

camosun's student voice since 1990

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event

Camosun College keeps conversations going with Sexualized Violence Awareness Week

“We will always look at safety, and make sure that someone’s safety is a priority, but we want them to help us understand what their needs for safety are.”

STEPHANIE PEDNEAULT
CAMOSUN COLLEGE

ADAM MARSH
STUDENT EDITOR

Camosun College’s Office of Student Support and the Camosun College Student Society are holding Sexualized Violence Awareness Week from Monday, February 10 until Friday, February 14.

At both campuses from February 10 to 12, there will be consent valentines and treats; there will be information booths, button making, and treats at Lansdowne on February 11 and at Interurban on February 13. There will be a workshop for students called Understanding Consent Culture happening at Interurban on February 11 and at Lansdowne on February 13.

Camosun student support manager Stephanie Pedneault says that the event is focused on sharing information and participating in conversation around the culture of creating consent on and off campus, which she says Camosun takes very seriously.

“We have specific supports in place to make sure [students] have a safe option to connect, to understand what their support options are, and to be believed,” she says.

Pedneault says that students who go to her office always have options about what to do next.

“Whether that means reporting, or seeking other support, or it may just mean that’s where it ends for them right now,” she says. “They get choice in this. And that is important to us.”

Keeping the momentum going now is key, says Pedneault. There have been incredible conversations, she says, that have been influenced by the Me Too Movement, but it’s the responsibility of those at Camosun to make sure those conversations keep happening, which is where Sexualized Violence Awareness Week comes into play.

“There is, unfortunately, still a lot of fear and concern around coming forward and seeking support, and so as we invite more people into these conversations—invite more people in to participate in

creating safe spaces, and safe conversations—I would love to see that more people could feel like they can come forward if this is part of their experience and, of course, ultimately, where less people have this experience in their life,” she says.

Pedneault says that creating an empathetic environment where people feel they can open up starts with believing those people.

“Recognizing that in order to come forward and even connect with me that they would have had to have overcome probably several different barriers, and so recognizing that there are certain populations of people who face even more barriers,” says Pedneault. “To even just present [themselves] in an office with me takes a significant amount of courage.”

Pedneault approaches everybody she works with from the same place: one of huge respect, she says, for the courage it takes to come forward.

“First and foremost, this is about their choice. This is not about me deciding for them or the college deciding for them what they should or shouldn’t do,” says Pedneault. “It’s about making sure that they know what their choices are.”

There’s zero judgment, she says, adding that beyond making sure that students are not in any immediate harm, there will never be any pressure or influence from the college when it comes to making a decision. Students have the right to change their minds, and they have the right to ongoing support, she says.

“We would never force somebody to talk, ever,” she says. “That can have such significant levels of harm. We will always look at safety, and make sure that someone’s safety is a priority, but we want them to help us understand what their needs for safety are. We will look to always listen to what the survivor’s wants are, and that they are the decision maker around what happens next.”

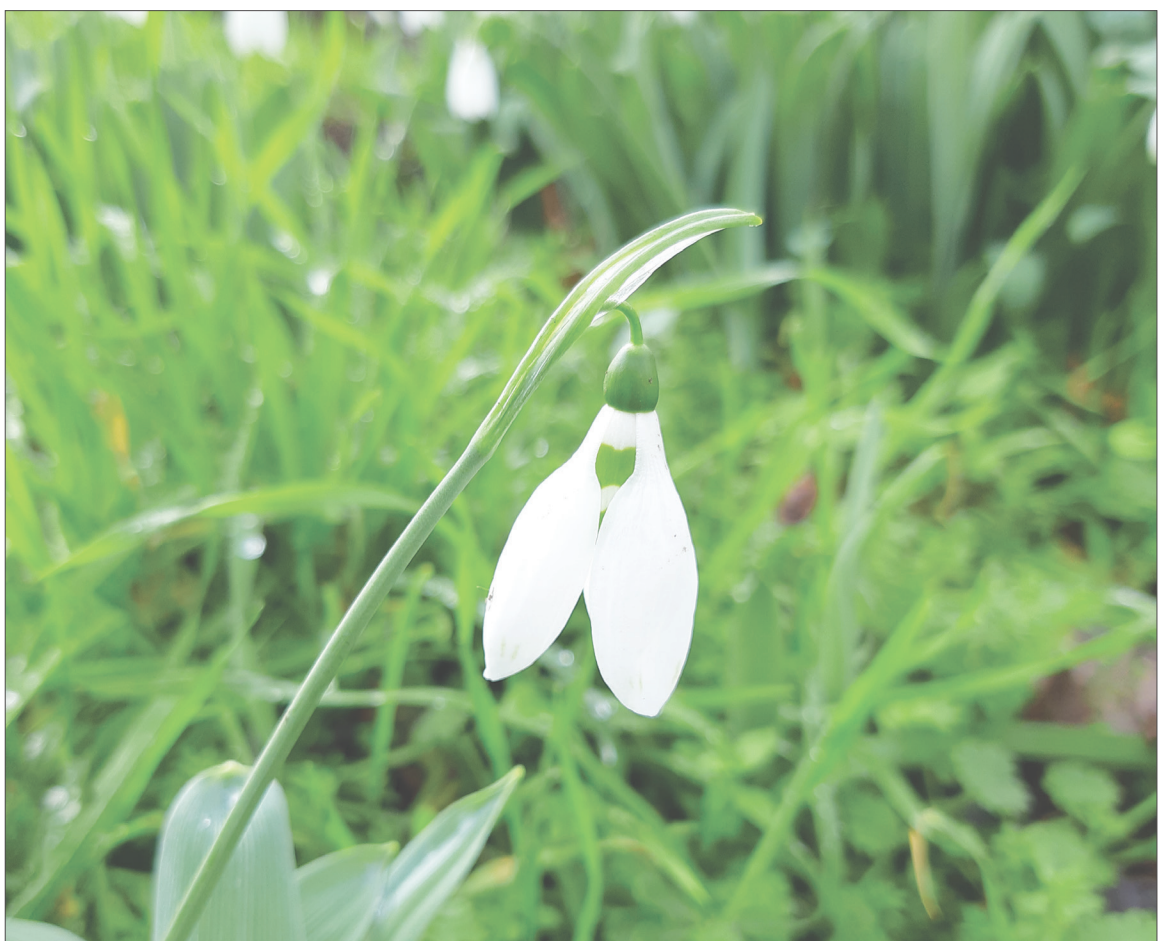
See camosun.ca/consentcamosun for more details on Sexualized Violence Awareness Week.



ADAM MARSH/NEXUS

Camosun College and the Camosun College Student Society are holding Sexualized Violence Week this month.

eyed on campus



EMILY WELCH/NEXUS

Not long after the Lansdowne campus was covered in snow, spring started to make itself known.

NEXUS

camosun's student voice since 1990
 Next publication: February 19, 2020
 Deadline: 9 am Monday February 10, 2020

Address: 3100 Foul Bay Rd., Victoria, BC, V8P 5J2
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 Email: editor@nexusnewspaper.com
 Website: nexusnewspaper.com
 Publisher: Nexus Publishing Society

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NEXUS IS A MEMBER OF CANADIAN UNIVERSITY PRESS

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OVERHEARD AT NEXUS: "Do you want me to put a shot in your butt?"

student editor's letter My life with cerebral palsy

When I'm out doing *Speak Up*, walking awkwardly around the courtyard holding a recorder and a camera, every once in a while, someone will ask, "Are you okay?"

I'll turn and shoot them a look. "Last time I checked." Sometimes they nod and walk on, but when they press the matter, it's a really strange cocktail of thoughts that fill my head: *Don't be so nosy. Of course I'm fine.* Or, on bad days, those three lovely words: *Oh, fuck off.*

These reactions don't help me, and they certainly aren't how a caring stranger deserves to be thought about. If they really ask what's wrong, I've only recently started telling them the truth. I used to say I hurt my leg in a bike accident.

The truth? I have cerebral palsy. The words always come out on the bitter side of indifferent, not because I am either of those things, but because I figure if I say it in a tone one might take when they tell their friends they have a midterm they're not prepared for, it might not seem like a big deal. But instead the sentence is short, mumbled, and probably petulant—no one has ever asked for more details.

What does it feel like? Not being able to do certain things is awful. But there's plenty I can do, so I don't waste my time on what I can't.

If it's a fine-motor task, it feels like there's a blind gravitational force working against me, as if I'm trying to thread a needle into a trembling hole that keeps moving to and fro ever so slightly. Using a can opener takes a long time and tremendous concentration. If I'm tired sometimes I can't do it, but that's usually because I swear and chuck the stupid thing across the room. If I try my hardest to move them, the toes on my right foot will only twitch.

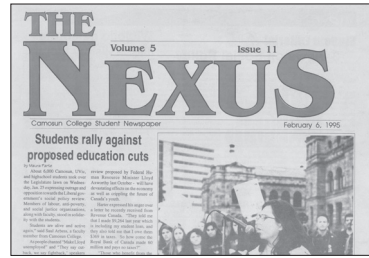
It's quite pig-headed to say it's not a big deal. But I'm lucky enough to have it not be. I can go to the gym, beat most people up Mt. Finlayson, tie my shoes, zip zippers, put bed sheets on, and, with patience, open that damn can of beans.

Growing up, my parents never let it be an excuse for anything, and because they didn't bring it up, I didn't want it to be.

When I'm feeling shitty about my hand dealt without reason, I remind myself that I couldn't have asked for a less invasive disability or for better people in my life—people who never let me sit around.

You are what you are, but whether or not it's all you are is up to you. Adam Marsh, student editor
 adam@nexusnewspaper.com

flashback 25 Years Ago in Nexus



GREG PRATT
 MANAGING EDITOR

Bad news, bad news: The story "Parking not to improve" in our February 6, 1995 issue featured a headline that really summed up Interurban's parking situation. It was all dour: there's not enough parking; there will not be more parking added; the parking lots are dark and full of holes. Today, there's a fresh new parking lot at that campus, and if you get there at 7 am you might even find a spot to park in it.

Good news, good news: The

story "Students propose inter-campus bus" detailed how students were calling on Camosun to create a bus to go between Lansdowne and Interurban. This one has a happier ending: today, the Camosun Express is going strong and helping students travel the admittedly daunting commute between the two campuses.

Never stop fighting: "Students rally against proposed education cuts" detailed a rally that had taken place where approximately 2,500 Camosun students—as well as students from UVic and local high schools—took over the lawns of the Parliament Buildings to fight back against the Liberal government's social policy review. Let that sink in: 2,500 Camosun students gathered together on one day to make their voice heard. Don't feel like you can't make that happen again, because you can.

open space Walmart will hurt Lansdowne neighbourhood

PATRICK FERREIRA
 CONTRIBUTING WRITER

A new Walmart is set to open in the Hillside Centre by the fall of 2021. This will be the third Walmart to open in the Greater Victoria area, with one in Uptown and another in Langford.

This raises some interesting questions. Do we need another Walmart in Victoria? What would the effects be on the local economy?

Think of the local stores around the Hillside Centre area and the impact that a new Walmart might have on them.

The Walmart business model is famous for pricing certain items below the cost of production, meaning Walmart takes a loss when selling certain items. Their overall strategy relies on getting customers into the store by alluring them with cheap goods that they don't make money on in the hope that customers will then proceed to also buy items that are highly profitable for the company.

The most famous example of this model can be seen in the sale of razor blades. The razor handles are expensive to make, but they're sold for dirt cheap, with the producer taking a loss; the razor blades are extremely cheap to make, but they're sold for expensive prices, making them significantly profitable.

To pull off this kind of strategy, a company needs massive financial clout to afford selling items at a loss the way Walmart does. This puts local businesses at a disadvantage to Walmart, as they have fewer financial resources at their disposal. This strategy has effects on the local economy. It leads to a decrease in local businesses in small towns. It also tends to cause local prices in competing businesses near Walmart to go down, which decreases their revenue. This then hurts the business owners and their employees.

The space in Hillside would instead be better suited to a rentable office space, similar to the upper floors of Uptown. Or it could be a community centre, with indoor recreation spaces. It could be any number of things that aren't another big box store.

Hillside Centre has seen enough big box stores over the years. Modernizing the use of space in the mall would be a far better decision than having another Walmart set up shop.

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!

Don't get me wrong—this strategy does result in cheaper prices for the consumer. But there is a cost to this convenience.

Think of the local stores around the Hillside Centre area and the impact that a new Walmart might have on them. It doesn't just have to be grocery stores, since Walmart also sells electronics, gardening supplies, clothing, books, toys, flowers, and just about everything

else they can fit in there. Walmart will impact all of these types of retail in the area surrounding Hillside.

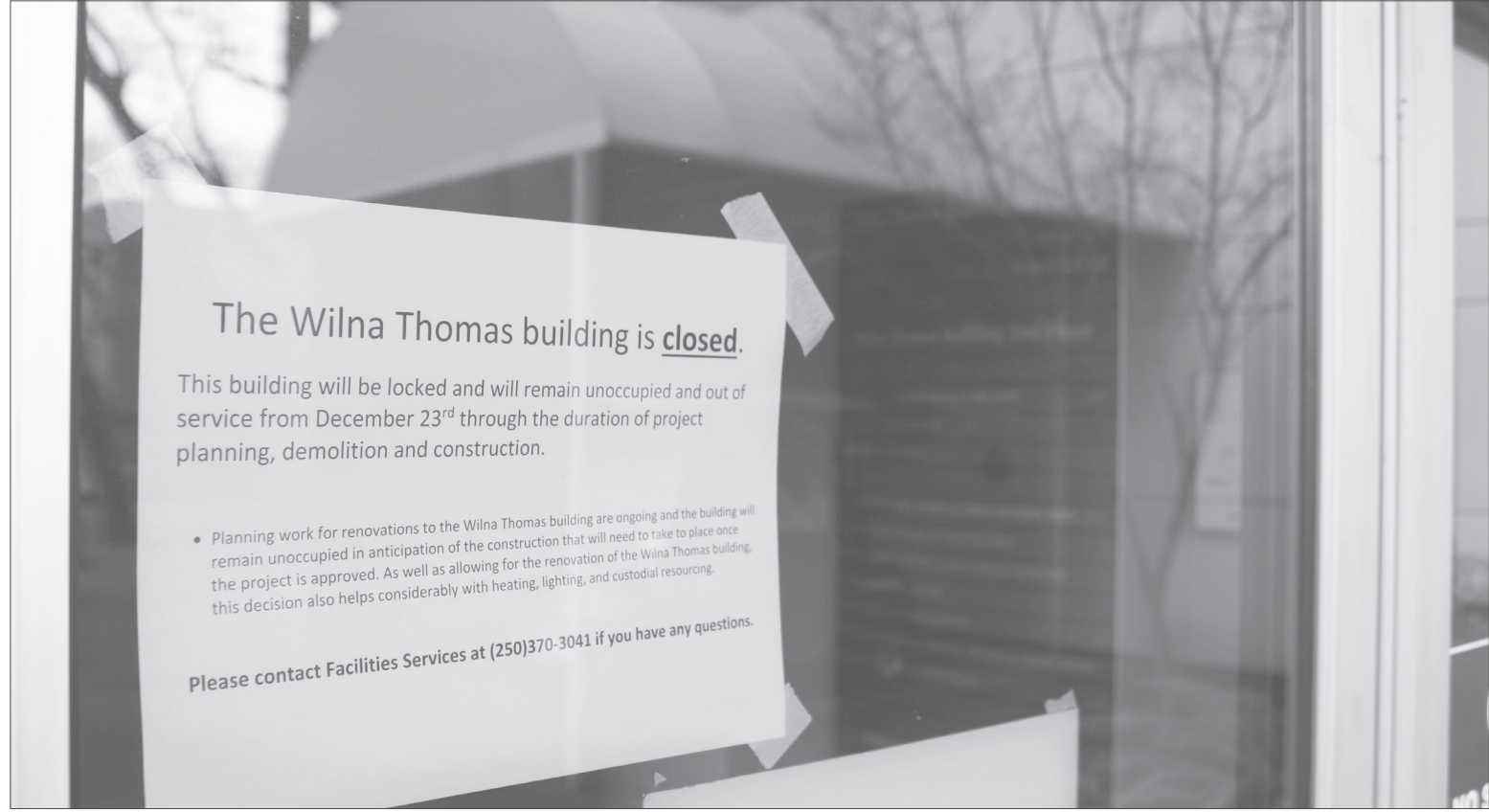
It comes down to a short view of the costs and benefits, as opposed a long view. In the short view, if you want the personal convenience of having cheaper goods available all in one store, then another Walmart in Victoria is good. But if you want to maintain a healthy local economy in the long term, then another Walmart is bad. It's very bad.

Personally, I can't help but feel that having another Walmart in an area that's a 10-minute drive away from the Walmart in Uptown is extremely aggressive on Walmart's part. It would also be an excessive move on our part as a city, considering how easy it is to get to the Walmart in Uptown, with or without an automobile.

The space in Hillside would instead be better suited to a rentable office space, similar to the upper floors of Uptown. Or it could be a community centre, with indoor recreation spaces. It could be any number of things that aren't another big box store.

Hillside Centre has seen enough big box stores over the years. Modernizing the use of space in the mall would be a far better decision than having another Walmart set up shop.

Lansdowne Wilna Thomas Building closed while college decides on plans



GREG PRATT/NEXUS

A sign on the front door of the Wilna Thomas Building at Lansdowne informing students that the building is closed until further notice.

EMILY WELCH
 STAFF WRITER

The Wilna Thomas Building at the Lansdowne campus is closed until further notice. The college officially closed the building as of December 23, 2019 and is in the process of deciding what to do with the space.

Camosun College director of Facilities Services Ian Tol is overseeing the Wilna Thomas project, and he's excited about the change to Lansdowne. A large part of the project is filling the space that has been left by Health and Human Resources programs moving to Interurban's new Alex & Jo Campbell Centre for Health and Wellness building.

NEWS BRIEFS

No coronavirus at Camosun

Camosun College sent out an email on Thursday, January 30 saying that it is monitoring reports of coronavirus and has a team ready to respond if needed. As of January 30, the college has had no presumed or confirmed cases of the virus. See camosun.ca for updates.

Camosun to receive funding for Indigenous training programs

On Thursday, January 23, the provincial government announced funding for six new two-year training

programs in BC Indigenous communities. Camosun is one of the post-secondary institutions receiving the funding. The college, in a partnership with Vancouver Island University, will receive \$1,384,785 over two years to provide exploratory trades skills foundation courses to 160 students. The program is sponsored by Industry Training Authority BC.

Audit to test government oversight on student money

Canada's auditor general is looking into how the government manages billions of dollars set

aside for student loans every year in the Canada Student Loans (CSL) program. The audit will examine whether student loans are aiding students in making better financial decisions. The audit, which is expected by April of this year, will examine the efficiency of two departments involved in the CSL program—the Canada Revenue Agency and Employment and Social Development Canada—and look at how well they have managed risks to the public when giving money out to students for loans. The departments' collection activities will also be examined, and the Financial Consumer Agency of Canada will

be assessed on its work to improve students' financial literacy.

Victoria participates in UN tree-planting challenge

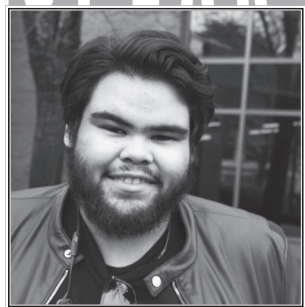
On Saturday, January 25, the City of Victoria planted four maple trees in Victoria West Park as part of the United Nations' Trees in Cities Challenge. The challenge is a global campaign put forth by the UN to promote climate action in cities. Victoria is aiming to plant 5,000 trees by the end of 2020. It's the first Canadian city to participate in the challenge.

Local NPO offering entrepreneurship training to youth

Local non-profit organization Community Micro-Lending recently announced its upcoming program Enterprising Youth Plus, a free entrepreneurship training program available to youth who self-identify as struggling with mental health. The program runs from February 11 to March 24, and the deadline to apply is February 7. Email info@communitymicrolending.ca for information.

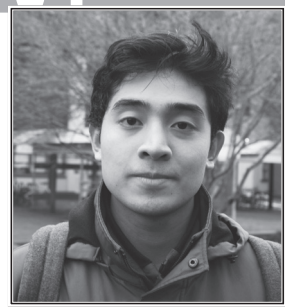
-ADAM MARSH

SPEAK UP What was your favourite movie you saw in 2019?



MICHAEL SERROUL

"*Spider-Verse*. The animation and the writing was really well done, and I think they adapted all the characters perfectly. It's probably my favourite Spider-Man movie of all time."



JOSH RYLÉ

"I like horror movies, so *Us* by Jordan Peele. It's not a generic horror movie. It has lots of twists; it has a deeper story to it."



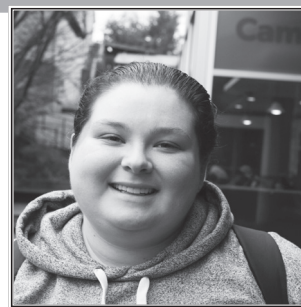
JULIAN WOOD

"The new Marvel one."



RENE DEMERCHAN

"*Beasts of the Southern Wild*."



ANIELLE LINDS

"*Parasite*. The cinematography was incredible, and there's just so many surprises."



CHRISTINE MALONE

"*Star Wars*."

BY ADAM MARSH

NEXUS

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Want to write for us? All Camosun students welcome; no experience necessary! Contact editor@nexusnewspaper.com today to get started.

event

Camosun student faces societal issues with repair café



PHOTO PROVIDED

Camosun students and Camosun Innovates Innovators Club organizers Savannah Barratt (right) and Joseph Brady.

ADAM MARSH
STUDENT EDITOR

Just because something can't be used doesn't mean it can't be saved. It just means it hasn't yet seen the hands of first-year University Transfer student Savannah Barratt. Barratt is part of the Camosun Innovates Innovators Club. The club will be hosting an upcoming repair café, where students and staff can

bring their broken goods to be fixed or reused.

Barratt—a former youth in care who was part of the BC government's Provincial Tuition Waiver Program—knows the value of social innovation. With the repair café, she hopes to combat what she calls our “throwaway culture.”

“It's also got large roots in social endeavours,” she says. “So kind

of thinking about, ‘Something is broken. It's not working in a society, so you figure out a way to fix it.’”

But many people today have lost the skills needed to fix things themselves, because it's been a while since we needed to fix things ourselves.

“We get something; it breaks. We throw it away instead of fixing it,” says Barratt.

“It's bringing together a whole bunch of resources that we have and changing a social problem. Even if it's just for a day.”

SAVANNAH BARRATT
CAMOSUN COLLEGE STUDENT

So, being at Camosun—an institution with many students in trades, business, or technology programs—Barratt wanted to try to put a stop to that. Throwaway culture's impact on the environment is, after all, devastating.

“It's bringing together a whole bunch of resources that we have and changing a social problem,” she says, “even if it's just for a day.”

But there are limits on what this repair café can fix. Barratt says that if you can carry it in your arms, you can bring it in. Think about that small appliance that you love, but isn't quite working anymore. Think about small electronics, she says, or that wooden bird with the broken wing that you don't know how to fix.

“Part of this repair café, and repair cafés in general, is, yes, fixing things, yes, talking about the problem of consumer waste, but also the idea of thinking about the components of things, and why they work the way they do,” she says. “Kind of the knowledge transfer of people who know things and know how they work, and people who think, ‘This only does one thing.’”

The repair café is happening on Thursday, February 13 from 3:30 until 5 pm in Jack White 102 at the Interurban campus.

how to do it because they weren't taught.

“It's faded out of our society a bit, and that has had counter-effects, kind of cascading effects... and one of those things is producing a lot of waste,” she says, “because we can just buy another one.”

It seems like a small problem, but it's not, says Barratt. Waste adds up. But an important point to raise, says Barratt, is that some things aren't built to last the way they used to be.

“A shirt you love, but you have no idea how to darn a hole,” she says. “You'd throw it away if someone didn't know how to fix it for you, and that's where we come in.”

It's resource demand, she says. When you don't need to do it anymore, you don't spend the valuable resource of time; no one teaches you

know your profs

Camosun's Patricia Gaudreault loves to inspire students

EMILY WELCH
STAFF WRITER

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

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

This issue we talked to Business instructor Patricia Gaudreault about the value in dog walking, driving safely, and the wonderful feeling of seeing hard work pay off—for both teacher and student.

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

I've been teaching at Camosun since the summer of 2003. I teach mainly in the Legal Office Assistant program, so I teach Civil Litigation, Conveyancing, Business Law, Criminal Law, Corporate Law, and Wills and Estates—to name a few.

2. What do you personally get out of teaching?

How much time do you have? The list is beyond measure. Teaching has taught me about gratitude in a way that no other occupation could. I have a job where I not only share knowledge with students but I also learn from them each and every day. I get to meet new people, learn about new cultures and experiences, and empower students to find their passion. I get to create positive learning environments where students embrace opportunities and change their lives. Yes—I am very blessed to be part of all that.

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

I hope they know I am here to help, and guide, and to listen. I want them to know that when I am teaching or meeting with them, I am looking at them and thinking, “You've got this. You can do it.” I hope that message comes across loud and clear.

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

That I have at least 12 pairs of the exact same black dress pants.

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

Attending graduation ceremonies and celebrating successes with students is the best feeling ever. Watching students cross the stage beaming with pride and having their accomplishments recognized is the best day of the year (even though I think it should be the best two days of the year).

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

The worst feeling ever is when you simply cannot help someone after exhausting all efforts.

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

I see more high-quality, online learning opportunities. We are offering more fully online courses and programs, but there is a ton of room for growth in this area.

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

What is a weekend? Just kidding. My husband and I have two huge German shepherds, so I relax



EMILY WELCH/NEXUS

Camosun College Business instructor Patricia Gaudreault.

by taking my dogs for longer walks on the weekend than I can during the week. I can usually be found in the forest, where I can clear my head and connect with nature. Spending time with my grandchildren fills my heart with joy, and listening to my husband play guitar grounds my soul.

9. What is your favourite meal?

I prefer ethnic food, so if we are going out for dinner my choice is Sabhai Thai. If I'm cooking, we are ordering in—and there is an amaz-

10. What's your biggest pet peeve?

My biggest pet peeve is how BC's driver-licensing system appears to lack proper, thorough, and mandatory education for new and renewing drivers. I believe all drivers should be trained to be professional drivers, which would make our roads and highways a much safer place.

sports

Camosun Chargers get new student athlete from down under

“It's like a dream. It's all life experience, to go and make a home somewhere new and different, and everyone loves the Aussie, right?”

CODI TIEDEMAN
CAMOSUN CHARGERS ATHLETE

EMILY WELCH
STAFF WRITER

The Camosun Chargers women's basketball team have a new player, and she's come all the way from Gold Coast, Queensland, Australia. Codi Tiedeman is here playing for the Chargers for the rest of the winter semester.

Tiedeman, a first-year Marketing student, was contacted by Chargers women's basketball head coach Justin Thiessen last year.

“He contacted me through the grapevine,” says Tiedeman. “Justin was looking for international recruits, and my coach happened to cross paths with his message. Apparently, Justin was looking for someone tall and athletic, and asked, ‘Who do you have?’ So here I am helping out the Chargers.”

Tiedeman says that she has always craved life experience and received nothing but support and encouragement from her family and her own basketball team back home.

“I always told Mom I want to go somewhere, do something,” says Tiedeman. “My dad was so excited for me he started counting down the days all the way from August.

I arrived in Victoria on the 29th of December. My team was so happy for me; all my coaches wished me luck.”

Tiedeman says that the transition from Australia has been hard, especially because of the weather.

“The school system is similar, but the weather is quite different,” says Tiedeman. “Our summer is finished at Christmas, so we work from the calendar year, which means I was in second year at home but I am still in first year's college courses in Victoria. When I first arrived, our coach, Justin, picked me up at the airport. I was shivering a lot and he thought it was hilarious because I was so cold.”

At the time of our interview, Tiedeman and the rest of the Chargers were going through an intense training program preparing to play Langara College in Vancouver.

“My days are very full, what with training every day, and the gym,” says Tiedeman. “A lot of running, a lot of shooting. We have gym on Mondays; we have yoga. Individually, we have to shoot 400 shots a week. It is very strenuous, very intense, but I love it. It is much more



EMILY WELCH/NEXUS

Camosun College student and Chargers basketball player Codi Tiedeman is here from Australia.

of a college basketball experience than I ever had at home.”

Tiedeman says that she's excited for the new opportunities that playing on the Chargers is bringing to her.

“I am just trying to do my best and play basketball,” she says. “We are all trying to make nationals at the end of the year. Justin has his eye on the prize and we're right behind him.”

Thiessen is enthusiastic about the decision to bring Tiedeman to play for the Chargers.

“First and foremost, she's an awesome athlete and a great person,” says Thiessen. “She comes from a great family, as well. With her background in track and field, she's just a perfect fit for us. The decision to bring her over here was pretty easy. In terms of basketball, the sky's the limit with her.”

Tiedeman says that she still has trouble believing that all of this—coming to Canada, playing for the Chargers—is actually happening.

“It's like a dream. It's all life experience, to go and make a home

somewhere new and different, and everyone loves the Aussie, right?” she says, laughing. “But I am calling my parents once a day; they're calling me once a day. My teammates, they are trying to figure me out, figure out my strengths and weaknesses, trying to find my chemistry in the team. We all have to get to know each other and try out our teamwork. It has been hard; I have had to work very hard. But it is all such a great opportunity. I am just trying to enjoy every second of every day.”

dance

Merlin Nyakam comes to Victoria from France for night of rhythm



ANTOINE TEMPE

Dancer Merlin Nyakam is performing in Victoria this month.

JESSICA ARMSTRONG
CONTRIBUTING WRITER

February is African Heritage Month, which aims to preserve and promote African cultural heritage. Dancer and singer Merlin “The Enchanter” Nyakam is coming from France to help us do just that at the Issamba event on February 15.

Nyakam was born in Cameroon,

Africa. He admits that he is more comfortable speaking in French, saying it's sometimes tough for him to get his point across in English.

“My English is not so good,” he says. “I mean, I can have a conversation, but sometimes when I want to explain more difficult things, it is not so easy.”

However, that doesn't stop

“Dance for me, it's the life. Yes, it's life. It's inspiration. If I got no inspiration, it mean[s] that I'm [dead].”

MERLIN NYAKAM
DANCER

Nyakam from communicating and showing the passion he feels for dancing. His love doesn't just show in his moves onstage—it's in his expressions.

“Dance for me, it's the life,” he says. “Yes, it's life. It's inspiration. If I got no inspiration, it mean[s] that I'm [dead].”

Nyakam has been dancing since the age of three, joining Cameroon's National Ballet at the age of 14. He became the main lead for the company at only 16. Nyakam says that his love for dancing started early—very early.

“I remember it was maybe three years old, but when I ask my mom, ‘Mom, do you know when I start to dance?’” he says, laughing. “She said, ‘Baby, when you was in my stomach, and [when] I was listen to

music or I go some place that had music, you was dancing.”

That doesn't mean that he has always had an easy time with dancing in his family. Nyakam says that dancing just wasn't a career path back when he was growing up.

“It was just funny because everybody was saying, ‘Wow, Merlin is [a] very good dancer.’ But for them and for many people, it was cultural. I mean, the dance was a part of the culture, so it was not a walk. So, they was happy, but they want me to go [to] school because you could not say my walk is ‘dancer’ at that moment.”

But he fought his way to the top—Nyakam is now a choreographer and teacher and has won many awards. He created his own company in the 1990s, and he won a

dancing award a year later. Nyakam also danced for singer Angélique Kidjo on her FIFA World Tour, and he remains her choreographer.

“We dance with our body [when] we have to have a conversation,” says Nyakam. “We have to say some story, and it's very important for me, when we dance, we have to know where the movement go[es]. You know, it's the expression of the body, so all the body, it's speaking, and sometimes maybe we don't need to understand what the body [is] saying. But we need to get some emotion.”

Nyakam's theory of dance starts with traditional African dance—where his first inspiration came from—and then eases into all the rest, letting the passion flow and come together. Nyakam invites everyone out to the show in February to see the passion for themselves.

“So, I really invite everybody to come, and come with family,” he says. “Bring the kids, mother, father, elders—together.”

Issamba
7:30 pm Saturday, February 15
\$25, Dave Dunnet
Community Theatre
africafest.ca

Outside looking in

The ongoing struggle of accessibility at Camosun College

Story by Lane Chevrier, contributing writer
File photo

I have disabilities—a bit of a soup of them, in fact. Most relevant to life at Camosun, I have chronic hip pain.

I also have a class on the third floor of the Ewing building, which has no elevator.

To me, it seems reasonable that the college installs in Ewing one of those little freight elevators that are in the Paul and Dawson buildings. So, I decided to get to the bottom of disability accommodation on campus, both up-front and behind the scenes.

There's a lot to consider with accommodation policy and implementation, as there is when considering when students have the right to obtain their desired accommodations and when they don't. Sometimes students should fight for an accommodation; sometimes they shouldn't.

There are lots of students on campus with accessibility issues. They each have a story to tell.

“Yes, I’m in a wheelchair; yes, I have a physical disability. Am I any different in my interests and hobbies than anybody else? I honestly don’t think so. I read the same books, watched the same movies that you did growing up. I just have a chair that moves instead of legs that move me.”

KELSEY WORTH
CAMOSUN COLLEGE STUDENT

“The one thing that really does get me a lot is there's not really a lot of spaces on campus that I can sit and study at that aren't in a classroom,” says Kelsey Worth, a third-year University Transfer student who has spina bifida and scoliosis, and uses a wheelchair. “The study spaces outside are the metal picnic benches you can't move. They're bolted down, and so are the stools that are inside the Fisher Building. There's nowhere to pull a chair up. And the cafeteria is a write-off; I can't get in there. It just kinda sucks, because I'm on campus a lot, but not necessarily in class, and I'd love to get some work done, but there's nowhere for me to go.”

Worth says that the downstairs portion of the library is cluttered and difficult to navigate in a wheelchair, and that it isn't ideal for studying.

“The tables in the library, there's already too many in there. They've got too many computer terminals and not enough study space,” she says, adding that the silent study space upstairs in the library also presents exclusionary problems. “The chair makes a lot of noise even when it's turned off, so I would still be disturbing other people and I'd get dirty looks. It's just not a comfortable space, because you know you're the problem for everybody else, so I kind of avoid the library; there's too many people and not enough space.”

Worth feels that even in the buildings where she can find accessible space, there's still not enough room for her.

“Every other building except Wilna Thomas, the few tables that are available are almost always full,” she says.

Worth says that creating areas that are accessible to everyone but prioritized for disability access would be a step up, but she thinks it would be a burden on an already strained system.

“I don't think it would hurt, but at the same time I can't see it happening in a place like this because they don't want to take away from the limited resources they already have for everybody,” she says. “It makes sense, but where would you put them?”

Worth feels that social inaccessibility is just as prevalent on campus as physical inaccessibility.

“I find starting a conversation with people on the first day of class very awkward because a lot of people don't know what to say, but it's like, why does it have to be about the fact that I'm in a wheelchair? It's honestly like it's a giant beacon that says ‘Do not approach me,’ or that I don't have a personality outside of my limitations,” she says. “Yes, I'm in a wheelchair; yes, I have a physical disability. Am I any different in my interests and hobbies than anybody else? I honestly don't think so. I read the same books, watched the same movies that you did growing up. I just have a chair that moves instead of legs that move me.”

She says that many people in her situation would prefer people not focus on their disabilities.

“For the most part, we're not against speaking about our limitations, but we don't want to focus on it the whole time. I'd much rather have a conversation about what book I'm reading or what movie I'm watching,

you know; we're normal people,” she says. “I think that is probably the main thing for me—don't be afraid to come and talk to me about anything. It's like people see the chair but they don't see the person. I feel like people don't understand that it doesn't need to be like that.”

The Centre for Accessible Learning (CAL) is Camosun's primary resource for students with disabilities; CAL works with students and instructors to find ways for students to be successful in their courses by helping them with the challenges imposed upon them by their disabilities. CAL manager Darryl Gorrie says that they strive to stay above the curve when it comes to assistive technology.

“We work with partners like ATBC [Assistive Technology BC] in Vancouver,” says Gorrie. “They have grants and technology loan programs, so we've taken advantage of that to obtain equipment to help students but also to bring our own knowledge up as we go forward.”

Gorrie says that in a situation where a student's challenges are beyond CAL's ability to help, they're happy to make a few calls.

“We do referrals out to community agencies, and that goes for mental health as well,” he says. “We will refer out to community agencies who have capacity in that area when we see a student who is really struggling.”

Sometimes, help is right down the road, at the University of Victoria's CanAssist.

“CanAssist quite often will work with anyone in the community for whom a standard piece of technology you can buy on the market isn't suitable,” says Gorrie. “They'll work to create something novel and innovative for an individual. It's amazing.”

Gorrie believes that gaining independence is invaluable, and says that CAL is highly committed to supporting that process.

“I think it's super important that students learn the skills for independence as much as possible, and part of that is working with them around technology, so they can become über-competitive in the job market, and extremely proficient in their area of interest,” he says. “If you build self-serve tools, they start using those, and it creates a situation where people can become more independent.”

He adds that this successful process is what motivates people working within CAL.

“That excitement is part of what drives all of us at the CAL because we see people moving forth, getting their credential, and being able to go out and start their lives in employment. I think stuff like that is what drives us.”

“The student society's entire purpose is to serve our membership to ensure they have the best Camosun experience. And we can celebrate with them when times are good, but we will fight for them when things go wrong.”

ELEANOR VANNAN
CAMOSUN COLLEGE STUDENT SOCIETY

The Camosun College Student Society (CCSS) is also a resource for students struggling with disabilities.

“I've done a fair amount of work with CAL,” says CCSS wellness director Eleanor Vannan, who also puts a lot of effort into building supportive relationships with students if they just need someone to talk with or to vent to. “I'll take students for coffee, and one of the things I am quite good at is navigating institutional structures, so a lot of the time it's helping them know the right process, the right person to go to, that kind of thing.”

Vannan is also a student with multiple disabilities, so she understands the struggle.

“I've had a diagnosed disability since I was in Grade 5. I ended up dropping out of high school because I didn't receive any academic support or accommodation,” she says. “I came to Camosun, and in that period I actually had quite a bad fall and injured my cervical spine.”

Vannan says that she has nerve pain from that, so it presents as a physical disability, but she also has a learning disability, and, along with that, the associated struggles with anxiety and depression. She says that when talking to students she tries to reframe situations and provide students with some context.

“Our role in the CCSS is very often translating between institutional jargon and how students speak and understand things,” says Vannan, “as well as guiding them through the process and saying, ‘Here's a reasonable outcome we can expect, and here's what we can't expect.’”

One of the more infamous accessibility issues around campus is that

the Centre for Trades Education and Innovation, which was built in 2016 at the Interurban campus, has a mezzanine with no elevator access. The argument at the time was that it came down to budget; however, it's a beautiful building, so there was obviously money allocated to visual aesthetics. I wondered if perhaps the issue was less about scarcity of resources and more about allocating resources to form over function.

“I think it's a false dichotomy—you can have them together,” says Vannan. “And we shouldn't slander function by thinking of it as something that must be utilitarian. You figure out what the function is, then you figure out how to make it beautiful, and I think you can find beautiful options at any price.”

However, Vannan believes that preemptive problem solving is the key. “Camosun is very much a patchwork community,” she says. “People come from all different backgrounds, abilities, and lived experiences, and that's what makes it such a wonderful community to be a part of, but we need to have diverse groups making the design decisions about what these spaces should look like and how we're going to use them.”

Gorrie agrees with this and says that it's simpler to be proactive than retroactive with accessibility issues.

“It all goes back to the principle of barrier-free design,” he says. “It's super important to think about things at the outset of the design phase, because it's much easier to build in accessibility principles at the beginning, rather than having to go back and retrofit.”

Speaking of retrofitting, I looked into what it would take to put an elevator into Ewing, and I came across the concept of “undue hardship,” which is the only scenario in which the college is not mandated to provide an accommodation.

According to the Canadian Human Rights Commission, “Undue hardship describes the limit, beyond which employers and service providers are not expected to accommodate. Undue hardship usually occurs when an employer or service provider cannot sustain the economic or efficiency costs of the accommodation.”

To get a better understanding of what this means, I spoke with Camosun ombudsperson Carter MacDonald.

“It's a very high standard in human rights legislation,” he says. “It's incumbent upon the college to grant accommodations up to undue hardship.”

MacDonald provides two examples. The first involves a student—not from Camosun—who used a sports wheelchair with a wide wheelbase that couldn't fit through a bathroom door. It was going to cost \$50,000 to accommodate the student, says MacDonald, so the institution denied the request.

“Well, quite frankly, \$50,000 for a post-secondary institution is not undue hardship in order to accommodate a student if it's got a \$150-million budget, so the Human Rights Tribunal found in favour of the student,” says MacDonald, adding that the institution has to be able to really demonstrate that it would impede its operations or put it at financial risk of bankruptcy if it were to respond to an accommodation request.

The second case regards a former Camosun student who was not allowed to record some of her class lectures. Since the crucial focus of the courses revolved around functional communication, simply recording them would not fulfill those requirements.

“The tribunal ruled that post-secondary institutions are not obliged to change the integrity of their courses to meet, in this instance, a desire by a student for an accommodation she didn't even have, and the tribunal found in favour of the college,” says MacDonald.

MacDonald says that a significant consideration around the feasibility of accommodation is maintaining academic integrity, and Gorrie seconds this.

“With courses, it's always based around what's essential,” says Gorrie. “If you're in a Nursing course and you have to be able to suture a wound that's bleeding within so many seconds before the person died, [that's] an essential task that's required under time pressure, so [the student] couldn't have double time to do it. It wouldn't be possible.”

A 2016 *Nexus* article identified that Camosun did not have a proper policy when it came to providing accommodations for students; as of 2020, it's still in the works. Camosun education policy specialist Rashed Al-Haque says that the intent and function of the policy is to ensure that the students who need these accommodations get them; he says that, according to the Human Rights Code, students with disabilities should receive accommodations.

“That's a legislative obligation that we have,” he says. “So we use very strong language in this draft policy to really hold the college responsible, because at the end of the day, our policies should reflect our values and principles.”

Al-Haque stresses that having a policy is important but that it's only a formality, since appropriate accommodation is mandated by law and is already being fulfilled by Camosun.

“This policy is just that extra added layer, that protection for everybody to ensure that students do in fact receive their accommodations,” he says. “If it's been recommended by CAL, they should receive that, and at the college

we have a responsibility to ensure that we're supporting our learners and students to be successful academically.”

Al-Haque hopes that the policy will be finished by the end of the year.

“We use very strong language in this draft policy to really hold the college responsible, because at the end of the day, our policies should reflect our values and principles.”

RASHED AL-HAQUE
CAMOSUN COLLEGE

I find it difficult to distinguish the line between what should be a legitimate expectation and what may be considered an undue sense of entitlement.

“This really goes back to expectation-setting, and it's something I face,” Vannan admits. “I'm frustrated all the time, because you think to yourself, ‘In this one particular instance, if they just did it this way, my life would be so much better.’”

Vannan recalls a line she read in a policy: “An acceptable accommodation is not necessarily a perfect accommodation.”

“I read that at first and I thought, ‘I don't like that language, that's very condescending to students,’ but the more I thought about it, I thought, there is some truth in that,” she says. “At the end of the day, we all like our barriers to be taken down in exactly the way we want, but sometimes we have to be able to say to ourselves, ‘Does this leave the barrier in place, or does it take it down, just not in the way that I want it?’”

This ties back into Ewing not having an elevator—Vannan points out that the building technically has access to every floor (through the walkways that lead to and from Fisher).

“Is it ideal, not having an elevator in Ewing? No, it's not,” says Vannan. “That's kind of the bitter pill sometimes, understanding that when you're fighting for access, you sometimes have to accept the things that are less than ideal but are good enough.”

However, Vannan also has trouble in discerning where that line is.

“I have to sit and check myself for a moment, saying, ‘Is this you being that person who just wants what they want because it's comfortable?’” she says. “It's really hard, because I think, for students with disabilities, we are so used to being shut out of places, and going into situations being ready to have a fight. It's really hard to step back and say, ‘Should I be having a fight?’”

Vannan reminds students that a win is still a win, and that they need to choose their battles.

“You do have people who are very adamant that this is what they need,” she says. “But in certain situations where there's not that documentation or diagnosis, it's not necessarily the hill to die on, in terms of making the college provide accommodations. But when you have a situation where you do have that documentation, that's when you have that big fight.”

Second-year University Transfer student Malcolm McLaren has been diagnosed with ADHD, anxiety, and depression. McLaren—who is also shift captain at the Lansdowne campus for the CCSS' WalkSafer program—acknowledges that disabilities can produce challenges in all aspects of life, and says that people who have disabilities need to judge when to disclose this to others.

“As difficult as it is, when you're generalized by another person, it's your responsibility to let them know that you require different treatment,” he says, adding that it's not an excuse, it's just the person explaining what they need.

McLaren says that it can be hard for students to admit that they have a disability.

“Years ago, when I first came to the Carpentry program here, I was struggling, and my teacher didn't directly say it to me, but he said to the class three or four times that if you have a disability you should go to the CAL, and eventually I did, and he said, ‘I knew it! I was trying

to tell you, but I couldn't!’” McLaren says with a laugh. “You know, it's a pride thing for a lot of people, like you don't want to admit that, and a teacher breaking that stigma, I think it really helps.”

McLaren says that it might help to have a standard addition to all course outlines that addresses the disabled elephant in the room.

“Maybe there should be a section at the beginning where they could explain that if you're a student with a disability you can go to the CAL and get help,” he says.

However, McLaren says that he's really happy with the state of disability accommodation at Camosun.

“Coming back to school as an adult, I had some big fears,” he says. “I thought coming into a school with a disability I might be treated like I was when I was younger, or like I was with an undiagnosed disability in the real world, which was pretty awful, and I was really surprised and overwhelmed with positivity working with the CAL.”

McLaren says that CAL began supporting him even before he became a student.

“They were willing to help sign the student loans up with me, so they could get me the best services I needed,” he says. “I was blown away by the college administration trying to help me out; I've never experienced that before.”

Gorrie feels very strongly that the college really cares for students with disabilities, and this comes across in the enthusiastic cooperation with which CAL staff work, both with each other and with students.

“That's one of the reasons I'm so happy to be here—the fantastic people. I couldn't have landed in a friendlier or more supportive environment,” he says. “There's always issues in organizations, but the willingness to work together to look at the future as an opportunity to make good systematic change, to create powerful mechanisms that everybody wants to be involved with, that's a very exciting reason why I came here.”

McLaren says that usually a non-visible disability gets the person “treated like garbage” everywhere they go, but he says that it doesn't carry that stigma at Camosun.

“CAL and most Camosun faculty are really understanding,” he says. “It's unbelievable.”

McLaren also says that students have the power to make positive changes when issues arise.

“If there is a problem that a student has, they can go to *Nexus*, they can go to the student society, and make a fight for themselves, as well as others, and make a change on campus—they really can,” he says.

Vannan wants students to know that the CCSS is there for them.

“The student society's entire purpose is to serve our membership to ensure they have the best Camosun experience,” she says. “And we can celebrate with them when times are good, but we will fight for them when things go wrong. And certainly, in my position, that goes doubly for students with barriers to access, so they're always free to send us an email or stop by our office.”

McLaren agrees with this, saying that students should seek out the student society if they are having problems.

“I think if people do have accessibility issues, or they feel they aren't being represented, then they should come seek out the CCSS and know that we have their back,” he says. “There's always ways that we can help, and even if it doesn't directly solve it right here, right now, there's others like you, and, through advocacy and the work we do, there will be a change one day.”



FILE PHOTO

The mezzanine with no access in Camosun's Centre for Trades Education and Innovation.

film

Victoria Film Festival movies deliver subjects heavy and light



PHOTO PROVIDED

A scene from Charles Wilkinson's *Haida Modern: The Art and Activism of Robert Davidson*.ETHAN BADR
CONTRIBUTING WRITER

The Victoria Film Festival's program guide can be daunting, featuring everything from movies that are deeply meaningful and will really stay with the viewer long after the end credits roll to movies that are more on the lighter side of things.

If you're more into the former, Charles Wilkinson's *Haida Modern: The Art and Activism of Robert Davidson* is one movie to check out this year. The film tells Davidson's story and explores the resurgence of North Coast culture. Wilkinson—who lives near Vancouver—says that although he has worked on

films about Haida Gwaii in the past, it wasn't until recently that he actually got to visit there. He says it has a "mystical aura" about it, and that "you just step off the plane and you feel something different."

"The story of Haida Gwaii was a really hopeful one," he says. "Here's this place that's really clean, and there's no real logos, and people lead these lives that are less complicated, and they consume less, and they seem to talk to each other more... Yeah, that certainly solidified our interest in Haida Gwaii."

During his time on Haida Gwaii, Wilkinson met artist and photographer Robert Davidson for the

first time; Davidson agreed to let Wilkinson use some of his stunning photography in his 2015 film *Haida Gwaii: On the Edge of the World*. As time went on, Wilkinson noticed that a lot of the demonstrations he was attending against "various pipelines and ill-conceived infrastructure projects" were being led by Indigenous people. He looked around and noticed that Indigenous people were leading many—if not most—of the world's environmental battles.

"Interestingly enough, what we realized after some digging was that in 1969, Robert Davidson decided to carve a totem pole in Masset [a

village on Haida Gwaii's coast] and it was the first pole that had been carved in over 100 years there," says Wilkinson. "When Robert did that, there was this huge explosion of interest in North Coast culture and in Indigenous culture in general. Flash-forward to today, we're surrounded by it—there's North Coast art everywhere and people have it on their T-shirts and they get tattoos. Not just Indigenous people—you have people from every kind of background, so we started to realize the impact [that] North Coast art, North Coast culture, and, in particular, Robert Davidson's amazing work has had on non-Indigenous culture—and that's the story of *Haida Modern*, really."

On the lighter side of things, local filmmaker Bryan Skinner has created a film about a film festival, and he's putting it in film festivals. *Open for Submissions* was filmed in only eight days and has no pre-written dialogue; Skinner says that those constraints gave the film a "handmade, real documentary feel to it." In other words, if you're a fan of *The Office*, you're going to love *Open for Submissions*.

"It's an improvised mockumentary about a film festival that loses its executive director in the closing gala, the awards presentation, of the previous year's film festival," says Skinner. "So two people go head to head—the programmer and the operations manager for the festival—and one of them gets [the executive director position], the operations manager, and then the programmer attempts to sabotage the festival by programming basically the worst of what comes in. I don't write any dialogue—we talk about what has to happen in

the scene, and then we talk about where the camera is going to move to, but I give no direction as to what is going to be said; it's just entirely an outline."

This isn't Skinner's first mockumentary—his 2008 film *Tumbling After* used many of the same actors. Skinner says that knowing his actors' strengths and weaknesses really gave him the confidence he needed to pull off the tight filming schedule. But what is it that draws him to improvised comedy?

"Well, I like the energy that comes with working with really talented improvisers," he says. "I grew up doing improvised theatre as a kid so to translate that to film, it just feels really vital and fresh. I just really enjoy the process of it. I also enjoy having fun on the set, and if I don't know what's gonna happen and what people are gonna say, that keeps it really fun for me."

Skinner says that young filmmakers shouldn't feel limited by geographical location.

"It's advice that I should have heeded a long time ago, but I very much love Victoria, and most of the stuff that I do is about Victoria," he says. "That's probably not a great idea from a career perspective but that's just a personal thing for me. Also, it's the same advice for just about anything—seek people out who are better than you and just acknowledge that, and then be willing to learn from them and steal their ideas."

Victoria Film Festival
Friday, February 7
to Sunday, February 16
Various prices and venues
victoriafilmfestival.com

music

Bedouin Soundclash deliver their own kind of mass with new album



BRANDON ARTIS PHOTOGRAPHY

Bedouin Soundclash are returning to Victoria on February 7.

RHEA GEORGE
CONTRIBUTING WRITER

After a seven-year hiatus, Toronto reggae/ska band Bedouin Soundclash returned in 2017 with a few more things to say. But vocalist/guitarist Jay Malinowski says the band wouldn't be playing together again unless it was from the heart.

"The only way we were going to start playing again was if we were creatively inspired," says Malinowski. "We didn't want to just play some reunion shows; we wanted to actually feel vital onstage when we did it."

It was the song "Like Clockwork" from their latest album, 2019's *MASS* (their first since 2010's *Light the Horizon*), that instigated a new energy and direction for the band. Malinowski initially wrote the song on piano instead of his usual guitar, drawing inspiration from big bands and the swing music he had been listening to at the time.

"I think all instruments just naturally will push you in different directions," says Malinowski. "Ultimately, I kind of always take a song—whether it's been written on an organ or on a keypad—back to the guitar, and if I can play it naturally with guitar then I feel it's somehow real and tangible."

MASS was named for all of the people, places, and collaboration involved in the making of the project. Recording initially began in New Orleans in the heat of summer, and the influence of that city is palpable on the record.

"Being in a place like New Orleans is just naturally going to seep into what you're doing," says Malinowski. "We also had so many players in the studio. That's why we called it *MASS*, because we thought it was going to be a coming together of a ton of different people."

One example of the collaborative atmosphere during the creation of the album took place during a massive thunderstorm. The tropical summer weather brought a monsoon and lightning, which caused the power in the studio to shut off during a recording session.

"I remember we were sitting

there like, 'Oh god, it's gonna start to get really hot in this studio.' We opened the doors and there was this flood of water. All the gospel singers just started singing, improvising over songs—they were just singing," says Malinowski. "I was thinking, 'This is such a New Orleans moment,' that they'll find something musical to make out of a situation at any time."

Collaboration and connection is a theme throughout the album and throughout Malinowski's own relationship with music—he has worked with many artists and also has a solo career.

"I think that collaborating musically is the highest thing you can do," says Malinowski. "Music is a conversation, and a lot of times it's a compromise conversation... You're creating something that's totally different from something you would have done, and what they would have done, and it becomes something new."

He says that overcoming the challenges involved in working and creating with others is one of the most rewarding experiences in music.

"I learn so much more from working with people," he says. "Music is about feeding off of everyone else's energy and creating something together."

Malinowski says the duo are looking inward and focusing on themselves after just starting to play live shows again. A focus of their performances will be spreading the feeling of mass connection to their audiences.

"One of the things that we have so much gratitude for now, after doing a lot of different things, is just hearing people sing, in a joyful way. It's so... it's just incredible," says Malinowski. "We sometimes can't believe that we got so lucky. I hope people leave feeling a sense of hope and humanity."

Bedouin Soundclash
Friday, February 7
\$22.50, Capital Ballroom
thecapitalballroom.com

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New Music Revue



Wolf Parade
Thin Mind
(Royal Mountain Records)
4/5

"Explosive" is the only way to describe Montreal/BC-based indie rock band Wolf Parade's fifth studio album, *Thin Mind*.

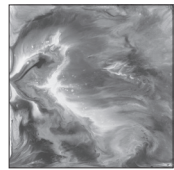
The first track, "Under Glass," screams for attention in its first 10 seconds and establishes the album's sweeping pace. Rolling waves of instrumental energy crash into lyrical themes of environmental blasphemy in a world filled with indifferent, technology-obsessed zombies. Layered synth riffs weave intricately between the precise indie-disco drum performance and gritty rhythmic guitar lines of the song, creating a modern avant-garde atmosphere that still manages to tip its hat to the rich history of the band's influences.

On *Thin Mind*, Wolf Parade embrace the line between lively anthemic soundscapes and lyrical

melancholia, sonically capturing the complexities of modern existence.

My suggestion for listening to this record: take a long look up at the stars on a clear night and reach for the light—the natural kind.

-RHEA GEORGE



Raphael Weinroth-Browne
Worlds Within
(Independent)
4.5/5

Raphael Weinroth-Browne is a Canadian composer and cellist known for his musical artistry in groups such as The Visit, Musk Ox, and Leprous. Weinroth-Browne is now releasing his first studio album, *Worlds Within*. And, just like his band work, *Worlds Within* shows off Weinroth-Browne at the height of his game.

By cohesively mixing post-rock, classical minimalism, metal, and electronic, Weinroth-Browne manages to get his message across to his audience while keeping them enticed throughout the 10-track

album. Using clear beats, all these songs manage to convey the specific emotions the artist is so obviously feeling when playing them.

By combining Weinroth-Browne's talent with the effects of mixing genres, *Worlds Within* manages not only to be an amazing piece of music on its own, but also to showcase Weinroth-Browne's love—and mastery—of his art form.

-NICOLAS IHMELS



The Warhawks
Starlight Disco
(New Rivals Entertainment)
2.5/5

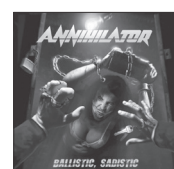
Gloucester City, NJ indie rockers The Warhawks are back with their latest EP, *Starlight Disco*. The follow-up to their debut LP, 2019's *Never Felt So Good*, *Starlight Disco* offers six new cuts and hints at a change of creative direction.

The Warhawks lead with their familiar refined garage sound on "Deliver." The guitar-heavy cut is

well engineered, with vocals stacked to replicate a barroom sound with a bit of a Ramones feel. With a catchy riff and a rumbling bass line, "I Can't Wait" offers a modern take on the Kinks-inspired indie rock sound that dominated radio waves circa 2002.

The remaining tracks are more experimental, featuring cleaner guitar and pop-inspired hooks, but somehow they don't quite fit. Individually, they are all decent tracks, but *Starlight Disco* has no real feel to it. It doesn't really work as a rock or a pop record, but it will be interesting to see where The Warhawks go from here.

-FRED CAMERON



Annihilator
Ballistic, Sadistic
(Silver Lining Music)
3/5

Diehard Annihilator fans will love the Vancouver-based thrash metal band's 17th album, *Ballistic, Sadistic*. Written, recorded, and

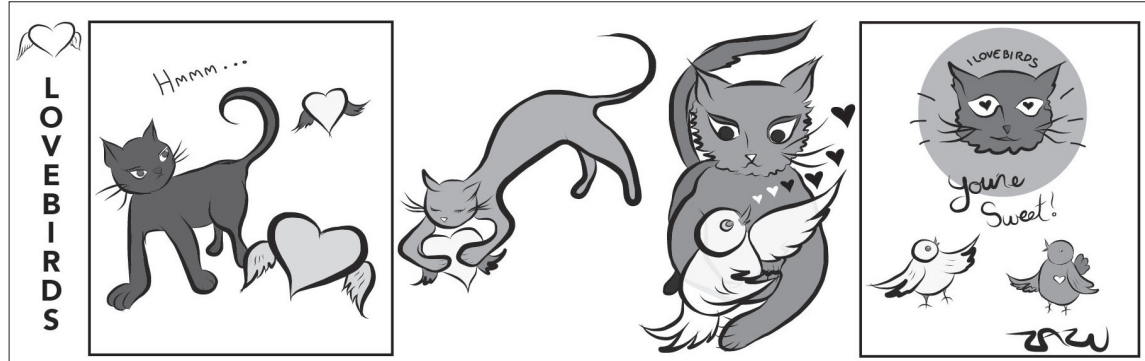
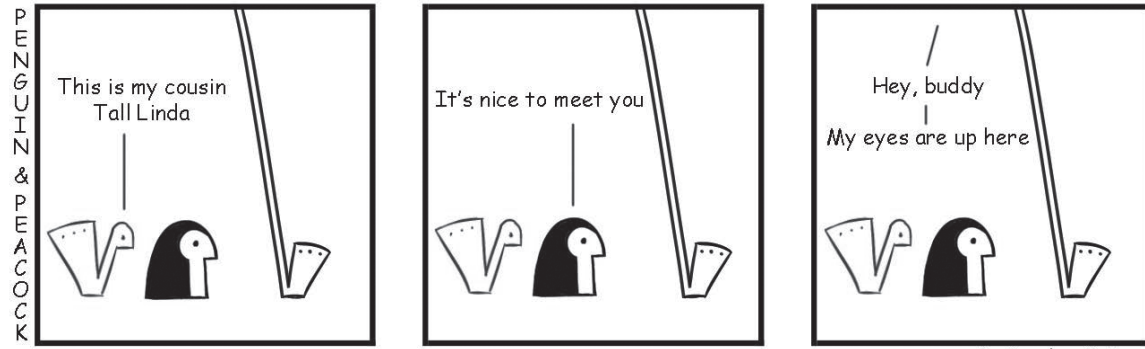
produced by band mainman Jeff Waters, the album features heavy, inferno thrash beats combined with shoelace-tying time changes and speed-metal movements.

2020 Annihilator sounds tighter and beefier than they have in years, and nods at early-career Annihilator. But there are problems with the album: *Ballistic, Sadistic* is reminiscent of middle-of-the-road '90s Montreal metal in that it's not bad, but it's not great, either. *Sadistic, Ballistic* feels overproduced and overly methodical.

Strangely for a metal band, Waters' lyrics verge on emo oversharing. The bullied-artist theme of the record weakens Annihilator's forceful sound. *Poor me*, scream Waters' lyrics, *Imma fight*. As good as some of the tunes are, here's your record back, Waters, with a box of tissues. I'm cried out.

-JUDAH IAM

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NEXUS's The 39 Steps a huge success

Camara Oscruff, contributing writer
October 25, 2019

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Week of January 27, 2020, top five most read stories:

- "Girlfriend Material explore cool cars and the business of music," January 22, 2020
- "The new plan: The Nexus analysis and critique of the Camosun Campus Master Plan 2019," January 22, 2020
- "Camosun College and Vancouver Island University partner for Women in Trades Training program," January 22, 2020
- "Camosun students benefit from tuition-waiver program," November 20, 2019
- "Camosun College and student society address international students' concerns," December 13, 2019

Steps is a must-see piece of...
ian thriller of the same...
the audience from the...

How a Liberal-NDP minority government will impact students

Patrick Ferreira, contributing writer
October 23, 2019

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!

How to create culture, part 2

Previously, we talked about culture, its importance, and what it really means to a company. Do we hire from the outside or promote from within? The thought is if we can find someone who is a good fit, they'll be successful and the business will carry on.

In the book *Built to Last* by Jim Collins and Jerry Porras, the authors look at a dozen or so successful companies, versus their not-so-successful counterparts. One company, RJ Reynolds, acquired Nabisco and replaced the CEO with Ross Johnson. While Johnson was a capable employee in the past, his vision of what Nabisco should be didn't align to what Nabisco's vision had been prior to the merger, and the company opened itself to eventually be bought out by RJ Reynolds' competitor Philip Morris.

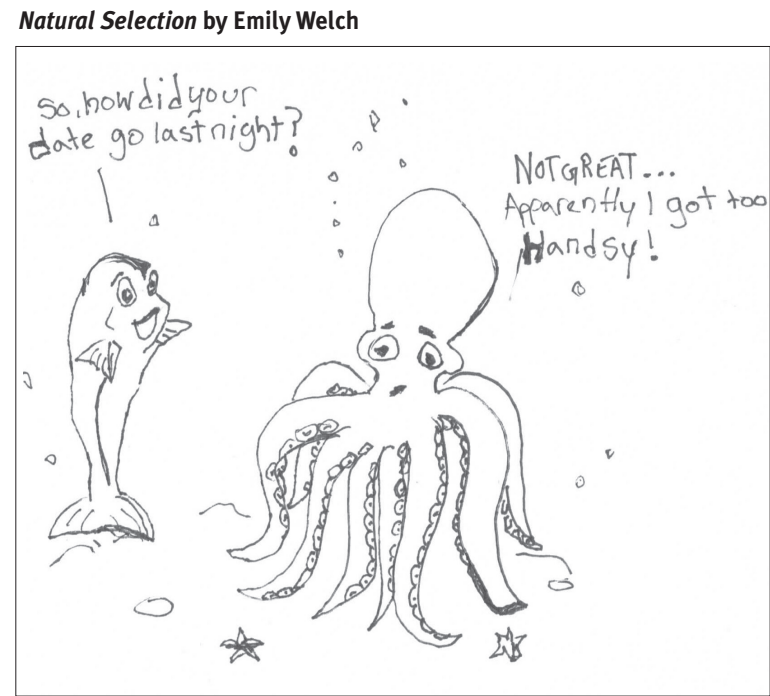
Not every company that promotes from within is successful. There does need to be grooming, and one way you can know if you're on the right track is to ask yourself, "If tomorrow morning the CEO/boss/manager was hit by a bus, would the company be able to continue?" If the answer is yes, then there is a clearly defined culture inside the organization. If no, the next question is, "Why not?"

Camosun Business Study Group is focused on students helping students to succeed both in and outside of the classroom. For news and events, follow them at facebook.com/cambussg.

NEXUS

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We want a wider range of voices in the paper. All Camosun students can write for us. No experience necessary. Bring your view to the paper, to the college, to the students. Email editor@nexusnewspaper.com today.



Five ways to branch out in 2020

As we kick off the new year, it's easy to get wrapped up in school, work, life... you name it. But staying connected with your community will end up flowing into other areas of your life—it's all about balance.

The MyWellness program wants students to stay happy, healthy, and balanced this year, so that's why we've compiled a list of all the easiest ways to stay connected and maybe step out of your comfort zone in 2020!

- 1. Take up a new sport or hobby**
One of the easiest ways to meet people and gain new skills is by trying something new. Victoria is a hotspot for sports, music, and game clubs. Check out something new and see what happens!
- 2. Try joining a Camosun club**
Camosun is full of people looking to connect, and joining one of the clubs is a fun way to try something new and different—and meet people at the same time. If you can't find the club you're looking for here, you don't have to be a UVic student to join a UVic club!
- 3. Volunteer**
One of the best ways to feel good is to do good. Volunteering even as little as one day a week can get you out of the house and interacting with some amazing people who want to change the world in the same way you do. Give it a shot!
- 4. Talk to a counsellor**
If you're just looking to talk to someone, a counsellor can be the best option. Through the MyWellness program, Camosun gives students and faculty online counselling and 24/7 text hotlines for as little as \$7 a session with the healthcare plan. Give it a try—your first session is free. Go to mywellness.ca/camosun to get connected.
- 5. Relax with friends**
Sometimes keeping it simple is all you need—go out dancing, watch a movie, make dinner or cookies together. Invite some classmates for a fun night if you want! Reach out—you never know if your new best friend is right around the corner.

As always, the MyWellness program will be hosting fun events throughout the semester, and you can check the board by the cafeteria at Lansdowne for info on all of those. Any questions can go to Jordan at mywellnesscamosun@gmail.com. See you there!

Freedom from Addiction

by Katie Mondey

Accepting truth

The more seriously a person is entrenched in addiction, the smaller their world becomes, or seems to be.

I drive from here to Kelowna, then to Calgary, and back to Victoria a few times a year. Driving alone, which I usually do, there is time and space enough for me to think deeply about things. Having lived in active addiction for most of my life (save the past two years that I have been in recovery), I often wonder about this phenomenon.

On one of my long drives last summer, I was looking at the sky and the countryside in interior BC, and I was in awe of how big it all was. *The world is so big!* I kept thinking. The universe is incomprehensibly huge. Reality is enormous, eternal.

Addiction shrinks a person's awareness of reality, the scope of which corresponds to the degree of severity of the addiction. So, the more seriously a person is entrenched in addiction, the smaller their world becomes, or seems to be.

For example, if a person is addicted to crack cocaine, their reality is basically all about the drug. Their only goal is to obtain it, use it, and then obtain it and use it again, and again, and again.

Amazingly, if you speak to an active addict, they don't usually realize that their world has been reduced to little more than getting high. And even if they do realize this to some extent, they cannot see the way out. To them, this is the best—and indeed the only—thing the world has to offer.

Sometimes, though, something enters through a crack in our awareness and breaks us open, and we can no longer remain ignorant of the bigger picture. After this happened to me, and I entered addiction recovery for sex and love addiction, I was awestruck at how much of life I had been blind to, at how much I had missed. I simply could not see past that which was not instrumental to maintaining my addiction. As I recover, my awareness of reality grows. Or rather, awareness is addiction recovery. This is the meaning of "the truth shall set you free."

The way out may involve many therapeutic interventions, medication, and other discoveries of science. Fundamentally, though, the way out is through willingness to see things as they are. To me, this is the greatest thing about science: it's a quest to see things as they are in spite of the way we want them to be.

Interestingly, I find this scientific approach to understanding and knowing reality a deeply spiritual path as well. And it's been the basis of my own recovery from addiction.

My aim is to look for the objective truth and follow it faithfully.

As humans, we are both the experimenting scientists and the guinea pigs of our own lives. We must seek the truth if we wish to be free, for accepting the truth is in itself incredibly freeing, whatever the truth turns out to be.

screw these words word search

To make this word search, we came up with a bunch of words that are either disgusting or really difficult to pronounce (or just annoy us, like "noms"). Seriously, screw these words.

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.

EMTOEGTUYANRDYF
ARWZDSNLERERYTXO
MOISTJSAYDUJKQT
FRRHOERMJNLQQTO
VUFESUMBRECBRWQ
SJMANRUAXYHIAOS
SKUFOOESSMUCUSU
HPOFMMMTGQDOSYB
HIDISJFESTERTPB
IJZDCOLONELEUH X
MWBAKHSAHACSF C Q
HMYVPGCHRYTRFYA
OEVITACINUMMOCA
FZVTJZMILBRSHWX
IBZBQITEELRPGPC

- AFFIDAVIT
- ANEMONE
- COLONEL
- COMMUNICATIVE
- CURD
- CYST
- FESTER
- JUROR
- LAMBASTE
- MOIST
- MUCUS
- NOMS
- PHLEGM
- PUS
- PUSTULE
- RURAL
- SMEAR
- SQUIRT
- STUFF
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NEXUS

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Politics and Other Nonsense

by Carla Marginean

What a royal move to Canada entails

There's been a lot of misinformation circulating about the Duke and Duchess of Sussex's big move to Canada. This is rather ironic, considering that the entire reason that they are moving to BC is to avoid negative press and fake news.

In the past, Meghan Markle has had terrible encounters with the paparazzi in Britain hounding her relentlessly, so much so that Henry David (also known as Prince Harry) has compared her experience with the press to the experience of his late mother, Princess Diana. She, as we all know, was killed in Paris in 1997 following a high-speed pursuit by paparazzi. The fact that it has gotten this bad is rather concerning for multiple reasons, not the least of which is that Markle is a new mom and, quite understandably, wants a bit of privacy.

The two are hoping to find a more peaceful existence in BC—perhaps in Victoria—which will likely be made possible by stricter libel and slander laws as well as the Canadian press being a bit better with not intruding on people's privacy unless it is in the public interest (celebrity gossip doesn't count). The two are not guaranteed a life outside of the spotlight by moving to Canada, especially from foreign media outlets, but they have a better shot at diverting that spotlight elsewhere, at least for a little while, when they move.

The fact that Canadian reporters have an obligation to respect people's privacy speaks volumes about the political culture of this country.

This is not to say that intrusion on people's privacy doesn't happen when it should, like with the Trudeau blackface scandal, but it happens for no reason way less often here than it does in other countries.

By taking a step back from being senior members of the royal family, the couple are also taking a step back from official royal duties and will no longer be receiving money from the taxpayer-funded sovereign grant, which currently makes up about five percent of their income. This, however, does not mean that Canadian taxpayers will have to pick up the tab for this, or for any of their security detail either. Nothing has been solidified as of yet, but the duke and duchess have said that they want to become financially independent.

Only time will tell if the royal couple will get the peace and financial independence they are looking for.

Contest

Find the hidden Nexus and win



Let's see if you can find this copy of a previous issue of Nexus that we hid somewhere at Camosun and College's Lansdowne campus.

The first person to find this copy and bring it in to our office (201 Richmond House) wins a free prize!

We hid the last copy on top of a shelf at the bottom of a stairway on the lower floor of Young... and no one found it! Finally, we got ya!

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

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*Ask us about our FREE student membership program sponsored by the Camosun College Student Society (CCSS)

what's going on

by emily welch



PHOTO PROVIDED

Josh Q and the Trade-Offs are coming to town on February 8.

SATURDAY, FEBRUARY 8

Here's looking at Q, kid

Have you heard that the new black is actually Arctic Blue? Well, it is, with Josh Q and The Trade-Offs, singing their soulful and brooding notes from the deep end of the northern tundra. In a blend of Inuktitut and English lyrics, The Trade-Offs sing the Arctic blues about universal

themes of light and darkness and closeness and isolation. While the band is a staple of the Iqaluit music scene, they have also played all over Canada—big stages, little stages, and main stages, and now they're coming to Victoria to play Lucky Bar. Doors are at 8 pm, and tickets are \$12.50; see luckybar.ca for more details.

THURSDAY, FEBRUARY 13

UNTIL SATURDAY, FEBRUARY 22

You've got comic potential

If you're a fan of the wacky and the weird, the new play at UVic's Phoenix Theatre should be right up your mind-bending alley. *Comic Potential*, written by Alan Ayckbourn, is a delightful new sci-fi adventure that boasts love, robots, and daytime TV. It's a dark satire about the art of comedy and the dangers of artificial intelligence—it really has it all, doesn't it? Tickets are \$28 unless you happen to go on a Tuesday, where you can bask in the light of robot love for only \$15. There are also \$16 student rush tickets 30 minutes before the show. See finearts.uvic.ca for more information on this and other upcoming events.

FRIDAY, FEBRUARY 14

There's something about Mary

"Jerusalem Pilgrimage Fundraiser: Unveiling a new portrait of Mary Magdalene"—what do you think when you see a title like that? I say great, it's about time that someone did something about Mary's bad rap; the poor woman has been misunderstood for centuries. Guest speaker Richard LeSueur, who is acting dean of St. George's College in Jerusalem, will be speaking about how a recent archaeological discovery has changed 2,000 years of teaching about Mary Magdalene. The doors open at 6:30 pm, and it all goes down at St. George's Anglican Church, located at 3909 St.

George Lane. Suggested donation is \$20, but you can pay what you can afford; see bc.anglican.ca for more information.

FRIDAY, FEBRUARY 14

Bring your own booty

I always say that burlesque is the new black; what better way to celebrate it than at the Cheesecake Burlesque Revue's Bump and Grind Valentine. Whether you're with your sweetheart, your friends, or yourself, shaking our wiggliest bits is a fun, fabulous, and sexy way to ring in Valentine's Day. The big performance is at Langham Court Theatre and contains comedy, dancing, singing, and a silent auction—the only silent part of the whole evening, I'm sure. Tickets are online or at the box office and range from \$24 to \$36, depending on the night. The doors open at 7:30 pm, and you must be 19; see langhamtheatre.ca for more details.

FRIDAY FEBRUARY 14

A night at the museum

Are you in love and want to show your person that you are romantic and sensitive yet utterly creative and unique? The Royal BC Museum is throwing a night to beat all nights with Night Shift: Vintage Valentines. It's a vintage-themed event where participants take a journey through time. This evening has it all: live music of all kinds—country, electronic, pop, indie; visual art; installation, photography, and performance art; live theatre; burlesque (yeah, baby);

drag; sensuality (oh yes, baby); and a bit of cultural heritage thrown in! I mean, what's not to love? Tickets are \$49.95; see rbc.ca/night for more information.

FRIDAY, FEBRUARY 14

We love to laugh

We might as well keep going with the St. Valentine's promotion. After all, what's not to love about love? If you are like me and consider love to be not only confusing but also rather comic, then hop on over to Tinder Tales, the comedy show where people spill their silliest and steamiest online adventures. Although the stories are mostly embarrassing, they're also hilarious, and Tinder Tales' comedic storytelling has been sold out all over Canada. Featuring Canadian comedians like Rebecca Broome and Ira Adilman, and hosted by Jo Dworschak, this is a laughable love-fest fit for all skeptics, swingers, and sweethearts. Join all the smitten kittens at the Victoria Event Centre, 1415 Broad Street—the doors open at 7 pm, the show starts at 8 pm sharp, and tickets are \$16 online or \$20 at the door; see tindertales.ca for more details.

SUNDAY, FEBRUARY 16

Bring your own bud

What better way to celebrate the legality of everyone's favourite greenery than seeing DJ/producers Stickybuds and Krafty Kuts at Distrikt? Doors open at 10 pm and tickets range from \$15 to \$22.50. See stickybuds.ca for more information.

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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.

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