

NEXUS

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CAMOSUN'S STUDENT VOICE SINCE 1990



HOW CAMOSUN
IS DEALING
WITH STUDENT
MENTAL HEALTH
...

AND WHAT
NEEDS TO
CHANGE

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TO EXPLORE CFS ALTERNATIVE
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Something on your mind? If you're a Camosun student, send *Open Space* submissions (up to 500 words) to editor@nexusnewspaper.com. Include your student number. Thanks!

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OVERHEARD AT NEXUS: "Beards confuse me."
COVER ILLUSTRATION: Sebastien Sunstrum

SPEAK UP

What are your spring and summer plans?



JESS GIBBARD

"My spring plan is to work, and my summer plan is also to work, so I can afford my fall semester. Right now, I'm pretty damn close to broke; living a good life."



JOSH COLMAN

"I'm moving up to Nanaimo, just working for the summer."



SARA HERBERT

"I'm looking at flights to go to Zambia in Africa; I've been there twice before. I have friends there that do volunteer work, so I want to go back and see them."



TONY WOOLLVEN

"I'm a ticketed carpenter but my body's kind of broken, so I'm getting out of that and trying to head for computer science or software engineering. I'm going to do that during the summer to try to avoid a student loan here and there."



ALEJANDRA MANDEZ

"I'm going to do some volunteer work. I'm going to work full-time and I'm taking one class."



HANNAH JOHNSTON

"I guess just working full-time, going camping. I'm thinking Miracle Beach, up in Campbell River."

BY ADAM MARSH

student editor's letter Time for goodbyes

Mental health impacts pretty much everyone at some point in their lives. For me, it has both cultivated and, sadly, destroyed relationships, leaving wakes of shame and memories that, literally, keep me up nights. It has left scars on my heart, but it has also healed those scars. So the question is this: what is going to be done about the rising number of people who need to talk about this at Camosun College?

Features writer Fred Cameron will take you deeper into this fascinating and ever-present topic on page 6, focusing on what the college is doing for its students.

This issue is Fred's last. Fred has brought so much to the paper in his time here; we've had a semester full of excellent, thought-provoking, detailed feature stories thanks to Fred, who was also a pleasure to have around the office. He brought a lot to the paper this semester and we really appreciate it.

This is also staff writer Adam Boyle's last issue. Little does he know, I'm planning to kidnap him so he can never leave. Uh, clearly, I'm trying to use humour to deflect my actual thoughts on this matter. Boyle has worked hard to bring stories to students in his time at *Nexus* and his presence in the office—and of course, his totally insane gaming column—will be missed. Cheers, Boyle. The *Nexus* Adams shall exist no more.

We're excited about what we're doing next, but we'll miss Fred and Adam as we move ahead. Thanks for all you did, guys.

Adam Marsh, student editor
adam@nexusnewspaper.com

flashback

25 Years Ago in *Nexus*



GREG PRATT
MANAGING EDITOR

Still more CFS controversy:

Our April 5, 1993 issue featured the story "CFS controversy continues," which, once again, detailed concerns students had about being part of the national organization. Considering it's 25 years later and relations between Camosun students and the national organization have gotten even worse, one has to wonder when the speculation will end and defederation will begin. The Camosun College Student Society (CCSS) no longer acknowledges the CFS on its website or in its student handbook, and the CFS has basically zero presence at Camosun. Camosun students still pay into the CFS every semester through their CCSS student fees.

We can't... We're not... We

don't know: So, the story "Camosun student takes bank hostages" in this issue sounds unreal but looks serious but is maybe a joke

considering this hit stands on April 5. And if it's serious, we gave it a surprisingly small amount of real estate on the page. Apparently, an 18-year-old Camosun student, "despondent over his grades at school," went into the Pacific Coast Savings Credit Union in Broadmead with two rifles and two knives and had an eight-hour standoff with police, which eventually resulted in him releasing the hostages and surrendering to police. There were no injuries during this event, which we think was real but we're not really sure (and we weren't when we wrote about it in "*20 Years Ago in Nexus*" in 2013, either) so we're not going to make any jokes and just uneasily end this here.

Still more CCSS controversy:

We reported in previous issues in this column about how their director of communications, Susan Williams, had spoken up about the CFS to *Nexus* and was censured by the CCSS for it; in this issue she wrote back to us and provided us with a copy of her agenda, showing us just how much work she did for students, and added that "if any one of the members of council would match my efforts we might have had a stronger, more effective student society."

open space

Like it or not, we need to be told what to do

ADAM MARSH
STUDENT EDITOR

Growing up, being told what to do by your parents was always the worst. (Honestly, it still is.) But as I've grown up, I've learned more and seen things about the world that I just wasn't aware of as a youngster. They say with great power comes great responsibility; once you hit the age of 19 here in BC, you've got your power, and you've definitely got your responsibility.

More and more, I seem to be running into people who say things like "we're being controlled by the government," "we're all just hamsters on a wheel," or even "what's the worth living for if we don't get any say in what to do?" Well, can any of us honestly say that we as a society would be better off without some of these controllers?

For example, let's look at the government. Yes, a governing force controls us as citizens. People always seem to think that living in a lawless world would somehow be better, but think about what would happen: crimes would not be punishable; stores could charge us whatever they see fit; smaller laws and societal structure that we take for granted on a day-to-day basis wouldn't exist; and, honestly, the majority of people wouldn't know how to act, how to live, or what to do with their time. Without a governing body, society would eventually devolve into exactly what you see in a post-apocalyptic movie. Thanks, *Mad Max*.

Now, I'm all for doing what you want and not getting punished for

wanting to have a little fun here or there. That being said, it's incredibly ignorant to ignore why we have any of these systems in place and why we continue to fight to put more systems in place that protect our rights, grant rights to those who don't have them but should, and reform laws we already have in place.

Personally, I like to have structure in my life; I feel that it's best suited for me. Being told what to do and where to go is good for me. I find that when I don't have any pressing matters or any reason to do anything, I often end up bored and, in a strange way, feel sort of empty.

Obviously, not everyone is the same, and that's where the beauty of our current societal structure lies. What is so often forgotten is that despite all the rules and laws, we live in a world where we still can do many of the things we dream of doing. Suddenly having a bad day and decide that there is nothing here for you anymore? Feel free to pack up all your stuff and move somewhere else in the world—nothing is stopping you but your own fear of losing everything you have.

Realistically, the only ones who are stopping us from doing what we want is ourselves. You'd be hard-pressed to find someone who doesn't live with at least some fear and doubt. That's why I believe being told what to do is good and why so many of us fight for our freedom when we're young. Without being aware of our fears and responsibilities, we are only able to ever see ourselves trapped in a birdcage with the walls closing in.

letters

New waitlist process feature

An important benefit for students not reflected in the article ("Camosun College changes waitlist procedure," March 21, 2018 issue): under the past process, if a student had a scheduling conflict (eg: the waitlisted course was the same day/time as an already registered course) or a hold on their account (financial or otherwise), the waitlist would skip them in favour of the next waiting student. In the new model, the 24-hour notification period will give students the opportunity to clear up any issues preventing registration and align their schedules to meet their specific needs. I would encourage all students to actively manage their enrolment and waitlists, including dropping waitlists that are no longer important to you as a courtesy to fellow students who need the course!

SCOTT HARRIS
CAMOSUN COLLEGE

student politics

CCSS explores CFS alternatives with trip to CASA meeting

ADAM MARSH
STUDENT EDITOR

A Camosun College Student Society (CCSS) staffperson and student council member went to the Canadian Alliance of Student Associations (CASA) annual general meeting in New Brunswick from March 20 to 22. Camosun students are paying members of the Canadian Federation of Students (CFS), the other national student organization in Canada. The CFS has been at the centre of controversy dating back at least 25 years (see *25 Years Ago in Nexus* on page 2); most recently, the CCSS has been in dispute with the CFS over CFS membership fees the CCSS gave the BCFS, a provincial component of the CFS (see *Eye on the National Student Movement*, below).

CCSS executive director Michel Turcotte went to the meeting with CCSS external executive Mitchell Auger-Langejan; Turcotte says there are no bylaws stopping the CCSS from joining CASA while it is still a member of the CFS, but he says the CCSS board still needs to be briefed on the meeting and that it is too early to say whether the CCSS will join CASA. (If the CCSS were to join CASA before Camosun students can defederate from CFS, students would be paying into two national student organizations.)

"It is worth exploring some

"[The CASA meeting] was very comfortable and professional. The people that go there sit down and get work done."

MITCHELL AUGER-LANGEJAN
CAMOSUN COLLEGE STUDENT SOCIETY

further connections with CASA," says Turcotte. "At this point, I don't know where the dispute that the members of the Camosun College Student Society are having with the CFS is going to go, precisely, but I do know that it's important for students, generally, in Canada to be represented and to advocate in terms of lobbying towards the federal government." (In the past, says Turcotte, when students have left the federal government to its own devices, it has usually resulted in disadvantages to students in Canada.)

Turcotte says the CASA meeting was similar to a CFS meeting in terms of content discussed and campaigned for, including lower tuition, open textbooks, and different ways to make education affordable. But the structure of membership in the two organizations is different, and CASA membership is cheaper than CFS membership, he says.

"No school pays more than

\$50,000 [annually] in the CASA system," says Turcotte. "That's different than the Canadian Federation of Students. The maximum a school pays to be a member of CASA is about half of what we currently pay to be a member of the Canadian Federation of Students."

Turcotte says he anticipates that Camosun students would be paying somewhere between \$35,000 to \$45,000 if the CCSS decided to join CASA. He adds that although it is not required, to ensure transparency he would want students to have a referendum regarding membership in CASA.

CASA executive director Michael McDonald says that CASA relies on its membership to set its direction and that it is up to the CCSS to decide whether CASA is a good fit for Camosun students.

"We feel that something that's really important for being a national advocacy organization is that the folks around the table want to be

around the table," says McDonald. "Maybe it's something that may not be for every single association. So giving a chance to come and observe—we obviously want to make sure to keep an open-door policy. At the end of the day, we think it's really important that elected student leaders be able to make the choice for themselves."

Auger-Langejan says that he enjoyed the CASA meeting, and that the environment was straightforward, hospitable, and professional; Turcotte agrees. Auger-Langejan says CFS meetings can be "oppressive."

"The Canadian Federation of Students meetings are a lot more political; they will advocate for the interests of certain political parties, or they'll take a stance against political figures," says Auger-Langejan.

One of CASA's main principles, says Auger-Langejan, is that it is non-partisan.

"All political backgrounds can come and participate in a whole-some debate without feeling the need to be quiet if they have opinions that are different, which can be the case at the Canadian Federation of Students. It can be a very oppressive political environment where only certain political opinions are accepted, and it's generally expected that people have a very homogenous view of politics at the CFS,"



ADAM BOYLE/NEXUS

The CCSS' Mitchell Auger-Langejan.

says Auger-Langejan, adding that that would not be the case at a CASA meeting.

A spokesperson for the CFS was not available to comment for this story.

Turcotte says that, having worked so closely with the CFS and BCFS for a number of years, he found it enriching to go the CASA meeting.

"I had never thought that I would ever have that opportunity," he says. "I think it only benefits students in Canada if we break down those barriers that exist to try to work together towards a common goal of advocating for students."

Auger-Langejan says it was an open debate at the CASA meeting, free of political tension.

"It was very comfortable and professional," he says. "The people that go there sit down and get work done."

Eye on the National Student Movement

ADAM MARSH
STUDENT EDITOR

As previously reported in *Nexus*, in June of 2017 Camosun students submitted a petition to the Canadian Federation of Students (CFS) to have a referendum on whether or not to defederate from the CFS. However, the CFS is not allowing the referendum to happen because it claims Camosun students' CFS fees are still outstanding.

The Camosun College Student Society (CCSS) collected those fees and remitted them to the British Columbia Federation of Students (BCFS), who then keep half and remit half to the CFS.

But the BCFS is withholding the CFS fees from the national organization because the CFS owes the BCFS money (part of which is also Camosun students' money).

Every student at Camosun pays \$2.25 per month into the CFS and the BCFS as part of their student fees; the CCSS now pays each organization those fees separately, but the approximately \$200,000 of Camosun students' CFS fees it

gave the BCFS over a span of several years is still being held by the BCFS.

CFS bylaws state that a referendum cannot happen between April 15 and September 15. The earliest that students will be able to have a referendum is September 16, but if the fees the BCFS is holding are not remitted, the CFS says the referendum cannot happen because of a clause in its bylaws saying a member of the CFS cannot defederate with fees outstanding. The BCFS claims that because it is a provincial component of the CFS those fees have been remitted.

The CFS bylaws do not specify what the financial relationship is between the CFS and BCFS regarding student fees. The BCFS and CCSS feel that students should be able to have the referendum. A spokesperson for the CFS told *Nexus* that there has been no correspondence with the BCFS in regard to the outstanding fees since the referendum was cancelled by the CFS in March.

Camosun students will keep paying into both the CFS and BCFS while this dispute continues.

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-ADAM MARSH

sports

Chargers look back on nationals, push on through off-season



The Camosun Chargers men's volleyball team recently hosted the Canadian Collegiate Athletic Association national volleyball championships.

ADAM BOYLE
STAFF WRITER

Fresh from recently hosting the Canadian Collegiate Athletic Association (CCAA) national volleyball championships, the Camosun Chargers are heading into the off-season. Although the Chargers may not have had the result they would have liked at the tournament, men's volleyball head coach Charles Parkinson says that they're trying to brush off those results and move forward.

"Our result was obviously not what we expected. We won our first match, which was great, and

ended up in the semi-final, but we ended up losing in the fifth set in our match," says Parkinson. "We ended up fourth overall in the whole country, which isn't bad. When you get to these higher levels, though, the margins between winning and losing are so slim. It can come down to one misplay or one bad rotation to spell your loss. Overall, it was a fantastic learning experience for the athletes as much as anything else."

Fourth year Sports Management student and team captain Doug Waterman echoes Parkinson's thoughts and says that he's proud of what the team has accomplished

this season, despite the results at the nationals.

"The ultimate goal was to win the tournament. Obviously, coming up fourth was a disappointment, but I think we represented Camosun well, considering how far we've come as a team, even just in the locker room," says Waterman. "We didn't have the greatest season record going into playoffs but we were able to come through. Overall, it was kind of disappointing, but we did well."

Parkinson says that one of his biggest jobs is helping the players reset between, after, or during a

game so that they can get back to playing at their optimal skill level.

"You can use your losses as a teachable moment. We often use the moments to reflect and improve, because when you get to a competing level like this, it often does come down to the smallest of errors," says Parkinson. "What we try to do is to highlight how important that small margin is so we can learn from them and get back out there with a fresh mindset."

The season is now over for the Chargers and they're going into their off-season, but the players aren't done yet. School, training,

"When you get to these higher levels, the margins between winning and losing are so slim. It can come down to one misplay or one bad rotation to spell your loss."

CHARLES PARKINSON
CAMOSUN CHARGERS

and commitments to family are all on the table. Parkinson says that he tries to teach the players that family and school come first, before the sport.

"We took the week following the tournament off just to recover and to catch up with school. The reason we do this is because, to me, the reality of this is that volleyball is a moment in time in your life, whereas your education lasts forever," says Parkinson. "We've started training again but on a reduced schedule. It's also an opportunity for us to bring in some kids that may be interested in playing for us, and play with some of the guys from the team. It also gives me a chance to talk to them and let them know what Camosun is all about and to sort of scout out potential players in the future. After final exams, though, that's when we call it a season. A lot of the players go home, work, or just take a vacation. As for some of the guys who are local, we'll maybe meet occasionally to do some light training."

student club

Camosun students start club for recycling soap and shampoos for those in need



Camosun first-year Business Management student Leslie Do.

ADAM BOYLE
STAFF WRITER

The struggle of getting all the shampoo out of shampoo bottles so they can be recycled is real. That's one reason why first-year Business Management student Leslie Do has

helped to put together the Soap for Hope club.

The club focuses on recycling used soaps and shampoos and sending the new hygiene projects to people in need. Do says that the project as a whole is quite simple

"Look at hotels—often their products are used once and then thrown out or forgotten. I think that's such a waste."

LESLIE DO
SOAP FOR HOPE

and is run with the help of local non-profit Disaster Aid Canada.

"Right now one of our assignments for our class is to connect with a partner or an organization to maintain sustainable activities," says Do. "Having a permanent system in place for Soap for Hope is, ideally, what we're looking for with this project, to help promote sustainability."

Do says that the project helps out locals who are in need, as well as people farther away who could be impacted by natural disasters or poverty.

"I think this type of project is important because it's very meaningful to help not only the local people in Victoria, but also some people far away from here, like in Africa," says

Do. "Disaster Aid Canada collects all of our used soap and shampoo and cleans them, so they are usable by other people. Specifically with the bars of soap, they shave off the outside layer so that it's almost like a new bar of soap. After cleaning all of the products, they send them all in huge bags off to wherever they're going. I think it's a really good project, because we shouldn't waste things like that. Look at hotels—often their products are used once and then thrown out or forgotten. I think that's such a waste."

Do says that Disaster Aid Canada will offer cheaper rates to hotels to recycle and donate their used products.

"It's sort of like a win-win for both sides," she says. "The hotels

get a lower price on a recycle service, and Disaster Aid Canada gets a huge supplier that's consistently providing them with what they're looking for. The hotels are also great because it's an easy source to locate. Disaster Aid Canada doesn't need to be running around looking for multiple places that may only have a few things to offer."

Do says that her group specifically chose this project because of how low-key and easy to maintain it is.

"We chose this project because it doesn't take too much time once we get past the beginning. Volunteers will be able to come and help out for however long they'd like," says Do. "The most important thing is that we find some partners that will be willing to stick around. Once we do, we'll have a long-term sustainable club."

The Camosun student Soap for Hope club is looking for more Camosun students to become members; email soapforhopeclub@camosunstudent.org for more information on joining the club or on donating your used shampoo bottles to them.

AN OPEN LETTER TO STUDENTS AT CAMOSUN COLLEGE

You are being misled. It is a shame that the Canadian Federation of Students (CFS) and its elected officials continue to misrepresent facts, and block us all from our democratic rights. **All the while refusing to address the real and valid concerns of students for nearly four years.**

We are a group of students' unions from around BC who, just like you, are seeking to decertify from the CFS. At all of our institutions more than 15% — and in some cases as many as 25% — of students on our campuses have signed a petition asking for a referendum on membership.

Just like you, in every instance our right to a a vote has been denied or perpetually delayed.

The CFS is clearly not following its own bylaws. The bylaws very clearly describe the process for referendums, including the petition process and timelines to set and hold a referendum. None of these timelines have been followed, and in fact **the CFS National Executive never actually set a referendum for Camosun,** despite what their spokesperson says.

The fee relationship between the CFS and BCFS over the past 30+ years is complicated, but what you need to know is that **Camosun students, just like students at VIU, Selkirk, Douglas, and others, have paid their membership fees.** At no time in the CFS' recent history before now have any other students been denied the right to vote on membership because their students' union sent the fees to the "wrong office". **You have paid your fees, the CCSS has paid those fees, and you are owed an opportunity to vote.**

The only solution to the current situation is for the CFS to do the right thing. The need to follow their bylaws and allow Camosun students their right to vote on membership. **They must stop acting in bad faith.**

We are all in this together, and we look forward to working with Camosun students to fight for affordable, high-quality education in the future, and for our democratic rights today.

Tanysha Klassen, External Relations Director
Douglas Students' Union
Avery Bonner, Director of External Relations
Vancouver Island University Students' Union
Santanna Hernandez, Chairperson
Selkirk College Students' Union
Kamal Bindra, Chairperson
College of New Caledonia Students' Union

Zahra Hashemi, Chairperson
Students' Union on Vancouver Community College
Riley Walker, Chairperson
Northwest Community College Students' Union
Shantelle Bishop, Executive Chairperson
Okanagan College Students' Union
Mary Rickinson, Chairperson
North Island Students' Union

PLEASE READ OUR FULL LETTER:
wearebcstudents.ca/blog/openletter



2018 Elections

Student Society

Make YOUR Choice

Voting opens Online from 9 a.m. April 9th to 11:59pm April 11th

Nishant Harmilapi
Lansdowne Executive



Nishant Harmilapi, running for the position of Lansdowne Executive. Throughout my time in Victoria, I have created close ties with the community through raising awareness for Women in Need (WIN) and helping organize the fund raiser for Our place society coming this April. But none helps my community, the students at Camosun.

As I do my best to attain a study, work and life balance, I see the opportunities and scope for progression within the college. By developing greater and consistent funding for clubs to reach a wider student base, ultimately helping de-clutter our schedules. We work hard for good grades and greater jobs. Hence it's our responsibility to support and guide, working harder to make it happen.

Bringing to the table, my years of hospitality experience in managing and organizing events for Camosun and CCSS. From leading a 16000ft climbing expedition to 21k's, everything has spearheaded me to this. Utilizing the vitality and responsibility of CCSS executive member's position, I am confident to enhancing the lives of students at Camosun.

Keeping it Real.

Yours Faithfully, Nishant Harmilapi

Mitchell Auger-Langejan
Lansdowne Executive



Hello Camosun! I am a science major with a passion for objectivity and democracy. I work doing ecological restoration on nature reserves and public parks in Victoria.

I have served Camosun students the past two years as Lansdowne Director, a member of the board of governors, and executive of external affairs of the Camosun College student society.

I am currently heading a campaign at Camosun to bring affordable or free textbook options in order to reduce the cost of education, making it more accessible for everyone. It would be my pleasure to continue this work, and if I succeed- would reduce the costs of education by up to 20%, a much needed change in what has become as abusive arrangement between publishers and students.

With my wealth of experience on the board, I believe I would serve you the students well in developing pro-student policy, helping to make college what it should be- an exciting experience in learning that doesn't cripple one with debt. Please re-elect me as Lansdowne executive and I will continue to do my best to make a better Camosun for everyone.

Yours Humbly, Mitchell Auger-Langejan

Donna Chow
International Director



Hi, thank-you for the opportunity to serve all international students at Camosun College as International Director. Getting the most help that international students need this year in 2018 and 2019 is my top priority. My goal is to listen to the voice of international students. When I listen very well then I can help serve our international student community the very best. I am taking African Studies in the University Transfer Program at Camosun College.

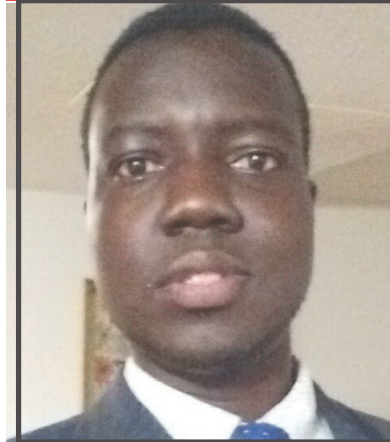
Gultash Singh Waraich
International Director



Hey, I am Gultash, I have always been extremely passionate about bringing people of all races, ethnicity's and ages. As a second-year student at Camosun Interurban in the accounting diploma of business department, I am determined to make this year an incredible experience for all of us. Camosun College continues to inspire me to be the best version of myself and in this leadership role I'd love to share my positive energy with everyone around me. I will always encourage my fellow students to talk to me so that we can all contribute and enhance our experience at Camosun.

Being an international student myself, I have first hand experience of challenges faced by international student community. I know a lot of you are trying to fit in this new environment and some of you have already got used to it. But there is something which you feel is missing, especially in this college I think I can do something extraordinary, by listening everyone's suggestions and propose some requests.

Isaiah Jurkuch
Sustainability Director



I came to Camosun to study Environmental Technology (ET) and currently in my third years. I love sports and have run the Camosun College indoor soccer and basketball program for two years. For the last twelve months, I had expanded my community engagement by being students' voice in the Camosun College Education Council. With my unique perspective to the position as well as passion for the things I do, the Council succeed to approve curriculum and programs so that students have continuous access to the courses with cutting edge theories as I think it is important that Camosun students are introduced to ideas that are relevant to the changing world. I worked with faculty to keep standards high and ensure that the students that graduate from Camosun are immediately valued within the careers they choose. I believe that in order to change the world, we need to change our minds and then our hearts and finally our environment. As a student in the ET program looking at the current STARS Silver rating of Camosun College on the Sustainability scale, it is a wakeup call that we need to manage our emissions, carbon footprint, Improve our source point pollution and encourage paperless. Implementing the recommendation of the recent Camosun Sustainability Survey will get us to the Gold and platinum rating where we belong. I can only dream but with your vote, we can rise again and continue to rise in our need for a sustainable College, city and indeed the world. Thanks you all.

Solomon Lindsay
Sustainability Director



In my first term as sustainability director I have been hard at work helping to revamp the outdated sustainability plan for Camosun College so it better represents the interest of students. If I am re-elected as sustainability director then I will look forwards to further putting my experience to work. This experience includes my education where I have excelled in Camosun's Computer Engineering program which focuses in renewable energy. It also includes past roles in a project to build alternative housing for the homeless, and being a member of two City Strategies. One on youth engagement and another incentivising a socially beneficial economy. Additionally as an avid biker I have a devoted interest in more friendly forms of transportation. Whether I am attending a board meeting, researching the benefits of solar, or planning the annual sustainability fair, all these past roles and interests have prepared me for the position of Sustainability Director. I firmly believe that whoever takes this very important role has the responsibility to be transparent and open to input. I intend to follow those ideals should I be elected, and I promise to devote myself to the role of Sustainability Director as it aligns so closely to my education and future career.

Luke Mione
Interurban Executive



Experience is one thing many people overlook when it comes to being involved over time. In a way being involved at Camosun College is a form of experience many of us sometimes take for granted, whether that means getting use to going to class, or sitting in the same spot for lunch each day.

From viewing and also being involved in the experiences throughout the college I would like to help other students feel connected to the lifestyle that Camosun provides. In order to make this a reality, I am looking to work alongside colleges event's and club related activities in order to provide students with an outlook.

If elected as Interurban Executive I will utilize my previous years experience and build towards a more specific set of goals such as higher club attendance, student wide involvements, and increase in the Camosun College Student Societies footprint campus wide.

Eleanor Vannan
Student Wellness & Access Director



I'm Eleanor Vannan, a second-year political science student, and I am running for Student Wellness and Access Director. The reason I believe I would be an excellent fit for this position is because as a student with a learning disability and a chronic pain disorder I live the experience may students with disabilities face. Camosun is an amazing school in regard to accessibility, but that doesn't mean we can't do better. In my time at Camosun I have excelled academically and I believe that is because of my skill of advocating for my needs. If elected I would use my advocating skills to promote the needs of students with varying disabilities. I believe that all students are entitled to an equal chance at success. For students with disabilities there is often a barrier with limits our ability to succeed. My promise is that if I am elected my sole focus will be on the students I represent. I will work to remove as many barriers as I can for us. If you have an issue and you see me on campus, don't be afraid to come have a chat. My goal is to be there for you.

Hayley Lamb
Interurban Director



Hello, my name is Hayley and I am running for the Interurban Director position in Camosun College Student Society. I've been a student of Camosun for 2 years, studying the Bachelor of Business Administration - Accounting degree. I am energetic, personable and hard working (and always available for any conversations or concerns you may want put forward, if you can find me). I am motivated to bring more events to the Interurban campus, and to advocate for the Camosun student body. I want students to experience more that just classes at Camosun, and that is why I have decided to run for a Director position in the Student Society. Please vote for me, and I will put in my effort to create a more full experience for you as you progress through your Camosun classes.

Rob Smythe*Board of Governors Student Representative*

Dear Colleagues,

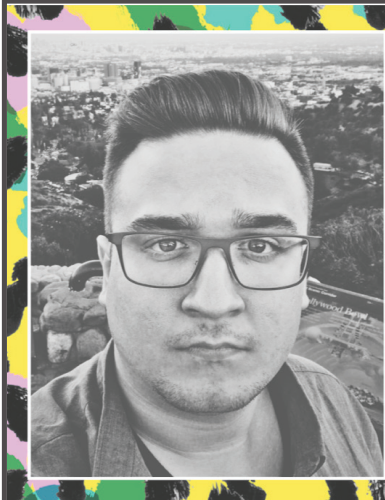
As your student representative for the Board of Governors, my goal is to ensure that Camosun College continues to embody its vision for life-changing learning, while establishing key policies that adheres to the commitment our Provincial Government made to make life more affordable.

Tuition and textbook costs continue to be a contentious issue among all students. I intend to be active in this area, and to represent my fellow students in a way that is fiscally responsible for all parties involved, so as to ensure a prosperous college experience for the current generation of students and the many generations to come.

Policy decisions made by the board encompass the values, strategic goals, and priorities of Camosun. One of those values is a positive and supportive student experience. The government set a mandate of a two-percent cap on tuition and fee increases. As your student representative, you can count on me to be your voice in confirming the board's compliance.

As your elected representative to the Board of Governors, I promise to support the entire student body, and to strengthen the role Camosun has to meet the Provincial Government's commitment to make life more affordable.

Yours truly, Rob Smythe

Dylan Bystedt*Board of Governors Student Representative*

Hello. I am seeking your support, in my campaign for Board of Governors. I will represent the student body and advocate to move Camosun, in a more prominent student-first direction. I will continue to fight for a policy framework for Open Education Resources (free textbooks), moving towards accessibility-first policy, and by expanding Adult Basic Education programs by advocating the College move their existing 'Plus' courses into the government funded program. As an energetic activist, I look forward to the continued opportunity to serve you. In order to broaden my fight for students, I am also running for the External Executive. I hope to have your support in the upcoming election!

Gultash Singh Waraich*Board of Governors Student Representative*

Hey, I am Gultash, I have always been extremely passionate about bringing people of all races, ethnicity's and ages. As a second-year student at Camosun Interurban in the accounting diploma of business department, I am determined to make this year an incredible experience for all of us. Camosun College continues to inspire me to be the best version of myself and in this leadership role I'd love to share my positive energy with everyone around me. I will always encourage my fellow students to talk to me so that we can all contribute and enhance our experience at Camosun.

Being an international student myself, I have first hand experience of challenges faced by international student community. I know a lot of you are trying to fit in this new environment and some of you have already got used to it. But there is something which you feel is missing, especially in this college I think I can do something extraordinary, by listening everyone's suggestions and propose some requests.

continued from page 6

ing difficulty supporting students in their classes," says Balmer, "or dealing with situations that are either upsetting or confusing to instructors, through the mental-health lens, helping them understand these behaviours—for example, people having anxiety triggers in classes. If that person is an anxiety sufferer, so to speak, it's normal that certain types of demands are going to trigger them more predictably and more quickly than others—unexpected pop quizzes, this kind of thing."

Balmer says that the majority of the role of personal support counselling, for the last 10 years at least, has been supporting students who are experiencing anxiety and depression, often around relationship issues, trauma, grief, breakups, or deaths in the family.

"60 percent of the psychopathological disorders seem to show up between the ages of 14 and 24," says Balmer. "That's the range of students entering college and university. We see many students who have emergent signs and symptoms of psychological distress. We see lots of students who have [been] pre-assessed, diagnosed, and are currently being treated for bipolar disorder, schizophrenia, and some issues around anxiety and depression... It's very much the case that we've had to become very informed and aware of mental-health disabilities, issues, and treatment strategies for those."

CAMOSUN NEEDS MORE

Jody Watson is an instructor in Camosun's MHA program and is currently acting as program lead. Watson has a master's in counselling and a private counselling practice. She's worked in the mental-health field for about 20 years in different settings.

The MHA is a 10-month certificate program that starts in the fall and ends with a six-week practicum in the spring; Watson says that it used to be a mental-health program but the additions component was added a few years back, as well as an indigenous populations component. Watson says that this all makes for a far more comprehensive program.

"We cover therapeutic communications," says Watson, "which is basic listening skills, and what we call microskills, which is about asking open questions and how to reflect content back to people. We are really trying to work from a trauma-informed practice, how to work with people with the assumption that many of the people we are working with have some sort of trauma in their background. We teach support strategies. We have an entire course just on understanding addictions, where we cover different substances and recovery methods. They do a course that covers different psychological issues. Most of the people out there with mental-health issues are affected by schizophrenia and bipolar, so we cover them both quite a bit. They do the indigenous course and a health course. It is a pretty full program. It used to be a three-month program, so it has grown quite a bit to cover more area."

Watson says that mental-health struggles have become more prevalent throughout society.

"For children and youth, it's anxiety, which has had a big increase," says Watson. "As an instructor, I can tell you that I have seen an increase in anxiety in students, as well. For the population we are trying to support with substance use, the mental-health concern we almost always see there is a trauma history. Often with people you see every day on the streets, or on the bus, or in the classroom, it's anxiety or depression."

Watson says that depression and anxiety just make everything feel harder.

"That is something we see with students with anxiety," says Watson. "It's really hard to get their work done, and then the work piles up, and that causes even more stress and more anxiety, and they're feeling overwhelmed, and it becomes a cycle."

Watson says the college recognizes what's happening, but she says students don't have enough support.

"We do not have enough counsellors at the college," says Watson. "Our students need more support. We've seen a growing trend in our program with students dropping out, or cutting back their courses. They are just getting so overwhelmed, and we don't have enough supports in place. What we do have in place is awesome—Chris Balmer has done an amazing job working to reduce stigma and talking about mental health, but we still need more support. That goes for our community, as well. People shouldn't have to wait for support when they need it."

Balmer says Watson's statements "seem accurate" and really resonate with him.

"I think [we need] different levels of support, too," he adds. "I think we can always use more counsellors. Right now, with one counsellor sick at Interurban, we have six students, four of whom are urgent, that need to be placed with other counsellors at other campuses today—just in one day. When they are urgent, that means they cannot wait for the next appointment. Recognizing that we haven't had an increase in counsellors in 10 years, while the population has grown steadily every year... That sounds like a political leverage statement, but it's true. Our coordinator, myself, and the chair of the department talked the other day, and I heard that Camosun is at almost twice what the recommended ratio is for students to counsellors in a post-secondary institution."

After hearing Watson's statement and Balmer's reaction, Winter was reminded of a powerful quote she heard from mental-health advocate Scott Chisholm at Mental Health Week back in October.

"He said something," she says, "that really resonated with me: 'We will do anything after somebody dies by suicide to make sure it never happens again at our post-secondary institution, but we won't put in the preventative work to make sure that nobody ever gets to that point.'"

Winter says that we know that, historically, change has usually occurred because something traumatic has happened.

"When we have this crisis overload of students needing support," says Winter, "we have to scramble to get the supports in place, instead of having it so people can come for help when they need it. Preventative work is having counselling in place to have a casual conversation about your life and your mental health. We focus way too hard on postvention-style work, rather than prevention. When people are at crisis, that is too late."

Camosun vice president of student experience Joan Yates oversees the college's counselling department. Yates agrees with Watson regarding the shortage of counselling support at the college.

"The reality is, at Camosun, like many institutions, in fact, in society in general, we need more support," says Yates. "I think it's an incredibly important area, and I believe very strongly that when students need help, it needs to be there. We need to be providing help. I understand that completely."

Yates says that this is an area of concern that is currently being addressed at the college. She says there is a new portfolio of student experience at Camosun, and counselling is part of that. A new director will be coming in to assess all of the college's services; Yates says it needs to be clear to students where they can go to get help.

"Part of our focus is looking at how we provide all of these services," says Yates, "and how we do them in a way to maximize the resources that we have. The college has, over the last two years, invested considerably more in support for students, to the tune overall of \$1,300,000. Across the board, not just counselling."

Yates says that there has been conversation around an increase in the number of counsellors, but she sees that as a short-term solution. Yates points to the work that Balmer does as being really proactive, because it's about getting to students ahead of time.

"The primary goal is to help students be more resilient in general, then look at what we need when students have issues," she says. "Maybe Camosun is not always the best place for that, so we are talking to folks in the community who provide these services right now, as well as looking at what our counselling department needs, overall."

Yates says that students being overwhelmed with programs is also something that the college needs to take a look at.

"Part of the examination we should be doing as a college is to find out whether that is the students' fault, or is it the way we design programs? Is it chicken, or is it egg? For example, why is every assignment due on the same day, or in the same week? Why are all the exams happening in a compressed time frame? Why do exams even have time limits? Are these things that actually pedagogically make sense, or are they things that cause undue stress? It is a big, big conversation that I am willing to tackle and have as an organization," she says. "I think with the support I'm getting at the college from senior leadership, students will be seeing some of that dialogue happening, certainly within the next six months."

A SOCIOLOGICAL PERSPECTIVE

Camosun sociology instructor Peter Ove has a psychology degree and has taught courses on mental health at UVic in the past. He says that in order to understand the increase in diagnosed cases, there are a number of things to think about.

"One is whether we've gotten 'better' at diagnosing these conditions," says Ove, "or whether or not they're actually on the rise. That is the same across the board, for autism and things like that, as well. There have been changes in diagnostic criteria and our sensitivity to these conditions. The question is whether they existed before and we simply ignored the people who had them, or the prevalence has actually increased."

Another issue, says Ove, is if they are more prevalent, what is actually causing them? Ove says that the prevalence of these conditions might be related to the way we think about them. Depression and anxiety, he says, have always been diagnosed according to how much harm or challenge they are causing the person involved, and usually that is determined by self-report.

"If you're depressed and you agree with the professional that it is causing you significant challenges in your life, then you can be diagnosed with depression," says Ove. "If you're feeling depressed but you're saying it's not affecting you, then you won't be diagnosed with depression, and you may not consider yourself depressed. What I'm saying is there is a difference between what might be seen as the underlying condition or emotion or state and our societal acceptance, or thoughts around it."

There is an anti-psychiatry movement that Ove says was popular two or three decades ago, and it has had a small resurgence in critical theory.

"I always teach about the medicalization of society," says Ove, "which is consideration around how, more and more, we are encouraged to see ourselves as ill. It's not supposed to mean that we don't respect people's opinions about it, and we don't think that people shouldn't be taken seriously when they are depressed or anxious. For example, through the sale of some antidepressant drugs, we are encouraged to see ourselves as ill, because then we are needing of these drugs. The anti-psychiatry movement and the critical perspective kind of focuses on the fact that our society creates an environment such that people do end up being more anxious."

Ove says that another point that's worth noting is that the prevalence of depression and anxiety hasn't risen equally across the board—it's always been gendered. For example, Ove says women have always been diagnosed with depression and anxiety more often than men.

"Whether or not that's because they are more willing to come forward and discuss it more than men has been a debate," says Ove. "Some people have said that this actually relates to the sexism in our culture. You get this combination of women being able to be, and encouraged to be, more emotional than men. Therefore, they end up being able to talk about, and maybe even feeling, that sadness and depression more than men."

On a personal note, right now I should be editing this piece leisurely rather than madly typing in order to meet deadline. The truth is that, as the result of recent circumstances, I've had some struggles of my own, and I lost a day of work. Yesterday, while I had planned on writing the body of this story, I was sitting on the couch in my office, with the lights off, staring expressionless at the wall, when a friend walked in and asked me if I was okay. Thankfully, I took that opportunity to talk about it, calming myself down enough to pull up my socks and go to class and give a presentation—which was improvised, because I was so stressed out I couldn't put pen to paper the night before.

While I sat in the darkness, the world was on fire inside my head. This isn't a unique scenario, but I knew the solution, and that is a telling fact. I moonlight at a desk where I offer support to others if they're struggling. I'm well aware of the counselling services here at the college. I have a widespread network of family and friends supporting me. I could have sent an email, or told my teacher what was going on, and I would have been given an extension.

But I didn't. I stared at the wall.

Why is it so hard to reach out?

Official Notice!**Camosun College Student Society
Annual General Meeting**

All students are invited to attend and participate in the CCSS's Annual General Meeting
For the meeting agenda or more information: www.camosunstudent.org or email ccss@camosun.bc.ca

**Liz Ashton Campus Centre Room 124 at
1pm on Friday April 13, 2018
Refreshments will be provided!!**

art
Local artist Mitchell Villa explores new styles



PHOTO PROVIDED

Mitchell Villa, seen here working on one of his pieces, has his exhibit *Epilogue* up at Fortune Gallery until Monday, April 16.

KATY WEICKER
CONTRIBUTING WRITER

2018 saw the end of an era for local painter Mitchell Villa as he switched from acrylic paints to oil. His current exhibit, *Epilogue*, at Fortune Gallery, pays tribute to his bright and vibrant acrylic work as he transitions to his new medium. Villa says that the change is more practical than anything.

“All my acrylics were just drying so quickly,” he says. “Acrylic has a way faster dry time than oil, so to be able to come back the next morning

and the paint isn’t all dry, or come back a couple days later... my paint is still good to be working with. I just found I was kind of limited with what I could do with acrylic paint. There’s a lot more possibilities with oil.”

One of those possibilities is the opportunity to work on multiple pieces at once. Currently, Villa has three on the go.

“When a painting is wet all over,” he says, “it’s nice to jump over and switch out to something different.”

But while Villa is switching his painting materials, the bright colours and pop-art vibe he brings to his work is here to stay.

“It will definitely be the same style I’ve always painted in,” he says, “but it will just be oil.”

So, what can patrons expect from Villa’s acrylic send-off? A blend of local street scenes and quirky portraits; the ways in which these pieces came to fruition are as unique as the works themselves.

“I’ve got a lot of street scenes of Victoria, and that was just for

one show, so I did a run of that. And then all my other stuff is just kind of inspired from daily life,” he says, adding that while he admits it sounds cliché, “it’s just kind of the things that go in have a tendency to come out.”

While there is definite stylistic cohesion between his pieces, Villa says he prefers painting people to buildings.

“I definitely prefer doing figurative work,” he says. “Buildings are a little boring, but every once in a while it breaks it up. I did the

“I definitely prefer doing figurative work. Buildings are a little boring, but every once in a while it breaks it up.”

MITCHELL VILLA
ARTIST

Chinatown piece first, and that was just because I had never done a cityscape before, so I just kind of wanted to try it... People were pretty into it, so I did a full series.”

In addition to his older acrylic works, *Epilogue* also sees the debut of three new-to-Victoria pieces: *Motel*, *Gastown 1971*, and *Hell Hounds*. Villa admits he has a soft spot for *Motel* and the mental images it evokes because he’s “drawn to old, dingy hotels and things like that.” As for *Hell Hounds*, he says that it came together with ease, despite its intricate detailing.

“That was actually super quick because I had the idea and was just able to execute it really quickly,” Villa says. “The painting process wasn’t that long at all. I think it was only like two weeks or a week and a half or something to do those dogs.”

Epilogue
Until Monday, April 16
Various days and times,
Fortune Gallery
fortunegallery.ca

event
The Olate Dogs bring message to everyone, not just dog lovers

ADAM MARSH
STUDENT EDITOR

When third-generation circus performer Richard Olate won *America’s Got Talent* in 2012, he wasn’t very optimistic about it going anywhere. Six years later, the family is touring with their show, and Richard’s son, Nicholas, says turning the act into a family unit is a growing endeavour for him, considering that his dad is getting ready for retirement.

“I’m performing the majority of the show now,” says Nicholas. “I’m taking up the family business here shortly.” (That family business includes music, a stand-up comedy routine, and, of course, canine acrobatics.)

“The opening of the show is the acrobatic dog opening,” he says. “The dogs do handstands, and jump rope, and ride scooters, and run around on their hind legs... It’s very acrobatic.”

Nicholas says the family tries to get rescue dogs for the show, which is how Richard got into this business in the first place; he started out working with rescue dogs on the streets of his hometown, Santiago, Chile.

“I’ve always been an animal

lover,” says Nicholas. “For me, performance-wise, I just like being able to entertain. The stresses of life always get to you, and stuff like that; you never know if someone’s having a bad day or something, so if you can perform and have them forget whatever day they had, or some sort of stress, for at least an hour and a half. That’s a very rewarding thing in itself—just being able to travel around and be with all the dogs and see the world is a real blessing.”

Nicholas says that on the off chance the family picks out a rescue dog—typically, they pick a poodle mix because they’re a hypo-allergenic breed and built well for doing tricks—who doesn’t take to the stage training well, the dog will go to his grandpa’s farm, a large acreage where dogs can run around and be free.

“Every time we need a new dog, we try to rescue, if at all possible. We go to shelters and look for energetic dogs that could potentially work for the tricks that we need,” he says, adding that the dogs need a home just as much as the Olates need the dogs. “Every time we do need a new dog, that’s what we like to turn to.”

The show also includes a short film about rescuing animals

with details about his father’s poverty-stricken past.

“It’s basically a rescue story, but it’s kind of a little cute twist on it, so instead of the human rescuing the dog it’s vice-versa—the dog thinks it’s rescuing the human,” says Nicholas.

Nicholas says the message of rescuing dogs, and how that ties into his father’s story, is also talked around and be with all the dogs and see the world is a real blessing.”

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The show also includes a short film about rescuing animals



PHOTO PROVIDED

The Olate Dogs are bringing their tricks, and positive messages, to town.

music
Lovecoast singer focuses on settling down on debut album



PHOTO PROVIDED

Victoria indie/soul/pop band Lovecoast are releasing their debut album, *The Trip*, on April 28.

ADAM MARSH
STUDENT EDITOR

Gone are the days of dating with serious intent, at least until you’re ready for a change. Just ask Danielle Sweeney, singer of local indie/soul/pop band Lovecoast. Although she is in a long-term relationship now, Sweeney says a main theme on *The Trip*, the band’s first full-length album, is the idea of learning to love yourself first and foremost,

then loving others; the album is the opposite of a love story, she says.

“The song ‘Motion,’ that’s about this day and age and the way that people date, and the whole Tinder era... this idea that you don’t have to stick to one person or you don’t need to follow the rules. Everyone wants to live in this very quick-moving relationship,” she says.

Sweeney says most of the songs on the album are about someone

realizing that in order to be able to move forward in a relationship they need to take care of themselves first.

“You really have to be in love with yourself before you can love someone else,” she says, “and almost all the songs on the record carry that sort of a theme.”

Sweeney prefers to be settled now, and she recognizes that it’s sometimes hard to find someone else who feels the same way.

review
New book details Gulf Islands trails with passion

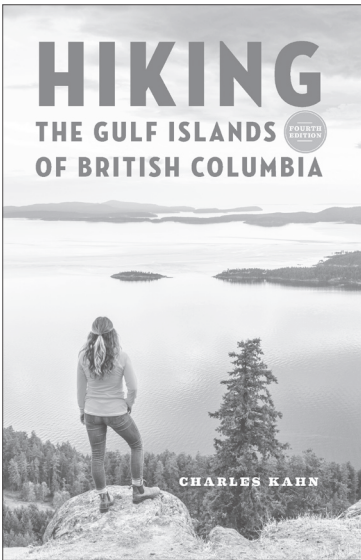
Charles Kahn’s *Hiking the Gulf Islands of British Columbia* was written with the goal of being an informative guide to hiking the many trails located in the Gulf Islands, and Kahn succeeded.

RENATA SILVA
CONTRIBUTING WRITER

Charles Kahn’s *Hiking the Gulf Islands of British Columbia* (Harbour Publishing) was written with the goal of being an informative guide to hiking the many trails located in the Gulf Islands, and Kahn succeeded. The book is quite simple to use: it’s divided into chapters, each one covering a different island, providing information on how to get to the island, accommodation options, maps, photos, and more.

A good addition is the brief history of each island. Knowing the history of the place makes a big difference when someone is actually hiking the trails there, as it causes them to think about the history of each plant, tree, river, and rock during their walk.

In fact, the author’s close re-



lationship with nature is clear throughout this book, especially when Kahn describes a location as a “magical place,” or talks about a “lovely open forest.” Kahn also provides highly specific descriptions to guide the reader. He explains in detail what the hiker will find on a specific trail if they turn left or right, which helps create a feeling of anticipation to go hike the trails. On that note, the book works as more than a guide: it convinces the reader to go hiking. Even people who don’t like the outdoors will feel compelled to try at least one of the walks detailed in the book.

The book is actually best thought of as a guide, not a book: all the extensive descriptions can make the reading very tiring, especially for those who aren’t avid hikers. One of the options offered by the author

“You really have to be in love with yourself before you can love someone else.”

DANIELLE SWEENEY
LOVECOAST

“There’s always the island and there’s always the ocean,” she says, referencing “Motion”’s lyrics. “The ocean is the person who’s constantly moving around them and not allowing the relationship to go further beyond just an initial visit.”

Making the album was a two-year process during which Sweeney pushed herself both creatively and personally.


“We probably wrote 30 songs,” she says, “and only 10 made the cut.”

During the writing process, Sweeney’s grandmother passed away. Sweeney took time off and went back home to Squamish, where she and her family came together and looked through photo albums with pictures of her grandma. The photos eventually became inspiration for the band’s cover art.


“There’s a photo of a woman on all of our album art so far,” says Sweeney. “[The] ‘Lonely’ [single] has it... and then also *The Trip* album cover does as well.”

Sweeney says her grandmother was always really supportive of her musical career, and the photos are Sweeney’s way of honouring her.

Lovecoast
Saturday, April 7
\$10, The Rubber Boot Club
do250.com/venues/
rubber-boot-club



Dilemma Season
Epidemic Suggestion
(Independent)
4/5



The Lawrence Arms
We Are the Champions of the World
(Fat Wreck Chords)
4/5

Hailing from Vancouver, BC, indie rocker Scott Hardy, who goes by the name of Dilemma Season, sounds like a blend of Johnny Cash and Elvis Costello on his debut album, *Epidemic Suggestion*.

The album consists of a hearty ten tracks, giving listeners time to really sink into it. The stripped-down, no-frills recording gives the feeling of a live session, putting the acoustic guitar and vocals front and centre in each song.

The tempo of the album flows from folksy blues in tracks like “Not My Aim” and “Fault Lines” to an almost country twang in songs such as “Reign of Fire” and “The Queens of Dundarave.” The sounds work together seamlessly, with a rough-around-the-edges rock twist providing the final touch to make this a cohesive and refreshing album.

While the recording and promotion of the album may be grassroots, the heart of Dilemma Season’s music is professional and polished.

-KATY WEICKER

This “retrospectus” from Chicago punk rockers The Lawrence Arms features a collection of songs off their previous records, plus a few previously unreleased tracks. It serves as a tour of their nearly 20 years making music, and it’s a treat for diehard fans and newcomers alike.

The trio has been making music since 1999 and has released six full-length albums; listening to *We Are the Champions of the World*, you can really hear how their style of music has evolved over time, from sounding like ‘90s melodic punk to a more refined pop-punk with alternative rock sounds.

Some songs have the fast pace of hardcore, and some are a bit more slow and soulful. In all, the songs featured here are some of the best punk tracks you could hear.

The Lawrence Arms are still around, and they want to make sure you know.

-CONNOR MAULTSAID-BLAIR



Let's Talk?

by Katy Weicker

Don't mansplain about women

A few days ago, I came across a video on social media by a man trying to empower women.

Against my better judgment, I clicked on the link. I made it 90 seconds into the seven-minute video before tapping out. In that short time, he told us all how he wished we weren't so hard on ourselves, and on each other. He informed us how, no matter what we weigh, we are all beautiful (a fact he reiterated many times). How if we just stopped judging each other, our lives would be easier. How we needed to stop this damaging behaviour.

Everything about this message made my skin crawl, because for a guy to try to tell women how to think and navigate our emotions is a foundational flaw in our society. Until you've walked a mile in my stilettos (or runners, or clogs, or

flip-flops), you don't get to tell me how to feel.

The most heartbreaking part was the fact that his comments were flooded by women waxing poetic about what an amazing man he was and how he's so right: we are so hard on ourselves.

My carefully crafted comment (in other words, my verbal diarrhea written as fast as my fingers would type) went a little (okay, exactly) something (verbatim) like this: *If only it was this simple. If only we weren't bombarded from birth with the opposite message. The reason we think these things is because they are ingrained in us from an early age. Instead of telling women to stop judging themselves, maybe tell the patriarchy to stop judging us.*

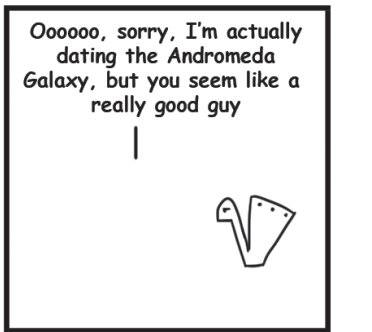
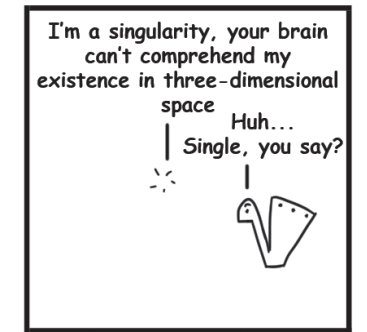
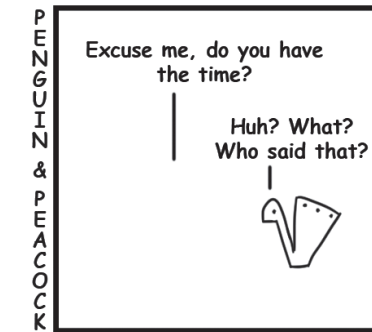
His response made me do a literal facepalm (side note: take off

rings when performing this task). He informed me that thinking that women were the only ones who were judged was incorrect. Did I know men are harshly judged based on their performance and ability to provide? They are just better at putting it aside than women. Did I know it wasn't a skill taught from birth? He then thanked me for my comment.

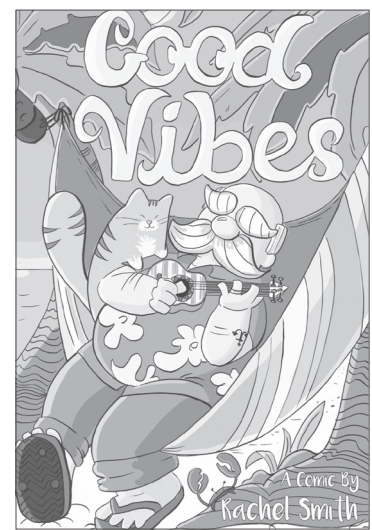
I assured him I was happy to impart a little (empowered) women's wisdom, and politely thanked him for mansplaining. Because, really, whatever would I do without a man explaining the big scary society outside my kitchen?

I never got a response. The next time I went to check the comments, his profile (and video) were set to private.

Was it something I said?



By Jayden Grieve



PHOTOS PROVIDED

Camosun students from the Comics and Graphic Novels program will have their comics on display at the Camosun Comic Arts Festival on April 14.

FRIDAY, APRIL 6 AND SATURDAY, APRIL 7
Identity through dance
Dance Victoria is hosting the local premiere of contemporary dance company Ballet Hispanico. These shows will showcase the work of three Latina women and explore finding identity as a Mexican-American citizen. Tickets start at \$29 and the show is at 7:30 both nights at the Royal Theatre; more info on this and other upcoming events can be found at dancevictoria.com.

FRIDAY, APRIL 6 TO SUNDAY, APRIL 8
Showcasing students
First year Camosun students in the Visual Arts program will be exhibiting their year-end work at the Lansdowne campus in the *Out of the Grey* exhibit. The exhibit will contain video, drawing, painting, and photography. The works will be located in the Visual Arts Annex at Lansdowne as well as outside Young 111 and 117. See camosun.ca for info, and see nexusnewspaper.com for our story on this event.

MONDAY, APRIL 9 TO WEDNESDAY, APRIL 11
Speak out in slam poetry!
If you love poetry and performance arts, this one's for you: Victorious Voices, a slam poetry competition, is happening at various venues throughout the city from April 9 until April 11. Two of Canada's top spoken word poets, Sabrina Benaim and Jillian Christmas, will be feature poets at the festival. Workshops for youth under 25 will also be available. See vicvoices.com for the lowdown.

THURSDAY, APRIL 12 UNTIL SUNDAY, APRIL 22
Lessons in love
Bema Productions will be presenting *Lessons*, their newest play, at Congregation Emanu-El Synagogue this month. The play explores finding faith and love through our world today and through one's own beliefs. Tickets are \$22; for more info head over to ticketrocket.co.

SATURDAY, APRIL 14
Get your comic on!
Students in Camosun's Comics and

Graphic Novels program are hosting the sixth annual Camosun Comic Arts Festival in April. Students and professional publishers alike will discuss the medium of comics and visual storytelling and students will be showing the comics they made this year. The event is happening on the third floor of the Young building. See camosun.ca for more info and keep an eye on nexusnewspaper.com for our web-exclusive story about the event.

SUNDAY, APRIL 15
Remembering the past
The annual Holocaust Remembrance Day will be held at the Victoria Jewish Cemetery on Cedar Hill Road. This year will feature stories from survivors, some of whom are buried in the cemetery. The ceremony will be held from 11 am until noon. Email victoriashoahproject@gmail.com for more information.

MONDAY, APRIL 23
Big energy
Author Robert Falls (*Carbon Play: The Candid Observations of a Carbon Pioneer*) will be in Victoria for

the BC Book Day event being held at the BC Legislature. Falls is also a respected environmental professional. For more info, head over to books.bc.ca.

TUESDAY, APRIL 24 TO SATURDAY, APRIL 28

Streets of paper
The Paper Street Theatre Improv Festival is returning for its third season. With two shows every night for five days, there's sure to be something for every fan of improv. Tickets are \$15; for more details on this and other events, visit paperstreettheatre.ca.

THURSDAY, APRIL 26
Importing BC
On April 26, the Victoria Historical Society will be hosting a presentation on the importance of BC as a part of the trans-Pacific trade network. The talk will explore how our province is connected to world trade, as well as the lasting impact and legacy of early Chinese immigrants. For more info on this and other events, head over to victoriahistoricalsociety.bc.ca.

contest

Find the hidden Nexus and win



ADAM MARSH/NEXUS

Let's see if someone out there 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!

NEXUS

We go down to a monthly publishing schedule for the spring and summer semesters. Keep an eye on nexusnewspaper.com for breaking stories, and be sure to grab a copy of our next print issue, on stands Wednesday, May 16.



Mind Matters

by Cindy Peckham

Spend summer break gaming to improve mental health

After watching a TED Talk about how online game playing could help people conquer depression and anxiety, I was beyond skeptical. But game designer Jane McGonigal managed to convince me.

McGonigal was skeptical herself, but her own experiences, and science, showed it was possible. She developed a game to cope with the depression and suicidal feelings she experienced after sustaining a concussion that did not heal properly. After playing for just a few days, her anxiety and depression vanished, and even though she still had her cognitive symptoms to deal with, she was no longer suffering. McGonigal then renamed the game *SuperBetter* and shared the game online. Before long, she discovered people from around the world were using it to tackle their own challenges—such as depression and terminal illnesses—and having the same success she had. So she set out on a path to try to understand why this was happening.

Her research revealed that her simple game was helping gamers experience something called post-traumatic growth, which hap-

Improving physical resilience allows your body to handle stress better and heal faster. To accomplish this, simply make sure you move your body at least once per hour.

pens when people get stronger and happier after a traumatic event.

SuperBetter also proved that people could experience the benefits of post-traumatic growth without experiencing the trauma firsthand. The game focuses on small challenges we can do every day to boost four key types of resilience: physical, mental, emotional, and social.

Improving physical resilience allows your body to handle stress better and heal faster. To accomplish this, simply make sure you move your body at least once per hour.

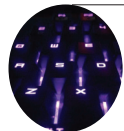
Boosting mental resilience will improve your mental focus, discipline, determination, and willpower. Tackling even a small challenge without giving up is all it takes to boost this resilience. McGonigal had people snap their

fingers 50 times as an example. Willpower, she says, is like a muscle, and it gets stronger with use.

Emotional resilience, according to McGonigal, can be boosted because we have the power to elicit positive emotions in ourselves at will (for example, by looking at pictures of baby animals). The key is aiming to experience three positive emotions for every one negative emotion as often as we can.

Lastly, McGonigal suggests that a great way to boost social resilience—the strength we get from connecting with others—is through gratitude or touch, such as sending a thank-you text or shaking hands with someone for six seconds.

How's that for an excuse to play online games? Epic win indeed.



The Bi-weekly Gamer

by Adam Boyle

North American League shaken up by upset wins and loses

For the first time in the *League of Legends* North American League Championship Series (NALCS), neither of the league's previous winners will be in the finals. Both Team SoloMid (TSM) and Cloud9 (C9) were knocked out of the playoffs in their quarterfinal matches against newcomers Clutch Gaming and seasoned veterans Team Liquid, respectively. As the first split in the newly reformed franchise system, these losses aren't as rough as they could be, because teams no longer have to worry about being expelled from the league should they continue to have bad results the following split.

C9 was, for the first half of the Spring Split, a major contender for the number-one seed in the

league. After a terrible second half of the season, the team continued its downward spiral by getting swept in their quarterfinal match. While I don't see there being any changes made to the team, it's unfortunate that the organization will be taking an early holiday.

TSM, however, were the opposite of C9. After a terrible first half of the season and draining fans of all hope, the team pulled off a huge streak of games to barely squeeze into the playoffs. TSM is known for coming around during playoffs; after winning the first game of their match against Clutch Gaming, it was looking like the defending champions would be making a run once again. However, due to some incredible play from Clutch

Gaming's support player Nickolas "Hakuho" Surgent and some crisp and clean team play, the Houston Rockets-backed organization pulled off one of the biggest upsets in domestic *League of Legends* in recent years.

Whoever wins the championship finals—being held on April 7 and 8 in Miami, Florida—will not only get a huge money prize, but will also have the pride of being the first "non-C9 or TSM" team to ever win a split.

As a spectator, this season has definitely been the most interesting one to watch for years; if this level of play continues, the NALCS can certainly cement its spot as one of the most-watched esports events of all time.



Unpacking the Bags

by Renata Silva

Learning to deal with scary differences

Living with people from different cultures is a great opportunity to discover new points of view and new ways of seeing the world. Canada is, undoubtedly, a country with great cultural diversity, and this allows us to know a little about the whole world without leaving the city.

However, after more than a year of living here, I've certainly had some moments when cultural diversity brought with it a reality shock. In some situations, the different points of view are very much opposite each other. These are not just diverse opinions, but divergent internal values. How do I deal with people in my daily life who see, for example, the relationship between man and woman different from

how I see it? Or who have different priorities on a daily basis? Or even whose religion preaches something different from what I believe?

These questions are complex and profound, but there is a simple answer: respect. When I speak of respect, it means putting yourself in the other's shoes and understanding that the values of that person are as important as yours.

The different can be scary. I, for example, have been through situations where I felt bad for having my values attacked. These moments just made me want to go back home and avoid that person who was so different from me. But, after a while, I realized that it was just about divergent cultures and values. How

can I expect him to respect me if I automatically dismissed him?

We tend to approach those who have cultures and thoughts similar to ours. There is nothing wrong with this, but we must be careful not to exclude those who are different. Living with different cultures, for me, means opening yourself completely to the world of the other and making the other know your world completely.

This can take a lot of time, but it's worth it.

Just remember that we all have some things in common: we all want to be accepted and live in a welcoming society. We can do our part by accepting everyone in our daily lives.



Calculated Thought

by Sean Annable

Farewell

I've always loved to write. I remember when I was eight years old, writing cartoon stories about Mr. Bean going on ridiculous adventures. I would write ads on the back of them for the next story that said, "Coming to a classroom near you." I thought it was insanely clever.

I didn't pay much attention to writing, but I knew I enjoyed doing

Nexus website, in the volunteer section.

As I said, I enjoyed writing. And I've learned a lot studying finance and economics. I constantly read about current events: trade deals, central bank announcements, stock markets, government fiscal policy. I could write about some of that, I thought. Sure, I got to write in my

Writing for an audience can be exhilarating. It takes you past a headline, tweet, or blurb, and forces you to dig deeper, question other people's opinions, and challenge your own.

it. Yet it was only when it was required at school that I did it. I never wrote for fun, or as an outlet. I wrote a few really bad songs when I was a teenager. That's about it.

So, after quitting my restaurant job in my second year at Camosun, I realized I had more time on my hands than I thought I would. I was looking for jobs in my new field (accounting), and I was in a place many know well: reading job descriptions that said, "Entry-level position. Two years previous experience required." I was desperate to get experience. I feared I would be another millennial sob story. That I would join the ranks of the degree-holding baristas who can't pay off their student loans.

Well, not exactly. I was a mature student; I had other experience through a short career in hospitality management, but I was bored. The last thing I wanted was to feel I wasted my time going back to school.

I thought, if you can't find a job, maybe you'll have to work for free. I looked for volunteer opportunities in accounting. They didn't exist, really.

In my search, I ended up on the

accounting classes, but analysis of corporate financial statements scratches exactly zero creative itches.

And, 30 articles later, here I am, penning my last. I graduate this spring.

It's been a wonderful experience. Writing for an audience can be exhilarating. It forces thoughtfulness that we only get when speaking with strangers on whom we wish to leave a good impression. It takes you past a headline, tweet, or blurb, and forces you to dig deeper, question other people's opinions, and challenge your own.

I call out to anyone reading this to consider what interests you and to write about it. The folks at *Nexus* are super friendly, and they'll fix your grammar mistakes for free. They'll have at least one spot to fill on the columns page now, so pitch them an idea.

John Steinbeck wrote: "Farewell has a sweet sound of reluctance. Good-bye is short and final, a word with teeth sharp to bite through the string that ties past to the future."

I think I'll keep writing. So, farewell.



Write to Rise

by Lynn Wahlgemuth

From articles to novellas

Now that you have published your first article, and perhaps a short story, what's next? How about a novella?

The word "novella" is an Italian word referring to a new art form. It's recently become more popular as a literary genre; novellas are sometimes referred to as "rapid reads." A common definition of a novella is a text of written fictional prose that is longer than a short story and a novelette book, but shorter than a full novel. Although there is no specific length, a novella tends to contain between 30,000 and 60,000 words (a novel is typically 80,000 to 100,000 words). A novella may have a similar number of chapters as a novel, but the length of each chapter will be much shorter, usually between six and eight pages. Ernest Hemingway's *The Old Man and the Sea*, for example, has been classified as a novella.

A novella does not provide the author with the novel's luxury of extensively developing characters and scenes, and yet the reader must still be left with an appreciation of the protagonists and antagonists, and the plot. However, perhaps you're writing a non-fiction how-to guide or a similar novella-size book, written for a reader looking for quick answers. These are generally developed for business professionals or busy working people who generally don't have a lot of time on their hands. These guides are even more clear and concise.

Publishers often determine the length of anything you'll be writing. Hence, the author wanting to write a novella should read novellas published by specific publishers. Regardless of length, a novella must stand on its own.

If you are wanting more of a challenge after publishing a few smaller pieces, the novella-sized book is a great next step to build confidence and strengthen your writing skills. If you are truly writing to rise, I trust you will know what's next for you.

recycling feature word search

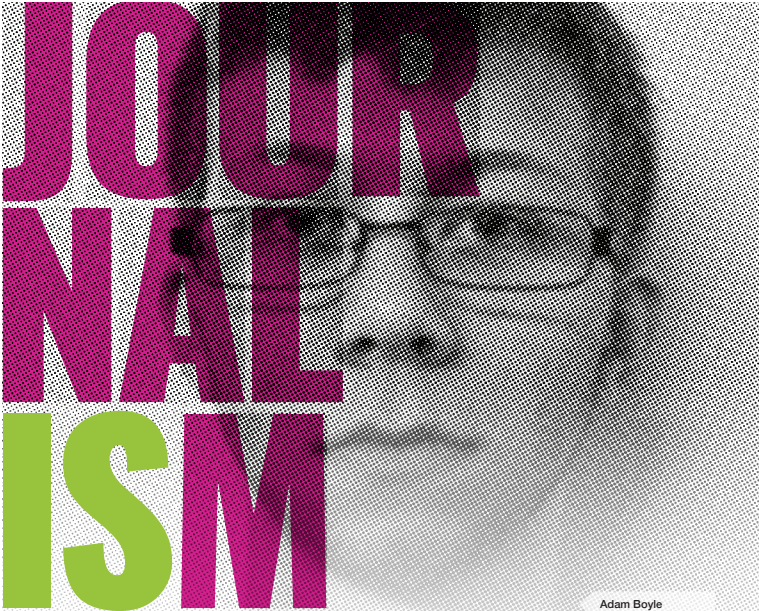
Last issue’s feature story on Camosun’s recycling initiatives was one of our longest feature stories in years. To celebrate that, we took 20 words from that monster of a story to make this issue’s word search.

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!

CLAMSHELLS
COMMODITIES
CONTAMINATED
CUSTODIAL
DIVERT
ENVIRONMENTAL
FUNCTIONING
INCORPORATE
LANDFILL
MARKETPLACE
MUNICIPALITIES
POLYETHYLENE
PROCESSED
PROTOCOL
REDUCING
RETHINKING
REUSING
STYROFOAM
TEREPHTHALATE
UTENSILS

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

JOURNALISM



Adam Boyle
Staff writer for *Nexus* newspaper, Boyle has reviewed local festivals and interviewed college sports teams, and writes a column about competitive gaming.

committed to telling the truth.

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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NEXUS

If you’re interested in doing some volunteering at an award-winning student newspaper, stop by our offices at Richmond House 201 on the Lansdowne campus, or contact us by email (editor@nexusnewspaper.com) or phone (250-370-3591).