

NEXUS

april 3, 2024
issue 14 | volume 34
nexusnewspaper.com

camosun's student voice since 1990

Opinion: Camosun College
needs to support Palestine
page 2

Camosun College Student Society
gets ready for spring elections
page 3

Camosun College Arts Festival
returns to showcase student talent
page 4

Dylan Willows Celebration
a night of love
page 12



NEXUS

camosun's student voice since 1990

Next publication: May 8, 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

Hailey Elise

Jocelyn Farmer

Naomi Fisher

Jaiden Fowler

Finnegan Sinclair Howes

Recla Ker

Kit Miller

Ray Nufer

Jaxson Smith Peterson

Kiryn Quinn

Jenna Victoria

editor's letter

So long, farewell, *auf wiedersehen*, adieu

Writing this editor's letter is bittersweet—with a strong emphasis on bitter—because it's the last one I'll be writing. My time at Camosun College, and therefore *Nexus* newspaper, is coming to an end.

A lot of my sadness tied to this change stems from the good times I've had at this college; it has truly challenged me in ways I didn't expect, and, as a result, I've grown immensely. And leaving a good thing, a good community, will always be a scary transition. It's a feeling of terror accompanying the free-fall of transformation, where you hope you'll land on your feet somewhere half as good.

It's been emotional to reflect on my journey through my college experience, especially considering I was hand-shakingly nervous on the first day of school, so much so that I showed up an hour early for the first day of classes (just in case). I never imagined that that frightened person would end up working as the student editor for *Nexus*.

On that note, the growth I've experienced is incredible. I remember the first article I wrote for *Nexus* as a volunteer and how scared I was to hit send and submit my document to the editor, Greg; I was so afraid it would be "bad," and I would have to face the fact that I'm dumb, or not talented. It's almost surreal to imagine that mindset, especially because that was just over a year ago. Now, when I press send to Greg, I don't worry about his edits or corrections having a connotation attached to my smartness. Instead, I act like a sponge, absorbing whatever I can for the rest of my time working at the paper.

I also remember how nervous I was while interviewing for the student editor position (deodorant had nothing on me, baby). Upon finding out I got the job, I smiled wide as I tore through the campus, tripping on my Converse laces while excitedly yelling into my phone, explaining to my dad what a great opportunity it is for me.

I know I can't continue using the word "growth" throughout this article; otherwise, it'll become tiring, so I'll quickly Google some synonyms. (Please hide your surprise that clever words don't bring around my skull all day like a pinball.) My "expansion" as a writer is primarily due to Camosun and *Nexus*, and I couldn't be more grateful.

But my time here hasn't just been about accumulating skills as a writer; it's also been about the sense of community that a melting pot like Camosun offers. Because of school and my job, I've had the pleasure of meeting so many wonderful humans and friends, some of whom have cemented themselves into my life like family; the stress from school and life can weld people together like that.

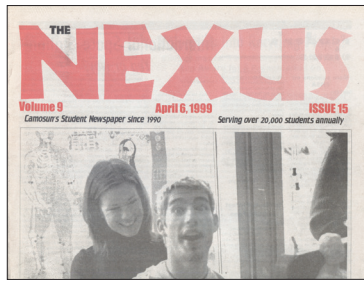
At *Nexus*, I've had the wonderful opportunity to interview musicians, teachers, and community members that I wouldn't otherwise have had the chance to talk to. I've gone to plays, concerts, and press conferences; I've had stressful deadlines and situations, but I've always made it to the other side. I feel like I was immersed in community for the first time in a decade, and it has changed me and bettered me to my core.

As I peel off the sticky note from my computer monitor that says "don't make me cry," I am, unsurprisingly, weepy. I'll miss writing for *Nexus* and all its wonderful readers.

Jordyn Haukaas, student editor
jordyn@nexusnewspaper.com

flashback

25 Years Ago in *Nexus*



JORDYN HAUKAAS
STUDENT EDITOR

Goodbye drama: Our April 6, 1999, issue featured a resolution to a drama I've been following closely for months, closing the chapter on the battle of student privacy versus closed circuit cameras at Camosun College. The issue was solved amicably; all parties were satisfied (yawn-fest). After student-led petitions and pushback, the Camosun College Board of Governors quickly created a usage policy draft that calmed the sea of student upset. The draft included stipulations such as adhering to the Freedom of Information Act, cameras not being used to monitor, evaluate, or discipline employees, and posting signs to inform students of the camera's whereabouts.

Congrats, it's a bouncing baby territory: In this issue, we also covered Nunavut, which was declared a territory on April 1,

1999 (and wasn't the result of the territories pulling a fast one on Canada for April Fools'). Writer Brooke McIntosh listed off some informative facts on Nunavut, but was concerned that she reached out to several sources, such as the BC government, only to be met with a lack of knowledge surrounding the territory's creation. (They clearly hadn't yet made the colour-in Canadian maps for social studies classes to welcome the new territory.)

My last ode to Wendi: I can't sign off *Nexus* in good conscience without covering one of my favourite columnists from the past before I tip my hat and exit stage right. In *Wendi's World*, Wendi Davies discussed the possibility of the end of the world and her resulting Y2K-fear-drenched paranoia derived from doomsday preppers and cults. Davies went on to describe a (hopefully) fictional summer club she'd be starting to train for the end of the world. Members would enjoy martial arts training, doomsday prepping crafts, rationing, and, for some reason, choreographed barfing. Someone lend me a pen, I'm jumping in a time machine and signing up. I'll see you all when I come back to the future. Godspeed and goodnight.

open space

Camosun needs to support Palestine

HAILEY ELISE

CONTRIBUTING WRITER

Camosun College's support for the Palestinian cause is crucial, as so-called Canada and Israel are both on stolen lands—here it's Indigenous peoples, there it's Palestinians. The legacy of colonial occupation by way of Western powers is shared between Turtle Island and Palestine.

Although many institutions acknowledge that they are on stolen lands, it's vital to recognize the stolen status of lands abroad as well. The struggles of the Indigenous peoples of Turtle Island and Palestine align as they actively oppose the colonial and imperial interests

of Justice, for which South Africa initiated a legal case against the Israeli state. South Africa, having also been ravaged by the evils of apartheid, saw many similarities in their struggles and took decisive action against Israel's violations.

Along with those stances, there is evidence of genocidal intent expressed by Israel's government and their prime minister Benjamin Netanyahu and Israeli defense minister Yoav Gallant, who described Hamas resistance fighters against Israeli occupation as "human animals." These politicians have made calls for the total siege of Gaza.

Indigenous worldviews argue that all Indigenous peoples are connected, so, following that, Camosun should uplift these values they claim and stand in solidarity with Palestine.

of the global capitalist war machine that fuels Israel's unjust and horrific treatment of the Palestinian people.

Israel's devastating war on Palestine fuelled not only displacement and massacres, but also catastrophic impacts on the environment. Many Zionist militias and settlers would go on to burn the olive trees that are culturally vital to Palestinians, similar to how colonizers massacred the buffalo that are necessary for nomadic Indigenous bands in so-called Canada.

As well, the level of violence perpetrated against civilians, mainly children, at the hands of Israel is disgusting. The constant shelling and bombing of Palestinian neighbourhoods at the hands of the Israeli Defence Forces (IDF) has had disastrous consequences on the communities and their livelihoods. The IDF claims its reason for waging genocide on Palestinian people is to get back the hostages from the events of October 7. The hostages are simply an excuse to terrorize civilians and further ethnic cleansing in the region. Hamas offered to release the hostages in exchange for a ceasefire—which Israel rejected.

International legal organizations have recognized the war crimes perpetrated by Israel. These crimes have been brought to attention by many legal entities, including the International Court

Camosun generally doesn't take a stance on world issues unless the events go in accordance with mainstream opinions. For example, Camosun released a statement condemning Russia's invasion of Ukraine, offering students and staff a variety of support options, in February of 2022.

Even though the Palestine issue is divisive, Camosun should uphold their promises of "incorporat[ing] the values, principles, and teachings of Na'tsa'maht—a Lekwungen term meaning 'unity or working together as one.'" Indigenous worldviews argue that all Indigenous peoples are connected, so, following that, Camosun should uplift these values they claim and stand in solidarity with Palestine. Camosun has released no official statement to mirror their reaction to Ukraine, yet Palestinians deserve freedom just the same.

The argument could be made that supporting Palestine publicly could cost the college enrolment, but I believe the opposite is true. Pro-Palestinian demonstrations take place weekly downtown, and pro-Palestinian protests have also taken place on various post-secondary campuses. This shows that there is enough support for Palestine to support enrolment.

Camosun shouldn't be afraid to offend Zionists when Palestinian lives are on the line.

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!

NEXUS
camosun's student voice since 1990

**Become our next
volunteer
writer!
No experience
necessary.**

Email editor@nexusnewspaper.com today.

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 ILLUSTRATION: Jocelyn Farmer

OVERHEARD AT NEXUS: "It's not like there's pus oozing out of my eyeball."

student politics

Camosun College Student Society encourages student voting in upcoming elections

“Having a board that represents a wide variety of our students, the more voting we have, the better it is for that.”

JAGJEET SINGH
CAMOSUN COLLEGE STUDENT SOCIETY



CAMOSUN COLLEGE STUDENT SOCIETY

Camosun College Student Society external executive Jagjeet Singh encourages students to vote in the upcoming elections.

JORDYN HAUKAAS
STUDENT EDITOR

The Camosun College Student Society (CCSS) is getting ready for its spring elections and hoping that students get involved and vote.

Camosun students should have received an email from the CCSS containing information on the nomination and voting periods (the nomination period has ended; voting will take place on April 8, 9, and 10). You can find the spring candidates’ platform statements in this issue of *Nexus* on pages 5 through 8.

Jagjeet Singh is finishing his time at the CCSS after holding the position of external executive for two years. Before his departure, he’s urging Camosun students to participate and vote during this election period. He says that the CCSS

does a lot of advocating on behalf of students, which is why students should take part in deciding who represents them.

“We do a lot of advocacy, a lot of events on campus, student representation, provincially, federally... just hearing students’ concerns whenever they have any,” says Singh. “One of the things we [worked on] last year was international [student] working hours, federal student loans, so we do things like that. We just try to help out the students and make sure that students are heard and represented at the school level also.”

To inform students of the election, the CCSS has been promoting it on social media and during its events.

“So we started promoting the elections, everyone was sent an

email,” he says. “And then I believe, during the Valentine’s event we also gave out cards which were kind of like a way to promote elections, I think it [said] ‘be my board member.’ So that was one of the ways that we did it. And then social media, Instagram, I believe X, also, we have been posting over there. And if anyone has been asking any questions, board members and staff have been helping out with that.”

One of the benefits of having a bi-annual election is the constant introduction of fresh, new voices, says Singh. He believes that having a variety of board members is vital in representing a diverse student body.

“Every year, new students and new voices come on the board,” says Singh. “Like in the two years I’ve been here, I’ve seen drastic change in implementation, demograph-

ically, or in terms of what classes they take, or what schools they go to. So it’s always nice to see that because there’s a new perspective that comes every year, or every six months, which is very important in an organization like this, because we need to know what our students are struggling with.”

Singh is hopeful that the student body is aware of CCSS advocacy efforts, especially when it comes to elections, because the candidates voted onto the board will directly represent students.

“The more the students know about what [the CCSS] can do for them, the easier it becomes for them to access those services,” he says. “There’s an easier connection with them because of that, so our students in need are not by themselves. So it’s really important

that our students know that we can advocate for them, and we can help them. It does tie in to voting because having a board that represents a wide variety of our students, the more voting we have, the better it is for that.”

Singh has high hopes for the new board. He anticipates that successful candidates will form strong bonds and work hard together to ensure that Camosun students are well represented. (See camosunstudent.org for more election information.)

“I think [it’s really important to have] a board that can act together and help each other whenever needed,” he says. “Having that bonding is also helpful at times. So, just hoping that they align with each other and the staff, really, so that it helps them do better things in their time.”

NEWS BRIEFS

Camosun Enactus club takes first place in contest, heads to nationals

The Camosun College Enactus student club team secured first place in the Enactus regional competition held in Calgary on March 14 and 15. The team presented judges with The Campus Quisine meal kit, which was created to combat high food prices for students. Enactus surveyed 230 Camosun students upon creating their project, and 10.9 percent of those surveyed reported not having access to safe and nutritious food. Enactus worked with Camosun Hospitality and Tourism instructor David Pritchard and assembled and tested healthy, low-cost meal kits for students. The team then sold the kits at a pop-up event on campus in February. Enactus will

now be heading to the national competition, taking place in Toronto from May 14 to 16.

International students protest policy changes

Hundreds of international students and supporters took to downtown Vancouver on Saturday, March 23 to protest the changes made to the BC Provincial Nominee Program (PNP), saying it disrupts their chances at securing permanent residency in Canada. The changes to the program include increased language requirements and prioritization for “in-demand” jobs, which excludes master students studying science, technology, engineering, and mathematics (STEM) programs from becoming automatically eligible for the PNP program. Due to these changes there are

now 3,000 available BC PNP spots available for 2024; there are 62,000 work permit holders, many of whom are searching for permanent residency.

Keep groovin’, Victoria

The City of Victoria will act as a landlord to Hermann’s Jazz Club and the Arts on View Society after purchasing the View Street building in an effort to support Victoria’s music industry. This came after the building’s tenant, the Arts on View Society, told previous owners that they would cease operating Hermann’s Upstairs Lounge and focus solely on Hermann’s Jazz Club and View Street Social downstairs. The City is now working to secure a commercial tenant for the second floor of the building.

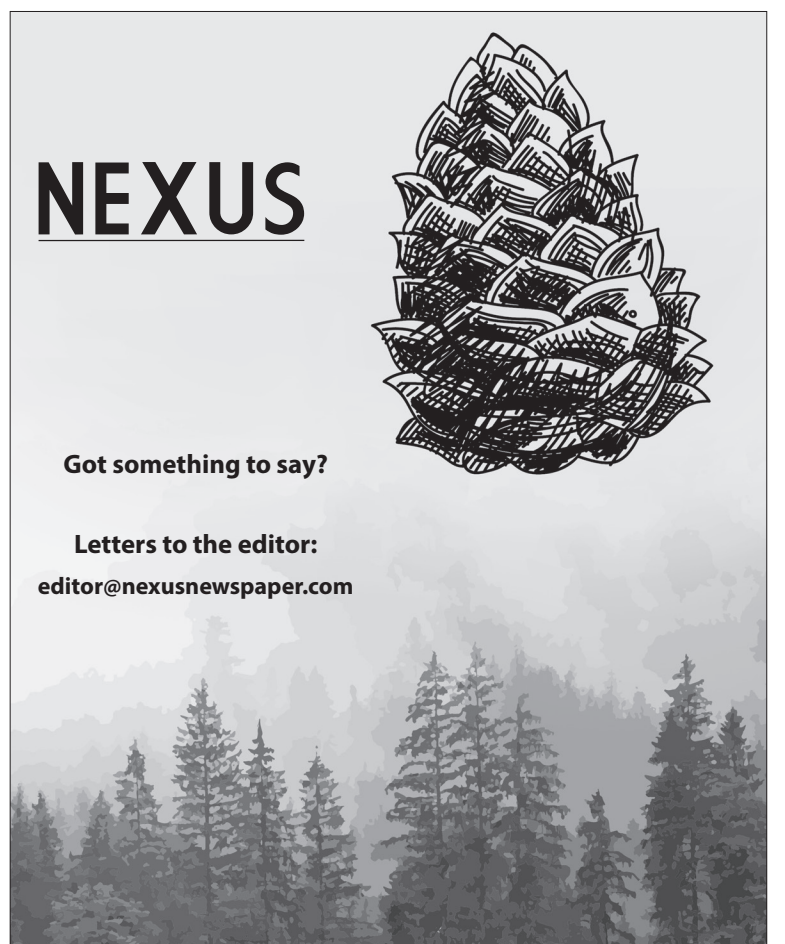
-JORDYN HAUKAAS,
STUDENT EDITOR

NEXUS



Got something to say?

Letters to the editor:
editor@nexusnewspaper.com



art

Students show passion for their projects in Camosun Comic Arts Festival

“It’s just a really dynamic medium that stretches the brain in so many different ways.”

FINNEGAN SINCLAIRE HOWES
CAMOSUN COLLEGE STUDENT

LYDIA ZULETA JOHNSON
STUDENT EDITORIAL ASSISTANT

On April 18, graduating students of Camosun’s Comics & Graphic Novels (CGN) certificate program will unveil their final projects at the Camosun Comic Arts Festival, an annual event celebrating the artistic and literary achievements of CGN students. The event features original student artwork, prints, stickers, and more available to browse and purchase; the festival also includes professional guest comic book creators showcasing their own artwork.

CGN student and *Nexus* cartoonist Finnegan Sinclair Howes (see *wildthings*, page 10) says this year’s student art projects are particularly ambitious, with some students working hard to create several.

“In a lot of past years, there’s been a lot of focus on just making a collection of short stories that aren’t really related and creating just a portfolio of work,” says Howes. “But this year, a lot of us have really pushed ourselves to create full stories of 20 to 30, even one student

is making a 48-page, comic. Some people have made more than one.”

Howes’ passion for comics began in early childhood; they cite Robert Munsch’s work, *Calvin and Hobbes*, and *Bone* as their inspiration. Howes believes what makes the creative medium so exciting is a unique quality not found in movies, books, or other narrative and visual mediums.

“It’s just a really dynamic medium that stretches the brain in so many different ways. I love it because you get to do so much,” says Howes. “You get to draw it, you get to write a story, and then you get to figure out how these characters look, and then you get to figure out how the scenery looks and how to put it in there and how to sequence it in a way that’s pleasing and exciting for the reader.”

Howes has benefited from the program as an artist, notably by sharing a creative and uplifting environment to explore the medium with a collective.

“There’s nothing more beneficial to your art than being able to just do it with other people in a

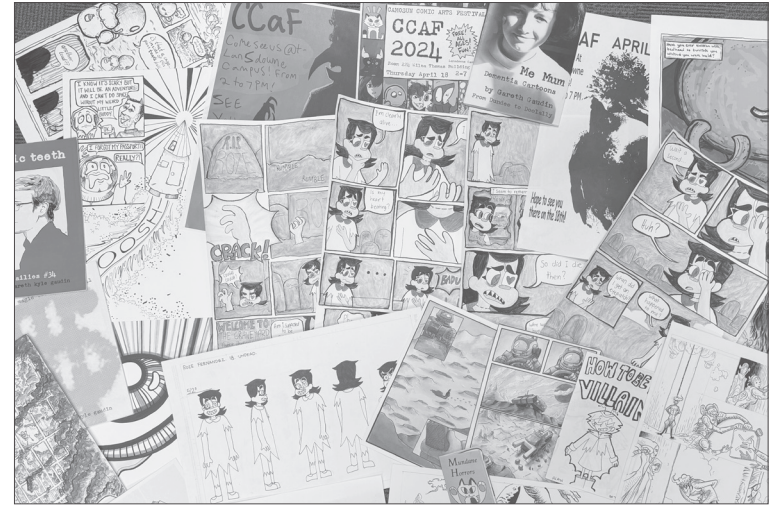
space dedicated for that,” Howes says. “And I feel so lucky to have access to this.”

The experience has also allowed Howes to unlearn perfectionism, a habit that prevented them from creating and pursuing comics for the last 12 years. They give credit to the program’s head instructor for developing a comfortable artistic space.

“The head of the program, Gareth Gaudin, is really fantastic in that he’s... not concerned with us making really good or great comics, he’s concerned with us just making stuff,” says Howes. “And his whole approach is to remove the pressure and expectations that we all already have about our own art, and to just make it something that we can do, and to just encourage us to just do it.”

Gaudin is a life-long local cartoonist, owner of *Legends Comics and Books* in downtown Victoria, and self-published author of nearly 300 comic books. Over his career, he has seen the legitimization of comics progress alongside him, now moving into what he feels is a golden era of comics being seen as an art form. Gaudin says this embrace has allowed the new generation of cartoonists to prosper.

“My batch of students that are just graduating, all have come to this class with 20 years of social acceptability of their comics, and there’s manga and anime in their



GARETH GAUDIN

A sampling of Camosun College student and instructor comic work.

lives. So they’ve just been ingesting how comics are made, so... they are all infinitely more talented than I’ve ever been,” says Gaudin. “So I think something very interesting’s going on that if you allow people to read comics and don’t turn them into a secondary literature, they’re more free to create them.”

After many years of public comic book burnings and bannings in the ’40s and ’50s, superheroes were one of few character types left to rule the industry, a genre that Gaudin feels oversaturated the medium. Now, with Marvel and DC shifting momentum away from comics and onto the continued production of movies, Gaudin says the medium has finally been left alone to broaden.

“Comics can be anything now,” he says. “Autobiographies, biog-

raphies, slice of life, anything you could possibly want to write about, you can write about in comics. And each one of the students is writing and publishing a new point of view.”

Making a comic book is the first step to making a comic book, says Gaudin; getting the initial, unsatisfactory product finished is fundamental to artistic creation—the second will only exist because the first did.

“The only thing worse than a bad comic is no comic,” he says. “So make comics.”

Camosun Comic Arts Festival
2 pm to 7 pm Thursday, April 18
Free, Sherri Bell Hall,
Wilna Thomas Building
camosun.ca/events/camosun-
comic-arts-festival-ccaf

CAMOSUN COLLEGE STUDENT SOCIETY SPONSORED CONTENT

CCSS offering food bank services for Camosun students

Groceries cost more than ever and times are tough—we all know that. But what you might not know is that the Camosun College Student Society (CCSS) offers a helping hand through its food bank services.

The CCSS operates a food bank at both campuses—with help from its partners at the Mustard Seed and Capital Region Food Share Network—where any Camosun student can get non-perishable food items for free.

The food banks are located at the CCSS offices. At Lansdowne, the food bank is in the Fisher Building; at Interurban, it’s in the Campus Centre Building. The CCSS asks that students limit the amount they take to two items per day.

The food bank also operates with help from community donations—those wishing to donate can do so through the Camosun Foundation by visiting webservices.camosun.ca/foundation/camosun-cares.

The CCSS has also partnered with various college students and departments recently, including Hospitality Management and Criminal Justice, to hold events with proceeds going to the food bank.

“This spring, the CCSS conducted a food insecurity survey

which revealed what we already knew—a lot of students, both domestic and international, go hungry in order to pay for their education,” says CCSS food bank coordinator Christine Desrochers. “We’re fortunate to have some amazing partners, but there is still so much unmet need here at Camosun.”

The results of that survey indicated that need was spread across both domestic and international students. 14 percent of students indicated they had trouble accessing adequate food every day, and 38 percent of students indicated they knowingly made poor nutrition choices every time they shopped due to cost.

The CCSS offers other food-related services, such as its bread program. Every Thursday, alternating between Lansdowne and Interurban, the CCSS offers free bread—donated by Jeneece Place—to students. The CCSS asks that students please respect the limit of one loaf or one bag of bread each week to make sure there’s enough bread for everyone who wants some.

Over the past six weeks, the CCSS has been offering a series of fresh produce giveaways at no cost to students. The last one for this semester will be Wednesday,

April 3 at Camosun’s Lansdowne campus.

“This year, we’ve seen a sharp increase in students accessing our food security resources,” says CCSS health & wellness officer Kyle Jones. “With the cost of living skyrocketing, something has to give. Unfortunately, that can mean poor nutrition choices or going without for our students.”

The holidays can be a particularly difficult time, but the CCSS helps to lighten the load a bit with its holiday food hampers. Every December, the student society assembles and distributes the holiday hampers for students in need. If you’re a Camosun student in need of a food hamper, keep an eye on the CCSS social media in the first couple weeks of November to sign up. There are a limited number of hampers available at each campus, and they’re available to pick up in the first week of December.

For more resources, if you go to the CCSS website at camosunstudent.org and navigate to “foodbank” under “services” you will find a link to the Greater Victoria Coalition to End Homelessness’ Street Survival Guide, which includes a list of community resources for students facing food insecurity.

You can also drop by the CCSS



CAMOSUN COLLEGE STUDENT SOCIETY

The CCSS has been holding pop-up food markets at both campuses recently. office at either campus to pick up a copy of the Food Security Programs for Students brochure. This is a great resource for students facing food insecurity.

If you have any questions about the CCSS food bank and related programs, contact the CCSS Benefits Officer at ccssplan@camosun.ca.

Student Society Board Elections

Voting opens April 8th @ 9am closes on the 10th @ 11:30pm



EXTERNAL EXECUTIVE

FINANCE EXECUTIVE



David Vazquez Covarrubias

Hello, my name is David Vazquez Covarrubias, and I am running for the position of external executive because I want to fight for student rights and build a stronger community where everyone feels included and can have a voice. When

I was 18 years old, I had the opportunity to go to Brazil as a goodwill ambassador, gaining experience by having responsibilities such as attending meetings in diverse Rotary clubs, giving conferences about the Mexican culture, participating in charity events, and interacting with other ambassadors to plan gatherings.

My vision is to bring more benefits to the Camosun community, making it more inclusive for our members and new students, along with establishing great relationships within the CASA and BCFS to support them in their campaigns, such as reducing tuition fees for international students, and advocating for equity.

My objectives are to become a proactive participant in CASA and BCFS, enhance the reputation of our community, implement initiatives that encourage diversity and inclusivity, raise and promote awareness against sexual violations, and encourage respect. As part of Veritas, we will work together to make that possible. Let's make Camosun a place of thought.



Prince Solanki

As a candidate for the position of External Executive, I, Prince Solanki, draw on my experience as former Student Wellness and Access Director at CCSS to emphasise my commitment to nurturing an inclusive and dynamic campus atmosphere. I've seen the profound power of sports

and culture in uniting people due to my involvement in organising events such as soccer tournaments, the Rise Up campaign, a Holi and Diwali celebrations. My sincere concern for the welfare of students is illustrated by my steadfast commitment to supporting both local and international students at Camosun College.

I promise to prioritize initiatives to improve accessibility, diversity and student well-being if entrusted with this role. This includes the expansion of Sports Events, facilitating inclusive events, and improving the resources for mental health support and accessibility services. In addition, to recognise and value every student's voice, I will seek to strengthen the involvement of students as well as opportunities for leadership development.

Let us build a campus where all students feel empowered, supported and celebrated. To promote a more inclusive and hopeful future for Camosun College, vote for Prince Solanki as your External Executive.



Talwinder Singh

"Transforming Campus Finances for Student Success and Sustainability". As a candidate for student leadership, I recognize the crucial role finances play in shaping our campus experience. My platform revolves around optimizing the use of financial resources to ensure student

success and long-term sustainability. First and foremost, I am committed to enhancing financial transparency and accountability within our student government. I will strive to make budgeting processes more accessible and understandable to the student body, providing clarity on how funds are allocated and utilized. Moreover, I aim to prioritize student needs in budget decisions, advocating for the allocation of resources towards initiatives that directly benefit students. I will work tirelessly to ensure that our financial priorities align with the needs and aspirations of the student community. Additionally, I recognize the importance of fiscal responsibility in maintaining the financial health of our campus. I will implement measures to streamline expenses, seek out cost-saving opportunities, and promote sustainable financial practices to ensure the longevity of our programs and services. Together, let's build a financially sound and student-centered CCSS.

LANSDOWNE EXECUTIVE



Emily Lam

Hello, Camosun Students! I'm Emily Lam, and I am thrilled to be seeking re-election for my third term as the Lansdowne Executive. In my previous roles as Interurban Executive and Pride Director, I successfully advocated for student wellness and fostered community through campus events. I am honored to represent you and continue this work.

During my time with the Camosun Student Society, I have gained invaluable experience. This year, I am committed to focusing on the following areas:

- Events Planning: Strengthening the organization and structure of events management to ensure that our events are accessible and inclusive for all students.
 - Student Empowerment: Prioritizing student voices and concerns to enhance campus inclusivity and safety.
 - Food Security: Supporting our Camosun Food Bank and addressing food insecurity through programs like our free produce markets and providing free food at events.
- If elected, I aim to create more opportunities on campus for everyone to thrive and succeed in their studies. Thank you for your support!



Sanya Sarin

My name is Sanya Sarin and I am running for the position of Lansdowne Executive. I aspire to dedicate and enrich student life through dynamic activities and engage in social events. I love to participate in different cultural and other social events and aim to curate diverse experiences to cater to the varied interests of our campus community. I'm extremely passionate about serving my fellow students to provide for their best interests. Moreover, I also recognize the gap between students and the board and it's importance in bridging that gap. As a liaison, I

will advocate for student interests and work corroboratively with board members to enhance student life both on and off campuses. Together, we will create a holistic student experience that promotes academic success, personal growth, and community engagement. With your support, I am committed to leading initiatives that elevate our campus spirit and amplify student voices. Shaping Lansdowne into a thriving hub of opportunity and connection for all is the ultimate motive.

The College will send an e-mail!
Check your inbox and your junk folder



INDIGENOUS DIRECTOR



Gerald Riviere

Hello fellow students, my name is Gerald Riviere, and I am delighted to announce my candidacy for Indigenous Director in the upcoming CCSS election. I am honored to be a part of the Indigenous community here at the Lansdowne campus, as well as at the Victoria Native

Friendship Center. I am currently enrolled in the Indigenous Studies Program, and I am a Region 3/ Treaty 7 Métis with a rich family history in Indigenous politics and community involvement. While enrolled at Camosun, the David Vickers Award for Indigenous Students and the Susan Haddon Spirit Award have been bestowed upon me. My life experience and educational journey thus far will be an asset to all of us at Camosun. Culturally aware education and community involvement are fundamental to Indigenous student success, and I will work to ensure these needs are met and surpassed. Thank you for your consideration, and I look forward to working with the CCSS in a way that will be beneficial to Indigenous students and Camosun College. Gerald Riviere



Rose Patterson

I'm a sixty scoop survivor, student with disabilities, older learner and wanting to support my Indigenous community of students here at Camosun. I feel that if chosen as the Indigenous Director I would be able to need a diverse community of Indigenous peers at all levels of culture, age and

personalities.

With my lived experiences and culture knowledge keeping I also have worked with over Twelve local nations as a healer and cultural mental health specialist Please allow me to walk with you as we all move forward in our educational journey here at Camosun

SUSTAINABILITY DIRECTOR



Victor Morales Valdez

My name is Victor Morales Valdez, and I am running for the position of Sustainability Director. I consider it very important to take care of the environment we live in, to protect the flora and fauna around us. Just by recycling, picking up trash, placing the

trash in the right place, or planting more plants; you are already contributing to making the world a better place. I am associated with "Veritas Vanguard", so if we get to be in the CCSS we will be able to show you our vision about Sustainability, thank you!



Leia Grace Elaine Unarce

Hello Everyone! I am Leia Grace Elaine Unarce, and I am running for the Sustainability Director position. The environment has been a huge part of my childhood since I was born and raised on a lovely farm. I witnessed how it is possible to live forward while

balancing sustainability and protecting the environment simultaneously. Mother nature provided us with natural resources to enjoy and protect, and I would like to lead that cause at Camosun College! I believe that many would want to participate in sustainability initiatives but lack awareness of how they could contribute. This is the part I want to strengthen: awareness programs leading to increased sustainability within the campus, with the hope that each student would be able to do the same at home or influence friends and family to do the same. Small steps matter! I hope you join me on this journey; thank you!

PRIDE DIRECTOR



Terence Baluyut

My name is Terence Baluyut (he/him), a gender fluid queer advocate who aspires to lead and serve the student society as a Pride Director. (P)rogressive (R)ecognition of (I)ndividuality, (D)iversity, and (E)quality is a core principle anchored in my heart, and is what I wish to resonate within

the Camosun community.

In my time here in the college, I am grateful for being in an environment where the LGBT2IQ community can thrive that has allowed us, including myself, to feel a sense of belonging and pride in who we are. The collective effort of our cohort has continued to strengthen our stand, inspiring me to embrace the desire and responsibility that comes with being a member of this community.

The only reason why I am able to run today is all thanks to the resilience who have walked and crawled before us in fighting for our ground. And today, I am ready to transform the steps we have taken into big leaps forward for our community.

Here are a few platforms I aim to pursue if granted the opportunity:

- Implement a Safe Spaces Act within the College
- Establish a Queerline to offer support and provide a listening ear to those in need
- Integrate all Pride Projects in both Campuses to enhance accessibility



Juan Samaniego

Hello!

I'm an international student that have struggled with sexually over the years. I come from a homophobia country and I thought that Here in Canada I would not be discriminated against, but I have, I want to change that. With me as a pride director I will do my best

to make the voices within the LGBTQ+ community to be heard.

INTERURBAN DIRECTOR



John Sultan Hagos

As a candidate for "Interurban Director", I am committed to fulfilling the duties of the position. I will first make myself available to learn about how CCSS works internally and the impacts they have on students then I will keep my commitment to CCSS by

prioritizing and attending all meetings actively and sharing my ideas to help the society achieve its goals. I will act honestly, considering the interests of society. I will ensure I act according to the regulations and also keep everyone informed of any relevant information. Collaboration is key, and I will work closely with other members to make better decisions. Overall, I will always be approachable and will do my best to fulfill my duties.



Hector Campoy

I love Camosun college and I know that I have the preparation and skills to help all students for any help they need



Angela Chou

With my previous experience on the board, I'd love to help continue to advocate for students, assist with running the meetings that allow us to advocate and put on fun events, and help out in the ways that I can. Thank you!



Camosun Student Society





WOMEN'S DIRECTOR



Francis Barrantes

As an international student, recently graduated from high school, I am fully aware of the threats and challenges that women and people on this spectrum still face. I maintain that no one should feel unsafe, silenced or discriminated against. Therefore, by this spring of 2024, as Director of Women

on campus, I will preserve the well-being and integrity of women, promote the freedom of expression that women deserve, bring to light all the concerns and needs that women have being the main link between the conflicts and the alternatives that everyone raises. Facilitate the development of Women's Collectives and clubs on campus. Furthermore, I propose to put the conditions under which foreign women are firmly in the spotlight and organizing monthly open meetings and activities where communities can meet and share perspectives and experiences



Varnika Sharma

As a candidate for the position of Women's Director, I am committed to championing the rights, voices, and opportunities of women in our college. My motive will be to empower, advocate and include every single person!

Together, let's build a community where every woman can reach her full potential and contribute to a brighter, more equitable future for all.



Olivia Bult

My name is Olivia Bult, and I am running for the Women's Director position because I see it as an opportunity to ensure the women of Camosun are getting the most out of their college experience. Itching for new connections amongst your fellow women, whether it be social, professional or academic? Welcome to

Barbieland! I want to nurture gender-inclusive, women-run spaces where we can feel comfortable to be ourselves and live our best lives. Not only do I want women to be safe, heard and supported, I also want them to have fun and thrive. My mission is to create strong connections among women so that we are all empowered and confident in pursuing whatever has brought us here in the first place. If you want book clubs, clothing swaps and Legally Blonde viewing parties, vote for me. If you want to participate in stimulating, empowering and educational activities inspired by our collective experiences as women, vote for me! My mission is simple: make things better for all the Barbies, Kens and Allans of the world. I really hope you will vote for me and give me the chance to see what I can do for you.

WELLNESS & ACCESS DIRECTOR



Ayush Chauhan

As a two-time elected Interurban Director and now a candidate running for the Student Wellness and Access Director position, I stand before you with a steadfast commitment to advocating for the betterment of our student community.

"Being a leader it is not easy to convince someone that I can feel your pain". However, as a student myself, I deeply empathize with your struggles, viewing them not just as individual burdens but as shared concerns that demand collective action. Your triumphs are my triumphs, and your hardships, my call to action. I pledge to harness every opportunity to enhance student life and address our common struggles. Moreover, as international students, it's mandatory upon us to bridge divides and foster unity within our campus community. I am a believer in equality, so I will be the strongest voice you have ever felt. I want your support and participation in the discussion on a large platform on gender equality, sexual harassment, mental health problems, financial struggle, environmental concerns, and new technological ways of study. Together, we can make this campus a better place in the whole world by giving the example of total productive student management.



Angello Barrantes

As a candidate for Wellness & Access Director, I would like to address concerns regarding student's physical and mental health. Studies and personal life issues may lead individuals to develop harmful routines such as eating unhealthy foods, sleep deprivation,

isolation, and drug addiction. My goal is to promote all sorts of activities to achieve a healthier lifestyle. For these reasons, my proposals are improving the Fitness Recreation facilities, expanding the workout space, and launching campaigns where students can participate and win prizes. I believe in having an enthusiastic fitness community :)



Lakshay Sikri

I am excited to announce my candidacy for the position of Wellness and Access Director. I am committed to creating a school climate where each person feels encouraged and given the opportunity to succeed because I have a strong enthusiasm for the accessibility and well-being of

students. My platform focuses on three key areas: Integrated Wellness Programs: I will work to expand and enhance wellness programs that address the diverse needs of our student body, including mental health resources, physical fitness initiatives, and emotional support services. Accessibility : I am committed to improving accessibility on campus, ensuring that all students have equal access to resources, facilities and support services. Cooperation and involvement with the community: I firmly believe in the changing power of these two strategies. I will make a concerted effort to gather feedback from staff, instructors, and students in order to create and carry out projects that are representative of our varied community's needs and goals. Together, let's create a campus environment where every student feels valued, supported, and empowered to succeed.



Talhia Grace Plourde

As your Student Wellness Access Director, my primary goal is to enhance the mental health and overall wellbeing of our student body by modernizing our approach to student wellness. It is essential to ensure that students have easy access to therapy and

dedicated spaces on campus for both virtual and in-person resources. By prioritizing affordability, timely intervention, and convenience, we can create a supportive environment where seeking mental health support is encouraged and stigma is reduced. I am enthusiastic about promoting monthly wellness and nutrition events that focus on holistic wellness. These events will offer educational resources on healthy eating habits, self-care practices, and physical and mental relaxation techniques such as seated asana and pranayama practices. By engaging in these initiatives, we can continue to evolve as a campus that values student wellbeing and equips students with the tools they need to succeed academically, emotionally, and physically. I invite you to join me in advocating for accessible therapy services and participating in our monthly wellness events to cultivate a culture of holistic wellbeing on our campus. Let's prioritize student wellness together!

Student Society Board Elections



INTERURBAN EXECUTIVE



Sean Leyland

How can I help? This simple, yet powerful statement is at the heart of why I aspire to serve as Interurban Executive. In this crazy world, I don't claim to have all the answers or know precisely what each person needs or desires during their time at Camosun. Instead, my priority is to listen and offer

support wherever it's needed.

I'm naturally curious, deeply committed to assisting others, and firmly believe in the power of community to achieve remarkable things. It all begins with listening to, and empathizing with, the diverse needs of individuals and communities on our campus. Through this understanding, we can collaborate and tackle some of the challenges of college life but also create an environment where anyone can thrive and feel like they've found connections to other students.

My experience as a mentor, coach, athlete, and board member have given me insights into how to accomplish great things with others. I've learned how to care through complex and delicate issues, forge relationships and help create amazing opportunities.

I look forward to serving you as Interurban Executive and encourage you to connect with me and share your thoughts on our future. Let's continue this journey at Interurban together.



Jasmeet Kaur

Elevating Campus Engagement: Your Voice, Your Vision, Your College Experience". As a candidate for Interurban Executive, I am fully committed to enhancing our campus community's vibrancy and cohesion. I recognize the importance of organizing enriching activities and

society events that cater to the diverse interests of our student body. As the co-chair of the Events Committee, I pledge to work tirelessly to ensure that our events are inclusive, engaging, and reflective of our collective spirit. Moreover, I understand the significance of collaboration and communication in bringing student life to its fullest potential. I will actively liaise with board members to foster connections and initiatives that transcend campus boundaries, enriching student experiences both on and off campus. With your support, I am dedicated to championing your voice and vision as we work together to shape an unforgettable college experience. Let's create a campus environment where every student feels valued, inspired, and empowered to thrive.



Pedro Gudiel

During the last period as Off Campus Director in the CCSS, I have learned important lessons and experienced the values and mission of the Camosun College Students Society. I have been honored to participate, listen and been listened. The fact to have a voice representing our

student community, and been supported, encouraged and mentored by our CCSS leaders, has been an exceptional opportunity in life.

Now ones again and looking forward to give my contribution to the Student community and the CCSS, I am running for Interurban Executive position in the Camosun College Student Society. Looking forward to generate a positive impact and help to our student community, with solidarity, unity and fraternity.

I would like ones again to ask to the student community for your support for my nomination, and as always count with my support, help, work and dedication to continuing the current valuable activities of the CCSS and as always open to new initiatives to develop progress and better conditions for our student's community.

Sincerely yours,

Dr. Pedro Jose Gudiel Pineda

INTERNATIONAL DIRECTOR



Tsetsen Munkhbayar

Hello Everyone, My name is Tsetsen Munkhbayar, I'm an international student from Mongolia studying here at Camosun. I chose to study in Canada, because I wanted to challenge myself in building a better community for everyone.

I'm running for International Director. As an international student myself, I understand the unique challenges and experiences we face. I'm passionate about creating a welcoming and inclusive environment for all international students on campus. As the International Director, I will advocate for improved support services for international students, including academic advising, cultural events, and mental health resources. I will work hard to create a strong international student community where everyone feels welcome and supported. This will involve organizing social events, cultural celebrations, and mentorship programs. I will be a liaison between international students and the administration, ensuring that our voices are heard and bring light to all the concerns and needs that students face. I believe that international students bring a wealth of diversity and perspective to our campus community. If elected, I will work hard to ensure the safety and well-being of all the international students.



Gurleen Nagra

Greetings, Esteemed Camosun College Community, I am Gurleen Kour Nagra, a dedicated Business Administration General Management student from Chhattisgarh, India, and i am thrilled to announce my candidacy for the position of International Director.

My platform focuses on three key areas to enhance the international student experience at Camosun College. Firstly, I aim to expand cultural exchange programs and events to foster a welcoming environment for all students. Celebrating diversity will create a more inclusive campus community. Secondly, I will advocate for increased academic support services tailored to the needs of international students. This includes English language support, academic advising, and resources to help navigate the Canadian education system. Lastly, I will work to enhance student engagement opportunities for international students. This includes expanding leadership development programs, volunteer opportunities, and clubs to help students feel connected and engaged. Together, we can make Camosun College a more inclusive and supportive environment for all students. I humbly ask for your vote as we strive to create a better future for our international student community. Thank you.



Phuong Tran (Polly)

Hi everyone, You can call me Polly. Last year, I was honored to be nominated as Sustainability Director of Camosun College Student Society (CCSS). With a love of nature and curiosity about our college's recycling, I was attempting to learn about

environmental actions to reduce plastic waste. Knowing these actions will take time, effort, and encouragement from a team that could impact a large group of students, our CCSS members collaborated with Camosun College to create the #BringYourOwnCup challenge at both campuses. Also, we brought recycling games and guided students to sort trash out during the terms.

I return to run for International Director this election, intending to increase the connection within the college and address common concerns that most international students deal with, including food insecurities and transportation. Rather than sharing all plans on my to-do list, I believe that "Actions Speak Louder Than Words". Like last year, I would like to continuously listen to you, act on your behalf to raise your voices, and attempt to build stronger communities. Make your vote count to Polly and create better changes TOGETHER. Thank you!

Voting opens April 8th @ 9am closes on the 10th @ 11:30pm

stage

One-man play urges people to follow dreams



ERIKA CONWAY

Keith Alessi is reminding audiences with his play it's never too late to seize the day.

NICOLAS IHMELS
STAFF WRITER

Tomatoes Tried to Kill Me But Banjos Saved My Life is a comedy, but it tackles some serious issues. The one-man show portrays main actor's Keith Alessi's recovery from cancer.

"This show is basically my life story," says Alessi. "I was a cor-

porate executive who had spent my life collecting a world-class banjo collection that I couldn't play, and I was going to get to it one of those days. When I finally retired and learned to play, two weeks later I was told I had a year to live: I had esophageal cancer. And ultimately I recover, of course. I'm still here, and I learn to play. And the show is

really the story about how all that happened."

Alessi says that this play stemmed from a lot of encouragement from the people around him.

"Well, it wasn't my intent for it to be a project," he says. "People told me, 'Hey, you should tell your story.' So, back in 2018, I intended to just do it to see what it would be like, and that was at the Toronto Fringe Festival 2018, and when I come to Victoria, we'll be up to show 330 or so. What I like most about it is it just keeps changing. It's a one-man show, I can change it everyday if I want. It keeps evolving, it keeps having impact."

Alessi says that the main message of *Tomatoes Tried to Kill Me But Banjos Saved My Life* is that it's never too late to seize the day and follow your dreams.

"The message of the show is don't wait to pursue your passions," he says. "People tend to stick things in their closet, that's the metaphor I use in the show about things that are in your closet. People tend to think

they will get to things one day, but there is always a reason life gets in the way that they don't. So basically, I'm telling people, 'You're never too old to pursue your passion.' For me, I was 61 years old when I got my diagnosis, so it took me a long time for that light bulb to go off for me. That's really the heart and the soul of the show."

Alessi says that doing this play helped him grow socially.

"I interact with people I wouldn't have interacted with in my business life," he says. "I deal with a lot of creatives now... I think it's made me a more well-rounded individual by expanding my circle of acquaintances and friends, the groups of people who might not have been people I would have naturally gravitated to otherwise."

Alessi donates all of the box office proceeds from *Tomatoes Tried to Kill Me But Banjos Saved My Life*

to charity. He says that since the play started, including donations, he's raised over \$900,000 for cancer, music, theatre, and community charities. But beyond that, Alessi says that the main thing he wants audiences to take away from the play is a mix of inspiration, fun, and enjoyment.

"I want them to feel good, first of all," says Alessi. "I want them to be inspired and I want them to reflect upon their own lives and their own priorities. I think there is a message in there for a lot of people about the importance of pursuing things you are passionate about."

Tomatoes Tried to Kill Me But Banjos Saved My Life
7:30 pm Friday, April 5,
2 pm Saturday, April 6, and
7:30 pm Saturday, April 6
\$35, Langham Court Theatre
langhamtheatre.ca

music

Còig explore confidence and romance through Celtic music

MACKENZIE GIBSON
SENIOR WRITER

Cape Breton-based Celtic band Còig will be making a stop in Victoria this month as they tour Canada. Multi-instrumentalist Darren McMullen is excited to be returning to Vancouver Island for the second time.

"I love being in BC and Vancouver Island, especially," says McMullen. "We've got great memories from being there."

McMullen has been a member of the band—who have a Juno nomination in their accolades—since they first formed in 2010.

"Rachel [Davis] and I started a band, and we didn't really get rolling for a few years because we weren't really supposed to be a band," he says. "We were just having fun and playing together... Eventually, we just started getting bookings as the group, so we had to find a name, and then the rest is history."

Music as a way of connecting has been a lifelong theme for McMullen, who first found his musicality by watching his cousin.

"I have a cousin who's a bit older than me, but she was a professional musician when I was a kid. So I saw family who was doing it," says McMullen. "I'm thankful for that... When you're younger, it's almost like there's rock stars on TV, and then that's it. We don't know that there's a whole bunch of different levels to it. So I was lucky to have an example in her."

McMullen is listed on the band's website as playing guitar, mandolin, mandola, banjo, bouzouki, whistles, flute, and vocals—and that's just what he does frequently enough to bother writing down. When it comes to the broadness of his abilities, McMullen gives a lot of credit to the piano and the fundamentals he learned through the instrument.



PHOTO PROVIDED

Còig will be bringing their Celtic sounds to the Mary Winspear Centre in April.

"[My cousin] was a brilliant piano player, and she could play any style and all that kind of stuff," he says. "So I sort of wanted to be pointed towards, like, how do I learn how to just fit in no matter where I am?"

Nowadays, McMullen passes on the same wisdom to his own students.

"I do teach sometimes, or do workshops and stuff like that. One of the things I always try to tell [my students] is not to learn an instrument, learn music," he says. "If you put your head inside what music is supposed to be, the instrument is just a vessel for it. It's in you, it's not in there. It's not on the fingerboard."

McMullen says that sometimes what served him best on his own musical journey didn't seem like big moments at the time.

"All the things that led me to where I am were inconsequential at the time," he says. "I could have said yes, I could have said no; I wouldn't

have thought it would ever matter... What's the worst that can happen? You have a crap gig, you go home. The best thing that can happen is, I don't know, if you meet your wife."

Which is what happened: in June of 2022, McMullen and Davis got married. From founding the band over 10 years ago to getting together at the beginning of the pandemic, living together, working together, and now touring together, they still find they can't get enough of each other.

"We got together when COVID was starting up," says McMullen. "So we've been a couple the whole time. But yeah, we got married last June... We love it. We get along famous. It's great, no matter where we're touring, or where we're working, we still get to be together."

Còig

7:30 pm Sunday, April 21
\$47, Mary Winspear Centre
celticperformingarts.com

End-of-Term Concerts



Contemporary Showcase

Monday, April 8 7:00-9:00pm

Dynamic soloists and high energy combos perform blues, jazz, classic rock, and new sounds with improv.

Classical Chamber Music/Chorale Showcase

Wednesday, April 10 7:00-9:00pm

An eclectic and dynamic mix of repertoire.

Alix Golden Performance Hall
Entrance at 900 Johnson Street
Admission by donation



VICTORIA
CONSERVATORY
OF MUSIC



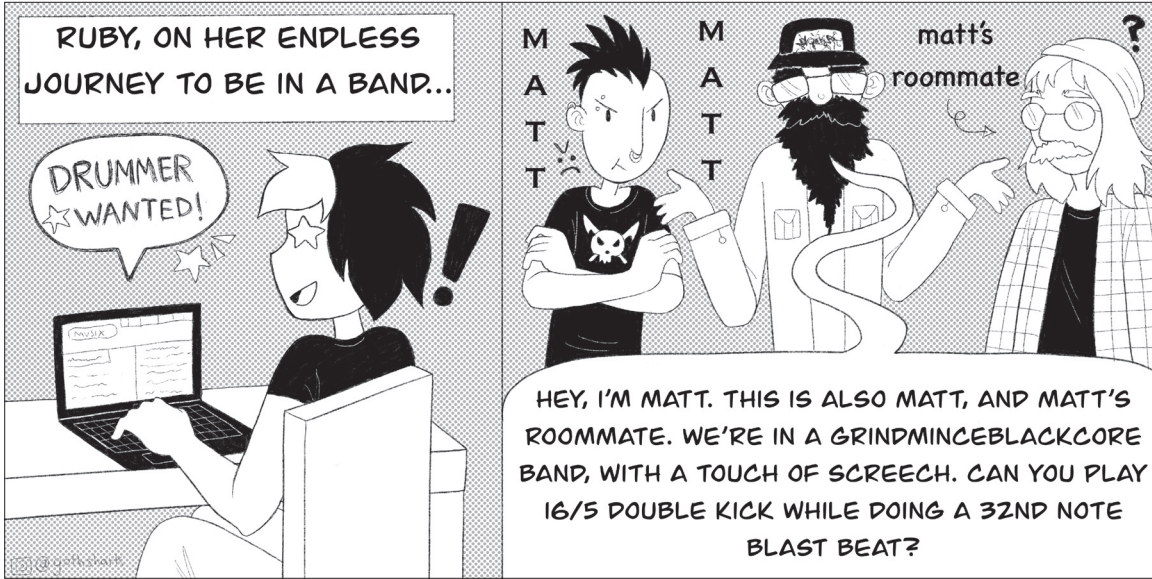
CAMOSUN
COLLEGE

NEARLY 50 YEARS OF PARTNERSHIP

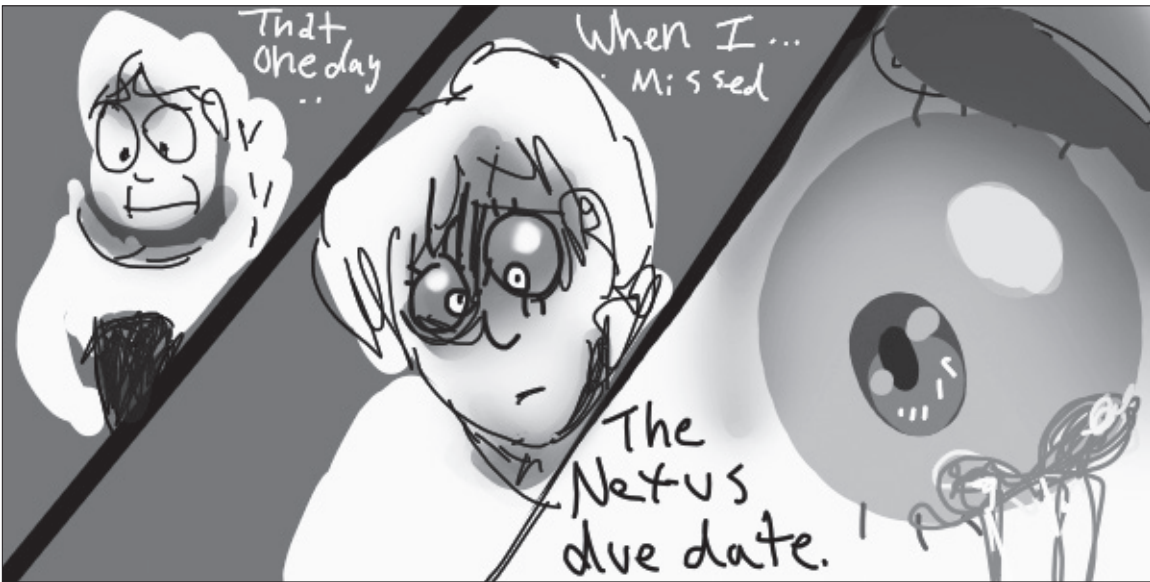
vcm.bc.ca/events
250.386.5311



Ruby Rioux and the Bats from Saturn - Ray Nufer



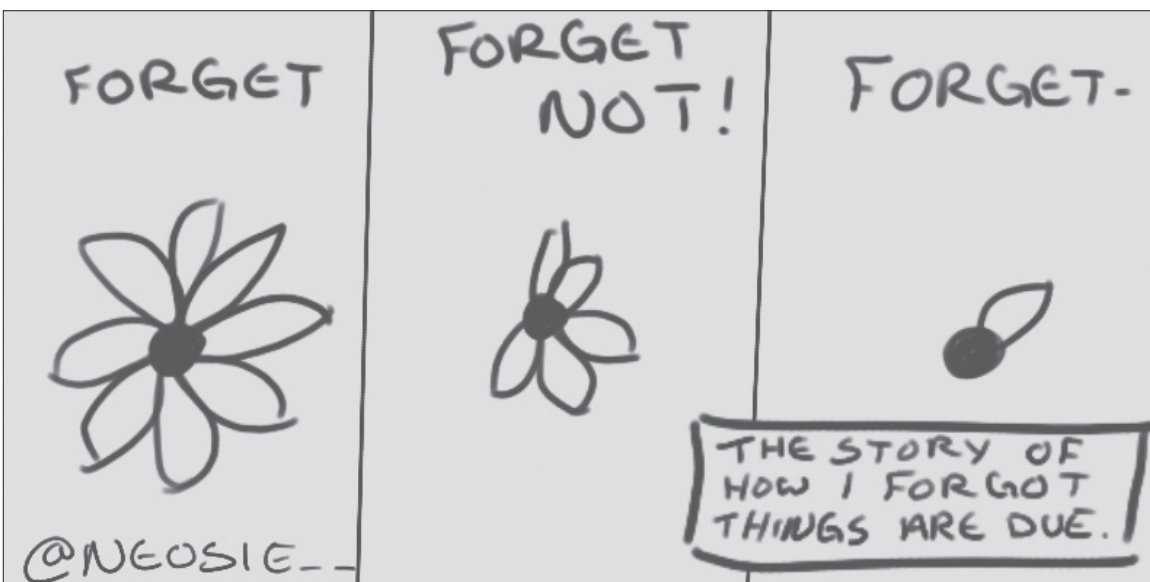
Takwak Comics - Recla Ker



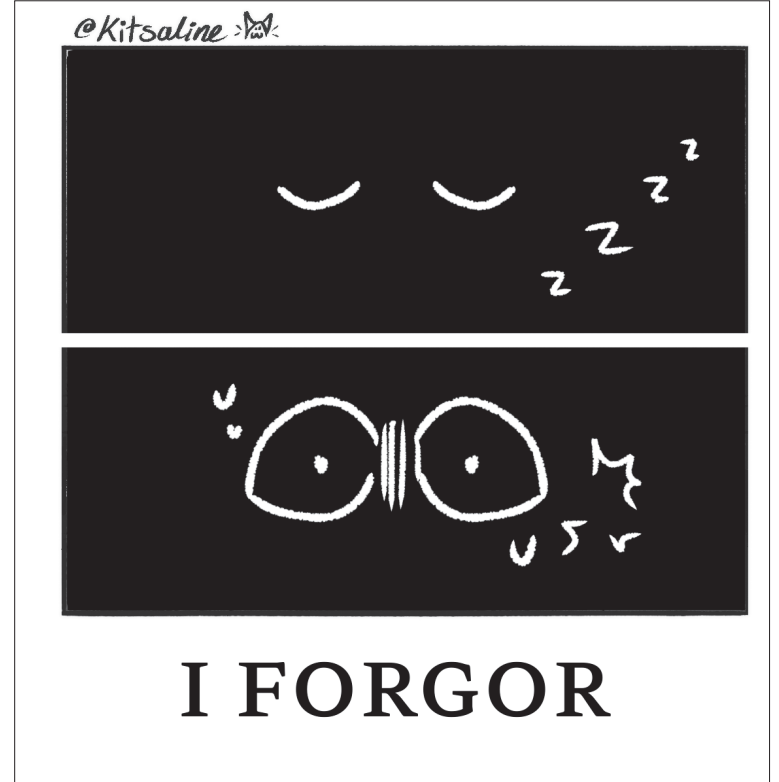
Things That Happen - Jaiden Fowler



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



Brainrot - Kit Miller



wildthings - Finnegan Sinclair Howes



Creature Feature - Jenna Victoria



NEXUS

Got something to say?

Letters to the editor:
editor@nexusnewspaper.com





Kiry'n's Wellness Corner

by Kiryn Quinn

Digestion talk

With warmer weather and more daylight hours comes the sloughing off of winter and heavier clothes. But sometimes our enthusiasm to welcome in spring is when we can catch that unexpected last winter cold. A great trick to bolster your immunity while stimulating your metabolism can be found in a few simple ingredients: fresh lemons, cayenne pepper, maple syrup, and hot water.

In a cup of hot water, add the juice of half a fresh-squeezed lemon, a tiny pinch of cayenne pepper, and no more than a teaspoon of maple syrup to pull this stimulating drink together. The vitamin C of the lemon provides a great dose of antioxidants to help bolster your immunity, while the warm and stimulating effects of the cayenne help to stimulate the movement of mucus out of the body and fire up your metabolism. Maple syrup is a delicious and lower-sugar alternative to honey known for its health-boosting mineral content.

An added bonus of cayenne pepper is the presence of capsaic-

A great trick to bolster your immunity while stimulating your metabolism can be found in a few simple ingredients: fresh lemons, cayenne pepper, maple syrup, and hot water.

in. It stimulates the nerves of the stomach that produce digestive juices. Whether you like to drink this on a regular basis or just when you feel a tickle in your throat, it's a healthy, natural way to support your health. Some people even do a yearly cleanse of this concoction for several days, called the master cleanse (remember to always check in with your physician before embarking on any type of cleanse).

A great yoga posture to accompany this digestion-stimulating drink is called, appropriately, "wind-relieving" pose, or Pawanmuktasana. Begin by laying on your back with your legs extended. Draw your right knee up toward your armpit, holding onto your shin or under

your knee. Take a few breaths here, and on each exhale squeeze your leg into the right side of your abdomen, stimulating your ascending colon.

Gently release your leg down and draw your left leg up, the knee pointing toward the armpit again. Repeat several breaths, hugging in on the exhale to stimulate the descending colon. Release your leg down, then draw both knees up toward your chest, hugging the tops of your thighs down onto your entire abdomen to also stimulate the transverse colon. Three to five breaths here help stimulate the colon and encourage any gas out of the body.

Until next time, keep it real and keep your digestion stimulated.



Not the Last Word

by Emily Welch

Abolish exams

I've written before about my belief that exams are generally a poor way to review a person's knowledge about a subject. I'm still holding tight to that belief, as it was recently reinforced when I watched a documentary about Finland's education system.

In 1968, Finland's system changed when parliament introduced legislation introducing a new comprehensive school system, replacing a two-tiered system of civic schools and grammar schools.

They decided to abolish exams completely and teach their students how to learn properly. In middle school, the focus is on games, group reading, and creativity. Once in high school, the focus on creativity will continue, and when Finnish stu-

dents reach high school, they have all read a great deal.

All students will have the same education, as well—there's no difference between schools. All schools are public and each student goes to school in whichever district they live, regardless of their family's wealth and status.

This all sounds different, and strange, and wonderful.

I feel strongly about this subject because exams are hard for me. I have the after-effects of a traumatic brain injury from my early '20s, and have ADD. However, give me a paper to write and I will kick serious ass, plus that information will resonate and stick better in my brain if I'm researching it and writing about it rather than trying to memorize

terms and dates. I've tried all sorts of tricks for exam studying—tutors, flashcards, at-home quizzes—but when the time comes to sit and vomit out a bunch of newly stored info, my anxiety and lack of ability to memorize always prevail.

The thing is, I study hard. I complete assignments and participate in classes with everything I've got. So why should I continue getting screwed over at exam time?

I firmly believe that exams are not a good way to show what students have learned. They are one method, entirely based on one type of thinking.

I think that we, as forward-thinking Canadians, should try to do something new and see what prevails.



Lydia's Film Critique

by Lydia Zuleta Johnson

Me and You and Everyone We Know

The best thing a goldfish mindlessly forgotten atop a car roof can hope for is to drive steadily. Forever. Sudden brakes are destined for a stolen soul, forever clueless of being loved. A fish won't ever know, but Christine Jespersen always will. She is the lonely hero.

It's only blue skies in Miranda July's *Me and You and Everyone We Know*. The sun beams down

Schoolmates Heather and Rebecca fill their time similarly, exploring their sexuality in the neighbourhood around them.

July's life force breathes innocence and sincerity into the film. It is tender and quiet, whispering to the audience for appreciation of the survival we are forced to fit into. Awkward humanisms are brought to the very surface, ready and willing

The city houses the braided lives of desperate and alienated citizens of 2005.

on the lonesome faces of Californians. The summer breeze whistles Cody ChesnuTT into the air as an honest gesture to the solstice. The city houses the braided lives of desperate and alienated citizens of 2005—a world delicately strung around artist and senior cab driver Christine (Miranda July) as she finds love in a shoe department.

The male prospect, Richard, is a recently separated dad of two sons, desperate to be adored. As a performance plea for their attention, his hand is now wrapped in gauze after a stunt setting it ablaze with lighter fluid, mistaken for alcohol. Sons Robby and Peter fill their time with online chat rooms, an exploration into the unknown hazards of cybersex. Seven-year-old Robby takes the lead in internet communication although has no understanding of sex. He does, however, know the word "poop" and is familiar with the spelling enough to use it as his flirting strategy. This ultimately proves to be successful.

to be seen and admired in a time capsule of 2005.

Stories intertwine into vignettes, opening a portal into the idiosyncrasies of their small lives, each waiting to be full, and waiting to be vulnerable. Christine waits by the phone for a call from her dear Richard hoping to be swept off her feet again after a shared stroll toward Tyrone Avenue—a lifelong relationship discussed over two minutes. First strangers and then infatuated, the two meandered toward their parked cars as they weaved into their fantasy future, the Ice Land sign being the halfway point, a marker of their relationship, and Tyrone the final finish line.

As the screen blackened, I removed the DVD and placed it back into its case, my heart still melted from the experience. I credit each of these wandering souls for sowing the seeds of hope back into my chest. The world is better for Miranda July, and so am I.

4/5



Fellas, Let's Figure It Out

by Jaxson Smith Peterson

Studying tips

Spring has sprung, Camosun students! With the beautiful weather we've experienced lately also comes a dreaded season for many students: finals.

In this issue, I'll share some valuable study tips to help us all get through what can be an extremely stressful time.

I've touched on this briefly in several of my previous columns, but I feel it will be beneficial to dive deeper into the topic.

To recap some of my previous work, a few great ways to improve your studying are taking a walk, putting your phone away, and taking a dopamine "detox" to help reset your focus.

Here are four more tips to help you study better this finals season.

Find a fantastic study spot

I can't stress enough the importance of having a regular study spot. When you show up continuously at the same place, your brain will start to realize that's where you study and help you lock in to the material faster. If you eat, sleep, and study in the same area, you send mixed signals and your brain doesn't know what to do. If you're on the Lansdowne campus, the quiet study room in the Wilna Thomas building

is an ideal environment to focus in. The Interurban campus has some good spots too: start in the Alex & Jo Campbell Centre for Health and Wellness.

Have a specific time picked out

This tip goes hand in hand with the last one. Having a dedicated study time will help you slip into a flow state so much faster. It doesn't have to be the same time each day, but if you know when and where you're doing your studying, all that's left to do is show up.

Have a plan

You're probably noticing a pattern by now. Preparing for your focused study time is half the battle. By planning what you're going to study, and when, you take all the guesswork out of it.

Use the pomodoro technique

If you struggle focusing for extended periods, the pomodoro technique is going to be your best friend. It involves repeated bouts of focused work or studying, followed by a quick break to reset your focus. My favourite way to utilize this method is by studying for 25 minutes, then taking five minutes to stretch or get a quick snack.

I hope these tips help you out, and good luck this finals season.

ANNUAL GENERAL MEETING OF THE NEXUS PUBLISHING SOCIETY

THURSDAY, APRIL 4, 2024, 10:30 AM,

TO BE HELD ONLINE; EMAIL EDITOR@NEXUSNEWSPAPER.COM FOR LINK

AGENDA

- I CALL TO ORDER
- II INTRODUCTION TO RULES OF ORDER
- III APPROVAL OF AGENDA
- IV APPROVAL OF MINUTES FROM PREVIOUS AGM
- V REPORTS
 - 1.) PRESIDENT'S REPORT
 - 2.) FINANCIAL REPORT
- VI ADOPTION OF FINANCIAL STATEMENT
 - 1.) ADOPTION OF MAR. 31, 2024 FINANCIAL STATEMENT
 - 2.) ADOPTION OF APRIL 1, 2024 TO MARCH 31, 2025 PROPOSED BUDGET
- VII RESIGNATION OF CURRENT BOARD OF DIRECTORS
- VIII BOARD OF DIRECTORS ELECTIONS
- IX ADJOURNMENT

PLEASE SIGN IN ON MEMBERSHIP LIST WITH VALID CAMOSUN COLLEGE STUDENT ID IN ORDER TO VOTE AT THIS MEETING.



Listen and Learn

by AJ Aiken

New Music Review

Dylan Willows Celebration a night of love



AJ AIKEN/NEXUS

Dylan Willows (left) and longtime Zone 91.3 FM morning show co-host Jason Lamb at the Dylan Willows Celebration.

Tuesday, March 19 was a bitter-sweet night of love honouring Dylan Willows, formerly of The Zone 91.3 FM, as he faces terminal cancer.

This was the second of two sold-out shows that made up the Dylan Willows Celebration, put together to help raise money for Willows and his family. Willows was overwhelmed by the support, pointing out that his whole family was present, even a cousin from Australia. It was also a reunion of old Zone and Q 100.3 FM staff such as Sara P., James Sutton, and Chris the Roadie.

Willows is one of a kind, a huge supporter of the local music scene—he was the director of The Zone’s Band of the Month program, co-founder of V.I.C. Fest, and co-owner of Capital Ballroom until 2019.

Most of the bands that played were former bands of the month: Current Swell, Vince Vaccaro, Jesse Roper (then The Roper Show), and Acres of Lions, to name a few.

The night was hosted by Willows’ long-time morning co-host Jason Lamb, who managed to hold back tears until Willows spoke towards the end, thanking the crowd

for supporting him and his family. Former Zone music director Brian Boitano was there DJing and helping to introduce a few of the bands.

Each band played a few songs, with some band members joining in with other bands for a song. For example, Miina joined Current Swell; Vince Vaccaro played piano for Acres of Lions. Roper, who was unable to attend, appeared by video, proudly showing off his Dylan Versus the World mug.

Throughout the night, stories were shared by people who worked at The Zone and The Q. Lamb talked

about meeting Willows and working with him. Pol and Jenny, the new morning show hosts, shared what Willows meant to them. Ed Bain from The Q talked about how he and Willows would start their day insulting each other in jest.

I’ve been to shows to honour someone’s passing, but this was the first time I’ve been to a show paying tribute to someone before they’re gone. It’s heartbreaking seeing Willows sick, but he held on to his same bright spirit and love for his community.

After knowing Willows for around 20 years, I have many memories with him. We used to live in the same neighbourhood, and I’d run into him when he was walking his dog. When facing a challenge in life, Willows always had good advice and a positive attitude that left me feeling better than before we talked. Willows has watched my son grow up, first meeting him when he was seven days old when we crashed one of Willows’ Tour de Rock fundraisers. It was toward the end of the night, so Willows teased me a bit but was happy to meet my baby.

Cancer has taken many people in my life, but this is hitting harder than others. I’m not just losing a friend; our city is losing someone who truly cared about its community. People like Willows are rare; he has given his heart and soul to see the local music scene thrive. That’s how I will remember Dylan Willows.



The Jesus and Mary Chain

Glasgow Eyes
(Fuzz Club)
3/5

The Jesus and Mary Chain are a Scottish alternative rock band formed in 1983, gaining critical acclaim from their debut 1985 album *Psychocandy*. I have mixed feelings on their new album, *Glasgow Eyes*.

I would describe it as ‘80s electronic pop rock with modern production. The highlights are the fun electro-pop elements in “jamcod” and the pleasant droning atmosphere of “Mediterranean X Film” and “Pure Poor.”

The dealbreaker, however, is “The Eagles and The Beatles.” It’s a worse “Beverly Hills” by Weezer, which is a worse “I Love Rock ‘N Roll” by Joan Jett.

Overall, the album reeks of a mid-life crisis. The experimental, noisy electronic elements are pretentious at worst and mildly interesting at best. I do enjoy them in “Venal Joy” and the intro to “jamcod,” but it’s hit or miss.

Glasgow Eyes does have catchy songs, so if that’s what you’re looking for, that’s great. I just wish it was more inspired and honest, less commercial and unconsciously spat out.

-Ray Nufer

Please join us for the annual launch of

BESIDE the Point
CAMOSUN COLLEGE'S STUDENT JOURNAL

HUSK

THURSDAY, APRIL 11TH 5:30-7:00PM

SHERRI BELL HALL / WILNA THOMAS 224

READINGS AND CELEBRATION
COPIES WILL BE AVAILABLE FOR SALE

COMMUNITY-LED CRISIS RESPONSE

C.L.C.R. is a peer-assisted care program and a mobile crisis response team, led by persons with lived and/or living experience and mental health professionals, who are able to de-escalate crises and develop community care plans with persons experiencing crisis. Service hours are listed below.

C.L.C.R. TEAM SERVICE MAP

Crisis Occurs

CALL OR TEXT
250-818-2454

ASSESSMENT
CLCR Call Screening and Assessment Service Worker completes assessment of caller's needs over the phone/text

DISPATCH
CLCR Team dispatched. Call Screening and Assessment Service Worker continues phone support.

FOLLOW UP CARE
48 HOURS LATER...

TEAM ARRIVES
Client-centered, consent based care. Immediate crisis management, Community Care Plan (resource navigation). Offer to follow-up.

Call: 250-818-2454
Hours: Mon-Friday 7:30am-1230am
Saturday & Sunday 2pm-9pm