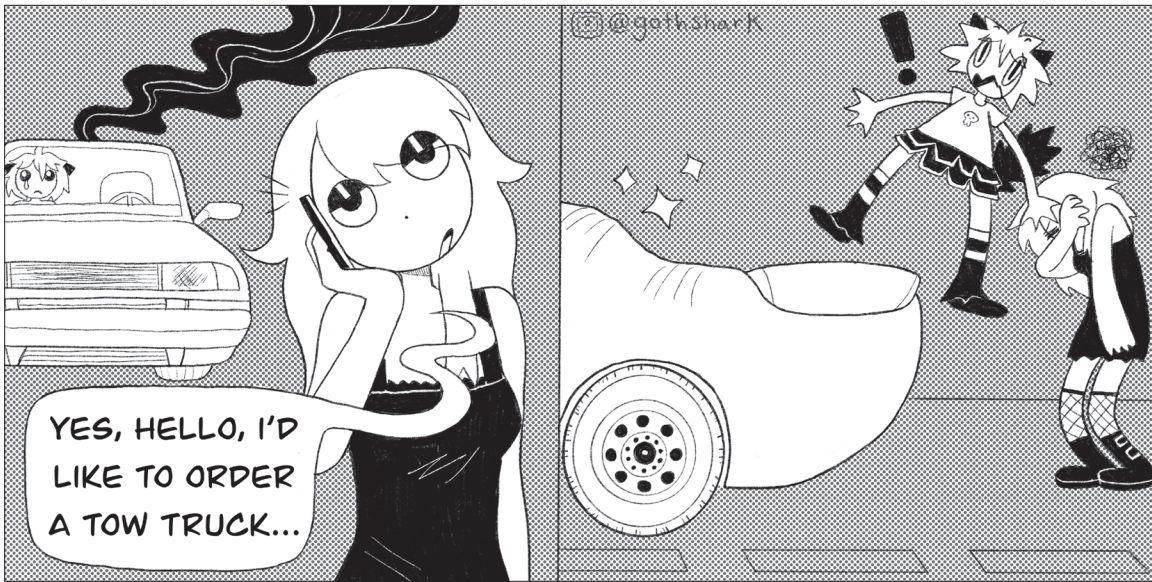
NEXUS

camosun's student voice since 1990

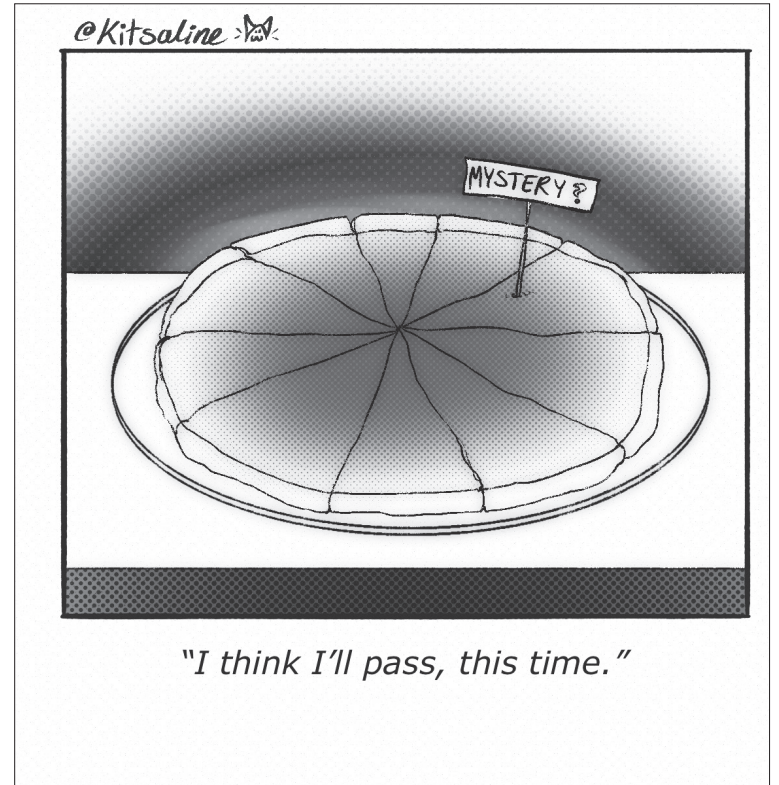


Find web-exclusive stories at nexusnewspaper.com.

Ruby Rioux and the Bats from Saturn - Ray Nufer



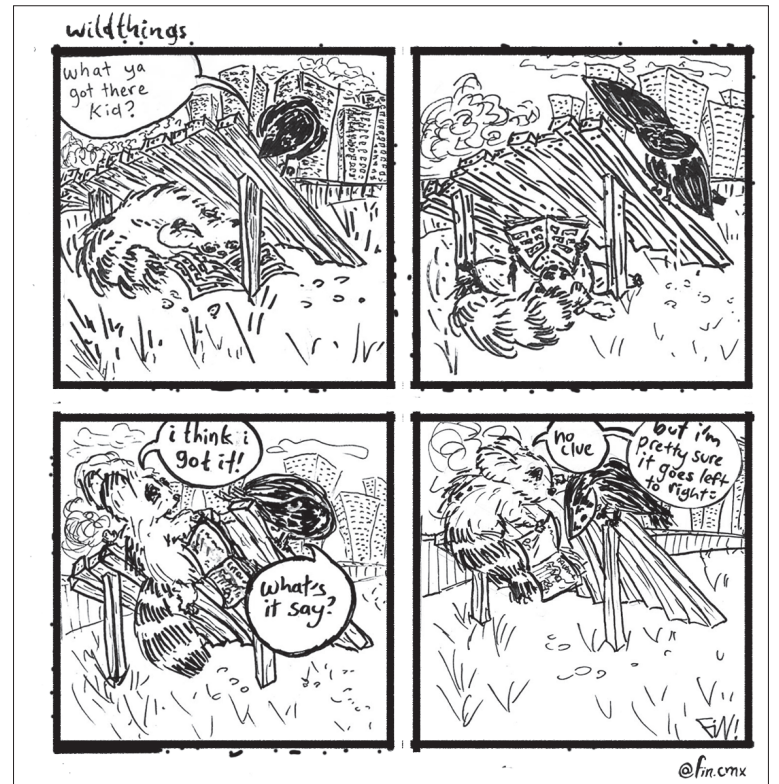
Brainrot - Kit Miller



Takwak Comics - Recla Ker



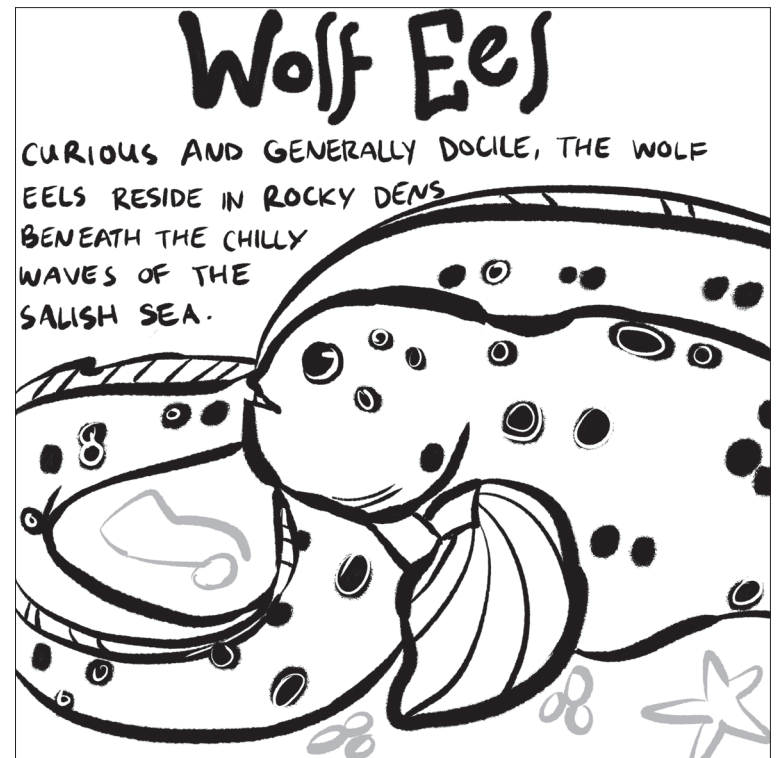
wildthings - Finnegan Sinclair Howes



Things That Happen - Jaiden Fowler



Creature Feature - Jenna Victoria



What's This? A College Meme? - Naomi Fisher



NEXUS Got something to say?
 Letters to the editor:
editor@nexusnewspaper.com



Kiryn's Wellness Corner

by Kiryn Quinn

Happy backs and hips

As the first month of school gets on, you're liking spending a lot more time sitting again, which is not ideal for the lower back or hips.

A quick way to alleviate hip tightness is to shift off to one side of your chair so one buttock and one thigh are still on your chair. Slide your other leg back until it is mostly straight and, voila, you have a supported hip opener without leaving your desk. Hold the position for at least 30 seconds and then do the other side. Repeat.

To stretch out the lower back, shift forward on your chair so the bottom crease of your buttocks is in line with the edge of the chair, separate your feet a bit wider than the width of your chair, then place your forearms on your legs or hands on the desk for support and slowly lean forward. If you're more flexible or experienced with forward bends, you can reach your hands toward the floor. Hold for 30 seconds, and then come out slowly. Repeat one or two more times.

Sitting for longer periods of time while studying or in class means

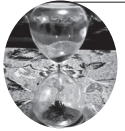
Sitting for longer periods of time while studying or in class means you're likely a bit less active and therefore do not require the same caloric intake as when you're more active.

you're likely a bit less active and therefore do not require the same caloric intake as when you're more active. One way to curb unnecessary snacking while at the keyboard (yes, we all do it!) is to keep water or tea handy. The fancier flavoured coffees from your favourite café do not count—they often have upwards of 400 calories per drink and are loaded with simple sugars, which temporarily makes you feel better but can often result in a low blood sugar crash, causing you to feel sleepy or making it difficult to concentrate.

It's also helpful to keep some chopped-up fruit and nuts nearby.

I sometimes find a whole piece of fruit will discourage me from eating healthily because I have to leave my desk to eat it and can lose my focus. Having them pre-chopped in a reusable container makes it easy to grab a bite or two. Coupled with some raw nuts like hazelnuts, almonds, or Brazil nuts can create a hunger-satisfying, blood-sugar-stabilizing snack to help you stay focused. Otherwise, plan ahead to take a complete break of 15 to 20 minutes, giving you time to enjoy the whole fruit.

Until next time, keep it real, keep the healthy snacks handy, and keep the back and hips happy!



Not the Last Word

by Emily Welch

On self-actualization

Self-actualization is a hot topic these days. Everywhere I look I see phrases like "Love yourself!" or "Only you matter!" or, the one that particularly sets my teeth on edge, "Dance like nobody's watching!" I can't walk down the street without passing 10 gyms offering some new yoga routine that will change my life. It's stylish to be in harmony with yourself, self-worth is beaming all over every social-media platform, and pop lyrics are bursting with raw positivity.

I tend to believe that messages of high self esteem are a good thing, however, this constant outpour is starting to feel a bit overdone and insincere. Sometimes it feels to me that this overflow of personal Zen might actually backfire, and I wonder if these messages of self worth and self care really work. Do young people know and respect themselves in ways that I was never able to do?

Of course, I grew up in a slightly different time. When I was a teenager and young adult, in the grunge era, we didn't listen to songs that proclaimed inner strengths and championed selves. Quite the opposite. During my coming of age we listened to angry and depressing lyrics that were full of self-deprecation and an appreciation of impending doom. If someone walked around with a snarl toward humanity and a scoff at employment they were probably considered the real deal, a deep human being. Comedy was all about sarcasm and roasting our fellow humans (not to mention ourselves).

When I was a teenager, smoking was cool, and piercings and tattoos were rebellious. In fact, doing anything that harmed the inner body and marked up the outer one could probably get you into most people's good books.

It's been an odd transition from a time where high self esteem was frowned upon into this world where singing your own praises and manifesting power is what's normal; from a time of teenagers being hunched over, angry, and silent to seeing teenagers today, who are glossy with pride and hyper vigilance, counting their personal achievements before they reach their 20s. Even though it's inspiring to hear about a 15-year-old who has invented an app that counts our blood sugar levels as we eat, it's kind of scary, too—I hope that childhood hasn't completely left the realms of reality.

It's very positive to be positive, but in this fast-paced world I hope we all can try to remember what stage of life we're in and that looking and acting important today probably won't matter too much tomorrow.



Lydia's Film Critique

by Lydia Zuleta Johnson

Daddy Longlegs

A dedication to careless responsibility. A eulogy to tangled childhoods. A tribute to bad fathers all around the globe. *Daddy Longlegs* (2009), directed by Josh and Benny Safdie, is a semi-autobiographical tale about fatherhood at its best and very worst.

Lenny (played by Ronald Bronstein), is a father for two weeks out of the year. His sons Frey, 5, and

fridge and walls—colourful framed artwork of the three in funny situations with funny faces.

It's easy to excuse his actions as simple screw-ups; we've all made them. He has a charm and coolness that almost allows it. But good parents don't conjure hazardous entertainment, they don't work against what parenting is: caring for a child.

Daddy Longlegs is a semi-autobiographical tale about fatherhood at its best and very worst.

Sage, 7, fill their time with Lenny's antics and spontaneity. He takes them on a trip upstate with his one-night stand, lets them stay up until 11 pm, and neglects to take the two to school, exchanging it for impromptu days out. Posing with fun, they are torn between the dangers of his actions and the jokes that lay between them.

Sage and Frey's bond with their father is special. His childlike *joie de vivre* brings their family closer, and to them he's a jester of magic and comedy. His lessons in harsh language, film projectionism, and New York (decorated with many real offbeat individuals) are endearing. But in one swift motion, Lenny will "blow his top." His short temper extends to just about everyone, including the children's mother. Their tense exchanges are troublesome and appear to have little regard for his sons' emotional and mental psychology.

It's clear Lenny desperately wants to be a parent. The proof of his devotion is plastered on his

In line with its intimate themes, *Daddy Longlegs* is photographed in the style of a fly-on-the-wall documentary, and viewers could easily mistake it as such (aside from a surrealist sequence containing a mosquito the size of a small dog). Hectic camera movement and long lenses amplify the claustrophobia of their already-cramped apartment. And 16mm film warms the eyes, with rich reds, greens, and browns painting every scene.

Delicate melodies are what complete this *brut* film. Not a single song on the score is out of place. Michael Hurley's "Penguins" exists securely in this New York cityscape, soft and gentle as childhood deserves to be. The cover of the album that the song appears on actually has a familiar design to many of Frey and Sage's drawings—a cartoon personified animal in various shades of bright clothing resting asleep in an armchair.

And into this armchair movie, safely and soundly, we sink. 4/5



Fellas, Let's Figure It Out

by Jaxson Smith Peterson

Shaping your circle of friends

While doing some research for this column, I stumbled upon a mind-boggling statistic: 80 percent of people will have failed or completely abandoned their New Year's resolutions by February 1.

My hope is that those of you who read my column several weeks ago on New Year's resolutions fall into the minority of people who have stuck with their goals.

In this column, I will be explaining how the circle of people you spend your time with impacts your behaviour and how to revise your circle for improved results in all areas of life.

Most people will have heard some variation of the quote "We are the average of the five people we spend the most time with." While this is a bit of an over-generalization, it rings true, at least for myself.

Your environment really does shape your actions and a large part of that environment is the people you surround yourself with.

The good news is a lot of your environment is malleable, meaning you can change it. Sure, you can't cut out the negative family member from your life completely, but you can limit the energy you give to people who drag you further away from your goals.

An easy way to do this is to consider what you want in 2024. Are you trying to quit smoking? Maybe you want to improve your fitness? Surrounding yourself with people who smoke like chimneys is probably not sustainable if you want to quit.

Instead, try to spend time with people who prioritize fitness, education, business, or whatever it is you're trying to improve on.

In my professional and academic lives, I try to ensure that I'm never the smartest person in the room. Surrounding yourself with people who force you to level up is an absolute life hack.

As an exercise, write down all of the people you spend the most time with, those who help to bring you closer to your goals, and those who take you further away from them.

When auditing your circle, try to remove emotion and really consider what impact your relationship with an individual is having on both of your lives.

You can love someone and want to spend time with them while recognizing that they might not be bringing you closer to your goals. The two aren't mutually exclusive.

Your circle shapes you. Choose wisely.

NEXUS

Ever wanted to be a columnist?
Now is your chance!

WE NEED NEW COLUMNISTS.

Write about something you feel passionate about, once every two weeks! It's easy, fun, and great experience.

Email
editor@nexusnewspaper.com with your column idea today!

NEXUS

camosun's student voice since 1990



Facebook and Instagram have made the decision to not allow Canadian viewers to see *Nexus*' content on their platforms due to the Online News Act.

Find us on X and, as always, check us out at nexusnewspaper.com.

