

RETHINKING REDUCING AND REUSING

WHAT NEW GLOBAL REGULATIONS
ON RECYCLING MEAN FOR THE
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NEXUS

camosun's student voice since 1990

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OVERHEARD AT NEXUS: "Go out and get some guns while it's still legal, and get a farm."

COVER ILLUSTRATION: Sebastien Sunstrum

student editor's letter

Earth: a colossal heap of rotating trash?

This might sound weird, but municipal recycling has grown into one of my biggest pet peeves. Every time I drag the bins out to the curb the evening before pickup, I just know something in the bins is sorted wrong; yes, when it comes to recycling, knowledge is not power. It's a vague sort of acute depression.

Even though I spend a ridiculous amount of time sorting everything into immaculate categories, sometimes the people in the big truck everyone loves getting stuck behind on the way to work will refuse to take everything just because one or two things might have gone into the wrong bin.

When this happens, the bins themselves look like a miniature landfill by the next time recycle day rolls around. It never ceases to amaze me how much crap people actually produce, from organic waste to recyclables to straight-up, old-fashioned garbage—it's baffling.

China has recently raised its recycling standards to the point where they are no longer accepting many recyclable products from Canada. That means that the yellowish lawn chair that's been sitting in your basement for five years has to find a new place to go. And where will that be? Yup, the landfill. It's not like this will solve our environmental problems. It will worsen them. Mark my words.

For my part, seeing as I can't move to the moon, I'll reuse every bit of plastic I have (which isn't much, compared to some people), even if it means this plastic fork on my desk will one day be a withered wreck of dried oil transporting food from my plate to my mouth.

I can feel my blood pressure going up, so I'll let features writer Fred Cameron take it from here. Turn to page 6 for more on this issue, including what Camosun is doing about this problem, which is becoming nothing short of a global crisis.

Adam Marsh, student editor
adam@nexusnewspaper.com

flashback

25 Years Ago in *Nexus*



GREG PRATT
MANAGING EDITOR

More CFS battling at Camosun: Last time around in this column, we talked about a letter that then-director of communications for the Camosun College Student Society (CCSS) Sue Williams wrote to *Nexus* calling for students to defederate from the Canadian Federation of Students. In our March 22, 1993 issue, a letter from unnamed "student council representatives" from the CCSS wrote in to rebuke Williams, saying that students "deserve to be protected from the heavy-handed actions of a

radical minority." And they weren't talking about the CFS; they were talking about Williams. The next board meeting must have been an awkward one.

Speaking of that...: We also reported on the next CCSS board meeting in this issue. CCSS Lansdowne director James Atchinson made a motion to censure and remove Williams from council for, among other things, writing that letter to us. Council amended the motion to censure but not impeach Williams, who had, humorously, left the meeting by that point.

Parental musings: We recently profiled Camosun students who juggle parenting and post-secondary duties; in this issue, we did the same, but with single parents in particular. Although they all admitted it's stressful, there were perks: Applied Communications student Gary Barnes said that having a kid "makes life more interesting. And the best part is, I get to play with his Nintendo."

open space

On peacocks and unwanted cocks

KATY WEICKER
CONTRIBUTING WRITER

In an era where we're obsessed with smartphones, online dating has become increasingly popular. This, combined with our generation's need for instant gratification and sexual freedom, has created a phenomenon of men sending dick pics—"peacocking," if you will—to women they meet online.

The first time I received one of these photos, I had just signed up for a dating site. (My best friend was convinced that being a sexual recluse was not a good look for me.) I was a good Catholic girl, so imagine my shock when I opened the message to see a photograph of a random man's genitals. I was enraged, horrified, and a little concerned for my soul.

When I discussed this with my friend, she said dick pics were

cringing, and hypothesizing about what possesses someone to send a nude photo to a stranger. The best theory we have is that it's like when a housecat brings home a dismembered bird: *Look, human, I have a present for you.... Why are you screaming?*

I'm screaming because when a man thrusts himself on me—even virtually—he takes away my sexual power.

A few months ago, I saw a glimmer of relief for my retinas when a brave group of ladies called out Harvey Weinstein. Finally, men were being held accountable for their actions and being woken to the concept of consent.

So, how am I still getting dick pics?

I recently got into an argument with an online offender about this. His first interaction with me was a

While I can appreciate the majesty of its function, the penis is not an aesthetically pleasing appendage.

landmines in the combat zone of online dating.

A few years—and more unwelcome phallic photographs than I'd like to remember—later, I accepted this truth. For whatever reason, men like to send dick pics. I tried to wrap my mind around this. Maybe because men are such visual creatures, they think if they send us theirs, we'll send them ours? A little tit for tat? Maybe they think we'll weep with joy at the beauty of what we're seeing?

Let me set the record straight: firstly, breasts are not currency. A guy doesn't get them as payment for sending a picture of his unkempt man bush. Secondly, while I can appreciate the majesty of its function, the penis is not an aesthetically pleasing appendage.

I don't pretend to speak for womankind; however, in my experience, if a man sends a dick pic, he's more likely to be judged over brunch by a group of girlfriends than to acquire a girlfriend of his own. We sit around, facepalming,

single word, "Hey," a winky emoji, and a photo of his genitals. I ranted and reported him in return. He called me a prude. Maybe I am—Catholic scars (even fallen ones) run deep; however, I'm so much more than that. I'm a stranger who has not granted him clemency from the sexual harassment whistle simply because we matched on some website.

As I explained to him, unsolicited pictures of your genitals are no different than exposing yourself on the bus. If I did not ask to see it, flashing me is sexual harassment. It's not funny, or cute, or sexy.

Maybe my opinion makes me a prude, but I take solace in the fact that I'm not alone. I also take solace in the changing tide. Hopefully, by the time my kids are online dating, they won't be subject to dick pics and the mental images they leave behind. In the meantime, menfolk, the next time you're urged to send photos of your penis, try sending a puppy instead. I can almost guarantee you'll get a better response.

SPEAK UP

How do you feel about China putting regulations on recycling they can take from overseas?

BY ADAM MARSH



CHEYNAN MEYNARD

"We're going to have to learn how to deal with it. Maybe that would spur up a change here—more jobs in Canada, or maybe we send it to the US. The other option would be to throw it away because the cost might be too great to really deal with it. The real question is, why were we shipping it to China in the first place?"



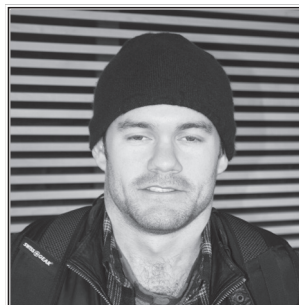
KIRSTIN CURRIE

"I feel like, as a country, we should probably be working toward more efficient recycling anyways. It does suck that we're not able to export that; maybe that will trigger some sort of changes in how we recycle."



STEPHAN DUMITRESCU

"It's a good thing, partially. Instead of just shipping it overseas for someone else to deal with, we might deal with it ourselves, being one of the highest contributors per capita of waste and pollution in the air."



DAWSON OGILVY

"Well, maybe we should learn how to recycle things ourselves. It seems like Canada always seems to ship other things off without actually doing it ourselves. I'm kind of wondering why we can't do that. It might take a few years to bring us up to speed on things, but why can't we do it here?"



PASCALE ARCHIBALD

"I think it's a good move. When rich countries like us basically dump our garbage in other countries that have less environmental regulations than we do, you're just pawning off your problems onto something else. I just don't think that's morally okay."



DAWN ELLSWORTH

"I didn't actually know they changed their regulations. If we can't [export material there to be recycled] what happens to it then? It will make me sound like an ass, but you get this generalization that China doesn't care about the environment, but then that's my Canadian view of it without really having an extensive knowledge."

tuition

Camosun College changes waitlist procedure

ADAM MARSH
STUDENT EDITOR

As of March 1, Camosun College has disabled automatic enrolment when a space becomes available in a waitlisted course. In the past, when a student was waitlisted on Camlink, they would automatically be enrolled if they were first on the list and a space became available.

Camosun registrar Scott Harris says manual enrolment is standard in post-secondary institutions across Canada; he says he prefers to think of automatic waitlist enrolment as “forced enrolment.”

“We want to reduce the run-around and the time that students have been forced to spend on this permission-to-register [PTR] process,” he says. (If students are waitlisted and want to register in a course, a student brings a PTR form to their instructor, and the instructor must sign the form before the student can register.)

Harris says 20 percent of the students who use PTR forms end up dropping the course. The responsibility is not on the student in this process, says Harris, but on the instructor to make a decision for the student. Harris says that one of the central points around this change is to have students control their own destiny.

“This is all part of attempting to curb some of the hoarding behaviours that we’ve been seeing,” he says. “In the past, students have been registering in 12 to 15 sections, kind of hedging their bets and figuring out which ones they want and then dropping them at the last second, and then leaving those

“In the past, students have been registering in 12 to 15 sections, kind of hedging their bets and figuring out which ones they want and then dropping them at the last second, and then leaving those spaces all empty, where nobody else can get into those courses.”

SCOTT HARRIS
CAMOSUN COLLEGE

spaces all empty, where nobody else can get into those courses.”

Camosun College Student Society (CCSS) external executive Mitchell Auger-Langejan says UVic has manual enrolment and that, at Camosun, it “is something students will adjust to, organizationally.” (The college will now email students when a spot becomes available.)

“What it means for students, if they’re unaware of it and are used to the old system, they might lose their spots on the waitlist,” he says. “They can be selected for it, but if they don’t see the email, they’ll miss that opportunity.”

When they become first on the waitlist, students will have a 24-hour period where they can enrol. They will receive the email informing them they can enrol, and if they don’t do so after 24 hours, the next person on the waitlist will be offered the spot. Auger-Langejan says students will have to frequently check their email.

“I don’t know that it’ll have any inherent consequences to it, it’s just something students need to be made aware of,” says Aug-

er-Langejan, adding that there is a notice on Camosun’s website about the change (students were also emailed about it). “Registration has taken place before the change occurred, so anyone who is waitlisted now has the opportunity to view the email they were sent. I don’t know that there will be any serious impacts to students when it comes to getting into the courses they’re interested in. They just need to check their email. This can also be helpful to students that are very eager to get in a course.”

First-year Camosun psychology student Scott Joly says it puts the impetus on students to stay on top of their course registration.

“I think there’s a lot of people who are going to miss their opportunity,” says Joly.

Camosun Arts and Science student Matt Stouffer says that he registers for classes as early as possible so he doesn’t have to deal with waitlists.

“I’ve never experienced this problem so I personally don’t have an emotional opinion on it,” he says. “I avoid those waitlists at all costs.



ADAM MARSH/NEXUS

Camosun registrar Scott Harris refers to the old system as “forced enrolment.”

I don’t want to be on the waitlist, I want to be in the class; therefore, I do it as early as possible.”

Harris says the college is also “looking to provide an accurate picture of demand” for courses. He says that with the previous waitlist procedure it was hard to know how many students actually needed and wanted the courses.

“The more accurate we can make the numbers, the more it can actually feed into our decision about how many sections to offer,” says Harris, saying that the PTR form “in many ways effectively disregards the waitlist that has existed.”

“We don’t know what the individuals are experiencing that were on that waitlist,” he says, “so to just toss that out and then whoever was able to be there at that moment

in time with the best story gets in doesn’t seem particularly fair.”

Second year Mechanical Engineering student Justin Manlarget says the new waitlist policy is better because people who change their minds about a course won’t block someone else from getting in.

“I always try to register as early as possible, so I’ve never gotten waitlisted,” he says.

Harris says students missing their opportunity to register is “absolutely a concern.”

“Students need to be really mindful and paying attention to the emails if that course is truly important to them,” he says.

Harris says that more information for students and staff about the procedure changes will come out soon.

NEWS BRIEFS

Chargers host nationals

The Camosun Chargers men’s volleyball team hosted the national Canadian Collegiate Athletic Association (CCAA) men’s volleyball championships at Camosun’s Interurban campus from March 8 to 10. The Chargers beat the Keyano Huskies in a three-set victory 25-21, 25-23, and 25-14 and advanced to the semi-final match; however, they fell short with a loss to the Cegep Limoilou Titans in five sets: 25-17, 15-25, 19-25, 25-22, and 15-7. On March 10, the Chargers beat the Vancouver Island University Mariners to advance to the bronze medal match, but lost to the Keyano Huskies three sets to two. The scores were 25-16, 22-25, 11-25, 28-26, and 15-13. Eduardo Bida of the Chargers was a second team all-star. Look for our full story next issue.

Chargers make PACWEST history

With their late-February win, the Camosun men’s volleyball team

is the only team in Pacific Western Athletic Association (PACWEST)—which was formed in the early ’70s—history to win four consecutive titles. Head coach Charles Parkinson, a former captain of Team Canada’s men’s volleyball team, was inducted into the Volleyball BC Hall of Fame in 2016. The women’s volleyball team came in seventh in the final PACWEST standings.

Chargers basketball teams final standings

The Camosun Chargers women’s basketball team lost the gold medal match to the Capilano Blues 75-70 on Saturday, March 3. They came second in the Pacific Western Athletic Association (PACWEST) as a result. The men’s basketball team finished fourth overall, after an 82-71 loss to the Langara Falcons.

Camosun looking for award nominations

Anyone who graduated from a program at Camosun more than 10 years ago is eligible to receive

\$1,000—to be directed toward a Camosun project or student bursary—for the Distinguished Alumni Award. Anyone who graduated in the last 10 years is eligible for \$500 for the Promising Alumni Award; that money will be put toward a Camosun library purchase of the winner’s choice. The nomination period ends on March 31. See camosun.ca for more info.

Camosun hosts Skills Canada competition

On Wednesday, March 7, Camosun hosted about 1,000 secondary school students in the School of Trades and Technology as they showcased their trades skills in the annual Skills Canada competition for south island secondary students. Medal winners in the competition are going to compete at the provincial level on April 18 in Abbotsford.

Camosun partners with Kenya training institute

Camosun is partnering with Kenya Coast National Polytechnic,

a technical training institute in Mombasa, Kenya. The partnership aims to build and strengthen technical and vocational education and training in Kenya. In 2017, Camosun was chosen from a shortlist of Canadian institutions as part of the Colleges and Institutes Canada’s Kenya Education for Employment Program. Camosun’s Hospitality Management chair Carl Everitt travelled to Kenya recently as part of the partnership.

-ADAM MARSH

Got a news tip? Something going on around campus that we should be covering? Know something we don’t?

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Eye on the National Student Movement

ADAM MARSH
STUDENT EDITOR

On Friday, March 2, the Canadian Federation of Students (CFS) cancelled a referendum in which Camosun students would have voted on whether or not to remain members of the CFS. The CFS cancelled the referendum because of a dispute over approximately \$200,000 of Camosun student fees that it claims are outstanding. The fees were collected by the Camosun College Student Society (CCSS) and given to the British Columbia Federation of Students (BCFS), a provincial component of the CFS. The BCFS is not remitting the fees to the CFS as the CFS owes the BCFS money, about \$18,000 of which is also Camosun student fees.

Because of this, Camosun students now cannot have a referendum until at least September 15, according to CFS bylaws. Camosun students will continue to pay CFS fees during that time.

The CCSS feels that the referendum should still happen because CFS bylaws say that the BCFS is a provincial component of the CFS; therefore, the CCSS says, the fees have been remitted to the CFS. Every Camosun student pays \$2.25 per month in CFS and BCFS membership; half of the money goes to each organization.

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event

Camosun's Cultural Showcase comes back to educate and dazzle



CAMOSUN COLLEGE AUDIO VISUAL SERVICES

Students at a previous year's Cultural Showcase event; this year, the college is putting on the showcase at the Lansdowne campus on Friday, March 23.

ADAM BOYLE
STAFF WRITER

Camosun College is no stranger to events from different cultures; the college's annual Cultural Showcase is no exception. The event gives Camosun students from all over the world a chance to educate and present their culture to a large audience.

Second-year Mechanical Engineering student Djibril Diallo says that the festival, which has been running for almost a decade, mostly consists of international students working together to show off their countries.

"The showcase is organized with the help of Camosun International, but it's mostly organized by us, the international students,"

says Diallo. "One day about 10 years ago, the international students were like, 'Why don't we have a talent show to share all of our cultures?' This is the eleventh edition of the show, but we usually don't count the first one, since it was not really organized well. After that, Camosun slowly started to take over, and slowly they made it an annual event."

Second year Associate of Arts and Psychology student Ariel Chau says that the students are all involved in different ways. Chau is a performance coordinator for the showcase and keeps all of the performers up to date on what's going on with the event.

"My job is to be in contact with all the people who are interested in performing at the showcase. I send

them emails and ask them to come to rehearsals, set up their shows at the official showcase, and I also talk to them about what exactly their performance is. What their song is, what the meaning is, and what and where it represents are all important," says Chau.

Chau feels that it's important that Camosun has events like this because of its large international student population and because it helps make the learning environment more positive for everyone. She also says that sometimes a student blends their culture in with everything else when they come to Canada, so this showcase gives them a chance to proudly show off who they are and where they come from.

"Students have come from their countries and they bring their stories and culture with them. Sometimes, when they come to Canada, they blend in with everyone else here and sometimes don't get a chance to show their culture," she says. "We think it would be nice to give them the opportunity to show off their culture and explain, 'This is how we sing, this is how we dance, how we dress, and how we appreciate traditional things in our country.'"

Diallo echoes that mindset and says that part of the goal of the event is to help people open up and be exposed to different cultures that they may not have had the chance to see otherwise.

"First of all, it's an easy show to access, it shows talent, so it keeps

people entertained. It's also a very easy way to educate people about the diversity around them," says Diallo. "Once you expose people to diversity, it automatically changes how they look at things. They change because they are seeing something that is different, but something that is beautiful, and that's how we believe that minds should open."

Cultural Showcase
7 pm Friday, March 23
Free, Young 216,
Lansdowne campus,
Camosun College
camosun.ca

activism

Kinder Morgan pipeline inspires student to fight for change

ADAM MARSH
STUDENT EDITOR

The controversy surrounding the Kinder Morgan pipeline has inspired a Camosun student to put together a campaign to educate people on the impacts of the project. The Stop Kinder Morgan Teach In, co-organized by first-year University Transfer student Andrew Swain, will be held in the Library Learning Commons multi-purpose room, on the Lansdowne campus, on Thursday, March 22 from 1:30 pm until 3:30 pm.

Swain says the campaign to stop the pipeline is in full swing and he was ready to do something around the college to voice his thoughts on the matter, but he couldn't quite figure out what—until now.

"It's following the old-fashioned way of trying to bring [together] community activists and members of the faculty that have something to contribute," says Swain.

Swain says that there are two main focus points around the pipeline issue. One is concern around spillage of bitumen, a heavy petroleum product with a high sulphur content; the other is reconciliation. Swain says indigenous reconcilia-

"With this massive increase in bitumen, we need to stop this."

ANDREW SWAIN
CAMOSUN COLLEGE STUDENT

tion "must occur for the pipeline to be accepted" and that bitumen is "not regular oil in any way."

"It doesn't flow normally," he says. "It has to be diluted with a very volatile chemical... This chemical evaporates in the air, leaving the bitumen to sink to the bottom of the ocean."

Even if the oil doesn't spill, the chemicals will still seep into the atmosphere, says Swain, making reference to the Kalamazoo River oil spill that occurred in July 2010.

"It's turned out to be very challenging and expensive to fix just a river," he says. "How hard would it be to try and clean up the Salish Sea?"

Swain says the number of tankers—five or six a day—transporting oil is a huge issue as well.

"The pipeline's going to be

pumping 24/7, 365 days a year," he says, adding that there is nowhere for the tankers to go except through terrain like Galiano Island, which has almost shut down Vancouver Harbour in the past.

"With this massive increase in bitumen, we need to stop this," says Swain. He says that the amount of energy it takes to refine bitumen is also important to note. What scares Swain the most, he says, is a tanker sinking.

"I think the more systemic issue is the climate change. A lot of people want to say that's a separate topic," says Swain, "but this is it. 100 percent of this bitumen will be spilled into the air... Our real point here is that this is absolutely atrocious for the atmosphere and for any attempt at reducing our greenhouse emissions globally."



ADAM MARSH/NEXUS

Camosun student Andrew Swain has concerns about pipelines.

event

Student society brings bubble wrap to pop and puppies to pet to DeStress Fest

“Students are under a big squeeze of pressure, and it’s one of the purposes of the student society to help students cope with those stresses.”

QUINN PARK
CAMOSUN COLLEGE STUDENT SOCIETY

ADAM BOYLE
STAFF WRITER

It’s no secret that schoolwork is stressful. For some, it can add a huge, overwhelming load of work to do on top of an already overloaded life; this could lead to stress, skipping work, or even worse.

That’s why the Camosun College Student Society (CCSS) puts on the DeStress Fest.

The event offers students a way to unwind on campus and also teaches them techniques they can use in their everyday lives to ease their minds a little.

CCSS outreach coordinator Quinn Park says that the event is now annual and this year should look similar to years past.

“[DeStress Fest is] something that the society likes to host, as it allows us to give some powerful tools to students for helping to cope with the everyday stresses of being a student. Some of those tools might be mindfulness activities, expert advice, and some are more fun things like playing with dogs or popping bubble wrap. Since it’s a student society event, we can’t

not bring food, too, so there will be that,” says Park. “This year will be no different—we’re hoping to get some tai chi, some yoga instructors in, some therapy dogs, and we are also bringing in a climbing wall.”

Camosun counsellor Chris Balmer is one of the external resources the CCSS consults for DeStress Fest; he says that the event gives the college an opportunity to show that student mental well-being provides a direct link to academic success.

“I think it’s important to have an event like this because the college needs to step up, recognize, and provide physical examples and evidence that student well-being matters and that student well-being is intricately connected to academic progress and success,” says Balmer. “There’s sometimes a lot of talk about self care, care for the caregiver, and looking after yourself, but, in reality, what students often experience is that that’s all well and good to say, but they don’t have time or space for that, due to so many out-of-school commitments like work, family, and friends. Typically, students don’t maintain themselves as a top



PHOTO PROVIDED

A scene from a previous year’s DeStress Fest, put on by the Camosun College Student Society.

priority when it comes to taking care of people. It’s often taking care of other people first and themselves last, or never.”

Park says that holding the DeStress Fest is just one way for the CCSS to do its part in helping students to maintain their mental health. He notes that staff limitations prevent the CCSS from holding the fest at both campuses.

“Students are under a big squeeze of pressure, and it’s one of the purposes of the student society

to help students cope with those stresses. So if one of those ways is DeStress Fest, then we will keep having DeStress Fest,” says Park. “The biggest thing that’s different this year is that the event is at Lansdowne instead of Interurban. We switch events back and forth to get campus parity, so our sustainability [event] is at Interurban this year. It’s mostly the nature of the beast that prevents us from having DeStress Fest at both campuses. We’d have to ship all the items, get all our folks

to the other campus, and DeStress Fest is mainly an ‘all hands on deck’ event, so we’d have to reduce some of our front-line services that we offer to students, and that’s not good for students, when they can’t access health and mental programs.”

DeStress Fest
10 am to 2 pm
Wednesday, April 4
Lansdowne campus,
Camosun College
camosunstudent.org

event

Students use food as a tool for reconciliation at upcoming event



ADAM MARSH/NEXUS

Camosun student Lois Macorol is involved in a fundraising dinner.

JAYDEN GRIEVE
CONTRIBUTING WRITER

Students from Camosun Hospitality Management class Integrated Events Management (HMG286) will be facilitating Food Sovereignty and Reconciliation with the Songhees Nation at the Songhees Wellness Centre on March 23. The event will feature traditional food and a presentation about food sovereignty and reconciliation.

“The event will start with the greetings and opening ceremony, and some explanations,” says HMG286 student Yuuri Daiku, who is helping to put on the event. “The guests will then be guided by our volunteer staff, who will take them to three different food stations.”

Students from Camosun’s Culinary Arts program will be assisted by the cooks at the Songhees

“I think what everyone’s responsibility is is to educate themselves, and understand how respect plays a big role in this. That’s what I’m learning.”

LOIS MACOROL
CAMOSUN COLLEGE STUDENT

Wellness Centre in preparing the meal. The main feature of this event is special guest Richard Francis, an indigenous chef who’s appeared on *Top Chef Canada*.

“He will be inspiring, supervising, and guiding the others in this process,” says Daiku. “This is the main body of the event. They will sample foods and pick up drinks at the coffee/tea bar that we have. Then everyone will gather at the stage, some dessert will be served, and Richard Francis will give us some explanation behind the concept of cooking for reconciliation.”

Camosun Culinary Arts chair Steve Walker-Duncan is designing the menu in communication with Francis. Daiku says that the menu will be based on traditional methods, and that there will definitely be fish and traditionally eaten plants as well as maybe some wild animal, such as deer.

“The whole idea of using food as

a way of connecting people is common to all cultures of the world,” says Daiku.

This event is the first of its type that the program has been involved in; the students say that there have been many late nights and that the process has been one of trial and error, but they say that they are gaining a lot from it.

“I think it’s a pretty cool experience for us international students to be involved in an event like this,” says Lois Macorol, another HMG286 student working on the event. “Initially, I was wondering why they would entrust an event like this to students that don’t hail from here, who are most likely learning of the topic of reconciliation for the first time. The process has been really eye-opening and an amazing learning experience, and I think it’s a great opportunity that we were immersed in this.”

Macorol says that the biggest

challenge has been having such a small network; she moved here only six months ago. She says the partnership with the Songhees Nation has been an exciting experience.

“It’s been a great opportunity for growth,” says Macorol. “We’ve all been learning about each other’s strengths, and we’ve definitely felt the support from the Hospitality [Management] department. We don’t feel like we’ve been thrown to the sharks, or the lions, or whatever the correct animal is. Even though this is a very challenging program, we’re able to do it because we have very supportive instructors from Camosun.”

The proceeds from this event will go toward establishing a scholarship for students from the Songhees First Nation. Macorol says that everyone should be involved in food sovereignty and reconciliation.

“I think what everyone’s responsibility is is to educate themselves, and understand how respect plays a big role in this,” says Macorol. “That’s what I’m learning.”

Food Sovereignty and Reconciliation
6 pm to 9:30 pm,
Friday March 23
\$80, Songhees Wellness Centre
(1100 Admirals Road)
tinyurl.com/sfar-fb

Rethinking reducing and r

China has long been the world's largest purchaser of recyclables. It's been the principal end-market for most of the post-consumer plastics, paper, and other recyclable materials collected in North America. And they made a recent decision that will be felt around the world, including right here in Victoria, and nobody seems to be talking about it.

As of December 31, 2017, China has implemented the "National Sword" policy, which limits the amount of North American recyclables the country will take by significantly lowering the allowable levels of contamination. Government officials and waste management professionals will be watching closely as markets react; those concerned about the environment will be watching closely as well, and that includes people here in town, and even at Camosun.

Bill Christie has been at Camosun since 1989. He's been with Facilities Services all along, starting in custodial and working his way up to custodial chargehand, and, in May 2017, he was given the title of supervisor of building operations. Christie and Camosun facilities operation manager Julie Oakley deal with the waste and recycling here at the college.

A lot has changed with regard to waste collection and processing during Christie's tenure at Camosun. He says that at the time he started and into the early 1990s, all waste went into one bin, which was taken straight to the landfill. According to Christie, a few years later, Camosun shifted to a commingled system made up of one bin for garbage and another for all recyclables. Christie says that system was acceptable for a number of years, but the industry soon realized that the cost burden of sorting was too great. Due to economics, the college has had to adapt.

There have been changes mandated by government, as well: Christie says that back in 2010, the CRD started imposing bans on certain materials to extend the life of the Hartland Landfill.

"That's the number-one motivator behind everything on the island," says Christie. "That's the one main landfill for all of the Capital Regional District on the lower portion here... Their incentive is to divert as much material as possible."

Camosun has dramatically increased its attempts at diverting, but Christie says we have come to a point where the next step is to seriously look at how we handle waste on campus. Christie points to the University of Victoria, which has a transfer station right on campus.

"A lot of their waste goes to one area and gets sorted properly, and they have balers and compactors that reduce the amount of hauling," says Christie. "My personal opinion—and I am not representing the college—is that to make the next leap, we are going to have to develop something like that. If costs keep going up, we would like to look at having a transfer station at Interurban, because we have the space there. One of our present haulers is putting together some pricing for us to see if it's a viable option."

Camosun doesn't have the manpower to do the separation on campus, according to Christie. He says that Waste Management, the company that takes care of the college's paper, metal, and plastic, says that there is about 30 to 40 percent contamination in those streams.

"Cascades, which is the company that receives our recycling, has multiple methods in place, such as magnets, different conveyor belts; they separate things by weight," says Christie. "It's very high tech, and they are actually able to sort the material out. Sorting isn't a huge issue. Our biggest issue is in the garbage itself, because 70 to 90 percent of that material does have another stream. It can be composted, or recycled, but right now, we have no system in place; it just goes straight into the garbage."

Christie says that, ultimately, student tuition covers waste costs. He says that annual waste-management costs are typically around \$180,000 to \$190,000. A four-yard bin of garbage costs \$64 to take away, while a six-yard bin of mixed paper costs \$7, according to Christie, who adds that it's the failure to divert recyclables from waste that is driving up the cost, which is ultimately paid for by the students.

"It is two-fold," says Christie. "[Sorting waste] would be in their best interest for the planet, and it would help to keep tuition costs down."

One thing the college has done to try to improve the amount of recyclables going into the garbage is removing garbage cans from classrooms.

"Statistically, if students get up and go to the hallway with the different bins, the motivation to sort is much greater," says Christie. "These are small steps that do have some impact."

Camosun Environmental Technology instructor Michael Kory teaches a course at Interurban on waste management and mediation.

"What I do is start out with residuals," he says, "then air pollution, liquid waste, solid waste—which includes garbage and recycling—and then I go into remediating contaminated sites."

Kory says that about 25 percent of the course is waste management, which includes compaction, sorting, and recycling.

"I tell my class that just because plastic items or ferrous or aluminum items have a recycling number on them, it doesn't guarantee that they'll be recycled," says Kory. "It's often much cheaper to make new stuff than it is to recycle. It depends on the commodity value. They might just take the whole batch and throw it in the landfill."

Kory says that what's happening around the world that's influencing China's decision is that if plastics are contaminated, it can be too expensive to recycle them. Sometimes it goes to the landfill; sometimes the landfill won't even accept it. The course also discusses alternative measures such as waste-to-energy, the burning of garbage for electrical power or heat generation.

"In places like Germany, they burn all of their garbage," says Kory. "There is some pre-sorting for metals and things. With the technology in air-pollution control, that could reduce a lot of volume. We are always talking about volume at Hartland Landfill, because space is limited and they estimate it will last until 2048. If we burned a lot of our garbage and we were careful with the air pollution and mitigate that, we could reduce a lot of this and there would be a lot fewer residuals put into the ground."

Kory says that the new laws in China have effectively closed the doors on much of the waste being imported, but he adds that it's very early on and things are still changing.

"They have already changed their stance on metals," says Kory, "because they are a very valuable commodity. They have lifted the ban on ferrous metals, copper, and zinc, and they have reduced the specificity of the contamination standards. Metals are still coming in and the fear of that ban is dissipating a bit."

The issue is that the Chinese government no longer wants to import plastics or a lot of the other waste that Kory says is contributing to pollution.

"The reality is there is some ideology," says Kory, "but there is also some economic consideration around the value of commodities. It's a lot of the hard plastics, which are everywhere—maybe the chair you're sitting in or the jug your milk is in. They don't want the high density polyethylene, and as a result of the Chinese ban, it's going to go into landfills around the world."

Kory says that our waste problem is tied to our standard of living and population growth; he says that people should be provided with the knowledge they need to purchase more efficiently.

"I think we need to educate people on procurement," says Kory. "Not only people, but Camosun College, or any large organization for that matter, should be careful about who they are buying from and make sure that they are reducing the amount of packaging as well. Companies should have great recycling infrastructure programs and stewardship for the packaging they use."

Kory says that we as consumers should be buying things with less packaging.

"Plastic bags are being banned all over the world, for obvious reasons," he says. "It's the way we purchase that really dictates all of this. If it can be prevented from getting into the waste stream, we would have less to worry about, as far as recycling."

Capital Regional District (CRD) senior manager of environmental resource management Russ Smith watches the market closely in order to manage the waste pickup on the south island. (The CRD owns and operates the Hartland Landfill.)

"Things have changed with respect to China receiving recyclable materials," says Smith, "and basically they are not accepting materials with contamination. Globally, it will be harder to move those materials to market as a result. Most of the recycling that comes from first-world recycling programs has a level of contamination that is beyond what is now acceptable under the new rules."

According to the CRD, materials picked up through the residential blue box program are typically less contaminated. Recycle BC, a non-profit that manages residential recycling in BC, has been able to maintain both international and domestic markets for recyclables.

"We have the curbside blue box program that is quarterbacked by Recycle BC," says Smith. "They deal with residential printed paper and packaging. They actually are under contract to use a plastic sort facility on the lower mainland. We are under contract with them to deliver the service, but they pay for the collection of the materials and then the sorting and marketing of the materials."

Smith says that the commercial waste that isn't picked up under Recycle BC is having a little bit more difficulty finding markets.

"We used to see residual rates in recycling sorting plants at maybe 10 percent, which means that about 90 percent of the materials collected are getting to market," says Smith. "We are seeing about double the residuals heading to landfills."

Smith says that the CRD will keep an eye on that trend and then report back to its board within six months, once they've determined the direction of the trend and the likelihood that it will stabilize.

"We will decide whether or not we need to adjust our bylaw and change the way we operate at the landfill, in terms of enforcing bans and potentially redirecting materials," says Smith. "We want to ensure that we are incenting the right environmental behaviour."

The issue of solid waste management recently outgrew the existing staff numbers here at Camosun, and in November of 2017 Oakley became the college's facilities operations manager. She oversees the custodial and grounds teams, which are responsible for collecting waste on both campuses and taking it to bins for pick-up. Camosun deals with two third-party contractors that collect waste and recycling from the college.

"Waste Management will pick up twice a week," says Oakley, "and they are picking up mixed paper, mixed containers and garbage. I can tell you that of the recyclables, 23 percent of what they are collecting is contamination. Luckily for us, our waste goes to Cascades via Waste Management, and they are doing some further sorting, so they are pulling out the garbage so that everything that is recyclable is making it into the recycling stream."

According to Oakley, Refuse, the other regular collector, handles compost, soft plastics, and styrofoam, which is stockpiled for pick-up. Oakley says that Camosun also has a program with the Electronic Products Recycling Association, which collects the school's used electronics.

Recently, Camosun's Sustainability department (part of Ancillary Services) ran some workshops here at the college, and Oakley says they are realigning the strategic plan for sustainability with Camosun's strategic plan. The four areas of focus for the sustainability workshops are waste, food, energy, and transportation. Oakley says that the workshops will likely lead to several initiatives, and one of them will be to do regular tracking and reporting of Camosun's waste diversion.

"[The college] is at about a 35 percent diversion rate, maybe 32 percent," says Oakley. "That means, of our waste, 35 percent is diverted to a recycling stream. That would include compost, plastics, mixed paper, styrofoam, and soft plastics. There are other things that we've been diverting that are not in that calculation, like wood and metal scraps from the trades programs."

Waste collection is documented at Camosun, and, according to Oakley, most of the classroom buildings have a 35-percent diversion rate. She says a major breakdown can be seen when you look at the buildings with food services in them, which are down at a 15-percent diversion rate.

"The back of house is doing a good job," Oakley says. "The problem is with the people eating in the cafeteria. The garbage collection within the cafeteria, where people aren't paying attention to where they are putting their garbage... Everything is going into the garbage and we are only seeing a 15 percent diversion rate, as opposed to [people] taking their time to see where things go."

Improvements have been made over the years, but Oakley says that with Camosun's food

Reducing what new global regulations on recycling mean for Camosun's recycling initiatives

Story by Fred Cameron, features writer
Illustration by Sebastien Sunstrum, covers illustrator

services operations at a 15 percent diversion rate, “it’s like looking at low hanging fruit,” adding that there is a real opportunity for improvement. There is signage at every waste station, but the difficulty, says Oakley, is in trying to train 20,000 students that are turning over every two to three years.

“There are options for improvement there, because there is a large volume coming through those facilities,” says Oakley. “We could do something similar to what Hillside [Centre] does, where you bring your tray to a central area and don’t throw anything away. Their team will take care of all of the sorting. They have control over it and train people who put everything in the right spot. There would be a cost impact. [At Lansdowne] we are under contract with Aramark until 2021, so that would be our opportunity to review the practices and update it. Or we could bite the bullet at the college and put a custodial staff member in there to take trays and sort garbage.”

Camosun director of food and catering services Donna Burger agrees that a centralized area for waste disposal is not a bad idea, but she points out there’s a problem: a lack of trays for students to transport their items on. The college has chosen to have the Lansdowne cafeteria—which Burger is in charge of—be trayless. But there’s a positive side to that: Burger says a trayless system saves a lot of water and chemicals from going into the wastewater stream, as they don’t have to wash the trays.

“If you go into the Hillside model,” says Burger, “you’re going to add trays to it. It is something to think about. It doesn’t mean it doesn’t work with that model, but we gain some and we lose some. Would that be a good model for this cafeteria? It might, and that might be something worth pursuing, but it is not going to solve our problem at the college.”

Burger says that only about 30 percent of people stay in the cafeteria to eat their meal; the rest leave with their food.

“We can do our part by making what we send them away with compostable or, at the very least, recyclable,” says Burger. “We use compostable forks, knives, and spoons, for instance. We only buy PET plastics [polyethylene terephthalate plastics, which are easily recyclable]. We have found a company that does compostable sandwich containers for take-out. We haven’t found compostable cups, but we use the PET plastics for those.”

While a designated sorting service might work in the food-service area, Burger says that with 70 percent of customers taking their food with them, she doesn’t think it would be an overall solution.

“I think the biggest issue with our waste and recycling is the fact that it’s not sorted,” says Burger. “Ultimately, it’s the responsibility of the users to make sure that they sort it properly. We make it as easy as we can in the garbage area. You will hear our cashiers tell customers that the cutlery is compostable. We have tried signage, but that doesn’t work. I think as a society we have stopped looking at it.”

Camosun College Economics, Statistics, and University Transfer Business instructor Becky Mason sits on Camosun’s Environmental Sustainability Council; Mason says that the college used to pay Waste Management to come in once a year for 24 hours at each campus and weigh, sort, and categorize all of the garbage and project from that what the college would produce in one year.

“Roughly 90 percent of what we produce is recyclable,” Mason says. “Historically, our actual diversion rate has not gone above 40 percent, so there is a lot of room for growth. We should be throwing almost nothing away.”

Mason has been taking students to the Hartland Landfill for about 10 years. Every semester she brings a microeconomics class to see the landfill as part of their studies on the economic side of waste management. Mason says that they always have extra space on the bus, so over the years a number of administrators from the college have also gone on the trip. (This year, Julie Oakley and Bill Christie came along.)

“The trip is quite eye-opening for students to be there and see where the garbage goes. The problem that is hard to get past is for an individual person thinking, ‘What’s one more coffee cup?’ It isn’t until you see it all added up that you can really appreciate the importance of the problem. When the students come back from the trip, they are provided with the waste audit, and then their assignment is to tie what they learn at the landfill to the problem we have at the college and use economic theory to make suggestions. The bottom line is, how can we get that 40 percent up to 90 percent?”

One of the biggest challenges for Camosun College’s waste management team is dealing with the waste in food service areas. The college is taking a proactive and systematic approach in order to find solutions.

Culinary Arts chair Steve Walker-Duncan has been working at Camosun since 2003; he says that in the Culinary Arts program, instructors are working with students to reduce waste production from day one.

“From a programming perspective,” says Walker-Duncan, “one of the key parts is minimizing waste; everything from ordering the proper ingredients to maintaining good handling of those ingredients through the entire process. From ordering to the actual service, and perhaps with leftovers, and if there is a waste component, then that waste is dealt with appropriately by composting.”

Walker-Duncan says that all of the organic waste produced, including paper towels and cotton string, goes into composting bins. The bins are picked up weekly by Refuse, which creates nutrient-rich compost for the marketplace. He says the department hopes to further improve the composting program, which he says could be an asset to the college. The Culinary Arts department is currently teaming up with the Employment Training and Preparation program to build a self-contained and sustainable composting program on campus.

“They have some greenhouses,” says Walker-Duncan, “and they produce microgreens and salad greens for us here at the Culinary Arts department. They are doing some worm composting on a very small scale. That is their own program, but we are certainly looking at ways that we can collaborate more effectively so that, ideally, we can provide the material for compost. It can be composted, they can use it for growing, and then we can close the loop and use those grown products for the culinary program.”

Walker-Duncan says that there is a proposal in through the President’s Creativity and Innovation Fund for a viability study on a composting digester here on campus.

“As part of a pilot, the Culinary Arts program would be the main donor of the organic material,” says Walker-Duncan. “Hopefully, with a successful pilot, it could be rolled out to incorporate other areas of the college. Ultimately, we would like to see as much, if not all, of our organic material processed here on site and then utilized in our horticulture and farming programs.”

The project would then be used as the basis for studies done by Mason’s economics students “to understand the impacts of the food waste supply chain and the related costs and benefits of composting on campus instead of sending food waste off site,” she says.

Walker-Duncan says that one of the biggest challenges in waste reduction is in keeping packaging and utensils out of the landfill.

“Everything we are using, from a packaging perspective, we are moving more into compostable and recyclable materials,” he says. “We have pretty much phased out plastic straws and we are utilizing a plant-based cup, which is compostable. We’re using wooden stir sticks instead of the plastic ones. We’re moving into compostable clamshells as opposed to the styrofoam ones.”

As it currently stands, there is an added cost; Walker-Duncan says that it’s about double for the compostable packaging and utensils. He says that the program is absorbing as much of that cost as it can, but ultimately it will end up on the consumer.

“We’re hoping that the costs will go down as they become more common,” he says. “We’re seeing that over the last few years, particularly the paper products. The clamshells and the take-out boxes in particular are not rising in cost; they’re maintaining while costs increase elsewhere. In effect, they are going down.”

Camosun manager of campus sustainability Maria Bremner says that in September the college started to refresh its sustainability plan.

“The first step was to launch surveys with students and staff to see what was important to them,” Bremner says, “because we wanted the plan to reflect the interests and needs of the community. We had over 1,700 students respond to the survey.”

On the survey, students could choose between four areas of environmental concern; Bremner says waste came out on top, being chosen first by 49 percent of students surveyed. She says that the college recently had an action-planning session where they focused on identifying their goals and establishing recommended actions for the next three years.

“We are going to move forward by presenting that plan to the college executives,” she says.

Nothing is solidified yet, but Bremner says she is quite excited about some of the initiatives Camosun is zeroing in on. One of those is how the college will track and audit its waste; if you can’t measure it, you can’t manage it. The college has done spot audits over the years, but it wants to introduce a more formal system that will involve students in the waste-management classes, which will be an exciting learning opportunity for them.

“I feel that everybody at the college wants to do the right thing,” says Bremner. “I’m inspired by the people I work with, and there is a will and a desire to have the college functioning in the most sustainable way we can. It’s a great opportunity for the students to get involved. They value the work that we have done to get to where we are, but a part of my job is to work with Facilities to bring the waste numbers to the students and show them why it’s important.”

There are programs that actually address sorting, but Bremner says it’s unrealistic to incorporate it into curriculum across the board.

“Some ideas came up in the action-planning sessions for ways that we can engage students,” says Bremner. “We talked about a zero-waste challenge, or other contests and initiatives that let people know it’s important in a way that isn’t academic, because students have enough pressures. We have people from different backgrounds and even different municipalities that have different recycling protocol. We need to convey to people that this is an important priority for the college and they have a role in it.”

It’s early in the talks, but Bremner says that there are several ideas and initiatives that are going to be put forward.

“We talked about a transfer station,” says Bremner, “and the feasibility study on the biogas digester at Interurban was talked about.”

Bremner says the college is looking for a positive way to engage students, rather than embedding more guilt in the psyche of students.

“We all have to have a sense of responsibility for how we tread on the earth, but do it in a positive way,” says Bremner. “Look at how we can do things differently to create a positive footprint versus a negative footprint.”

Walking through the courtyard at Lansdowne Campus this morning, I finished the last sip of my lukewarm coffee. I pulled the lid off to toss the pieces into the appropriate bins so they could be shipped off to a sorting facility and, eventually, get recycled.

This has been a morning ritual for as long as I can remember. Hundreds of times in the past, I thought nothing of it, because it would soon be taken away by custodial staff, and my garbage would be someone else’s problem.

Today, however, I stopped and took the time to look at the contents of the bins. The bins were labelled clearly on their lids, but the contents were indistinguishable. All three containers had paper, returnable bottles, and coffee cups.

I thought about China’s decision, and about taking the extra moment to put recyclables in their proper place, and thought about how today, it’s reaching a crisis point because we’re not taking the time to do these simple tasks. Hopefully the next time a student writes a story like this for *Nexus* and looks through some recycling bins, they see something a whole lot different than what I saw today.

theatre

Play brings Shakespearian elegance to Craigdarroch Castle



DEREK FORD

Twelfth(ish) Night gives audiences a chance for some old-fashioned dinner-party revelry.

ADAM MARSH
STUDENT EDITOR

If you're missing being able to dress to the nines for a night on the town, *Twelfth(ish) Night*, based on William Shakespeare's comedy *Twelfth Night, or What You Will*, is an opportunity to bring out your Sunday best. Audience members can have a glass of champagne with the cast before the show, as well; these elegant elements of theatre culture are not things people get to experience much these days, says director David Radford, who also adapted the play with his wife Christina Patterson.

"A lot of people don't get dressed

up if they're going out to clubs. It's a different time now," says Radford. "It's fun to create that feeling of sophistication and real dinner-party revelry in that time period."

The adaptation is only an hour long, whereas Shakespeare's plays usually ran for much longer; Radford says this was a big challenge in the adaptation process.

"We don't ever want to lose any of the words, any of the poetry, but we know that we have to reduce it down to one hour to make it this punchy hour of fun and frivolity; it's a lot of work," says Radford.

Shakespeare often repeated the main themes in his plays be-

cause in Elizabethan times, says Radford, audience members were often drinking, talking to their friends, and yelling at the actors on stage. Radford says the repetition in plots can be edited out in his adaptations because audiences are more attentive now.

"You can actually find those and edit those down first so you only have to say the plot of that particular scene once, and then from there it's really trying to find the essence of the story," says Radford. "What's the quickest route through the story? And hopefully you haven't sabotaged the beautiful poetry that is Shakespeare."

The original play is over 400 years old. Radford and Patterson adapted this play specifically for Craigdarroch Castle, says Radford, adding that people with a large manor like Craigdarroch often invited friends over to watch performers, have cocktails, socialize with the actors, and then see a performance; Radford hopes to emulate that experience with this show.

"The gentlemen are all in tuxedos and the ladies are all in gowns and we have a champagne service for about half an hour," says Radford. "You can talk to all the actors—they're all right there mingling with you—and then half an

"A lot of people don't get dressed up if they're going out to clubs. It's a different time now."

DAVID RADFORD
TWELFTH(ISH) NIGHT

hour goes by and everybody makes their way up to the ballroom and then we do this one-hour version of Shakespeare's comedy."

There's a younger demographic of small groups of women coming out to these kinds of events now, says Radford, because people crave this sense of special occasion.

"It really works because the castle is such a beautiful backdrop. It's the most expensive set we don't ever have to pay for," says Radford, with a laugh. "It's a gorgeous place to go. We call the whole thing 'a kingdom for a stage'; I don't think there's a lot [of events] where people can dress up anymore, and I think there's kind of a magic in that."

Radford says working with Patterson—whom he met while working on Shakespeare's *Much Ado About Nothing*—has added a lot of passion and energy to their marriage.

"We take classic work and then we reduce it down," says Radford. "We work very hard together. We're both of one mind."

Twelfth(ish) Night

Various days and times,
Wednesday, March 28 to
Saturday, April 14

\$32 to \$35, Craigdarroch Castle
thecastle.ca

review

Mouthpiece takes old and makes it new at the Spark Festival

CINDY PECKHAM
CONTRIBUTING WRITER

Women's voices reach out across the pitch-black room in a tune that sounds almost mournful. When the lights come up, two women wearing bathing suits sitting in a soaker tub are illuminated on centre stage. The floor, ceiling, and curtains shroud the stage in funerary black, contrasting the virginal white bathtub and swimsuits.

So begins Quote Unquote Collective's *Mouthpiece*, part of the Belfry Theatre's Spark Festival, which continues until March 28.

In the performance, we follow the journey of the lead character, Cassandra, portrayed uniquely by both director/writer/performer Amy Nostbakken and writer/performer Norah Sadava. The death of Cassandra's mother, Elaine, triggers a descent into near-madness for Cassandra as she grapples with funeral arrangements and tries to make sense of the societal issues that follow women from womb to grave.

Nostbakken and Sadava give an uninhibited and spirited performance, relying heavily on their bodies to depict the inner turmoil of the lead character through use of synchronized movements, song, and interpretive dance. The bathtub serves as the main prop; the two also make clever use of a microphone and some fog, and there's some strategic use of spot lighting to highlight the actresses. Some scenes are harder to decipher than others, and there are two scenes that could have concluded sooner than they did.

The overall emotional tone of the play is one of confusion and anger. No stone is left unturned as women's issues are explored in a sometimes satirical and often no-holds-barred manner.

However, *Mouthpiece*'s powerful messages are sometimes overshadowed by the drama of the play itself in scenes that are a bit of an enigma or that overwhelm the senses with a fervent level of activity or noise.



PHOTO PROVIDED

Mouthpiece took familiar issues and discussed them in a new way during recent Victoria performances.

Mouthpiece doesn't offer anything new to the audience to take away, but it does present informa-

tion we're already aware of in a fresh way. I would recommend it to anyone with an interest in women's

rights, as it's sure to reinforce and reignite their passion for the subject matter.

music
Bison look to their past at upcoming Victoria show



PHOTO PROVIDED

Bison guitarist/vocalist Dan And (second from left) says the band's Victoria show will feature mostly old material.

ADAM MARSH
 STUDENT EDITOR

Bison guitarist/vocalist Dan And says it's good for people in bands to get out of their comfort zone by playing with lots of different musicians. And the guitarist/vocalist for the Vancouver sludge-metal band is about to practice what he preaches: Bison's show in Victoria—where And used to live—will feature the band playing older material, with ex-drummer Brad MacKinnon joining them for a portion of the show.

"The songs are a little more

complicated, maybe, than what we're doing now," says And about the band's early material. "There's a lot more going on. But it's not at the point where it's too complicated. There's some stuff in our mid-period—our second and third record—where I don't even think we would be able to play it now. Any time I see any live footage from it, I'm like, 'What the hell are we doing?' Playing stuff super fast; I guess it's just because we had been on the road for years and practiced constantly."

As the band got older, says

And, they gave "the songs space to breathe," whereas with early records like 2007's *Earthbound* EP, Bison was more or less still finding their voice, he says.

"I think it's going to feel more like a nice return," he says about the Victoria show.

Playing new songs is more uncomfortable for And, and it's harder for the audience, he says.

"It's hard to give the proper attention to new songs when you're hearing them live," he says, "but I feel like playing the old stuff is going to be more fun and relaxed."

"There's some stuff in our mid-period—our second and third record—where I don't even think we would be able to play it now. Any time I see any live footage from it, I'm like, 'What the hell are we doing?'"

DAN AND
 BISON

One of the people that And is grateful to play with is Bison guitarist James Farwell. The partnership, he says, forced him to "get my chops up."

"He'd be like, 'Oh, hey, why don't you do a solo at this part?' and I'd be like, 'Oh, fuck, I don't know how to solo. What the hell are you talking about?'" says And.

But Farwell didn't know how to solo either, at least in the traditional sense, says And.

"That's how it is. You just fake it," says And. "He taught me a lot."

The band will fly overseas in the spring for their fourth European tour. And says European culture values music and art differently than North American culture, but that's not to say that North Americans don't value it at all.

"It's nerve-wracking," says And about touring overseas. "It's absolutely terrifying. You learn pretty quick—European audiences are completely different than North American audiences."

Audiences will stay still in Europe, says And. It doesn't mean they

don't like the music; it means they're absorbing it.

"You kind of think at first, 'Oh, they don't like this at all; what the hell?' Then the set's over and they come over, they'll buy every single piece of merch you have, and you're like, 'What the hell? I thought they hated us.'"

Even the people organizing the gigs can sometimes treat the band profoundly differently in Europe. Meals will often be set out for the band in Europe, says And.

"When you're touring the States or Canada you just end up eating Tim Hortons or Subway the whole time and it really kills you," says And. "You show up at a venue and they're just like, 'Oh, yeah, there's a Subway down the street. Go fuck yourself.'"

Bison
 Saturday, March 31
 \$17.50, Capital Ballroom
atomiqueproductions.com

Web Exclusive
NEXUS
 Hannibal Buress

What's happening at nexusnewspaper.com

Week of March 11, 2018

Top five most read stories:

1. "Open Space: My discomfort with #MeToo," March 7, 2018
2. "Mind Matters: Exploring the brain's neuroplasticity," March 7, 2018
3. "Victoria dancer opens up about anxiety on and off stage," March 7, 2018
4. "Capital City Comic Con about far more than comics," March 7, 2018
5. "Cassils aims to make the invisible visible in live performance," March 7, 2018

Plus, head to our site to read a web-exclusive review of the University of Victoria's Phoenix Theatre's *Comedy of Errors*. Also, our beer writer Patrick Newman got really drunk and wrote about Victoria Beer Week events for a series of reviews.

Check it all out at nexusnewspaper.com, and find us on Instagram, Twitter, and Facebook today!

herself, in Vi
 September 30, 201
 Filed under Arts, Web E

New Music Revue

Nathaniel Rateliff and the Night Sweats
Tearing at the Seams
 (Stax Records)
 4/5

After two and a half years, Nathaniel Rateliff and the Night Sweats have just released their second album, *Tearing at the Seams*, and it was worth the wait.

This is a timeless album, listenable from start to finish. Rateliff and company bring a full sound reminiscent of the Stax records of old, and it definitely belongs in the storied label's catalogue. The band brings the funk right out of the gate with the driving instrumental work on opener "Shoe Boot," and they don't look back from there. The power and growl of Rateliff's voice complements the polished '60s horn sound on cuts like "Hey Mama." "Still Out There Running" shows that Rateliff hasn't forgotten where he came from, and that he hasn't abandoned his folk roots.

Rateliff makes no effort to replicate the surprise hit, "S.O.B.," that made the band's 2015 self-titled album go platinum in Canada. But that's just fine, because as a whole, *Tearing at the Seams* is the stronger of the two albums.

-FRED CAMERON

Rachel Beck
Rachel Beck
 (Independent)
 4.5/5

Prince Edward Island's Rachel Beck breaks away from The Beck Sisters—the group she fronts with her sister Amy—on her self-titled debut album. This seven-track release provides various sounds while staying true to Beck's singer-songwriter roots.

The songs "Nothing in Between" and "Reckless Heart" showcase Beck's edgy lower notes, while "Fire in the Sky" and "When You Left" paint vivid imagery with their lyrics. Standout track "Rewind" effortlessly blends haunting melodies and subtle instrumentation.

"This Little Light" ends the album on a strong note. Packing a folksy punch, Beck uses undertones of Celtic and sea-shanty sounds to invoke nostalgia for her home province before taking us to church in the final chorus.

My only wish for Beck's album is that it was longer. She had me hooked, and I would love to hear more. But not to worry: I suspect she has a long career ahead of her.

-KATY WEICKER

Spielbergs
Distant Star
 (By the Time It Gets Dark)
 4.5/5

Mix a trio of Norwegian musicians, a pinch of early-2000's nostalgia, some drums, and guitar, and what you have is a recipe for Spielbergs' debut EP, *Distant Star*. A hybrid of Blink-182, Gob, and HIM, this group delivers the angsty, first-pumping stuff of my teens.

As is often indicative of this genre, I understood a handful of the lyrics vocalist Mads Baklien sang throughout each track—although, in fairness to him, he's multi-tasking (and killing it) on guitars and synth. Bassist Stian Brennskag and drummer Christian Løvhaug provide a powerful (bordering on overpowering), pumping pulse to the album.

The exception to this instrument-heavy formula is the final track, "Setting Sun." The lyrics-focused ballad slows down the pace, giving all three musicians a chance to shine.

Unfortunately, at five tracks, their debut is on the short side, leaving me craving more.

-KATY WEICKER

The Last Gang
Keep Them Counting
 (Fat Wreck Chords)
 2.5/5

This is the first full-length album by The Last Gang, a '77-punk trio from Orange County.

Despite only having three members, they fill the sound spectrum. Guitarist/vocalist Brenna Red's vocals are reminiscent of Joan Jett, and the bass and drums work well together.

The lyrics contain all the typical punk themes that you'd expect: they're anti-authority, pro-self-expression, pro-activism, and pro-feminism.

Most songs on first pass felt familiar, as if I'd heard them somewhere before. In subsequent listens, though, I began to appreciate some tracks for their own merits.

The remainder, however, were forgettable.

Sure, some of this is unoriginal and derivative, but that doesn't mean the songs are of poor quality. Overall, *Keep Them Counting* is not a strong release, but it's worth a listen.

-CONNOR MAULTSAID-BLAIR

know your profs

Camosun's David Armstrong just can't get a break

ADAM BOYLE
STAFF WRITER

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

This issue we talked to Camosun Hospitality Management instructor David Armstrong about teaching multiple generations, his sense of humour, and staying in touch with former students.

1. *What do you teach and how long have you been at Camosun?*

I'm a faculty member in the School of Business, Hospitality and Tourism Management program. I've taught a lot of courses over the years but have primarily focused on the applied elements of our program: for example, the Dunlop House Restaurant classes and our Integrated Events Management course. In addition, I am the co-operative education and internship coordinator for our program's mandatory paid work terms. In this role I act as a resource and a liaison between the program and the Co-operative

Education department, as well as between students, faculty, and employers. I've been at Camosun longer than many students have been alive—I started in 1988; you can do the math—and have actually taught my former students' kids. That was a shock.

2. *What do you personally get out of teaching?*

I've been very blessed to stay in touch with so many of my former students and to watch them grow and develop into amazing industry and community leaders. I think that the reward is in them wanting to continue these relationships with myself and the program after they have graduated. I can't count the number of times that graduates have called asking if we have any students who might want co-op jobs, if they can come into the class to present a guest lecture while they are in town, if they can mentor a current student, or if I just want to get together and catch up over a bite to eat or a beverage.

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

I hope that they know that I am

genuinely invested in their success, and that I want them to be successful. That I've made mistakes too, and that that is normal and okay.

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

I have a pretty twisted sense of humour at times. I grew up in a very English family who held the belief that if you weren't able to laugh at some of the things that life throws our way, that life can drag you down.

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

As noted above, I've made some wonderful friendships and have been lucky enough to work with some amazing people. If it weren't for them, and their genuine drive and sense of commitment to our students, I wouldn't still be here.

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

Cutbacks and budget challenges that directly affected both our internal and external stakeholder groups.

7. *What do you see in the future of post-secondary education?*

I'm a very strong believer in

applied experiential learning. As such, I believe that classrooms of tomorrow will not only provide more cross-disciplinary and flexible programming, but that this will happen in ever more globalized settings that provide a broader range of campuses and experiences to future students. To do this, we will need to develop greater levels of cross-cultural awareness and competencies, not to mention a willingness to learn another language. I also think that we will continue to see industries, governments, colleges, and universities joining forces in order to address skills shortages in what is becoming a war for key talent on a global scale. While I don't think technology will ever fully replace face-to-face learning, I do believe that it has a significant role to play in how education will be delivered, both at school and in the workplace.

8. *What do you do to relax on the weekends?*

At the moment, I don't! I have two very active children, both of whom are involved in rep-level sports. I'm also a student too, so my weekends are often split transporting little people, watching a



ADAM BOYLE/NEXUS

Camosun's David Armstrong.

game, trying to figure out the meaning of an endless stream of journal articles, or writing papers.

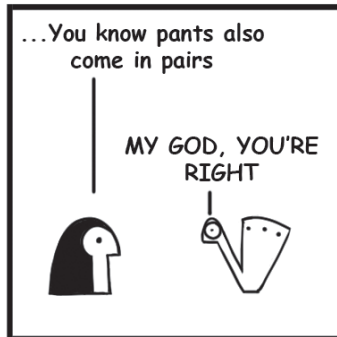
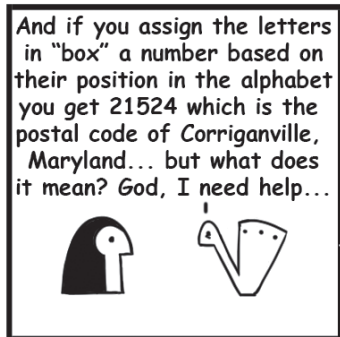
9. *What is your favourite meal?*

Tough question... It depends on what the situation is, where I am, and who I'm with. In my field, I eat pretty well, and I've had the opportunity to eat great foods all over the world.

10. *What's your biggest pet peeve?*

A lack of accountability. [As British academic Reg Revans said,] "There is no learning without action and no action without learning."

PENGUIN & PEACOCK



Jayden Grieve



Let's Talk?

by Katy Weicker

Why women's day?

Let's Talk is a new column exploring women's-rights issues.

On March 8, the world celebrated International Women's Day. Events were planned; social media was flooded by women and men posting opuses to the great women in their lives. "May we know them, may we raise them..."

Women's bathroom signs were rejigged to point out that she's not wearing a dress; in fact, she is wearing a cape. A pink glitter bomb exploded across my Facebook feed as the world tried to empower women.

I'm ashamed to admit that I didn't post anything. And it's not because I was unaware. It was impossible to be unaware.

I didn't post for the same reason I hate roses on Valentine's Day. It seems disingenuous. If you want

to gain brownie points, make me breakfast in bed on a random Saturday in November for no other reason than because you think I'm awesome.

My same logic applies to International Women's Day. Why do we need a day to celebrate women's strength? Women are strong 365 days a year.

Now, I'm not going to lie: I do buy my mom a card on Mother's Day, but that's more for fear of being shown up by my siblings than celebrating the fact that my mom and my dad gave in to my older sister's relentless demands for a minion. My mom is my mother every day, and I'm thankful for her every day. Just like I'm grateful for all the other amazing women in my life. I don't need a random day on the calendar to tell them that.

That being said, the frustrating reality is that some people do need a gentle reminder. Some people need to see their Facebook feed flooded with pink glitter bombs to be reminded how freaking awesome womankind is. But, I implore these people, don't let it just be a day. Take a moment, right now even—okay, maybe not right now; finish reading my amazing musings first—to tell a woman in your life how much you respect her. Fight for her every day. Not just March 8, or Mother's Day, or Valentine's Day.

I long for a time when this becomes second nature, a time when the genders are so equal that the idea of celebrating Women's Day is just as absurd as celebrating Men's Day. Until then, let's all do our best to make every day Women's Day, and strive for a day we no longer need it.

An in-depth examination of student mental-health issues at Camosun College; a look at what hosting the national championships was like for the Camosun Chargers men's volleyball team; interviews with local soul/pop group Lovecoast and *America's Got Talent* winners The Olate Dogs (or one of their handlers, anyway)...

All this and more in our next issue. Don't miss out!

On stands on Wednesday, April 4.

contest

Find the hidden *Nexus* and win

GREG PRATT/NEXUS

Let's see if you can find this copy of the last issue of *Nexus*, which we hid somewhere at Camosun College's Lansdowne campus.

The first person to find this copy of the paper and bring it in to our office wins themselves a free prize!

Last time, the issue was hidden beneath a vending machine on the second floor of the Ewing Building.

Who will find this hidden *Nexus*? Bring it to us once you find it; we've got gift cards, shirts, and more for the winner to choose from!

ANNUAL GENERAL MEETING
OF THE NEXUS PUBLISHING SOCIETY

TUESDAY, APRIL 3, 2018, 12 PM,

NEXUS OFFICE, RICHMOND HOUSE 201, LANSDOWNE

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, 2018 FINANCIAL STATEMENT
 - 2.) ADOPTION OF APRIL 1, 2018 TO MARCH 31, 2019 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.



Mind Matters

by Cindy Peckham

Focus on digestion for good mental health

According to science, we don't have one brain: we have two. Sort of. Our gut is nicknamed our "second brain," and while it may not solve quadratic equations and propel us to an A on our next exam, it can serve a pretty wild dinner party. This is important, since it hosts about 30 trillion to 50 trillion guests, called the "microbiome."

The microbiome is the collection of bacteria that live in our bodies, mostly in our gut, and communicates with our grey matter. This is known as the gut-brain connection, or gut-brain axis, and it was an important discovery. Studies have continued to reveal the unique role these bacteria play in our health, particularly their relationship to our mental health.

The complexities of this relationship are too great to summarize here, but there's enough evidence to support the theory that an unhealthy gut leads to an unhealthy mind; this can happen when the number of bad bacteria outweigh the beneficial ones.

The good news is that we are not

There's enough evidence to support the theory that an unhealthy gut leads to an unhealthy mind; this can happen when the number of bad bacteria outweigh the beneficial ones.

left at the mercy of these wayward bacteria. We can tip the scales in our favour by taking some simple steps to improve our digestion.

Our digestion can be impaired if we're stressed. To avoid this, we can make an effort to set aside enough time to eat our food slowly, in a relaxed space. Additionally, when we're eating, it's important to take the time to properly chew our food, as digestion actually starts in the mouth when food mixes with saliva. It's also a good idea to limit foods that can trigger digestive issues by avoiding food intolerances and excessive amounts of spice, alcohol, and caffeine.

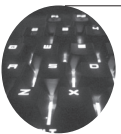
We can also use probiotic supplements, which introduce good

bacteria into the gut. Just ensure you get ones that have a guaranteed minimum number of active or live cells, and pay attention to expiry dates and refrigeration requirements.

Eating fermented foods like yogurt or kimchi can also supply good bacteria.

Lastly, we're all familiar with the old adage "you are what you eat," but in this case it's about what the bacteria eat too. Experts suggest they thrive when we eat fibre from a variety of sources, so don't skimp on the whole grains, legumes, fruits, and veggies, and be sure to wash them all down with plenty of water.

Bon appétit, and remember: change takes time.



The Bi-weekly Gamer

by Adam Boyle

Handing out justice in esports

One of the biggest problems with esports is dealing with toxic people who insist on doing things their own way.

While countless rules are put in place by the organizers of game leagues, sometimes you get someone that just doesn't follow them. Obviously, those that don't follow the code of conduct get penalties, which usually come in the form of fines, suspensions, or—in severe cases—expulsion from the league.

There have been many cases of conduct violations in different games over the years. Usually, the game developers are the ones to investigate the breaches and are also the ones to pass judgment on the matter. This doesn't always lead to favourable results, though.

Take *League of Legends* and its developer, Riot Games, who have been criticized by their community, team organizations, and their own employees for poor decision-making and a "judge, jury, executioner" mindset. While this has led to a low rate of breaches in conduct, it's also left many wondering if they're in danger of getting in trouble for doing even the smallest of things.

With the launch of the *Overwatch* League at the start of the year, it was only a matter of time before they too would be subject to having to deal with unruly players. The first breach came in January, when one of the players on the Dallas Fuel, Félix "xQc" Lengyel, used hateful, homophobic slurs toward a player on another team while live stream-

ing after their match. Lengyel was fined \$1,000 and given disciplinary action.

Fast-forward to the start of March: a wave of players were caught in violation of the league's rules. One of them was Lengyel. This time, the punishment came in the form of a \$4,000 fine, suspension for four games, and disciplinary action. The Dallas Fuel released a press release two days later announcing that they were letting Lengyel go due to his actions.

While there was backlash to all of the rulings, I believe that no matter what the game is, justice will be—and needs to be—served if warranted. Here's hoping the number of violations in *Overwatch* drops.



Unpacking the Bags

by Renata Silva

How to organize your finances

Moving to a new country and organizing yourself financially in a completely new culture is scary. Many students fail to adapt financially, and they acquire huge debts. It's especially important that students whose monthly incomes are quite reduced learn to manage their money and live within a budget, and avoid the debt trap.

During the first months in your new country, I recommend you write down all your expenses, from rent and health insurance to entertainment expenses such as movies and bar nights. This allows you to have concrete information to prepare your monthly budget. If you are living here for some time and have not yet done this calculation, I recommend doing it as soon as possible.

When you plan, it becomes

easier to pay your monthly bills and reach your goals. Personally, I always try to not spend all my income; I save money each month, even if it's just a few dollars. We never know what surprises may come in the future, so having a bit of extra money is a good idea, especially for us international students, as our tuition is higher than domestic students and we also need to pay for visa renewal and permit costs.

Rent in Victoria is getting more and more expensive, so I try to save money on my phone bill and when I'm grocery shopping. Also, before I buy clothes or electronics, I always ask myself if the purchase is because of need or because of desire. If it's just the will to have something new, I make the sacrifice of not buying. I'm saving money that may be needed in the future.

If you're thinking of making a big purchase, such as buying a car, you have to be extra careful. Many companies offer plans with the option to pay later, but be careful, as they can turn into a new debt. In this case, planning monthly expenses is even more important.

The most important thing is to change your habits. Much of the spending comes from small daily purchases. So, some tips: bring your own snacks for class or work; use public transportation; buy clothes that can be washed in household washing machines. Follow these new habits until your monthly income increases, which usually only starts to happen after school. You may be surprised at how much you can save on a day-to-day basis. This can make your stay in your new country much easier.



Calculated Thought

by Sean Annable

How cryptocurrency could change the world

While the idea of trustless transactions and a more decentralized internet had early adopters excited about blockchain technology, it was the price romp that garnered public attention and drew comparisons to the dot-com bubble.

This may be why we see a holding pattern in price movement. Outside of the speculators who saw a quick path to profits, early adopters, developers, and those interested in the technology are waiting to see what it can do as it matures.

Therein lies a question: does the average person need to understand blockchain technology for it to change the world?

Ethereum co-founder Joseph Lubin was interviewed recently at SXSW; when asked about a tipping point for blockchain to be understood *en masse* he replied, "Probably the depths of blockchain won't be understood by the masses ever, in the same sense that TCP/IP and HTTP aren't understood by the masses."

In the 1990s, those magical internet protocols still used today to help run the web weren't understood by most people, and even fewer could comprehend the potential of a connected world. The average user of the web explored little more than email and chat rooms in its infancy. In a mid-'90s interview with Bill Gates, David Letterman balked at the idea of listening to a baseball game over the internet, and jabbed, "Does radio ring a bell?"

I can't help but draw parallels to the criticisms of Bitcoin. Yes, we already have digital cash. You can use payment systems with the help of banks and payment-settling companies to transact all over the world.

Yet, as the internet spawned

the world wide web and offered the decentralization and distribution of information—known as the "internet of information"—blockchain may offer that same effect through the "internet of value."

Dan Tapscoff, co-author of the book *Blockchain Revolution: How the Technology Behind Bitcoin Is Changing Money, Business, and the World*, said in a 2016 interview with I-CIO that that the internet of information had a weakness: "You couldn't store, move, transact value without a powerful intermediary. And that's what blockchains solve."

I've previously written on the idea that our personal information is a commodity and that we should question whether access to applications like Facebook and Google is worth the trade for that information. Blockchain may have an answer.

In that SXSW interview, Lubin says that "on the web right now, I would argue that identity is broken... it gets stored on corporate servers... and monetized by corporations."

Lubin's company, ConsenSys, is working on an identity construct built on the Ethereum blockchain that hopes to allow users to, according to Lubin during the SXSW interview, "control encrypted aspects of their identity, selectively and granularly disclose those aspects of their identity in situations they designate, and if they want to monetize those, they can do that."

There is much work to be done before we see a shift to decentralized applications in our everyday online activity. But, just as the web drew confusion, excitement, speculation, a spectacular crash, and a life-altering leap in technology, blockchain technology just might change the world.



Write to Rise

by Lynn Wohlgemuth

Who are you writing for?

Are you a nursing student? A business student? In a trades program? Studying technology? What are the major magazines, newspapers, blogs, journals, and books in your industry? Begin your writing journey there.

Talk to your professors and ask them what they're reading. Find out what the key industry magazines are locally, nationally, and internationally. Remember, this is all about starting with one small article and then the next, and the next. This will allow you to build your resume with one bite-sized article at a time. Imagine the links to your articles on your resume. It's a powerful upper hand.

Think of those school papers you are writing. You could take one of those, write a Coles Notes version of it, and voila! You have a small article written for publishing. It's that simple.

Once you have become familiar with the industry news and articles in your area of study or interest, choose one that is not so intimidating. For example, if you

are a Human Resource Management and Leadership student, you might look at *PeopleTalk* magazine. This magazine has easy-to-read articles that use simple and common language. Once you get your feet wet and publish a few of these articles, challenge yourself to step it up. Writing for academic journals involves a little more research and the writing tends to be more statistic-heavy. But, hey, maybe that's a style you prefer to write in.

This really is all about you and your reader. What is your comfort zone? What is your writing level? From there, find your target audience, and write in a way that reaches those readers. Once you've researched the style of other writers in that genre, you will start to notice a similar theme and voice, which will likely also give you a clue about the reader.

Finally, enlist others to help you. Ask the magazine or blog owner what they are looking for. They will most likely provide the answers to your questions better than anyone else.

volleyball lingo word search

Find the words on the left in the puzzle on the right; as always, stop by the *Nexus* office (Richmond House 201, Lansdowne campus) if you complete this puzzle to pick up something from our pile o' prizes!

ACE	E G A R E V O C C T R C D H H
ATTACK	R R C K K G H R B K R K A Q J
CAMPFIRE	O R I C S O E M S N C C Q C A
CHOWDER	H P E F W P C E Y A G A B V Y
COVERAGE	S K Y D P H A F T H G O M W Z
DUMP	F G E E W M O T O S T L L Y P
GAP	F R P L P O A J C W U R F A P
GOOFY	I A M U G S O C Y H N O S B H
JOUST	G E R U L N L D Z I A L J Y V
JUNGLE	J Z W J D X U J G F M L E F Z
KILL	N L N F A M T J D F W I O X T
PEPPER	Y T D S P D F A O T L K L I E
REDWOOD	W H U G N T D C Q O M D Q U M
ROLL	G F N B L Z I O O B E B F Z R
SEAM	V G B J K Z R I L G A E E E G
SHANK	
SPATCH	
SPIKE	
TUNA	
WHIFF	

Our firm is dedicated to securing civil justice for survivors of discrimination, harassment, and sexual assault.

We understand that these wrongful acts overwhelmingly target women and members of the LGBTQ community. We also understand that internal complaints processes and the criminal justice system frequently fall well short of providing survivors with the justice they deserve.

If you experienced discrimination, harassment, or sexual assault during your time on campus, and would like to discuss your story in a safe and confidential environment, please contact us.



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www.achesonlaw.ca

what's going on

by adam boyle and adam marsh

MONDAY, MARCH 19

Paint your heart out!

Swing by the Hawk & Hen, located at 531 Yates Street, for an evening of art, cocktails, and fun from 7 pm until 9 pm. Local artists will help rookie painters make an art piece worth keeping. Tickets are \$47.25; see paintnite.com for more info.

THURSDAY, MARCH 22

Boys in Victoria

Legendary record producer and rapper DJ Yella is coming to Victoria, with rapper Lil Eazy-E. Lil Eazy-E will be performing some of the music of his father, Eazy-E, along with his own songs. Tickets are \$20; for details on this and other events, visit strathconahotel.com.

THURSDAY, MARCH 22

Burger and a beer

Camosun Marketing students are hosting a series of events in March, the first of which is Blazers Beer and Burger Night; the funds raised from the events will go to the Victoria International Education Development Agency (VIDEA)'s contributions to the 2018 Rural Youth Exposure Conference, to be held in Zambia later this year. This event is from 6 pm until 11 pm at Moon Under Water Pub, located at 350 Bay Street. Tickets are \$25; find VIDEA on Facebook for more info.

THURSDAY, MARCH 22

Immerse yourself in African culture

Come out from 6 pm until 9 pm for an evening of live African music and an Ethiopian buffet-style dinner at the Blue Nile African Restaurant, located at 612 Head Street. A feature presentation from VIDEA (see "Burger and a beer" event, March 22) will be included in the night, as well

as a silent auction. Tickets are \$50 through emailing rubysu420@gmail.com or \$55 through Eventbrite.

FRIDAY, MARCH 23

Those rascals!

Victoria-based rock group Band of Rascals comes to Capital Ballroom this month after a successful 2017. Tickets go for \$15; for more details on this and other upcoming concerts, visit atomiqueproductions.com.

FRIDAY, MARCH 23

Strutting for a purpose

A non-profit fashion show will take place at Bayview Place Presentation Centre, located at 80 Saghali Road, on March 23. Models will strut stuff from numerous fashion lines and brands; there will also be a silent auction. The proceeds will go to VIDEA (see "Burger and a beer" event, March 22). Doors are at 7 pm; tickets start at \$25 and can be obtained by contacting Anneke Feuermann at 250-507-0656 or annekepl10@gmail.com.

FRIDAY, MARCH 23

Support student papers!

UVic's independent student newspaper *The Martlet* is having a 70th-anniversary gala dinner to fundraise for new computers, printers, and to upgrade their website. The gala will feature an exhibit of the paper's history; it takes place in the Temple building at 525 Fort Street from 6 pm until 9 pm. Advance tickets are \$10. Search "Martlet gala" on Facebook to find the lowdown.

FRIDAY, MARCH 23

AND SATURDAY, MARCH 24

Nightlife of Paris

The Victoria Django Festival is back for its seventh season of 1920s and

'30s music and dance. Named in honour of Django Reinhardt, the festival will transform White Eagle Hall into a hot club cabaret sporting a dance floor, bistro, and even an underground speakeasy stage. Tickets range from \$20 to \$40; for more info about the festival, visit ticketrocket.co/event/season/238.

SATURDAY, MARCH 24

Mozart and reconciliation

St. Matthias Anglican Church will be hosting an evening of music, narration, and video focusing on the struggles of First Nations peoples from the past. Tickets range from \$14 to \$18, and proceeds go toward the Vancouver-based non-profit group Reconciliation Canada. For more details, visit ticketrocket.co/event/details/104163/reconciliation-and-mozart.

SUNDAY, MARCH 25

Mexican music and more

Music, prizes, and a silent auction are just some of the things that Arriba 4 Zambia will have in store on Sunday, March 25. The event takes place from 7:30 pm until 9:30 pm. Tickets include a beer and burrito and are \$25. The proceeds will go to VIDEA (see "Burger and a beer" event, March 22). Tickets are available through arriba4zambia@gmail.com or can be purchased at the venue, La Taquisa, which is located at 1017 Blanshard Street.

THURSDAY, MARCH 29

Checking in with America

The United States Consulate General in Vancouver is hosting a pop-up Consulate for American Citizens Services at UVic this month. The pop-up will offer passport applications and notarial services. The service requires an appointment and a fee; for appointments and questions, email vancouveracs@state.gov.

an independent voice.

Adam Marsh
Student editor for *Nexus* newspaper. Marsh has covered issues such as students successfully protesting tuition raises and student issues surrounding the federal election.

With a few keystrokes you can sample thousands of opinions, afloat in a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.



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