



SPORTS

ON CAMPUS AND BEYOND
PAGE SIX

SEMESTER SWITCH

Interurban technology programs switching to semesters in September '16.

page 3

DECA DELIGHTS

Camosun student club wants to prove that it's not just for those in the business program.

page 4

IT'S ALL GOOD

Matthew Good talks about what keeps him going past the glory days of the '90s.

page 8

NEXUS

camosun's student voice since 1990

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SEND A LETTER

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

OVERHEARD AT NEXUS: "I'm a social bumpkin."

COVER PHOTO: Kevin Light

editor's letter

Time to get sporty

It goes without saying, but maybe we don't say it enough: sports are a huge part of life for many students. Given that our offices are on Camosun's Lansdowne campus, we're pretty removed from the day-to-day goings-on of Camosun's sports teams, the Chargers, who call Interurban home. But they're a part of student life, so our contributing writer Adam Marsh has caught up with them for our feature story (see page 6) to find out what the school's basketball, volleyball, and golf teams are up to (spoiler: good things).

Marsh didn't stop there: his story also looks at teams off campus to give a quick but thorough overview of what's happening locally in the sports scene. And it's only a beginning: there are many sports not represented at all, and hopefully in the weeks to come you'll see those represented on these pages as well.

Speaking of Interurban, we caught wind that some programs over there are switching over to a semester system next year, so we sent contributing writer Jessica Williamson out to get the details; see page 3 for the lowdown.

There's lots more in this issue, as always, but instead of detailing it, I wanted to take a minute to thank everyone for swinging by our 25th anniversary celebrations on October 22. Not only did you prove to us that you're all hungry (those éclairs flew off our table before a single *Nexus* person had a chance to try one; email us if you ate one and give us the review!), but you proved that what we do matters: we fielded tons of nice comments about the paper and the stories we've been running as of late, which means the world to us.

You know, working in this industry, I've had people telling me for about a decade now how print media doesn't matter. Not sure where they're getting this from: every day I get comments from people proving that it indeed matters, and in an era of oversaturation of pseudo-news online, I'd say it matters more than ever. Your positive comments lately prove that I'm right, which is why we're continuing on as your student newspaper, your student voice.

Greg Pratt, managing editor
editor@nexusnewspaper.com

flashback

25 years ago in *Nexus*



Student society mover and shaker: In "Student president resigns" in our October 30, 1990 issue, we reported that James Grey was stepping down as president of the Camosun College Student Society (CCSS). Grey said in his resignation letter that he had accomplished his main goal of establishing a student society that was autonomous and independent of the college, yet still influential within Camosun, which the CCSS is to this day.

New technology, old technology, confusing technology: The new Lansdowne library was

opening in 1990, and it had lots of extras in it. In "New library means expanded AV services" we talked about those extras. "Camosun faculty participating in an uplink to other schools is now a possibility," we reported. No word yet on what that means.

Bike advice for the ages: We gave some advice in our *WhyCycle?* column that still holds true all these years later. Writer Dave Mosley cautioned cyclists in Victoria about not doing anything "stupid" while on two wheels. "You'll get hit," he warned. "And the car always wins."

open space

People with disabilities deserve respect too

JESSICA WILLIAMSON
CONTRIBUTING WRITER

Imagine being a high-school student, getting lunch, struggling to get to class, and dealing with judgmental teachers. Sound familiar?

Now imagine being a student with cerebral palsy. This condition affects motor skills, muscle tone, and movement, and can lead to many other health issues impacting vision, hearing, speech, and learning.

All Ciarra wanted was to be addressed directly.

It's easy to notice three kinds of people in the community when there is someone with a disability.

There are people who stare, point, and whisper to whomever they're with and make the situation unbearably uncomfortable.

Then you get the people who, in fear of getting trapped in an awkward situation, act like the other person is completely invisible.

Just because someone thinks, moves, or speaks differently than you do doesn't mean they should be alienated from social interactions and opportunities.

So, add cerebral palsy on top of the list of typical high-school pressures, and you've definitely got a challenge at hand. The real issue here isn't the adequate staffing, facilities, or funding, but the social aspect of going through school alone.

I have a friend, Ciarra, dealing with cerebral palsy, learning disabilities, and social stigma. Ciarra, who has now finished high school, would go weeks at school without a single peer acknowledging her, engaging her, or even simply touching her hand or shoulder.

This exclusion was painful, and the hardship of going through high school with mainly staff, workers, and health-care aides as "friends" is not something she will easily forget.

I understand how, in an encounter with someone you've never met before who uses a wheelchair or has a disability, interaction may be stiff, forced, or uncomfortable at first. Also, it may be hard to judge the degree of their impairment. One of the things Ciarra hated the most was when children would walk up to her mother or worker and ask, "What's wrong with her?"

This typically involves averted eye contact and zero acknowledgment. Also, they don't typically respect the space bubble that someone who uses a wheelchair needs.

Then there is the preferred interaction, where the person knows how to treat the situation correctly: respecting the unique requirements that person may need, not judging or making anyone feel uncomfortable, and, beyond that, treating everyone the same. If you generally nod and smile at people, keep that up; this is how you create inclusion in the community.

Treating someone superficially and judging their intellect by their apparent disabilities is something that, as a culture we need to change. Just because someone thinks, moves, or speaks differently than you do doesn't mean they should be alienated from social interactions and opportunities.

People need to be kind and respectful to everyone else they see in their day, regardless of whether they have a disability.

You may never know the impact just a simple "hello" will have on that person, so why not reach out and make someone's day better?

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

SPEAK UP

Do you follow local sports?

BY SARAH TAYLER



MATT GADD

"I do. I follow the Shamrocks and Rebels."



ABBY DROUGEL

"No, I don't. Sports don't really interest me, but it's fun to go to a game every once in a while."



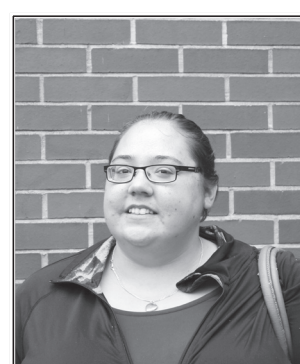
LOGAN SIMONSON

"Cycling. I just don't really like team sports, which is usually what's being talked about."



RICHARD WHITTING

"Not specifically, no. Too much of a hassle, I guess."



KATHRYN CUTCHEY

"City-wide, yes. Camosun-specific, not yet. We're starting to watch the Victoria Royals. We watched the Wildcats a bit over the summer."



FELICIA MORGAN

"A bit; mostly hockey or soccer."

college

Interurban technology programs to switch to semester system



PHOTO PROVIDED

Camosun chair of Mechanical Engineering Ross Lyle says the college has worked to make a smooth transition.

JESSICA WILLIAMSON
CONTRIBUTING WRITER

Technology programs at Camosun College's Interurban campus are switching to a semester system in September 2016. The programs are currently on a quarterly system, as opposed to programs at the Lansdowne campus, which are on the semester system.

Redesigning the courses to fit into a semester system will allow for more co-op placement opportunities for students and also give them the chance to participate in college-wide events such as graduation.

According to Camosun chair of Mechanical Engineering Ross Lyle, this switch hasn't come without a lot of serious consideration first.

"It was a mandate from administration," he says. "VP of education

John Boraas felt that this was a good move to make. We've talked about it many times, and so he said, 'Well, let's make it happen.'"

Lyle says that the college has worked to make the transition smooth for those students who will be enrolled in the programs when they transition. He says students currently in the second year will, "ideally," finish up at the end of summer and graduate on the quarter system.

"We've worked really hard to try and keep all our students over the summer," he says. "We actually set up some additional instruction for students that were behind in some courses so they could stay caught up and not fall behind."

He adds that students who are in their first year will have a slight

change in their schedule in 2016.

"The students that started this September will be switching over to the semester system in the fall of 2016, so they're going to be going through and finishing up until the end of June," he says. "Then they'll be returning earlier than they would have if they had been on the quarter system; they'll be starting at the beginning of September as we move into the semester system."

Lyle admits that with that earlier return comes a downside, at least for some students.

"Those students will actually be getting a shorter summer," he says, "so that's going to have an impact—it means they will not be able to get a regular co-op work term. They can get regular employment, but they won't be able to get co-op

"Those students will actually be getting a shorter summer [the year the programs transition]—it means they will not be able to get a regular co-op work term. I'm speaking specifically to Mechanical; I'm not sure about the rest, but I suspect it's the same."

ROSS LYLE
CAMOSUN COLLEGE

work experience. I'm speaking specifically to Mechanical; I'm not sure about the rest, how they're going to do. But I suspect it's the same."

Along with the change to the semester system, more prerequisites have been added for certain programs (this won't impact students who are already in the programs).

"There are some changes here that will impact students that are inquiring into our program in the future," says Ross. "We've changed both Civil and Mechanical to have Chemistry 11 as a prerequisite. The other thing we've done is in Mechanical, we've changed Physics 11 to Physics 12; a large number of students coming into our program have that already, but it will impact some students who are coming into our program."

Third-year Human Resources student Robin White is welcoming Interurban's switch to semesters, if for no other reason than a very practical one.

"It will make Camlink [on Camosun's website] easier to deal with. When I was first starting here, I was like, 'Am I a quarter or

a semester? I don't know.' I think it will be a lot simpler for first-years," says White.

There are pros and cons to any program modification, according to Electronics and Environmental Technology instructor Ian Browning.

"Well, just from an educational point of view, you can argue that it's better to break things down into smaller chunks, to get the points across better, or you could say, 'Well, it's better to have a longer time to get more depth.' So it depends on your point of view," says Browning.

Browning says that there shouldn't be implications to students other than the changing dates.

"The current students, they shouldn't notice any difference," says Browning. "They'll see that the dates will change, they'll still complete the program as before. You won't even notice a difference, in that respect. It is a new program, but at the same time it's been redesigned to be improved. Really, that's the only difference. There shouldn't be any impact."

NEWS BRIEFS

Student society offers Christmas hampers

Students can pre-register to receive one of 80 hampers (40 at Lansdowne and 40 at Interurban) the Camosun College Student Society (CCSS) is making available to those attending Camosun this holiday season. The hampers will be available to students on Monday, November 30 and will include food and other essentials to help students in need through the holidays. Students looking to get one of the hampers should email the CCSS at ccssplan@camosun.ca. Be sure to include your name, student number, and phone number, as well as what campus you want to get the hamper from.

Camosun instructor receives scholarship award

Mechanical Engineering Technology instructor Kathy Tarnai-

Lakhorst was one of three recent recipients of the Engineers Canada-TD Insurance Meloche Monnex scholarship. The award, valued at \$7,500, will go toward her research, which looks for ways to encourage young women into postsecondary engineering programs.

Camosun VP re-elected to Greater Victoria Chamber of Commerce board

Tom Roemer, VP of strategic development at Camosun College, has been elected to the Greater Victoria Chamber of Commerce board of directors for the fourth year in a row. Roemer is one of 17 board members at the Chamber.

Camosun ranked one of Canada's top 50 research colleges

According to an annual report of Canada's top 50 research colleges,

released by Research Infosource Inc., Camosun College attracted a total of \$1,612,000 in total sponsored research income during the reporting period. This is an increase from last year's income during the same period and ranks Camosun at 33rd in the country.

Give your input on transit

The Victoria Regional Transit Commission wants input on the local transit fare structure system. The transit system is funded through fares, local property taxes, provincial government grants, and fuel taxes; the commission is responsible for setting fares and the property-tax levy for this region's transit. Since the start of the review process, over 2,000 people have given input through online surveys, emails, phone calls, social media, and letters. To add your thoughts, take the survey at bctransit.com, send an email to [\[bctransit.com\]\(http://bctransit.com\), call 250-995-5683, or mail a letter to Fare Proposal, Box 610, 520 Gorge Road East, Victoria, B.C., V8W 2P3.](mailto:fareproposal@</p>
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Rentals in Victoria

A resolution calling for changes to federal tax treatment to increase Victoria's rental inventory is now part of the Canadian Chamber of Commerce's policy agenda. Victoria's vacancy rate for rental accommodation is 1.2 percent.

Pay your age for the ballet

For the 30th anniversary presentations of Ballet BC, Dance Victoria has come up with a fare breakdown that is advantageous for students. Show them proof of your age and your student status to get a ticket that costs your age. There are a limited number of tickets; call the McPherson Box office at 250-386-6121 for more info. Oh, and you don't just look five years older because of the

stress—the tickets are subject to a \$5 service charge. Performances will start at 7:30 Friday, November 13 at the Royal.

-PASCALE ARCHIBALD

Got a news tip for us? Is there something Camosun students are talking about that we should know?

Email editor@nexusnewspaper.com so we can look into it.

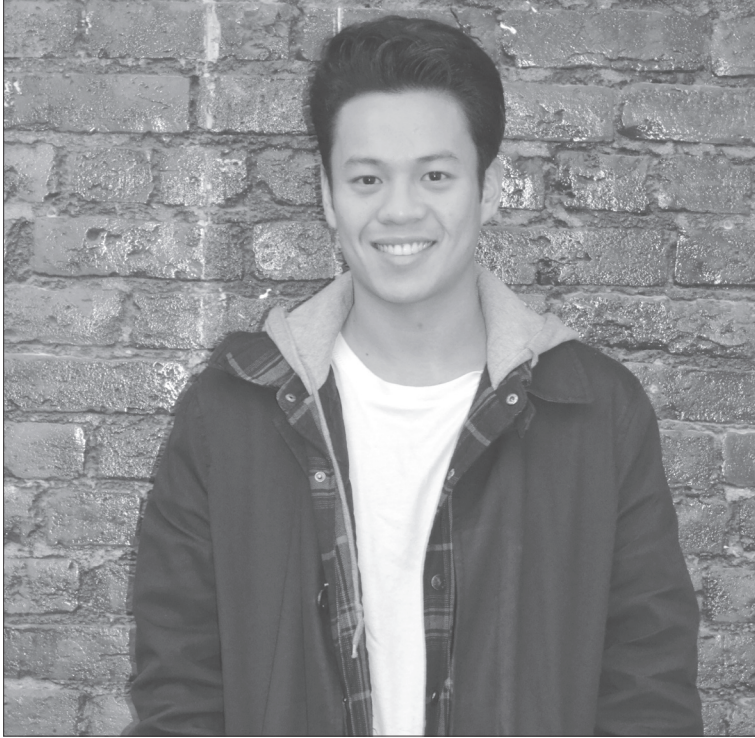
And, while we've got you: want to be a news writer? If you're a Camosun student, you're eligible to write for us!

Stop by our office (Richmond House 201, Lansdowne campus), email us (editor@nexusnewspaper.com), or call (250-370-3591) today to find out how you can get started.



student activities

Camosun DECA club not just for business students



JILL WESTBY/NEXUS

Bobby Tiet of Camosun College's student DECA club.

RACHAEL GRANT
CONTRIBUTING WRITER

Camosun's DECA club has been one of the most active clubs at the college for the past several years. DECA (which originated in the USA and was formerly known as Distributive Education Clubs of America) focuses on training youth,

particularly in the development of leadership skills.

"It's basically preparing the next generation of emerging leaders in areas such as business, hospitality, and management," says Camosun DECA president Bobby Tiet.

Tiet says that even though the club has a fairly high profile, that

"Camosun DECA is for people who want to get more than a grade and lectures."

BOBBY TIET
CAMOSUN DECA CLUB

hasn't always been the case, which was something the Camosun chapter set out to change.

"I think a good analogy for DECA is that it's a unicorn," says Tiet. "You hear good things about it, you want to touch it, but you can never find it. Our whole goal since 2011 has been to add transparency to the club, and for people to really get a clear understanding of what DECA is."

Tiet says that all Camosun students are welcome to benefit from what they have to offer, which can really add to the college experience.

"Camosun DECA is for people who want to get more than a grade and lectures," says Tiet, adding that the club is ideal "if you want to develop that leadership attribute, if you want analytics, and also if you want to just meet other people that you normally wouldn't outside of this school."

Tiet understands that there's a common assumption that DECA is just for business students, but he insists that the club is for anyone attending Camosun.

"We do originate from the School of Business, and we do case competition business scenarios that tailor around what Business students are learning and applying that to real-life business scenarios, but it's a lot more than that," he says. "You are networking internationally, you're making new friends, and you're being exposed to something you wouldn't if you didn't take on this opportunity."

DECA prides itself on being a key step in the making of many public figures, some of whom are now household names, says Tiet, including celebrities like Jay Leno and Courtney Cox. But it's not just the big names that makes getting involved in DECA an appealing idea.

Tiet says DECA is a great way for students to build skill sets.

"I think the biggest one is confidence. I mean, for me, back in 2011, I was one of those kids in class that would never put up their hand. I was 18, so I was fresh out of high school, and, to be honest, I joined DECA because I wanted to travel," says Tiet, adding that being active in DECA meant "going on vacations that you could put on your résumé."

Tiet admits that although he didn't see the competitions as being very important when he first became involved in the club, he saw the benefits of them soon enough.

"When you are surrounded by so many people that are better and smarter than you, and are always challenging everything, it really elevates you up to that level," he says. "Personally, DECA got me my dream job working in a career that I'm going to school for. I know that if I hadn't been exposed to DECA my first year, I wouldn't be where I am today."

Tiet says that one of Camosun DECA's main objectives is to build campus life, and he encourages students to come and see what they do; see camosundeca.ca for more.

know your profs

Camosun's Ian Browning's light bulb goes on

GREG PRATT
MANAGING EDITOR

Know Your Profs is an ongoing series of profiles on the instructors at Camosun College. Every issue we ask a different instructor the same 10 questions in an attempt to get to know them a little better.

Do you have an instructor that you want to see interviewed in the paper? Maybe you want to know more about one of your teachers, but you're too busy, or shy, to ask? Email editor@nexusnewspaper.com and we'll add your instructor to our list of teachers to talk to.

This issue we talked to Camosun Electronics and Environmental Technology prof Ian Browning about light bulbs, dark chocolate, and Camosun's future.

1: What do you teach and how long have you been a teacher at Camosun?

I teach various courses in the Environmental Technology program (biotechnology, microbiology, horticulture, etc.) and in the Electronics/Renewable Energy program (analog and power electronics, programming, etc.) and have been at the college since 2003.

2: What do you personally get out of teaching?

It's great to see students have those "light bulb moments" (sometimes with actual light bulbs) when the pieces suddenly fit together and make sense. It's also great when I get to have a light bulb moment—it's amazing what you can learn from students if you pay attention.

3: What's one thing you wish your students knew about you?

I think they get me figured out quite quickly on their own, so I hope they know that I am always approachable and interested in what they have to say.

4: What's one thing you wish they didn't know about you?

They should never find out that eating good quality dark chocolate has been shown to raise serotonin levels in the brain and cause instructors to mark papers more generously—let's keep that one a secret.

5: What's the best thing that's ever happened to you as a teacher here?

There's no one "best thing" I can

think of, but there are many small daily interactions with students and colleagues that make teaching here a pleasure.

6: What's the worst thing that's ever happened to you as a teacher here?

Losing two valued Electronics department colleagues to cancer.

7: What do you see in the future of postsecondary education?

With the availability of so much quality online material, physical institutions will need to provide more of the things students can't get through a computer screen, such as more opportunities to engage with each other and with faculty face-to-face, and hands-on activities such as labs, workshops, field study, and real projects in the community. Camosun is already good at doing this and, I think, heading in the right direction. Also, I would like to see more project and applied-research solution-based learning in addition to the traditional subject-based courses. Many of the most pressing problems society needs to address don't fit into a neat category, and students would benefit from hav-

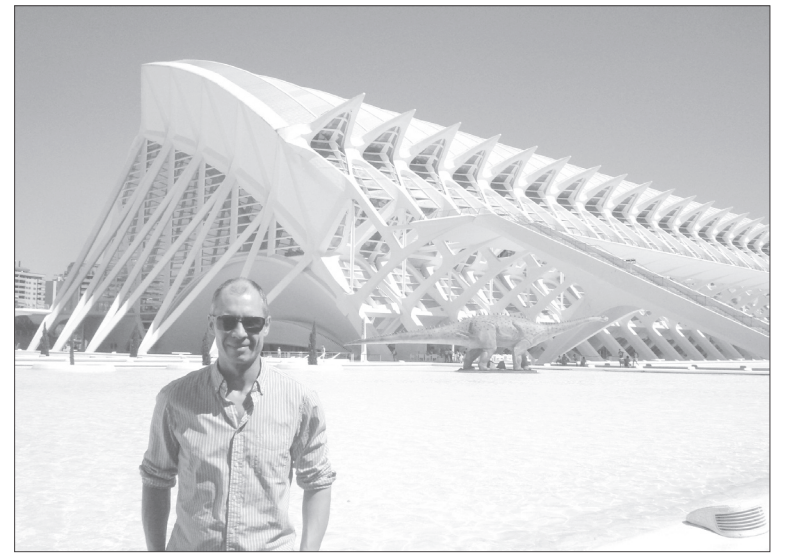


PHOTO PROVIDED

Camosun College's Ian Browning does not like checkout zombies.

ing more opportunity to engage in such multi-dimensional learning environments.

8: What do you do to relax on the weekends?

I like to get outside as much as possible, hiking, paddle-boarding, gardening, or simply enjoying Victoria's wonderful climate and scenery. I also play African percussion (big drums!) for a local community group, dabble with the didgeridoo, and occasionally fumble

around with a Flamenco guitar, just for fun.

9: What's your favorite meal?

Anything with wild salmon, enjoyed with good company, and washed down with a good wine.

10: What's your biggest pet peeve?

Checkout zombies! Pack your own shopping, people, and we'll all be able to get on with our lives more quickly.

As part of our 25th anniversary celebrations, we started an Instagram account! Come see our pictures of student life and Camosun happenings.

While you're at it, we're also on Facebook and Twitter, you know...

Find us as nexusnewspaper on all three. See you there!

gaming

The most boring video game in the world returns for fundraiser



PHOTO PROVIDED

A scene from last year's Desert Bus for Hope fundraiser event.

WENDY SNEDDEN
CONTRIBUTING WRITER

Mark your calendars, gaming enthusiasts: Desert Bus for Hope returns on November 14. This unique event mixes philanthropy, gaming, and all things nerd culture.

Desert Bus for Hope is an annual charity event that raises funds for Child's Play, a Seattle-run game-industry charity focused on raising

funds for children's hospitals and sexual-assault resources.

Desert Bus for Hope project manager James Turner says that the money raised ends up funneled to lots of different places around the globe.

"It's always been that one charity Desert Bus for Hope feeds into," says Turner, who is also a member of Victoria-based YouTube com-

"Why Desert Bus?
Because it was there and it made us laugh, and to be honest, it is a very boring game."

JAMES TURNER
DESERT BUS FOR HOPE

edy group LoadingReadyRun. "I think they're up to 90 hospitals now across the world."

During the event, staff and volunteers play *Desert Bus*, an incredibly boring video game where you drive a bus from Tuscan, Arizona to Las Vegas, Nevada in real time. The first hour raises \$1. With each hour that passes, viewers must donate seven percent more to keep the fundraiser going.

"We do it for as long as people keep giving us money," says Turner. "At this point, nine years in, we know that it runs for about six and a half days. But it gets to the point where it costs so much money to keep us going that we just can't raise that kind of cash anymore."

The idea of doing something to support Child's Play was originally Turner's.

"Eight years ago, LoadingReadyRun had this tiny little fan base, and it seemed like we could do something with it to help this charity I had been donating to."

Paul Saunders, one of the original LoadingReadyRun members, found the game online and wanted to do something with it. At first, they wanted to play the game and film themselves for their YouTube channel, but instead they decided to do that as well as raise money for the charity Turner was interested in supporting.

"We were like, okay, well, we might as well do something useful with it," says Turner. "Why *Desert Bus*? Because it was there and it made us laugh, and to be honest, it is a very boring game."

Desert Bus for Hope has grown from a small, impromptu event held in a living room to a professionally organized (and professionally catered) fundraising marathon.

"In the beginning we would feed each other," says Turner. "It would be like, all right, shovel this

spaghetti in, or in the early years it was cookies and cake and pop. Now it's catered by a real place and we eat actual food."

Catering isn't the only way Desert Bus for Hope has changed over the years; the organizers have also experimented with a variety of schedules. After much juggling, the crew found a schedule that worked.

"Everyone has an eight-hour driving shift," says Turner. "If you're not driving then you're either at home resting or you're a co-pilot, which is basically the people who are running the show."

According to Turner, the hope is that switching to eight-hour shifts will ensure that one of the 19 drivers will always be playing the game, while also affording all involved plenty of opportunity to get on camera doing challenges, singing silly songs, or acting in fun skits.

Desert Bus for Hope now has over 15 staff members working throughout the year, as well as 45 volunteers dedicated to keeping the show on the road. For more information, or to watch their live webcast of the event, visit desertbus.org.

campus happenings

N25 hits Lansdowne campus



JESSICA WILLIAMSON/NEXUS

Nexus was in full force at the Lansdowne campus of Camosun College on Thursday, October 22 to celebrate our 25th anniversary.

We gave out free donuts, cookies, coffee, and pens and launched our 25th anniversary issue. Thanks, Camosun students!

Dunlop House Pub

At Camosun College

November 5 - Outdoor camping

November 12 - Stone age

Every Thursday from 4 to 6 pm.
Off Lansdowne Road,
across from the Camosun staff parking lot.

WHERE LEADERS ARE MADE

Find Your Voice. Speak Your Mind.
Lan: 6:45 PM Thur, Paul 216 Int: 5:15 Tue, Campus Ctr 320
Info on the web: <http://camosuncollege.toastmastersclubs.org>

Fresh From The Harvest Dinner

Join the Camosun Hospitality Management students and the Island Chef's Collaborative for a 5-course gluten free dinner at The Atrium on November 14th, from 7pm-10pm.

All proceeds will be going to the Growing Chef's Program, a non-profit organization teaching children how to cook, and importance of healthy eating and sustainability.

Single tickets: \$85.00 + GST
Table of 8: \$600.00 + GST
With additional wine pairing and live auction

Victoria shoots A look at the local

By Adam Marsh, contributing writer
Photo by Kevin Light

With the school year in full swing, the Victoria sports scene is hopping once again. It's readily apparent here on campus: the Camosun Chargers have hit the ground running with a collective total of six wins in men's and women's volleyball. The Chargers golf team brought home gold after years of being the runner-up. There is undoubtedly something special about walking into Camosun's Pacific Institute for Sport Excellence and hearing the roar of a crowd who have come together out of one collective interest: sports.

And it's not just around Camosun that things are heating up: off campus, the Victoria Royals won seven of their first 10 games, and the University of Victoria's Vikes have a ton going on as well. Plus, baseball fever isn't just limited to what the Blue Jays managed to do this year: it's happening on fields around town as well.

If your teams are being dominated, or if you just seem to be getting all the unlucky bounces, the venue of choice can be a numb and mournful place to be. Luckily for Victorians, our teams are firing at all cylinders of late. The city certainly responds to both success and failure, but lately it's been more of the former for Mile Zero's teams; here's a rundown of some of the key sports around town and what some of the teams involved are up to (with apologies to those we couldn't get to in this quick overview).

Basketball

The Camosun Chargers men's and women's basketball teams kicked off their season on October 30 in Nanaimo against Vancouver Island University. Men's basketball head coach Scot Cuachon says that he is happy with how things are coming together but hopes to push his players a little more this year.

"We're a little bit deeper as far as players and community, so we're hoping to push the pace a little more," he says. "We're a little bit older, so the leadership hinges on a few more guys, and hopefully because of that, we won't have any effort issues. At the same time, when you go six days a week, there's certainly a point in that week where guys are going to be a little bit tired. But motivation and effort are intrinsic."

Everyone has a style of play that works for them, and Carl Macdonald, head coach of Camosun's women's basketball team, says that it is all about quick transition basketball.

"We use a combination of quick basketball, which is called transition basketball, to score as quick as we can from when we get control of the ball," he says. "And, of course, you have to play great defence to be able to do that, so we focus on both transition and defence."

Macdonald, who hails from Guelph, Ontario, led the Central Vancouver Island Basketball Club to win the championship back in 1999. He's looking forward to having a great start this year, but he is also aware of the team's obstacles: he's quick to point out that a big part of the problem with getting students aware of the Chargers is that Camosun is spread out over two campuses.

"Even though most of our players go to school at Lansdowne, there's not a lot of connect between the two campuses in terms of sports," he says. "It needs to be promoted better so that the student body knows what's going on and when and where our games are."

There are a few changes to the women's basketball roster this year, including forward Jade Heavener and guard Michaela Witte.

"Our players work just as hard as the players at UVic," says Macdonald, "or anybody who plays any sport in the city. All our players compete with as much intensity as anybody else."

The women finished fourth in the province last year and will play their home opener against Quest University on Friday, November 20 at 6 pm at the Interurban campus, followed by an afternoon game the next day at 1 pm.

"We're putting the finishing touches on our game and we expect to be ready to go," says Macdonald.

Over at UVic, the Vikes players hear the squeak of their Nike high-tops in the new Centre for Athletics, Recreation and Special Abilities (CARSA) athletic building.

"It's a world-class facility," says Craig Beauchamp, head coach of men's basketball at UVic. "The season is progressing really well. One of the things we can do now is attract our fans into a first-class facility and first-class entertainment."

Despite the absence of professional sports, both Beauchamp and Dani Sinclair, head coach of the Vikes women's team, say that Victoria is the place to be for basketball.

"Victoria is a really special place to be because of the history here with [former Vikes coaches] Ken and Kathy Shields," says Sinclair, a former Vike herself. "What I really appreciated as a player and now as a coach is that because there's not those professional sports in the city, there is a lot of support for amateur sports, and we get a lot of support from the community and from the student population."

Sinclair compares Victoria to her hometown of Hamilton, which, being close to Toronto, centres largely on professional sports; however, it is also where many of UVic's top female basketball players hail from. Sinclair says that the team, who won two of their first three games, is coming together very nicely for the 2015-16 season.

"We just flew back from a weekend in Montreal. Those trips are always really good for team chemistry," she says. "We have five new girls. It was a really good weekend on and off the court."

Sinclair points out that going from playing for the Vikes to coaching them was quite the

adjustment, as most competitive athletes might imagine.

"It took a couple years once I started coaching at the high-school level to get over not being a player anymore. Your instincts make you want to jump on the court and get it done yourself. I'm old enough now that I don't really feel that way anymore, so you just approach it very differently. They're both really exciting in their own way, but as a player, you're so much more directly involved in the outcome of the game. Being a coach is more cerebral than physical."

The CARSA facility, which may be home to some Chargers athletes in the future if they attend UVic after Camosun, holds over 2,000 people and is just one more thing for Victoria to be proud of with respect to amateur sport.

"The culture of basketball in Victoria has been second to none over the last 30 or 40 years just because of the history of success," says Sinclair.

The UVic men's basketball team lost 70-88 to Eastern Oregon on October 30, then on October 31 lost 59-88 to the College of Idaho for a record of 0-2 in the Quinn Classic Tournament. Their next game is November 6 against Trinity Western, in Langley.

The women's team lost 65-74 against Thompson Rivers on October 31, and then won 76-70 against Macewan University on November 1, for a record of 5-3. Their next game is November 6th in Langley, B.C.



and Victoria scores sports scene, on and off campus



Golf

Over at UVic, Vikes golf coach Justin Clews is quick to point out that golf is a unique sport because it is often more psychological than it is physical; the team even uses the services of a sports psychologist.

“She’s working with the players on the mental side of the game,” he says, “developing scenarios or how to overcome a shot if you have a bad hole. The most elite golfers are those who are the mentally strongest.”

There is a huge element of composure and discipline to all sports. (Tiger Woods’ father used to jingle coins in his pocket to teach his son to deal with inevitable mental distractions.) Clews admits that as a coach he sometimes feels “kind of helpless.”

“It’s more stressful to watch and coach, to be honest,” he says. “It’s a whole different element. When you’re a player, you have more control. When you’re coaching, it’s almost more difficult, because you can’t hit the shots. I might see the shots and I can explain what I see to the players, but whether it’s executed or not is completely out of my control.”

Clews says that teaching players how to read a putt is one of the biggest elements of coaching.

“I found that the biggest success is asking the players what they see in a putt or a shot and then just reassuring them that it’s probably the best thing to do,” he says.

Clews recognizes that as well as being athletes, his players are also students who have papers due and deadlines to meet, just like the rest of us, and that they still need an education off the course.

“College golf is pretty special,” he says. “These kids that go to school are here to get a great education. The fact that they can play competitive golf against competitive schools is a real privilege, and I think they can apply a lot of what they learn in a team situation with their teammates and the development of their game to everyday life and their career.”

The Camosun Chargers golf team competed in nationals in Chilliwack on October 3 and 4, taking home a gold medal (requests for an interview were unanswered by deadline).

Volleyball

The best offence is not a good defence: that’s just one of many lessons that Chargers men’s volleyball head coach

Charles Parkinson has learned in his career. Before he made himself at home in front of drawing boards and on the sidelines, Parkinson was the captain of the Canadian men’s volleyball team, and that is exactly the experience he tries to harness.

“I spend a lot of time at the international level analyzing the film,” he says, “and I try to break that stuff down, and I talk to a lot of the national team athletes and the coaches and ask myself, ‘What can I bring back that is current at the international level, but that our guys can play? And can we adapt the systems that are being used internationally and sort of weave them into our games to make ourselves better?’”

The systems Parkinson is referring to consist of really strong serving, blocking that is equivalent to a brick wall, and pure physique and athleticism in the back row.

“We try to sort of knit together guys with different skill sets to make the whole team,” he says, “and to play a style of volleyball that is both powerful and very fast.”

This aggressive, hybrid coaching style won the Chargers the Canadian Collegiate Athletic Association (CCAA) championships last year.

Parkinson has a true passion for helping young athletes grow, and the fact that he won the championships with a relatively small pool of athletes compared to larger cities speaks volumes to his coaching ability. He says the players are great to work with.

“We’re passionate about our sports, but we’re also really passionate about Camosun and I think those two are really strong ingredients that help put your institution on the map,” he says. “It drives more people coming here, it makes you feel proud of the school and all of those things that are positive about sport.”

Chris Dahl, head coach of Chargers women’s volleyball, points out that there are subtle differences between men’s and women’s volleyball.

“Make no mistake, when you look at the men’s game and you see how physical it can be, and how offensive it can be, we definitely want those aspects to be part of our game as well, and they are...in the women’s game, the rallies are longer. The name of the game is scoring points faster than your opposition without relying on them.”

The women had a stellar opening weekend against Vancouver Island University, defeating them in a 3–0 sweep two days in a row, for a record of 6–0. The men’s team is also on top of their game after a championship year, with a record of 5–1 so far.

“I was really impressed with our opening weekend and the crowd,” says Dahl. “The community here is great. Our next home games are November 6 and 7, and it would be great to continue to see more faces in the crowd because the athletes thrive off of that.”

Hockey

The Victoria Royals got off to a sharp start this year, winning seven of their first 10 games. After spending a week on the road in Spokane and Seattle, they suffered back-to-back losses and seemed to have trouble snapping out of it, but centre Alex Forsberg says it’s vital that they don’t let it get them down and that they stay on top of their game. Forsberg, who played for the Prince George Cougars and the Saskatoon Blades before coming to Victoria last year, is coming off his best year ever with the Royals.

“In Saskatoon, I was close to home, so it was nice to play there,” he says. “Then I came here, and this is really the first chance I got to win games every night, so I was really excited when I got here.”

Thriving off the excitement and adrenaline of the city, Forsberg had 25 points last year after playing 30 games. “We practice in the morning, which is what pro guys do,” he says about playing with the Royals. “Just little things like that; everything is a little bit more exceptional. We have more of a pro mentality with Dave [Lowery] coaching us.”

Forsberg also has a brother, Jesse, who played five years in the Western Hockey League (WHL), both with and against Alex.

“Jesse got traded to Seattle, and I played against him a few times. He took it easy on me a bit. He had a chance to throw me up a few times, and he didn’t hit me as hard as he could have,” says Forsberg with a laugh. “It was a lot of fun.”

And that accurately describes the atmosphere when you walk into Save-On-Foods Memorial Centre. Fans are dressed head-to-toe in Royals attire with hot dogs and drinks by their side. It’s an example of how sport brings people together: when the Royals score, thousands of people erupt, with some high-fiving total strangers.

“It’s really exciting,” says Forsberg.

The Royals defeated the Prince Albert Raiders 3–2 on Friday, October 30. With the win, the team now have a record of 10–5–1. The Royals’ next home game is November 13 against the Seattle Thunderbirds.

Baseball

The Victoria HarbourCats may be in the off-season, but that doesn’t mean that general manager Jim Swanson is sitting on a beach in Mexico drinking piña colodas and soaking up the sun.

“We’ve been working really hard on our recruiting, and that started before the season ended last year,” he says. “We’re hoping that we would have return players for this year, and that process continues still. Them coming to play for us next year has to mix with their education schedules. We’re confident that we’ve put together a team so far that will be stronger than what we’ve had. The key part will be to work on team aspects in May and June that will give this market the championship that we think it deserves.”

The HarbourCats were over .500 both on the road and at home last year, with a record of 29–24–1. They suffered nine straight losses early in the year but fought back with a seven-game winning streak in late June that put them back on the map. Swanson says that improving his bullpen is key.

“We weren’t as deep in our pitching last year, and pitching is what puts you over the top,” he says. “We needed to have a few more options late in the year. A huge part of what we spend our time on is growing our pitching staff and the back end of our rotation.”

Swanson also credits much of the success to the city of Victoria, which he says is unquestionably a baseball town. Come spring, many Victorians will be excited to get a hot dog and peanuts and relax at the ballpark.

“Baseball’s appeal is so much beyond the game. It’s something that families feel very comfortable with, seniors feel very comfortable with, and it’s got a great pace that allows people to enjoy themselves. Baseball has always been called a pastime, and I think that’s the right word for it, because you don’t have to deeply understand or love the sport to enjoy going to a baseball game. That’s the allure of baseball compared to hockey or lacrosse, where you have to have at least some grasp of the game to enjoy it.”

Swanson, who is a former professional baseball coach, took over for the HarbourCats in the fall of 2013; the team has since experienced huge success. Victoria led the West Coast League (WCL) in home runs, knocking 36 balls out of the park. They were also first in the WCL in attendance, with nearly 2,000 fans a game.

“We’re going to play our first home game on Tuesday, June 7,” he says, “and we’re home on Canada Day, June 30, and Father’s Day, which are highlight days for us.”

music

Matthew Good on *Chaotic Neutral* and the creative process

REBECCA DAVIES
CONTRIBUTING WRITER

Matthew Good's days topping the charts in the '90s with the Matthew Good Band may be over, but the musician is on his seventh solo album and is more creative than ever. Fans of *Dungeons and Dragons* will recognize the album title, *Chaotic Neutral*, as a character alignment in the game. Chaotic neutral makes characters unpredictable and individualistic, which Good says are also characteristics of the album.

"I played *D&D* for fucking 25 years. You have to know a bit about the game to understand it," says Good. "The gamut the record runs, it definitely has elements that are schizophrenic, and the first thing that comes to my mind is that alignment."

Schizophrenic indeed: *Chaotic Neutral* is all over the place, telling stories of lost sailors and children who have fallen down wells, as well as Good's own struggles with being bipolar. Good's vibrato voice and random sounds of animals and children playing in the background make the album sound like a morbid lullaby.

"Sometimes I'll have an idea and I find a way to tell it," he says about his creative process. "Something like 'Cold Water,' that's a story of ill-fated love. It's an early 19th-century English tale of a sailor and his wife used to get that point across. For something like 'Girls in

Black," I wrote that first verse and just thought it sounded really cool. Sometimes it's really poignant, and sometimes it's really organic."

Good's ability to be creative has kept him a staple in Canadian music for 20 years. Good's creativity stems from embracing his imperfections, and allowing them to help move his music forward.

"I played *D&D* for fucking 25 years."

MATTHEW GOOD
MUSICIAN

"Every album captures a moment in time," he says. "That's a lesson you learn, for me, at least. I think you start thinking about records and not trying to capture so much perfection. In the creative process that's important in regards to longevity, because it allows you to see the imperfection in something and then go from there."

Good has long used music as a medium for activism, drawing attention to poverty in Vancouver, the war in Iraq, and climate change; *Chaotic Neutral* is no different. A theme of mental illness runs throughout the lyrics, in addition to the reference to schizophrenia in the title. Good says his music is both created from his disorder and used to help deal with the disorder.



PHOTO PROVIDED

Matthew Good is just as creative as ever, seven albums in to a solo career.

"Now, after being diagnosed, and on proper medication, it's half and half. I think music comes from a place, and it's also used to cope with the place it comes from, whether you're really enlightened about that location or not," he says.

Good stresses the importance for writers to be themselves, which is sometimes the hardest thing to do.

"Don't try to write like anybody

else," he says. "You need to find your own voice, and don't be afraid for that voice to be an improper one. Find a way to do something that you're passionate about, and it's you, and that you're not afraid that it's you."

Even though Good says writers should stay genuine to themselves, he also thinks we're all still, as he put it in his song "Strange Days," "lying for a living" to get by.

"Don't we all, though? That's just part of the human condition, isn't it?" he says. "I don't think any person would be able to get through the day if we weren't doing a little bit of that."

Matthew Good
Friday, November 6
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music

Towers and Trees hope to use *The West Coast* to connect

JAKE WYATT
CONTRIBUTING WRITER

It's been a whirlwind three years for Adrian Chalifour. After the release of Towers and Trees' debut EP, *Broken Record*, the frontman for the Victoria rock outfit has kept himself busy.

Between a slew of tour dates, including a standout show at Rifflandia, the group has released their sophomore effort, *The West Coast*.

"I think it's very ambitious, very rich, very dynamic," Chalifour says about *The West Coast*. "Those are the three words I think of when I talk about the album. A criticism of this album that I would be happy to hear is that it's overly ambitious, that it tries to do too much, because that was the intent."

Broken Record was largely a solo effort, a passion project recorded in a friend's living room. *The West Coast* is more focused, featuring the production efforts of Alex Aligizakis and the contribution of Towers and Trees' ever-evolving lineup. The growth of the band was a key inspiration for the recording of *The West Coast*.

"We went back into the studio because *Broken Record* didn't sound like Towers and Trees anymore," says Chalifour. "Between the first album and the second album we had turned into a nine-piece band. I took these songs to the group and we turned them from these songs I



PHOTO PROVIDED

Victoria's Towers and Trees will be playing their next local show in January of 2016 at Sugar.

played in my bedroom to these rich folk productions we knew we were capable of because of the sounds we were achieving on stage."

The group tries to focus their efforts while playing live shows into creating an honest connection with their audience. Towers and Trees hope to transpose that energy into their latest album. It makes sense that Chalifour aims for this, considering where his musical journey began.

"The place I learned to play music was the church," he says. "The thing about playing music in

that kind of environment is that it's not a performance—it's a means of bringing a room full of people together for a common purpose. By total coincidence, almost all of the musicians who have been a part of Towers and Trees have learned to play music in a church."

That environment also helps fuel the creative process for Chalifour. He uses songwriting as a method of self-exploration; the creation of the album was a cathartic process for the frontman.

"Music was and still is a spiritual journey," he says. "It really started

as a way to connect with something deep inside of you. When you're 13 or 14 you're just a bucket of angst. But that's what it was about for me—it's about getting raw and real and connecting with something."

The first Towers and Trees album was influenced by a desire to uproot and escape. This time around, Chalifour has confronted his feeling of stagnancy head on, and also addressed how the west coast has helped shape him into the man he is today.

"It's called *The West Coast* because you can be standing on the

shore here on a sunny day and it's this pristine, calm, gorgeous, gentle thing. And you can be on the same shoreline in November and it's rough and it's rugged and it's raw. I think that really speaks to the dynamics of the record."

"The place I learned to play music was the church. Playing music in that kind of environment is not a performance—it's a means of bringing a room full of people together for a common purpose."

ADRIAN CHALIFOUR
TOWERS AND TREES

When it all comes down to it, the album is about Chalifour's life, and it's about where Chalifour lives.

"All the stories and all the scenes of my life that have unfolded, they've all happened here," he says. "This was the setting, this was the backdrop. It was very important to pay homage to that, and while I still wish to uproot and see other parts of the world, the reality is this is my home."

music
Jesse Roper drops new album for charity, gets lost in woods



AL SMITH

Jesse Roper's new album, *Food for a Day Acoustic Sessions*, is a benefit release for Victoria's Our Place shelter.

JESSICA WILLIAMSON
 CONTRIBUTING WRITER

When singer/songwriter Jesse Roper calls me to start our interview to chat about his new benefit album and tour, something seems off right away: he's completely out of breath.

"Hi, it's Jesse Roper here, and I'm on a little hike," he says, panting, making it difficult to make out his words.

Roper, who is from Metchosin, is squeezing in phone interviews between shows on an acoustic tour. He's also squeezing in hikes.

"Well, I'm just in Alberta right now," he says. "I'm actually, um, hiking up a... What am I hiking up? The Citadel? It's just on the edge of Nordegg and I've never been to Nordegg before, so I'm enjoying this a lot. I'm trying to get up to the top before the sun goes down."

Roper's current tour is giving all proceeds from his new album, *Food for a Day Acoustic Sessions*, to support Our Place, a homeless shelter in Victoria (proceeds from the sale of the album go to Our Place as well).

"Well, you walk around down-

town Victoria and [homelessness] is obviously a problem," he says. "And you can't ignore it because it's everywhere. I thought with the album it would be a nice way to give back to the community a little bit."

Roper grew up fortunate enough: he played hockey, went to school, and never missed a meal. But realization struck when he moved out on his own.

"I never really thought about where that was coming from until I left home," he says. "And I'm definitely not rich now, that's for sure. It was just the first thing that

came to my mind when this whole idea of putting a charity [album] together started. So I think now that I've got that going, I'd like to head more in that direction, but do it more towards the education side of things."

from daily life, Roper stays on top of current events and sings about the things that matter to him the most.

"It can be all kinds of things," he says. "I mean, heartbreak is always a good one; love is also on the other

"You walk around downtown Victoria and homelessness is obviously a problem. And you can't ignore it because it's everywhere. I thought with the album it would be a nice way to give back to the community a little bit."

JESSE ROPER
 MUSICIAN

Roper's current tour, which finds him playing a lot of house shows, is a shift from his normal festival schedule, but he's enjoying every minute of it.

"I've never done a house concert tour before, and I didn't know exactly what that entailed," he says. "So I've been showing up at people's houses and they'll have a big steak dinner made and everybody's interested in what you're doing, and everybody's talking. It's such a treat. I play at lots of big festivals, and that's very exciting, but this is such a refreshing tour, because I'm just by myself."

Drawing inspiration for music

side of the coin, too. In the news, you see all these stories of Syria and things like that. I also read a lot of novels about wartimes; that grabs my attention. I find myself writing about that a little bit, and the shootings down in the states."

Roper, still breathing hard at this point in the interview, shifts subjects when he realizes a more immediate concern in his life

"Um, I think I've taken the wrong trail down this mountain path," he says. "Aw, shit... I don't know if I'm going the right way or not."

Let's hope he made it out of there before the sun went down.

Music Bingo Mondays @ 7:30

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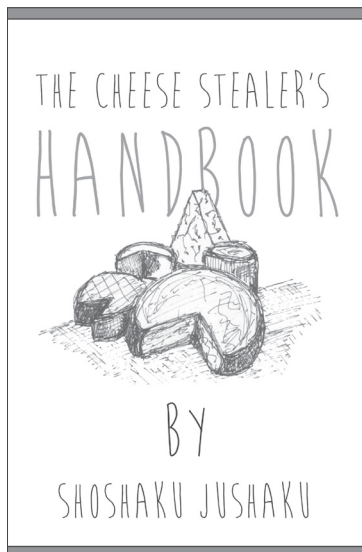
New book too mired in misery to enjoy

TASHA OLEKSHY
CONTRIBUTING WRITER

The Cheese Stealer's Handbook is a ruthlessly detailed chronicle of a struggling author's attempt, and consequent failure, at being a productive member of society.

Shoshaku Jushaku, an ironic pen name which means "life is one continuous mistake," uses his first book to share with us the minutiae of everyday life through the (bloodshot) eyes of a drug and alcohol addict.

Stumbling his way through failed relationships and successful substance abuse, our hero, referred to only as "Aky," narrates his painful story with darkly cynical humour and an impressive sense of detachment.



I wanted to sing this book's praises and use all sorts of synonyms that sounded better than "good." I

was going to report that *The Cheese Stealer's Handbook* was "insightful" and "thought-provoking" and "poignant." In the end, *The Cheese Stealer's Handbook* (a reference to Aky's propensity for dairy thieving) just left me with a sour taste in my mouth.

Maybe it was my inability to empathize with a perpetually stoned protagonist, but reading about Aky's never-ending screw-ups got old really fast. Witnessing his unstoppable self-sabotaging was both frustrating and saddening as a reader.

On one hand I wanted to shake Aky by the shoulders and tell him to get his life together; on the other hand, his tragedy reminded me of the real hardships faced by

addicts and directionless people everywhere.

Sure, there were some hilariously witty insights that Aky's drug-addled brain cooked up as he went from fix to fix, but they were not enough to offset the book's depressing effect. Joshaku didn't even have the courtesy to redeem poor Aky with a happy ending.

Call me emotionally vulnerable, but *The Cheese Stealer's Handbook* was just too distressing for me to enjoy. So read it at your own risk, and although the book won't actually teach you how to steal cheese from the Thrifty Foods down the street, there is a delicious fudge recipe on the back cover.

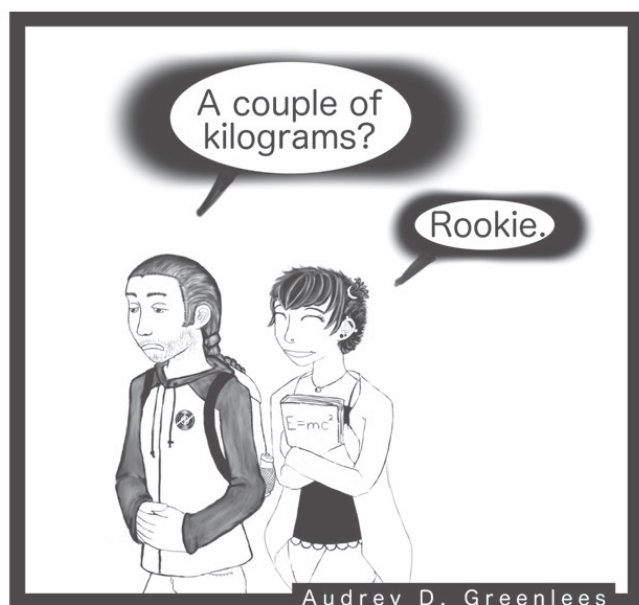
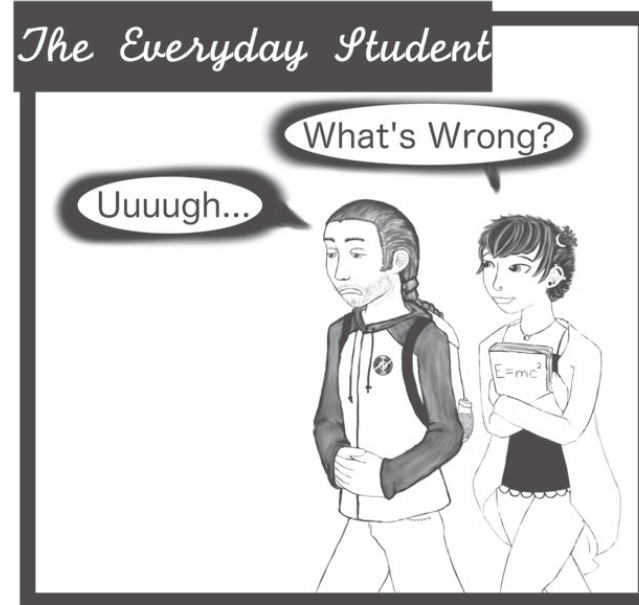
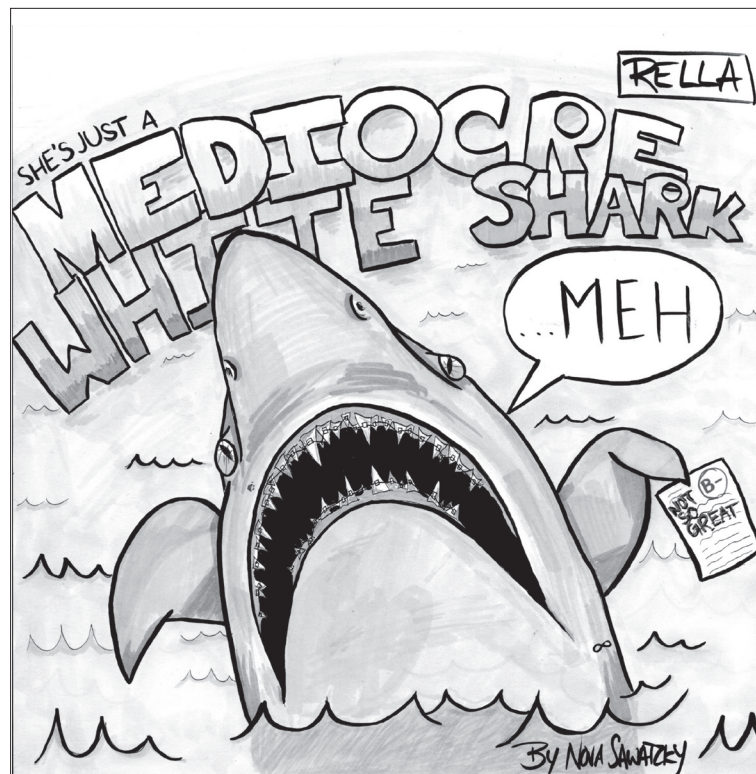
Maybe it's Joshaku's way of making amends.

NEXT ISSUE

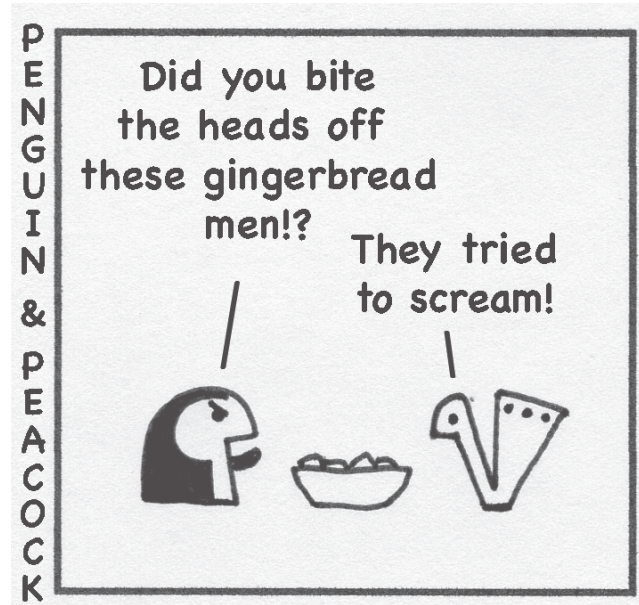
Camosun College Student Society election results, what the federal election outcome means to students, catching up with Current Swell, and more!

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Audrey D. Greenlees



by Jayden Grieve

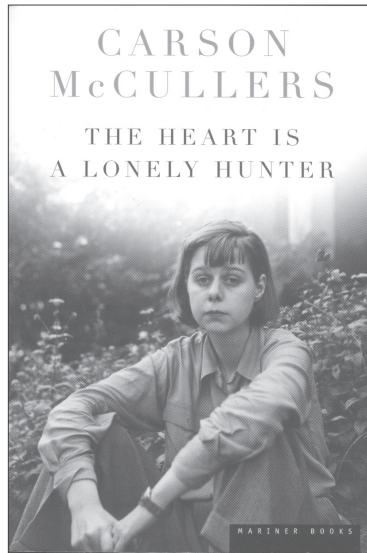
PENGUIN & PEACOCK



Lit Matters

by Keagan Hawthorne

The inside rooms of Carson McCullers



Aloneness and isolation are a part of the human condition, McCullers' characters seem to say, but it is how we deal with our loneliness that counts.

ently. Dr. Copeland, an educated black man, dreams of a “strong, true purpose” for his race while estranging himself from his family. Jake Blount, a frustrated labour organizer, is a self-destructive alcoholic whose rants slip often into mad ravings. And Singer walks alone at night; in his face “there came to be a brooding peace that is seen most often in the faces of the very sorrowful or the very wise.”

The misanthropic loneliness of the adults is contrasted by 14-year-old Mick Kelly, McCullers' semi-autobiographical stand-in. A clever, energetic tomboy, Mick retreats from the confusion of the world by going into what she calls her “inside room,” the place in her mind where she can be alone with her aspirations and her secret dreams.

The book is as much about the

condition of isolation as it is about the power we can find when we embrace loneliness and find ourselves, alone, in the center of our selves. It is from her inside room that Kelly looks out and finds the strength to dream up a better world than the one in which she lives.

Aloneness and isolation are a part of the human condition, McCullers' characters seem to say, but it is how we deal with our loneliness that counts. She gives us different visions of what embracing the solitude at our centre might look like, but in the end she leaves it up to us to choose which vision we will embrace for ourselves.

Carson McCullers must-read:
The Heart is a Lonely Hunter
(Public Library: Esquimalt Branch, paperback fiction)

“I am not meant to be alone and without you who understands,” wrote John Singer, a deaf mute who is at the center of Carson McCullers' beautiful novel *The Heart is a Lonely Hunter*.

Set in the depression-era south, the novel follows the lives of several townspeople who revolve around the mild-mannered Singer, each driven, by a unique loneliness, to seek his friendship and share their troubles with him.

Pushed to the outside of society, they all deal with isolation differ-



The Functional Traveller

by Sera Down

An important anecdote for my peers abroad

Ever since leaving Canada I've felt an ache in my chest, pleading to be soothed by a balm of maple syrup and pancake mix and a gauze of back bacon. Though I rarely consume these things at home, my cravings seem to be a symptom of cultural identity.

Being a first-generation Canadian daughter of an English immigrant father and South African mother, I've chronically struggled with the concept of being “Canadian.”

My upbringing is a patchwork of Danish traditions, English diction, and family lore of taming elephants and snake pits. I've always hated skating; I'd rather be steamrolled by a Zamboni than watch hockey; Canada Day is an excuse to stay away from downtown. I don't say “eh” and my home city is basically the California of Canada, with

temperatures rarely dipping below -2 C, at worst.

I am the single example of Canada among my acquaintances here in Japan. Am I qualified to be an ambassador for my country? If I felt conflicted about my status before, how do I own this title?

Being temporarily divorced from Canadian culture has made me realize a unique truth about being Canadian: I'm part of a cultural quilt that thrives off the traits our cultural heritage contributes to the constantly expanding whole. My lack of what I consider “Canadian” within myself is exactly what makes me, the daughter of immigrants, a true citizen of the Great White North.

This sudden surge of nationalism has become especially apparent since the recent elections. Stephen Harper's Conservatives have been

in power since I was 11 years old. The party's policy creating a second class of citizen based on alternate citizenship has weighed heavily on me through my formative years. I've always been cautious in calling myself “Canadian,” as by law I do not qualify.

The recent election, coinciding with my travels, has ignited a raw sense of nationalism within me. The change in government has provided a unfamiliar sense of hope and pride for a country I have watched teeter on the brink of militarization and classicism in the recent decade. The politics is a whole other discussion, but it remains true that this political shift has opened a hidden door that many first generation Canadians of my generation have been denied. Our foreign heritage enriches, not dilutes, the definition of “Canadian.”



Look

by Melanie Didrich

Balance and reading

I am a student and a writer, and I love to read. I used to loot book-cases of relatives just to indulge my addiction. Of course, now that it's mandatory I can't keep up.

In my bag are books from all my courses; there's a whole contingent of D2L words to absorb, read, attend, and respond to—when did reading become so essential? Some sort of reprieve is essential for sanity; a way of allowing myself to break free from the almighty word, that flashing neon sign in the sky that says, “Read me, read me.” It's this: balance.

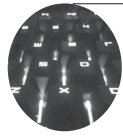
I'm probably the worst person to discuss balance: I didn't get the memo back in the days when balance was delivered. I do, however, allow myself to indulge my inner child, the one who screams at me to have fun, to play with hobbies, art, activities, and the computer (who doesn't know about Pinterest?). To that end I probably procrastinate my reading just a little bit longer than I

should, because, you know what? I want to have fun!

Fun: creative artistic dates with that soul inside of my shell that loves to go to the art store and buy up paints and drawing brushes, or head over to bookstores to browse the new novels that I promise myself I will read one day, or walk to local shops to view the local artists on display and believe that one day, I swear, I will be one of them.

Sometimes a hot chocolate and warm socks are all that are needed. Sometimes a furry pet and a romantic comedy on DVD will do it, too. Sometimes giving myself 15 minutes of free time to doodle on the back of my textbook is the greatest way to balance out my stress.

Maybe there will be postcards delivered to me through Mail Art on the topic of what makes people happy? Maybe my friends will want to break free from studies and have coffee? And, maybe, just maybe, balance will happen.



The Bi-weekly Gamer

by Adam Boyle

A legendary competition

The video game *League of Legends (LoL)*, recently wrapped up its yearly World Championship in Berlin. The event was at the Mercedes-Benz arena, filled with a sold-out crowd of 30,000 passionate fans.

LoL is a game where two teams of five players face off against each other in a battle to destroy the other team's base.

The Season 5 World Championship has been ongoing since the start of October and consists of the top teams from North America, Europe, Korea, Taiwan, and China, as well as two wildcard teams, paiN Gaming from Brazil and the Bangkok Titans from Thailand.

Starting off with a round-robin group stage, which took place in Paris, France, the 16 teams faced off for the top two seeds from their respective groups. Emerging out of the group stage, all three Korean teams came out looking strong, with fan favourites SKTelecom T1 going undefeated. Along with them, two European teams and the two Taiwanese squads passed on to the knockout stage.

Moving on to London for the quarter-finals, both Taiwanese

teams were knocked out. Europe and Korea performed superbly and got all but KT Rolster—one of the highly rated Korean teams—out and into Brussels for the semi-finals. Both semi-final matches were 3–0 sweeps, with SKTelecom facing off against rookie European team Origen and Korea's third-seed team KOO Tigers dismantling European powerhouse team Fnatic.

After a long battle to the grand finals, SKTelecom faced off against rival Korean team KOO Tigers in Germany. The first game was incredibly one-sided for SKTelecom after some great decision-making and team plays. Game two was much more even between the two squads until a poor decision by KOO cost them the game. Game three, however, went to KOO after an atrocious early-game team fight by SKT led to a snowballed lead. The final game was once again one-sided for SKTelecom, with KOO picking up just a single kill in the whole game. Star player Lee “Faker” Sang-hyeok picked up his second world championship title and hoisted the Summoners Cup along with his team to the roars of support from the crowd.

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sports word search

We're in a sporty mood after editing our feature (see page 6) about Victoria's sports scene, so we thought we'd list the first 20 sports that came to mind for the word search. Croquet? Don't ask. Bring the completed puzzle in to the *Nexus* office and grab a surprise prize for your hard work! Hint: it's a *Nexus* T-shirt!

- BASEBALL
- BASKETBALL
- BMX
- BOWLING
- BOXING
- CRICKET
- CROQUET
- CURLING
- CYCLING
- DARTS
- FOOTBALL
- GOLF
- HOCKEY
- LACROSSE
- POOL
- SKIING
- SOCCER
- TRIATHLON
- VOLLEYBALL
- WRESTLING

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

what's going on

by pascale archibald

FRIDAY, NOVEMBER 6

Hunting buffalo and singing songs

That's what I imagine the members of We Hunt Buffalo do for fun, come find out when they play at Lucky Bar here in Victoria on November 6. Advance tickets are \$10; for more info visit luckybar.ca.

SATURDAY, NOVEMBER 7

Running wild

The salmon are running, so it's a perfect time to learn all about this awesome occurrence at Salmon Sensation, a drop-in event happening from 11 am to 2 pm at the Charters Interpretive Centre in Sooke. The event is family-friendly and includes a guided walk with a Capital Regional District park naturalist along the Charters River. The event will be held at a wheelchair-accessible location and is free to attend. More information can be found at crd.bc.ca.

SATURDAY, NOVEMBER 7

Hey Blonde!

Hey Rosetta! and Yukon Blonde are awesome bands, and will be here in Victoria at the McPherson Playhouse. The show starts at 8 pm; tickets start at \$35. For more info on the event and to purchase tickets visit rmts.bc.ca.

SUNDAY, NOVEMBER 8

Going squirrely

Squirrels are everywhere and are quite often thought of as a nuisance, but perhaps you could find some room in your heart to care about some squirrels for at least one day? Visit the Francis/King Regional Park to take a walk in the park and learn all about the busy squirrel. The stroll goes from 1 to 2:30 pm and is free to attend. More information can be found at crd.bc.ca.

SATURDAY, NOVEMBER 14

Victoria hits the jackpot

Jocelyn Alice is bringing her powerful

voice to Lucky Bar; Alice is known for her flawless voice control and her summer tune "Jackpot." Doors for this event are at 7 pm; advance tickets are \$15. For more information visit luckybar.ca.

SATURDAY, NOVEMBER 14

The Comic Strippers are back to take it off!

UVic's Farquhar Auditorium are bringing back the Comic Strippers for a night of what looks to be hilarious improv. Last year the fictitious male-stripper troupe used audience suggestions and turned them into comedic scenes interspersed with funny dance routines. The event is at 7:30 pm; students pay \$25. Go to uvic.ca/auditorium for info on what is sure to be a night of laughs.

SATURDAY, NOVEMBER 14

Woodpeckers are neat, really

Take a walk in the woods and, while you're there, why not learn about woodpeckers? Francis/King Nature Centre, just off Munn Road, is the place to go if you're interested. There you can discover all kinds of things about woodpeckers and identify them through sight, sound, and habitats. Two times are offered for this free event: an adult walk from 11 am to 12:30 pm and an all-ages walk from 1:30 to 2:30 pm. Visit crd.bc.ca for more information.

SUNDAY, NOVEMBER 15

Mushrooms are marvellous, really

A free guided walk for the novice mushroom enthusiast will be held from 10:30 am to 1 pm on November 15 in the Francis/King Regional Park. The event is restricted to 5 years and up so little ones should be left in the car. (Joke! That would not be good.) There is limited space; if you are interested please pre-register by November 13 by calling 250-478-3344, which is also the number you can call for more information.

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Look out, Victoria: the Comic Strippers are returning to town.

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