Opinion: Camosun needs to do better with mental-health services - page 3 Camosun is developing a new equity, diversion, and inclusion policy. What does it really mean for students? page 6 Mix Master Mike: The *Nexus* interview - page 8

NEXUS

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camosun's student voice since 1990

# policy Former student says Camosun should have EQA designation revoked

#### ADAM MARSH

STUDENT EDITOR

A former Camosun College student feels that the college should have its Education Quality Assurance (EQA) designation revoked due to a response he received from Camosun when he asked for a partial tuition refund last year. EQA designations are administered by the provincial government's Ministry of Advanced Education, Skills and Training.

In November of last year, Camosun second-year Post-Degree Diploma in Business Administration-Accounting student Justin Lee noticed that the college was charging the same amount for 42-hour courses as it was for 56hour versions of the same courses, specifically Finance 210, Business 140, and Accounting 111. After Lee filed his complaint, the college changed the wording of its Fees and **Financial Policies and Procedures** policy on December 15, 2017, adding the word "generally" before the statement that Camosun calculates tuition on a cost-per-hour basis (the number of hours in a course determines its credit value, says Camosun vice-president of education John Boraas).

The college also added in a paragraph to the policy stating that standard course hours may vary because some courses are online, some have online and in-person components (referred to as "blended" courses), and some are in person with no online component.

Lee feels he was overcharged roughly \$270 by Camosun for the time between June of 2016 and December of 2017, when the college "I strongly feel that [Camosun] should be held accountable for their actions."

his request, citing the revised Fees

and Financial Policies and Proced-

ures policy. Lee feels that Boraas

citing the revised policy is grounds

for having Camosun's EQA desig-

Education Quality Assurance Policy

and Procedures Manual, which says

that conduct "by the Institution, or

its principals or major shareholders,

that is likely to damage the interests

or reputation of British Columbia's

post-secondary education system

or that is in conflict with the public

good" is considered when the min-

istry gives institutions EQA desig-

nations. It also states that "current

or past practices of the institution

that show a lack of integrity or

unethical conduct in relations with

students..." is considered as part of

sponse to his request for a partial

tuition refund is not in compliance

with these two clauses, because the

new wording in Camosun's policy

was not yet in place when he paid

months where [Camosun's] policy

was unchanged," says Lee. "Clearly

they were in non-compliance with

"There was a period of 18

Lee feels that Camosun's re-

receiving the designation.

those tuition fees.

Lee points to section 6.3.3 of the

nation revoked.

**JUSTIN LEE** FORMER CAMOSUN COLLEGE STUDENT

changed the wording of its policy. [their policy], at least as it was Lee wrote to Boraas in February of 2018 asking for a partial tuition refund; Boraas wrote back denying Lee calls Boraas' written response "completely disingenuous

sponse "completely disingenuous and without substance." Boraas says there is not much

he can do or say to that and stresses that the college is not in the wrong here.

"The only answer that I think would be seen in the light that is wanted is to say that we're in the wrong," says Boraas. "And we're not. We've been clear from the beginning of our approach and our interpretation. Delivering a course in a different format has never—or ever will—result in it being considered as a different course." (Boraas adds that Lee had access to additional supports online.)

Boraas says that he has looked into whether or not the college has acted appropriately, and he has found that it has.

"[I've] been assured that our approach has been quite reasonable, that because of the room for misinterpretation that was argued with the student, we further clarified our approach. The provincial [ombudsperson] office then agreed that our wording is fair and clear."

Lee says it was Boraas' written response that made him want to go after Camosun's EQA designation. "When I received that re-



Former Camosun student Justin Lee wants a refund from the college.

sponse, it really changed my mind as to whether or not I should pursue [Camosun] potentially losing their designation, because I strongly feel that they should be held accountable for their actions," he says.

In the letter to Lee, Boraas reiterated that credit hours form the basis of tuition, but it wasn't the answer Lee was hoping for.

"I asked [Boraas] to address my concerns for all the months that they had not done anything while the policy was still unchanged," says Lee.

Lee says that Boraas cited the old policy; Boraas, however, says that both the new and the old policies have been cited in this matter. According to Boraas, the college feels that the old wording was clear as well but updated it anyway in the interest of clarity; at this point, he can't think of anything else that can be done.

"Our view is that practice was consistent with our previous wording as well; we just have updated the wording to make it even clearer. Our position is that our old wording was perfectly acceptable in this context as well," says Boraas. Boraas says that Camosun was not required to change the wording in the policy, but that the college always improves clarity where it can. "We weren't required to make any change; we, indeed, chose to," says Boraas. dents to get their money back if the college doesn't want to give it back. (A spokesperson for the Ministry said that because this is a matter between Camosun and Lee, they were unable to comment.)

"Which is why I'm so concerned with accountability on the part of the college," says Lee.

Lee says that he hasn't heard from the Ministry since April 17; the Ministry can ultimately decide whether his complaint will be upheld.

"I had asked the Ministry to give me a written response detailing the decision and why they had come to that conclusion, which they never provided at any time," says Lee.

Lee says that if the college wants to make it right, they should refund students who have been overcharged.

"They should refund any student that's been affected by this overcharge between June of 2016 and December 15, 2017," says Lee. "That's the time period where they clearly represented one thing on their website and in fact their policy, as they claimed, was something completely different."



GREG PRATT/NEXUS

Students enjoying the Camosun College Student Society's CamFest at the Lansdowne campus on Tuesday, September 4. The student society also held a CamFest at Interurban on Thursday, September 6.

But even though Lee feels Camosun used new policies to explain why the incident happened before the policies were put in place, Boraas says that is "not what we did."

"No, I don't see anything wrong with updating a policy," says Boraas.

Lee took his concerns to the Ministry of Advanced Education, Skills and Training but says he was told that there was no way for stuLee says that the college was in compliance with its policies once it changed them.

"They are then in compliance," says Lee, "after the policy [was changed.]"

Boraas says that the college is not going to give Lee a refund.

"We've already declined that," he says. "That's been communicated to Justin."

Lee has opened a complaint with the BC ombudsperson against the Ministry of Advanced Education regarding what he sees as its failure to enforce EQA standards.

Camosun College is currently one of 259 post-secondary institutions in British Columbia that has EQA status.

VIEWS

feeling welcomed into these groups

one with severe depression or anx-

iety to be successful in a social

setting and in school activities,

it is extremely difficult. Without

proper support from their school,

many of these students will coast

by anonymously, often neglecting

to search for help as they push

themselves to their limits to achieve

their dreams. At the University of

Victoria, there's a program that

Although it is possible for some-

without discrimination.

# **NEXUS**

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Address:	3100 Foul Bay Rd., Victoria, BC, V8P 5J2
Location:	Lansdowne Richmond House 201
Phone:	250-370-3591
Email:	editor@nexusnewspaper.com
Website:	nexusnewspaper.com
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CONTRIBUTORS Nate Downe Jayden Grieve **Truly Hunter** loel Satre Renata Silva

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

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OVERHEARD AT NEXUS: "Sorry. Keep talking about vomit."

# student editor's letter Thoughts on inclusion

It's hard to go on social media-or do anything, for that matter-without running into headlines about diversity and inclusion, and rightly so. We've come a long way as a society in a relatively short window of time. Example? It wasn't that many moons ago that the commonly held view was that there were only two genders and one way of thinking about homosexuality, with absolutely no room for discussion if you tried to argue that the latter was not a mental illness. 1973 rolled around and the Diagnostic Statistical Manual of Mental Disorders was worded in a way that didn't label homosexuals as mentally ill. Take a moment to think about that. In 45 years, we've made some astonishing sociological and psychological progress, which can seep pretty easily into human-rights arguments.

Given that we report primarily on what happens in and around Camosun, this brings up the question of how Camosun is doing in terms of diversity. When I walk over to the Lansdowne cafeteria this time of year, as the wind sends leaves swirling with the first hint of fall, the college's banners sway in that premature autumn wind. The banners carry Camosun's values on them, values that include diversity.

My first thought when I think about diversity at the college is that Camosun goes out of its way to make a really strong effort at including everyone, regardless of age, gender, race, or sexual orientation. Camosun does pretty well in terms of diversity and inclusion, but there is always room for growth and more transparency.

As it turns out, the college is still hard at work in this area: features writer Fred Cameron will tell you more about the impacts of the college's new Equity, Diversity, and Inclusion Policy on page 6.

If you're a new—or returning—student, please feel free to drop me an email to let us know what you think about the stories in this issue, or if you want to be a volunteer writer for us. No experience necessary, and we welcome everyone.

> Adam Marsh, student editor adam@nexusnewspaper.com

he wrote. "Who pays the cost? The

fully headlined story "Ministry

screw-up results in loan delays'

detailed how approximately 500

Camosun students were still waiting

for student loans in the first week

of classes due to "constantly busy

phone lines and paper and elec-

tronic records that did not match,'

according to a government memo

mentioned in the story. Luckily for

Camosun students, the student

society came to their aid, using an

emergency fund to help students

impacted by the loan delay buy

CCSS to the rescue: Our taste-

students and the environment."

## 25 Years Ago in Nexus



flashback

#### **GREG PRATT**

Virtually upset: In the Excre*mentia Factorum* column in our September 20, 1993 issue, writer Shelley Evans, after saying that video games can cause "family separation, murder or suicide!" says, "I can't wait until virtual reality is finally in the hands of consumers." Well, the technology has had a long gestation period but seems to finally, slowly be creeping out to the masses. We don't know where Evans is today, but it's safe to assume she's probably not viewing life through an Oculus Rift.

cutlery at the Lansdowne cafeteria was a hot topic back in 1993. In this issue, Camosun College Student while their polluting continues,'

### MANAGING EDITOR

Disposable battles: Disposable textbooks.

MANDY BARCER "Support them financially in

a way that helps them with their education so they get the education they need."



JULIA SUNDERLAND-BAKER

"I honestly think that they're already doing a pretty good job. Maybe more announcements of what free things there are. Like, counselling services are free here, and I think that's amazing because it's so fucking expensive."



MANDY PRESTON

"I like how many grants are in place, student-loanwise, and that there's an option to only take the grant portion of your loan... you don't have to repay it. I'd like to see that initiative in other provinces. That's what Ontario does."



**TYLER SPAVEN** "From what I do understand, which is very little, I think they're doing an okay job."



NATHAN BATES

"Give them financial advice on how to control spending without paying for student loans.'





#### JORDAN MIECZKOWSKI

"I think some assistance, not necessarily with tuition but with textbook costs, even second-hand textbooks. Right now, it's kind of a scramble trying to get all the supplies we need. We're paying \$100 to \$200 for books we might only open once or twice."

# college **Camosun launches new Student Affairs department**

allows student leaders to focus their

It is this kind of strategy that

comfortable seeking the type of support that the centre offers. We need more. Camosun must do better in assessing students for invisible mental-health conditions

so that it can better include those students and support them in their success, not just in academics but also in socialization, leadership,

efforts promoting UVic's Student Mental Health Strategy. They use research and planning to create an environment that allows students with mental illnesses to participate as leaders in their community while breaking down the barriers that often exclude them from doing just that.

allows these intelligent, creative, strong individuals to reach their full potential in post-secondary with much less difficulty. If Camosun wants to be inclusive, it needs to make students feel comfortable seeking the support they need. We must feel that getting help is both expected and accepted. The college

does an okay job at making the Centre for Accessible Learning available for students, but many students are not visibly disabled and do not feel

**NEWS BRIEFS** CCSS to hold referendum on CASA membership On August 13, the Camosun College Student Society approved

into one group.

a motion to hold a referendum on whether or not Camosun students should join the Canadian Alliance of Student Associations (CASA), a national student organization. The fee for each Camosun student would be either \$3.12 or \$2.89 a year, depending on enrolment. Camosur students were until recently members of the Canadian Federation of Students (CFS), the other national student organization. The CFS expelled Camosun students from the CFS at a recent meeting following years of conflict between British Columbia member locals and the national organization. An exact date for the referendum has not been set; look for our full story soon.

#### **College announces** Camosun Express fall schedule

new fall 2018 hours. It leaves both campuses every hour from 8 am to 4 pm, Monday to Thursday. On Friday, it runs every hour from 8 am, with the last bus leaving Interurban at 12:25 pm and Lansdowne at 11:55 am. The express bus commutes between Interurban and

### activities due to the hurdles that they face. This means that somewhere around 20 percent of students are marginalized in their pursuit of success.

open space

Camosun needs to do better for

students with mental illnesses

If Camosun wants to be inclusive, it needs to

make students feel comfortable seeking the

support they need.

**TRULY HUNTER** 

CONTRIBUTING WRITER

Students with invisible mental

illnesses-for example, depression,

anxiety, and borderline personal-

ity disorder-are largely forgot-

ten when it comes to inclusion at

post-secondary institutions, such

one in five people here in Canada

suffers from mental-health barriers,

students with mental illnesses are

often left out of school events and

Despite the fact that roughly

as Camosun College.

Camosun does not do enough to change this.

As someone who suffers from an anxiety disorder, I can testify to experiencing difficulties due to mental illness when participating in clubs and leadership activities. These difficulties often leave me feeling discouraged, and I sometimes allow risky opportunities

as a result. Universities, scholarship founations place a great deal of emphasis on extracurricular activities. It's expected that any well-rounded student will get involved in as many groups as they can; the connection between students and the communities they lead can build confidence and offer the student life-changing

experiences When students with persistent nultiple barriers see the benefits these activities offer, it's disheartening to feel they will be forced to continue struggling while others push forward with fewer obstacles, politics, and sports.

Find web-exclusive stories at nexusnewspaper.com.

Society (CCSS) chairperson John-Henry Harter wrote a pointed letter with large payoffs to pass me by to the editor about Beaver Foods, which at the time ran the cafeteria. "Beaver Foods is a profit-oriented dations, and student-based organizcompany; their prices just went up,

# NEWS

"This speaks to the continuation of enhancing the student experience on the campus by bringing these services together in a holistic manner."

> **EVAN HILCHEY** CAMOSUN COLLEGE

#### ADAM MARSH STUDENT EDITOR

Camosun College has launched a new interdisciplinary Student Affairs department. It consists of Academic Advising, Counselling, the Office of Student Support, and the Mental Health and Wellbeing Strategy. Camosunvice president of student experience Joan Yates says the college has tried to consolidate the services that focus on students

"Philosophically and otherwise we are making it easier for students to access things, making it easier for us to cross-reference," says Yates. The vision began, says Yates, by looking at what students need to be successful and keeping the services

as concise as possible. "That includes students who may be needing some support," says Yates, "be it counselling support, or [for people] who, perhaps, are a little marginalized; how do we advocate and be there for them?"

To the college, the answer lay, in

part, by forming an umbrella department that shows students every path they might need in terms of services. If this works and Camosun can offer support through one unified office, it can do other things the same way, says Yates.

"It also means that we can do policy work through one lens rather than two or three," says Yates.

Camosun director of Student Affairs Evan Hilchey says Student Affairs focuses on making sure students have easy access to the supports they need.

"I really am looking forward to continuing the implementation of Camosun's five-year Strategic Plan," says Hilchey.

The Strategic Plan is the college's five-year mandate between 2016 and 2021; its goals include working toward sustainable practices and cultivating learning for students through new approaches to instruction.

"This speaks to the continuation of enhancing the student experience



Camosun College director of Student Affairs Evan Hilchey.

on the campus by bringing these services together in a holistic manner," says Hilchey. "I look forward to furthering the resources available to students so that they can meet their academic or personal goals while at Camosun.

Yates says the Student Affairs department will provide Camosun students with one vision and a more consistent focus.

"We get everybody on the same page in terms of where we want to go, and, more importantly, we make

it easier for students to access us," says Yates. "They don't have to do the rounds. We can refer them in a much more coherent way so that they can get what they need, and we're talking with each other so that we know that students are not falling through the cracks, particularly those that need a little help."

Yates says that the college is trying to develop a five-year plan to build on the department; for now, this opens up the college's options when a student comes to ADAM MARSH/NEXU

the department in need of support, whether that support is academic or personal

"If we have student who is a survivor of sexualized violence," says Yates, "we're able to connect them more readily with a range of services rather than just one or two.'

Student Affairs is located at Fisher 106A at Camosun's Lansdowne campus, although the departments that make up Student Affairs will stay in their current offices.

The Camosun Express bus has

Lansdowne. The bus is now wheelchair accessible. See camosun.ca for more information.

#### Get innovative

Camosun is looking for students to enter its Student Innovation Challenge. To enter, you'll need to write a pitch letting the college know what your best idea is for improving the student experience at Camosun. You'll be working in teams of four, and you can sign up individually or with one friend. The first-place team will win \$1,000 in cash for each team member; the second-place team members will each get \$500; the third-place team members will each get \$250. The challenge is open until October 15; see camosun.ca/ SIC for more information.

#### **BCFS wants more free** textbooks for students

The British Columbia Federation of Students (BCFS) is calling on the provincial government to invest \$5 million in the Open Textbook Project, which offers students free textbooks and other materials. Camosun students are all paying members of the BCFS.

#### Camosun satellite campus launches new lab

The Victoria Conservatory of Music (VCM) is launching its Music

Technology Lab in September. The lab will allow students to use new songwriting technology, explore electronic and virtual music instruments, and use digital audio workstation software for recordings. The VCM is a Camosun satellite campus; the college offers its music classes there.

#### **Camosun students** raise thousands for Zambian youth

Camosun Marketing Project Management students recently raised \$5,828 to send rural Zambian youth to a conference in August. 21 students in three teams raised the money through fundraising events. The Zambian youth went to the Women for Change Rural Youth Exposure Conference in Lusaka, Zambia with the funds.

#### **Ontario post**secondary institutions dealt mandatory free-speech policy

The Ontario government has given post-secondary institutions in that province until January 1, 2019 to draft, write, and implement freespeech policies to guide speech on post-secondary campuses. The government has said universities could face funding cuts if they do not comply with the aforementioned date.

The decision has been criticized by national student organization the Canadian Federation of Students (CFS), which said in a press release that free-speech policies can be used to protect "oppressive discourse." The CFS also expressed concerns over the timeline the government has imposed, saying it will "circumvent many institutional structures such as academic senates, advisory committees and stakeholder meetings, and neglect meaningful and vital consultation processes." Look for our feature story about free speech on campus next issue.

#### **CASA** publishes paper on international students

The Canadian Alliance of Student Associations (CASA) recently put out Value Beyond the Dollars and Cents, a paper looking at what international students contribute to Canada, what challenges they face, and what supports they need. The paper is available to view online at casa-acae.com. Camosun students will be voting in a referendum about whether or not to join CASA soon.

#### Local financialknowledge program gets national nod

The Burnside Gorge Community Association (BGCA) has been

awarded \$5,000 and an honourable mention by ABC Life Literacy Canada as part of the 2018 Great-West Life, London Life and Canada Life Literacy Innovation Award (LIA). The BGCA program that won was the Family Self Sufficiency Program, which aims to reduce the cycles of poverty through increased financial literacy and knowledge. The LIA recognizes organizations that spearhead new adult literacy and essential skills programs across Canada.

#### **Municipal matters**

Interested in running for mayor of Victoria? The nomination period for candidates in the upcoming municipal election is open until 4 pm on Friday, September 14. In the election, people will vote for a mayor, eight city councillors, and nine school trustees for School District 61. Grab a nomination package at victoria.ca/election. Election day is Saturday, October 20.

-ADAM MARSH

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AND OFFERS YOU GREAT EXPE **RIENCE. EMAIL US TODAY.** 

4

## event College rolls out celebration for Indigenous students



Attendees at the 2016 Camosun College Welcome Feast; the event returns on Thursday, September 20.

**KATY WEICKER** STAFF WRITER

Continuing with a longstanding tradition, Eyē? Sqâ'lewen: the Cen- day. tre for Indigenous Education and Community Connections (CIECC) will be hosting its annual Welcome Feast for all new and returning Indigenous Camosun students this month. CIECC director Janice Simcoe started the event over 25 years ago, according to Eyē? Sqâ'lewen events coordinator Sandee Mitchell.

"When Janice became the chair of Eyē? Sqâ'lewen, she decided to go out and connect with communities," explains Mitchell. "She wanted the local First Nations to be welcoming students and she wanted to create this feast."

ing with Songhees Nation Elder the students from that program are

"They host us in their community," says Mitchell. "And we've been putting on this feast for 27 years, where we welcome new Aboriginal students to the college, and also to have the local First Nations be welcoming them into their traditional territory. So it's really a way we're on.'

While the Welcome Feast is a tradition 27 years in the making, there is a new addition to the festivities this time around.

"We have had a partnership with a university in New Zealand This led Simcoe to begin work- [Ara Institute of Canterbury], and

Skip Dick and his family, who are coming here and are going to be at still involved with the event to this the feast this year," says Mitchell. "It's just an acknowledgement of them being here at the college for two weeks on an exchange."

Mitchell says that Camosun sent students from the Indigenous Studies program over to New Zealand last year; this year, the students visiting Camosun are from the exchange university's Indigenous of acknowledging whose territory Studies program. The invitation to Camosun's Welcome Feast will allow them the opportunity to experience local Indigenous culture. The event is open to all new and returning Indigenous students and is a welcoming celebration of the new school year.

**NEXUS** 

"It's considered our New Year's. It's a new year that's starting, and we want students to be welcomed to the traditional territory by the local people."

> SANDEE MITCHELL CAMOSUN COLLEGE

it's upgrading, college prep, any of the programs [are welcome]," says Mitchell. "And we usually invite faculty who teach in the specific programs—not all programs—but in Family Support, Indigenous Studies, in College Prep, we try and invite the faculty to come as well."

The Welcome Feast event will start at 5:30 pm, with welcoming words from an MC.

"[The] MC—which is a member of the Dick family—welcomes people to the territory, acknowledges why we are all gathered, and it's just as a welcoming for all the new students coming in and an opportunity for them to get to by the local people." recognize whose territory they're on, and meet key people within the college that they need to know." says Mitchell. "All the advisors will be there, and faculty and staff from Eyē? Sqâ'lewen."

After the welcome, there will be a feast-a massive undertaking "All Indigenous students at- for Mitchell and Simcoe, who work

250-370-3591. editor@nexusnewspaper.com.

richmond house 201, lansdowne.

tending Camosun College, whether to gether to purchase and make the food for the event.

"We cook for about 300 people." says Mitchell. "We have everything from smoked salmon and bannock to salads and turkey with all the dressings, coffee, tea, and desserts, and it's a huge, huge feast."

Mitchell says that after the dinner, the Lkwungen dancers will also perform for the guests.

"The whole concept of this is for students to recognize whose traditional territory they're in," says Mitchell. "It's considered our New Year's. It's a new year that's starting, and we want students to be welcomed to the traditional territory

Camosun College Welcome Feast 5:30 pm Thursday, September 20 Songhees Wellness Centre (1100 Admirals Road) camosun.ca

know your profs

nexusnewspaper.com

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 History instructor Stephen Fielding about

male pattern baldness, The Wiggles, and the ghosts of the Young Building.

1. What do you teach and how long have you been at Camosun? I teach a variety of History courses and also World Religions

since September 2016. 2. What do you personally get out of teaching? I'm a historian by trade (or maybe habit). My wife is from Italy and I love the word Italians use for history. It's la storia, or, literally, "the story." For me, it's a reminder that history needs to be a captivating narrative. Teaching is most rewarding to me when students are caught up in stories about our past and the classroom becomes a lively

review

is enjoyable.



MANAGING EDITOR The weather wasn't great on Friday, but not much can really ruin a weekend like the one the Great Canadian Beer Festival offers. The fest's triumphant return this year, on Friday, September 7 and Saturday, September 8, was tons of sudsy fun, despite the return of fall weather. Nexus went, Nexus conquered a whole lot of great beers. Here's what I can remember. On Friday, the festival led media

through a sampling tour; first off was East Vancouver Brewing Company's When it Rains it Porter, a 5.0% American-style porter that went down smooth and had a car-

# PEERS HELPING PEERS AT CAMOSUN

#### Camosun International Peer Connections Program

Camosun College's Peer Connections Program is a great opportunity for international and Canadian students interested in helping peers, leadership opportunities and developing inter-cultural communication skills.

- Students that join Peer Connections receive training in basic counselling skills, peer mentoring, and cross-cultural communication.
- These skills are invaluable for enjoying college life, personal growth, and enhancing career and educational opportunities.

Students interested in joining the Peer Connections Program should attend one of the following information sessions:

> Monday, September 17 - 5 - 6 pm Lansdowne campus - Wilna Thomas, Room 234

> > Wednesday, September 19 - 5 - 6 pm Interurban campus - CBA, Room 101

For more info, please email

herron@camosun.bc.ca

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Get involved with your award-winning student newspaper today!

# CAMPUS/LIFE

# Stephen Fielding hypothesizes Young Building is haunted

#### **KATY WEICKER** STAFF WRITE

of the West. I've been teaching here

and accessible space where learning

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

As a young adult, I fell 16 feet from a zipline and broke my back. Paramedics carried me away on a board. I spent two and half years in bed rest and surgery, addicted to fentanyl and OxyContin for the pain. Having lived through this awful time and still experiencing residual pain, I am sensitive to the fact that many students have experienced major challenges in life and their achievements at the college are part of their triumph over adversity.

4. What's one thing you wish they didn't know about you? Male pattern baldness.

### 5. What's the best thing that's

happened to you as a teacher here? There's nothing more rewarding than when a student tells you that they enjoyed the course, they improved their writing and analytical skills, or it sparked in them a greater interest in studying history or religion. This past year, I was also touched by the interest and encouragement of my students when I defended my PhD dissertation.

6. What's the worst thing that's happened to you as a teacher here? Two weeks ago, the fire alarm went off during my HIST 108 midterm exam. Apparently, no one pulled the alarm and there was no fire, so the only plausible explanation is a Young Building ghost. It was quite challenging to arrange for the students to rewrite the exam the following class and still give the

students credit for the work they had already done.

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

I think students are becoming more strategic in their program and course selections. It is probably a response to the competitive job market. I grew up in southern Ontario, where 40 years ago my uncle walked through the doors of an oil refinery holding a high-school diploma and was hired on the spot. A generation later, someone needed a bachelor's degree. And today it's a very different story. I think students are trying to match the skills, knowledge, and experience they gain in post-secondary education to the fast-changing job market. As an instructor of History and Religion, my hope is that students remember to take courses that will expand their understanding of the world, its people, and themselves. These might end up being their most memorable post-secondary experiences.

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

That's a funny question! My wife and I have two wonderful kids: a seven-year-old and a two-year-old. For some reason, they're not very concerned about their parents' need for relaxation. Weekends are for picnics, wagon rides, art, soccer, and an episode or two of The Wiggles.

9. What is your favourite meal? Gluten makes me quite sick but I love Italian food. The pasta options



Camosun College History instructor Stephen Fielding.

KATY WEICKER/NEXUS

are improving, but for now it's mostly risotto and polenta.

10. What's your biggest pet peeve?

It's so petty, but since you asked... When I'm at the grocery

checkout and the cashier says "perrrfect" to acknowledge everything the customer does. I don't need to be praised for punching in a four-digit PIN number. At least mix things up with some high-fives and fist-bumps.

# Not even rain can ruin the Great Canadian Beer Festival

#### Cheers, Spinnaker's Bourbon Black Lager, you amazing beer, you.

**GREG PRATT** bonated kick that threatened to be overpowering but didn't quite distract from the malty notes of this delicious dark brew. Next up was Ravens Brewing Company's award-winning 4.5% Corvus Lingoberry Lime Gose; this seems like a good time to mention that I generally don't want fruit anywhere near my beer, so even the saltiness of the gose couldn't distract me from the fact that this felt more like a juice than a beer. Well done for fans of the flavour, no doubt; that just ain't me.

> Moving along to Sooke Brewing Company's IPA, a big 7.0% whopper of an IPA that more than held its own; it's a sweet drink, but it also is bold and heavy, a tricky balance

GREG PRATT/NEXUS

that Sooke Brewing got right here. I expected to hate Whitehorse's Winterlong Brewing's Spruce Tip pale ale; I dislike forest "tones" in my beer as much as I dislike fruit in my beer (I'm trying to be unhealthy here, people) but Winterlong somehow made this one, which had heavy raspberry overtones, taste good. I wouldn't drink a lot of it, but this is pretty convincing stuff.

Fuggles & Warlock's Last Strawberry witbier had lychee berries and strawberries and tasted more like one of my kids' juiceboxes than a beer. Again, done well, but not for me. Locals Swans had the GCBF Collaboration Dunkelweizen on tap, and this 5.5% dunkel was a victory, all dark, malty, complex, and delicious. It was the best beer of the media tour, and a great way to end it off.

Then, we were left to our own devices. And, because space is short, let's do this: Cannery's Naramata Nut Brown Ale was great, easy drinking but with enough rich dark flavours and a bit of sourness. Spinnaker's Bourbon Black Lager was incredibly thick, strong, and smoky; tons of great flavour in this amazing drink. Persephone's Dry Irish Nitro Stout was really smooth and really, really good, with hints of mocha helping it go down; surprisingly refreshing for such a dark beer.

Lighthouse's Siren's Echo Imperial Red Ale was strong, tons of flavour, almost too bitter but refreshing all the same. It's a great drink, unlike their Numbskull Imperial IPA, which they poured a citra edition of at the fest; it was just way too much of a bitter hop explosion for my tastes.

Brittania's Ashore Rye Porter was one of my favourites, with a bit of spice from the malted rye; Bomber's Russian Imperial Stout was a huge 9.5% and brewed with oak chips, which I assume added to its incredibly strong and tasty flavour. A serious drink but seriously worth it.

White Sails' Cathedral Grove California Common was a very well-balanced, malty but still light drink (in my notes: "happiness," which was either a weird autocorrect thing or me being drunk). Category 12's Juicy Data Hayz IPA had a refreshing, fruity nose (and, again, I don't want fruit in beer, so that's saying a lot), and went down easy, with a thicker body than IPAs usually have. Blasted the hell out of my taste buds though, with a bit to much lingering bitterness.

Trois Mousquetaires PQ's Porter Baltique was a big 10% porter with a surprisingly light body and a very strong, tasty flavour; delicious. Back to Category 12 and their Mainframe Red Ale, which was quite hoppy for a red ale, a lively combo that worked. Twa Dogs' Rebel Run ESB was a fantastic ESB, with a perfect amount of flavour; it was easy to drink, with a nice dry finish.

I saved the biggies for last: a 2015 Thor's Hammer from Central City had hints of toffee and sherry and a mouthful of oh my god this is one of the best beers ever, and Fieldhouse's Salted Black Porter, which packed a good bite and was nowhere near as "look at me!" as it could have been; instead, Fieldhouse took on a complex beer and emerged victorious.

# **FEATURE**

6

# Levelling the playing field?

A look behind the scenes of Camosun's new equity, diversity, and inclusion policy

"I'm really happy with the respect to differing opinions that the committee has given. They really want to understand where students are coming from, even if they aren't in the majority opinion."

> **ELEANOR VANNAN** CAMOSUN COLLEGE STUDENT SOCIETY

I received an email from Camosun asking me to complete the college's equity, diversity, and inclusion (EDI) survey. I opened it up and read through it. Of the questions in the survey, the most notable asked what the terms "equity," "diversity," and "in-

clusion" mean to me as a student, and what more the college can do to advance the values of equity, diversity and inclusion on campus.

proximately 19,000 students here, each with a different story. Students from around it's just the organization helping me get to the same finish line as everybody else." the world. Students from every walk of life. Students with different strengths, weaknesses, and abilities.

As an able-bodied white male of majority age, there are relatively few external obstacles in my educational path, but I have my fair share of challenges and baggage. I have a unique story, just like every other student registered at Camosun. My time at Camosun will be short, but this policy will affect my peers for years to come. I can't help but wonder if I have a responsibility as a student to get involved with the policy and tell my story—and if I do, where do I start?

### DECISION BY COMMITTEE

eginning last November, committees made up mainly of Camosun staff and students started meeting to shape and develop policy around EDI, an area that falls under the authority of Camosun vice president of student experience Joan Yates. "The EDI policy will have broad statements about what we believe," says Yates, "and what the college expects in terms of us all being members of the college community. That's feel that way.' We are very diverse, and part of that diversity is political opinion. I'm really the critical document to get input on. It sets the stage, because what we have found is that without a solid framework, we end up with policy development that is contradictory."

Yates says that elements of equity, diversity, and inclusion were covered in different areas of college policy, but in order to be effective, Camosun needs to wrap it all into one clear and specific policy.

"The older ones were more about, 'you shouldn't do that' or 'don't do this,' as opposed to 'why don't we do this?'" says Yates. "We've realized that it is about the philosophy and the values that we thought needed to be a driver, rather than a set of rules."

Yates says that the college shifted the way it builds policy about two years ago, beginning with the Sexual Violence and Misconduct Policy. Rather than policy being driven by the college, she says it's more like a community development organization.

"We've done a ton of survey work, a ton of focus-group testing, and we've gone to various groups to get input," says Yates. "We've asked questions about what would make life dents. From her perspective, questions about accommodations for students and how those at Camosun better and have gotten some very thoughtful responses. The summer has been spent writing a policy to reflect that, but it's very much a draft. We have to go back to the community in the fall and show them what we've got."

Yates says that once the draft is reviewed and finalized, the next step will be adding guidelines around specific areas related to EDI.

"We've realized that it is about the philosophy and the values that we thought needed to be a driver, rather than a set of rules."

> JOAN YATES CAMOSUN COLLEGE

ities, for example," may mean addressthis name, and not

students with disabil-

ast spring small thing administratively, but a huge thing to a human being. To really understand and meeting is September 24; at press time, Vannan couldn't confirm details, but she says that make those changes, you have to have a mindset that encompasses all. That's what the policy is going to do."

While it all sounds great-and looks good for the college-Yates recognizes that the difficulty is in producing lasting, tangible results.

"Policy on paper is worth just that: the paper it's written on," says Yates. "Our policy isn't going to change attitudes overnight. It is a line in the sand where the college says, 'This is what we think is acceptable, and this is the type of college we want to build.' That is the goal. It sets the standards. When you do this type of work, it has to have accompanying it clear education and communication. Education is a key component."

Yates says that there needs to be discussion in classrooms and in general forums not only about what the college is trying to do but also about why the college wants to do it.

"When you talk about fairness versus equity-and that's the real key of what we're looking at—fairness means we treat everybody the same way. If you, for example, are able bodied, have great resources, and are treated a certain way, that's great. But someone who may not have started with what you have may need some help to get to that level. That is what equity is about, and that may be what the organization needs to address. If I get something to support For a moment, it got me thinking about my place at Camosun. There are ap- me in my work, either as an employee or as a student, it's not taking away from anybody else,

### THE STUDENT VOICE

E leanor Vannan is a third-year University Transfer student; she is also the Camosun College Student Society (CCSS) student wellness and access director. Her mandate is to advocate for students who need accommodations to make learning accessible. Vannan is also a student representative on the steering committee that is helping to develop the EDI policy

Vannan joined the steering committee soon after being elected to the CCSS; she's been involved through the data collection and analysis phase, and she says that they are now ready to write up a draft of the policy.

"I wouldn't be on the committee if I didn't like what they are doing," says Vannan. "I am not a representative of the college; I'm a representative of the students. I am shockingly happy with what has been discussed and the way it has been discussed. Even when students have said, 'This is dumb,' the folks involved with EDI have said, 'I want to understand why you happy with the respect to differing opinions that the committee has given. They really want to understand where students are coming from, even if they aren't in the majority opinion."

Vannan says that EDI is largely about acknowledging just how diverse student struggles are. She speaks from experience, adding that her life as a student with a disability is very different from that of most of her peers.

"I am a great advocate for myself," says Vannan. "That is another skill I had to develop, and not all students have those skills naturally. EDI is a framework for the students who are fighting within the system to say that the institution values your place here. It values the fact that we have a right to be here, we have a right to any needed accommodations, and we are giving students a framework to navigate that. It's the same thing for discrimination along racial lines. There will be framework in place."

According to Vannan, there have been a wide variety of issues brought forward by stuaccommodations are granted are among the most important to address.

"There have been a few instances where, even when accommodations are met, instructors take a very hostile position toward students," she says. "So that is a big concern. Also, inclusion for racialized communities and Indigenous students, and gender expression is another big one. EDI is really similar to the human rights code, or the [Canadian] Charter of Rights "We might have *and Freedoms*. We need to ensure that Camosun is also in line with protecting those groups specific actions for and ensuring that no matter who you are and what you need to access education, that it is done in a fair and equitable manner."

While the development and writing of the policy is important, Vannan recognizes that says Yates. "That it's the implementation that will bring about lasting change, and that won't come instantly.

"Things are going to happen," says Vannan, "but if we know how we are going to deal ing things like space, with them, we are better equipped to jump in, and to jump in with action to create solutions. or access to services. Part of EDI is about education, making sure that when it comes to different cultures, gender It extends to things expression, or disabilities, people who may not have lived that experience have an opportunity as simple as 'I want to understand more about it. There is certainly an educational component that is going to to be referred to by come along with the policy."

The steering committee is not open to the public, but Vannan says that there are still the name I was given.' opportunities for students who would like to be heard. There is a larger group, open to stu-That is a very, very dents and faculty, that meets every second Monday, alternating between campuses. The next

ne of the key questions surrounding policy development at a post-secondary been the acting presinstitution is this: just how much student involvement should there be? Perhaps dent throughout the the right person to answer that question is Camosun College ombudsman Carter development of the MacDonald. MacDonald has been the ombudsman for 10 years; he describes his role as an EDI policy. Morrison advocate for fair process for students. has nothing but good things to say with regard to the EDI policy development.

"I deal with a wide variety of issues," says MacDonald. "We are essentially independent, "I am only speaking on my behalf," says Morrison. "I haven't polled the greater faculty to impartial, and confidential. I can be independent because I am co-funded: half by the college, get opinions on it, but I hope they have all chimed in. To me, what happens when you build and half by the student society. I am impartial. I don't take sides." a policy, or take something out of our strategic plan, it turns that promise of who we are into Due to his impartial stance on student issues, MacDonald says that he is highly effective something a bit bigger. It shows a commitment. It says to the community that works at Camoin a policy-development role. He adds that he has been involved in several policy development sun, and to the community we serve, that this is really important to us as an organization. committees, most notably for the Sexual Violence and Misconduct Policy. He has watched It's a commitment that we're sharing in writing. It represents a signpost of the direction we closely and acted as an advisor in the EDI policy development. MacDonald says that the are going in as an organization. For me, it cements our culture."

college has gone above and beyond on the EDI project, and that fact reflects the college's biggest single policy development group MacDonald has ever been on at the college, and he says everyone is represented at the table.

"To say that all 19,000 students should attend the meetings is almost like suggesting that one thing for the government to mandate change in organizations, but we have to find ways the sitting government would need to consult with all of the citizens of British Columbia in the development of policy," says MacDonald. "Certainly we have student representatives who to make that change work in our culture. actually sit on the committee. There are responsibilities of the Camosun College Student So-"I'm in my 60s, so I know that the generation in my classroom lives in a different world," ciety to be aware of what is going on in the development of this policy, and the dissemination says Morrison. "It is important for me to understand their world and the diversity it brings to of that information. Policy development is not something that a lot of students are actively the classroom. I think a lot of the times people are slow to change, it's because they're nervous concerned about. Students live very busy lives. Between their studies, some holding down or they don't understand what it's going to look like." part-time jobs, some are single parents... I don't need to tell you what the life of a student Morrison says that the college is providing programs and workshops for faculty. is like, and the details, the minutiae of what happens isn't even on the radar. This is a very "We need to watch what's changing in the world," says Morrison, "and they are usually

broad policy initiative." right on top of these issues. I've taken sexual violence and misconduct workshops, for example. Two people I spoke with for this story told me that there are people who say that the policy They have a program about understanding Indigenous culture. Sometimes it's uncomfortjust sounds like a bunch of buzzwords that are nice to hear, but MacDonald believes that able, but these workshops are fabulous ways to deal with it in a very safe environment. If we Camosun is definitely moving in the right direction. He says that he's hopeful that he will learn about things, and create an understanding, we can bring it into the classroom once we continue to be involved with policy development, and that he thinks more specific language have that knowledge." and policies will come out of the process of getting the EDI policy together.

"It's a combination of student input from the survey and research on the policy initiatives of other post-secondary institutions in the province of British Columbia, graphed out in a way that shows where Camosun College may need to look at updating our policies," he says. thought was spam. I couldn't help but wonder if I was the only student who failed to complete "Then there is group input in a wide series of exercises. People can put down their thoughts in something as simple as a sticky note pad and go up and submit them. There are times, and the survey, so I took to the pavement to do some research of my own. I can't think of specific examples at the moment, where students have suggested something It didn't quite go as planned. I wouldn't have guessed it, but squirrels outnumber students on the Lansdowne campus that hasn't been suggested by employees of the college. All input is valued."

standings as a result.

"That leads to mental-health problems, identity crisis, and students feeling like they don't the store. Not one had fit in," says Umulisa. "That is what I think EDI is trying to prevent. We might be diverse, completed the survey, or we might be from different worlds, but we need to have people in the faculty who make us even heard of the policy, feel valued. If we don't have something to govern that, I don't think it's going to work. If we but they all agreed that don't have ground rules that unite us, it is going to be hard for people to incorporate. We want Camosun was doing a people to look at the foundation of their relationship, the foundation of Camosun College, good job promoting the and why we are building this policy. We want everyone to know that it exists for them to bond on, and for them to feel accepted, welcome, and to not have to deal with staff that doesn't and inclusion. It's a small have ground rules to look back on."

The solution, according to Umulisa, is to keep relationships simple and professional. does raise questions around the way the college communicates with the student population. "Just don't be focused on the smallest things there is," says Umulisa. "If you're my Will the policy have any lasting effect? That really depends on how Camosun proceeds instructor, I am your student. Consider me as such. I don't see how your mind should be with the subsequent policy initiatives that extend into specific areas. More importantly, it skipping off my race, my identity, and my sexuality. I am your student—treat me as such. depends on how the college deals with isolated incidents where there is breach of policy. You only get specific if you create a steady relationship between people, and I don't think a And it remains dependent on students, and the college community as a whole, continuing student/teacher relationship should get down to specifics." the discussion as we move forward.

### Story and photo by Fred Cameron, features writer

students who wish to attend can contact the CCSS for details.

#### THE OMBUDS VOICE

#### OF TEACHERS AND STUDENTS

amosun's students are very diverse and come from all over the world, and it can be difficult for individuals to relate to one another. CCSS external executive Fillette found some students in Umulisa says that this leads to groups forming, and there are a lot of misunder- line. I interviewed five

Over at the Camosun College **Faculty Association** (CCFA), Al Morrison is stepping down after completing his term there; he has

"Policy development is not something that a lot of students are actively concerned about. Students live very busy lives."

> CARTER MACDONALD CAMOSUN COLLEGE OMBUDSMAN

As was granted to the students, there was an opportunity for faculty to chime in with a commitment to its students. The group involved in the development of this policy is the survey in the early stages of the EDI policy development. Morrison hopes that all staff took the time to participate, because, he says, the policy will be a lot more inclusive if everyone is involved in the decision-making process. In order to create a lasting culture change here at Camosun, Morrison says that active participation is likely the answer. He points out that it's

> ven though Camosun's email got me thinking about things, I didn't complete the college's survey. There was no reason, really; I closed the email and just forgot about it entirely until months later, when I saw a reminder email, which I initially

in late August. I spent an hour or so walking around the courtyard, through the empty library, and eventually to the bookstore, where I students as they left values of equity, diversity, sample, I know, but it

"We might be diverse, we might be from different worlds, but we need to have people in the faculty who make us feel valued. If we don't have something to govern that, I don't think it's going to work."

**FILLETTE UMULISA** 

CAMOSUN COLLEGE STUDENT SOCIETY

# ARTS

music

nexusnewspaper.com

# Mix Master Mike brings his legendary style to Rifflandia

"The difference between myself and other artists is that I don't know what I'm going to do." **MIX MASTER MIKE** 



Mix Master Mike has been in the Beastie Boys and opened for Metallica; he's playing Rifflandia this year.

FRED CAMERON CONTRIBUTING WRITER

Change is in the air. The tourists are gone, the kids are back in school, and life is returning to normal for students here at Camosun. One popular end-of-summer ritual is just around the corner for thousands of Victoria residents. It's safe to call it an institution at this point: Atomique Productions' Rifflandia Festival.

ful ten-year-anniversary fest in 2017, Atomique has broadened the ibly busy of late, going beyond the decades on stage, he has become a program, bringing in celebrated pop and R&B acts Daniel Caesar and Jessie Reyez to play alongside Current Swell, Bishop Briggs, Blitzen Schwartz. "I'm not going to lie audience. Trapper, Chad VanGaalen, The to you. I'm just keeping busy on Zolas, and The Harpoonist and the all these projects. We just did the over the place," he says. "Right now Axe Murderer, to name just a few of premiere for the *Teen Titans* movie. it's hip hop, but it's morphed into something they can talk about.

books

the 150 acts performing this year at Royal Athletic Park and 11 satellite venues over four days.

One of the highlights of this year's program will undoubtedly be the Saturday night set at the Phillips Backyard stage from former Beastie Boys member, Grammy winner, and Rock and Roll Hall of Fame inductee Mike Schwartz.

Back home in Los Angeles after Coming off of a highly success- a world tour opening for Metallica, Schwartz says he has been incredstudio to get his hands into just about everything

I did a mix on the theme song. I've a whole different thing. It's a little been doing a lot of movie work, bit of drum and bass and a little bit a lot of animation work, a lot of commercial work... I'm writing a chapter in the Beastie Boys book with Ad-Rock and Mike D... and then shows in between, you know what I mean, until I go on the road Mix Master Mike, also known as with Cypress Hill. I just signed a deal with Cypress Hill, so they've got me on as music director and DJ. We start the world tour in October."

Schwartz says that after three chameleon. Whether it's a festival or a stadium show, Schwartz says "I am everywhere," says he tries to match the energy of his

"Musically, it's pretty much all

of electro, but it's got that hip-hop feeling. It is performance art. Live performance art. It's live remixing, right before your eyes. The camera is on my hands, so there is no visual, except you're watching the music watching it go down live. No sync do. It's kind of like they're logging the way it started. Now it has transcended to what it is today, where all of these forms of music are mashed into one.

He's come a long way, but Schwartz has taken all the fame, fortune, and accolades in stride. He says he just wants to give people

"I encourage people to get their phones out and record it," says Schwartz. "Share it, because you're not going to get that experience again. I encourage people to break out their video cameras and take something home. The difference between myself and other artists is unfold. It's all improv, and you're that I don't know what I'm going to buttons, no bail-out buttons, it's my history for me. When they post just turntables and a mixer. That's it, I can look back and say, 'That's what I did.""

> Rifflandia Various times, Thursday, September 13 to Sunday, September 16 Various prices and venues rifflandia.com

who's affected, then you start to

pay attention. Otherwise it's just,

'Oh, it's, you know, that newspaper

report,' or it's something mentioned

over coffee. But when it's someone

you know, then you are affected

in the creation of In Valhalla's Shad-

ows' protagonist, Tom Parsons, an

ex-police officer struggling to pick

up the pieces of his broken life

after leaving Winnipeg for a small

ed to tell me his story, and I had to

gradually piece it all together: who

he was and what his life was like and

everything-what had happened

to him," says Valgardson. "It's

an interesting process. It's not a

matter of sitting down and making

learning to listen, so that potential

stories that exist inside you... [so]

you actually hear what is being told

In Valhalla's Shadows

book launch

7 pm Wednesday,

September 12

Free, Bolen Books

bolen.bc.ca

"He sort of appeared and start-

lakeside town.

to you."

These experiences culminated

individually," says Valgardson.

music



Mike Farris has walked a long and winding road that, on September 22, will bring the Nashville-based musician to the University of Victoria's Farquhar Auditorium in support of his latest solo effort, Silver & Stone.

toria," says Farris. "There has been great support for us all over Canada. To kind of watch it grow and take off up there has been great."

Wheelies and Double Trouble frontman is entering uncharted territory as a solo artist. His time with the Screamin' Cheetah Wheelies was a success, but it led to a stay in rehab. Farris says that after the band broke

# Local author aims to bring post-traumatic stress disorder out of the shadows with new book



ANIS ÓLÖF MAGNUSSON Victoria author W.D. Valgardson launches his new book on September 12. KATY WEICKER position to one that spanned three STAFF WRITER

Victoria has been home base for Icelandic-Canadian author W.D. Valgardson ever since he took a chance position as a creative writing professor at the University of Victoria several years ago. He thought he was coming here for a year, but the UVic job turned from a yearlong

decades. Now, after spending the summer in Manitoba, Valgardson is ready to head back to Vancouver Island to launch his new crime novel, In Valhalla's Shadows.

In Valhalla's Shadows was a passion project for Valgardson, taking six years to write. The novel

"In childhood, I saw the effects on my grandfather, who'd fought in the First World War in the trenches. In those days they called it 'shell shock.' Nobody had ever heard of PTSD; it wasn't called that.'

> W.D. VALGARDSON AUTHOR

disorder (PTSD) and the effects it psychologically and emotionally has on first responders—something Valgardson has witnessed several times in his life.

"In childhood, I saw the effects on my grandfather, who'd fought in the First World War in the trenches. In those days they called it 'shell shock.' Nobody had ever heard of PTSD; it wasn't called that," says Valgardson.

Valgardson also recalls his experience as a graduate student living in Iowa, seeing soldiers return from Vietnam and the effect the war had on them.

"You could see the missing arms and legs, but most people didn't pay attention to the tremendous emotional and psychological toll on the individuals, the soldiers coming examines post-traumatic stress back, and all their families, because

they had been so changed by their experience," says Valgardson.

Valgardson continued to work in Missouri after graduate school and, through that experience, had the opportunity to travel with his landlord/next-door neighbour, who was a highway patrolman.

"Because of the way the law works there, he was able to take it up. In many ways, as a writer, it's me patrolling with him," says Valgardson.

The experience allowed Valgardson to witness the incredible emotional cost of working as a first responder. When a former RCMP officer whom Valgardson knew and admired died by suicide, the author's focus turned once more to PTSD and its life-altering effects.

"When you know somebody

music

# Great Lake Swimmers go from caves to churches



Tony Dekker of Great Lake Swimmers; the band is playing here this month.

ADAM MARSH STUDENT EDITOR The heart of indie-folk music has always resonated with Great Lake

Dekker. Dekker says the spirit of the music is real and that it captured what he felt on the inside once he started looking into his musical Swimmers vocalist/guitarist Tony creative process.

"I've been through—as everyone kind of does-different phases of their life where different kinds of music make sense to them, and for me, it wasn't always folk music," says Dekker. "When I started taking songwriting a little bit more seriously, that folk music was the music that I really felt in my bones.<sup>3</sup>

And just as people go through many different phases of life, Dekker says there are many ways to write songs; he says that there are as many ways as there are songs.

"If a melody comes to you, you have to give it the attention, and try to document it, and make use of that spark when you get it," he says. "Sometimes it starts with a melody; sometimes it can start with just a rhythmic thing."

Regardless of how Dekker turns his creative spark into fire, he gives the lyrics to the songs just as much—if not more—attention than the music. "The Talking Wind"the leadoff track on the band's new album *The Waves, the Wake*—is an example of this, says Dekker, with the words heavily influenced by the music.

"['The Talking Wind'] is a song that essentially has the wind as its subject. I thought that since we were branching out instrumentation-wise that it would be really interesting to see what we could do if we had a woodwind ensemble doing the tracks for the song, being a

"It was dark, and cold, and wet. I had been looking for something like that, a natural cavern to record in, for some time."

> **TONY DEKKER** GREAT LAKE SWIMMERS

song about the wind," says Dekker. "It was a nice synchronicity between the lyrics and the instrumentation."

Dekker, who is making a conscious effort to be open to more ways of writing songs, plays guitar, but in the video for "The Talking Wind," things were done a little differently-he is standing guitarless in a church, with an ensemble of singers behind him. There's a reason churches are significant for the band: they recorded the new album in one. The church, says Dekker, was an ideal place to record.

"Each album, there's been location recordings in different places," he says. "That's to try to sort of make a map of the sound a little bit, and sort of document the place a little bit as much as we're documenting the music itself."

Throughout all seven of the band's albums, they have chosen acoustically significant places to record in. For example, the band's last album, A Forest of Arms, was recorded in a cave in Ontario.

"It was a really challenging

and interesting experience and, I think, added a layer of atmosphere into what we were doing as a group with that album," says Dekker. "It was dark, and cold, and wet. I had been looking for something like that, a natural cavern to record in, for some time."

Dekker sees the process of touring as a way to carry on the dialogue brought up in the album. And they'll be taking that talk overseas soon: they've just been given the green light for a European tour.

"The live performances have always been an important part of continuing the conversation with people that you start when you release the album," says Dekker. "I feel like you start the conversation and playing live is a way of continuing it with people. From an artistic standpoint, it's just as important now as it ever was."

> Great Lake Swimmers om Thursday, September 20 \$24, Capital Ballroom sugarnightclub.ca

# Mike Farris figures out how to walk the straight line

Mike Farris is looking at life through sobriety these days. FRED CAMERON

FEATURES WRITER

"This is our first trip to Vic-

The former Screamin' Cheetah

up, he had to figure out how to live clean and sober for the first time

since he was a teenager. "It can be a grind," says Farris. "It's funny, because people see me on stage, and they're thinking that everything is rosy, and that's because that's really my refuge. That's the one place where everything is pure bliss. Performing, recording, and writing ... Music is my refuge."

Farris says that he found God, and he found a new home as a gospel singer, which brought success and accolades (he took home the 2015 Grammy Award for Best Roots Gospel Album for Shine for the People). "Now we're moving away from

where we've been," says Farris, "which has been the gospel world

for the past ten years—kind of living in that old black spiritual well for the last decade. After we won the Grammy, I felt like it was a good point to pivot. It's kind of what I've done for my whole career. I delved into a certain style of music, and now it's time to start on a new adventure. The new record, Silver & Stone, is really the first installment of this new world I'm entering into."

Now that the storm has calmed, Farris says that life has stabilized, but he admits that it can be tough to find enthusiasm on a day-to-day basis.

"You know, as far as enthus for life in general, for me it's a daily grind sometimes," says Farris. "I'm a recovering drug addict, an alcoholic, I suffer from depression... I was actually diagnosed with bipolar disorder. Finding enthusiasm in life, especially in sobriety, can be a challenge, because I spent all of those years medicating when I lacked enthusiasm. There is no self-medicating now, so I have to face it, and I find that this journey is way more rewarding. There has been so much positive stuff come into my life because of my sobriety. It is a difficult challenge, but life is difficult. I'm making the best music that I've ever made in my career. You know, when things like that continue to happen in sobriety, I tend to get pretty enthusiastic about it. I can't help but be happy about my direction. It's vindication. It just lets

me know that this is the right path."

Farris says some things have changed, and as a musician he has had to evolve in order to maintain his health and sobriety. For example, he doesn't live on the road anymore.

"We don't go out for months at a time," he says. "That's not quality life. I've done that years ago. The way we tour now is to go out and play maybe 10 shows at a time. We don't take breaks. If we have 10 shows on the books, we play 10 shows in a row, and then we come home. Luckily, my voice holds out. I sing hard, but it holds out. I couldn't do that when I was using. It's kind of like a weekend thing. A lot of musicians are doing that these days. It's more oriented to quality of life."

The relaxed pace allows Farris to bring an incredible amount of energy to the stage, and he says locals should expect a great show when the band rolls into Victoria.

"When we take a break and we come back, we are fresher," he says. "We don't get worn out. We get to come home and charge the batteries. We are always ready when we hit the stage. The band is sounding incredible right now. There's a lot of good stuff going on."

Mike Farris 8 pm Saturday, September 22 \$38-\$53, UVic Farquhar Auditorium uvic.ca/farquhar



Under Canadian Skies (Independent) 4/5

Local rockers The Bad have a real sassy, upbeat, invigorating groove on their new LP Under Canadian Skies, which follows up their 2015 debut, Seasons. The beats and riffs on this LP could jumpstart hearts, as could the energetic vocals in "Moving to the Country." It's a perfect combination of whisky, hard work, and blue-collar talent

And there's some variety, too: the band picks up grains of modern country that fade away partway through "Booger," giving way to a really unique form of country-rock I've never quite heard before.

The band's chemistry is what keeps me coming back to this album. The heartfelt harmonics combined with the drums in the ballad-ish track "Where's My Home?" are beautiful; that song's complex lyrics are reflective and capture universal Canadian memories, proving that this band is capable of pushing themselves lyrically.

The album is a near-perfect combination of country-rock, folk, and hard-working local spirit that is fresh and unique, yet familiar enough to be pleasantly recognizable.

# COMICS/PUZZLES

Last time, the issue was hidden

Who will find this hidden

Nexus? Bring it to us once you find



Online dating is like childbirth: you forget how bad it is until you're in the throes of it. After receiving my umpteenth unsolicited dick pic last spring, I swore off any app that promised a match; however, after realizing that between school and work a vast majority of the men I meet in my daily life are either man-children or profs, I decided to give it another whirl.

I was hopeful that with the upheaval of the patriarchy and the massive amount of whistle-blowing on sexual harassment, menfolk would have calmed down. And, I will say, I was pleasantly surprised that some of them have.

interesting, and I'd like to start a me informed me of his preference the wrong girl—the kind of girl who conversation with you" messages for a lack of downstairs grooming has increased. However, there are habits in his partner (I should have on social media with hopes that it still the others: the ones that make connected him with the guy who me want to throw my phone in the thought a request to see my lady bits toilet and become a nun. I don't even have the energy to



relationships with teachers should be distant and restricted to just attending classes and listening to lectures, but creating a good relationship with instructors can make a difference in your educational and professional career.

By creating a positive relationship with teachers, students can work through course material more effectively, have more personal assistance, and, ultimately, perform better in the course. In my case, having a positive

relationship with my teachers has been incredibly important in my time as a student at Camosun because it allowed me to go in depth in the disciplines and do my assignments with more competence. I recommend taking advantage

**NEXUS** 

# last issue's column page word search

Our columns page is nothing if not a good time. And variety is the spice of it, too: from international student issues to whatever the hell Weicker is talking about, our writers cover a lot of bases on page 11. We took words from last issue's column page to create this puzzle.

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.

201, Lansdowne campus) in you complete tins puzzle to pick up something nom our pile of prizes.															
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In this display case is the museum's most prized possession A





### contest Find the hidden Nexus and win



Let's see if you can find this copy of the last issue of Nexus, which on a shelf on the top floor of the we hid somewhere at Camosun library. 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!



Week of September 3, 2018, top five most read stories:

1. "Great Canadian Beer Festival gets hazy as it enters its second quarter century," August 29, 2018 2. "10 things you didn't know about Camosun: Lansdowne edition," March 1, 2016 riter Rae Spoon's new album all about the 3. "Victoria singer/songy lyrics," August 29, 2018 4. "Redefining the F word: What it means to be a feminist Camosun student in 2018," August 8, 2018 5. "Camosun College Student Society welcomes students with CamFest," August 29, 2018

Plus, head to our site to check out web-exclusive stories! Check it all out at nexusnewspaper.com, and find us on Instagram, Twitter, and Facebook today

victoria's morror Escape offe

# JUST BECAUSE THEY SWIPED RIGHT DOESN'T MAKE **RIGHT.**

Sexual violence and misconduct can never be part of student life. It will not be tolerated. Make campuses safe for everyone, play your part.



# COLUMNS

by Katy Weicker

Let's Talk?

# On online dating and more dick pics

Unpacking the Bags

FYI: "fuck you" is not flirting.

dard) misogynistic openers, the experience, calling them out on ones that only comment on my looks or refer to me as "sexy" or "baby" in their greetings.

Because the sad truth is, while they're groanworthy (and not in a good way), they're nothing compared to the ones who ask if you will suck their toes, or the ones who wonder if you'd be interested in hooking up with a married man to get back at his cheating wife, was an appropriate opening line).

The saddest part is not that clap back at the ones who greet me these men are sending these mes- harassment is not flirting. Learn with the mildly (but online stan- sages, but that, based on personal the difference.

cause that's when students can ask

questions and seek clarification on

how to improve their performance

in the course. When the student

is willing to talk directly with an

instructor, the student can gain a

better understanding of the course

in question, because the instructor

can explain the subject specifically

to the student in a personalized way.

This is especially important for us

international students, who need

to adapt to the way in which we are

accustomed to studying, or who

might have trouble understanding

some expressions in English. So,

don't be shy about going to your

international students is how to

discuss a specific problem, such as

One of the major concerns of

teacher during their office hours.

their behaviour only seems to fuel them. If I clap back, they take it as an invitation to either continue the behaviour (FYI: "fuck you" is not flirting) or call me out for being a prude, or for needing to lighten up, or for being "a man-hater."

How? How is this still a thing? There is one plain and simple rule: if you wouldn't say it in person, don't say it online. Because one time The amount of polite "you seem or the guy whose first message to you're gonna send that message to will screenshot that shit and post it will go viral, and you'll become the poster boy for sexism.

Seriously, menfolk of the interweb: smarten up. It's 2018. Sexual

by Renata Silva

### Establishing good relationships with your instructors

Many students think that their of each teacher's office hours, be- a low grade. My tip is this: always be polite. Being respectful when defending your point of view is essential to having a good debate. Also, be open to listening to what the teacher has to say and to looking for ways you can improve. There is no reason to establish a bad relationship with the teacher just because you disagree with something.

> It will not always be easy. Some instructors have teaching methods or personalities that are not aligned with our method of study. In this case, it is even more important to try to establish a dialogue and not settle for a simple "I just want to pass in this discipline."

> Instructors might be demanding, but they can give important tips and help more than we think with our career decisions

# Ever wanted to be a columnist? Now is your chance!

Email editor@nexusnewspaper.com with your column idea today!

. . . . 117 Titi )

#### Communication Error

# On multitasking and overthinking

Do you feel as if you are drown- When we centre or split something, ing in a sea of whizzing sounds, flashing lights, and whirling words? Are you standing on the outside of clear communication, wishing you had an invitation inside? Let me explain why seeing yourself on the outside of communication—instead of seeing yourself as part of it—is precisely the problem.

As we all run around campus like chickens with our heads cut to perfect one thing or distance ourselves from another thing, almost always sacrificing quality for ouantity. For example, multitasking im-

we waste time and energy trying

plies many things, one of which is that we are capable of truly and fully doing multiple things at oncesomething the social sciences have disproven time and time again. If

Saying the "right" thing isn't easy when we try.

off, we may realize the honeymoon phase of the fall semester is ending and that we must keep up with the constant communication thrown our way. But instead of practicing what we'll say to a friend or staring at a blank screen waiting to write perfection, you need to simply wing it. Of course, practice may indeed make perfect, but perfection comes at a cost, in the form of time, stress, and energy.

To clarify, there is more than a duality of good or bad, success or failure. If you want to ask a question during a lecture, for example, you don't need to spend five minutes thinking of how to word it, because you actually already know how to. There isn't a bad question that you may be embarrassed by, and there isn't a smart question; there is just a question, an assembly of words.

Thinking there is a multitude of ways to say something (forgetting the thesaurus for a moment) is silly. You already know what you know.

House of Columns

you don't believe me, try reading this while listening to a friend, and try to understand everything during your conversation. (Go ahead, I'll wait.)

So why do we still believe we can do it all at once? Possibly, our brains can process things like language so quickly that the impression of finding the perfect thing to communicate seems reasonable. Obviously, I'm sure many of us can attest to the fact that saying the "right" thing isn't easy when we try.

Admittedly, this may seem idealistic or even complicated (no joke about false dichotomies intended). Eventually, if realized often enough, you can begin to let your brain work by itself without overthinking what you have to communicate. Whatever the case may be, you can only trip over yourself if you are multitasking. Attempting to bop it, smash it, and possibly even smack it leaves you to miss a few pull-its in between.

#### by Joel Satre

### Don't neglect municipal politics

It's easy for students to focus on putting pressure on the province for tuition and educational issues, or on the federal level for grants. However, the municipal level should not be overlooked, as it's crucial for students

Municipal politics are critical for students for two main reasons: housing and transportation. While funding and policy in these areas may also come from other levels of a much larger role in the personal, everyday functions of housing and transportation.

local government, with zoning and bylaws being of utmost importance. The jurisdiction over zoning a unit for affordable housing near campus, or even zoning entire neighbourhoods for rent-only units, is solely municipal (the latter example is a recent change by the provincial NDP government to assist affordability efforts on the local level). Property tax is also solely municipal, and there is a lot a council can do here in regards to affordability.

Illegal suites are another major housing issue. Municipalities control the illegality of a suite. Often, the illegality is not based upon the safety or building codes; it's based on the dimensions of the rooms and their illegal status, they often cannot neither can you.

be rented out, leaving many, many rental units empty in a time when students and working people need the affordability more than ever.

The province can do a bit about this: after all, municipal authority is delegated down from the province. For the most part, however, municipalities are left to their own devices and have autonomy over the jurisdiction they're granted

Transportation is also like this government, local government has Take bike lanes, bus routing, walkability, and road networks. All of these are municipal—or regional, through the Capital Regional Housing is under the control of District, which itself is made up of municipalities working together. Public transportation and cycling are the most affordable options, and the most environmentally friendly as well. Decisions about routes, scheduling, and fares for buses is municipal and, ultimately, have profound impacts on the finances and everyday school lives of students. Cycling is much the same, and

also has added health benefits.

With these issues, and many more, at stake-and with them having so much importance to students right now, given that school starts back up this month—I encourage and implore all of you to follow the municipal elections happening on October 20, and to register and other benign non-issues. Yet, due to vote. These issues cannot wait, and

by Nate Downe

# EVENTS

### what's going on -

#### by katy weicker



#### An example of what will be on display at Vancouver sculptor Laura Piasta's exhibition at Deluge Contemporary Art.

Until Saturday, September 15

#### Ride the wave

The 11th annual One Wave Gathering will be wrapping up with a day of celebration and Pacific arts and culture at Centennial Square on September 15. From 12 pm to 5 pm, participants will have the opportunity to experience Indigenous presentations, food, interactive displays, educational activities, and cultural presentations. And there's more going on before September 15; for a full listing of events, visit pacificpeoplespartnership.org.

#### Until Saturday, October 6

#### Feel the rhythm

Vancouver sculptor Laura Piasta's solo exhibition *Serpentine Rhythm* is happening at Deluge Contemporary Art until Saturday, October 6. A press release for the exhibit says that Piasta's work "considers the agency of objects through a conceptual exploration of their materiality." Check out deluge.ca for more information on this and other exhibits.

#### Wednesday, September 12

**Dunsmuir music lives on** Craigdarroch Castle is celebrating the music of Elinor Dunsmuir, the eccentric granddaughter of Robert Dunsmuir. After discovering a box of her musical compositions, the castle arranged a recording session to create *La Riche Canadienne: The Music*  of Elinor Dunsmuir, a 30-track CD of her music performed by UVic grad Elizabeth Gerow. Festivities celebrating the release of the album begin at 7 pm on September 12. Tickets are free for castle members; if you're a non-member, tickets are \$15 and can be purchased by phoning 250-592-5323 or emailing info@thecastle. ca. For more info on this and other events, visit thecastle.ca.

> Thursday, September 13 to Sunday, September 16

#### Riffin' on it

Rifflandia is back for another year of music. Over 150 acts—including Daniel Caesar, Hey Ocean, and Bishop Briggs—will be performing on the main stage at Royal Athletic Park, as well as at various downtown Victoria locations. For full events schedule and ticket info, visit rifflandia.com; see page 8 for our interview with Mix Master Mike, who is also performing at the fest.

#### SATURDAY, SEPTEMBER 15 Roll out the red carpet for roller derby

Fans of roller derby (or the rollerderby-curious out there), listen up: Eves of Destruction's season finale is here. The event will take place at Archie Browning Sports Centre, with the doors opening at 5 pm. First up is Rotten Apples Junior Derby versus Department of Derby at 5:30 pm; at 7:30 pm, there will be a match between the Belles of the Brawl and Margarita Villains for the Calamity Cup. For more info on this and other events, head over to evesofdestruction.com.

### SUNDAY, SEPTEMBER 16

**Walk for awareness** The 17th annual WALK for ALS is a nationwide event to raise awareness and funds for ALS research. The Victoria walk will start at parking lot 10 at the University of Victoria. Registration will be at 11:30 am with the walk set to start at 1:00 pm. For registration and event information, visit walkforals.ca.

#### SUNDAY, SEPTEMBER 16

#### Women Talking

Canadian author Miriam Toews will be at Bolen Books to promote her new novel, *Women Talking*, which explores how a secret conversation between eight women in a traditional Mennonite community might change it forever. Tickets are \$5 and are available at Bolen Books. For more info on this and other upcoming events, visit bolen.bc.ca.

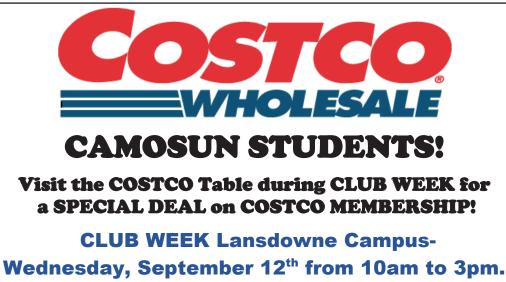
SATURDAY, SEPTEMBER 22 Make for the hills!

Light Up the Hills, an outdoor, family-friendly festival of lights, will take place from 7:30 pm to 9:30 pm in the Westhills Community in Langford. Various performers, local artists, and musicians will be performing as participants walk along a lantern-guided path. Parking will be available at Belmont Secondary School and the Westhills YMCA. For additional info, search "Light Up the Hills Lantern Festival 2018" on Facebook.

#### Sunday, September 23

#### Urbaciousness

The UrbaCity Challenge is a downtown adventure race happening in Victoria on September 23. Teams of racers will go through various "challenge stations" during the event, at which they will need to perform different tasks to continue. According to a press release, the challenge is a test of "physical fitness, brain power, and problem-solving." All charity dollars raised go to Island Prostate Centre; see urbacity.ca to register and for more information.



#### **CLUB WEEK Interurban Campus-**

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Friday, September 14<sup>th</sup> from 10am to 3pm.

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# an independent voice.

#### Adam Marsh

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

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

