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camosun's student voice since 1990

### environment

# Camosun College Student Society to hold Sustainability Day

**Orange Shirt Day and Global Climate Strike in photos** page 6

> **Opinion: Green Party poised to** advance student interests page 2



Students getting involved at a previous year's Sustainability Day event at Camosun's Interurban campus.

"The night before, when the custodian leaves out all the waste bins [at the Centre for Business and Access], some volunteers and myself will organize them and weigh them to see how much was put into the landfill waste that could have been recycled. Then we will try to teach on how to properly sort, because we know that there is a lot of confusion about that."

> **TAMARA BONSDORF** CAMOSUN COLLEGE STUDENT SOCIETY

### **EMILY WELCH**

STAFF WRITER

The Camosun College Student Society (CCSS) will hold its Sustainability Day on Thursday, October 17.

Bonsdorf says that information about alternative transportation methods will be available at Sustainability Dav.

will try to teach on how to properly sort, because we know that there is a lot of confusion about that."

Second-year University Transfer student Sarah Shumanski says that the secret to teaching sustainability is transparency, and that sustainability shouldn't just be on a designated day. She says that Camosun College as an institution should be more open about its sustainability practices.

"I am not even sure what Camosun already does, so definitely being more transparent about their current efforts would be a great place to start," says Shumanski.

Shumanski suggests starting small with things like compostable utensils.

"Also making sure that there are compost bins readily available on campus," she says, "because some of the recycling [and] garbage stations don't have compost, so that is encouraging students to keep throwing out their food."

Camosun Office of Student Support aims to help struggling students page 4

Amazon's sustainability and business practices questioned in Antimatter film page 8

### eyed on campus



EMILY WELCH/NEXUS

Parking passes left lying on the ground around a parking meter at the Lansdowne campus show that sustainability isn't a concern for everyone.

in. If we are the next leaders in our to their platform." generation, then I think it's import ant to educate us on that."

now, because it's the world we live council has a sustainability aspect

The event is being held at the Interurban campus and is focused on three "pillars," according to CCSS sustainability director Tamara Bonsdorf: food, transport, and waste. Bonsdorf feels that the interactive aspect of the day will help instill awareness of what sustainability is and how to apply it to everyday life, as well as give students the chance to have a little fun with a serious subject.

"There will be a food truck there that will have three options of free vegan food-vegetable pakoras and chutney, lentil taco bites, along with a gluten-free option," says Bonsdorf. "After those, we are most likely going to have the [Environmental Technology] students showing microgreens and showing us how to plant them."

'For the transport pillar, we will have information on how to have alternative transport options, which is helpful especially at Interurban, which is struggling with parking availability, especially with the influx of new students," she says. "The information will be on the park and ride/walk programs, the Camosun Express, and we are also hoping to have a free bike tune-up station."

As part of Sustainability Day, the CCSS will be doing an audit on the waste created in the Centre for Business and Access building at Interurban.

"The night before, when the custodian leaves out all the waste bins, some volunteers and myself will organize them and weigh them to see how much was put into the landfill waste that could have been recycled," says Bonsdorf. "Then we

Shumanski says day-to-day sustainability education is missing from Camosun.

"Honestly, I think that educational opportunities on campus is the best way to promote sustainability to students," she says.

Second-year Business Administration student Sidney Chapman says that the way to reach students on important issues is to educate them in class.

"I feel that they should be incorporating more content into courses regarding sustainability, as well as other environmental issues today," says Chapman. "Because if you are just doing, for instance, a Business Admin diploma, you aren't really exposed to the issues that we are facing. Students need awareness

Castor Nielsen, also a secondyear Business Administration student, agrees that awareness of sustainability should start in the classroom.

"They do put a lot of sustainability into some small parts of the courses," says Nielsen. "It will often be a topic of projects we have, where we have to reach out to community leaders about their sustainability efforts. But I find it is not exactly mirrored in our lessons."

Shumanski feels that students would like to have a sustainable college, and that all the college and the CCSS have to do is reach the students.

"It has to be done in a way that gets people interested," says Shumanski. "Maybe making it so that whoever runs for [CCSS] student

Nielsen says that transportation is definitely one of the biggest sustainability-related issues at the college.

"Simply because there are so many people driving, as the location is not the most accessible place for people to bus to all the time," says Nielsen.

Chapman says that there should be more carpooling options available and adds that food waste is a concern.

"One thing I'm also curious about is whether there is food waste in the cafeteria," says Chapman.

Nielsen adds that there is a lot of paper waste at the college.

"I know that there was a transition into more electronic learning, and that we do a lot of our assignments online," says Nielsen, "but there is still a ton of paper waste that ends up there."

VIEWS

NEXUS

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OVERHEARD AT NEXUS: "Hypnotic sleep is totally weird."

### student editor's letter Sustainability finally sticking

With Global Climate Strike week still at the forefront of many people's minds, maybe the Camosun College Student Society's Sustainability Day will be seen in a new light; perhaps it will be seen as the urgent spotlight on demand for new public policy that it is. (Sustainability Day is tirelessly put on every year by the student society; this year, it's on Thursday, October 17, and you can read all about it back on page 1.) The reality is that we can recycle, drive electric cars, and eat vegan all we want, but if powerhouse businesses don't listen to their clients, our individual, everyday commitments won't make the difference they need to.

It's unfortunate that it takes things like climate strikes and protest marches for big business to listen to what we've been saying all along but here's hoping it won't fall on deaf ears anymore.

Things like gasoline and oil need to be seen as products of the past. It will be an expensive adjustment, and will run contrary to the self-centred way humans tend to think, but it needs to happen.

The phrase "go green" needs to die. There needs to be no other colour options

7.6 million people took to the streets during Global Climate Strike week. That's one person striking for every thousand on Earth; when there's over seven billion people breathing at any given moment, that's pretty impressive, and I challenge any politician to try and brave the shitstorm that would come from ignoring this top-list issue any longer.

I often want to vote for the Green Party in elections but don't because of other policies and issues they fail to address. And when I don't, I feel like a bit of fraud, to be honest, because the other policies don't mean any more than a stack of old barn hay if there's no world left to enact them on. And for the first time, people are hearing that that's not an overdramatic

farce, and they're listening. We've continually made stupid decision after stupid decision, and

rest assured, we will make more stupid decisions in the future, but this specific one has run its course.

Every day needs to be Sustainability Day.

Adam Marsh, student editor adam@nexusnewspaper.com

# 25 Years Ago in Nexus



flashback

### **GREG PRATT**

### MANAGING EDITOR Camosun crawling with pri-

vate dicks: In "Investigation of student raises questions of confidentiality" in our October 17, 1994 issue, we reported that some Camosun instructors were concerned about a private investigator walking around campus asking for information about a Camosun student. The investigator was working on behalf of ICBC for a firm owned by—wait for it—then-chairperson of Camosun College board of governors Donald Amos, prompting worries of conflict of interest. As if with "The student body at Camosun this all weren't outrageous enough, Amos added in the story that "We campus, is pathetic!" Ouch.

have investigators on campuses at least 25 times a year." Sorry ... what? We'll never stop with this

one: "Access Committee achieves elevator coupe" is an excellent headline for an excellent story, one that details how the Paul building, located at the Lansdowne campus, was getting an elevator installed in it to solve the problem of its second floor being inaccessible. Good thing the college learned from history and stopped making inaccessible buildings. Oh, wait... (see "Accessible for all?" over at nexus newspaper.com).

Now that's how to start a story: The story "Coffeehouse spawns Haunted Fishbowl" looked back on opening night of a coffeehouse here on campus where local talent played music, read poetry, and more. Apparently, the turnout was bleak, however, prompting writer Sherri Bouchard to open the piece College, particularly Lansdowne

### open space Green Party poised to take more seats, advance student interests

### **PATRICK FERREIRA**

CONTRIBUTING WRITER For the first time in Canadian history, the Green Party is poised to win several seats within the House of Commons. At the time of writing, the CBC poll tracker has the Greens polling at 10.8 percent nationally, taking most of their new support from the now weakened NDP. Current polling projects the Greens potentially winning as many as 10 seats in the House of Commons during the October election.

It is also likely that the Liberal Party will be re-elected with a minority government, which allows for the possibility of the Greens to negotiate their way into government. A Liberal minority government supported by the Green Party has gone from being a pipe dream to a real possibility.

What does this mean for Canadians, and, more specifically, for students?

For current and future students, the Green Party has committed to abolishing college and university tuition if elected, arguing that tuition costs widen Canada's wealth gap. This policy would drastically improve the availability of higher education to working class Canadians. It would also eliminate the significant financial burden associated with multi-year medical and law degrees.

For current and previous students, the Green Party has also committed to abolishing student debt that exceeds \$10,000, as well as extending grant availability to graduate and doctoral students.

The Green Party is also proposing investment toward a green economy, not dissimilar to the American "Green New Deal" proposed by US congresswoman Alexandria Ocasio-Cortez and senator Bernie Sanders. To this end, the Green Party has made commitments to opening new green apprenticeship programs for Canadians as well as supporting youth employment and research and development within needed Canadian sectors. The Greens also proposed establishing Green Worker Training Programs to paying attention.

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!

retrain and employ fossil-fuel workers in renewable-energy industries. This investment to restructure the Canadian economy into a green powerhouse has the potential to create new employment for all Canadians. This job creation and investment into green industries would lead to a strong economy for newly graduated students across Canada In addition, having the Greens

elected to government will help to begin positioning Canada as a leader on the world stage in the global effort to circumvent climate change. The Greens have pledged to end expansion of the Alberta oilsands and to redirect federal subsidies from fossil fuels, allowing Canada to become a world leader in the climate crisis.

However, the Greens still need to cross the hurdle of getting elected. The base of the NDP is currently being split between the Greens and the Liberals, putting the NDP in a weak electoral position. While the Greens are in the fortuitous position of siphoning votes away from the NDP, they still need to put in the work to campaign, canvass, and make their case to Canadians. Green Party leader Elizabeth

May needs a strong debate performance to propel her candidates to victory. May needs to outflank NDP leader Jagmeet Singh to the left on issues of climate, economic populism, tuition abolishment, student-debt forgiveness, and a green restructure of the Canadian economy

The English-language debate on Monday, October 7-which has happened by the time you read this-will be the make or break for the Greens. While Justin Trudeau's Liberals and Andrew Scheer's Conservatives battle it out for the first and second places in terms of seats, May and Singh will attempt to appeal to the Canadian working class and left-wing voters for the ever-important third place. There's a lot at stake for stu-

dents here. Hopefully everyone's



### "Rooftop gardens would be cool, and then they could use the stuff to feed the starving students."

# student issues

nexusnewspaper.com

It can be hard to be a student. The feeling of being stretched too thin is constant for many Camosun students. But when students pay their fees at the college, that includes counselling and student support services.

support managers (one for each campus) in the Office of Student Support: Jenny Holder started at Camosun in 2018, and Stephanie Pedneault is new to the college as of this September. Pedneault and Holder's role is to provide information and support to students who need it.

Holder says that the stress students face can result in bigger issues that can be addressed through counselling.

# **NEWS BRIEFS**

### Camosun gets ready to shake out

On Thursday, October 17 at 10:17 am, Camosun will participate in The Great British Columbia ShakeOut provincial earthquake drill. If you're on campus at that time, drop, cover, and hold on to a piece of furniture, and stay put for one minute. Then, gather at the nearest Emergency Assembly Point





**ANDREA ALDAREZ** "Community gardens with good veggies and fruit."



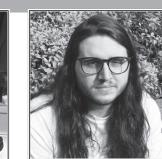
**APRIL COOKE-MACKEY** "So far, I think they've done pretty well, to be quite honest. I don't really have any complaints."



"Better awareness on recycling, I think. Some of the recycling places have pictures of where stuff goes and everything, but I think overall the knowledge of recycling is not at a very high standard."



CHLOE SCABER "A big thing at my job, we're trying to dive into getting rid of single-use plastics. I don't really know how much Camosun can really do about that at this point, but, just for example, everything in the bookstore, or in the cafeteria."



POLO LIMA

"I think we should have

composting... From what

bins, there's just paper,

plastic, and landfill."

I've seen with the garbage

# **NEWS/CAMPUS**

# Camosun Office of Student Support aims to help struggling students

"We've got more students coming into Camosun and we've got students coming in with greater social needs given the environment we're in, with housing and the pressures that students are seeing financially, living in Victoria. And that, I think, trickles down into some of the stressors that we're seeing with our students coming through."

> JENNY HOLDER CAMOSUN COLLEGE

### **ADAM MARSH** STUDENT EDITOR

Camosun has two student

"We've got more students coming into Camosun and we've got students coming in with greater social needs given the environment we're in, with housing and the pressures that students are seeing financially, living in Victoria," she savs. "And that, I think, trickles down into some of the stressors that we're seeing with our students coming through. In the next couple of years we would like to see an expansion of our services to better serve students."

Students with mental-health concerns and students who are survivors of sexual assault are also welcome to use the office, says Pedneault.

"If there are students on campus, or off campus, who have done something or behaved in a way that isn't in line with the [Camosun Stu-

dent] Conduct Policy, we come in," says Pedneault. "And oftentimes instructors or others will refer to us, and so we will be able to meet with the student, and come from a place of 'How do we support that student to have success?""

Sometimes its job is about figuring out how to get students back on track using internal resources, but the Office of Student Support will also outsource when needed. Students can always be the ones who choose how to move forward with the process, says Pedneault. The office is also responsible for the Sexual Violence and Misconduct Policy at the college. Its involvement includes holding workshops on how to respond effectively if a student, faculty member, or staff member discloses abuse. (The dates for these workshops are not yet confirmed.)

"Our office is responsible for being a place where those who have experienced an incident of sexual violence or misconduct can feel, hopefully, safe to come and where they feel that it'll be safe and they'll be respected to choose how they want to move forward. That goes for both folks who've experienced an incident of sexual violence or misconduct, or somebody who may be a respondent, so someone who has been accused of that," says Pedneault

Pedneault stresses that just because the Office of Student Support is part of the college doesn't



Camosun College student support manager Stephanie Pedneault.

mean that confidentiality isn't of the utmost importance. She adds that it's important to know that the office is not designed in any way to deal with formal crisis response. If a student comes to the office who, for example, is suicidal, it will be a safe space for them and the office will contact the appropriate organization

(Students can call campus security's emergency number at 250-370-3075 if they are on campus and witness a dangerous crisis.)

"We want to be able to respond to students' needs," says Pedneault, "but because of the nature of the office and the resources we have, we don't have the capacity to be in any way a crisis response.'

outside; helpers will be available to guide you. After 10 to 15 minutes, you'll be able to head back inside. See shakeoutbc.ca for more details.

### **Claremont Spartans** win Chargers Fall Classic

The Claremont Spartan Senior Boys Volleyball team won the Camosun Chargers High School Fall Classic on September 20 and

21 at Camosun's Interurban campus. The Spartans also took home the championship at the Camosun Chargers High School Fall Classic last year.

### Victoria fights climate crisis by participating in UN challenge

On September 21, Victoria mayor Lisa Helps participated in the launch of the United Nations Trees in Cities Challenge. Victoria is the largest Canadian city to participate in the environmental initiative, in which cities pledge to plant trees. Victoria has a goal of planting 5,000 trees by the end of 2020 and is the first Canadian city to join the pledge.

### **Elections Canada** hiring students

Elections Canada is looking for students in the Victoria area who are available to work on federal election dav (Monday, October 21) and at the advance polls (from Friday, October 11 to Monday, October 14). See elections.ca for more details -ADAM MARSH

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# CAMPUS

### student club Camosun Business Study Group forms to help Business students

# DAM MARSH/NEXU

Camosun Business Study Group co-founder Simon Shepherd.

### STAFF WRITER

Studying is never easy. It could be due to lack of personal discipline, lack of spare time in a busy schedule, or lack of ability to concentrate for more than a minute at a time. Whatever the reason, sitting down

know your profs

**EMILY WELCH** to hit the books can be an arduous task—one that most Camosun students would probably like to do more effectively.

Fourth-year Camosun Business Administration student Simon Shepherd felt all those pains while "[Me and two friends] were in an Accounting 110 class, and we said, 'This stuff makes a lot more sense when there's three of us together. How can we extend this to other students?""

> **SIMON SHEPHERD** CAMOSUN BUSINESS STUDY GROUP

friends he decided to start a supportive study group.

"The Camosun Business Study Group got started in my first year of studying, which was initially February of 2016," says Shepherd. "[Two friends and I] were in an Accounting 110 class, and we said, 'This stuff makes a lot more sense when there's three of us together. How can we extend this to other students?""

Shepherd says that it wasn't long before other students were interested, and he soon realized that with everyone's conflicting schedules the group would have to remain an open space for different sorts of help.

"We didn't have a set meeting time; what happens is based upon everyone's schedule being all over the place," he says. "Usually once or twice a week we have a classroom reserved for our open time. studying, and with the help of two So, depending on our members'

timetables, they can come down to that classroom and get help with different types of Business courses and classes. Or it might be that they have questions about starting their own business-they can then go to that classroom at that designated time."

Shepherd says that the group has many creative ways of supporting its members and boosting morale during stressful times.

"During every semester we have one or two events—one at the beginning, one at the end," he says. "It's right around the time of final exams, when courses are wrapping up. It's a great way to network, to let off some steam, just kind of get prepared for the school season as it starts. For instance, about two weeks ago we had our beginning of the semester mixer. We always have it at a different venue, so maybe a pub, maybe a bar, or I'll host people. I like to cook, so I'll cook a bunch of jack-of-all-trades group that way."

food, and we'll do different thingswe might play board games one night, and just recently we played Jackbox games-that's when you connect your laptop to the TV and everyone can answer trivia on their phones, or draw pictures and stuff."

Shepherd and the group members have noticed the ebbs and flows of their group's growth, and they roll with it.

"We tend to see a huge influx of students, one at the beginning of the year, and then another one a couple of weeks before final exams start rolling through," he says. "The ones that we see during those final weeks are generally students looking for those extra resources to succeed in those courses.<sup>3</sup>

Shepherd says he's pleased at how successful the group has been and with the support it has received (for more information on the Camosun Business Study Group, find them on Facebook at facebook.com/cambussg).

"We have a tremendous amount of support from the faculty, and we are so grateful for it," says Shepherd. "We have seen a tremendous amount of growth. Every semester we're getting about 12 to 20 new applicants enrolled. Not all those are very active applicants, but that's one of the things that we offer-there is no pressure, no obligations. If you need help, we're here to help; if you want to make connections, we're there for that too. We're kind of a

the provincial labour shortage

that we are now beginning to see.

Post-secondary education will need

to be accessible to people from all

groups, including those tradition-

ally underrepresented in higher

# literature



Writing, as any writer will tell you, is hard work. Writers work day and night to provide readers with quality material that not only entertains but also tells the truth and point of view. Camosun English instructor Laurie Elmquist writes children's books when she's not teaching, and she follows that formula down to the letter.

young Reece Hansen as he strug-

# review



Camosun Economics instructor Becky Mason adds it all up

### EMILY WELCH STAFF WRITER

*Know Your Profs* is an ongoing series of profiles on the instructors at Camosun College. Every issue over 600 students to the Hartland 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 would like to see interviewed in the paper? Maybe you want to know more about one of your teachers, but you're too busy, or just too generations. It has been a pleasure shy, to ask? Email editor(a)nexus- to watch my students move on to newspaper.com and we'll add your better jobs and higher education, instructor to our list of teachers to and to hear the progression of their talk to.

This issue we talked to Camosun Economics instructor Becky Mason about languages, landfills, and the duality of animal love.

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

I started teaching at Camosun in 2008, after a career in international finance and then a career shift to teaching high school and sessional university courses along improve my language skills in orthe US-Mexico border, before immigrating to Canada in 2005. Here, I teach Principles of Microeconomics, Principles of Macroeconomics, Fundamentals of Finance, Public Finance, and a variety of other Economics courses. I was one of the founding members of the col-

lege's Environmental Sustainability Council and have integrated the environment into my courses wherever possible. This has included taking Landfill over that time.

2. What do you personally get out of teaching?

Watching the future unfold. I feel privileged to be part of the journey for those who will take our society and our world into the next life journeys as they complete their studies.

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

I have been an international student myself. I have lived, worked, you? and studied in non-Anglophone countries (France, Tunisia, the Sudan), where my language skills were marginal upon my arrival, and I had to put in long hours to der to succeed. The experiences I gained, especially becoming part of the lives of the local communities where I lived, have lasted a lifetime. Now I volunteer at the Intercultural Association of Victoria to maintain that sense of connection with the international community.



Camosun College Economics instructor Becky Mason.

your students did not know about

Okay—many of my students know that I own a farm. Few know that some of the animals I raise there end up on my dinner table.

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

Hearing the feedback from my landfill tours. I know it must sound strange to go to a "dump" to learn about economics and business. The feedback has been 100 percent positive that seeing our waste problem

proach their consumption choices and make a greater effort to not contribute to the problem.

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

here? Ugh. I haven't liked dismissing class early or cancelling altogether so that we can all get home safely in the snow.

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

Labour market forecasts for over a decade have been predicting the other students already present.

education, in order to just keep pace with the workforce we have been the weekends?

the beach now and then; I find peace

seven days a week. And then there's chocolate... There is never enough chocolate...

10. What is your biggest pet

I find it very difficult to teach when students disrupt the class by loudly entering late or leaving early while the class is underway. I will stop the class until we can all focus on the learning. I think students that disrupt do not realize that their behaviour affects not only me but also

4. What is one thing you wish in person changes how students ap-

EMILY WELCH/NEXUS in the ocean.

accustomed to. If we do not succeed in this, our economy will shrink and the cost of living will rise even more. 8. What do you do to relax on

Relax? I own a farm with a dog cats, chickens, ducks, fish, and sheep that all must be tended to seven days a week! I do slip out to

9. What's your favourite meal? I love Ethiopian food; I can eat it

# peeve?

# CAMPUS/ARTS

# Camosun English instructor Laurie Elmquist releases new children's book

### Camosun College English instructor Laurie Elmquist and her new book, Ruckus.

### NICOLAS IHMELS CONTRIBUTING WRITER

furry help as he finds the way to acceptance.

"I suppose that I was drawn to this situation of a young boy going through a divorce because I understand that it's a very common problem for young children, probaccurately represents the writer's ably one of their biggest struggles at a early age," she says. "So, it's a theme I'm interested in, but I am also interested in what sustains us in life, what makes us resilient. And I think the love of animals and Elmquist's new book, *Ruckus*, pets is so important. It's something is her second story chronicling young people can hold tight when everything is falling apart. That's gles through his parents' divorce a stable influence in their life, and and, this time around, gets some it's something that they can hold

for comfort, so that was why I was drawn to this subject material of a boy and his dog. And I own a Jack Russell, so I modelled this dog from my own experience with that breed."

Elmquist says that writing is very important to her, as it is not only her passion but also what she does for work. It has a personal meaning as well.

"To me, writing really means a time that I get all to myself to create," she says. "I think that the act of creation is so important to being alive, so I often write about topics to try to understand them."

but Elmquist says that she manages to address big subjects in it.

"What surprises and delights me is that when I'm telling my stories, I can work in some important themes, and I never talk down to my audience," she says. "I always try to put in the kind of language that I love to read and I enjoy. So, in terms of quality, the writer is still trying to be the best that they can be and tell the best story that they can tell. Truthfully, I think the best stories that are being told right now are being told at the middle-grade YA [young adult] level. The storytelling is so terrific... writers realize that it's *Ruckus* is a book for children, very important to their audience."

"The act of creation is so important to being alive, so I often write about topics to try to understand them." LAURIE ELMQUIST CAMOSUN COLLEGE

As far as advice for young writers goes, Elmquist says that there are so many things to say, but one thing she really stresses is to make sure they're working on their words.

"I would advise them to make time for their writing. It seems like there are so many things that press upon us. I always write in the morning and make it almost the same as exercise—you just put it in your schedule so it's something you don't even think whether or not you're going to write that day. You simply just write," she says. "So that's what I will advise them to do, because there is only one way to become a great writer, and that is to write."

# The Children proves itself to be anything but childish

STAFF WRITER

**EMILY WELCH** adventures all have the distinct pared for the explosive, emotional, It's rare that I feel surprised Hence, when I left for the Belfry to about to have. these days. It's true—I've reached catch the opening performance of the proverbial plain of middle age, *The Children*, I was all set to have playwright Lucy Kirkwood, *The* where experiences, feelings, and a nice time, but I wasn't at all pre-

sense of having been lived before. and utterly unique experience I was

Written by award-winning *Children* focuses on the tenuous

### The Children tests emotions. All three characters are trapped in their own battles with cleaning up the past—theirs and the world's.

relationship between three friends, who also happen to be nuclear scientists in the British Isles reuniting after 30 years. All three an aging nuclear engineer who deals are struggling with their inner and with his past the same way he deals outer toils, dancing between being happy to see each other and facing other direction in the hopes that it the reality that they're trying to save the island from a nuclear meltdown. And this is happening in the plant that all three of them helped build four decades earlier.

The Children tests emotions. All three characters are trapped in their own battles with cleaning up the past—theirs and the world's. All are struggling with old guilt over careless decisions.

Nancy Palk plays Hazel, a nuclear scientist and loyal wife and mother. Palk plays her part with the pinpoint precision her slightly obsessive character depends on.

The challenging character of Rose is played by Brenda Robins. Rose is loud and opinionated, with bawdy humour that obviously is the result of past hurts. Robins adopts Rose's complications with deter-

mination and ferocity, making her the character everyone roots for.

Finally, Joseph Ziegler is Robin, with his aging—by trying to face the may have fixed itself.

The set, designed by Christina Poddubiuk, is ironic—a rustic country kitchen, cozy and hopeful, in sharp contrast to the fear and frustrations of the three characters. The costumes, also by Poddubiuk, are old-school, academic chic.

With frightening world issues tied up in a 30-year-old love triangle sprinkled liberally with British humour, The Children is a moving experience that left me joyous yet gasping for air.

### The Children Various times, until Sunday, October 13 Various prices (student tickets are 50 percent off), The Belfry belfry.bc.ca/the-children

# FEATURE

6

# **Power of the people** A look at Orange Shirt Day and the Global Climate Strike in photos

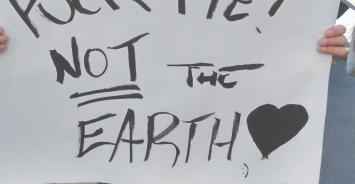














TIEGAN SUDDABY/NEXUS







n Friday, September 27, students walked out of classes at Camosun College and went downtown to support the Global Climate Strike; on Monday, September 30, Camosun College held its Orange Shirt Day event at both campuses.

Nexus was at both, and we thought we would use this space this issue to show the power of these two events through photographs.



EMILY WELCH/NEXUS







EMILY WELCH/NEXUS



KATHRYN READ KEARNEY

KATHRYN READ KEARNEY

# film

nexusnewspaper.com



Dracula and Jekyll and Hyde, so that in and of itself fit very well," says





### Snuff There's a Lot of It About (Fat Wreck Chords) 4/5

thing about Snuff's 10th studio album, There's a Lot of It About. This album is the epitome of party punk rock. Every track here is a fresh dose of good vibes and bad intentions, and they come complete with a tasteful trumpet.

Snuff have many different influences that surface throughout the album in a way that's apparent but not without finesse. The first three tracks are packed with fast-paced guitar and vocals indigenous to true punk. What proceeds is a dynamic variety of vocal styles, dense guitar, and dominant trumpet appearing out of left field.

"Dippy Egg," for example, hosts the aforementioned tasty trumpet riffs accompanied by a lyric style that could be best described as listening to words lethargically running a relay race, syllables lazily passing the baton to each other as the song runs on, but in a good way.

### film Experimental documentary at Antimatter explores Amazon's business practices

### ETHAN BADR CONTRIBUTING WRITER

Amazonia is Columbus, Ohiobased filmmaker Roger Beebe's new experimental documentary about the physical places where Amazon packages are stored, processed, and delivered, and he's bringing it to this year's Antimatter film fest here in Victoria.

Since 2007, Beebe has been exploring what he calls a "multi-projector performance," where he uses up to eight projectors working in harmony to create a trippy collage of experimental footage. Beebe tries to bring this idea into Amazonia by presenting it as a "desktop cinema," a film told from within the desktop of his Mac.

"You've got this terrain that's set for you, and then you decide how you array the windows and the volumes, and you get rhythmic possibilities that you don't have in single channel," says Beebe. "Thematically, the most important thing about it was just really thinking about the computer interfaces, like how I really accessed that world that I'm talking about, this sort of concrete physical world where the distribution centres are located. It felt important to pass through that portal to experience that footage. I had played with other versions of it that just presented the original Super 8 footage and 16mm footage full frame. There's something that just felt really wrong about it, and it really seemed to resolve that when I

music

recontextualized all that stuff in the computer space."

Watching Amazonia, you'd think it was done all in one take, but Beebe says that it's more complicated than that. If you've ever experienced the frustration of having too many tabs open on your web browser, trying to record this style of film would be your living nightmare.

"There are [cuts] but there are big chunks where I had to learn to perform it, and so I would do one chunk until I had a swipe to a new clean desktop," says Beebe. "I've done it for a couple of my recent works and I'm really interested in being in that space about the compositional possibilities of the multi-projector, multi-window environment of the desktop."

Beebe says that the first presentations he did of Amazonia were in a couple different forms, including trying to perform every mouse click live.

"[It was] an impossibly stupid thing to have tried," he admits, "but I tried to preserve some of that liveness in the recorded version."

Amazonia highlights many unsustainable business practices used by Amazon, even though Beebe himself admits to shopping there occasionally

"The truth is my girlfriend has an Amazon Prime membership and I do take advantage of it from time to time," he says. "In fact, for a new four-projector installation that I'm installing on Thursday, I had to buy

these motion sensors on Amazon. I don't shop more there than I have to, but I do seem to have occasion to buy something there every month or two if there's some weird little doodad. We're all inhabiting these contradictions... We all want to do better, we all want a world that is more just, and humane, and green, and all of these things, but we also depend on airplanes and cars and factories in southeast Asia and all this other stuff. You don't just watch a 24-minute documentary and then you've solved the problem, vou know?'

Going into the film, Beebe would like viewers to keep in mind that this isn't an activist documentary "in the sense that it prescribes a program." "I hope at least this information is in there so people can make consumption decisions," he says. "I don't want it to be a lecture, so I do hope it's informative and I do hope it's also an experience. I hope that viewers will not reduce it to its content.

By no means is Amazonia a conventional documentary-the form is made to complement the content, almost like poetry. And, like some poetry, this story is open-ended.

"After finishing the film, it feels like every week there's a new article that makes me want to add a new chapter to it, you know. There's a sort of crazy twist about Amazon now sub-contracting... They ended their relationship with FedEx and now they're hiring private drivers to insulate them from any responsibility in case the drivers get into a wreck and kill somebody," says Beebe. "I've seen drivers in my neighbourhood driving rented U-Haul trucks delivering Amazon packages. So it feels like every week there's a new story like that ... Keep your eyes peeled for the sequel.'

> Antimatter Various times, Wednesday October 16 to Saturday, October 26 Various prices and venues antimatter.ca



**FRED CAMERON** CONTRIBUTING WRITER

Former Victorian Leeroy Stagger has a long and rich history here in the capital. Now, Stagger is returning to town on the back of his 11th studio album, Strange *Path.* Stagger says that he tries to visit Victoria as often as possible.

"I spent lots of time there over the summer, but I'm really excited to come back to play at the Capital Ballroom," says Stagger. "I'd say it's the premier venue in Victoria. It's really my first headlining show at home since Rifflandia a few years ago. I'm really excited."

### Former Victoria resident Leeroy Stagger is learning to juggle being a musician, parent, DJ, and more.

Stagger says that he feels like ger's calling card. He's found suc-Strange Path is a much young- cess playing punk, rock, folk, and er sound. He remains true to his roots on it while experimenting far more in the studio than on previous recordings.

"I don't know how I'd describe the new album," he says. "The description is kind of in the songs. It's up to the listener to interpret it. I'd say that, like most of my records, it's very diverse. But I'd also say that it's my most contemporary record. Everything about it feels complete. As a musician that's a really good feeling."

Diversity has always been Stag-

country, which he says reflects his tastes as a listener.

"I like to listen to everything, and it changes all the time. The past couple of days I've been on an old-school funk kick," he says. "I'll go through phases where I'll listen to nothing but Warren Zevon, or Springsteen. I'm drawn to music that speaks the truth of the times. Music that's politically driven. I like artists who aren't afraid to step outside the box, but not too far. I like a recognizable melody that's catchy, or palatable, I suppose."

Stagger's eclectic ear has landed him a DJ spot at CKUA, which airs across Alberta and streams worldwide. Stagger says that it's the biggest radio station in the province for a reason.

"One thing that we [CKUADJs] is called Dirty Windshields Radio Hour. "There are so many great songs that just don't get airplay anymore, and B-sides that are just killer stuff that commercial radio just won't play, for whatever reason."

It's not just DJing and playing music: the work never ends, says Stagger. He says he's spending a lot of his time rehearsing for the upcoming tour, but that's just one of the balls he's juggling.

"When I'm home, I'm dropping off and picking up kids from school," says Stagger. "I'm being a dad as much as possible. I'm right in the middle of this album tour, so I'm not producing any records right now. We are just so busy with the tour, and we are dealing with the promotion of the record on top of it." Stagger admits that it can be

tough to keep up, but he has a great manager who takes really good care of him

MUSICIAN

"This day and age, there just aren't the numbers of staff that there used to be," says Stagger. "I'm kind content to give to fans. Some days it feels like I'm doing everything but

once, Stagger says that some days are easier than others.

breathe," he says. "I meditate and practice mindfulness. Some days it's pretty hard. There are days when I question doing this for a living. I just try to balance it all, and I let my kids know that I love them as often as possible."

Leeroy Stagger 8 pm Sunday, October 20 \$17.50, Capital Ballroom thecapitalballroom.com

## Ex-local musician Leeroy Stagger finds life-work-work-work balance "I'm constantly creating content to give to fans. Some days it feels like I'm doing everything but

of the ringmaster, making sure that love is that we're not told what to everyone is on top of everything. A play," says Stagger, whose show lot of the time that's just me writing posts on Facebook and newsletters to fans. I'm constantly creating

writing songs." With so much happening at

"Sometimes you've just gotta

writing songs." LEEROY STAGGER



A still from Amazonia, an experimental documentary screening at this year's Antimatter film festival.

DOUG MCLEAN CONTRIBUTING WRITER Craigdarroch Castle is hosting several classic horror films this month. It began with Dracula (1931) on October 3 and continues with Frankenstein (1931) on October 10, House on Haunted Hill (1959) on October 17, and Nosferatu (1922) on October 24. In addition to the films, actor Jason Stevens will be performing a one-man play of Frankenstein every Saturday in

October at 6 pm. "We've done live theatre for many years; we've worked with





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# ARTS

# Classic horror movies to be shown at Craigdarroch Castle



### Craigdarroch Castle while being used for the movie *Spooky House*.

New Music Revue



There certainly is a lot of some-

Craigdarroch Castle executive director John Hughes. "The audience was looking for something a little bit different, but they also told us they wanted a similar feel."

Craigdarroch Castle is especially suited to the movies being shown. The castle was inhabited at the time that Bram Stoker's Dracula was penned and when Mary Shelley's Frankenstein had already been adapted into a play-twice. But what really elevates Craigdarroch Castle as a venue for classic horror is the aesthetic.

"I'd have to say it's the nature of the architecture, the massive, imposing exterior with all the big

Steph Macpherson

Cowards

(Independent

4/5

songwriter Steph Macpherson has

come out of a four-year-long silence

(her last album was 2015's *Stones*)

songs ever, "Wasted," which is

fiercely honest lyrically-it's sur-

prising, soothing, and empathetic.

It's clear that Macpherson has been

down a long, dark road in making

this EP, and she has valuable things

Cowards; pain is never a waste, but

it sure can feel like it, and this song

takes the experience full circle, prov-

ing that the only waste would be not

listening to it. The ballad "Bad Fit"

is wrenching, and Macpherson's

soft voice hits harder than ever

here. "Treading Water" is an eerie

finish to the EP—it's real, true, and

transparent. Macpherson does what

she does best in this song: she makes

listeners wanting to hear more.

-Adam Marsh

"Wasted" is a perfect opener to

to say to the world about it.

It starts off with one of her best

with her new EP, Cowards.

Local alternative/folk singer/

chimneys and the high, broad roofline," says Hughes. "And because it's lit outside it gives you that kind of spooky effect, and, certainly once you get into the building, the lighting levels are low and the rich warm wood, it lends itself to the

Choosing the movies was a process influenced by the live shows hosted at the castle over the years. Some of the movies being shown have had theatre adaptations performed at Craigdarroch.

looking at some of the other performances that we've done, because we've done live theatre... We're

Teenage Bottlerocket/

Human Robots

Teenage Bottlerocket vs. Human Robots

(Fat Wreck Chords)

25/5

Robots is a split 7" featuring melodic

pop-punkers Teenage Bottlerocket

and Human Robots, the solo project

The Teenage Bottlerocket ma-

terial is a little disappointing. Only

"Olivia Goes to Bolivia" is new; the

second track, "Everything to Me,"

was on their last album, Stay Rad!

It's a tribute from Ray to his son-it

tunes for such a young musician.

opportunity.

of Teenage Bottlerocket singer Ray

Carlisle's 13-year-old son Milo.

Teenage Bottlerocket vs. Human

"Because it's lit outside it gives you that kind of spooky effect, and, certainly once you get into the building, the lighting levels are low and the rich warm wood, it lends itself to the flavour of the films."

> JOHN HUGHES CRAIGDARROCH CASTLE

looking for movies that fit within the timeframe that people inhabited the space, which was the Dunsmuirs," he says. "They weren't doing movies at the time, but the stories existed."

The idea for the event came from a situation several years ago, when the castle was playing host to a film crew.

"We were filming a movie here; we had to close for our typical Halloween season and we had a couple of evenings where the production team was not on site and we thought, you know what? Let's invite a couple of people in and run some black-and-white movies, and we had two showings over one Saturday one weekend and one Saturday the other weekend and they were very well received," says Hughes. "So when we decided to revisit our October programming, we went back to the success of those two presentations."

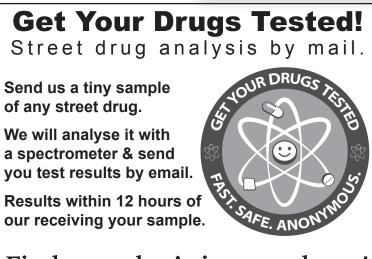
The lineup is full of classics, and they have no intention of changing it any time soon, but the schedule wasn't always just four films. Last year-the first year the event was run—included a fifth film. (All the October events will take place in the fourth-floor dance hall, up 87 stairs, with no elevators. The museum requests you don't wear stiletto heels, as they can damage the floors. Also note that all tickets must be purchased in advance.)

"We did Creature from the Black Lagoon last year," says Hughes. "I think the response was less enthusiastic, so we pulled it out of this year's rotation, but we might find that we might want to pull, say, Nosferatu and put Creature from the Black Lagoon back in."

Once the Halloween season is over, Craigdarroch Castle will begin preparing for the holiday season.

"We will be bringing Jason Stevens back to do his one-man version of A Christmas Carol," says Hughes. "This is where Jason does all of the voices of all the characters, and it's a very cool thing."

Creepy Classic Movies at Craigdarroch Castle 6 pm Thursday, October 10, 17 and 24 \$10-\$12, Craigdarroch Castle thecastle.ca

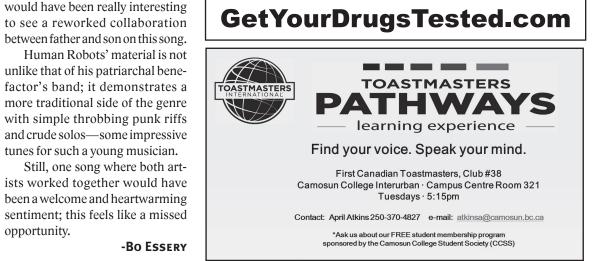


### Find out what's in your drugs!

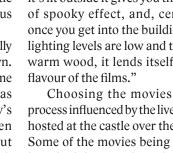
We test all street drugs, including Ecstasy, LSD, Cocaine, Heroin, Ketamine, GHB, MDMA, etc. (test not suitable for cannabis, hash or other herbs.)

We can detect purity, buffers, toxins, fentanyl and almost everything else in the sample.

Our service is fast, safe and anonymous.



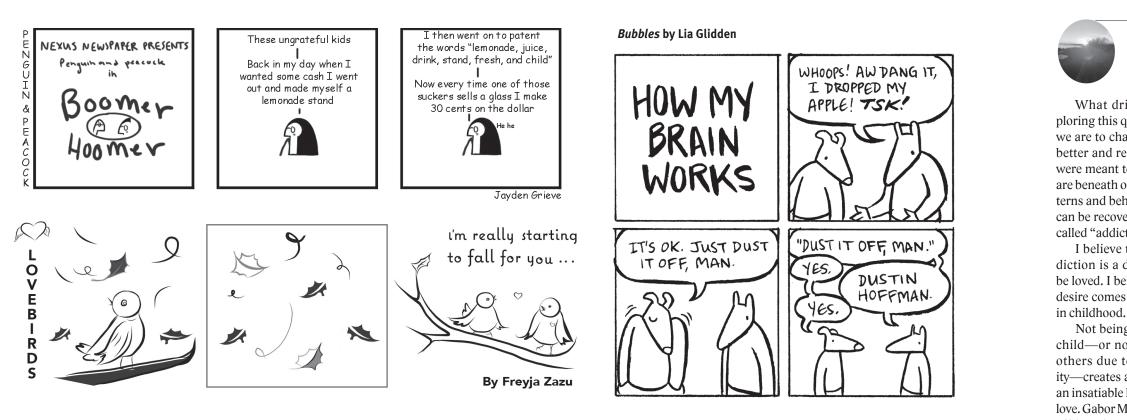
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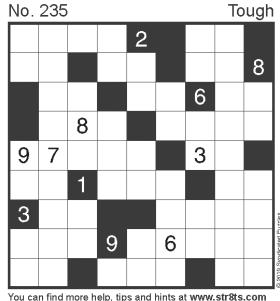
"I think we started this process

# COMICS/PUZZLES/EVENTS

October 9, 2019



### STR8TS

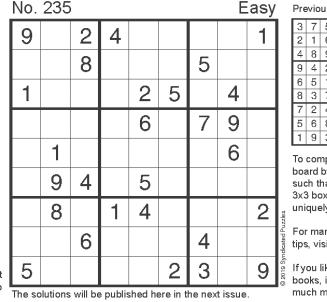


# No. 235 Previous solution - Medium 3 5 6 2 8 9 9 8 7 5 6

2351 987 How to beat Str8ts -Like Sudoku, no single number can repeat in any row or column. But.. rows and columns are divided by blac squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option n that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed

67213

### SUDOKU



by emily welch

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

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

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



Thursday, October 10 Getting the Indigenous perspective

Victoria poet laureate John Barton will be hosting Local Indigenous Perspectives on October 10. The free event is a celebration of Indigenous writers and will feature readings from Danielle Geller, Kim Senklip Harvey, Philip Kevin Paul, and Trov Sebastian, Local Indigenous Perspectives takes place from 7 pm to 8:30 pm at the downtown library; see victoria.ca/poetlaureate for info.

SATURDAY, OCTOBER 12 Singing the body electric Glass Forest, Dance on Plants, Jaya, and Batteryhead are playing a diverse array of sounds ranging from electro-pop to quirky singer/ songwriter fare at the Copper Owl. The vibes will be groovy, the music eclectic, and the smiles abundant. \$12 at the door; see copperowl.ca for more information.

### Thursday, October 17

Beer, beer, and more beer What a way to celebrate the beginning of the harvest season: at the Harvest Seasonals event, you'll get to learn about (and taste!) different beers, Local beer expert loe Wiebe, who is dubbed "The Thirsty Writer," will take you on a beer adventure, sampling eight different brews, including a pumpkin-infused beer (drink it with pumpkin pie). Tickets are \$20. This civilized brew bash goes down from 6:30 pm to 8 pm at Vessel Liquor, located at 1609 Fort Street; see vesselliquor.com for more info.

### Friday, October 18 *Care to hip-hop?*

Switch and Wes Paul are coming to Victoria for their Where Am I? The Tour, uh, tour. These fab artists, branded as "dark hip-hop," are gracing the stage of Lucky Bar for an early show at 7:30 pm, with performances from Euphorik, Mr. ESQ & King Benz, and a slew of other hip-hoppening artists. If you plan ahead. advance tickets are \$10; tickets at the door are \$20. See luckybar.ca for details

### Friday, October 18 AND SATURDAY, OCTOBER 19

### The importance of buying local

When I talk about buying local, I'm not talking about kale this time. I'm talking about live performances from local Victoria musicians. Vista 18 supports Victoria artists by letting them perform there; the good news is this is a weekly occurrence, and the better news is that the event is free. They encourage you to save your cover charge for something meaningful, like drinks. The show starts at 8 pm; see vista18.com for more info.

### Saturday, October 19

Go compostal Composting is the new and hot thing to do, so we may as well learn to do it well. This is a free advanced composting workshop at the Compost Education Centre, where you can broaden vour knowledge of composting. Some topics that are going to be discussed will include dynamic accumulators and hot composting,

compost tea (eh?), in-situ composting methods, and humanure. Although this sounds like, well, kind of a gross way to spend a Saturday afternoon, this also sounds like it is not just forward thinking, but forward doing. And hey, it's free. The event runs from 10 am to 12 pm at 1216 North Park Street; see compost. bc.ca for details.

### SATURDAY, OCTOBER 19 Fall into fall

You might actually do that if you use Oktoberfest for what it's famous for. But, hey, it's not just about the booze-there is also food, friends, and community. The Oaklands Community Centre is celebrating Oktoberfest with this popular event; one ticket includes one Hoyne beer as well as a traditional Bavarian meal and the best music from Munich that your money will buy. The event is from 6 pm to 9 pm at Oaklands Community Centre, 2827 Belmont Avenue; tickets are \$25. See oaklands.life for more information.



Glass Forest are playing the Copper Owl on Saturday, October 12.

	What's happening at	
NEXUS	nexusnewspaper.com	
NEAUS	Week of September 29, 2019, top five most read stories:	
	1. "Dead Man's Cell Phone looks at the human-phone relationship," September	
TT 13	30, 2019	
Hannib	2. "\$10,000 in landscaping equipment stolen from Camosun's Lansdowne	
	campus on Labour Day Weekend," September 30, 2019	
October 2	3. "The road to reconciliation: Camosun College continues on its Indigeniza-	
	tion journey," September 25, 2019	Leave a Commer
Filed under V		
	September 27, 2019	
Imagine som	5. "Griffin Poetry Prize winner Billy-Ray Belcourt brings poetry to Camosun	opping Hannibal
-	College, October 1, 2019	essing Hannibal
Buress' live s	has need to bar site to encert but new exclusive stones.	if that happened to
some audier	Check it all out at nexusnewspaper.com, and find us on Instagram, Twitter,	specials on Netflix, I
was hyped to	and Facebook today!	

good. The problem is that the methods we use are never enough and Social Survival 101 İ

temporarily.

As cold, wet weather begins to added bonus of less harm to factory Derelicte collection, "homeless chic" has continued to make a major cast a shadow on our summer wardworkers and the environment. A robes, many fashionistas will find win-win for everyone, really. splash in fashion circles around the world via other influential designers it increasingly difficult to continue Let's not kid ourselves, though: making edgy statements through such as Vivienne Westwood, by the whole point of buying distressed icons such as Brother Sharp, and, clothing in the first place is to demthe holes of their pre-tattered pants while also staying warm and dry onstrate our commitment to fad more recently, in Daisuke Obana's enough to look nonchalant about it. over function and aesthetics over fall 2017 runway show. Some will compromise with ethics. Factory-ripped jeans and But whereas other trends in base layers beneath their extreme duct-taped shoes are an invaluable poverty chic have been heavily dependent upon ornamental stains, cut-out jeans while others may find social currency that helps us identify ourselves with the upper echelons themselves questioning whether mud, and holes, these tastemakers have achieved that much sought-afto give up on tastefully torn pants of style while also conveying downentirely... at least until next spring. to-earth authenticity. Surrendering ter "poor look" through careful these noble values to a little cold But if celebrities are still wearing layering and accessorizing. them, why should anyone else stop? weather or some moral quibbles is, Yes, just as you can channel the spirit of countercultural authenticity To be sure, some recent so-called quite frankly, absurd. "sustainable fashion" campaigns So rather than dilute the through artificially decayed pants, have raised a few ethical objections strength of your poverty-chic wardso too can you craft a cozy, vogue robe with tacky compromises for outfit inspired by the spectacle of to pre-distressed jeans. However, a bit of extra warmth or a lighter homeless survival, all the while exciting new advances in laser conscience, why not consider taking technology are enabling conscienreturning to your warm home and tious manufacturers to mimic that the look to its most spectacular, bed at the end of a frigid winter day. What more could you want? glamorous worn and rat-eaten look winter-ready form? more accurately than sandblasting Next up: "Clear jeans: too far, Perhaps best known through and chemicals ever could—with the Mugatu's groundbreaking 2001 or not too far enough?"

### CAMOSUN COLLEGE STUDENT SOCIETY CLUB COLUMN CAMOSUN BUSINESS STUDY GROUP

### Follow with how

Why or Leaders Eat Last.

# COLUMNS

by Katie Mondey

Freedom from Addiction

### Learning to recover

What drives addiction? Exploring this question is essential if we are to change our lives for the better and recover the person we were meant to be-the person we are beneath our dysfunctional patterns and behaviours. This person can be recovered—that's why it is called "addiction recovery."

I believe that what drives addiction is a desire to love and to be loved. I believe as well that this desire comes in part from trauma

Not being loved properly as a child—or not being able to love others due to their unavailability-creates a cavernous void and an insatiable hunger to experience love. Gabor Maté once said that one of his patients described the feeling of doing heroin as the feeling of a loving embrace. A cookie, too, can feel like love for a moment. A beer, a text message, or being in love can act as a soothing balm for the pain of emotional hunger, albeit

However, it's not the drive behind addiction that's wrong. It's understandable to want to feel

Addiction, I now know, has the power to rob me of my true calling: work that I love, relationships with people I truly love, and the discovery of my true self and all that I am capable of. Indeed, my true self and my life's purpose exist beneath my alter ego, the addict.

lives. Looking for love through any external means to find relief from pain always results in more pain. Maybe not right away, but it always does.

Addiction—compulsive, unhealthy thought patterns and behaviours—keeps us trapped in a cycle of pain. When we look for relief this way, we are doomed to find ourselves experiencing the same shame, despair, and all-pervasive feeling of being not good enough over and over again.

Step one in any 12-step program is about recognizing that we have a problem and that our attempts to solve it are not working.

I've come back to step one many times, as the path to recovery is not linear and we humans do not heal are—sooner or later, to a greater perfectly or seamlessly. But I know

or lesser extent—damaging to our as a sex and love addict that my attempts to fix my internal world through relationships or sex are not only futile, they have proven to be dangerous and damaging. Addiction, I now know, has the power to rob me of my true calling: work that I love, relationships with people I truly love, and the discovery of my true self and all that I am capable of. Indeed, my true self and my life's purpose exist beneath my alter ego, the addict.

> Do you feel trapped in pain? Do you feel that your attempts at happiness simply do not work? Whether or not you would label yourself an addict, consider that perhaps your liberation from suffering comes not through wilful effort, but through humility, honesty, and surrender to a power greater than yourself, a power that's found within yourself.

> > by Simon Shepherd

by Sean Palmer

### How to stay warm but look cool this winter

In the last article, I spoke about the importance of "why" and how vision helps eventual success. But for every great entrepreneur and leader who had a great vision, there was a person with the "how" right behind them. "I have a dream!" The great speech that we all know by Martin Luther King Jr. led a movement of equality and rights that is still felt to this day. You'll note it's called the "I Have a Dream" speech, not the "I Have a 10-Step Plan" speech. It was purely a belief, a vision, a "why" that he spoke to. But how it was accomplished was

not by King—it was by his friend and mentor Ralph Abernathy Sr. After each address given by King, it was Abernathy who would come up afterward and tell people what they needed to do to accomplish this vision, step by step, week after week. It was Abernathy who roused a quarter of a million people to march on Washington n August of 1963. All with no internet, no advertising, and no publicity.

George Patton said, "Don't tell people how to do things, tell them what to do and let them surprise you with their results." For those wanting to read more like this, I encourage you to read Simon Sinek's Start With

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.



### Hold My Beer, I Lost My Keys by Bo Essery

### How to buy gifts like an adult

One defining moment of that abrupt transition between adolescence and adulthood is the realization that you now have to put thorough effort into buying gifts for your friends and family members when their birthdays come around.

Gone are the days of quirky handwritten coupon books and endearing last-minute runs to Shoppers Drug Mart for vague, ill-fitting greeting cards and discount-bin chocolate. Hallmark can't help you; the safety net of cute irresponsibility doesn't exist anymore.

But don't fret! Buying thoughtful and considerate gifts on a budget for your loved ones is a breeze with the right mindset. Let's start with a popular example—your mother's birthday

This is an important milestone in your mother's life, as she only turns 32 once, every year. The problem is knowing what to get a woman who's already been given the greatest gift in life: you! From the instant you came into her life she had the privilege of carrying around you, a bulbous tumour, for nine months. You kicking her from the inside of her own goddamn body only to "unwrap" yourself by clawing out of her like an alien in a cacophony of screaming men, women, and child all professionally lit by medical equipment.

How the hell do you top that? Well, the first thing that comes to my mind is a rather traditional gift: an eight-pack of Lucky beer and a pre-roll. The more I think about it, she probably really needs it. Secondly, wouldn't you really want to get fucked up right now? Of course you would! And, hey, you're half her; you didn't come from nowhere. There's a good chance she'll love it.

Now, I know downsizing to the six-pack looks tantalizing now that rent's due and money's tight, but those extra two brews might be the difference between a good gift and a great time! Why not spoil her? Don't you love your mother?

Next order of business is the card. Oh dear sweet lord, remove me from the peril of finding a fucking card. The greeting business has got you by the balls here, folks: they charge you \$7.98 for pending recycling. Luckily, there are a few shortcuts. For example, a handmade macaroni birthday card at 24 is quirky and fun. But it's only cute once-twice is a cry for help. You need to use this wisely: trust me on this one.

Queering

### On queer health care

I have waited with clammy palms in many doctors' offices. I mentally prepare myself for all medical appointments, fighting against anxiety by listing out what I need to communicate to my care provider, rehearsing the most concise words to use to avoid being spoken over or having my needs assumed.

Accessing health care despite the fear of discrimination or misunderstanding has become a deliberate, strategic act for me.

There are specific wellness needs for queer and trans patients compared to those who are straight and cis. Proper sexual health resources and education, reproductive health access, mental-health support, and gender-affirming care are all services that queer folks struggle to access. Providers often overlook or are not educated on queer-competent care, leaving our needs unmet.

I have seen my queer and trans friends avoid accessing health care in fear of facing discrimination and a lack of accessible services. I have entered many medical appointments feeling as if I had to prove myself and my queerness.

Informed care providers are necessary to change this. Open conversations and education systems on queer and trans care are essential for all health-care providers. The approach that patients are cis and straight until proven otherwise needs to be abandoned.

by Astrid Helmus

There is incredible work taking place to aid gender- and sexuality-comprehensive health care. Here in Victoria, Foundry operates a clinic that has created an open, comfortable, and accessible space for queer health to thrive, providing health care, sexual-health resources, trans care, and youth counselling

It's the first clinic that I, as a queer woman, have felt met my wellness needs. There is an amazing community of providers working toward meeting what hasn't been met within health care.

This growing culture of accessibility in the medical field is what excites and motivates me to pursue a medical career and to join a com munity of queer-comprehensive caregivers.

Still, it needs to be addressed that in the past, queer-comprehensive health care hasn't existed. This lack of accessibility has a long and painful history, and it continues to hold queer individuals and families back from a human right they have been promised.

The systematic restraint that surrounds so much of our lives as queer people cuts deep into our access to health care.



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# PUZZLES

### 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 College's Lansdowne campus.

and bring it in to our office (201 Richmond House) wins a free prize!

We hid the last copy in a stairwell between the second and third floors of the Young building.

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

### Camosun Master Plan word search

You ever read a master plan? They can be a bit of a tough slog, so to keep ourselves entertained while reading the college's new Campus Master Plan 2019 in preparation for an upcoming feature story, we created this word search out of words from the plan.

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.

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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.

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