



## Camosun College Student Society prepares for spring elections

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# NEXUS

camosun's student voice since 1990

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editor's letter

## Delusions of idealism

Hello friends,

The Ides of March may have been an inauspicious time for Caesar, but for those of us mired in post-secondary education, this is the time of year when we start to see a glimmer of light at the end of the tunnel. Perennially, I find myself wondering how we got here so quickly, the bad memories of midterm stress and what felt like an endless slog shedding from me like water off a duck's back.

This could be my mind's way of protecting itself from its own inability to cope with the rigidity of school and the dreaded working world by cocooning me in a halcyon glow, or maybe I'm just a hopeless romantic. Whatever the mechanism at work here, it contains within it one fatal flaw: I've forgotten the late nights of desperately trying to draw research papers to what sounds like a well-reasoned conclusion, of staring blankly at my notes trying to make sense of my chicken-scratch handwriting.

Since these stressors are gone and forgotten, I gleefully begin stacking a preposterous amount of courses into the "plan & register" section of my Camosun, all the admonishments I gave myself a scant few weeks ago to take fewer courses and commit to less have been washed away with the bad memories and late nights that bore them, and I envisage myself, a master of the academic world, stridently succeeding in myriad veins of study. The intrepid scholar surging forth, gathering the sacred knowledge proffered by the masters as though I was built for this.

It should tip me off that in these forecasts I have a full head of luxurious hair (I don't), and I am striding god-like and wreathed in golden sunlight (have you looked outside?), but it never seems to raise the alarm for me.

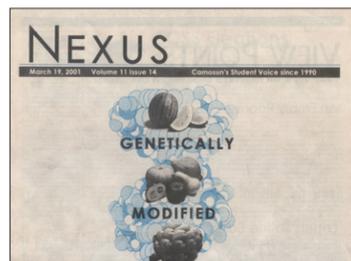
Not to be deterred from this idealized version of myself that exists in my vainglorious revelries, I still stack my schedule. I suppose part of me is running on the assumption that I will have it all figured out by then, I will know what it is to be a successful human, and I will have mastered the art of gliding, swan-like and effortless, between classes, work assignments, homework, and that pesky little thing called life.

My hope is that in putting this down in writing, I can remind myself, and all of our dear readers, that there is no prize to be won for burnout. We've been tricked into thinking that the only way to get a piece of the pie is to trade your happiness and sense of whimsy for it, and that's just plain dumb. Let's all take a collective breath, and see how it feels to just slow down a bit, shall we?

Nik Ovstaas, student editor  
nik@nexusnewspaper.com

flashback

## 25 Years Ago in Nexus



JASMINE WAGSTAFF  
STUDENT EDITORIAL ASSISTANT

**Pros and cons of GMOs:** In the March 19, 2001 issue of *Nexus*, we covered the subject of genetically modified organisms (GMOs). GMOs were becoming more well known and research was still being done on risks and benefits. Some people were immediately skeptical and concerned about these new foods, protesting that they were no longer natural and shouldn't be given to people. *Nexus* writer Shane Berkholtz quoted a protester who had said, "Don't force-feed us your Frankenfood!" People on the other side of this issue were fascinated by all the possibilities GMOs had to offer: higher yields of farmed crops, hybrid plants that are more resistant to famine, higher nutrient densities. Humans have always manipulated crops and livestock via selective breeding; now they were taking it a step further, into a biotechnology lab. Since 2001, there has been a lot of new developments in genetically modified vegetables; there's still so

much more that could be tweaked. Who knows what it will look like in another 25 years?

**Mature students career fair:**

The idea of finding one set career path that you'll follow for the rest of your life is completely unrealistic, but that still feels like how it's supposed to be. *Nexus* writer June Holland wrote in this issue about a career fair that she and several other mature students attended when they arrived at Camosun later in life. Holland referred to this journey of self exploration as *The Adventure of Being Alive* and described how everyone had to dig down and ask themselves what they were passionate about and what their values were. Nowadays there are so many mature students at Camosun, and it's well understood that a career is not a constant but an ever-evolving part of *The Adventure of Life*.

**Indigenous protest at Sun Peaks:** When MuchMusic planned on holding *Snow Job*, an annual winter concert series, at Sun Peaks in Kamloops, Indigenous groups protested the event. As we reported in this issue, they claimed that it was their land since the resort was set aside for exclusive Secwépemc use back in 1862, and the land continued to belong to them. Eventually, the protestors were cleared, but their activism certainly raised some awareness on issues regarding stolen Indigenous land.

open space

## Camosun academic advising needs to be streamlined

MATIAS LI  
CONTRIBUTING WRITER

Camosun's academic advising system—the supposed safety net for stressed-out students—manages to be yet another stressor in the chaotic life of those attending college. The result of this ineffectiveness is uncertainty, frustration, and support that's no longer useful because it's too late.

summer electives. This isn't favouritism; it's simple triage.

International students and new immigrants have an extra thick layer to navigate, with ever-changing immigration and visa laws that they must manage while studying. Let us not forget the huge costs they incur, not only paying two to four times the tuition fee of a domestic student, but also the price of moving to Victoria.

Students dealing with complex issues such as program transfers, academic appeals, or graduation planning should not be competing over the same scarce time slots as someone choosing between two summer electives. This isn't favouritism; it's simple triage.

The problem at Camosun isn't advisor effort; it's a system designed in a way that all but guarantees long wait times, missed deadlines, and preventable student stress.

The wait times are by far the most infuriating symptom of this ineffectiveness.

Students can wait days or even weeks for a human to respond, only to then check advisor time slots. In many cases a student may wait only to discover that available meeting times conflict with their classes and responsibilities.

Even if they can book a meeting, they have 30 or 45 minutes of time to discuss an entire four-month semester or year-long program. By the time a meeting becomes available, deadlines may have passed, registration may have slammed shut, and the student's needs can no longer be served.

This system forces students to either book an appointment and hope that their needs do not change or to not book at all and pray that everything will work itself out. But there is a zero-cost solution: Camosun should list advisor emails and schedules directly online.

Direct contact will not only greatly increase transparency, but it would make follow-up questions far easier to ask and reduce the need for repeated bookings. Since students already email advisors after booking appointments, publishing emails simply streamlines an existing communication channel without leaving students waiting.

A priority system would further ensure that advising is not clogged by low-stakes questions.

Students dealing with complex issues such as program transfers, academic appeals, or graduation planning should not be competing over the same scarce time slots as someone choosing between two

Leaving them hanging for days or weeks is not just inefficient—it's active neglect.

To strengthen the areas not fully covered in individual appointments, Camosun should also adopt a more proactive approach. Hosting three large in-person drop-in advising sessions at both Interurban and Lansdowne during the beginning, middle, and end of each semester would allow advisors to address questions for large groups of students in a town-hall style. One advisor could resolve hundreds of recurring issues in a single one-to-three-hour session, freeing up advisor time for more complex issues. Furthermore, recording these sessions and uploading them to platforms like YouTube and Instagram, as well as having a frequently asked questions page posted on the Academic Advising webpage, would make the information easily accessible to students unable to attend the advising sessions.

Those in favor of maintaining the status quo have valid arguments: advisors are overextended; budgets are tight; demand is high; and, yes, many students don't plan. These are real concerns. However, none of those arguments justify maintaining a state of affairs that makes life harder for the very students it exists to support.

If advising is overwhelmed, the solution is not to maintain a bottlenecking process; it's to overhaul it. If students ask the same questions repeatedly, the solution is not to leave essential information behind forms, wait times, and automated responses; it's to make that essential information impossible to miss. If advisors are overworked, the solution is not to indiscriminately ration access; it's to streamline the system, so advisor time is used where it matters most.

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!

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OVERHEARD AT NEXUS: "Correct me if I'm wrong, but isn't there two phases of rigor mortis?"

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student politics

## Camosun College Student Society gets ready for spring board elections

“What we’re trying to do here is encourage the students to be more involved in the community and give them a little chance to see how working at CCSS is, and giving them also an opportunity to advocate for other students.”

REGINA CERVANTES  
CAMOSUN COLLEGE STUDENT SOCIETY



IMAGE PROVIDED

NIK OVSTAAS  
STUDENT EDITOR

The Camosun College Student Society (CCSS) is holding its bi-annual student board elections from March 24 to 26. This time around, there are 17 positions opening up, including external executive, finance executive, Interurban and Lansdowne executives, Indigenous director, international director, pride director, student wellness and access director, sustainability director, women’s director, and off-campus director-at-large, as well as four positions for directors-at-large at Interurban and two positions for directors-at-large at Lansdowne.

The CCSS provides student services like, for example, the health and dental plan and bus passes as well as lobbies for student causes to the college and government.

“CCSS is the union... for students by students,” says Regina Cervantes, a former Lansdowne executive who is now doing a co-op work term with the CCSS. “So what we’re trying to do here is encourage the students to be more involved in the community and give them a little chance to see how working at CCSS is, and giving them also an opportunity to advocate for other students.”

Students will get an email with instructions on how to vote and information on all the candidates (see page 5 for the platform statements from all candidates).

“Once they get an email they’re going to see a little link in that email so they will just press it,” says Cervantes, “and then they will see all the students that are running, and then you’re going to see the position that

The Camosun College Student Society student board elections run from March 24 to March 26.

they’re running for and then you just select the name you want and then you just submit the form.”

Although the nomination period is closed for this round of elections, the next student board elections will be in the fall; as most seats are a one-year term, these paid positions will be vacant again next spring. The director-at-large positions are a six-month term.

“If you want to run, you have to register, and there is a link,” says Cervantes. “You can go to the CCSS webpage and if you click on ‘get involved’ you’re going to see the elections part and you’re going to see the nomination form.”

Cervantes says that the student society is always looking for volunteers.

“Oh, we are always looking for

volunteers because we have a lot of events happening so we always want volunteers. I started as a volunteer for bread days,” says Cervantes, referencing the CCSS initiative where students are given free loaves of bread. “I started doing a little bit more events and then I became a work student for CCSS and then I was on the board; I was the Lansdowne executive. It’s a great way not just to get to know the school and other students, but also getting you a little bit of sense of what it’s like to work.”

Cervantes says getting involved with the CCSS is a good way to see what it’s like to be in the workforce after school is finished.

“It actually gives you a lot of responsibility, but in a very good way,” she says, “and it’s not that

stressful that you’re like, ‘Oh my God, I cannot do both.’”

Cervantes says that talking to students is her favourite part of being involved with the student society.

“Also seeing that you can make a change as a student, you can make a change and seeing the students being happy about... cultural events and listening to their struggles and being able to advocate for them,” she says. “So, for example, we know there’s a lot of food insecurity, so being able to have the food bank and being able to do the bread days and just being out there talking to students and seeing what their real struggles are.”

For more information about the CCSS and its elections, go to [camosunstudent.org](http://camosunstudent.org).

## NEWS BRIEFS

### Camosun introduces multi-factor authentication

In order to improve digital security, Camosun College is requiring students set up multi-factor authentication (MFA) on their Camosun accounts. Voluntary MFA sign-up is available until Thursday, April 9, and there will be no change made during the exam period. After Wednesday, April 22, MFA will be mandatory for all students to access college systems such as D2L or mycamosun. Students who are struggling

to set up the authentication can contact the college’s ITS service desk at [itsservicedesk@camosun.ca](mailto:itsservicedesk@camosun.ca) for assistance.

### Camosun College increases on-campus harm-reduction supports

Camosun College recently announced that it is expanding access to harm-reduction supplies—namely, naloxone kits—on both its main campuses. Naloxone kits can now be found in at least one dedicated cabinet in every building at

the college’s Interurban and Lansdowne campuses.

–JASMINE WAGSTAFF,  
STUDENT EDITORIAL ASSISTANT

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### eyed on campus



GREG PRATT/NEXUS

Work has begun on Camosun’s first-ever student housing, at Lansdowne.

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**FYI Langford learners: you can now find copies of Nexus at the John Horgan campus!**



## sports PACWEST basketball championships come to Chargers courts



ALL PHOTOS BY CAMOSUN CHARGERS ATHLETICS

The Camosun Chargers hosted this year's PACWEST basketball championships.

**Thursday, March 5  
and Friday, March 6**

KYLE WOLFE  
CONTRIBUTING WRITER

The Camosun Chargers men's and women's basketball teams experienced mixed results in their PACWEST championship games, held from Thursday, March 5 to Saturday, March 7, with the women's team falling to the Capilano Blues and the men's team securing victory over the Okanagan Coyotes, earning a spot in the championship game.

On March 5, the women's game began with strong energy from Camosun, as the Chargers won the opening tip and wasted no time setting the tone with offence. Brooklyn Walbaum (6) led the charge, sinking two three-pointers within the first two minutes of play and helping Camosun control their early momentum.

Despite the promising start, the Chargers struggled to capitalize on many of their scoring opportunities. Several missed layups throughout the opening quarters prevented Camosun from extending their early momentum. Capilano took advantage of those missed chances, gradually building steam and closing the first quarter ahead 20-14.

Through the first half, Camosun's offence and defence both showed promise, with strong play on both ends of the court. The team consistently created openings and got the ball to the net, but finishing plays remained a persistent challenge. Meanwhile, Capilano found success at the free-throw line, managing significantly more of their attempts and steadily adding to their lead.

By the middle of the third quarter, the Chargers appeared to lose some confidence as their

shot attempts decreased, and the Blues tightened their control of the game. The Chargers were dealt with another setback late in the third quarter when Kanda Diop (23) hit five fouls and ultimately fouled out, further thinning the rotation.

Capilano's sideline presence also appeared to play a role in maintaining their team's momentum. The Blues showed strong engagement from their benched teammates and coaches throughout the game. In contrast, Camosun's bench energy appeared more subdued.

By the final buzzer, the Blues had secured a 63-41 victory over the Chargers.

The Chargers men's team, however, delivered a strong performance against the Okanagan Coyotes on March 6, showing why they were entering the 2026 PACWEST basketball championship as the number-one ranked team.

The Chargers set the tone early, winning the opening toss and quickly capitalizing on their first possession. Rookie Thomas Beames (23) opened the scoring with the first basket of the game and followed it up with points from the free-throw line, giving the Chargers an early boost.

The Coyotes struggled to find their rhythm in the opening minutes and didn't land their first basket until nearly halfway through the first quarter. Meanwhile, Camosun's defence proved relentless, forcing turnovers and quickly regaining possession. By the end of the first quarter, the Chargers held a 15-9 lead while committing just two fouls.

Camosun continued to build their advantage in the second quarter, pushing the pace offensively while maintaining their defence.

Their efficient scoring run widened the gap, and by halftime the Chargers had extended their lead.

The third quarter began at a slower pace, with both teams tightening their defensive efforts. Jakob Neufeld (7) and David Featherston (9) accumulated several fouls during the quarter, which briefly disrupted the Chargers' momentum. The Coyotes took advantage by ramping up their defensive intensity and closing the score gap, leaving the Chargers barely managing to hold onto a 10-point difference throughout.

In the fourth quarter, however, the Chargers regained full control of the game. They rebuilt their lead, and when the final buzzer sounded, the Chargers had secured a 74-53 win over the Coyotes.

**Saturday, March 7**

MIKA TURQUIE  
CONTRIBUTING WRITER

Saturday, March 7; the PACWEST championship match. With less than a minute left, the Camosun Chargers men's basketball team were trailing 70-75 against the VIU Mariners. Everyone on the bleachers at PISE was on their feet, vibrating with nerves. VIU's Winston Cole (3) had just sunk his third basket in a row, silencing the energetic home crowd. But the Chargers remained composed. Thomas Beames (23) closed the gap, making it 72-75, before sprinting back across the court to block Cole in a sequence defined by grit. Moments later, David Finch (4) danced through the anxious VIU defence, drawing a foul while getting a layup; this heroic play sent the crowd into a frenzy; after his free throw, the game was tied.

Ball for VIU with 38 seconds left and the PACWEST gold medal on the line. The ball makes its way to Keyonte Beals (23), the night's primary antagonist, who had haunted the Chargers all night, going four for seven from the three-point line. However, under the pressure of the "defence!" chants from the home crowd, he missed his shot. The Chargers valiantly fought for a point but, heartbreakingly, lost the ball in the paint with seconds remaining. The ball found VIU's Kai Leighton (10), who, without a second thought, shot a deep three as the buzzer went off. The home crowd went silent as the ball found the net. The Mariners had just won the PACWEST gold medal 78-75.

The tone was set early as the Mariners were introduced with "The Imperial March" as the home crowd booted. Clad in all black, VIU played the villain role perfectly, dominating the first quarter 14-7 with some tough defending. However, the Chargers bounced back, outscoring the Mariners 23-15 in the second quarter and finishing the first half with a one-point lead. VIU leaned on physical, aggressive offence and three-point shots, while the Chargers played better in the paint and showed more depth, outscoring the Mariners' bench 15-8. Ultimately, the game was decided by efficiency; VIU capitalized on Camosun's mistakes, scoring 13



points from turnovers compared to the Chargers' two.

Beames, PACWEST Rookie of the Year, led the offence in the first half of the game, demonstrating technical skill while also out-hustling most players, diving twice to keep the ball in play. He finished the game with 17 points going five for five from the line.

Finch was the engine of the team, logging the most playtime with 39 minutes. He proved why he was named the PACWEST Player of the Year, finishing with a game-high 21 points and 12 rebounds—matching the best totals from VIU. His double-double performance kept the Chargers in the game, making

him arguably the most valuable player of the match.

Last but not least, Tyler Synesael (11) balled out, shooting five for six and finishing the game with 14 points and 10 rebounds.

The tension remained after the final whistle. Fans voiced their displeasure toward the visitors and several Mariners responded with taunts of their own. A fitting ending for a historic rivalry. The Chargers may have missed out on their first PACWEST gold, but the story isn't over. Both teams are now bound for the national championships (to be hosted by VIU from March 18 to 21), where the chance for a rematch remains a very real possibility.





# Student Society Board Elections

Voting opens March 24th 9am – Closes March 26th 11:30pm



## EXTERNAL EXECUTIVE



### Emma Jones

Education should be a RIGHT, not a privilege. Right now, students are being asked to pay more for less. Federal Student Grants are being cut by almost 30% and provincial funding continues to decrease. Camosun students deserve someone who will fight back.

As External Executive, I will work with student organizations across Canada to push governments to invest more in education and strengthen student financial aid. I bring proven leadership experience representing students and managing major initiatives. With Enactus Camosun, I helped lead projects that addressed real student challenges and created meaningful opportunities on campus. Real change happens when students stand together. Our voices are stronger when they are united.

As your External Executive, I will work to ensure every student has access to an affordable education - because education should be a right, not a privilege.



### Daniella Quesada

In my past term as interurban executive I have learned a lot not only about the post secondary system but about student needs here at Camosun. Over my last term I assisted with free produce and bread days for students, met with the minister of post secondary education to ask for legislation for more affordable and safer student housing. To combat the lack of community here at the college I removed financial barriers by rewriting the Clubs Policy to give more money back to student lead clubs who are an essential part of our community at Camosun, I created contests with financial awards such as a November Moustache contest and an Art Student Handbook cover contest. Not to mention the many events I have helped plan, approve funding for and attend such as Latin Fest, Day of the Dead, Ramadan Iftar, Diwali, Indigenous Events, Pride night trivia, Pink Pony Pub, Trans awareness week, Breast cancer awareness month and many more. I am collaborating with our school newspaper to find modern solutions for student outreach. I have advocated for protection for international students and domestic student tuition caps. You the student deserve the right to affordable, quality, accessible education and I have been fighting for this exact thing over the past year.



## FINANCE EXECUTIVE



### Terence Baluyut

Every budget decision should reflect one clear priority: **STUDENTS FIRST!**

I'm Terence Baluyut, an accounting student and experienced CCSS Council member. I've had the privilege of serving you as Pride Director and External Executive, always putting students at the centre of every decision.

This year, I'm running for Finance Executive.

We are living through an affordability crisis. Tuition, rent, groceries — everything is rising. That means your student fees must work harder than ever. As Finance Executive, I will ensure your money transparently managed, and directed toward services that improve student life.

With my financial background and Council experience, I understand both the numbers and the responsibility behind them. I will bring accountability, clarity, and strong continuity to the next Council to build on our momentum. I'm ready to keep fighting for YOU. I hope to earn your support once again



## LANSLOWNE EXECUTIVE



### Riley Lam

What do you think is the most important aspect of being a student leader? Throughout my time serving as a board member and the course of my education at Camosun College I have seen how vital it is to have individuals in elected positions be active on campus. The voices of students can only be conveyed by those willing to carry them. If elected it is my wish to utilize my skillset to show up for students, to advocate for student rights, and to support them in any way I can. I am committed to expand upon the work done by my predecessors and to keep the community thriving. I will work with students in planning and executing events to bolster cultural diversity and inclusion.

# The College will send an e-mail!

## Check your inbox and your junk folder



## INTERURBAN EXECUTIVE



### Athena Pimentel

Want more fun on campus? More events to look forward to between classes? More reasons to actually stay at Interurban instead of heading straight home? Campus should feel alive, with fun events, active clubs, and spaces where you can meet new people, make friends, and feel included. As Interurban Executive, I'll focus on creating engaging events, supporting clubs, and making sure there's always something happening on and off campus. As your former Student Wellness & Access Director, I worked to boost student life by expanding the OutDeals app with 15+ more local businesses, promoting mental health initiatives like Movember, and helping students better connect with campus resources. Now, I want to bring that same energy to building a vibrant, exciting Interurban community. Let's make Interurban a place you want to hang out, not just attend class.

Vote for more fun, more connection, and a campus that truly feels like home!



## INDIGENOUS DIRECTOR



### Jeremy Frederickson

I am a Métis, Cree, and Sauteaux ceremonial helper, artist, and advocate committed to strengthening Indigenous presence, voice, wellbeing across Camosun. My work is rooted in cultural safety, trauma informed practice, teachings of reciprocity, humility, and collective responsibility. Through community programming, ceremony, and mentorship, I support students in reconnecting with identity, belonging, purpose. As Indigenous Director I will advocate for transparent governance, ethical decision making, as well as meaningful representation for Indigenous students in all areas of student life. I will work to expand access to ceremony, land based learning, cultural programming, and mental health supports grounded in Indigenous knowledge. My platform is guided by the teachings of my ancestors and the legacy of our Métis and Cree leaders...uplift the people, protect our rights, build strong relationships. I am committed to creating spaces where all students can learn in good relations.



## STUDENT WELLNESS & ACCESS DIRECTOR



### Devon Daniels

Aaniin. My name is Devon Daniels, spirit name Running Deer. I am Ojibwe from the East, and I carry my teachings as a knowledge keeper and ceremonial person. I put my name forward for Wellness and Access Director in a good way. In our teachings, we sit in circle. The circle reminds us that no one stands above another and every voice has value. My way of being comes from a place of knowing — knowing that we are all connected and that we are all relatives. True wellness means balance of mind, body, emotion, and spirit. When one person in the circle struggles, the whole circle feels it. I will work alongside students, faculty, and staff to strengthen supports for students with disabilities and for all people — First Nations, Inuit, Métis, and students of every background, identity, and experience. I will listen with respect, advocate with courage, and help build a campus where everyone belongs, feels supported, and can succeed together in a good way.



### Juliana Aguado

Hi, I'm Juliana Aguado, and I'm running for Student Wellness & Access Director. My work in the community, including being part of my high schools Best Buddies program and supporting residents in a local care home, has taught me that small, consistent actions can make a real difference in people's daily lives. I care deeply about creating spaces where people feel supported, heard, and able to succeed without unnecessary barriers. As a student, I understand how overwhelming school systems and accessing support can sometimes feel, and I want to help make those processes clearer, more inclusive, and easier to navigate. I'll bring a thoughtful and proactive mindset to this role, as I'm committed to advocating for practical improvements in student services that genuinely support student wellbeing and accessibility for everyone



### Jessie Rousseau-Hanson

Hey! I'm Jessie a psychology student at Camosun going into counselling. My interest in student wellness stems from personal experience navigating barriers to accessibility in the learning environment. I know how difficult it can be to advocate for yourself when you are unsure where to start or feel like you are navigating systems alone. As Student Wellness and Access Director, I want to work with students, faculty, and services across campus to ensure resources are easier to understand and reach. I also bring advocacy experience, including successfully pushing for a policy change that allows high school students across BC to use their preferred names on attendance lists. My goal is to help build a community at Camosun where students feel supported, informed, and confident seeking the help they need. I want every student to know that they are not navigating these challenges alone.



### Mia Purnell

At Camosun College, being a student can be exciting, but it can also be stressful. Many of us are balancing classes, work, finances, and personal challenges at the same time. Taking care of our health and wellbeing is just as important as our academic success. I'm running for student Health and Wellness Director because I want to help make support easier to find and to access. Too often, students don't know what resources are available or feel uncomfortable asking for help. If elected, I want to focus on promoting mental health awareness, making wellness resources more accessible, and supporting initiatives that help students manage stress and feel more connected on campus. I want to help build a campus where students feel supported, heard, and able to take care of themselves while pursuing their goals.



## PRIDE DIRECTOR



### Juan Samaniego

Hi everyone! My name is Juan Samaniego and I'm running for Pride Director. I believe campus should be a place where everyone feels welcome, supported, and free to be themselves. I love bringing people together, whether that's through events, conversations, or just creating spaces where people can connect. As a student at Camosun College, I've enjoyed volunteering at the CCSS and meeting people from different backgrounds, and I want to use those experiences to help build a fun and inclusive Pride community. If elected, I'll work on organizing events that celebrate diversity, raise awareness, and maybe even include a little extra sparkle along the way. Help make campus a place where everyone feels proud of who they are and where Pride events are so good that even your friend says, "Yeaaa Queen, Let's go!"



### Ana Sofia Gomez Caldas

As students, we are the force that drives campus harmony forward, and as a pride director I aim to work alongside you to shape the college into a welcoming environment for all LGBTQ+ individuals. With my campaign, I promise an open communication channel to listen to your needs, working with my community to build a safe space for all identities. I commit myself to facilitating events and meeting spaces that strengthen our sense of community, celebrate our history and queerness openly on campus and in social media, maintain the pride lounge as a inclusive space for all, and look for partnerships that empower the LGBTQ+ collective in the college. It has been shown that when groups work together for a common goal they can change the world; So, let's unify our community and make a reality the safe and inclusive campus we all dream of.



### Jerson Hernandez-Koltermann

For the students, by the students, I am not here to "lead" I am here to negotiate. We know what we want, it is a matter of getting it; but that alone is not enough.

We will bring back collective meetings, YOU will need to show up. We will fight for better student spaces, YOU will need to use them. We will bring a wave of change to this campus not seen since the tuition riots of 2012!

YOU will need to be part of that wave.

I am reticent to write a "platform". The word brings to mind something fixed, stable, and static. I know that by the end of my campaign, though my ethos will be the same, "to represent the students in their pursuit of improvements to the college", my concrete actions may have changed to better suit the demands of the student body. So I leave my platform with this:

"Your idea here" We look forward to hearing from you.- (J)erson and friends



## SUSTAINABILITY DIRECTOR



### Matias Velasco Batista

Since childhood, I have had a strong interest in the environment and sustainability, which is unusual considering I grew up in Mexico City, a large urban area with limited quality green spaces. This contrast made me appreciate every opportunity to connect with nature and strengthened my curiosity about environmental issues.

In middle school, I collaborated with 25 classmates to write a thesis on sustainability. This experience helped me develop creative thinking skills and inspired me to design projects for Escuela Primaria Kuriwi, including educational videos and a sustainable irrigation system for the school gardens.

In 2023, my family and I moved to Victoria, BC to live closer to nature. Since then, I have continued reconnecting with my passion while beginning my university journey. Becoming Sustainability Director would allow me to further develop my creativity, leadership, and long-standing commitment to sustainability



### Aarisca Sharma

Sustainability starts with community; it isn't just about the environment, it's about people. As Sustainability Director, I will help grow student-led efforts to reduce our environmental footprint and build a stronger campus community.

Through my experience in volunteer work and community cleanups, I've seen how collaboration and initiative can turn ideas into impact. At Camosun, I want to create opportunities for students to take meaningful action through sustainability events, awareness campaigns, and partnerships that reduce waste and improve student well-being. I'm particularly interested in expanding programs that redirect surplus food from local businesses to support student food security. I also hope to explore initiatives like clothing swap events that reduce textile waste and encourage more sustainable choices.

Most importantly, I want to support students through their ideas, make sustainability more accessible, and identify where Camosun can grow greener.



## OFF CAMPUS DIRECTOR



### Angela Chou

Hi! I'd love to continue to chair meetings that allow us to do things for you! I look forward to serving as your Off-Campus director.



## WOMEN'S DIRECTOR



### Dorothy Stirling

Hello, my name is Dorothy Stirling. I'm from lower Nicola Valley on my father side and I am French on my mother's side. I have been at Camosun on and off. For a few years now. My hope is to become the woman's director. And help support. Community while I finish my academics.



### Madison Huynh

This past year, working as Women's Director has been both a challenging and a rewarding experience. I've loved working with people and organizing events where women feel supported, connected, and heard. Seeing students come together at things such as self defense classes or during International Women's Day has shown me how much of a need there is to continue growing this sense of community.

I'm running again to keep building on this work. I hope to continue the events and initiatives that have been successful while also introducing new ideas. One major goal for the next year is to reestablish the Women's Collective, creating a dedicated space for collaboration and peer support. I want to hear what peoples needs are.

I will continue to advocate and create opportunities for connection and I would be honored to keep serving Camosun's students, building an even stronger space for women on campus.



## LANDSDOWNE DIRECTOR



### Aleah Peterson

Hello! I'm Aleah, a Biochemistry student and former Lansdowne Executive and Director.

Issues like course scheduling, program planning, and rising tuition costs affect all of us. Students deserve clear communication, accessible courses, and representation for financial and academic concerns. Having previously served, I know how to navigate council processes effectively and ensure student feedback is brought forward in a constructive way. I understand both the academic demands students face and how CCSS operates behind the scenes. I'm running again because I want to continue advocating for meaningful improvements that directly impact students' daily lives.

I'm committed to following through on what I start. If elected, I will focus on representing Lansdowne students while working to improve transparency and student support across campus.

University is stressful enough; you deserve clear representation



### Marbella Serrano Espadas

I would love to part of the voice of Camosun College to help women to stand up, raise their voice and morals more.



## INTERURBAN DIRECTOR



### Nyleah Sigouin

My qualifications include being a student, having opinions about campus issues, and owning several notebooks that make me look organized during meetings. I've also spent enough time on campus to know that students care about practical things: having the courses they need actually available, clear communication from the college, and spaces where people can study without fighting for an outlet.

More seriously, I want to advocate for stronger communication between students and the student society, better awareness of the services and resources available to Interurban students, and making sure student concerns about scheduling, affordability, and campus life are consistently brought forward. Representation should mean listening to students, bringing their feedback to council, and making sure Interurban voices are part of the decisions that affect them.

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



health

## Camosun instructor warns against permanent daylight saving time

“Unfortunately, I’m expecting that the students will be most affected, since at that young age your brain is already driving you to be night owls biologically.”

MICHAEL POLLOCK  
CAMOSUN COLLEGE

JASMINE WAGSTAFF  
STUDENT EDITORIAL ASSISTANT

Sunday, March 8 marked the final time we in BC have to “spring ahead” and lose an hour of sleep as we enter daylight saving time (DST). The provincial government has passed legislation that BC will permanently stay in DST going forward. While it might look nice on the surface to no longer adjust the clocks every six months, Camosun Psychology instructor Michael Pollock warns that this change could have far more negative consequences than the government may have considered.

“For a long time sleep researchers said they don’t like [the transition], and particularly the one [to DST]. Spring ahead, so that means we lose an hour of sleep and that leads to impairments and sleep deprivation the next day,” says Pollock. “With the legislation that just passed with daylight savings all

year round, our alarm clocks will be telling us to be waking up an hour earlier in the dark so we won’t get sunlight until an hour later. Essentially, we’ll be going to school in the dark, and to work, as well.”

Pollock argues that this change will affect everyone’s circadian rhythms, the biological clock that keeps us waking up and falling asleep around the same time every day. Morning sunlight is crucial for keeping this balanced, and winter mornings staying dark an hour longer will change those rhythms for the worse, he says.

“Normally our clocks stay in sync with the outside world because of light,” says Pollock. “Light is the main thing that keeps the rhythms in check so it doesn’t delay every day. And it’s morning sun, it’s not all the [sunlight].”

Pollock says that losing that hour of sunlight can throw the circadian rhythm out of sync and

lead to poorer performance in work and school since a person’s internal clock may no longer align with the one outside.

“It’ll be really tough, and [many people] already have a hard time waking up in the morning and concentrating and now its going to be even harder,” he says. “They’ll be in this social jet lag, a kind of brain fog where your brain is out of sync with the outside world’s clocks.”

Pollock says that younger people in particular will be hit hard as their natural circadian rhythms encourage them to stay up late and sleep in, which will make getting up in time for work or school far more difficult than it is now.

“Unfortunately, I’m expecting that the students will be most affected, since at that young age your brain is already driving you to be night owls biologically,” he says. “Your brain wants you to stay up late and sleep in. They already have a hard time waking up for those 8:30 classes, and next winter if this legislation stays in place, it’s going to be so hard.”

Most sleep experts agree that if the government wants to switch to a permanent time they should pick standard time instead of DST.

“That’s been the longstanding opinion of sleep researchers and so they’ve been wanting to get rid of



JASMINE WAGSTAFF/NEXUS

Camosun’s Michael Pollock disagrees with having permanent daylight saving time.

the transition for that reason, but the bigger issue is what we switch to,” says Pollock. “[What] sleep researchers, my colleagues, and I have been saying for a long time is we should switch to the original standard time all year round. Instead,

the government has released that they’re going to go with permanent daylight savings time, and that was only meant for the summertime, when the days are longer. It was never meant or designed for the winter.”

stage

## Spark Festival play uses levity to destigmatize grief



DAHLIA KATZ

*Big Stuff* is running until Saturday, March 21 as part of the Spark Festival at the Belfry Theatre.

ASHLEY HAGEL  
STUDENT EDITORIAL ASSISTANT

For 11 days, The Belfry Theatre will transform itself from a renowned historical playhouse to an unassuming intersection where grief and humour cross paths. There, Naomi Snieckus and Matt Baram will be performing their play *Big Stuff* as part of the 2026 Spark Festival, granting audiences the opportunity to lower their walls and embrace community, even if just for a little while.

“*Big Stuff* is a show about all the things that are left behind when we lose someone close to us,” says Baram. “So, about five or six years

ago, the last of our parents passed away, and when that happened, we both recognized just how much of a hole that left in our lives. But it also left us with a lot of stuff; the belongings of the people we lost, you know?”

Eventually, the married comedy duo began relaying their experiences to those around them and quickly realized just how common these circumstances truly were; how universal grief can be. So, as the dust began to settle on all their newly accumulated stuff, they started to write jokes about it.

“[There’s] this phrase [that] goes, ‘Tragedy plus time equals

comedy,’” says Snieckus. “So with grief, if everybody sort of examines their griefiest of times, there’s usually some sort of comedy that lives right next door to it. And with some time, you’re usually able to see what that comedy is.”

Having this in mind, Snieckus and Baram chose to embrace the heartfelt (and sometimes nonsensical) stories of their audience members, elevating them from a room full of viewers to active participants.

“We always knew we wanted to have some sort of audience interaction or improv aspect to our show, because it’s sort of our jam,” says Snieckus. “I mean, before this

“I feel like if we cried in public more often, everybody would just be a little bit more compassionate to grief.”

NAOMI SNieckus  
BIG STUFF

show, we were always improvising; we’d improvise a full play in the style of, like, David Mamet or Tennessee Williams. So this is, I would say, about 90 percent written, and then we integrate the audience’s stuff—their stories—into our story. So it’s the kind of show you can see three times and see three different shows.”

The play makes a valiant effort to embrace the levity of loss and destigmatize the grieving process, blending comedy with wholehearted sincerity.

“Everybody’s going to grieve,” says Snieckus. “Everybody’s got it in their hearts. So, why be so precious with it? I feel like if we cried in public more often, everybody would just be a little bit more compassionate to grief.”

These themes are expressed with sincerity and respect in the show, showcasing humour as the coping mechanism that it is. And while the challenges of grief can be deeply understood by anyone who has lost someone or something, Snieckus and Baram drive home the point that people don’t need to deal with those challenges alone.

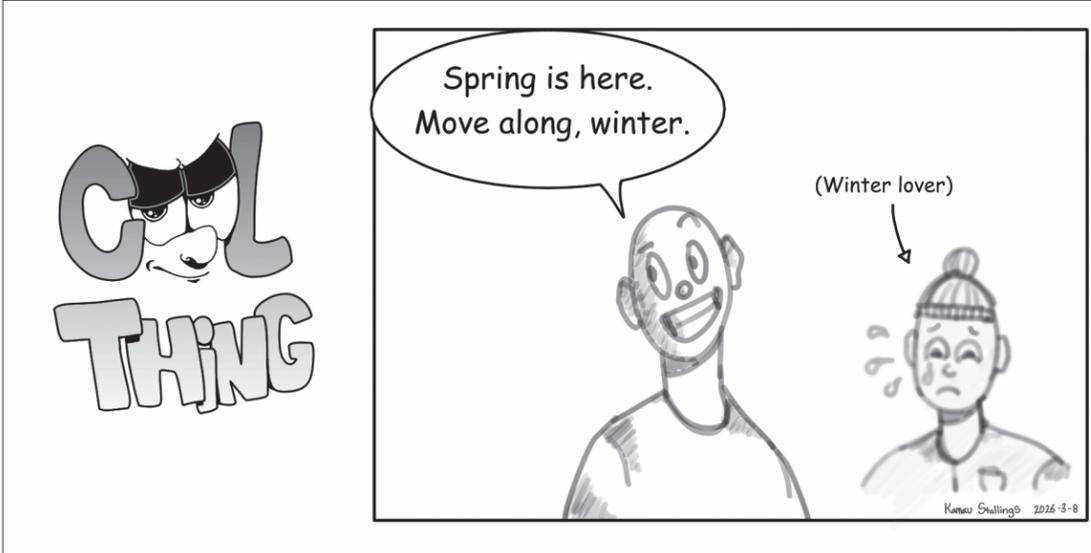
“I think we want people to walk away feeling like it’s okay to talk about grief in public,” says Baram. “You know, we’re not trying to tell folks that we know anything more about grief than they already do. We’re not telling them how to mourn... But I think the show sneaks up on people.”

The play’s team also includes director Kat Sandler, who is currently shooting a series for Crave starring Hudson Williams here in Victoria.

“I think what makes [*Big Stuff*] so special is we found a very lucky combination of creative minds,” says Baram. “Like, that’s a secret sauce for us... And then to have Kat Sandler, who’s our director and co-creator, in our corner and [helping] us explore in a safe way, so that our relationship is never compromised... I think that’s what makes it special.”

*Big Stuff*  
Various days and times, until Saturday, March 21  
Various prices, Belfry Theatre  
belfry.bc.ca

Cool Thing - Kamau Stallings



mr. andy - Sofie Mott



Evie the Alien - Jazmyn Hodges



Telescopic Penguins - Michael Erwin



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Wild World of Wendland - Huxley Wendland



### Exam Season

**ANNUAL GENERAL MEETING  
OF THE NEXUS PUBLISHING SOCIETY**  
WEDNESDAY, APRIL 8, 2026, 7:30 PM,  
TO BE HELD ONLINE;  
EMAIL [TYLER@NEXUSNEWSPAPER.COM](mailto:TYLER@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, 2026 FINANCIAL STATEMENT
- 2.) ADOPTION OF APRIL 1, 2026 TO MARCH 31, 2027 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.

**Camosun students!**

**Look for our next print issue on stands Wednesday, April 1!**



Trillium McNabb

by Trillium McNabb

## Curry chicken tortilla hand pies

This culinary fusion takes a little longer to create than my previous recipes; it's faster and more fun to make with family, friends, or roommates, and it's great for dinners or lunches.



PHOTOS BY TRILLIUM MCNABB/NEXUS

**Ingredients:**

- Tortilla
- 4-5 large chicken breasts
- 3 tsp curry powder
- 1 tsp turmeric
- 1 tbsp garlic
- 1 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 5 cups small potato cubes
- 1 cup peas
- 1 cup corn
- 1 egg
- 1 tbsp butter

My dad taught me how to make this recipe about a year ago. This culinary fusion takes a little longer to create than my previous recipes; it's faster and more fun to make with family, friends, or roommates, and it's great for dinners or lunches.

First, season your chicken breasts with 3 tsp of curry powder, 1 tsp of turmeric, 1 tsp of onion powder, 1 tbsp of garlic, 1/4 tsp salt, and 1/4 tsp pepper. Make sure to coat all sides of the chicken evenly. Then cook covered in your oven at 275 F, or in a crock pot on high for two hours.

Cube up your potatoes to about 1 centimetre, then boil them in salted water until they're soft and tender. Strain your potatoes, then place them into a large mixing bowl. Add in your peas and corn and thoroughly mix together.

When your chicken is done cooking, cut it up into small chunks

that are about the same size as the potatoes. Let the chicken absorb the cooking liquid before adding to the potato mixture. Then mix the chicken into the potato, peas, and corn.

Preheat your oven to 375 F. While the filling is still warm, take out a tortilla and put about 1 cup of filling slightly below its centre. Brush a beaten egg along the inside edge of the tortilla, then fold over the filling and pleat the edges closed. Make sure to press down firmly, but not so hard that there's cracking or holes formed in the tortilla. Brush more egg along the pleats if needed.

When you've made your hand

Curry chicken tortilla hand pies are fun to make with friends or family.

pie, put it on a lined baking tray then brush the tops with melted butter. Bake them in the oven for about 10 minutes or until the tops are golden brown. When the hand pies are done baking let them rest for at least 10 minutes before eating.

If you're using frozen chicken make sure to thaw ahead of time or the cooking time will be a lot longer. If you're using frozen corn and peas they can be added in to your still-hot filling; the residual heat and baking in the oven will cook them thoroughly. Another tip is to have the filling and tortillas be

warm—the steam will help make a stronger seal along the pleats.

When folding the tortilla over the filling, make a cup shape with your hands, then gently push the filling into the crease. There should be a lip, with no leaks or breaks from the filling. This is where you can brush extra egg for pleating the pie closed.

This recipe can be customized with different fillings. Once you master the folding technique, there are many options open to you, from a shepherds pie filling to an apple pie filling.

## Message from your student board

There's a pattern here that we don't talk about enough... the lower the level of governance, the lower the turnout, yet the closer those decisions are to our everyday lives.

The right to vote is something many of us take for granted today. But suffrage in Canada was not handed out freely. Women were only granted the federal right to vote in 1918. Chinese Canadians were excluded until the late 1940s. Indigenous peoples were denied full federal voting rights until 1960. For generations, people fought and sacrificed just to participate in a system that many now overlook.

It's unfortunate that one of the most important civic rights people struggled to secure is often met with indifference. We inherit the right to vote without always remembering the cost attached to it. What's even more striking is the gap in voter turnout across different levels of government. Federal elections typically see around 60 to 70 percent turnout. Provincial elections range from 50 to 70 percent. Municipal elections? That number drops to roughly 30 to 50 percent.

The closer government gets to our everyday lives, the fewer people show up. And that's always puzzled me. Municipal governments decide on the things we see daily—our schools, garbage collection, parks, recreation facilities, community spaces, public transit. These decisions shape our routines and our neighbourhoods in ways that feel immediate.

If we zoom in even further, we can look at student governance. Elections for the Camosun College Student Society (CCSS) often see turnout between seven to 12 percent.

The student society manages the health and dental plan. It supports food security through campus food banks. It advocates for students at different levels of government. It runs events, funds initiatives, and works to improve the student experience in real, practical ways.

There's a pattern here that we don't talk about enough... the lower the level of governance, the lower the turnout, yet the closer those decisions are to our everyday lives. Voting isn't just about national headlines or party politics. It's about sidewalks and study spaces. It's about healthcare coverage and food access. It's about whether the systems around you reflect your needs.

The right to suffrage was never meant to sit unused. It was fought for so that people could shape the conditions of their own lives.

That's why participation matters, especially here at home.

Don't forget to vote in the Camosun College Student Society elections from March 24 to 26. You should receive an electronic ballot in your email. Take a few minutes to read each candidate's platform and vote wisely!

The right to vote was hard-earned. Using it, even in

student elections, is one of the simplest ways to honour that history and shape the community you're part of every day.

In solidarity,  
Terence Baluyut  
CCSS external executive



eyed on campus



PHOTO PROVIDED

On Thursday, March 5, the Camosun College Student Society held its first Tea and Talent event at Camosun's Lansdowne campus; look for our full recap next issue.

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.

word search



The Camosun College Student Society is gearing up for its spring student board elections. Read our story on page 3, then find the words in the story to the right above.

Responsibility  
Community  
Involved  
Happy  
Opportunity

Volunteer  
Change  
Encourage  
Advocate  
Union