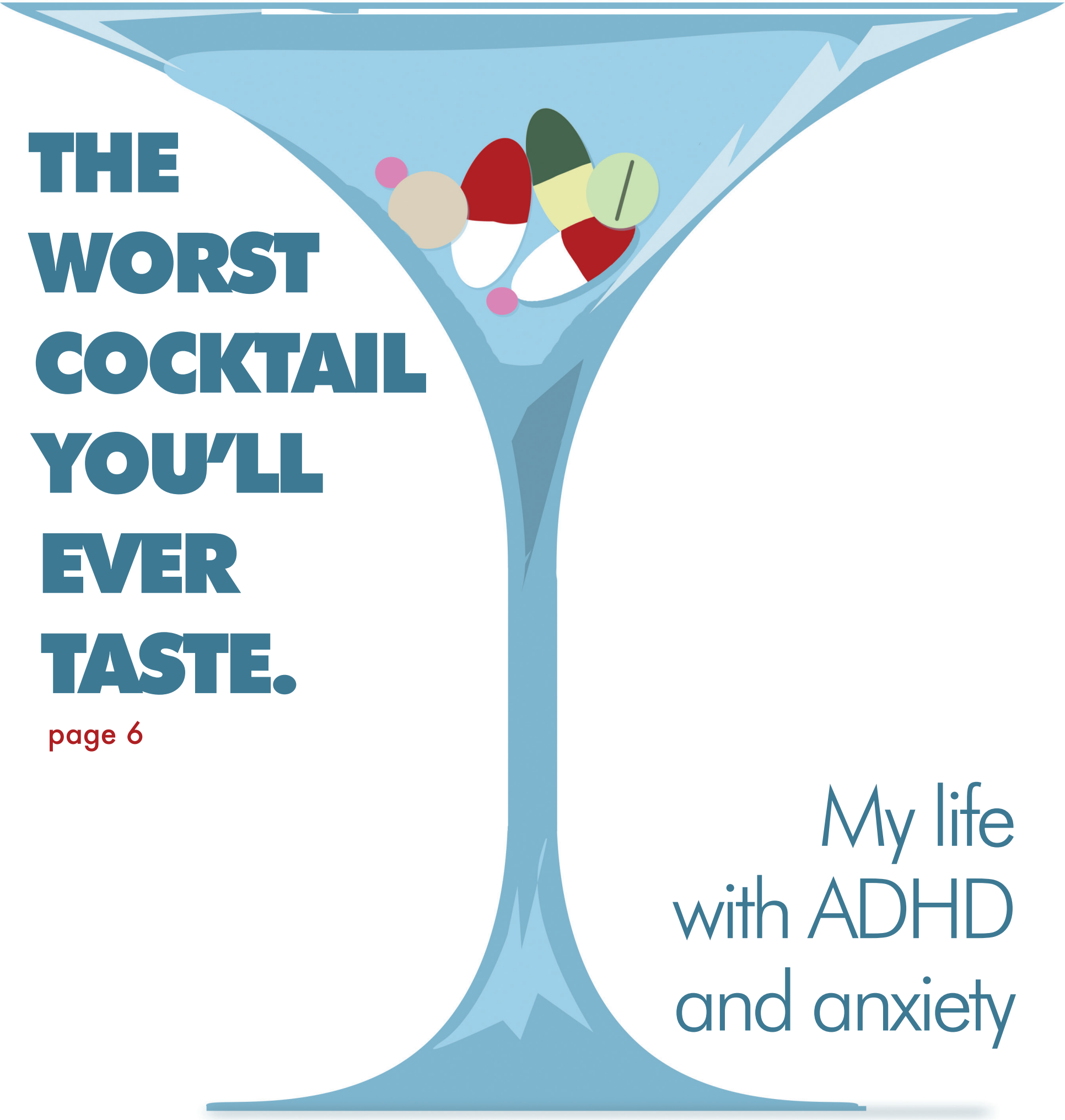




THE
WORST
COCKTAIL
YOU'LL
EVER
TASTE.

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NEXUS

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editor’s letter
Inside voice

I have neglected to sing much since moving into my apartment some two years ago. By design, a wood-framed complex built before 1940 has little forgiveness for sound. The sneezes on floor one can be heard by those of us who live on floor three. The love that is made in the suite just beside mine can be heard in the kitchen. As an auditory witness to my neighbours’ private lives, I am dreadfully aware of my own—what it sounds like to them, how loud it can be, how muted it ought to be. This is precisely why, although there was a time I was certain to call myself a *singer* and used that term in its inclusion of jazz, that I cannot now bring myself to use my voice outside of two-way conversation. And indeed I have become unfamiliar with the identity of a *singer* within the required silence of this apartment.

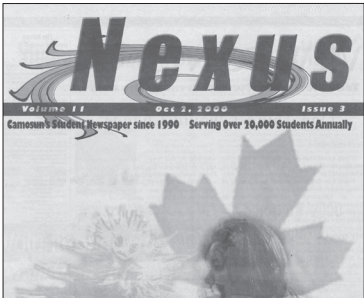
In fact, I don’t recall much of what it sounds like to have called myself this. My throat doesn’t remember what it was taught very young to do, classically trained by a music institution to perform above-average notes. What *AGT* would call a prodigy of a common kind. What I do recall is how I hoped that it would look. I was perhaps equally as interested in the vision of myself as performance wherein I would sport pinup cherry dresses in six-inch stilettos at sleazy inner-city bars. The use of my voice was contingent on this promise I had made to myself in pubescence. I regret that I have, too, failed this end of the dream.

It is foreign to me now, like many identities that I have grabbed onto over my several years. Passions that seemed to have the capacity for rich futures still wane somewhere throughout moves. There may have been inhibitors, like in the potential of noise complaints, that have kept the flowering of them at bay. But more likely it is myself who has packed them away into storage, only to be distant and jumbled recollections now in my 20s.

The truth is, I very well could sing should it please me. Yet, it is the fear not of my neighbour but of my neglect that it doesn’t. What the small girl with a cynic’s disdain would say of my voice now without tuning perhaps would not be so sweet sounding. But, of course, the loss of her entirely would not be either.

Lydia Zuleta, student editor

flashback
25 Years Ago in Nexus



LYDIA ZULETA
STUDENT EDITOR

Fossil in the making: If you found a time capsule of the year 2000, what ever would you expect to find? A Tamogatchi, frosted lip gloss, or a burned compilation CD of The White Stripes? In our October 2, 2000 issue, we covered the assembly of Camosun’s turn-of-the-century time capsule, which hoped to fossilize the era for students in 100 years. A contest open to all college faculty and students asked for submissions that would “give people a flavour of what it was like in the year 2000”—a flavour, we can imagine, not unlike Hubba Bubba and BO. Lucky winners were to receive a memento of the Young Building, a framed piece of original artwork, and a cash prize of \$50. But the real winners will be those in 2100.

Tips for heterosexuals: While

it may be rather obvious by today’s standards, in 2000, we were still a far cry from 2SLGBTQIA+ rights. In fact, only in 2005 was gay marriage legalized in Canada. But, in this issue, the Camosun Pride Network published 10 tips for heterosexuals that would put us on the right track. Straights should be cautious to not “run screaming from the room” because “this is rude,” the list reads. It seems walking on eggshells may be an understatement in calling this a tip.

War on drugs: In a time when everyone and their grandmother owns their own marijuana plant, it seems absurd that the offence would lead to a seven-year sentence only 25 years ago. But such was life in the year 2000, when the pervasive war on drugs was still being fought among squares. While taboo, weed and other recreational drugs such as ecstasy remained a staple in youth culture despite criminalization. In this issue, we discussed where and when drugs are used by Canadians, with many students raving over the stuff. However, it isn’t a secret that drugs can be cut, or even entirely replaced, with a different one. Indeed, drugs aren’t always fun, *Nexus* writer Shane Berkoltz says; sometimes it’s just crushed Aspirin.

open space
Camosun bathrooms lack inclusivity

DAISY DALTON
CONTRIBUTING WRITER

If you’re a gender-diverse or disabled student at Camosun, good luck finding an appropriate bathroom. Our so-called “accessible bathrooms” are proof that accessibility for some is not necessarily accessibility for all. Bathrooms should be boring, but on the Lansdowne campus, they feel like a nightmare.

Let’s start with accessibility. Most of our “accessible” bathrooms are catered toward mobility-based

reality for us non-binary students: hold it and wait, try to make it to another building and hope that stall is free, or choose between two gendered bathrooms, which can often feel extremely dysphoric, and, at times, even unsafe.

Now, add disability into the mix, and it only gets worse. Longer waits, less dignity, and more valuable class time wasted. “Intersectionality” isn’t just a buzzword or a key term on a sociology quiz—it’s a reflection of the lived experience of students on this very campus.

Bathrooms should be boring, but on the
Lansdowne campus, they feel like a
nightmare.

disabilities, which, don’t get me wrong, is great to see—I was pleasantly surprised to see a lift in the Fisher building. But, beyond that is chaos. Between the dreaded tri-combo soap/faucet/hand-dryer contraption that confuses everyone, the auto-flush toilets so sensitive they’ll flush three times before you even sit down, and the toilet-paper dispensers too close to the ground and so far away, you’d think that these decisions were made by someone who had never used a bathroom before. These aren’t just small inconveniences, they’re actual barriers.

Then there’s the toilet paper itself. You know the kind I mean—cheap, scratchy, rough as all hell. It’s no one’s favourite, but for students who suffer from GI issues such as Crohn’s disease, IBS, hemorrhoids, and fissures, this stuff feels like actual sandpaper. I’ve had to start stashing rolls of toilet paper in my locker like it’s 2020 all over like again. That shouldn’t be a part of student life.

Now let’s talk about gender-neutral bathrooms.

Look, just like accessible bathrooms, these are not optional, they’re essential. So, I guess it makes sense that they decided to opportunistically merge the two together (much like I’m doing here!). However, this really makes them feel like an afterthought. I mean, most only have a single stall, and more often than not, it’s already occupied when you need it.

This scarcity creates a harsh

I know that adding this kind of infrastructure isn’t cheap—but Camosun made a commitment to inclusion and accessibility and haphazardly meeting this promise with such a basic requirement is not honourable. Don’t get me wrong, it’s great that we have the options we currently do have. But let’s be honest: if we can find the money for sports and recreation, we can find the money for bathrooms that actually work for the people who need them.

In 2016, Camosun added its first gender-neutral bathrooms. They were ahead of the curve on this, and yet, in the years that followed, no effort seems to have been made to keep up with demand and continue the work that was started nearly 10 years ago. A handful of gender-neutral bathrooms is better than none, but it feels to me like Camosun made those changes, and said “alright, we’re done.” But the work of inclusivity should never be finished. If we can’t even get our bathrooms right, what does that say about our commitment to accessibility and inclusion as a whole?

Bathrooms should not be battlegrounds. They should not be places where students strategize about toilet-paper quality or time their bladders around class schedules and building layouts. They should be boring, forgettable, and ordinary experiences. But until Camosun treats inclusive, functional bathrooms as the standard—not the exception—they’ll continue being political.

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

In “Victoria Fringe Fest returns with mixed bag of performances” (September 17, 2025 issue) we referred to Fringe’s audition and screening process, when in fact performers are chosen by lottery. We also spelled Hannah Ockenden’s name incorrectly. We apologize for the mistakes.

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post-secondary

Minister of post-secondary education and future skills Jessie Sunner visits campus, talks student issues



PHOTO PROVIDED

Minister of post-secondary education and future skills Jessie Sunner (centre) with MLA Dana Lajeunesse (second from left) and Camosun College Student Society representatives during Sunner's recent visit to Camosun.

SIMON SWANEK
CONTRIBUTING WRITER

Minister of post-secondary education and future skills Jessie Sunner visited Camosun College on Wednesday, September 17, with a clear message: British Columbia must “stand on our own two feet.” She repeatedly returned to this theme of self-reliance during her interview with *Nexus*, calling it “crucial to our ability as a province to move forward” amid a record \$11.6-billion provincial deficit this year and a larger \$12.6-billion shortfall projected next year.

Sunner, who was appointed to the position in July of this year, acknowledges that colleges like Camosun have been hit with “double the impact”—federal cuts to international-student permits

reduce a major revenue source and student body diversity at the same time as broader fiscal pressures make replacement funding harder to secure.

Colleges have been hit disproportionately, forcing Camosun to reduce course offerings and threatening programs that serve some of the province’s most vulnerable learners—mature and returning students, students with disabilities, and students seeking an affordable path to higher education.

Sunner calls the federal cuts “unilateral” and acknowledges that they have “impacted institutions across our province.” She connects this crisis to her broader vision for provincial independence, emphasizing education’s role in its economy. “Education is fundamental.

That is something that the province absolutely recognizes,” says Sunner. “Especially at a time right now when we are needing to secure our sovereignty and make sure that we are building and doing things right here in BC, it’s even more important.”

In the ’90s, institutions were 80 percent funded by the government. Since 2011, under premier Christy Clark, the funding model has relied heavily on international-student money—a divestment that has dropped provincial funding to 41.1 percent.

International students, she admits, “were helping subsidize a lot of the education.” The province is pushing Ottawa to include BC in decisions about international education and immigration more

broadly, arguing that the province knows where skills are most needed.

“We’re working with post-secondary institutions to help them mitigate the impacts—mitigate impacts on students, on staff, on faculty, and see the way forward, because, ultimately, we know there’s challenges in this sector and we need to make sure that we are working together to get to a place of sustainability,” she says, “where we as a province can sustain our post-secondary institutions in a way where we’re not so exposed to impacts and decisions made by either other levels of government [or] also other countries.”

Mental-health services, disability supports, and programs for adult learners—services that define Camosun’s accessibility mission—remain at risk as the college works within constrained budgets to offset significant revenue losses. For students who choose Camosun because of its accessibility and supports, that leaves little certainty about what will be available next semester.

“These are all things that are very important, not just at Camosun—across institutions, across the province. They’re really important in supporting the student experience, which is at the core of the work that we do,” says Sunner. “It goes to the boards, it’s on [them] to make the decision with the funding that they receive, but I think it’s important to know that those services that students need and rely on are important services that are important to have an eye to, but it really is on the institutions to make those decisions and make sure that they’re supporting students in the best way possible.”

With the rising cost of housing impacting post-secondary students, at Camosun, the province has committed to investing in affordable student housing. Now in progress,

a 429-bed residence will be built on the Lansdowne campus.

“We’ve just recently opened 467 [beds] at BCIT. We have a student housing project with a similar number of seats here at Camosun that’s coming soon,” says Sunner. “Investing in student housing helps provide close access, affordable places where students have laundry service, food service, all of these things to help take other pressures off of students... We’ll continue to work with institutions and invest in the student experience where we can.”

When asked how the provincial deficit will impact post-secondary education, Sunner points to the current political conditions, mentioning the uncertainty of the US tariffs.

“This just touches on exactly what we talked about in terms of the fiscal headwinds that we faced,” she says. “We don’t know what’s happening down south... and where that could go—it really has impacted the financial situation of our province.”

Despite these constraints, Sunner reiterates that post-secondary education is essential.

“At the core of our government, it’s ensuring that the services that folks need... are always there. Post-secondary is crucial to our ability as a province to move forward and to be sovereign, and to make sure we can stand on our own two feet and train our own workforce.”

But for emergency funding, service protection, and program stability, Camosun students must wait to see whether Sunner’s understanding of their challenges leads to specific action they can count on by next semester.

“We’re here to support you,” says Sunner. “You are the future of this province, and we are so lucky to have the talent, which is our people right here in our province.”

NEWS BRIEFS

Therapy dogs return

Canine therapy is returning to the Camosun College libraries. Dogs from the Pacific Animal Therapy Society will be at the libraries on both campuses on select days during the fall and winter semesters to offer relief from stress. The dogs will be at the Lansdowne library from 1:30 pm to 3:00 pm on Thursday, October 16 and Thursday, November 6. They will be at the Interurban library on Thursday, October 23 and Thursday, November 13.

Chargers athletes acknowledged

Eleven Camosun Chargers athletes recently received the National Scholar Award from the Canadian Collegiate Athletic Association for achievements in sport and in the classroom last academic season. The athletes

who got awarded are David Finch, Eric Lees, and Aidan Walsh from men’s basketball; Alexie Bowser, Elli Cailliau, Taya Karsten, and Dani Melon from women’s basketball; and Chantelle Dobie, Tahlia Cook, Karynn Hampe, and Olivia Trionfi from women’s volleyball.

Shelbourne Valley future plan input needed

If you want to have a say in the future of the Shelbourne Valley, which Camosun’s Lansdowne campus borders on, you can attend an upcoming open house meeting held by the District of Saanich. On Thursday, October 2 from 4:00 pm to 8:00 pm, there will be an open house at the Gordon Head Recreation Centre; on Saturday, October 4 from 12:00 pm to 4:00 pm, there will be one at Cedar Hill Recreation Centre. More information on the

plan, which covers the next 20-30 years of the Shelbourne Valley, can be found at saanich.ca/svp.

Saanich looking for poets

The District of Saanich is looking for its first youth community poet and community poet. The positions—which are two-year terms—will involve taking part in performances and other projects. The deadline to apply is Friday, October 31; see saanich.ca for more info.

—GREG PRATT,
MANAGING EDITOR

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EDITOR@NEXUSNEWSPAPER.COM



EMILY WELCH

The therapy dogs are back on campus; see left for more information.

post-secondary

Canadian Alliance of Student Associations visits Camosun to hear student voices



CAMOSUN COLLEGE
Canadian Alliance of Student Associations member relations officer Maleeka Thomas (L) and Camosun College Student Society external executive Terence Baluyut.

SIMON SWANEK
CONTRIBUTING WRITER

The Canadian Alliance of Student Associations (CASA) recently travelled across the country having face-to-face conversations with Canadian students in its CASA on the Road initiative.

From September 2 to 18, CASA representatives heard about

issues that matter from a range of communities, including here at Camosun College. On Tuesday, September 9, CASA member relations officer Maleeka Thomas met with students and the Camosun College Student Society (CCSS), which is a member of CASA.

Camosun students contribute 65 cents per month in fees for mem-

bership to CASA, a non-partisan, non-profit national student organization established in 1995 who advocate for students and work with their 27 member institutions across Canada. CASA has various committees that students sit on, including the College and Polytechnic Advisory Group, which Thomas says is particularly relevant to Camosun. (CCSS external executive Terence Baluyut currently sits on both the Member Relations Committee and the College and Polytechnic Advisory Group.)

“Camosun has been a member of CASA for a little bit of time now, and they have always been active within our committees and within our organization as a whole,” says Thomas. “[The College and Polytechnic Committee] is where their voices go directly to impacting CASA’s work on our college and polytechnic asks... They tend to be different from what undergraduate students at undergraduate universities are facing, and from those who are within the graduate programs at those universities as well. So that’s a pivotal committee that Camosun always is front of the line with, and brings voices directly to the federal government.”

Thomas says that some of the challenges that students have raised during the CASA tour include housing, food insecurity, financial aid, and accessing employment opportunities such as apprenticeships and work-integrated learning.

“Youth unemployment more specifically got to 14.2 percent in

June alone of this year,” she says. “... We’ve not seen such a high number of unemployment amongst our youth in post-secondary since the 1980s, which is quite challenging for a lot of our students who are not able to get employment and are still expected to go to post-secondary.”

CASA lobbied for the elimination of interest on federal student loans, a change that directly affected all graduates when it happened in 2023.

“That directly impacts all students that we advocate for across the board,” she says. “Also, especially here at Camosun College, where you see [interest] on your student loans not being there, I think that’s a big step for all students, especially when you’re post-grad and you’re looking to start a life.”

CASA has also successfully campaigned for a \$1.1 billion extension of elevated Canada Student Grants and Loans, \$500 million invested in youth mental-health programs, and increases to the Canada Student Grant Program, which rose to \$4,200 for 2024-2025 with a commitment to keep this as a permanent baseline. CASA also secured \$242 million for Indigenous students across all institution types nationally through the Post-Secondary Student Support Program and advocated for a \$925 million investment in Canadian research in 2018 and \$825 million to increase graduate scholarships in 2024.

Beyond federal lobbying, CASA membership provides direct benefits to Camosun students. Mem-

ber delegates attend conferences and meet with federal politicians. The organization also facilitates resource-sharing between institutions, allowing schools to adopt programs developed elsewhere, such as zero-textbook-cost initiatives.

But Thomas says that federal advocacy remains crucial because provincial funding for post-secondary education depends on federal transfers.

“Our job is to tell them to put more [money into education] so that you can pay less,” she says. “If we don’t advocate for more money to be pumped into the pool to come down to your provinces and to your institution, you’re ultimately going to be paying more in tuition fees.”

Thomas says that without student services and student advocacy, “student life is grim.”

“If you don’t have mental-health supports, if you don’t have anybody advocating for more of those [resources], then you’re ultimately going through university and colleges like, I don’t know, a robot.”

It’s important, says Thomas, for students to talk to their student society about their concerns, so the student society can then bring those concerns to CASA.

“I think it’s always important to speak with your student society representative and get to know who they are, because they’re the ones who are directly bringing what they’re hearing from students to us,” says Thomas. “And if you don’t bring anything to them, we won’t know.”

clubs

Camosun Running Club provides students with community, movement

“So the mantra of the club is we’ll leave no one behind. So if it’s just me on a Sunday leading the club, well, if there’s someone behind, I will walk with that person.”

CAMILO DIB
CAMOSUN RUNNING CLUB

LYDIA ZULETA
STUDENT EDITOR

When founder of Camosun Running Club Camilo Dib moved to Canada from Mexico, his search for a weekly community running group fell short. Noticing the demand wasn’t singular, he and peers within the Sport Management program started their own to accommodate the lacuna.

After registering the club with the Camosun College Student Society and marketing online, Dib says he couldn’t have predicted the attendance at the club’s first meeting (meetings take place every Sunday at 9:00 am in front of the Legislature building).

“I remember the first Sunday I got there, and, of course, I was ex-

pecting zero or two people. But no, we were actually 18, we had a really good turnout,” says Dib. “Because I realized there’s a lot of people, I don’t want to say without friends, but willing to make friends.”

While the club began signing up for Victoria marathons, including the TC10K, when he noticed improvement in the runners’ performance, he emphasizes that the club still maintains its open door to all levels and splits up to accommodate different speeds.

“So the mantra of the club is we’ll leave no one behind,” he says. “So if it’s just me on a Sunday leading the club, well, if there’s someone behind, I will walk with that person.”

Dib, with a background in tri-

athlon, believes that runs can transcend areas of difference. He says the club offers Camosun students without English proficiency a way of communication and connection beyond conversation alone.

“Sport is the universal language of love. [It] is the only thing that unites countries, cultures. Even if we don’t speak the same language, you can always play the same sport,” says Dib. “I mean, translating that into running, we experience that every Sunday. We have people learning English. We have a lot of exchange students.”

While students spend their weekends in a variety of ways, Dib says his club offers something different to the community. But, after runs, they make time for some well-deserved relief.

“It’s a way to give them one more option. You don’t have to party every Saturday. I love partying, I love drinking as well. But there’s something else you can do,” he says. “You can also go to bed at 10:00 pm and wake up at 7:00 and go for a run. And then we are having, we call it our after-running party, after-running coffee. So that’s the other thing: we are having coffee. That’s mandatory after every run.



PHOTO PROVIDED

The Camosun Running Club is a student club that meets every Sunday.

Sometimes we run for four minutes, and we stay at the coffee shop for two and a half hours.”

What makes the Running Club special, Dib says, is what it offers to Camosun students’ sense of belonging where they may not have found it otherwise at the college. He hopes to ensure that the club can be a comfortable environment for anyone interested in becoming a runner.

“The success of the run club is not running. Maybe it’s not even making friends. It’s something that you can belong to... belong to

something bigger than [yourself],” says Dib. “[I want to] provide people with a safe space to start doing physical activity in a place where they feel welcome and included.”

To sign up, Dib says students can access the application form on their Instagram (@camosun-runningclub) or look out for their merchandise among Camosun students for more information.

“Ask anyone on campus, if you see someone wearing a Camosun Running hoodie or T-shirt, just tell them you want to join us,” he says. “Or, well, just come on Sunday.”

drinks

Victoria Tea Festival steeped in culture and wonderment

LANE CHEVRIER
CONTRIBUTING WRITER

Returning for its 10th anniversary, the Victoria Tea Festival, presented by the International Tea Appreciation Society, is the place to be if you drink tea, but also if you’re interested in the history of tea within different cultures. In addition to the farmer’s-market-style affair, where you bring your own cup and taste dozens of teas from over 30 tea-makers, the festival has other attractions. There’s an educational symposium, a rare and antique tea ware gallery, live music and food, and the World Tea Championship, where people showcase their skills in competitive tea-making (yes, that’s a real thing).

The tea festival prides itself on a close-knit, local experience, says festival president Jared Nyberg. Rather than just being a series of vendors, these tea makers are about educating and achieving an intimate relationship with tea producers.

“We have a tea market, and most of the people that are there have a direct connection to the producers, so it’s not just repackaged product from some people on the east coast,” Nyberg says. “These are people that are actually intimately and directly connected to the farmers who are producing the product.”

“These aren’t just vendors. When you go to a festival, normally, you’re getting drinks or food, it’s a very two-dimensional exchange. This is a knowledge exchange.”

JARED NYBERG
VICTORIA TEA FESTIVAL

The festival will feature a traditional Japanese tea ceremony, as well as a demonstration on how to press tea cakes. Another feature of the show is a rare and antique teaware gallery, where some fascinating tea artefacts will be on display, such as a teapot recovered from a shipwreck 400 years ago. Patrons will also witness the intricacies of competitive *gongfu* tea making. Nyberg says that this method of making tea is a skilled art form with many layers of characteristics.

“I think most people would agree that it’s a large amount of tea in a very tiny vessel,” he says. “You do a very fast infusion, and it’s multi-layered.”

Nyberg says the judges are not

just looking for flavour and technique, but also culturally significant practices like the way the tea makers move, and the quality of *qi* that they infuse into the tea. Tea is much more than the idea of putting a tea bag in hot water and drinking whatever comes out after four minutes, as in English tea culture, says Nyberg.

“There are purveyors and teas that will change your entire concept of what tea is, and you get to meet people with decades of experience,” he says. “These aren’t just vendors. When you go to a festival, normally, you’re getting drinks or food, it’s a very two-dimensional exchange. This is a knowledge exchange.”

There is also a tea symposium featuring guest speakers. Patrons



PHOTO PROVIDED

Attendees and vendors at a previous year's Victoria Tea Festival in Nootka Court.

will learn from experts on Japanese tea traditions, rooibos processing, the art of *kintsugi*, growing your own tea, and more. According to Nyberg, the show is more than just tea, it’s a learning experience, where a viewer is immersed in culture and education.

“You’re coming here because you’re going to come away with something deeper than just a new tea,” he says. “You’re going to come away with a perspective on making

tea that may have changed or shifted. You’re going to come away from this having learned a lot, and getting really excited about it.”

The Victoria Tea Festival
11 am to 5 pm
Saturday, October 4
\$15-\$25 suggested donation;
bring your own tea cup
Nootka Court, 633 Courtney
Street
victteafestrevival.org

fashion

Handmade secrets to save money on your wardrobe this fall

Crafts like these come with many benefits: customization, something that no clothing store offers its customers, is one.

DANIELLE MIER
CONTRIBUTING WRITER

It was an early fall day when I saw the faded ’90s jean shorts. Set on a mannequin, they were paired with a white, short-sleeved sweater, giving the whole look a light, cozy feel. Considering the fact that the store was second-hand, I went in, convinced I had just found my next bargain. I was met with a hefty price tag. The horror was real: I held in my hands \$35 previously worn shorts.

Now I know not every one of these stores are overpriced, but if you’re tired of sifting through bargain bins and hunting for deals, making your own clothes can be a fun and economical alternative. As someone who has knitted, crocheted, and sewed for most of their life, I know firsthand the satisfaction of crafting your own apparel.

What makes knitting so lovely to wear is its flexibility. If you’ve ever wondered if a tightly woven item was crochet or knit, give it a little

pull. If the item is stretchy, it’s most likely knit. This craft is great for fingered gloves, scarves, sweaters and more. I would recommend wooden needles for beginners. While plastic is cheaper, yarn can sound unpleasant sliding off of it and, with metal, one is always prone to slipping. Moreover, you can’t beat the soft, cozy clack of wooden needles.

Stiff and versatile, crochet is great for jackets and purses. This craft offers a plethora of opportunities, including, but not limited to, loose hobo bags, trendy jackets, and toques perfect for the upcoming chilly weather. You can also crochet yarn loosely to get more flexibility. As someone who went from knitting to crochet, I would argue that crochet is far simpler to learn. With just one hook and some yarn, the possibilities are endless. One can easily learn by watching videos on YouTube on their own, but there are local crochet clubs and classes offered at yarn stores around the city.



DANIELLE MIER

Some samplings of the author's homemade wardrobe; this fall, enjoy the benefits that come with making your own clothes.

A sewing machine offers a great return on investment, with most available under \$250. Fabric can be found in any local craft store or charity shop and purchased at a moderate price. Since sewing with a machine can be a bit more of a process to learn, a short sewing class is a great way for beginners to get started. However, it all depends on the learner—a few YouTube clips may be just what you need. This is especially true for hand sewing and mending rips and tears in clothes.

Upcycling clothes goes hand in hand with the above-mentioned

crafts. It can take many forms, from unravelling a torn sweater for yarn to crafting a pair of denim jeans into a top. Something that I personally love is the sentimental value that comes along with this one. You may have a piece of clothing that you’ve cherished forever, but it’s past its mere fixing days. Try using the material on a jacket or a bag to keep the memories alive.

Crafts like these come with many benefits: customization, something that no clothing store offers its customers, is one. And, since knitting and crochet rely heav-

ily on muscle memory, one can do them with ease while visiting with friends, watching TV, or even on the bus. More uses for the art form include cosplay, Halloween, and mending items you already own.

I arrived home that day shortless. And while I did dwell on the shorts for a brief mourning period, it felt good to know that if I wanted to make them myself, I could. When you’re young, saving money, busy in school, and uncertain about your future, it’s a truly amazing feeling to be able to recreate items you cannot afford, fit to your body, built to last.



When we were children, anxiety was the monster under our bed that never went away no matter how many times our parents assured us we were safe. Now that we're grown adults, the monsters have had a change of address.

The worst cocktail you'll ever taste

My life with ADHD and anxiety

What's your favourite drink to have at the bar? Maybe you and your colleagues like a nice cold mug of lager or a stout after a hard day's work in the summer sun. Maybe you prefer to unwind with a nice glass of wine and relax by yourself in a quiet section of the venue. Do you drink the same beverage each visit, or do you like a little variety? In my eight years as a part-time bartender in Esquimalt, I've had the pleasure of serving many kinds of drinkers.

The beautiful thing about going for a drink is that you can do it any way you want. You can go with or without friends, you can drink whatever you like, in whatever form you like. You might have a margarita during the summer, or a Cosmo around the holidays, or any cocktail at any time of the year you darn well please! That's the beauty of it; the choice is yours. Wouldn't it be awful if that wasn't the case?

What if your drink was chosen for you before you even arrived at the venue? What if it was somehow magically never the drink you wanted that particular day? What if the bartender asks you, "Would you like something else?" and you say, "No, this is great, thank you," because you were too afraid to speak up for yourself? What if the bartender said, "I don't believe there is such a thing as an unwanted drink. If you don't like it, maybe you just aren't trying hard enough to enjoy it. Maybe you should leave the venue and give up your seat to someone who is more serious and actually appreciates the drinks I make."

It may be hard to imagine experiencing an outing like this, but for many people, this is far more than just a hypothetical bending of the nightmare elbow, it's what every moment of every day of our entire lives can look like. For those who suffer with ADHD and anxiety together, our minds and, by extension, our lives, are like a comically cacophonous cavalcade of capricious chaos, where the captivating clobbers the conventional, and the candid and keen are cluelessly contrived as the callous and careless. To put it dryly, ADHD is a problem with executive functioning in the brain. It can make it very difficult to initiate and prioritize tasks, and stay interested in things long term. There are many myths and misconceptions about ADHD, which we'll talk about in a moment, however, the second part of this discussion, anxiety, needs no introduction.

When we were children, anxiety was the monster under our bed that never went away no matter how many times our parents assured us we were safe. It is the darkness that always made us tremble, even when the room was illuminated only seconds before. Indeed, it is said that ships at a distance have every man's wish onboard. It is also true that darkness contains every child's fears, tucked tightly in its terrorizing tenebrous tentacles.

Now that we're grown adults, the monsters have had a change of address. They've moved from under our beds to inside our heads, and they taunt us in the bright light of day as much as in the dark dead of night. They tell us to hate ourselves; they drive us to drink, smoke, and never leave the house. Not everyone has tasted the bitter and rancid notes of ADHD, but everyone has drunk themselves stupid on anxiety. When you have no choice but to chase one with the other, the result is a glass of putrid plonk that no one in their right mind would sit still for.

Speaking of not sitting still, ADHD can make you feel restless and impulsive. That would be the "hyperactive" part of the name. It can make it hard for you to focus on what's important, while anxiety tells you that everything is important and you're not going to succeed so you shouldn't even try. The attention problems associated with ADHD cause you to miss details that are obvious to other people, while anxiety is constantly reminding you that if you can't even manage the simple details of life, how are you going to manage life itself? While ADHD can make you wish you would succeed more than anything, anxiety is telling you, "How could you be so careless? Do you even want to succeed? Don't you want to make everybody proud? Why haven't you finished your work yet, don't you know you're a burden on everyone in your life? If you're not strong enough to do 'X', why should you even be alive?"

Okay, that got a little dark for a second. Maybe your experience with ADHD and anxiety is different than mine, and if so, that's okay. ADHD can show up differently in boys, or those assigned male at birth, and girls, or those assigned female at birth. ADHD has three distinct subtypes: inattentive, hyperactive/impulsive, or both. Depending on the environment you grew up in, you may have heard things like, "You don't have ADHD, only boys have that!" or "ADHD isn't real, it's just Big Pharma trying to sell drugs to kids." When you examine your life and you see all the ways you've been underperforming and falling behind, it can be hard to listen to people calling into question your everyday hardships, when the drought of pain and shame that pour from them is all too real.

Some people make jokes about ADHD such as, "Hi my name is Tyler, I'm going to

Camosun College for... Oh, squirrel!" I chuckle when I hear these jokes, not because I find them funny, but because I wish it were that easy. For me, mild distractibility would be a great goal to strive for, but in my case it's not, "Oh, squirrel!" it's, "Oh, I'm 29 years old and haven't finished high school." It's, "Oh, my bank gave me \$200 in NSF charges this month because I just *had* to buy that one expensive thing, and I lacked the motivation to adjust my bill payments to compensate." It's, "Oh, I'm lying awake at 1:30 am in terror on a work night because I'm behind on my college classes and no matter what I try, I can't muster the energy to get ahead."

If you read this and thought, "Man, what a bunch of whining," then, ironically, you haven't been paying attention. Don't worry, I know the struggle. Life is hard for everyone, after all, and even neurotypical folks, those with a properly functioning mug on their shoulders, have their silent battles that they fight every day. I choose to talk openly about this because the stigma of mental health in general, and ADHD in particular, is still very real despite huge strides made in mental-health acceptance. If you think it's annoying to hear people complain about ADHD, imagine how annoying it is to have ADHD. It isn't necessary to judge us for it, I can assure you that we do enough of that by ourselves, inside our own minds.

Many people with ADHD are painfully aware of the negative ways in which it affects their lives. I discovered my ADHD almost completely by accident. One day, while my doctor was treating me for binge-eating disorder (BED), she recommended I try a medication called Vyvanse, which is an ADHD stimulant medication that also works for BED because it suppresses appetite. After taking my first dose in May of 2021, I was in sheer and utter disbelief at the change it produced in my attention, focus, and motivation. If "Red Bull gives you wings" is true, then prescription amphetamine gives you rocket engines.

Nearly every aspect of my life began to see improvement. At my bartending job, where I was sluggish and forgetful before, now I was moving expertly from one task to the next. Where before I found it difficult to finish even shorter shifts, now I blast through my work and finish the day with more than enough energy to do whatever I want when I get home. I can sit in front of my computer and study for at least a couple hours at a time, where before I was lucky to do half an hour. It even made me perform better at playing video games. It was truly a qualitative leap in my quality of life.

Going on medication was the right choice for me, but it isn't for everyone. As great as it has been for my own life, it still isn't quite enough to manage all my symptoms. To bridge the gap, there are lifestyle adjustments that I make and maintain. I absolutely must get a proper amount of sleep every single night, even on weekends and days off. I schedule my important tasks each and every day, and I must develop a daily routine for each of my responsibilities.

One of the things I learned early on is that free time is my enemy. Unstructured blocks of time are wasteful and without purpose. Everything, even leisure activities like watching YouTube and playing video games must be scheduled. Everything must have a deadline; everything. I need the motivating power of time constraints and outside pressure or I will not succeed.

Once my schedule is in place, I will break down the large, abstract tasks I have into smaller, bite-size chunks that I can easily do. The mental reward I get from completing chunk number one helps fuel the completion of chunk number two, and so on. If the task is still too big and frightening, I think even smaller. If I need to clean my room, I start with garbage first, then cans, then clutter items. If there's too much trash, I will gather it all in one place first, then consolidate it into bags so the pile looks smaller. If I want to get stuff done, I must think "small and smart."

When I'm working at the bar, it can get pretty busy and hectic. When I have a lineup of customers, a glasswasher full of dishes, a pass-through fridge that just ran out of cider, and a keg of drought ale that just ran dry, things can get out of hand, especially when my inner taskmaster is drunk on the job. My anxiety is an obnoxious patron that I have to cut off, and I have to focus on what I can control: the next little task. If I keep moving forward, eventually the night will end, and I will have succeeded once more.

Putting these things into practice is easier said than done. After all, the skills required to build an amazing life despite ADHD are exactly the skills that are impaired by ADHD. But, if you start small and reward yourself for each little bit of progress, you can improve. You will study for longer, make better drinks, and give better service, which will lead to better grades and happier customers.

Who knows? It just might be enough.

Story by Tyler Calhoon-Cardinal, contributing writer

Graphic by Lydia Zuleta, student editor

stage
The Salty Scent of Home offers hopeful twist on newcomer stories

LYDIA ZULETA
STUDENT EDITOR
AND GREG PRATT
MANAGING EDITOR

Yasmine Kandil learned a lesson while teaching at Brock University in Ontario: newcomers to Canada don’t necessarily want to see their stories as narratives of struggle. While her students worked with a community group for a class assignment, some of the recent immigrants “were sad when they saw some of the scenes that the students created,” says Kandil. So she took a different, more celebratory approach.

That work culminated in Kandil’s *The Salty Scent of Home*, which is launching UVic’s Phoenix Theatre’s 2025-26 season.

“They want to see themselves or their stories as equal citizens and equal contributors to Canadian society,” she says. “They also didn’t want stories from their home countries to be sensationalized. So the woman from Syria did not want to see her country in rubble. She was like, ‘Why don’t you remember my country for the markets and for the mosques and all the glory that it used to be?’”

While telling the stories of newcomers to Canada, Kandil learned that participants wanted to make

“The woman from Syria did not want to see her country in rubble. She was like, ‘Why don’t you remember my country for the markets and for the mosques and all the glory that it used to be?’”

YASMINE KANDIL
THE SALTY SCENT OF HOME

peace with whatever it was that they left behind and to have a hopeful future.

“And so what we did was we twisted some of the stories’ endings in order to give that resolution,” she says. “So the fellow from Sudan who really missed the Nile and missed the presence of the Nile in his life, we send him back in the story to talk to the Nile, and he tells the audience, ‘The Nile is telling me to go back to Canada, pushing me to to have a good life.’ And so we do that with all of the narratives, whether we make peace with the past or imagine a hopeful future and existence in Canada.”

When searching for a concept that would tie the stories together, birds and their migratory patterns

came to Kandil’s mind. She was drawn to the resilience of birds and their ability to know where to go, and when.

“Their migration patterns are fascinating,” she says. “And so I started looking at poems by Mary Oliver and by Rumi and by others, and picked a few of those, brought them to the team, and I began to stage some of those bookends. So there are four chapters in the show. Every chapter is bookended with a poem. And in that poem, I directed the students in a physical theatre piece that that would express the words in that poem. But also the poem is narrated over top of that.”

Kandil says that she and her team hope that audiences will develop an understanding of the



DEAN KALYAN

The Salty Scent of Home documents stories of those new to Canada.

immigrant journey and find connections between their own ancestral journeys and those of newcomers in the performance.

“I’m hoping that there would be empathy raised, connection, care towards the newcomers, and a sense that there isn’t so much that divides settler from newcomer, that, in fact, the journey is very similar,” she says. “It’s just taken place over different periods of time. I’m also hoping that any newcomer or immigrant that sees this work can see themselves in it, can see their cultures represented in it, and can have a

sense of pride in their journeys and pride in the courage and resilience that they’ve manifested to be able to carry through this work.”

The Salty Scent of Home
Various times and days,
Thursday, October 9
to Saturday, October 18
Various prices
(student rush tickets \$20 30
minutes before show),
Phoenix Theatre, Uvic
[finearts.uvic.ca/theatre/
mainstage](http://finearts.uvic.ca/theatre/mainstage)



New Music Revue

Bec Lauder and The Noise
The Vessel
(Killphonic)
3.5/5

Bec Lauder and The Noise is a three-piece rock-grrl group who started their music journey in East Village, Manhattan, and convey their city upbringings in their music. The band—consisting of Lauder, Soph Shreds and Maggie Bishop—released an EP, *Before Everything Changes*, in 2023 and have now dropped their debut full-length, *The Vessel*.

The band’s groovy rhythm really shines through on tracks like “Give It.” While the playing in this song is impressive, I found the lyrics severely lacking. Repetition can be done in

a way that makes you want to sing along, but here it came across as a careless choice.

“Nobody Cares” hits suddenly, with the weight of a train, with groovy instrumentation and passionate vocals. With its energizing beat, you can’t help but get up and dance, although the chorus does fall flat.

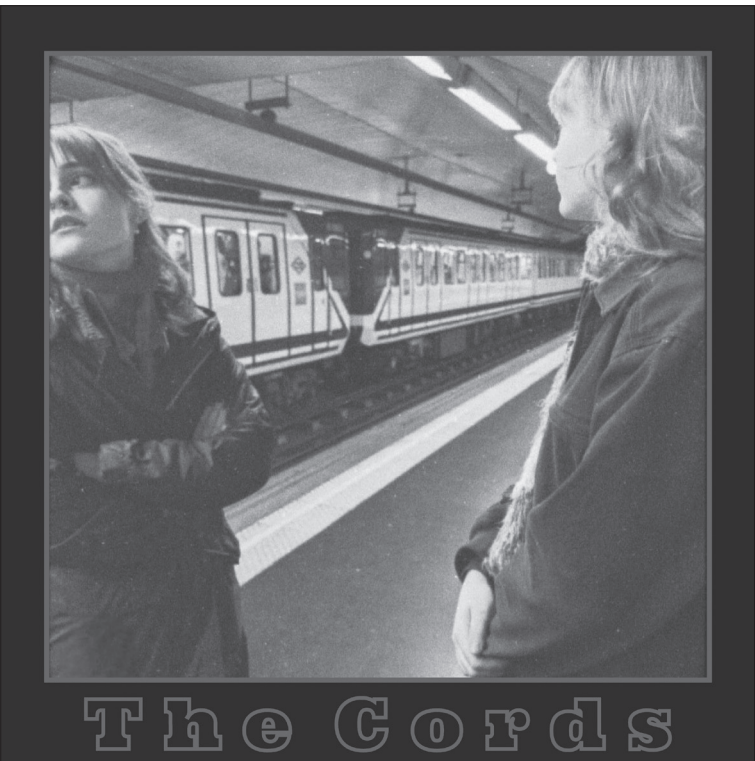
But the passion returns on tracks like “Tease Me.” The band says this album is a love letter to the youth of the world, and that truly shines through in the lyrics of “Tease Me.” Finding yourself in a maze of city lights was my main takeaway, and as a youth myself this couldn’t be more relatable. Your early 20s are when you finally start

discovering who you are and placing yourself in a concrete identity, but a concrete jungle can inhibit that. Unfortunately, however, the repetition is again an issue in this track, and I found it distracted from the depth.

Still, this band have a lot of potential in the rock scene. They have a similar vibe to The Beaches, who have been increasingly successful.

Bec Lauder and The Noise’s music is inviting while still having an edge. You can tell they are truly passionate about all they do, and that the music they create extends farther than themselves.

-Max Gomez-Bull



The Cords

New Music Revue

The Cords
The Cords
(Slumberland/Sleep Wax)
4.5/5

The Cords is a band made up of sisters Eva and Grace Tedeschi from Scotland. The two had an interest for indie music from the ’80s and ’90s as kids, which eventually led to the formation of The Cords, with Eva as the guitarist and vocalist and Grace as the drummer.

Listening to the band’s self-titled debut album made me feel like a carefree teen enjoying summer days because of its upbeat, fast, cheerful rhythm combined with raw punk lyrics. Many tracks are beaming with youthful energy. The song “Fabulist,” for example, has rebellious lyrics that are punk combined with a little bit of teen love

drama. This album is a great way to be introduced to the world of indie pop and shows the extraordinarily rejuvenating powers of music.

Unlike releases that are based on older genres of music like jazz or blues, this one is based on a younger genre. The music is liberating: hearing loud instruments like guitars and drums being smashed together and being conducted by young people singing radiates with energy. The song “You” features this, with rapid-fire lyrics. This might sound like rock, however, rock leans more into aggressiveness, intense atmosphere, and loud screams to achieve an emotional expression. In contrast, indie pop aims for a cheerier atmosphere, an almost lukewarm experience, to achieve an entirely different expression.

A great example of this here is “Vera.” Although many songs give the same feeling, this stands out most because the rhythm just sits right with me, not too fast or too slow.

I could spend my entire summer listening to this record while enjoying a nice warm cup of coffee at the shiniest time of the day and just recalling fun memories of my younger self. I consider myself a fan of very intense music, but none of that makes me feel as relaxed as The Cords’ songs do. I hope they continue composing music the same way they composed these songs—it’s so joyful that it makes it stand out amongst more aggressive and older genres that are popular nowadays.

-Albano Octavio Acosta Vasquez

stage

Open for all: a look at upcoming fall open-mic events



PHOTO PROVIDED
Nexus contributing writer Jasmine Wagstaff performing at an open-mic night.

JASMINE WAGSTAFF
CONTRIBUTING WRITER

I enjoy writing poems, but I’ve always been anxious about sharing my work with others. When my best friend took me to my first open mic back in March last year, I was eager

to go check it out but told them I would not be performing. That was not the case in the end, as I ended up reciting one of my favourite poems to an audience, as well as reading out loud one of my own.

There’s something so rewarding

There’s something so rewarding about sharing your art with other people. I really enjoyed being on the stage and performing for the audience despite how nervous I was beforehand. I even had people come up to me afterwards who wanted to talk about my original piece.

about sharing your art with other people. I really enjoyed being on the stage and performing for the audience despite how nervous I was beforehand. I even had people come up to me afterwards who wanted to talk about my original piece.

Since then, I’ve gone to several open-mic events where I’ve read my poems. The evenings present themselves with what I love most: connecting with other poets, musicians, singers, and all other sorts of artists. I’m very excited that those events are starting up again this fall.

Queer Open Stage is held from September through May on the third Wednesday of the month. Located at 722 Cormorant Street, doors open at 6:30 pm, and the event starts at 7:00 pm, typically running for an hour and a half, but it has run a bit overtime in the past. You

can sit and listen or sign up before everyone hits the stage. There is usually one featured performer and 10 other spots available. This particular gathering was my first open-mic event and I absolutely loved it. It’s a smaller space and feels a bit crowded at times, but the performers are so captivating you barely notice. They have snacks and refreshments provided and it’s a free event, which I always appreciate.

One that I haven’t yet attended, but am very excited to check out this fall, is held at Russell Books every Friday evening from September to June, with a brief break in December. It’s called Planet Earth Poetry; doors for this event open at 7:00 pm, and sign-up is available between 7:00 pm and 7:20 pm, before it starts at 7:30 pm. If you’re interested in performing, there are more details

and rules on their website. They also have a livestream of their featured performers that starts between 8:00 pm and 8:15 pm for at-home poetry lovers.

Planet Earth Poetry also runs some afternoon events at the New Horizons Centre, with one more planned reading in the fall, on November 7. Doors at 1:30 pm, and event at 2:00 pm.

If you’re more into music, there’s a Sunday afternoon jam and a Wednesday night jam at The Loft (229 Gorge Road E). Note: it is a pub, so no minors are allowed. But for those who carry valid ID, there are open-mic slots to sign up for; the Sunday one starts at 3:00 pm and the Wednesday one at 6:00 pm.

All the events mentioned above are free to attend. The sign-up sheets fill up quickly, so if you’re planning on performing, get there as soon as the doors open.

It’s been fun getting to hear other people’s works and share my own. The poem I read at my first open mic has recently been published in Camosun’s *Beside the Point* journal, and I don’t think I would have had the courage to send it in if I hadn’t already shown it to others.

These events have really helped myself and others get art out there, and I’m excited for the new season of open mics.

review

Belfry’s 1979 has good fun with Canadian politics

There are only three actors in this production, and they all carry off their roles with precision, enthusiasm, and humour.

EMILY WELCH
CONTRIBUTING WRITER

I’ve written often about how much I love reviewing local theatre. I love going out to see the plays that are put on by many of our own local actors and directors and getting to view the creative and individual sets. It’s always an adventure, always a learning experience.

On Friday, September 12, I had the pleasure of going to one of my favourite theaters, The Belfry, to see *1979*, a political piece by Canadian playwright Michael Healey. The play is written about the Canadian political scene in 1979, after journalist and author Joe Clarke defeated Pierre Trudeau in the election for prime minister. Clarke was taking his seat a day before his 40th birthday, making him the youngest prime minister ever to serve. This made him, unfortunately, a bit of a scapegoat, not only to the media, but also to his fellow colleagues. In short, poor Joe got teased and bullied quite a bit, especially when he refused to partake in some of the more underhanded political tactics that were expected of him.

Director Glynis Leyshon’s play is full of information about Can-

adian politics during the late ’70s, but it is also plainly a satire. There are only three actors in this production, and they all carry off their roles with precision, enthusiasm, and humour. The twist comes when the audience realizes that, besides Clark (played by Nathan Howe), the other characters in the show (at least six of them) are carried completely by the other two actors.

Jay Hindle gives a rocking-in-your-seat-with-laughter interpretation of Trudeau, highlighting the characteristics of the late prime minister that had the Canadian people very upset with him at the time.

Luisa Jojic appears first as Maureen McTeer, the wife of Clark, but appears almost unrecognizable later when she plays Stephen Harper, who starts off working with Clark in the Progressive Conservative Party and is already showing some of his true colours when he tries numerous times to steer Clark in directions down a path that, to put it mildly, is not an honest one.

Jojic appears as Harper several times throughout the production, and you see Harper grow darker and sleazier through every appearance.



1979 runs at The Belfry until Sunday, October 5; the play is about the Canadian political world in 1979.

Of the many several characters in *1979* that Jojic plays, her Harper deserves a big shout-out.

One of the most impressive parts of the play is the set. Designed by Pam Johnson, it initially looks like a fancy political office of its time, filled with mahogany furniture and Persian rugs. But soon the audience notices that all the facts, the political history that one might not know yet, is appearing, *Star Wars* style, on the back wall. That is how the brilliance of this play is truly carried out. The audience can watch the actors on stage make rolling fun of the characters they play, while the actual political history is written behind them.

Indeed, *1979* is the perfect package. It’s hilarious, savvy, and obviously well researched. It takes the carnivorous, frightening nature of politics that seems to always

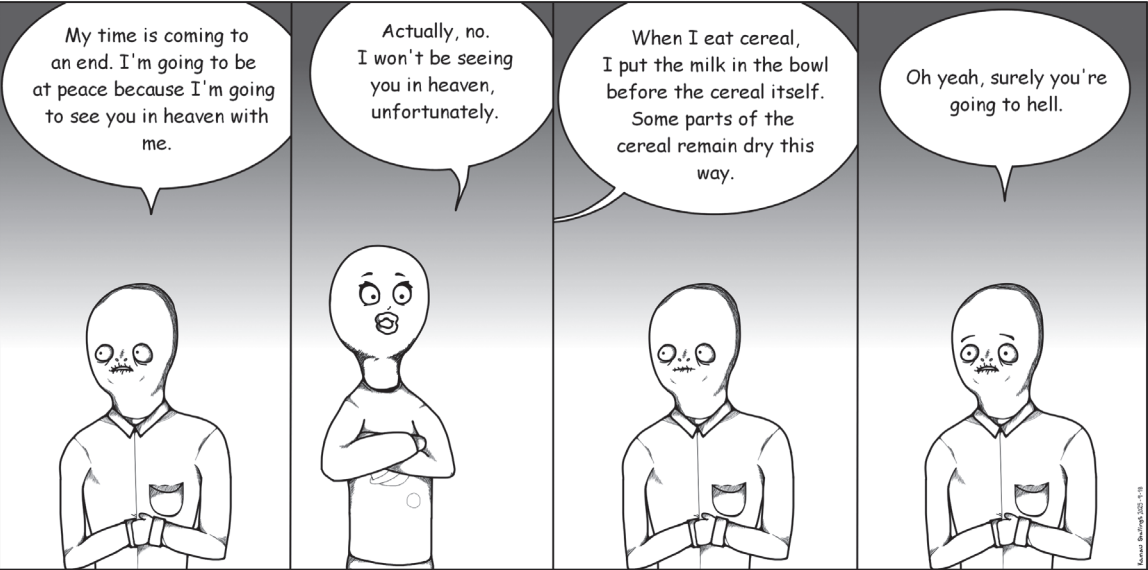
bring out the worst in humanity and shows us what the whole business truly seems to be—a great big scary joke.

1979
Various times and days,
until Sunday, October 5
Pay what you can, The Belfry
belfry.bc.ca

Natural Selection - Emily Welch



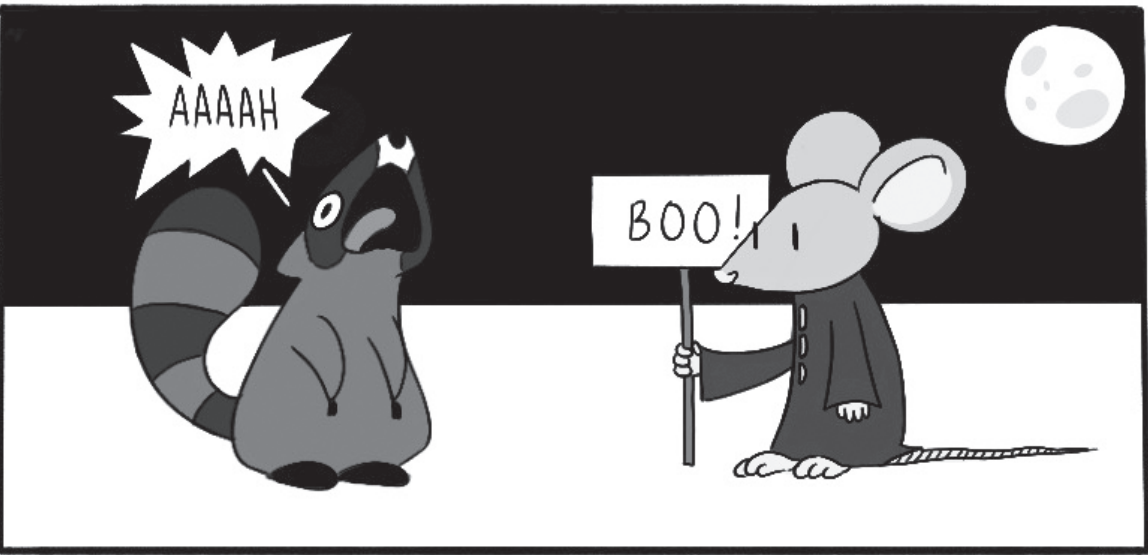
Cool Thing - Kamau Stallings



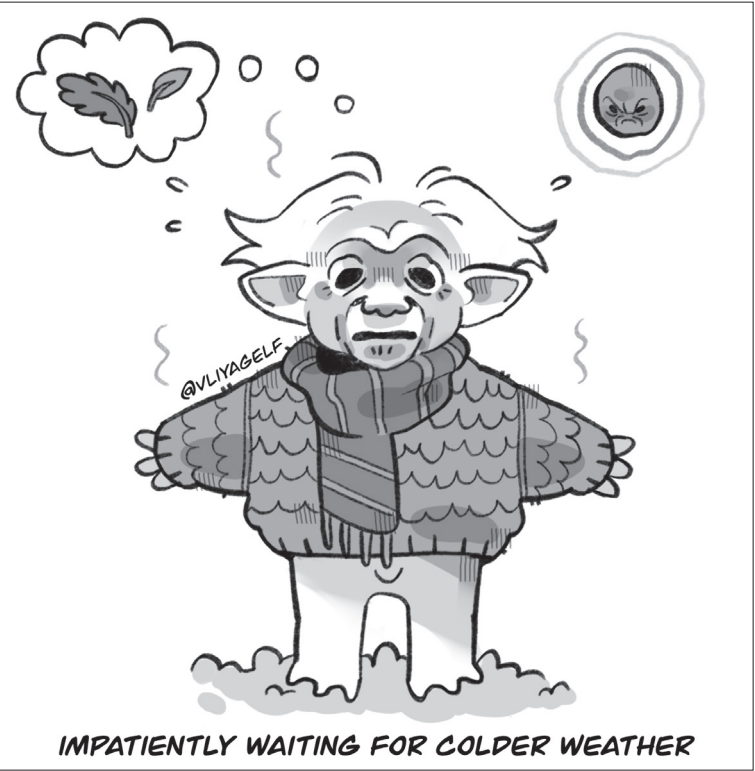
Evie the Alien - Jazmyn Hodges



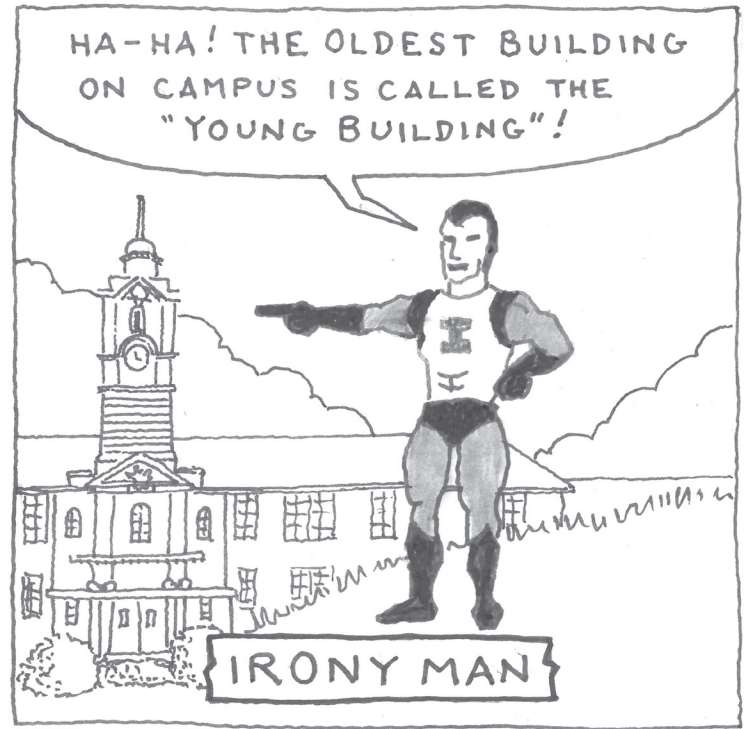
Crumb and Crouton - Jiya Bhoondpaul



mr. andy - Sofie Mott



Telescopic Penguins - Michael Erwin



Wild World of Wendland - Huxley Wendland



THE "REAL" CAMOSUN CHARGER



Pieces of Performance

by Acacia Tooth

TransFest turns bitter

TransFest was set to take place in August. But what was meant to become a yearly celebration of trans lives quickly became unsafe, with some individuals’ behaviour choosing profit over people.

As a person who had plans to help TransFest take flight with CCSS Pride in tow, I have insight that should be shared as it is a warning in making sure your community is heard and supported. I take passing knowledge from myself to others seriously as this had everything to do with safety, and concerns not being heard and respected.

From the beginning it was overwhelming to work with an individual who was set on money making and being a bit smug of copying

others’ work. Other trans-focused events around the world existed, but to Victoria it was one of a kind.

When recognizing that there would be no space to plan fundraising, transparent donation tracking, and hiring of techs, it was a hard decision to step back and hold my breath and hope that this event could happen for the sake of community.

As the days passed, it seemed to gain some traction and was quickly becoming well-funded. With the help of the District of Saanich, local stores, vendors, and volunteers that unwittingly fell into the trap of perpetual run-around it seemed like the event stood a chance.

As the lineup of performers,

poets, comedians, and musicians were announced, it became abundantly clear that the idea of keeping it local and BIPOC-focused and -supportive had been thrown out the window. The whitewash casting had taken hold, drag performers hired from the start were being pushed out, and there was a minimal chance that the founder, Francis Riley, would change her mind.

Then a cryptic post by volunteers who decided to leave just days before ended up on the TransFest Instagram. It highlighted that someone who was to be making a speech at the festival was not someone that would be seen as welcome.

UVic Transgender Studies chair Aaron Devor was invited to make a

speech along with politicians who had tables at the event. It was stated to myself that the tables were for vendors, people who offer safety and education, and community outreach for trans individuals in need of support, not politicians.

The comment section was immediately flooded by 2SLGBTQIA+ community members who voiced concern over the clear contradiction of what the event stood for. Others voiced that with the genocide currently ongoing in Palestine, someone who has been accused of being a Zionist and whose wife has shared transphobic views online should not be given a platform to spew fake words of support (on April 2, 2024, she tweeted that “What is

going on in sports now is a travesty of inclusion, and is causing good will towards gender variance to evaporate.”)

Comments were ignored and deleted. People were given no explanation of why this had come to be. Saanich was quick to pull permits due to the safety of those attending and not being supportive of this behaviour. A pro-Palestine protest was planned. The event was quickly cancelled. Sponsors and vendors are waiting on refunds. The community has been endangered as the fest’s website kept IP addresses and the information of those who donated.

Be safe out there, trust your gut, and free Palestine. We are not free until all are free.



Food for Thought

by Evelyn Jordan

The inspiration of Anthony Bourdain

As someone who has had the privilege to travel around the world, experiencing culture, people, and food, I often ponder the significance of the latter two. All three are connected, however, food and people are what I believe lead us to more colourful cultures across the globe.

One person who has influenced my opinions the most (other than my own parents) would have to be Anthony Bourdain. His views on society and how we treat each other through community were an integral part of me discovering my love for the culinary arts and contributed to how I continue to travel and interact with Indigenous communities worldwide.

Whether you’re in a three-Michelin-star restaurant or standing on the sidewalk next to the food stall at the market, the meal should be more than money exchanged. You should be exchanging stories, laughs, tears, ideas, and, most importantly, food.

Bourdain’s interest in food began as a young boy, when he had his first oyster during a family trip to France. He got the chance to learn more about the culinary world during his years spent at Vassar College and the Culinary Institute of America. Employed as the executive chef at Brasserie Les Halles, Bourdain wrote an article in *The New Yorker* titled “Don’t Eat

Before Reading This.” The article thrust him into the spotlight, as well as shone a torch to the ugly side of the restaurant industry. For the first time, people were understanding where their fancy food was coming from.

Bourdain would go on to expand this article into his memoir *Kitchen Confidential: Adventures in the Culinary Underbelly*. It included many more details about how restaurants worked, but it also contained personal stories from Bourdain, including his battle with substance use, addiction, and mental health—which I relate to.

Opportunities to travel and experience different worldviews

and cultures were abundant for Bourdain. From trips as a young boy to globetrotting for his TV show *No Reservations*, he sought out the tiniest, most unheard-of restaurants and bars that were run by locals, for locals—in his words, “Eat where the locals eat, not where the tourists are sent.” Give your money to the small business that serves their community, instead of the global corporation that does more harm to the surrounding environment than good.

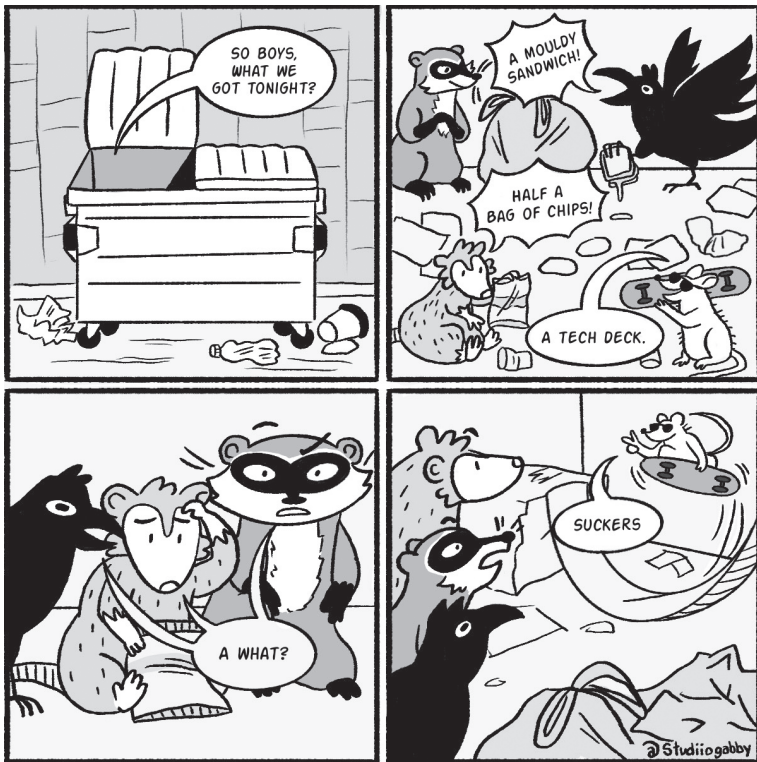
I could write my own novel about him, and when asked the question “Which person, dead or alive, would you want to share a meal with?” my answer will always

be Bourdain. I wish I had the chance to meet him.

“It seems that the more places I see and experience, the bigger I realize the world to be,” he once said. “The more I become aware of, the more I realize how relatively little I know of it, how many places I have still to go, how much more there is to learn. Maybe that’s enlightenment enough—to know that there is no final resting place of the mind, no moment of smug clarity. Perhaps wisdom, at least for me, means realizing how small I am, and unwise, and how far I have yet to go.”

I carry this philosophy with me to the dinner table.

The Trash Bash - Gabby Bond



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Do you want to write a column in every issue of your student newspaper? You can! Email editor@nexusnewspaper.com today!

Message from your student board

“Tuition prices suck. Cancelled courses suck. Staff layoffs suck. Reduced services suck.”

That’s not just us talking—it’s the frustration of over 170,000 students across BC, shouted loud and clear through the British Columbia Federation of Students (BCFS).

Here’s what’s going on. Back in 2000, the provincial government funded 68 percent of post-secondary budgets. Today, that number has dropped to 40 percent. With less money coming from the province, institutions across BC have had to look elsewhere to make up the difference, and the go-to solution? Cue drum-roll... International students!

Unlike domestic tuition, which can only increase by two percent per year, international student fees are completely unregulated. That means colleges and universities can raise them as much as they want—and they’ve been relying on those higher fees to keep the lights on.

But this year, things have changed. The federal govern-

ment has cut the number of international study permits dramatically. From January to June 2024, there were over 125,000 permits issued. This year during the same period, that number dropped to just 36,000. For schools like Camosun, this is a major financial hit. Every five fewer international students means roughly \$100,000 less revenue for the college, which leads directly to staff layoffs, cancelled courses, program cuts, and reduced student services.

For years, international students have been used as a Band-Aid for chronic underfunding. Now that the Band-Aid has been ripped away, the wound is exposed, and it’s clear how much our institutions have been neglected. This isn’t just about numbers in a budget—it’s about the quality of education we receive, the programs available to us, and the opportunities we rely on. The provincial government needs to step in and reinvest in post-secondary education before the situation gets even worse.

That’s why we’ve partnered with BCFS to launch our new campaign: “Cuts Suck. Fix Education!” The goal is simple: make enough noise that the government can’t ignore us. You can show your support by visiting cutssuck.ca to send a message straight to the minister of post-secondary and future skills. From September 15 to October 2, our CCSS team will also be on campus with campaign tables, where you can sign a letter that will be delivered directly to the minister’s office. Imagine stacks and stacks of student letters landing in their mailbox? It’s going to be impossible to brush aside.

The cuts have to stop. It’s time for the BC government to actually fund education properly and give students the support we deserve. Let’s make sure they hear us—loud, clear, and impossible to ignore.

In solidarity,
Terence Baluyut
External Executive, Camosun College Student Society

word search

I K G Q O Y T A S R Z D L O G O I J V V
F Z K I J R W P Q M X O F H L F D H R X
L D M W D A W G H I T W W E S F F F H I
E O T K R Z Z F Q G V N J Z D N L X W L
B Y T T L T C X U P O E H U N E B Z L G
Y A S U N Y D B N N U G R G D O R B U B
R J F F I Y W Y E M D N P S P C M A G X
F Y S K K T P T J B E I P U N W O Y L V
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G M O Z Y G W M M A U A H H X H W Q Q K
L Q O K I N K U B S I F E E S C C B K O
R P D M N I W P R O V I N C I A L P N J
V P I V G B I F E I C J I N Y B Z C M B
B N F Z O U K K R E V E N U E S V B T N
N G S I N E P K L G A K F R R T K D E F

There’s lots of stories this issue about student concerns, so to help unwind a bit after reading them, find the words to the right in the above word search.

Unemployment
Funding
Housing
Lobbying
Tuition

Federal
Provincial
Revenue
Food
Fees

contest

Find the hidden *Nexus* and win



GREG PRATT/NEXUS

We’ve hidden this copy of our last issue somewhere at the Lansdowne campus. Bring it in to our office to claim a prize from contest sponsor Arsenal Pulp Press, who have donated an assortment of books for you to choose from. *Nexus* HQ is located at Richmond House 201 at Lansdowne.

spot the differences

Can you find the seven differences between the two drawings below?

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Look for our next print issue on campus on October 15!

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