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on campus and off? - page 6

Metric return to town, arena-bound -
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NEXUS

camosun's student voice since 1990

student politics

Camosun College Student Society hopes for student participation in spring election

“The people that you vote for will make sure that your concerns are heard and work to accommodate your concerns or to make things better for you. They're going to be your advocates. They're going to be your student representatives.”

FILLETTE UMULISA
CAMOSUN COLLEGE STUDENT SOCIETY

KATE WOOD
STAFF WRITER

The Camosun College Student Society (CCSS) is preparing for its annual spring election, which will be held from April 8 to April 10. Students will vote online for the executive constituency positions of the CCSS as well as any vacant campus director positions. Camosun College holds its electoral process simultaneously with the CCSS, so students can also elect their student board of governor and education council representatives.

CCSS executive director Michel Turcotte says that the change to an online voting system has made it easier for students to participate in the CCSS elections. The online platform has increased voter turnout and also made the process of counting votes more efficient.

“Well, voter turnout has increased since we moved to online voting,” says Turcotte. “I mean, it's still not what you would like to get in a municipal election. A municipal election, about 30 percent of people tend to vote, sometimes; the last municipal election was a bit more contentious, so you had more than that, but on average about 30 percent of people vote. I would love it if 30 percent of student society members [Camosun students] voted. 10 percent still allows democracy to take place, and it is likely close to what we would be expecting, although I encourage every Camosun student to [vote], and since we don't have to physically count ballots I think it's a great thing if they all voted.”

Turcotte says that voting is important for students because it's participating in democracy. There

are resources available through organizations like the CCSS that students benefit from, he says, and being aware of those benefits is an important factor in making sure resources are being used effectively.

“Where you want democracy to work, it requires participation from the voters, and more than participation, it requires engagement,” says Turcotte. “The same thing applies for the student society. The student society actually has some influence on things that impact students, and sometimes, unfortunately, students aren't aware of that, but there's a fair bit of money that flows through the student society. There's the programs like the universal bus pass, the health and dental; those sort of things are also run through the student society. There's advocacy and a constituency of representatives in a number of programs and services that the student society offers. But it also requires accountability, and accountability comes from having a board of directors that's elected by members of the society. If students want to ensure that the money that they are spending is allocated and spent in an accountable way, the best way is to get involved and at least participate in the elections.”

CCSS external executive Fillette Umulisa says that participation in student elections is important because the people who are elected will be acting as student representatives.

“Students should vote because their vote is going to count towards a greater cause,” says Umulisa. “So if you vote, that's the first step towards voicing your concerns. The people that you vote for will make sure that your concerns are heard



ADAM MARSH/NEXUS

Camosun College students will soon have the chance to vote in the Camosun College Student Society elections.

and work to accommodate your concerns or to make things better for you. They're going to be your advocates. They're going to be your student representatives. So people should vote because you're putting people in power to make decisions on your behalf—you might as well know who they are. So vote for them. Trust them with your vote.”

First year Hospitality Management student Tom Adam says that between work and school he doesn't have time to seek out enough information to form an opinion about student elections.

“We just come to class and leave at the end. I don't know much about it, really,” says Adam. “Between work and school I definitely am not seeking out information, to be honest. I wouldn't know who to vote for or what the issues are.”

First year University Transfer student Preston Forry says that because he plans to transfer to another school, he feels that his opinion is not as relevant to the student society.

“I kind of noticed it last year that I was here, there was banners up for elections and whatnot, but I didn't vote or anything because I knew I was only going to be here for a year, so I didn't think my say mattered as much,” says Forry.

Cheyenne Adrian, who is in her first year of Camosun Nursing prerequisites, says that researching student elections feels like one more thing for students to learn.

“I don't know anything about it. I mean, I feel like I have to figure that

stuff out on my own, and I feel like I shouldn't,” says Adrian. “I have no idea; I honestly have no input on that. I wish I did. I mean, I guess when I think about it, it seems like something else to do, something else to hear about, something else to know. I wouldn't say I have input on it.”

Turcotte says that student participation in campus elections is affected by a general impression that the student society has little impact on students. The pre-existing responsibilities of students also have a big impact on voter turnout.

“There's a perception that the student society doesn't have a huge impact on them,” says Turcotte.

“And therefore, when it comes to the importance of paying attention to things, people let things drop. That happens municipally—federal elections have a far better voter turnout rate than a municipal election—because people sense those things as being important, and more important because of the higher level of government. The other thing is students just have a lot on their plate nowadays—jobs, and their studies, and families, and all those sorts of things. It's easy to not pay attention to other things unless you feel it actually impacts you directly, and until you have a problem at Camosun some people don't even realize the student society exists.”

eyed on campus



ADAM MARSH/NEXUS

Students enjoy the return of sunshine to the Lansdowne campus in March.

NEXUS

camosun's student voice since 1990

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Location: Lansdowne Richmond House 201
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Website: nexusnewspaper.com
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ADVERTISING SALES

Greg Pratt

250-370-3593

FREE Media (national)

advertising@free-media.com

780-421-1000

NEXUS IS A MEMBER OF
CANADIAN UNIVERSITY PRESS
CONTRIBUTORS

Justin Bennett
Sebastien Brotherton
Nate Downe
Bo Essery
Zachary Greenwood
Jayden Grieve
Doug McLean
Mark Nguyen
Linda Ostrom
Ricardo Ramos
Kellen Rogers
Tiegan Suddaby
Tess Syrowik
Julia Theim
Xannia Wagner

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dent (not printed). Nexus accepts all letters by email to
editor@nexusnewspaper.com. We reserve the right to edit
all letters.

OVERHEARD AT NEXUS: "We're going to be serving pretzels
to Elon Musk."

SPEAK UP

Do you feel it's important to vote in the Camosun College Student Society elections?

BY ADAM MARSH



JASON TATE

"I haven't looked at who's available, so I don't really have an accurate opinion. I've heard bits and pieces."



EMMA WONG

"I haven't heard of it, but as a general rule I think it's something students should do."



OLIVIA RYAN-SCHMIDT

"Yes, I definitely think it's important to vote. The people who are holding those positions will have the opportunity to speak up about a lot of important issues. I don't really feel that the students are as involved as they should be."



SAMIYA TOHIDI

"Each person has a voice as an individual in the community, so I think if you're able to vote, you're able to voice that opinion or at least have some kind of impact."



IDLE ABDIFATAH

"Students have the right to give their vote because in that way you have the opportunity to say what you want and vote for the person you feel like. It's always good to give out your vote."



GRACE BAXTER

"I feel it is important for people to get involved in that. I personally will not be because I don't have enough information. But I definitely think it is important for students to have a voice."

student editor's letter

Embracing the stand-up in stand-up comedy

It doesn't matter where you are in the world, or what language you speak: pretty much everyone can understand laughter. If you can't hear it or see it, you can probably feel it. There is an immediacy in the shift that laughter can bring to a situation. The whole room, your entire body, and, especially, your outlook can change in a heartbeat. It offers a gratifying sense of release and connection to others in that moment.

Those who harness laughter into a lifestyle—comedians—know this all too well. The comic on stage knows whether or not their joke has worked. People either laugh or they don't; I imagine it's hard to take when they don't. Jokes are often written before they are spoken, and I know that it's tough when someone doesn't like my writing, despite the thick skin writers and artists are said to have.

I've heard stand-up described as being onstage naked, telling strangers your thoughts. It's one of the things I turn to most when I need to relax after a long day, but it's almost always a stand-up special on Netflix, not a fresh-off-the-page bit heard in a small club downtown.

There aren't many—if any—comedians in Victoria who don't have a day job, because how do you make money when the people in this city sit at home and stuff their faces with salted dill-pickle-flavour popcorn instead of going to a show?

Comedy really is one of the few chances we have to forget. Instead of looking to a piece of double-chocolate cake or a sixer of Lucky, stand up and get out of the damn house for a local artist. That decision won't come with regret; these people are no less talented than some of the comics we see on Netflix. Making it big, so to speak, isn't something everyone wants to do, and is often more hard work, luck, and astronomical alignment than talent.

If comedy's your thing, you're missing out big time by not hitting up some of the smaller gigs. This issue, our feature story—which begins on page 6—dives deeper into the Victoria comedy scene. It's Fred Cameron's last feature for us after an incredible run as features writer. If you see him sometime, be sure to thank him for all he's done for students during his time at Nexus. And that's no joke.

Adam Marsh, student editor
adam@nexusnewspaper.com

flashback

25 Years Ago in Nexus



GREG PRATT

MANAGING EDITOR

Taking Nexus to task: Our April 5, 1994 issue featured several letters to the editor, none of which had many good things to say about us. We were accused of "irresponsible journalism," told we had a "misleading article" in the previous issue, and were labelled "consistently conservative and predictable." Ouch.

Get corporations off campus: Incoming Camosun College Student Society council chair Sarah Kemp said in this issue that she was opposed to the college cafeteria

open space

Students need to stop relying on caffeine

XANNIA WAGNER

CONTRIBUTING WRITER

Coffee—ah, that all-powerful six-letter word. What sort of thoughts does that word conjure? Maybe you're an avid coffee drinker, maybe you engage with it a bit, or maybe you don't drink it at all. Regardless, it's still one of the most talked-about beverages for students. After all, what other legal substance can keep you going at 2 am when you're cramming the

pay attention not only to the amount of coffee you consume, but also to when you consume it.

Caffeine intake of 329 milligrams a day (the equivalent of around three cups of coffee) has also been linked to a higher urinary frequency, as it stimulates your bladder. It's actually 70 percent more likely that you'll develop incontinence due to what we view as an innocent beverage. This isn't as severe as the other side effects I

Students nowadays are most often oblivious to what lurks in a seemingly innocent beverage.

night before an exam? However, take caution the next time you reach for that all-too-familiar cuppa joe (or energy drink).

Students nowadays promiscuously drink large amounts of coffee without thinking of the negative side effects, and are most often oblivious to what lurks in a seemingly innocent beverage. For one, according to some studies, caffeine can contribute to anxiety and insomnia. It's well known that being caffeinated makes someone more alert—this works by releasing adrenaline, which induces a feeling of being on edge.

This is more troublesome when consuming higher doses of caffeine, as this can make you noticeably jittery and can actually make you more stressed. Just as it can contribute to anxiety, it can also inhibit sleep and lead to insomnia.

Sure, that's one of its infamous qualities, but it can hinder sleep even if you don't want it to. Did you know that caffeine stays in your system for four to six hours? That's why it's very important to

mentioned, but it's still an unwanted outcome of drinking coffee.

Caffeine can also be very addictive—studies have shown that caffeine triggers the same part of the brain as cocaine, but attacks it differently. Coffee can make you psychologically or physically dependent and cause you to crave it constantly. Do ever feel that urge to dwell deep in the waters of this euphoric drink? You may develop some sort of addiction if you consume it regularly.

However, coffee can also have positive side effects, such as improving energy levels. Also, it contains essential nutrients like riboflavin (vitamin B2), and it can protect you from Alzheimer's disease.

Still, despite all these positive benefits, caffeine can do more damage than good if you're not aware of the amount you consume and when you consume it.

So next time you reach, with an immense urge, for that good ol' mug of joe (or energy drink!), think twice, and remember to tread cautiously.

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!

letters

Meditate on this

I just finished reading "Meditation should be part of post-secondary" (March 20, 2019 issue), written by Katie Monday. Her points were on point and especially well articulated to make me understand the benefits of meditation. I am more inspired then ever to focus on meditation and look forward to reading more articles by Monday... maybe on the front page next time!

WEGADESK GOURP-PAULE

VIA EMAIL

student club

Camosun Wellness Club a refuge for self-care

RICARDO RAMOS

CONTRIBUTING WRITER

Mental health is very important and should be taken care of constantly. With huge amounts of homework, tests, quizzes, projects, papers, and many other assignments required by classes, time management can be incredibly difficult for students. In student life, time can be almost as valuable as a diamond ring.

Camosun students might not know about all the ways the college community helps students with their difficulties. For example, there is the Camosun Wellness Club, a group created by Camosun student ambassadors Theresa Wanninger and Amanda Robertson. Wanninger and Robertson decided that instead of just hosting events, they would create a club that students could participate in and be a part of.

"We basically wanted to host a student wellness club meeting, so students can always have their opinions on what sort of events they would like to see that are centred around mental health and wellness, if they would like more workshops or more resources, and things like that," says Wanninger, who is the Camosun recreation and wellness student ambassador.

"Some students work and study at the same time, and I think it's important to take a break sometimes. We should focus on being present, being in the moment, and doing something fun."

THERESA WANNINGER

CAMOSUN WELLNESS CLUB

Students are sometimes afraid to reach out and ask for help, as it can be a very personal topic to talk about. Wanninger encourages students to attend a club meeting with a friend. The meetings are not mandatory and usually take around two hours, but people are free to stay for as little or as long as they like.

"[They] shouldn't feel discouraged to come," says Wanninger, "because everyone can drop in, and we understand that people have to leave early or can't be there."

In the meetings, people can also talk about their problems and difficulties if they want to, although it's not required. Counselling services to support and help students are also available at Camosun.

"Sometimes they need extra resources, or a fun activity to cheer

them up during the day, and I think that things like sharing de-stressing activities with others or petting a therapy dog can be helpful for everyone," says Wanninger. "Especially because some students work and study at the same time, and I think it's important to take a break sometimes. We should focus on being present, being in the moment, and doing something fun."

The Camosun Wellness Club has had two meetings and is looking for someone who could eventually take on the project, as Wanninger and Robertson are both leaving Camosun at the end of the winter 2019 term. Those wanting to learn more can visit the club's Facebook page, where students can reach out and propose more events and activities.



ADAM MARSH/NEXUS

Camosun recreation and wellness student ambassador Theresa Wanninger.

NEWS BRIEFS

Federal government reduces student-loan interest

The federal government announced its Budget 2019 on Tuesday, March 19. Of particular note to post-secondary students is that Budget 2019 detailed a decrease in interest on federal student loans. Interest on these loans will now be limited to prime; it was previously anywhere from prime plus 2.5 percent to prime plus 5 percent. The government also announced that there will now be a six-month interest-free grace period on student loans after students graduate. On March 28, the British Columbia Federation of Students, which all

Camosun students are members of, launched its Knock out Interest campaign, which calls on the federal government to eliminate interest entirely on the federal portion of student loans. Other post-secondary-related items in Budget 2019 include The Post-Secondary Student Support program, who provide financial aid to First Nations students, receiving \$327 million over five years; an increase from \$8,000 to \$20,000 as the maximum amount for the grant provided to students with disabilities for specialized equipment; an investment of \$630 million over five years into work-integrated learning such as co-ops and interns; and new student research scholarships.

Camosun students to participate in fundraising event

On Saturday, April 6, Camosun College students in the Culinary Arts program will be participating in Hungry Hearts, a fundraising gala at the Delta Hotels Ocean Pointe Resort. The gala is a fundraising event for Our Place Society, a community centre that helps people in need. Over the past five years, Hungry Hearts has raised over \$600,000. Go to ourplacesociety.com for ticket info.

Camosun instructor named Lisa Helps' chief of staff

Camosun College Political Science instructor Alison James has been appointed as Victoria mayor Lisa Helps' chief of staff. The position is expected to run for the remainder of Helps' time in office. James, who is also a PhD student and teacher at the University of British Columbia, is the daughter of minister of finance Carole James.

Victoria renters survey reveals new housing statistics

In a recent survey of nearly 500 renters in the Greater Victoria area, 92 percent said that they found cost to be a barrier to finding housing; 76 percent said that it "is somewhat to very likely" that housing pressure

will force them to leave the region, while 77 percent of people surveyed said they would like to stay at their current home if given a choice. 46 percent of people surveyed said they did not ask for repairs in their suite due to fear of negative impacts on their tenancy. The survey was conducted by the Community Social Planning Council of Victoria and the Victoria Tenants Action Group.

-ADAM MARSH

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Students prepare for 2019 Camosun Comic Art Festival



PHOTO PROVIDED

Camosun students are getting their comics ready for the 2019 Camosun Comic Art Festival.

DOUG MCLEAN
CONTRIBUTING WRITER

The students of the Camosun Comics and Graphic Novels program are ramping up for this year’s Camosun Comic Arts Festival. Students Claire McDonald and Shaye Nielsen are excited to display their work to the public.

“I think it’s a really big part of comics, not only just selling your comics, but selling yourself, and that’s a skill that we need to know as entrepreneurs,” says McDonald. “How to sell yourself, what kind of merch people like, how to go to a con and be prepared for that.”

Putting themselves out there can be a very difficult challenge to overcome for some artists, some-

thing that the festival may help them overcome.

“It’s a pretty small convention, but I think it’s great because you really get to know the artists,” says McDonald, “and it gives the opportunity for some really grassroot artists to try out the con experience.”

Despite any lingering nervousness, the students are looking forward to finally displaying their work.

“I think that all of us students who are taking the Comics and Graphic Novels program now are looking forward to having an opportunity to spread our name around,” says Nielsen, “kind of gain an in to the [comic scene] in Victoria. I am definitely looking forward to meet-

ing the mentors that are going to be there. Getting personal time with someone like [Black Panther artist] Brian Stelfreeze is pretty unique.”

There will be several guest speakers and mentors in attendance whom the students and attendees will get to interact with, along with several activities for attendees to participate in, such as the comics jam.

“A comics jam is essentially when one person starts a comic with a single panel and then hands the piece of paper around, and other artists get a chance to fill in the story word for word or panel for panel,” says Nielsen. “It’s really fun because every person brings their own creative element or character

“Even though comics have been around since the golden age in the 1950s, people are still coming up with new tropes and ways to tell the story, which really enrich the medium. I think we’re at the forefront of a new age of comics.”

SHAYE NIELSEN
CAMOSUN COLLEGE STUDENT

to the story and it quickly grows in hilarity.”

The festival encourages cosplay and has a dedicated room for attendees to sketch cosplayers and stretch their own creativity.

“There’s also a room full of tables for additional artists and young artists who have taken the program in the past or would like to get some publicity,” says Nielsen. In addition to the panels and activities, the Artist’s Alley will have merch for sale.

“We are taking three of the eight-page comics that we’ve done this year and we’re putting them together into an anthology that each of us will be selling, so it will all be original work. It will all be inspired by different prompts by the prof, but it will all be very unique,” says McDonald.

The students in the program have learned that the medium of comics is full of compromises and inherent limitations, but these aren’t necessarily bad things.

“Our prof has a good saying: ‘The absence of limitation is the enemy of art.’ It just talks about the fact that the more limitations you have, the more you have to problem-solve, the more you have to come up with clever solutions, which makes the art more powerful and more unique,” says McDonald.

While the students are excited to show off their work, their enthusiasm doesn’t end there.

“Even though comics have been around since the golden age in the 1950s, people are still coming up with new tropes and ways to tell the story, which really enrich the medium,” says Nielsen. “I think we’re at the forefront of a new age of comics.”

Camosun Comic Arts Festival
12 pm to 5 pm
Saturday, April 13
Free, Young Building,
Lansdowne campus
camosun.ca

Out of the Grey exhibit teaches students the many facets of art

ADAM MARSH
STUDENT EDITOR

There’s a lot of work to do around reconciliation, and sometimes that comes through in Camosun College students’ artwork. First-year Visual Arts student Weezie Black is currently working on her submissions for *Out of the Grey*, an exhibit of first-year students’ work that will be on display at the Lansdowne campus. Black, who is from Tsawout First Nation—one of five bands that make up the WSÁNEĆ nation—hopes her work will challenge people’s mindsets.

“To a degree, there are certain things in regard to my work that I’ve wanted to do, but I’ve been hesitant to... because it’s difficult to manifest; it’s kind of an emotional challenge in itself to bring those things into a literal, visual, tangible being,” she says.

Black says that social-justice, human-rights, and cultural issues facing people today all have a strong influence over her work; her end goal is to make those hardships processable.

“We can all see it, and think about it, and talk about it,” she says. “And they’re not nice things to talk about, but sometimes it’s important to talk about.”

Camosun Visual Arts instructor

“I’m aware of where I feel like I need improvements and that at other points I’m like, ‘No, I’m being hard on myself.’ We all have that tendency to do so in art.”

WEEZIE BLACK
CAMOSUN COLLEGE STUDENT

John Boehme says the show is an opportunity for students to experience the professional aspects of being an artist: dealing with rejections and transforming the space where the artwork is shown into a gallery. He says students learn technical aspects like what makes proper lighting for a show and how far apart the art should be hung.

“The 2,225 people that are employed by the Metropolitan Museum of Art aren’t all people who make art,” he says. “Same with the 35 people who are full-time employees at the Art Gallery of Greater Victoria... They write about work and they install work.”

Then, of course, there is the judicial process for *Out of the Grey*; Boehme is judging student submissions alongside Visual Arts chair Brad Muir. Black says she feels

the judging process—which may result in rejection of a piece from the exhibit—is fair.

“We’re in a position where we need to be applying our thinking to that next level,” she says. “I find a challenge in it. I want my work to be accepted—or maybe not accepted, but to be regarded as professional level... I want to reach that level.”

However, Black acknowledges that reaching that objective level is “a strange thought.”

“What is professionalism?” she asks. “I definitely feel that it’s beneficial to us as students to learn about, and to push ourselves to that point.”

Black says she is getting to that level but is not quite there yet. But, she says, that doesn’t mean it’s not achievable.

“I’m aware of where I feel like



ADAM MARSH/NEXUS

Camosun Visual Arts student Weezie Black and instructor John Boehme.

I need improvements and that at other points I’m like, ‘No, I’m being hard on myself.’ We all have that tendency to do so in art. It’s so important to be satisfied by it. It’s hard to be satisfied with something that’s subjective—I think it’s good, but is it good? I don’t know,” she says. “Let them decide.”

Out of the Grey
Opening reception 6 pm Friday,
April 5
Continues Saturday, April 6 and
Sunday, April 7
Young 111, Young 117, Visual
Arts Annex in pottery building
camosun.ca

Speaker to discuss the importance of urban forestry

“I’ve developed, really, a passion for nature, but also for how we connect people in nature.”

CECIL KONIJNENDIJK
UNIVERSITY OF BRITISH COLUMBIA INSTRUCTOR

KATY WEICKER
STAFF WRITER

Cecil Konijnendijk has travelled the world giving talks about the importance of urban forestry. Now Konijnendijk, who is also an Urban Forestry instructor at the University of British Columbia, is coming to Victoria to speak. His goal with these talks is to show people the benefits of having trees in urban areas—trees can cool our cities and host biodiversity within urban areas—and to give us the tools to make sure that we keep the trees we have healthy.

“I build my talks basically on the research that’s out there—some of my own, but also of my colleagues—that shows how important trees are in different ways,” says Konijnendijk.

Konijnendijk has given urban forestry lectures all over the world, using a combination of broader examples as well as examples tailored to the city he’s speaking in in his talks.

“So, of course, in Victoria, there’s been a lot of talk now about

the new urban forestry strategy, and the new funding that went in, but also about the cherry tree discussion, so I’ll definitely make some hooks to that,” he says. “But I’ll keep a broader perspective, really talking about, ‘What do we know about tree benefits?’ ‘What do we know about taking care of them?’ and then make some links as to how we can apply them to the specific city.”

Konijnendijk says he tries to keep these talks pretty general and easy for people to relate to, even if they have limited knowledge on the topic.

“I use stories, I use examples of how trees and people connect, and I think everybody can relate to that part,” he says.

Konijnendijk has had the opportunity to give talks to various groups—his colleagues, rotary clubs, conferences, politicians—however, he says talks like his upcoming one in Victoria where he gets the chance to speak with the general public, are some of his favourites.

“I also like to maybe instil a bit

of—or try to transfer some of—the passion I have for trees and nature and cities, and hope that people are seeing that they’re actually a part of that,” he says. “Because I know in Victoria a lot of people think similarly, but they sometimes may feel like, ‘Where do we fit into the wider discussion?’ So, I hope to give them a little bit of background, a little bit of faith that actually this is part of a bigger picture.”

Konijnendijk says the deep love he has for nature can be traced back to his childhood roots, growing up in Holland, where his parents would often take him and his brothers out in nature.

“I’ve developed, really, a passion for nature, but also for how we connect people in nature; how we keep them connected in times, of course, where we’ve become more and more urban, and many people maybe actually don’t have a direct connection,” he says. “We still have it in Victoria and Vancouver, but other places in the world, often it’s much more challenging. And I can see it with our kids, and other kids, that it’s crucial for them to have that connection, to understand what nature does for them, and also why we are part of nature as human beings.”

Trees Can Do That? An Urban
Forestry Approach to Better
and Healthier Cities
7:15 pm Wednesday, April 17
By donation,
Cook Street Activity Centre
(380 Cook Street)
creativelyunited.org



PHOTO PROVIDED

University of British Columbia instructor Cecil Konijnendijk.

know your profs

Leslie Painter on her crazy cats and love of Mexican food



ADAM MARSH/NEXUS

Camosun College Accounting instructor Leslie Painter.

KATY WEICKER
CONTRIBUTING 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.

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

This issue we talked to Accounting instructor Leslie Painter about

her Camosun roots, Christmas carols, and her deep love of *The Walking Dead*.

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

I teach intro financial and managerial accounting as well as accounting software packages. I also teach first-year technology courses. I started working at the college in 1991 as a computer lab tech instructional assistant and began teaching in 1998. I guess that makes it a total of 28 years this August.

2. What do you personally get out of teaching?

I love teaching. It’s very reward-

ing when I can see my students understand a concept and the light suddenly dawns. Teaching a subject that students often fear—accounting, anyone?—is a rewarding challenge. If I can help them to love it—or at least like it—I have achieved my purpose. I enjoy having fun with my students in class, like the time we sang managerial account formulae to the tunes of Christmas carols; very fun! Education can change people’s lives for the better, and I love being a small part of that kind of change for students.

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

I was a Camosun student. I’m a graduate of the Camosun Music Performance program and of the Office Administration Certificate program, specializing in Records Management and Automated Accounting. As a Camosun student, I did a co-op work term with the Ministry of Environment, and when I graduated I went on to work for the Ministry of Labour. This is all to say that I can relate to how hard students have to work in their various programs and how well our courses prepare them for the workplace.

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

I not-so-secretly like watching *The Walking Dead*—although this season is a bit meh.

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

This may not sound like the best thing to happen to me, but hang on—it gets better! In the middle of the semester, one of my pets had to be put down. I had to have it done unexpectedly before I came to work so I was a bit late for my class. I wasn’t expecting to be as upset as I was and, as a result, I had trouble getting the lesson started. One young man saw my distress and came up to the front of the class and said, “You need a hug,” and gave me one. I was surprised and a little embarrassed, but it was one of the most compassionate things to happen to me ever while teaching—or trying to teach—a class. I gained a new respect for all of my students after that.

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

There was a power outage in the middle of me teaching a complicated lesson in Excel where the students were following along on their own computers. We all made the best of it, but it was a bit tricky

to try to explain the concept without having the technology working.

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

It’s hard to prognosticate about the future when so many teaching fads come in and out of favour through the years. I think something that will always be important in education is providing students with relevant and applicable skills to help them succeed in the workplace. Camosun does a good job of that.

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

I like to walk, go to movies, sing, play with my crazy cats, sing to my crazy cats, read, watch Netflix.

9. What is your favourite meal?

Mexican food.

10. What’s your biggest pet peeve?

The misuse of the word “myself.” For example, “Contact myself or John if you require more information.” (Contact me or John, people!) Or, “Jill and myself would be happy to help.” Does this make sense: “Myself would be happy to help”? No. “Jill and I would be happy to help.” As you can tell, it’s a big pet peeve. You asked!

Who's laughing now?

A look at the current state of Victoria's comedy scene on campus and off

By Fred Cameron, features writer

A few months back I had the misfortune of waking up to a 4 am alarm so I could be ready for a 5 am taxi to the airport. I found that happy state where I'm so tired that nothing really matters and life's trials can be pushed aside with a chuckle. The cab was right on time. I loaded my bags, sat in the back seat, and cracked wise about how overrated sleep is. I was prepared to sit through 20 minutes of awkward silence, but I was pleasantly surprised when the driver fired back without missing a beat. We riffed back and forth for a few minutes, and it felt like I was the straight guy in a comedy duo.

I recognized the driver's voice, but I couldn't place him. I watched the rearview mirror intently for a moment, barely able to make out his eyes in the darkness. He continued to deliver incredibly dry humour without cracking a smile. Then it hit me: it was local comedian Sean Proudlove behind the wheel.

I wanted to be sure, so I told him that he's really good at this and asked, "Do you drive around doing a comedy podcast with guest hosts on the way to their destination?" He chuckled and confirmed that he does comedy on the side.

It planted a seed for a potential feature story; we exchanged contact information and I went on my way.

One of Victoria's most well-known comics, Proudlove has been doing comedy, mostly in Vancouver, for over 20 years. He moved back to Victoria in time to watch the scene develop from almost nothing to where it's at now.

"There are probably 100 comics now... Maybe not quite that many, but a lot more than when I started," he says. "There was only one room, which was Ratfish, which was a little room in the lobby and a part of Hecklers. The scene slowly built from there. Ratfish is no longer, but it certainly changed the landscape of comedy in this town."

Countless comedians got their start and honed their craft at Ratfish before its doors closed permanently in the spring of 2018. One of those comedians goes by the stage name Chelsea Lou.

"I started here in Victoria at the fabled Ratfish lounge, which I think the scene has suffered from the loss of," says Lou, who goes by a stage name in order to keep a distance from her day job. "It was a comedy-dedicated room that you had to go out of your way to go to. It was a really good fuck-around room. It felt like you were talking to people in your home. There is nothing else like it. You can't really do it in a coffee shop or a dive bar. It had its own intrinsic vibe. I got started at the open mics there."

Local comedian Drew Farrance showed up for our interview in a Ratfish T-shirt.

"Ratfish was the grandfather of Victoria comedy," says Farrance. "For a very long time that was the room you'd go to. As it started dying, other rooms started popping up."

Victoria is an arts town. There are small pockets of culture all over the place if you take the time to find them, and the comedy scene is one of them. Despite the loss of Ratfish, there is live comedy somewhere in town every night of the week.

"It's mostly amateurs and semi-pros," says Proudlove. "There are a lot more than there used to be, but it's not a big scene."

It's a small scene in a small town, but new comedians can benefit from that, says Lou.

"You get an attentive audience because it's an arts town," she says. "Starting out, I was one of the few female comedians, so I kind of got spots at shows that were looking for a little diversity, so I was the minority component at some shows. I was very lucky that people gave me a lot of chances early on."

Lou acknowledges that open mics can be a hard sell and says that the local scene ebbs and flows.

"Everything comes and goes, but a lot of small rooms pop up," she says. "When you're starting out, stage time is key."

Local comic and producer of the Bad Mama Jama Show Quincy Thomas says that things have picked up quite a bit since the fall, so he's doing lots of shows lately. (The next Bad Mama Jama Show is happening on Saturday, April 6 at Vinyl Envy.)

"I really enjoy [performing stand-up comedy]. It's obviously really nerve-wracking, but it's getting easier every time."

BO ESSERY
CAMOSUN COLLEGE STUDENT

"Things were slow for a while during the summer," says Thomas. "It always is. We're competing with the beaches, so it's tough to get people out on the nice sunny days. But it's a pretty good scene right now, so there are lots of chances to get up. There are a bunch of new rooms and new comics. It's good to be a part of it."

Farrance says there are a few things anyone who is considering going out to watch comedy for the first time should know.

"There's a difference between a booked show and an open mic," says Farrance. "At an open mic literally anyone can get up onstage and get the same three minutes that anyone else can. There is no quality control. But at the same time, it is the key feature of any comedy scene. If you have no open mics, you have no comedy scene, because no one can try out new material. If you don't have that space where you can just do whatever the fuck you want, then you can't grow a scene."

The weekends belong to Victoria's premier comedy venue, Hecklers, where touring comics are showcased on Friday and Saturday nights. On the local amateur circuit there are shows every night from Sunday to Thursday.

"Right now I think there are four regular amateur nights you can go to, and they vary in quality and room type," says Proudlove. "Sült is kind of like a coffee shop because you can see everybody, and it's quiet in a sense where people are there to watch and listen. Then Logan's on Tuesday, where you're performing before karaoke night, so the crowd will change over the night. Wednesday night you've got The Mint, which, for whatever reason, has been really good. It's almost too easy, to be honest."

Thomas says that there is a relatively new show on Thursday nights.

"St. Frank's is running a show the first three Thursdays of the month, and then the fourth Thursday there is a show at Wheelie's," says Thomas. "Those are run by the same person, Dan Duvall."

Camosun General Arts student (and *Nexus* contributing writer) Bo Essery is a newcomer to Victoria comedy stages; he's been doing comedy for about two months. (He's also the co-producer of the aforementioned Sült comedy night, dubbed the Sült Mine.) Any time you try something new, it can be a bit bumpy, Essery says.

"I really enjoy it. It's obviously really nerve-wracking, but it's getting easier every time," says Essery. "I haven't been heckled yet. I bombed maybe a couple times now, but that was definitely on me. It's been working out really well so far. The other comedians have been really receptive to newcomers. It's worked out exceptionally well for me, I would say."

Essery has been onstage about 20 times, so he says he's still pretty fresh. He says that the exposure is helping his confidence develop beyond the stage.

"It is definitely giving me more confidence, and I'm noticing it on the street, or striking up a conversation on the bus or something," says Essery. "It has helped me, and it's getting easier every time I'm onstage as I get more comfortable."

There are at least 30 to 40 people in the crowd on Mondays at Sült, says Essery.

"It always gets a good turnout and the audience is always fantastic," Essery says. "It's a nice restaurant, and they're actually paying to get in, so you end up with an audience that's a little more receptive to comedy."

Everyone I talked to agrees on just how much fun the Sült Mine is. Lou says that Mondays at Sült have a different feel because you don't know who will show up in the audience.



DAVID BRUCE

Camosun student Bo Essery gets some laughs onstage.

"It's interesting because it's not always a comedy audience," she says. "If you can work with them, it proves something about your jokes."

If you're looking for open-mic comedy, Sült is the best room by far right now, says Farrance.

"Sült is so much fun," says Farrance. "I don't know why yet. I'm still trying to figure out why, but it's much more fun than any other open mic. It is somehow such a warm audience, seemingly for no reason; I cannot explain why. It's not a booked show, where you always get an audience that wants to be there. All the comics know that, so they're doing their best material."

The Camosun College Student Society (CCSS) has held comedy events on campus in the past, says CCSS clubs and events coordinator Tagg Kelt.

"We did about three shows that were fairly well attended," he says. "The first one was the best attended, and then there was a decrease in the number of attendees, and the last one literally had three people at it."

CCSS events are aimed at providing student entertainment, rather than making money, but it still comes down to a cost analysis, says Kelt.

"The comedy events did well in the past, but they also did poorly. I'd rather spend the money on events that we know would have a result, but if somebody came to me with a good strategy on getting people to come to a comedy show I would be on board for that. If somebody came to me and said, 'I can guarantee 20 students would come to this comedy show,' I'd be like, 'Done!' If you can guarantee 20 that means 30 will show."

Off campus, there are a bunch of booked shows scattered throughout the calendar, but for years now, Phillips Comedy Night at the Mint has been the premier showcase of Victoria's best amateur comics. The event, held every Wednesday, is co-produced by Farrance.

"We sort of showcase the best of [the local comics], and then people come from out of town and do headlining spots," says Farrance. "I like to think of it as the pinnacle of our scene. You see the jokes evolve at the open mics, but you get to see them in pristine form at Phillips Comedy Night. It's kind of like spring training and then the actual season... I'm not good at sports, so my metaphors aren't great."

Thomas says he loves performing at the Phillips Comedy Night.

"It's probably one of the best amateur shows in town," says Thomas. "It's regularly sold out, so the comics have to bring their best show. It's kind of like a showcase kind of thing."

Essery recently performed at The Mint for the first time, and he says it's a fantastic room.

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2019 Elections

Student Society

Make **YOUR** Choice

Voting opens Online from

9 AM April 8th and

closes at 9 PM April 10th

Joshua Cameron
Finance Executive



I am running for Finance Executive to ensure that the CCSS remains strong and practices financial responsibility. My priority for this year would be to ensure we are setting aside enough money to ensure our building fund is growing so that we can continue to look for opportunities to increase space for students. I will also campaign to keep student fee reasonable, ensuring we don't allow our students to pay more than they can bare. In my past I have worked with numerous political groups and understand how to be an effective part of a board team. As a Political Science student I love to work with policy and will work to make sure the policies crafted make sense for students. Please vote for Joshua Cameron on April 8th to April 10th.

Jordan Johnson
Finance Executive



Hello Camosun! I am running for Finance Executive because I want to make financial strategies accessible to students. Going to school is a major investment of time and money. Most high school fail to teach money management strategy to students. The result is generations of people who have no idea how to save enough money to buy a car, buy a house, or to save for retirement. My goal is to show people how to use effective money managing principles to help achieve life goals. I will achieve my goal by hosting community forums and publishing a small podcast series about effective financial strategies. I am finishing my diploma in Criminal Justice and moving on to the school of business next year. My academic interests are economics and criminal justice studies. My future career will be in law and public administration. I have had a C number at Camosun since 2011. I have served for 1 year on the CCSS board of directors as a Lansdowne Director. This is an opportunity for us to share our financial wisdom and plan for a future of success together. Thank you, Jordan

Karan Sharm
Interurban Executive



We shape our communities; thereafter they shape us. Hi, this is Karan. I am very spirited and conscientious individual. As a third semester student at Camosun, Interurban Campus from Marketing Department. With this position of responsibility, I stand resolute in bridging communication gaps, efficiently mediating student requirements as well as making freshmen aware of the resourceful CCSS. I have always been passionate about bringing people of all races, ethnicities and ages together. I am immensely involved in student services and organizing various campus events. I am a huge supporter and proponent of student rights, together we can make this campus better day by day. I have volunteered in Quezon City Women Society (Philippines) which was an initiative to help the community and affected women. Secondly, I also volunteered in University exchange program in Dubai where on behalf of Symbiosis International University I have to greet with international advisors of reputed business schools to strengthen the relations between the Universities. I envision to further the work imbued with the efforts from all the past members and carry the torch forward in making this campus experience for every student joyous and eventful. I thank you all for your precious time and aspire, you vote for me.

Dylan Bystedt
Interurban Executive



I'm Dylan Bystedt. Who is that, you ask? Well, I'm a 2nd-year Information and Computer Systems student at the Interurban Campus. I have served on the Student Society for the past 18-months, both as the Finance Executive and previously the Interurban Director. In the fall, I worked on a campaign with the CCSS to engage students on their issues and educate the student body about the municipal elections and election referendum. In October, I was elected to the College's Education Council where I work to ensure that students are represented and remain at the forefront of the College's decision-making process. In this role, I have gained relevant experience liaising with faculty to accomplish a common goal. I care deeply about the students, and deeply about this campus. In my time, I have always been an advocate for the Interurban Campus. I've taken real action and created real change. I hope to have your support in my campaign for Interurban Executive.

Tamara Bonsdorf
Sustainability Director



As sustainability director my duties would include, organizing the annual sustainability fair and creating new green projects. I would work to answer any questions students have involving sustainability on campus and beyond, and take their ideas to board meetings. My two main goals are the following:

- Make an easily accessible page for posts on Camosun/community sustainability events you can get involved in, and tips for decreasing your personal impacts.
- Hire a visual arts student to create an awareness and change invoking art installation. (I also have ideas along the lines of selling pollinator-attracting plants and Camosun sustainability tote tags.)

I'm an Environmental Technology student who studies this topic daily and wants to take action. I'm excited to hear ideas and help to include students in a community of forward and positive thinking people.

If this sounds like the kind of leadership that you'd like to support, please vote for me online from April 8th – April 10th.

Solomon Lindsay
Sustainability Director



I am a third year student in the electrical engineering bridge program and a long time advocate for sustainability. If I am re-elected as sustainability director I will continue my work on sustainability and education by working with the sustainability office to implement their sustainability plan and working with the student society to begin some actual student led change for sustainability. Since my first term as sustainability director I have assisted the sustainability office to update their Sustainability strategic plan, represented the college at the annual AASHE sustainability conference, and begun work on creating a new student led waste education project which I intend to start in the fall semester. All this is to say that I am devoted to the position and have experience in it. If I am elected I will be happy to continue my work with the great people at the student society and sustainability office, and if not, I will probably just do it anyway.

Fillette Umulisa
External Executive



My name is Fillette Umulisa and I am running for EXTERNAL EXECUTIVE of the Camosun College Student Society (CCSS). Here is why you should cast your vote for me:

- Strong understanding of the inner workings of local, provincial and national student groups and their various agendas.
- I will fight to ensure that CCSS members get the vote they requested on Membership in the Canadian Federation of Students.
- Dedicated, driven and will not back down as your voice
- A passion for seeing students informed about issues on campus, for example services available to students.
- I believe in absolute transparency when communicating with the student body
- I stand for equality for all students and continuing to fight for student rights
- I take great pride in my ability to keep a very light and friendly demeanour with my peers, and a tough nut professional demeanour with work.
- I am currently on the CCSS Board of Directors, the Camosun College Student Refugee Committee, and volunteer for the Walksafer program. Let me be the voice of Camosun students and give me the honour of proudly representing you.

Take comfort in knowing I will listen to you and fight relentlessly for you.

Sacha Christensen
Lansdowne Executive



Hello prospective voter! My name is Sacha Christensen, and If you couldn't already tell by my pretentious-as-hell photo, I'm a political science student here at Camosun!

I'm running for re-election as your Lansdowne executive because I believe I have the skill and experience to do the job in a professional manner. I am also contractually obligated to run as to maintain the stereotype that every PSC student is involved in student politics.

To give a bit of background about me, I'm a leftist political organizer, serve on the environmental policy committee for a provincial party, and am a firm advocate for more naps in the day.

Thank you for taking the time to both vote, and to read this far down my platform. It's people like you who help keep us at the CCSS informed, and able to continue our work advocating for students. (Seriously, you have to be a real keener to read through the platforms like this Hopefully you'll consider running next time!)

I hope you'll consider voting for me this election!

Shayan de Luna-Buenoa
Women's Director



Leadership, not only for student voices but also student ideas. Advocating for an inclusive environment and support for all. Knowing the student struggle, I want to use my position as an elected director to vocalize the students even louder

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 many 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.

Angela Chou
Pride Director



Hi, my name is Angela Chou and I would love to continue to be your Pride Director!

I'd love to hold regular meetups to hang out and do arts and crafts and meet you all. I'll be doing all I can to continue the Interurban Pride Lounge through all semesters so safer spaces can be available on both campuses.

I will do my best to support any students at all that come to me.

Eleanor Vannan
Board of Governors Student Representa-



Statements are available on-line for student Board of Governors representatives!
Check your e-mail and don't forget vote!

Robert Smythe
Board of Governors Student Representa-



Statements are available on-line for student Board of Governors representatives!
Check your e-mail and don't forget vote!

Lindsay JD van Gerven
Board of Governors Student Representa-



Statements are available on-line for student Board of Governors representatives!
Check your e-mail and don't forget vote!

WORKING TOGETHER GETS RESULTS!

2,000+ EMAILS TO THE FINANCE MINISTER

80+ MEETINGS WITH MLAs

100s OF VOLUNTEERS

20,000+ POSTCARDS SIGNED

13+ STUDENTS' UNIONS TAKING ACTION

0% INTEREST ON
BC STUDENT
LOANS

STUDENT ACTION WORKS — WE DID THIS TOGETHER!

continued from page 6

"It's probably the most receptive audience and the funnest room I've performed in so far," says Essery. "Everybody is there to see comedy, and that definitely helps. There are no walk-ins checking to see what's up. They always book phenomenal comics every week. The guys who run it are hilarious and just awesome dudes. It's just an all-around great experience. The room itself has a fantastic vibe; it's kind of like a speakeasy. It's got a great vibe, and that helps out a lot."

Essery thinks his first set at The Mint went well. He says he was sort of surprised, as it was "fairly explicit material."

"If I tell the same jokes in the same order and one show is better than the other, it's because of audience participation."

SEAN PROUDLOVE
COMEDIAN

"It was great," he says. "Everyone was laughing and I didn't have any dead spots. I wish I would have recorded it because you have a different perspective when you're up onstage because you're caught in the moment. I'm still new, so I'm full of anxiety and adrenaline, and I'm just trying to get the words out."

It seems like everyone has fun at The Mint on Wednesdays, both onstage and in the crowd, but there are some who say that laughs come a little bit too easily these days.

"Most people do well there," says Proudlove. "It's like a giant hug for your jokes."

Lou agrees with the latter observation.

"Wednesday nights at The Mint, you always get a hot crowd, meaning they'll laugh at anything, which is really great for the confidence, but it's not always informative," says Lou.

Proudlove says that when an amateur at the beginning of the night gets just as many laughs as he does at the end of the night, that's a sign that it's an easy audience.

"They're happy to be there and support comedy, which is great," he says, "but they don't give me the information I need to work on my jokes."

I've been a fan of stand-up since I was a child, but never on a level that gave me an understanding of the science of it all. In an attempt to better understand the audience/comic relationship, I've been going out and sitting quietly in the corner at shows around town and observing the audience reaction. I got an unexpected lesson while at Logan's one night.

At 8:02, two minutes after the show was scheduled to start, I was anxiously tapping my foot and looking at my watch when I heard a chorus of yells from the crowd around the pool table. I looked up to see several local comics trying to tell a crew of drunks, who looked like extras from *Point Break*, that they had to stop playing pool for an hour while the comics took to the stage. It didn't go over well. I thought for a moment they were going to attack a few of the comedians, but luckily it didn't escalate beyond yelling.

When the dust settled, the unruly patrons walked away and the host hit the stage, noticeably rattled by the whole ordeal. He did a great job working through it, but the room was silent for a minute or two. As heart rates steadied, the jokes were met with more laughs, and the comics got progressively more relaxed as the audience warmed up.

"I haven't seen anything like that before," says Farrance. "It was such a beautiful day, and they were day drinking the shit out of it. They didn't realize that the comedy was happening, and they weren't into it. That is one of the drawbacks of a free show."

An experienced comic learns to compensate if an audience is cold at the beginning of the set, says Proudlove.

"You can do a show that's doldrums off the top, and your job is to go up there and try to entertain them," says Proudlove. "You know pretty quick if they're gonna be into it or not. Once in a while you can turn around a crowd. If you're on an all-amateur show and you step up and show a little bit of professionalism you're probably gonna do better because you've gained those skills."

The audience plays an incredibly important role at a comedy show, says Proudlove.

"We used to do two shows Friday and two shows Saturday, and sometimes one show would go better than the other," says Proudlove. "If I tell the same jokes in the same order and one show is better than the other, it's because of audience participation."

One of the most interesting parts of comedy is the fact that anyone can be in an audience, says Farrance.

"It is totally unpredictable at a free show," he says. "Even if you have a nominal fee to get in, you can sort of weed out the people who just stand back and watch. You get people who are like, 'I want to see something funny. I'll pay \$5 to see that.' So that's why Logan's can be really warm or really cold, because you never know who's going to be in the crowd, or who's going to be onstage."

Thomas says that there's nothing like having a whole crowd into what you're saying.

"The energy you feel when everyone is on your side is amazing," Thomas says. "It's just so fun. And then all my best friends are out there, and I get to hang out and talk with comedians. That's half the reason I'm doing stand-up. There are great people out there. It lets me get my ideas out. It kind of keeps me sane, now that I'm into it. When I have a bad day that's where I need to be. It's like free therapy."

As a comic you can't blame the audience, but they are a variable, and they are always going to be a variable, Proudlove says.

"What makes the best shows is an audience that's in the right mood," says Proudlove. "Maybe they've had the right number of drinks and they want to watch comedy. When you go to a show and the audience is hyped and they want to have a good time it makes a huge difference. The audience has a role to play. Sometimes you'll hear them say, 'This comic isn't funny,' but on the other hand you'll hear the comedians say, 'This audience is terrible.'"

So what's the best comedy venue in Victoria? It's not even close, says Proudlove.

"Hecklers is a professional room," says Proudlove. "It's literally one of the best places to play in Canada. You'll hear that from all touring comics. Everyone wants to play it. It's got an owner who cares about comedy, which is a rarity in this business. He makes the effort week to week to get audiences and it thrives. It should be the template, in any town, if you want to make comedy survive. There is no other room like it. It's not even close. It's the best place to play, hands down."

Farrance agrees that Hecklers is the best venue but says that he would like to see more local comics getting a shot there.

"We're all trying to get into that room," he says. "Occasionally I do get spots there. In many ways I see Hecklers as being separate from the comedy scene. They don't particularly give the local scene a chance to co-middle, even though it would very likely save them money. They are great shows. I'm not trying to take away from what they do, but I don't see them as being a part of the Victoria comedy scene." (Hecklers did not respond to a request for an interview.)

Comics in this town should consider themselves lucky, Proudlove says.

"If you're an amateur comic with an interest in being good, you should be at Hecklers almost every weekend because it's a free lesson," says Proudlove. "If they're not there they're just spinning wheels. There are a lot of things you can see there that you won't see in the rooms because we don't have a lot of pros. It's a chance to see people who are super skilled and see how they go about things."

The best stage to watch is definitely Hecklers, says Thomas. "They get professionals," Thomas says. "From what I've heard from touring headliners who've done shows all over the world, it's one of the best clubs in Canada. They just respect comedy there and want to have a good show. They do everything they can to keep it tightly run. They hire great staff, they keep hecklers quiet. That's definitely my favourite club to watch at."

Lou agrees with her peers, saying that Hecklers is her favourite because they really care about putting on a good show.

"I have hosted, and I've middled there, which is the feature act," she says. "It's fun to perform there because they change it up all the time."

As for the man in the taxi who got me thinking about doing this story in the first place, he says he is probably finished with the grind of taking comedy on the road as a touring stand-up act.

"I could, if I really had to, travel and try to survive off stand-up, but I'm too old," says Proudlove. "I want to sleep in my own bed. When I was young and staying in hotels on the road I thought it was great, but going on the road is tiring. I can't do it anymore. I can do two weeks at the most."

Strangely enough, working a normal job and telling jokes on the side is just as satisfying, says Proudlove.

"It's still about the jokes," Proudlove says. "I can write all I want. There is nothing stopping me. Some people love to tour, but for me it's done. I'm not that guy anymore. The first couple of days are great, but then you're hungover and travelling. I love performing. It's all the other stuff in between that loses the thrill."

Proudlove has plans to produce a record in the near future.

"I may put out a CD this year," says Proudlove. "It's tough to take material and freeze it on ice forever. That's always daunting because you're like, 'Well, I could make this better.' I want the jokes to be funny now and still be relevant in 10 years. I'll try to figure out how to do that this year, or maybe next."

Back at Camosun, after some thought on the matter, Kelt approached Essery with hopes of collaborating in the future. There is something in the works, says Kelt.

"I still have to arrange things with the cafeteria, but we're hoping to do something every two weeks, or once a month maybe; we haven't decided yet," says Kelt. "Almost for certain, though, we will have something at CamFest, which

"Almost for certain, though, we will have something at CamFest, which will be the opening for what we're hoping will be an ongoing daytime comedy series."

TAGG KELT
CAMOSUN COLLEGE STUDENT SOCIETY

will be the opening for what we're hoping will be an ongoing daytime comedy series. We'll see how it plays out. If people come, we'll scale it up and have bigger shows later on. It will be fun; I'm hoping it works out."

As of now, the plan is to do two 30-minute shows, which Essery says would probably be broken down into 10-minute sets, so at least six comics would be involved at CamFest.

"I heard from Tagg, and he says we should go where the crowd is, rather than trying to bring people to the show, which actually makes a lot of sense," says Essery. "He wants me to recruit comics. It will be in the middle of the day, so people are working, but I'm positive that I can get some interest from comics, because there will be a lot of people there. I'll see if I can do a five-minute set, too."

On campus and off, it's always evolving, but there is a very healthy local comedy scene here in Victoria. The rooms seem to come and go, but there is an abundance of local talent that just keeps growing. It's incredibly easy to hole up and turn on Netflix, but there's nothing like sitting in the audience and taking part in live comedy.

"There are some good young comics here," says Proudlove. "We're doing alright. It's about where it should be for a town our size. It's never been easier to do stand-up because Victoria didn't have a lot of options before, but they are there now. You've got a lot of options now, but the one thing that will never change is you have got to be funny. That's the only thing I care about."

CHELSEA LOU
COMEDIAN

music

Metric return to town for their biggest show yet



JUSTIN BROADBENT

Indie rockers Metric are focused on giving their audience the best of themselves.

BO ESSERY
CONTRIBUTING WRITER

From the moment our conversation started, I could tell that Metric vocalist Emily Haines was an incredibly down to earth and professional individual. Metric is a juggernaut in Canadian music—when they roll through town this month, they’re headlining the Save-on-Foods Memorial Centre, with July Talk opening up—and extremely accomplished artists; however, regardless of their triumph, they are determined to give their fans the best of themselves.

“I think a lot of the way that we

approach it is... we’re just a very hard-working crew of people,” says Haines. “So I think it’s more like a lot of the time spent just fighting to get the job, you know? It’s such a long shot to have the good fortune of a life of a musician. So I think our attitude is more just continuing on and being like, okay, now we have this incredible opportunity, you know? How can I become a better singer every day, how can we write better and better material, improve our live shows, work with amazing people? I feel like I’m just getting started.”

Most people would assume

life on the road as a musician is a non-stop party or a fairy-tale lifestyle, where rockstars in leather pants throw television sets out of hotel windows and lounge in expensive recording studios all day. But sometimes it’s much more real and fulfilling than that: it’s a mobile workplace, a community of people who are all working extremely hard to provide not only the best performance for the audience but also a stable environment to thrive as a team.

“I feel as though that’s sort of part of what the job is, and what the life is, is actually wrangling all

“We do have a code of conduct that has defined the decisions that we’ve made, and it hasn’t always been the easy road for us at all, but what we gain from that is the meaning and value of our lives and the meaning and value of the band.”

EMILY HAINES
METRIC

that chaos into a smooth experience for everyone,” says Haines. “So, you know, there are stories, but now it’s much more about trying to use our energy and strength to just make everything go as smoothly as possible, including considering all the emotions and the mental state of everyone involved.”

The members of Metric keep the notion of singles at bay while producing an album. Haines says that they perceive their body of work as a whole experience rather than a sequence of individual songs. They keep all commercial consideration on the backburner to stay as true to the creative process as possible and to provide their audience with a genuine experience.

“We go into every album with lots and lots of songs and we narrow things down just based on, first of all, still being committed to the album format,” she says. “Kind of like you’re making a film and every song is a scene in that film or vignette in that film, and so paying more attention to that, of like, how

do we give our audience the most amazing experience possible and how do we make every song true to itself? And then once it’s done, yes, all those conversations start to happen.”

It goes without saying that nothing worth having comes easy, and a true artist must adhere to their intuitive ethics in order to yield their maximum artistic potential, providing the listener with a genuine experience.

“I can’t speak for anyone else; I can just speak for my own band and say that we do have a code of conduct that has defined the decisions that we’ve made,” says Haines, “and it hasn’t always been the easy road for us at all, but what we gain from that is the meaning and value of our lives and the meaning and value of the band.”

Metric
6:45 pm Wednesday, April 17
\$36 and up, Save-on-Foods Memorial Centre
sofmc.com

stage

New play looks at Afghanistan soldiers’ family dynamics

JULIA THEIM
CONTRIBUTING WRITER

Imagine having a loved one halfway across the world and the only way to communicate with them is through a spotty satellite phone. This is the experience many of the characters face in SNAFU Dance Theatre’s production of *Calling Home: Stories from Military Families*.

The play is inspired by the real-life stories of military families and is put together by playwright Kristin Atwood and SNAFU dance theatre co-artistic director Kathleen Greenfield. Atwood, who was working toward her PhD at the time, approached Greenfield with the idea of turning her PhD research into a play. The two began sifting through interview transcripts and discovered the rich stories of military families.

“That was the big inspiration,” says Greenfield, “just taking actual documentary pieces of interviews and turning it into something performable.”

Greenfield didn’t just use these interviews as inspiration; she also uses word-for-word live projections of the interviews during the play.

“The projections really help with the documentary kind of aspect, to create a mood, and to also bring everybody back to earth and remember that these are interviews,” she says.

On top of the projections, the play uses music and movement to help these stories come to life. “We have movement sequences where we discuss PTSD, or mourning a loved one,” says Greenfield. “Sometimes words don’t cut it, so the added elements of movement try to represent those moments that can’t be spoken.”

In traditional SNAFU style, the production also has an “interactive coffee-shop style talkback” after every production of the show.

“People who come and see the show will have a chance to talk directly with the actors and the writer and myself to share their stories and experiences,” says Greenfield, who stresses that it’s “not really a feedback for the writing and stuff like that, but more of people’s actual experience and stories.”

The play itself tells the story of five military families, all represented by five female actors and one male actor. The male actor and one of the female actors play soldiers who are deployed in Afghanistan. The male actor plays the role of the husband to the different wives at home, while the female soldier addresses the issue of a mother leaving her family behind. The rest of the wives follow in the social hierarchy of a military community.

“There’s the CO’s wife, who is kind of at the top and everyone goes



PHOTO PROVIDED

Calling Home: Stories from Military Families explores what it’s like to have a loved one off at war.

to her for advice,” says Greenfield. “Then there’s the last wife, whose husband has PTSD, and she’s addressing that and she has a newborn child. Then there’s the typical wife who is kind of funny and quirky, and then we have one wife called The Other Wife that the rest of the wives kind of push away and reject because she’s just a hopeless romantic.”

The play being set in Afghanistan also adds an interesting touch.

“We don’t talk about Afghanistan as much as we should,” says Green-

field. “It’s a war we don’t spend as much time focusing on and we don’t really acknowledge the people we lost in Afghanistan. I think that’s something that can be taken away from [the play]... audiences will have a chance to understand the dynamic of people who were deployed in Afghanistan.”

Calling Home: Stories from Military Families addresses the similarities between a working-class family and a military family.

“The writing and arranging that Kris has done,” says Green-

field, “has really opened up that these military families, besides that fact that they’re separated from a loved one by long distance, are just working-class families getting through and figuring out how to take everything day by day when they’re missing someone.”

Calling Home: Stories from Military Families
Various times, Thursday April 11 to Sunday, April 14
\$15-\$20, Metro Theatre
snafudance.com

New Music Revue



Enterprise Earth
Luciferous
(Entertainment One)
4.5/5

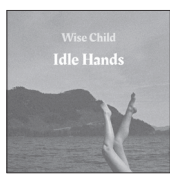
Luciferous is the third full-length album from the Washington-based deathcore band Enterprise Earth. The album is brutal and powerful; *Luciferous* is the proof of Enterprise Earth’s stance in the extreme metal scene.

The name of the album brings with it the feeling of how brutal and demonic the music is. In the first half of the record, listeners will be caught in a hellish and powerful storm. With growling vocals and blast beats, it feels like the devils are moshing, storming, and attacking heaven.

But the band mixes it up in the middle of *Luciferous* with “Requiem,” a smooth melodic track with acoustic guitars that serves as a break from the rest of the more brutal tracks. However, it’s only the calm before the storm, as the demonic gate of hell opens again with the other songs.

Although the subgenre of metal that Enterprise Earth lays down is neither new nor unique, as a metalhead I still highly recommend this album.

-MARK NGUYEN



Wise Child
Idle Hands
(Independent)
4.5/5

Wise Child is a local indie-rock band with a laid-back and beachy sound. *Idle Hands* is the band’s debut full-length album—and it is absolutely worth listening to.

The dreamy and soft vocals are accompanied by cool instrumentals with a surf-pop vibe. The music is approachable and fun and feels wonderfully fitting for the west coast.

The album flows so smoothly; the songs are varied enough to keep the music interesting and fresh throughout, while maintaining Wise Child’s own unique sound. The lyrics touch on topics of vulnerability and relationships in a refreshingly relaxed way.

This album might be next on your regular rotation—its undeniably warm and inviting energy could put *Idle Hands* on the top of your summer playlist.

-KELLEN ROGERS



Sarah Potenza
Road to Rome
(Independent)
4/5

From start to finish, Nashville-based singer-songwriter Sarah Potenza’s second album, *Road to Rome*, is a bold, take-no-bull, unapologetic journey into the psyche of any woman’s soul.

Potenza steers the listener on a journey through a steady mix of blues, rock ballads, and gospel throughout this release.

Her songwriting comes out not only in her vocal range and passionate delivery in power ballads such as “Earthquake” and the church-like gospel tune “Keep on Holding” but also in her version of Mary Gauthier’s “Worthy,” “Who Do I Think I Am” and “Diamond” are personal manifestos of the power of women. The anthemic title track closes off the album and lands us at our destination.

A strong second album, *Road to Rome* tells women to, no matter what, believe in the force that is every woman.

The fact that *Road to Rome* was released on International Women’s Day wasn’t a coincidence.

-LINDA OSTROM



Teenage Bottlerocket
Stay Rad!
(Fat Wreck Chords)
3/5

Initially, when I hit play on this eighth full-length from Wyoming punkers Teenage Bottlerocket, I thought it was going to be yet another band grasping at straws, trying to make their sound as close to classic punk rock as possible. But *Stay Rad!* starts out with “You Don’t Get the Joke,” an auditory equivalent to a sleeveless-denim-jacket-wearing skid spray-painting the 401 overpasses and smoking out front of their local convenience store.

Thankfully, much like the denim-wearing skid, this song is the black sheep in the family. The rest of the album quickly changes pace to an upbeat punk with a devil-may-care attitude, content with a sixer of Busch and a pack of Canadian Classics, and talking shit about this year’s Warped Tour line-up.

This album is a jovial experience full of angst, nefarious subject matter to tickle your inner juvenile spirit with a pop-punk feather. It’s nothing new, but it’s a fun listen nonetheless.

-BO ESSERY



Reaches
Wherever the Internet Goes, Sorrow Follows
(We Be Friends Records)
3/5

Brooklyn-based singer-songwriter and travelling man of many monikers Justin Randal has fabricated seven intriguingly titled songs here on his second album of electro-pop-sonic sounds as Reaches.

Randal enjoys experimentation. For example, he incorporates piano into “Love to the Ghosts Lost at Sea”—it’s an unexpected and pleasant shift from the electronic static norm of the album. In this particular piece, Randal’s voice floats on a haunting melody that alludes to the ghosts in the piece’s title.

While I’m not partial to his singing due to the difficulty in understanding the lyrics, I also feel that his voice just doesn’t suit the music’s tones. However, if the listener can manage to tune out the singing then the music is mellow and agreeable.

-ZACHARY GREENWOOD

what’s going on

by kate wood

FRIDAY, APRIL 5

The show is here

Local folk and reggae duo Jon and Roy are holding the release party of their latest album *Here* in their hometown of Victoria at Capital Ballroom on April 5. The duo’s unique indie-folk stylings have hit stages at festivals like Rifflandia and Rock the Shores, and they’ve shared stages with bands like The Cat Empire and Current Swell. Visit jonandroy.com for tickets and more information.

MONDAY, APRIL 8

It’s Beside the Point

Beside the Point is a creative writing journal produced at Camosun; the journal is launching its next issue at an event in Fisher 100 at 7 pm on April 8. This issue explores the many definitions of power. There will be refreshments and readings by Camosun Creative Writing students. For more information visit camosun.ca/learn/subjects/creative-writing.

MONDAY, APRIL 8

TO WEDNESDAY, APRIL 10

Raise your voice

The 10th annual Victorious Voices youth arts festival is taking place from April 8 to 10. There will be workshops, performances in local schools, and feature events with acclaimed Canadian poets, including World Poetry Slam champion Ian Keteku and CBC Poetry Prize winner Alessandra Naccarato. There are 12 teams competing in the High School Poetry Slam Championships for the Victorious Voices title. For the full schedule and more information visit vivoces.com.

WEDNESDAY, APRIL 10

For the bees

Pollinator steward Shane Johnson of Camosun College is teaching



NORMAN WONG

Wintersleep are coming back to Victoria on Saturday, April 27.

about attracting native pollinators on April 10. Johnson will explain how to encourage pollinators by planting the right plants; native bees are much more effective at pollinating than non-native honeybees are. Friends of Uplands Park and Habitat Acquisition Trust will provide handouts. Attendance is free and there will be refreshments. Donations are appreciated. The event takes place on April 10 from 7 to 9 pm at Windsor Park Pavilion in Oak Bay. See friendsofuplandspark.org for more info.

FRIDAY, APRIL 19

Kimmortally yours

Kimmortal is performing at the Victoria Event Centre on April 19 at 9 pm. She has utilized her education in visual arts and art history to incorporate song, dance, and visual art into her sets. Opening act Uschi Tala is a self-taught multi-instrumentalist and poet who who draws light

from darkness with haunting and rhythmic music. Tickets are \$15; for more information visit victoriaevent-centre.ca.

SATURDAY, APRIL 20

Bringing the big beats

The Crystal Method is coming to Capital Ballroom on April 20. The band is known as pioneers of the big beat genre and innovators of the ‘90s electronica movement. Co-founders Scott Kirkland and the now-retired Ken Jordan formed the Grammy Award-nominated, platinum-certified act in Las Vegas in 1993. Tickets are \$27.50, and doors are at 8 pm; for more information visit thecapitalballroom.com.

THURSDAY, APRIL 25

Victoria’s history of United Empire Loyalists

The Victoria Historical Society presents *Proud Heritage: Descendants*

of *United Empire Loyalists in Early Victoria*, with speaker Yvonne Van Ruskenveld, on April 25 at James Bay New Horizons, located at 234 Menzies Street. Ruskenveld will speak about the mark left on Victoria by descendants of those who received land in eastern Canada as a reward for their loyalty to the British Crown during the American Revolution. Doors are at 7:15 and admission is \$5. For more information visit victoriahistoricalsociety.bc.ca.

THURSDAY, APRIL 25
TO SUNDAY, MAY 5

Making lists and faking names

Pacific Opera Victoria is bringing Kálmán’s *Countess Maritza* to The Royal Theatre. The story is a romantic comedy about Countess Maritza’s plot to avoid her many admirers by inventing a fiancé. It will be performed in English with English surtitles. Tickets start at \$27. Student RUSH tickets are available at the door 60 minutes prior to each performance—they are \$15, with student ID, subject to availability. For showtimes and more information visit rmts.bc.ca.

SATURDAY, APRIL 27

Here comes the Iceage

Copenhagen punk rock band Iceage is coming to Distrikt on April 27. Their latest album, *Beyondless*, was praised by outlets such as Pitchfork, Stereogum, Clash, Noisey, and Vice. Advance tickets are \$19, and doors are at 7 pm. For more information visit strathconahotel.com.

SATURDAY, APRIL 27

Wintersleep to wake you up

Halifax indie rock band Wintersleep are coming to The Capital Ballroom

THURSDAY, MAY 2

TO SATURDAY, MAY 18

Friends for life

Canadian writer Rachel Wyatt has adapted her acclaimed novel *Letters to Omar* for the stage in *The Best of Friends*, a play being performed at Theatre Inconnu between May 2 and May 18. The play is a witty, ironic, insightful story of three older women trying to change the world. Tickets are \$14 for adults and \$10 for students. Wednesday, May 8 is pay-what-you-wish admission. For showtimes and more information visit theatreinconnu.com.

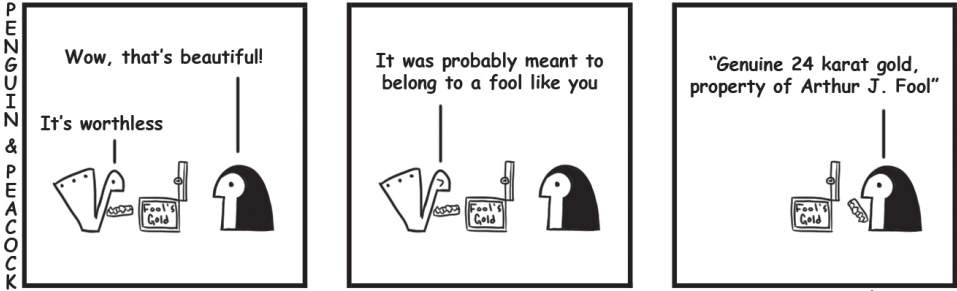
FRIDAY, MAY 3

Sideways under the mountain

Calgary band Gone Cosmic is touring their first album, *Sideways in Time*. The four-piece band’s style is soulful psychedelic rock spanning from southern to sonic. They are playing at Wheelies on May 3 with Vancouver Island-based hard rock band Under the Mountain. For more information visit wheeliesmotorcycles.ca.

COMING SOON:

May 19, Chris D’Elia, Royal Theatre June 24, Corey Hart, Save-on-Foods Memorial Centre August 21, “Weird Al” Yankovic, Save-on-Foods Memorial Centre November 16, Jim Jefferies, Save-on-Foods Memorial Centre



C'est la Vie by Sebastien Brotherton



Kayfabulous by Nate Downe



STR8TS

No. 222 Medium

			4		3	2		6
	6							
		9			4			
		7		2			5	
	2			3				
1			5				9	
2								
			9					5

You can find more help, tips and hints at www.str8ts.com

Previous solution - Easy

6	3	2		9	8
4	3	2	1	8	9
3	4	5	6		8
1	2	3	7	4	5
2	5	4	1	7	6
5	8	7	6	4	3
9	7	6	8	3	2
7	6		2	5	3
8	9	4	7	5	6

How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 222 Very Hard

			7		2	3		6
5					8		9	4
	6					9		8
		5						
	3						8	
						7		
3			2				1	
1		4		7				9
8			1	4		3		

The solutions will be published here in the next issue.

Previous solution - Tough

3	7	8	4	2	9	1	5	6
5	6	2	8	3	1	4	9	7
4	9	1	5	6	7	2	8	3
9	2	5	3	4	6	8	7	1
7	8	4	1	5	2	6	3	9
6	1	3	9	7	8	5	2	4
8	5	6	7	9	4	3	1	2
1	4	9	2	8	3	7	6	5
2	3	7	6	1	5	9	4	8

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts check out our books, iPhone/iPad Apps and much more on our store.



Let's Talk?

by Katy Weicker

"She'll have a sleeve"

Allow me to set the scene: my boyfriend and I are out for dinner with my family at a low-key sit-down place that has us seated in the kid-friendly corner thanks to my teeny-tiny nephew. As we're finishing up our meals, a man and a woman walk in with four young kids (three boys and a girl) and are seated in the booth next to us.

The man and the three boys (all wearing clothing with hockey logos of some kind on them) pile into one side of the booth, and the woman and the girl sit on the other side.

A few minutes later, the waiter walks over to them and asks for their drink orders. The man orders for himself and the kids and then says, "And she'll have a beer," motioning to the woman. (This catches my attention mostly because it's a pet peeve of mine when a man orders for a woman; I know this was once considered chivalrous, but now it, honestly, feels condescending.)

The waiter turns to the woman and starts listing off the types of beer

I know a man ordering for a woman seems like such a little thing, but children learn from our examples, and we need to set good ones—no matter how small—if we want them to grow up in an equal world, where all voices matter.

they have. The man then interjects and tells him what kind she would like. (Okay, see this right here is why I find this condescending.)

The waiter then asks the woman what size she would like, to which the man replies, "She'll have a sleeve."

Now, at this point, my boyfriend's hand squeezes my own, because he knows I'm freaking cringing on the inside. I shake my head and mutter, "I just cannot."

For the next week, every time I'm asked to make a decision in my boyfriend's presence, he interjects with, "She'll have a sleeve." And every time I have to explain my threat of death to the poor un-

suspecting person who has asked me a question. And, as much as it's now become a bit of an inside joke between us, it still irritates the shit out of me, because somewhere there is a group of little boys who are learning that it's not only acceptable but encouraged to answer on behalf of a woman, and there's a little girl who's being shown that men's voices hold more authority than her own.

I know a man ordering for a woman seems like such a little thing, but children learn from our examples, and we need to set good ones—no matter how small—if we want them to grow up in an equal world, where all voices matter.



The Chopping Block Chronicles

by Justin Bennett

The socially acceptable drug

First off, I just want to point out that I am an avid coffee drinker (I write this as I take a sip of my quad espresso), and that the purpose of this article is solely to question our philosophies around substances in general.

I was once posed a question in one of my health classes: "Should food/drinks have labels specifying how much caffeine is in them?" I responded yes. Being a father of a five-year-old daughter, the idea was a no-brainer. I continued reading my health book, in which Health Canada recommends a maximum daily intake of 400 milligrams of caffeine per day. That quad espresso I referred to earlier? Yeah, that's my daily intake right there.

Is this going to stop me from having at least one more coffee later

on in the day? Absolutely not. I'm sure that many of you can relate to that, with there only being a few weeks left of classes as I type these words.

Caffeine is a psychoactive stimulant, yet it has absolutely no guidelines for its consumption. It's in everything from coffee to chocolate bars, from tea to soft drinks, and there are absolutely no repercussions for the excessive use of it. This becomes particularly concerning in the case of children.

As a youth, I spent all my hard-earned money from scrubbing pots and pans on junk food. Pop, chocolate, and video games were my fix in my early years. I could easily drink a six-pack of Coca-Cola in a sitting while playing my favourite game on a Friday evening. The six-pack

contains about 200 milligrams of caffeine (not to mention the amount of sugar that I was consuming); it's no wonder my anxiety was through the roof.

Rather than asking whether or not a product's label should include the amount of caffeine in it, I believe we should be asking what we can do to regulate the consumption of this drug.

If we are so strict with other psychoactive drugs that affect our nervous systems, then why do we not treat caffeine the same way?

Education on the negative impacts that caffeine can have on our systems is vital. There needs to be some sort of regulation for the purchase of items containing caffeine, especially out of consideration for our youth.



Health with Tess

by Tess Syrawik

Exam season? Sleep season!

Happy exam season! Yeah, I'm rolling my eyes and glaring at me too. We've got exams, we've got essays, and we've got presentations. It's not really the time of semester that we celebrate; usually, we celebrate surviving it. One thing that will help you get through the upcoming chaos is sleep. Yep, that thing we always mean to get more of—the thing we shorten in order to finish an essay. Not getting enough of it leaves us with the sensation of tiredness and grog that crawls into our bones.

More and more research is coming out about why it's so necessary to get a good rest every night for both your long- and short-term health, but with the forecast of concentrated schoolwork up ahead, we really only have time for the quick and dirty short-term stuff relevant to students.

A good night's rest leaves you more able to concentrate and be

productive. After working hard all semester, we don't want to let everything slide at the end. We need that concentration and productivity, which logically means we also need that sleep.

Not sleeping enough can lead to myriad health issues. It impacts our immune systems and our mental health. People with reduced sleep catch colds more often, and many cases of depression are linked to both the quantity and quality of sleep that people are getting.

Yikes. So what can we do to help ourselves get more of this magical rest? A huge body of research points to reducing blue-light exposure for at least an hour before going to bed. Blue light has a similar wave frequency as daylight, so it messes with our systems when we see blue light and then immediately try to go to sleep. Blue light comes from TVs, phones, and computer screens.

The thing that works best for me is to have a nice-sounding alarm about an hour before bedtime that reminds me that I need to get ready for bed soon. Waking up at a consistent time helps our bodies get into a good rhythm for going to sleep. Try not to take long naps in the middle of the day. A nap (with an alarm to help you not oversleep) can be really helpful sometimes, but long and uncontrolled naps can make it hard to rest later on. Caffeine is best friends with adulting for many of us, but it's not on great terms with sleep. Set a time (and stick with it) that you don't caffeinate after. If you need perking up, take a 15-minute walk outside or eat an apple to help boost your energy instead.

The bottom line is this: sleep is important. Messing with how much sleep you get will mess with your end-of-semester (and long-term) success.



Communication Error

by Nate Downe

The Midas touch

Through heaven and hell, success and sin, you lay adrift as if the day is done, although there is no rest for the wicked, and surely you are no saint. "Escaping" is really just a different term for "staying." For when is the last time you truly

at those who have robbed you of your gold, so pull back and let your arms sway one direction and then the next.

But do you really want the Midas touch? When ye olde Midas lay starving to death, damned by his

Let this breath be your last, let it only exist in the past, and breathe once more.

escaped your problems—or have they not simply stuck with you? We often think others are the source of our issues, that surely we are not the problem; however, in all of our trifles, what or who is the isolated variable—the constant? What is it that seems to stay the same when everything else is changing?

Let this breath be your last, let it only exist in the past, and breathe once more. In essence, everything that you touch turns to what you once considered to be your wildest dreams—gold—but now that you live in your dream all you want to do is wake up.

What value do gold and dreams have if they destroy their referent? We may dream of sunny days to come, but what would be the purpose of the golden sunshine—that is, the Midas touch—if we had to bear 24 hours of non-stop sun?

Where the road bends, and when the trail ends, let this breath be your last. Perhaps you would like it better if you could take a swing

own successful wish, was he finally sick of the sunshine, or did he wish for one last breath?

Surrounded by apparent sin we all too often tend to think of ourselves as the saint; however, it is only through our narrative that we may see it that way. In denying this, we might want to escape to a sunshine-filled land, but we must be reminded of the age-old adage: wherever you go, there you are.

What is gold? Why do you wish for something and believe it will end your cursed days of poverty? Shiny rocks and sun-filled days are contrasted by wills, wishes, and becoming that never become anything, as we are surrounded by endless things that have already become and that we no longer wish to be any longer.

Gold, jewels, and diamonds are rocks—need we say more? Turning things into gold would be just as useless as turning things into zeros and commas—we would starve. So how hungry are you?



First Things First

by Tiegan Suddaby

How to procrastinate smart

I have a style of procrastination that I like to call "active procrastination." Instead of doing the things you love to do to put off working, you clean. Or cook, or do extra work for another class, or finish a quiz a week early. Sometimes I plan out my life for the next two years instead of working on some monstrous task.

The key to advanced procrastination is to do something small as a warm-up before doing what you've been putting off. Obviously, there are time limits to these things, so I recommend taking five or 10 minutes of your time folding laundry or organizing your study space. Treat it as a warm-up to the big thing, or as a necessary item to check off for the day.

Cooking is certainly one of those necessary things that take time to do. Do a bit of meal prep and, as your food is cooking, begin your

studies. If your idea of a meal is some toast, focus on both making it and eating it, and then start the rest of your work.

It's basically a way to alter your focus; if you know there's no way you're going to finish an assignment (which, hey, you should do), find something you can do before you tackle the larger problem—just a small, manageable task that can wake up your mind.

But I'm going to need to give you a warning: don't put all of your energy into doing something that isn't pressing down on you. Doing a stress-free, mindless chore should be within a timed structure.

Active procrastination should get you into the headspace of doing homework while tricking your brain into being productive with your time. It's amazing how being an adult is basically parenting yourself.

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overheard at *nexus* word search

Every issue, we take words from strange office conversation out of context to make them even more strange and put them in *Overheard at Nexus* on page 2. Here, we’ve taken 20 words from the past handful of issues and removed them further from context to create this 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.

AFTERLIFE
ATTRACTED
BALLS
BELLY
BUTTON
CANINES
CRY
DEEP
DENTAL
EAR
EGGS
FACE
FIRE
FREEZE
GOOSEFLESH
HARNESSES
LICKED
ORGASM
RAT
SOFTWARE

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

contest

Find the hidden *Nexus* and win



GREG PRATT/NEXUS

Let’s see if you can find this copy of a previous issue of *Nexus* that 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 around, the issue was hidden on a window sill on the second floor of Young.

Bring this copy of *Nexus* to us if you find it; we’ve got gift cards, shirts, and more for the winner to choose from!

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