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education

Camosun to launch island's first sonography program



Classes for the new sonography program will be in the Alex & Jo Campbell Centre for Health and Wellness.

EMILY WELCH

STAFF WRITER On Thursday, October 17, Camosun College announced that it is launching Vancouver Island's first Digital Medical Sonography program next year. Diagnostic medical sonographers are health care professionals who use sonography technology to take internal images of a patient.

"The college is really excited about this," says Camosun dean of Health and Human Services Cynthia Smith. "Like any new program, it's been a partnership right across education approvals, the registrar's office, and the program chair. We've hired new faculty, who are sonographers, to be teaching in the program. It's really involved all kinds of people across the college, including that it was a key part of the new construction in the teaching clinic in The [Alex & Jo Campbell] Centre for Health and Wellness."

Smith says that the new twoear program has been a large investment—the provincial government put in \$1.4 million to support the development, launch, and delivery of the program and \$4 million in capital funding for equipment and the creation of classroom and lab space in the building—and that sonography is a growing profession that is in high demand. "We've had to purchase expensive but specific sonography equipment," she says, "equipment that not only provides service but also to simulate what students would see if they were scanning someone, so maybe simulating a cardiac concern or a pregnancy." Smith says that the college has $% \left(f_{1}, f_{2}, f_{3}, f_{3}$ been thinking of starting this program for many years.

"We are so thankful to the ministry for funding this program at Camosun. It is very good that students on the island do not have to go all the way to BCIT. It is only 16 seats right now, but I think it is a great change overall."

FILLETTE UMULISA

CAMOSUN COLLEGE STUDENT SOCIETY

was when I first started, almost six years ago," says Smith. "In fact, it's been a vision at the college for about six or seven years, envisioned first when we started the Medical Radiography program."

The Camosun program is the first time sonography will be taught on Vancouver Island.

"There are two other programs [in BC]," says Smith. "One is at BCIT, and the other is The College of New Caledonia in Prince George, which just started this fall. So we are the first on Vancouver Island, and the third in BC." Camosun College Student Society (CCSS) external executive Fillette Umulisa says that the CCSS is also very happy about the new program and the partnerships that have formed while creating it. "We are so thankful to the ministry for funding this program at Camosun," Umulisa says. "It is very good that students on the island do not have to go all the way to BCIT. It is only 16 seats right now, but I think it is a great change overall." (The college will be taking 16 students into the program in May 2020; the second intake, in 2021, will be 32 students.)

"So many people have worked together," she says, "We have received significant funding from the Ministry [of Advanced Education, Skills and Training] to be able to offer it. It's also a very exciting partnership with Island Health."

Smith says that the applications for the programs have been arriving fast, and that opening up a project like this one takes effort from everyone involved.

"It is so much work from all parts of the college," she says. "It's been a Camosun partnership, as well as a partnership with the government, both the Ministry of Advanced Education and Island Health." Umulisa says that she recognizes that the new program might be expensive for students, and she hopes that the college keeps tuition reasonable (the Camosun website currently lists the estimated program tuition at \$36,461 for a diploma and \$898 to \$1,572 for a one-term advance certificate; the program is not open to international students). "As a program, medical sonography is a little expensive," says Umulisa. "We actually hope that Camosun will set the tuition at a rate that is affordable for residents of Vancouver Island. We want students to take advantage of this opportunity."

check out the new nexusnewspaper.com!

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Students get experienced with the Dunlop House pub page 3

Burlesque fest launches in Victoria page 8

student politics

Camosun College Student Society election results in

ADAM MARSH STUDENT EDITOR

The Camosun College Student Society (CCSS) held its fall student elections from Monday, October 28 to Wednesday, October 30. 877 Camosun students voted, which is approximately nine percent of the student population at Camosun.

CCSS executive director Michel Turcotte says those numbers are typical for the student elections, and that the numbers have increased since switching from paper ballots to online voting in 2017 (by way of comparison, 697 students voted in the fall 2018 elections). The elections serve a dual purpose, says Turcotte: to bring student representatives onto the CCSS' board of directors (which is the governing body of the CCSS), and to raise awareness of the CCSS.

"Sometimes students don't understand the distinctions between the college and the independent organization that represents their interests," says Turcotte.

Melaniia Frolova was voted in as the CCSS international director; Hayley Lamb and Shivam Gupta were voted in as Interurban directors-at-large. Yara Abaza, Mai Nguyen, Quinn Cunningham, and Katrina McNeely were voted in as Also in this election, CCSS external executive Fillette Umulisa was voted in as a student representative on Camosun College's education council, as were Paige Martin and Isaiah Jurkuch. Umulisa says that being on the education council ensures there is a student voice to provide input on how best to develop curriculum to meet students' needs.

"Just be there to represent students so that there's some sort of equality," she says. "My whole point of this is, I want to be there to make sure that students get the best out of the programs that are developed in terms of materials, prices, tuition, and time."

As an example of this, Umulisa points to the cost of textbooks for Camosun students.

"Myself and the student society are pushing toward more open education resources," she says.

Umulisa says the student society, and the elections, are a fundamental part of democracy.

"We are a democratic student union. We believe in the power of democracy," she says. "Every student at Camosun College is a member of the society; casting your vote and having a say in who gets to represent them is the first step

"I remember walking across the Lansdowne campus and hearing about the need for this, and that There have also been many other people and organizations wanting to get on board with Camosun's new sonography program, Smith says. Lansdowne directors-at-large.

toward our democracy legitimacy."

eyed on campus



GREG PRATT/NEXUS

Guerilla art spotted on Camosun College's Lansdowne campus on the morning of Tuesday, October 22.

VIEWS

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OVERHEARD AT NEXUS: "I need coffee, hashbrowns, and

student editor's letter The popular vote

Urging people to get more politically involved is a good thing. In layman's terms, your world as you know it depends largely on you giving a flying fuck. That can be said for everything: your education, your relationship, your job, and even minor tasks like your weekly errands, the small things that make the world spin.

It can also be said for—look away if you have to—voting.

But put voting aside for a moment. Imagine this: you're with someone for the sake of being with someone. Pretty much anyone will tell you that it won't end well but it will end. Because eventually you stop doing the work, you stop noticing the small things, and, most of all, you can't be with them for their own benefit, which is-provided it works both ways-the foundation of a lasting relationship.

It's like politics: it only works if you do. For your vote to count in the way it's designed to, you have to know your shit. Blind voting is way worse than not voting. The complete and utter mayhem that would result in everyone voting because they thought it was cool, they thought it was their duty, or they thought it was better to vote for the person whose name sounded the coolest rolling off their tongue, or the person representing the party their family historically stands for, is much more frightening than the thought of the population of an entire riding refusing to vote because none of the candidates were actually good.

The lesser of two evils was the political backbone-the thesis of impending failure, if you will-in America as of January 20, 2017. It's rapidly becoming the foundation of Canada, too; after all, we have a provincial leader in Ontario who thinks student unions get up to "Marxist nonsense."

Do your homework. Think with your head, not your heart. I care about the environment tremendously; it's a global emergency. But did I vote Green? Ah, I won't kiss and tell. I'll leave that to the politicians. Let's just say my heart gets me into trouble in many aspects of life. With any luck, politics won't be one of them.

> Adam Marsh, student editor adam@nexusnewspaper.com

25 Years Ago in Nexus



flashback

GREG PRATT MANAGING EDITO

Writing Centre victory: We reported in this column a couple issues back about the uncertain future of the then-closed Camosun Writing Centre. Our November 14, 1994 issue carried the good news that it would reopen in the story "Writing Centre to re-open with student tutors." The student tutors were given "a short tutor training course," according to the story, which is a bit alarming, but, hey, better than no Writing Centre at all, right?

Interurban gives student society cold shoulder: The story "Interurban students feel alienat-(CCSS). "They don't care about publishers."

Jamie Stevens said in the piece. Student Jeff Kelly said that he didn't vote in the recent CCSS election. "I voted last year," he told us, "but not this year because it seemed pointless. They did not seem to take any actions on our concerns." "Trades and Technology students feel segregated," added another student. "Nobody cares," said yet another, punctuating this miserable, feelbad story with cheer, "and no one has the time."

our opinions," Interurban student

More textbook pricing woes: In "Cost of textbooks depends on instructor comfort," we looked at one of the longest-running topics of discussion here at Nexus HQ: the price of textbooks. Brad Hett, who was at the time the Camosun College Student Society external executive, said in the story that he thought that more instructors should print their own course materials through the college Printshop, saying that it reflects on "an unorganized and ed" talked about how students at poorly structured faculty. It makes Interurban felt alienated from the me wonder if professors are more Camosun College Student Society dedicated to the students or the

open space Camosun College needs an oncampus doctor

LIZ WARDY CONTRIBUTING WRITER

One of the biggest shocks when I moved to Victoria back in July was realizing how hard it is to find a family doctor.

Locals told me it's easier to just stick to walk-in clinics, but I wanted to get around that when I registered at Camosun: I was hoping the colhopes were quickly crushed when I

Camosun College, this isn't okay. Students shouldn't have to worry about their health and be putting aside the massive amounts of time that walk-in clinics involve when they're already busy with classes or work.

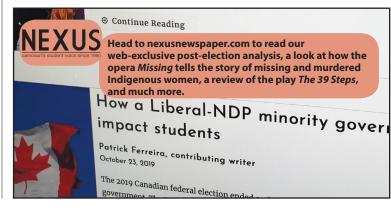
asked around and found that there's no doctor here. I was shocked.

Why is it impossible for students to find a doctor? Not that I don't think sexual and dental health aren't important—they are both essential parts of our health—but you would think there would be a general health doctor on campus before having these services here.

It's time to question this. Can't students agree that it's a pain to wake up super early on your day off or hours before class starts to wait for hours in a walk-in clinic? That's if you have time to sit and wait—most students need to work on their days off of school to keep up with bills and payments; taking an entire day off to wait in a walk-in clinic can be extremely pricey for some people.

So why aren't students here pushing for a doctor? The last thing students want is to stress about getting their prescription refilled

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!





JEN BROOKE "Probably a Mother Mother concert I went to in 2015."



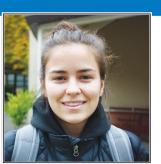
"I've never been to a concert in Victoria. I've gone Shores]. Brian Wilson came. to Cirque du Soleil. That was It was pretty damn cool." pretty cool. It was a really good experience."



HARRISON YOLLAND "Beach Boys [at Rock the



"I haven't. I've not been to very many concerts. unfortunately. Not much budget for it."



HOLLY DENNIS "I went to Rifflandia; saw Post Malone back when he was... like, no one really knew about him."



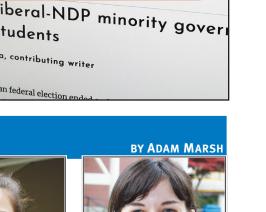
a cardiac arrest in the middle of a hallway? Sure, there's a first-aid room, but does anyone know where it is, or what the number to dial for it is? (Spoiler: no.)

There's a hospital about five minutes from the Lansdowne campus, yes, but the ER wait is atrocious. So with the ER backed up as well, either way, you're waiting for hours for medical attention.

Camosun College, this isn't okay. Students shouldn't have to worry about their health and be putting aside the massive amounts of time that walk-in clinics involve when they're already busy with classes or work.

I believe there should be a push for a doctor at Camosun, and I believe this should be mandatory for all campuses.

It would only make sense to have a doctor here. Students are given health benefits, after all-shouldn't we be able to use them?





"Honestly, I don't go to shows a lot in Victoria. I'll mostly go to Vancouver for shows... I think in Victoria,

it's probably just an old

bluegrass banjo player called Old Man Luedecke."



One of the main components of Camosun College's Hospitality Management program takes place at Lansdowne in a heritage building originally built in 1928 as a house for the Dunlop family. Today, the Dunlop House serves as the location for a restaurant and pub managed and operated by the college's Hospitality Management students. Louise Remus is one of the

NEWS BRIEFS

Camosun introduces new Women in Trades Training program

Camosun College has a new Women in Trades Training (WITT) program, being offered in partnership with Vancouver Island University. The program—which is funded through the Canada-British Columbia Workforce Development Agreement through the Industry Training Authority—has two streams: the Women-only Trades Sampler Program, and the pre-Approgram. The program includes life and mentoring opportunities, and ition and protective equipment. The ernment funding.

NEWS

student experience

Students bring Hollywood to Lansdowne Dunlop House pub

ELI DE LA CRUZ/NEXL Camosun College student Louise Remus is involved in the Dunlop House pub.

lop House; different classes host

"For our next theme, we're do-

Remus says that to bring that

EMILY WELCH STAFF WRITER

the pubs on different weeks. The classes choose themes and each student handles a different role for the pub night; Remus is in charge of marketing ing 'A Night in Hollywood.' I'm doing the marketing for it, arranging the decorations, and figuring out activities for people to do when they come," she says. "We also have to transform the Dunlop House into an area that fits the theme."

first-year students who helps run the Thursday pubs at the Dun-

"We want to make sure that people have a fun time. Dunlop House isn't something that most students even know about, or [they don't know] about the pub nights that we pull off. Everything we create, we put a lot of hard work into. It's just something that we are all very, very invested in."

> LOUISE REMUS CAMOSUN COLLEGE STUDENT

theme to the Dunlop House, the team has to start very early on Thursday to get things ready.

"We completely transform it," she says. "We reorganize all the tables in the Dunlop House and put up all the decorations. It's a classic Hollywood black-and-red theme. We are also going to have some great food options. We have two appetizers, a burger, and a pizza, and a dessert of tiramisu."

Remus says that her group members in the program created all the ideas for the food, which is completely unique to the pub.

"We also have our bar menuour cocktails and our mocktails," she says. "These were also created by another student who came up with them to fit the Hollywood theme as well. We come up with these ideas together, because when we collaborate, we can fully bring our themes to life."

Camosun Hospitality, Tourism and Golf Management instructor Brad Boisvert's class runs the Dunlop House restaurant. Boisvert says that the work the students do is instrumental in preparing them for when they graduate and enter the service industry

"It's true hands-on applied learning for the students," says Boisvert. "Our hope is that when they get out there and are in a co-op, that they have an understanding of what goes on. It's getting them ready for the industry; getting them ready for the work force."

Boisvert says that the experience in the restaurant plus the practice in management training is a good step toward future employment.

"The restaurant itself is a vehicle to teach the applied learning of management skills," he says.

Remus acknowledges that while working to make these pub nights happen is enjoyable, it can also be difficult.

"It's definitely fun, but it is really stressful. It's a lot of work," she says.

"I didn't know how much work I was getting into when we started." Remus practiced for the themed

pub night by volunteering on other nights at the Dunlop House.

"I volunteered last week at the pub, so I got to see how it works, how it meshes," she says. "So I know that when it's my night it will be a lot of fun, but leading up to it is definitely very stressful."

Coming up with the themes for pub nights is also a collaboration between the students, says Remus.

"When we first come up with a theme, we consult with our groups, and we try to think of what would work well with students as well as the teachers, because we do get a lot of teachers who come as well,' she says. "So, what would suit both demographics? What would be more interactive? What might be easier to pull off and transform the Dunlop House into?"

Remus wants other students to realize how much these pub nights mean to the people who create them and how attending them will support fellow students.

"We want to make sure that people have a fun time," says Remus. "Dunlop House isn't something that most students even know about, or [they don't know] about the pub nights that we pull off. Everything we create, we put a lot of hard work into; we want to make sure that people have fun. It's just something that we are all very, very invested in.'

WITT program is open to women of all ages, backgrounds, and skill levels who seek a career in a Red Seal trade. See camosun.ca for more information on the program.

Camosun to receive health-care funding

In October, the Ministry of Advanced Education, Skills and Training announced that Camosun would receive \$342,000 from the province of BC over the next two years to create 48 additional seats for its Health Care Assistant prenticeship or Apprenticeship programs. The money is part of a board of governors. larger \$3.64-million investment in skills, essential skills, networking public health care assistants made by the province. 418 new seats will industry-recognized certificates, be available in 14 post-secondary and offers financial supports for tu- institutions as a result of the gov-

Camosun welcomes new member to **Board of Governors**

Camosun College announced on Wednesday, October 23 that Michael Stubbing is now a member of the college's board of governors. The appointment began on Tuesday, October 15 and runs until July 31, 2021. Stubbing is an accountant and has a bachelor of Business Administration from Simon Fraser University. See camosun.ca for more information on the college's

City looking for public's input on budget

The City of Victoria began 2020 budget discussions on Thursday,

October 17. The proposed plan allocates \$258.7 million for over 200 programs and services, while \$42.1 million will be invested for capital infrastructure projects. Budget Town Hall—a meeting where citizens can come and voice their thoughts and opinions about the budget and five-year financial plan—is scheduled for Thursday, November 21 at 6:30 pm in City Hall. Citizens can also participate remotely by submitting questions over the phone or online during the meeting. See victoria.ca/budget for more information.

CRD seeking thoughts on new solid waste management plan

The Capital Regional District (CRD) is developing a new solid waste management plan to reduce and deal with solid waste within the capital region. This includes recycling, compost, garbage, and construction and demolition waste. One of the main goals is to reduce waste from 280 kilograms per capita (the 2018 waste levels in the CRD) to 250 kilograms per capita by 2030. The public can vote on 15 proposed action strategies. Go to crd.bc.ca/rethinkwaste to vote and learn more. The deadline to vote is Sunday, December 1.

-ADAM MARSH

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

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4

literature

Camosun instructor Kari Jones publishes new children's book on resource strain



Camosun College English instructor Kari Jones' latest children's book tackles big subjects.

JÉSSICA NAVARRO CONTRIBUTING WRITER

Camosun College English instructor Kari Jones recently had her most recent book, Ours to Share: *Co-existing in a Crowded World*, published by Orca Books. The book, reader." Jones' seventh, looks at how having almost eight billion people on Earth puts strain on resources. Still, despite the heavy subject, Jones remembers her audience—the book is for ages 9 to 12—and practices

readers but just to be a little bit more explanatory so they understand what I'm saying," says Jones. "And that's what I'm always telling the students: just remember the

work—such as a 2017 nomination for the Bolen Books Children's Book Prize—is important to Jones. but she emphasizes how rewarding it is to hear feedback from friends

"I try not to talk down to my particularly enjoys this personal connection with her young readers.

"My cousin told me that her daughter wasn't really a reader and then she read one of my books and now she wants to read all of my books," says Jones. "That's really Getting recognized for her nice when you realize you've had an impact on a child's life; I think that's, for me, the biggest thing."

Jones has had her books translated into several different languages; she laughs at the fact that what she preaches to her students. after their kids read her books. She she can't read Finnish, for instance, privileges."

"I try not to talk down to my readers but just to be a little bit more explanatory so they understand what I'm saying. And that's what I'm always telling the students: just remember the reader."

> **KARI JONES** CAMOSUN COLLEGE

and can only hope that the translation is accurate. Mostly, though, Jones is intrigued by how her work is perceived by readers abroad.

"The one that was translated into most languages is set on the coast here and I don't know how people in other countries will see it," she says. "I can really visualize it because I live here, but I just wonder what they see when they read that in another country."

Jones' appreciation for various perspectives goes even further, especially in terms of realizing that there are other ways of living. Jones says that this recognition allows for different approaches to some of the crises that we are in; part of that recognition is acknowledging privilege.

"We need to understand that privilege has a responsibility that goes along with it, which is to care for the world and to care for people who are less privileged than ourselves," she says, "and maybe even sometimes to give up some of our

Acknowledging privilege relates to the concept of sharing and big-picture thinking that Jones discusses in Ours to Share.

"I think if we go into the world thinking about sharing then we are less likely to try to protect our own little spot," she says. "We are more likely to think about the world as a large place that we all need to participate in.'

Jones says that anybody can be successful when there is passion and a lot of commitment involved. She is inspired by young activists such as Greta Thunberg and Jones' friend Mira, to whom she dedicates Ours to Share. Mira is a 15-year-old girl who has been involved with trying to get the voting age lowered in British Columbia.

"I think if you just have the idea and the commitment you can really make a difference," says Jones. "That's really the message that I hope that young people reading the book would go away [with]—if you want to change something, you can work for that."

know your profs

Camosun Psychology instructor Anneke van Alderwegan talks imposter syndrome

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 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 we'll add your instructor to our list of teachers to talk to.

This issue we talked to Psychology instructor Anneke van Alderwegan about dealing with imposter (although I always hope that it has come to the rescue very quickly!) syndrome, getting awarded, and appreciating Netflix.

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

I mainly teach Psychology 154: Interpersonal Skills and Psychology 160: Sport and Exercise Psychology. I've been at Camosun since 2008 as a part-time sessional instructor. I became full time continuing in September 2015.

2. What do you personally get out of teaching?

I love when students connect to ideas and concepts that we are humbled because so many of my col-

discussing and share their own stor- leagues are equally deserving. It was ies that relate to the topics in class. as a result of students nominating It makes it a richer experience for me, so that's pretty special. But in everyone. I also love when students tell me that as a result of taking a course with me (particularly Psych-Camosun the same 10 questions ology 154) they have improved their they have, and that they trust in me communication with at least one other important person in their life. It means I am making a difference.

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

a big impact!).

4. What is one thing you wish of post-secondary education? *they didn't know about you?*

with imposter syndrome; that I am always anxious, especially at the beginning of a new term.

5. What's the best thing that's *ever happened to you as a teacher* together in a class in real time and here?

Well, I feel very humbled to have that does not change. received recognition last year, as I received the Excellence in Teaching award in Arts and Science. I am the weekends?

reality, it's the smaller occurrences, when a student shares with me an insight, a personal story, a challenge enough to share it.

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

Oh, well, hmm... I've been lucky, That I really care, but I think they but I guess it's just when technology editor@nexusnewspaper.com and do know this once they get to know lets you down—slide projector me. That I understand they have so doesn't work, internet is down, volmany things going in their lives and ume doesn't work. It really throws that the class they are taking with you off! (Fortunately, the IT folks me is just one small part of their lives on both campuses are awesome and

7. What do you see in the future

Certainly, more options for That I suffer to some degree learning in a variety of different ways and times: online, evening and weekend courses, satellite locations. I mean, it's already happening, but just more of that. I still think there is something special about getting having a good discussion; I hope

8. What do you do to relax on

I love spending any time I can to enjoy with people I love.



Camosun Psychology instructor Anneke van Alderwegan. with my three sons, either all three 10. What is your biggest pet or individually. Hanging out with *peeve*? close friends, walking our golden Well, I think it's when we judge

people too harshly and too quickly

rather than giving them the benefit of the doubt, because we don't know 9. What's your favourite meal? what's going on in their lives, just as The first thought I had is chocolate... But that's not a meal... Or is they don't know what's happening it? A better answer is any meal I get in ours. Just getting everyone to cut people some slack!

retriever Scout and, okay... Netflix!

Half of all students graduate in the red. How do you get ahead with debt dragging you down? It's time to demand financial aid that actually helps us succeed

STUDENTS NEED GRANTS **NOT LOANS**

wearebcstudents.ca/grantsnotloans

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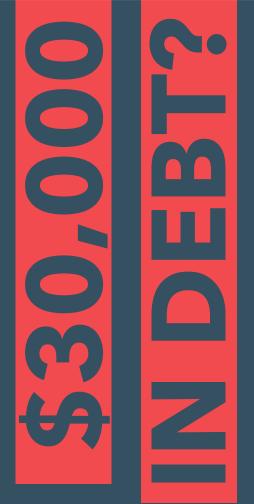


Image: Optimized in the BCFS



6

Drysdale destruction? Student-housing success?

Looking into the good and the bad of the Camosun Campus Master Plan 2019

know what you're thinking when you see the words "master plan": a dark room, lit by a sole flickering light hanging right above a blueprint of both Camosun campuses laid out on a desk, with the scribblings of a mad genius scrawled all over those familiar campus landmarks. Well, the college's Campus Master Plan 2019 isn't quite that, but it is a big plan: it has 20 years of potential changes in it. Some of these changes are already in progress. They can move as quickly as the Alex & Jo Campbell Centre for Health and Wellness at Interurban did, or as slowly as the repairs of our stalemate symbol, the Young Building at Lansdowne.

When we look at that the biggest differand Lansdowne is, of

definitely manageable building. Interurban, to navigate, especially myself. (I start crying map. No thank you, range for this small But changes are staff happily welcome a more enriching staff and students. Master Plan that have upset, such as the de-John Drysdale Then there are more excited about, at both campuses and ing—the final boss presentable again.

"I don't think that the people on the committee that are making this decision have actually taken a walk through to see what they're

displacing [by tearing down the John Drysdale building] and what they'd have to replicate in another area, and to see how badly we're short of space already, let alone them wanting to give

us a smaller footprint."

JAMIE MCPHERSON CAMOSUN COLLEGE the campuses, we can tell ence between Interurban course, size. Lansdowne is for getting from building to however, is more daunting for a wee journalist like when I even look at the sir—that is a mountain adventurer.)

exciting, and students and them if the future provides campus life. Well, most There are elements of the some Camosun staffers struction of Interurban's Building.

things that people are such as student housing getting the Young Buildin this game—looking

Camosun chief financial officer and interim vice president of administration Deborah Huelscher says that the plan, which cost approximately \$200,000 to create, is a long-term vision for the college, and the Master Plan itself is the architectural planners' expert opinion about what the campus could be, taking funding into consideration. She says that the plannersarchitectural firm Thinkspace—looked at what makes sense with the layouts of the campuses and provided input as to what could be done better.

"For example, they were very positive about the Lansdowne campus, that we have the corridor and the buildings are all so close together," says Huelscher. "Interurban, we have gaps between, for example, where the [Centre for Trades Education and Innovation] building is, and the campus is a little bit stretched out. So they've made recommendations to us as to what could be done, and as funding becomes available for our buildings or renovations, we would look back to the plan for what is being put on the table for guidance to it."

It's important to realize the plan is only a list of recommendations; Huelscher says that to follow through on the plan would require more resources than the college currently has (she says that the architects provided an order of magnitude cost estimate of \$170-plus million to implement the recommended projects over a period of approximately 15 to 20 years, and adds that the college expects to adapt the plan as opportunities present themselves in the coming years).

The plans for a fresh Camosun are beyond a paint job, and they need a thorough process to map out the plan of attack. We need a complete blueprint of the campus before and after, and we need to address the problems of the plan before it's too late.

STEP ONE: THE DRYSDALE BUILDING

ot all Camosun staff agree with the idea of sacrificing the Drysdale Building. Drysdale houses the Carpentry and Pipe Trades programs. It has an important purpose, but the Master Plan suggests its removal, putting in L N its place a quadrangle for students to easily congregate, move from building to building, and see the rest of the college, namely the Centre for Trades Education and Innovation, which is more or less invisible from anywhere on campus.

Camosun Plumbing and Pipe Trades chair Jamie McPherson disagrees with the idea of removing the Drysdale Building. I don't think that the people on the committee that are making this decision have actually taken a walk through to see what they're displacing and what they'd have to replicate in another area, and to see how badly we're short of space already, let alone them wanting to give us a smaller footprint," says McPherson. "People are coming from all over BC to attend our facility. Now, if we're not going to be able to offer these classes, they're going to be going away from that."

Huelscher says that she has heard concerns about the suggestion to tear down Drysdale; she says that removing the building is "definitely a long-term recommendation" for the college but also says that there was talk of removing Drysdale before the Master Plan was released.

"We have our fairly new trades building that sits on the hill on the other side. Even when we were designing that particular building, the idea has been to remove the Drysdale Building and create a corridor or a path that would bring the trades building into the centre of the campus," says Huelscher. "There wasn't funding available to do that at the time. So again, these planners have made the same recommendation, and it could be something we look at down the road, but it's definitely not something, I would say, even within the next 10 years that we would be considering. Part of removing that building would require us to add space to Jack White or build another building to look after the programs that are in that building. So that's definitely long-term and not a guarantee that we're going to do that. Again, the goal is about improving campus connectivity."

McPherson says that Drysdale is doing well structurally and that this would just result in less space for the programs.

"The building itself, structurally, is in great shape. It was built at the same time as Jack White. Does there need to be some upgrades in there? Certainly. But this is a \$30-million building if we had to rebuild it," says McPherson. "We're short [on] space here already, and we're trying to address that. I don't see how creating a sightline is being very green when you think about all the extra stuff to tear this one down to rebuild another building."

The problem here is that a quadrangle would be suitable as a bigger, communal area. Adding a flat courtyard where a fully functioning building is won't help students navigate the campus. Interurban is already so massive that a student courtyard would need a more central location.

ne of the most student-oriented aspects of the Master Plan is building a "public realm" on the campuses, which would mean more people would spend more time at Camosun. This could include creating art galleries, more places for social gatherings, and further additions to represent Camosun's Indigenous cultures. Student housing is at the heart of this.

Plans for building student housing are slowly in progress for both Lansdowne and Interurban. There are two possible where people go to; it's open sometimes during the semester "I really do hope that [student housing] spaces on either side of Lansdowne, one being an extension to the Isabel Dawson Building, and one a potential part of an on Thursdays, but it's not regular," says Umulisa. "And a happens because there are a lot of upgrade for the Young Building. Interurban has designated an upper floor extension for Huber Hall for student housing. bigger cafeteria. A lot more services as well, maybe movie Camosun College Student Society (CCSS) external executive Fillette Umulisa wants student housing to become a reality. screenings and cafes. Maybe the political structure will students here that struggle with housing "I really do hope that it happens because there are a lot of students here that struggle with housing issues and the prices change as well, and we'd have debates." issues and the prices that are here in that are here in Victoria," says Umulisa. "I specifically remember during last year's municipal election, the student society But in order to create this campus life, the college needs and its campaign team [went] out to all of those public assemblies to ask questions in regards to that... Almost every single Victoria." to attract residents, and in order to that at Lansdowne, response was, 'That is the job of the college.'" there's one historical landmark in particular that needs to **FILLETTE UMULISA** Victoria's rental prices are certainly unrealistic for college students, as Umulisa points out. She hopes that the convenience be dealt with. CAMOSUN COLLEGE STUDENT SOCIETY

of campus housing would lead to a stress-free school life.



FEATURE



Story and illustration by Tiegan Suddaby, features writer

STEP TWO: STUDENT HOUSING

"I feel like it's going to create some level of convenience. I find some students find cheaper housing so far [away], like in Langford and places that are really hard to commute from," says Umulisa. "This is a central location. You can go downtown in five minutes. You can stay right here and school is right here."

Umulisa says that the campus lifestyle would change dramatically with student housing; she says it would build a greater sense of community within the school, and she adds that it

could mean more businesses opening up on campus. "For example, the Dunlop House being a common place

STEP THREE: THE YOUNG BUILDING

he Young Building, the centre of everyone's attention, is in the middle of drama as usual. Locked in a stalemate over repairs for years, the most the college can do as it waits for a solution is to maintain the building's structure, hence the fences separating students from easy access to the rest of the campus. As a heritage building, its age certainly restrains workers from doing just anything to help it. Fortunately, we've come farther with the Young Building than we were five years ago, but that's not saying much.

CCSS executive director Michel Turcotte says that the real problem of the Young Building is the physical aspect.

"It's a heritage building, so we can't tear it down," says Turcotte. "The only option is to repair it and make it safe." Huelscher says that Young is "a really important building" and is probably Camosun's most recognized landmark. She says that because the building—and the land in front of it—has a heritage designation, "it kind of ties our hands with what we can do with it."

"There is an issue right now with the exterior of the building," says Huelscher. "Back in 2000, there was some work done on the building... They did the building envelope, and there was a flaw in the process which led to pieces coming off." Huelscher says that the college is looking to do the remediation on the exterior, but it comes down to funding. She says that Camosun has some funds that can go toward it from its insurance proceeds, but it's not enough, as she says the

building "requires significant remediation inside." "There's nothing structurally wrong, it's just that it's a building that's 100 years old," she says. "This is a priority for us on our capital plan that goes into the ministry. The proposal is to do the exterior and interior at the same time. We're just, of course, waiting for funding for that, or looking for funding for that. At the same time, we were also asked by the ministry to look at what opportunities there could be to go beyond just doing a remediation and look at enhancing the interior—putting in more modern student space, collaboration space, et cetera, in classrooms. So we're working on doing

"There's nothing structurally wrong [with the Young Building], it's just that it's a building that's 100 years old. This is a priority for us on our capital plan that goes into the ministry."

DEBORAH HUELSCHER CAMOSUN COLLEGE

that. It's at a very high level, but it'll just give us a sense of what the incremental cost to either expand or enhance that work would look like, and we'll have an idea for what that will be within the next two or three months, I think."

Updating the Young Building would be well worth the wait and effort, but how is that possible when it can't get the help it needs? What would an updated version look like? Would it still retain its structure? Evidently, as far as master plans go, the majority of this one is hypothetical, but hopefully the Young Building is repaired soon and students can have a building that they can love going to and have no problem entering any one of the doors or going to and from other buildings on campus without taking frustrating detours.

The Camosun Campus Master Plan 2019 needs more approval from the masses and more considerate planning from the committee, especially regarding the Drysdale Building. Our hope is that the committee hears the needs of the programs impacted and follows through with sensible action.

With student housing, the college needs to take a few more steps to build campus life first to attract potential residents. But the biggest problem in front of us is the iconic Young Building, and we can only hope to save it. What was once a beautiful building has been an eyesore at Lansdowne for years, and if the college wants to build an on-campus community, the campus' most well-known landmark can't keep looking like it does today.

Looking to the years ahead of us is undeniably exciting. However, as any mad genius knows, master plans take a lot of time and a lot of work, and involve a lot of people. No doubt about it, not everyone is going to be happy with everything in Camosun's master plan. But one day, maybe we'll be walking around the Young Building again or lounging on the grass where Drysdale used to be and we'll say, "Hey, you know what? That was a good idea." Or maybe not.

ARTS

nexusnewspaper.com

music

burlesque Isle of Tease burlesque festival celebrates diversity



Ruthe Ordare is one of the headliners at the Isle of Tease burlesque fest.

"Burlesque can showcase any body, any age, any shape... It's just a really unique space where anybody can be onstage and empower themselves."

MISTY MOSS ISLE OF TEASE

SAMARA OSCROFT CONTRIBUTING WRITER

Victoria's burlesque scene is on the rise. And now, having been a dream for years and in planning for months, the city's first international burlesque festival is soon to be a reality. The event, Isle of Tease, is organized by local performersand artists Misty Moss, Champagne Sparkles, and Gala Vega.

"Festivals are kind of like the Super Bowl of burlesque," says Moss. "A lot of performers will do what we call the festival circuit."

A festival creates the opportunity to showcase local talent while encouraging the growth of the community by having big-name artists coming through town. The team at Isle of Tease wanted to feature some homegrown heavy hitters and knew they had to have Ruthe Ordare as one of the top headliners—Ordare is a founding member of Virago Nation, an Indigenous troupe operating out of Vancouver. Also headlining this year is The Luminous Pariah, an interdisciplinary cabaret performance artist out of Seattle,

and Canadian burlesque legend Judith Stein

"Legend' is a term we give to performers who really pioneered this artform," says Moss. "It's really important for us in the community to celebrate them and to give them the opportunity to continue sharing their art.'

As for the other artists performing in the inaugural year of the festival, Moss says it's imperative that the team selected a diverse crowd of performers.

"Burlesque can showcase any body, any age, any shape... It's just a really unique space where anybody can be onstage and empower themselves," says Moss.

The diversity of burlesque is changing the landscape for both body positivity and sex positivity.

"Once we create a space where people can feel really confident and empowered, that's going to make them feel more safe to bring that back to their partners," Moss says. As an artform, Moss describes

burlesque as magical. "It's so liberating and freeing..

It's a really great way to meet all of these amazing people from different walks of life and connect and really bond over the shared passion."

It's important for the audience to give all the energy the performers are sending out back to them. Cheering and clapping is an important way for the audience to show the performers they're enthusiastic about what they're watching.

"We're able to receive that [energy], feel it, and build it up ogether... It just adds to the performance," says Moss.

While audience participation is vital to a safe and exciting burlesque show, the artists also have to know how to command a stage.

"It's really about the performer's entitlement to be onstage," says Moss. "If they know that they can own the space, they can just play with that energy. I think that makes for a really captivating performance."

For those interested in exploring their own sexuality in a performative way, Moss' advice is to just go for it. "Reach out. There's lots of re-

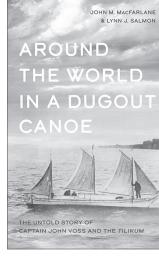
sources," says Moss. "We're a really loving community and we're really happy to help people and get them started on their journey.'

Isle of Tease 7 pm Friday, November 15 and 7 pm Saturday, November 16 Various prices, Victoria Conference Centre isleoftease.com



Before an artist can be celebrated as "eclectic," it's a rite of passage for them to create and then shatter audience expectations. Early success with hits like "Striptease" and "Jealous of Your Cigarette" had Toronto-based singer-songwriter Hawksley Workman playing in front of sold-out audiences that wouldn't leave happy if he didn't play another of his hits, "Smoke Baby." The tough part comes when an artist needs to evolve while, to a degree, their audience stands still. "That's the crux of the con-

review New book fascinating slice of Canadian history



NICOLAS IHMELS CONTRIBUTING WRITER

In 1901, captain John Voss started off on an amazing journey to claim the world record for smallest vessel to travel the globe. In 2019, by expertly combining well-researched Canadian history and historical facts, Qualicum Beach's John M. MacFarlane and Courtenay's Lvnn J. Salmon have released an engaging book about Voss and his journey. Around the World in a Dugout Canoe manages to entice its readers in an engrossing and vivid depiction of Voss' epic around-theworld-and-back-again voyage. We need history books about

strong, heroic people to help entice our young ones to learn about our country's magnificent history, and,

Rick Mercer's 22 minutes of fame still going strong FRED CAMERON

CONTRIBUTING WRITER

Long before Donald Trump hijacked the term "fake news," a little known comedy show called This Hour Has 22 Minutes hit the CBC airwaves. About a decade before the satire boom that brought Jon Stewart and Stephen Colbert to prime time south of the border, Canadians had developed a taste for the medium.

comedy

Rick Mercer performed comedy vears, and that's fine, but it was from a fake news desk for 25 years before the final episode of his show is tuning in for the first time, I want *The Mercer Report* aired in April 2018.

"When we created *This Hour* Has 22 Minutes, no one had seen that type of show before," says Mercer. "We were ambushing politicians, but we were also editing news footage in a way that had never been done before for a comedy show."

Their anonymity was soon lost as 22 Minutes went prime time, but Mercer says that there was a very exciting time when people were tuning into the show or catching clips and actually thinking they were watching a newscast.

"I remember a point when we had only been on the air five or six weeks, and the CBC put us on election-night coverage," says Mercer. "Some people were aghast when we did a conga line around the news

desk, chanting, 'Mulroney is no more.' People were freaking out, thinking they had cut to a CBC news desk in Halifax and thought they had caught us doing a conga line."

Mercer says that his sense of humour led him to maintain a professional image while he sat at the show's desk.

"I always played it straight when sitting at a newsdesk," says Mercer. "Certainly on 22 Minutes they've 22 Minutes founding member moved away from that over the always my preference. If someon them to think they're watching a real news anchor, so there was no mugging or making faces, or any behaviour that you wouldn't see a regular news anchor exhibit."

> While he was best known for his rants on politics and current events, Mercer says that he also finds physical humour funny.

"Like anyone in comedy, I like to think that I've got a sophisticated sense of humour," says Mercer. "I always loved the fact that the format at the Mercer Report allowed me to do straight-up satire and political commentary, but it also allowed me to do sketches where the entire joke was a guy getting kicked in the stones repeatedly by someone from the tax department. That was the entire joke, but it was funny."

Mercer has been in the spotlight



Comedian Rick Mercer is coming to town as part of an event outside his comfort zone.

for 26 years. He's received the Order of Canada, he's won Geminis, and he's published several books, but he felt the time was right to move on and try something he doesn't do too often: Mercer is part of the Just for Laughs Comedy Night in Canada tour, which features comedians Ivan Decker, Debra DiGiovanni, and Ali Hassan.

"This tour that I'm going on is

the finest standups in Canada," says this year." Mercer. "That's not something I've done a whole lot of. I did a Just for Laughs tour 15 or 16 years ago. I learned a lot, and I'm expecting the same thing will happen again. It's certainly challenging and nerve wracking, but I think you have to do those things every now and then.

certainly stretching me because I'm If I wanted to take it easy, I would going out on the road with three of have done the Mercer Report again

> Just for Laughs Comedy Night in Canada 7 pm and 9:30 pm Saturday, November 16 \$63.80, Farquhar Auditorium UVic

PHOTO PROVIDED

uvic.ca/farquhar

8

ARTS

Toronto's Hawksley Workman continues to evolve

Hawksley Workman is bringing his ever-evolving sound back to Victoria.

FRED CAMERON CONTRIBUTING WRITER

a long career," says Workman. "I can pre-contrast that with the fact that I too am a music fan who wishes all my heroes and favourite acts wouldn't change. There are moments as a hardcore fan where I'm asking, 'Why couldn't he have just stayed the way he was?' or 'Why couldn't he have evolved differently?' We tend to lock into our favourite artists, and we want them to remain who they are."

Workman says that he feels like his fans who have been on board from the beginning have had to put up with a lot from him.

"I frustrate myself, and I'm sure undrum if you're trying to have I frustrate them," says Workman.

"But with this new record, I knew that I almost needed to rewrite the contract with my fans and say, 'I know I've been screwing around the last couple of records, but this is just a reminder that songwriting and great singing are still at the core.' I wanted to re-establish what it is that I do well, and re-establish the terms on which my fans and I have been involved, and evolved with one another."

Workman says that it's a part of his character that he's chronically dissatisfied with everything.

"Behind the scenes, when I release a record or write a song, I can kind of glean an emotional benefit from it for a short time," says Workman. "For instance, on the new record, when I wrote 'Battlefords,' I knew right from the beginning that it was one of the best songs that I had ever written, but I think that excitement might have lasted for a day and a half."

Workman and his band will be in town to promote his latest solo album, Median Age Wasteland, this month; it's perhaps his best and most complete LP to date. Over the years, Workman has had his hands in a lot of different things—he's released 16 solo albums, found chart success as a member of Mounties (with ex-Victorian Steve Bays of Hot Hot Heat fame), and produced recordings for some of the biggest acts in Canada—but he says his career hasn't always unfolded as planned.

"For the bulk of my youth and adolescence, my whole goal was to become a celebrated session drummer, and that was everything for me," says Workman. "My years in high school, I was practicing three to five hours a day. I had reached an agreement with my family, because the drum set was in the same room as the TV, that when the family was sitting around watching TV I would only play during commercials. I was obsessive."

Workman has played drums on all of his records, but it wasn't until Thrash Rock Legacy, Mounties' 2014 debut, that he let the world know just how good he is behind the kit.

"Drums was somewhat of a secret for me because I had put thousands and thousands of hours into it, and I was playing at a professional level when I was a teenager, but it didn't pan out," says Workman. "The songwriting thing just kind of took off. I left rural Ontario and moved to Toronto to become a drummer, but that was put on the backburner because my first record made a ripple and all of the sudden I was this solo guy, which wasn't really my plan."

> Hawksley Workman 6:30 pm Saturday, November 16 \$27.50, Distrikt strathconahotel.com/venue/ distrikt



9

Danny Brown turned heads with his gap-tooth smile, flamboyant rockstar outfits, graphic lyrics, and sharp storytelling. Now that he's closing in on 40, Brown has drastically changed his appearance. He's healthy, fixed his infamous tooth gap, and no longer rocks skinny jeans that'd cost the average person their monthly rent. Despite all this his music remains extraordinary.

His fifth album, uknowhatim-Q-Tip-boasts all of the absurd characteristics of a Brown album, but through its tone it occupies a unique space in his discography. In his lyrics, Brown still reflects on the drug-fuelled lifestyle that almost killed him; however, uknowhatimsayin; is largely an optimistic album. Tracks like "Best Life" and "Shine" discuss Brown's once-bleak lifestyle but communicate that he's never been happier.

Through a newfound attitude and sound, uknowhatimsayin; abandons the downward-spiral storylines present on his last album, 2016's Atrocity Exhibition, and allows Brown to hone his talents as a reflective comedic genius.

-MITCH FISHER



in turn, keep world history and its figures and events alive. This book is an engaging read and a strong depiction of one of the great figures in Canadian history. What makes this book stand out is the writers' depiction of Voss and the merry

Using accounts pulled straight from the archives of the Maritime Museum of British Columbia, located right here in Victoria—the very place that Voss started off his heroic voyage-MacFarlane and Salmon show the marvellous journey of the *Tilikum*. They do this by depicting both the Tilikum's journey and Voss and his crewmates' long and very full life stories. The book is well researched and puts Voss at the forefront of the tale in a convincing way by letting the readers decide on how heroic he was.

I would recommend this book

people to help entice our young ones to learn about our country's magnificent history, and, in turn, keep world history and its figures and events alive. This book is an engaging read and a strong depiction of one of the great figures in Canadian history.

We need history books about strong, heroic

crew of the Tilikum.

to historians, teachers, and adult readers who like to be challenged. Historians like their books to be real and grounded in pure historical fact, which is what this book is all about. Teachers will love this book because it calls to the need to keep history alive, which is the goal of teaching history to young minds. And it's good for readers who like to be challenged because of its engaging nature and its strong devotion to depicting accurate historical events with ease, providing the reader with a very stimulating experience.

Around the World in a Dugout Canoe is a fully engaging book that uses Canadian history effectively to tell the story of one of Canada's most beloved sailors and his marvellous ship.

I quite enjoyed the book and I look forward to reading what the authors are writing next.



Logan Ledger I Don't Dream Anymore (Rounder Records) 3/5

Logan Ledger's short but sweet debut EP I Don't Dream Anymore impressively modernizes classic genres such as country and rock. The Nashville-by-way-of-San-Francisco artist lays down four originals and a cover of Bob Dylan's "Oh, Sister" here, incorporating the cool California vibes of The Beach Boys with a unique combination of rocker tones reminiscent of The Doors.

Ledger's music has a strong southern influence, which sets the tone for the EP on opening track "Invisible Blue." This song has a country twang and a sorrowful harmony that weaves through the EP.

These songs showcase Ledger's ability to effortlessly compose and bring together several different genres. Although his sound, being a bit outdated, may not resonate with a younger crowd, those who appreciate classic and timeless artists such as Bob Dylan and George Jones should give Ledger a listen, as his music is a great combination of classic '60s genres with a subtle modern twist.

-EMERY WHITNEY



Face to Face Live in a Dive (Fat Wreck Chords) 3.5/5

Esteemed SoCal punk-rock band Face to Face have released a new live album, their contribution to Fat Wreck Chords' long-running *Live in a Dive* series.

Recorded over three nights at Brooklyn's Saint Vitus Bar, the album features live renditions of songs spanning from their 1992 debut album Don't Turn Away through to 2016's return-to-Fat record Protection.

Although the band play with a velocity that fans have come to expect, the album feels a bit stodgy. The sound is comparable to a studio recording—a quality that is both favourable and faulty for a live release. Listeners may appreciate the consistency, but the album lacks a certain raw fervency that a live punkrock performance should have.

Things pick up later in the album, when vocalist/guitarist Trever Keith announces that the band will play a song that they don't play very often. "Should Anything Go Wrong' goes quite right for them. Perhaps they should play it more often.

music

Scottish pirate metallers Alestorm return to Canada to swashbuckle, drink, and party



Pirate metallers Alestorm know the dangers of a full moon at night... or something like that.

TIEGAN SUDDABY FEATURES WRITER

Scottish pirate metal band Alestorm have been sailing the seas and bringing drunken ballads with them for 15 years (originally under the moniker of Battleheart). While the band has aged like a fine beer, they are, at heart, still singing the same classic songs of the sea their fans have always loved. As vocalist/keyboardist Christopher Bowes says, they'll never run out of material.

"You'd be surprised at how many things you can say about pirates," says Bowes. "There's an endless sea of nonsense we can always write about. It's like, people have been saying that for so long: 'How are you going to manage to do it?' But, you know, there's always

keep meaning to write a song about Batman, but I never have. Like, Batman could fight pirates. You could write about pirates drinking bleach... Have a stupid idea? It usually works. All the best songs are the most idiotic ones."

As a band with lyrics based entirely around the concept of pirates getting drunk, there are, of course, the uncomplicated nuances of beer involved with the band's aesthetic. Mainly, drinking should be for drinking's sake.

"I just like cheap lager; that's the only thing I like," says Bowes. "I'm not into pretentious beers. Especially for a band that's all themed on drinking and pirates, people always ask us, 'What's your favourite beer?'

something new to write about. I Iguess I like Budweiser. I don't even think fancy beer tastes that good."

> It's rare for a band to come from overseas and do a Canada-only tour; Alestorm decided to do their upcoming Canadian tour for this exact reason.

> "We do North American tours a lot. We do the USA and Canada, and just the way it works out, due to bullshit and geography, is that all we can do is hop into Canada for two days, we do a show in Montreal, Toronto, then we piss off again and never come back," says Bowes. "We've never really done just this."

> Bowes is an original founding member of Alestorm and Gloryhammer, an intergalactic-space-inspired power metal band, but is now steering his focus to just one band.

"I got trapped in a casino naked, our guitar player had sex with a cake, all these awful things happen, but at the end of the day it's just fun getting on stage and having a stupid show and having a great time, really."

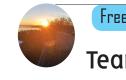
> **CHRISTOPHER BOWES** ALESTORM

think." He laughs and adds, "What if it isn't? What if no one likes it?" At heart, the band just want a

good time, and Bowes knows this. After all, a group of pirates sailing the seas, getting drunk, and playing hardcore folk metal are going to have some wicked stories to tell.

"When the crowd goes absolutely batshit crazy—people just flying through the air, singing along-that's just the bit I love the most," says Bowes. "Stupid stuff happens—countless stupid things have happened. I got trapped in a casino naked, our guitar player had sex with a cake, all these awful things happen, but at the end of the day it's just fun getting on stage and having a stupid show and having a great time, really."

> Alestorm 8 pm Sunday, November 17 \$25, Upstairs Cabaret upstairscabaret.ca



nexusnewspaper.com

As someone recovering from sex and love addiction (as well as addiction to other behaviours), I have many friends in the community of addicts. In my last article, I talked about the necessity of community and connection with others if we are to recover our true selves and live meaningful, fulfilling lives.

The gift of learning to socialize in a healthy way and develop genuine friendships with awesome, inspiring individuals has been one of the best parts of recovery. We can also learn a great deal from having honest, open relationships with people in which we share our experiences, including things we are not exactly proud of. I consider it a privilege to be part

of a community where we can be vulnerable and open. In observing others, and myself, there is one distinct aspect of the cycle of addiction that stands out: shame. Shame is at the core of all ad-

dictive behaviour—and any relapse—and, generally, is the root of all persistent, enduring, or unbearable emotional suffering. Shaming



the ice when meeting new people is integral to productive networking. But in the heat of the moment, it's easy to get stuck regurgitating the same dusty old questions that have become less meaningful over time.

these stale habits of inquisition, let's take a moment to consider some refreshing alternatives to three common icebreaker questions. 1. "What do you do?"

While this question might make a good title for a board book introducing toddlers to existentialism, the vague phrasing can sometimes leave adults scratching their heads about what is actually being asked of them. Since what you're really trying to do here is tally up a person's potential value to you, it's much more prudent to bring their very essence into focus

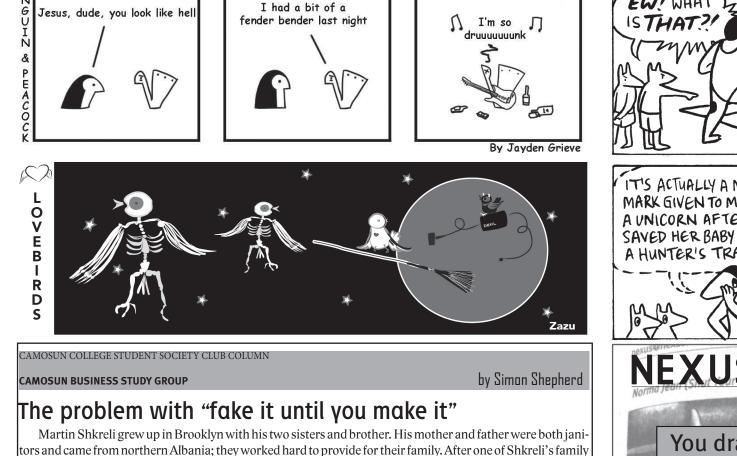


can we put the dirty politics behind us? Trudeau is still our prime minister, and the pipeline is still going through.

Liberals now have a minority government, which could be a good thing—historically, however, the Canadian political parties don't work together very well, so perhaps that's just wishful thinking.

likely not be able to stay in control for long, which means instability for Canadians.

History tells us that in Canada, a minority government often gets overthrown because of its inability to form an effective coalition. This is bad news because everyone in Parliament knows this and will



tors and came from northern Albania; they worked hard to provide for their family. After one of Shkreli's family members developed a treatment-resistant depression, Shkreli became interested in chemistry. He dropped out of high school in his senior year and enrolled in an internship at a Wall Street hedge fund.

Cut to 15 years later: Shkreli has started a hedge fund, been kicked out of that hedge fund, had numerous court cases and lawsuits lost, and come back with another hedge fund that holds a patent for Daraprim, a life-saving medication for diabetics. Confident that market supply and demand will fall into place, Shkreli raises the price of Daraprim from \$13.50 to \$750 (in US dollars) per pill, 55 times its original price.

Shkreli's story is interesting, not in the way he gouged people to make money, but in how he got to that position. Shkreli had no skills, no knowledge to be a hedge fund manager, but through confidence he got there. He faked it until he made it. And the results were catastrophic.

Confidence is great. Be confident, especially as a leader, but don't be afraid to admit you're in over your head on certain matters. Mentorship is something people value; I'll explore this in our next column. Camosun Business Study Group is focused on students helping students to succeed both in and outside of the lassroom. For news and events, follow them at facebook.com/cambussg.

anymore live, because there was never the time. So I've got a body double to do Gloryhammer while I go off [and] do Alestorm things. It was getting too much; I can't do

> album, No Grave But the Sea, in 2017. They are hard at work on their next album, but to Bowes, there is really no need to improve on the classic metal shanties Alestorm have already explored on their five full-lengths

bum quite a lot. It's nearly finished; we're gonna go to the studio in January and record all that stuff. I don't want to say it's more of the same, but it is more of the same. It's just stuff people like-good old pirates say 'Ahoy.' It's gonna be good, I

Bubbles by Lia Glidden



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"Gloryhammer sort of took off too much. I didn't really have time for both bands," explains Bowes. "I sort of stopped doing Gloryhammer. I still write all the songs for Gloryhammer, but I don't play with them

everything at the same time." Alestorm released their latest

"We've been writing the new al-

COLUMNS

by Katie Mondey

Freedom from Addiction

Tearing through the shame

ourselves is the part of the cycle that must be acknowledged and intercepted to create new patterns in

In observing others, and myself, there is one

distinct aspect of the cycle of addition that

stands out: shame.

how we think, feel, behave, and live. The interesting thing is that even those of us who intellectually understand shame well can easily be caught in the stranglehold of self-shaming without being aware of it.

Shame is so deeply engrained in many of us that we regard it as a normal way to "talk" to ourselves, and, therefore, a normal way to feel. Shame is likely a major part of

the cause of addiction. It feels very bad, and addictive behaviour is a well-meaning attempt to feel good. Learning to regard ourselves with unconditional compassion is the key. It is absolutely a necessary part

with something more along the lines

of "What is your purpose in life?"

or, even better, "Why are you alive

2. "What do you do for work?"

Instead of attempting to human-

ize other people by asking them

about their lives, it's often more

efficient and useful to reduce them

to a business card or branded name

tag in order to assess their societal

value. And by "societal value," I, of

course, mean their ability to perform

functions and generate money. To

extract a more lucrative and concise

response from your target, try ask-

and why should I care?"

of healing that will lead to increased self-respect and a greater ability to thrive and to open up and enjoy life.

A few years ago I was in a relationship with a physically and emotionally abusive man and was painfully ashamed of who I was and where I was in life. I knew better on every level, but shame—which is part of the cycle of addiction, as well as the cycle of abuse-kept me imprisoned. Awareness of my own patterns of shame was the igniting spark that enabled me (with the help of others) to leave a damaging and dangerous person.

Discover how you shame yourself (or how others shame you), and you will be at the precipice of a new and very different reality. This is the gateway to freedom.

by Sean Palmer

How to ask better icebreaker questions

Learning to effectively break Rather than remain chained to

ing, "What kind of machine are you and which company owns you?" 3. "What do you do in your spare time?"

When you encounter people who are either unemployed or unenthusiastic about describing their

job, you'll likely want to interrogate them about what sorts of frivolous activities they get up to in the absence of being productive. Unless they're in school, working toward a degree that will guarantee a lifetime of prosperity as a nametagged machine, this is also a golden opportunity to help wayward souls get back on track in the world. But rather than perpetuate the made-up concept of "spare time," try to get straight to the heart of the matter by asking, "How do you waste your life when you aren't doing the important things?"

Whether you're at a party, in a bar, or on a blind date, these questions are sure to elicit a treasure trove of valuable responses that will help you screen the extras from the supporting characters in the epic sitcom that is your life.

by Carla Marginean

Looking back on the federal election

What's different is that the

Unfortunately, the Liberals will

Now that the election is over, be scrambling to get re-elected. Therefore, the party's interests may become more important than the interests of the people.

However, the fact that the Liberals have a minority government means that in order to get bills passed, they have to collaborate (and, hopefully, compromise) with the other parties. This means that the representation will be fairer in the voting process and that the smaller parties will get a say.

What will most likely happen is the Liberals will work with the Green party, the Bloc Quebecois, and the NDP on a case-by-case basis. It remains to be seen whether the NDP and Greens will manage to get the Liberals to lean more left, or if the Liberals will get the other parties to lean right. Whatever the

case, Trudeau has to make it work if he wants his government to survive.

As for what this means for students, if the parties do manage to work together and the NDP and Greens do manage to sway the Liberals to the left, it may mean some decreases in student-loan interest. However, those are a lot of ifs, and that most likely will not happen, as there are much more pressing issues for the parties.

This is partly because young people are still not being recognized as a big part of the votingpopulation; it's also partly because parties often don't stick to their original campaign promises.

It'll be interesting to see how the next few weeks play out while the Liberals get settled into their new role.



Hold My Beer, I Lost My Keys

How to nail a great job

How does anybody get an honest, good-paying job anymore? I'm not talking about taking split shifts at Taco Bell to keep the lights on—I'm talking about a career that sustains a good quality of life. A pay grade that allows you to raise a family, put food on the table, and afford that bitchin' Ms. Pac-Man machine for the living room. You know, everything God intended.

It seems like our generation will never have the privilege of owning a house or accumulating a pension and that we're cursed to wait tables on a corporate, devil-may-care generation that cannibalizes the economy, environment, and Greta Thunberg. But I'm here to tell you that living a life with shopping at Whole Foods or seeing the dentist is not a pipe dream!

The first thing you need to do is get your resume in order. There's a special trick to creating the perfect resume: you need to lie about absolutely everything! Google offices will never find out the truth if all your references have disconnected phone numbers. Besides, it's not your fault they don't pay their phone bills, is it? You certainly don't, so why should they? Donald Trump's resume states that he's a professional rodeo clown; has anyone fact-checked this? No. Act like you know and you can get away with anything. Once you have an ironclad resume, the calls should be rolling in on your friend's cell phone (you don't pay your cell bill, remember?) with a multitude of new and exciting career paths to explore. But before you brave the water cooler and TGI Fridays, you need to ace the interview.

When asked what makes the difference between a good interview and a great interview, multimillionaire Kevin O'Leary said, "Your clothes, stupid." After all, a first impression is a lasting one so your outfit should show that you're confident, competent, and a cool customer. Be bold and relentless in your approach. My go-to is wearing nothing but a leopard-print Speedo, cowboy boots, and my lucky tin-foil hat. Do I care that my sparse, wispy chest hair blows in the air-conditioned breeze of the office? Absolutely not. Be comfortable with your own body; your future employer will take note of your self-confidence and fierce initiative for setting fashion trends.

Good luck out there, and I need a place to stay tonight.

by Astrid Helmus

Uueering

The queer perspective on media

We're in a time where the use of queer imagery and ideas in media are still used for shock factor, and queerbaiting is used as a marketing scheme for both television and advertising.

This lack of authentic queer content has caused a sort of phenomenon of queering the media we observe as queer people applying queer theory to everything from film and literature to music. Non-queer-identified musicians become queer icons; non-queer characters are theorized as queer.

Everyone relates to the media they consume in some form—it's what makes it endearing and entertaining. With queering perspectives, we relate our own queer experiences to media that has nonqueer roots. We come to see queer aspects within it.

When I listen to Joni Mitchell or Angel Olsen, I can see my own queer romantic feelings paralleled in their songs. It makes the songs intoxicatingly queer to my perception, regardless of them not being specifically queer.

Others may see characters on television or in literature, recognize themselves in those characters, and theorize them as queer in an otherwise straight landscape.

When we see queer media, it's often in dark or dismal contexts. One of the first LGBT movies I saw as a young teen was Boys Don't Cry, a heartbreaking (and misrepresented, but that's for another article) film about a trans man in a transphobic Nebraska. It didn't exactly give me hope or comfort.

We need to question if media featuring queer contexts has been created for a queer audience, for shock factor, or to satisfy a diversity auota.

Queerbaiting is used as a strategy by producers to increase their viewership by attracting queer audiences, hinting at queer situations without continuing the storyline or doing the work to accurately represent and respect queer identities. It is seen throughout television especially, and multiple retail companies, including Calvin Klein in a promotional video released in May of this year, now use it to promote themselves.

This kind of artificial capitalization on queer identities is not only taking away from authentic queer media (media made for and by queer individuals) but is also harmful to the LGBT+ community overall. It objectifies queer experience and culture.



by Bo Esserv

PUZZLES/EVENTS

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.

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 outside an office on the second floor of Wilna Thomas.

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

overheard at nexus word search

Every issue, on page 2, we quietly put in a contextless quote heard at random in Nexus HQ in Overheard at Nexus. Clearly, our office conversations are weird. Every once in a while we like to look back at the past handful of issues and highlight some key words in our word search, which is what we've done this time around.

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.

BEARD
2000
BIG
ELON
EXPERIENCE
FUGLY
GOOSEFLESH
HUMAN
HUNK
HYPNOTIC
KILL
MAGGOT
MEAT
MUSK
NECK
PIG
POLAR
PRETZELS
SLEEP
SPERM
SPITROASTED

Η	Α	S	С	Ι	W	K	0	0	S	Ν	Ε	G	S	Ζ	
A	D	Ρ	Ρ	J	Η	Ι	С	Ι	М	Х	Ι	М	Х	Ν	
S	U	Ι	S	R	S	\mathbf{L}	Е	Е	Ρ	D	Х	Ι	В	F	
K	G	т	Т	С	Е	\mathbf{L}	А	Ε	Ν	Е	Х	Κ	Х	Ρ	
L	Ρ	R	\mathbf{Z}	Ι	\mathbf{L}	Т	R	R	Ρ	0	K	Α	\mathbf{L}	М	
Z	М	0	K	Т	F	Ι	Z	S	Y	Ι	\mathbf{L}	W	R	L	
0	J	Α	0	0	Ε	F	V	Е	А	М	D	Ε	Ι	F	
C	V	S	V	Ν	S	F	D	Т	\mathbf{L}	G	Ρ	Х	K	D	
F	Κ	т	С	Ρ	0	U	0	S	W	S	Η	т	\mathbf{L}	V	
F	R	Ε	В	Y	0	G	Ι	В	В	D	D	R	Y	G	
W	Ν	D	N	Η	G	\mathbf{L}	J	Ε	С	D	W	W	Ε	Q	
М	Η	U	М	Α	Ν	Y	А	W	W	R	F	Ι	Q	А	
P	G	U	М	Х	Ι	R	J	R	А	V	J	Е	D	В	
E	S	R	Ν	Η	D	Y	S	S	\mathbf{L}	Y	S	Y	G	F	
K	Т	\mathbf{L}	Z	K	Ν	0	Х	Ε	\mathbf{L}	Ρ	U	В	Q	V	

what's going on –

by emily welch



UNTIL SATURDAY, NOVEMBER 30

To all the obscure out there

If you're a fan of the unconventional, the untraditional, and the weird yet beautiful things in life, Ramey Newell's art exhibit Manifest Obscura is for you. In the exhibit, Newall combines analog photography and microbial processes to show off traditional western landscapes in a very non-traditional-or "obscure"-way. It's a great place for a first date—it shows your creative, deep, and wonderfully weird self if you bring them here. The exhibit is free (unless you buy a painting—then, well...) at Deluge Contemporary Art; see deluge.ca for more information on this and other exhibits.

Thursday, November 7

Reconcile, remember, and relearn

After touring most of Western Canada, the nîpîy êkwa askîy (Water and Land) screening is back in Victoria for one night. The night will feature short documentaries as well as experimental films by Indigenous filmmakers including, to name just a few, Jessie Ray Short, Jade Baxter, Caroline Monnet, Alexandra Lazarowich, Marjorie Beaucage, and Conor McNally. This is an event that invites us to show vulnerability, appreciation, and a willingness to be educated. Things get started at 7 pm at FLUX Media Gallery, located at 821 Fort Street. See medianetvictoria. org/flux for more details.

event is free and starts at 6 pm; see sniwwoc.ca for more information.

Thursday, November 7 Remembrance and action

One cannot write about only happy things. To be educated and have some awareness about the tragedies in the world is important. The Victoria Shoah Project has invited the public to the annual commemoration of Kristallnacht (Night of Broken Glass). The remembrance starts at 7 pm at Emanu-El Synagogue, located at 1461 Blanshard Street. See victoriashoahproject.ca for details.

Thursday, November 7

Girl Power

It may not be the '90s anymore, but the pop sounds of the Spice Girls are still very capable of wedging into your brain with songs that stay in your head (or, rather, refuse to leave). Wannabe: A Spice Girls Tribute are playing at the Capital Ballroom on November 7; doors are at 7 pm and tickets are \$20. See thecapitalballroom.com for details.

Saturday, November 7

Get ready to swoon

you want to jump up and down in one spot with a drink in your hand, check out The New Owners, who are celebrating their EP release at Darcy's Pub's Westshore location. These talented young dudes have a few influences-there's a bit of a Doors vibe and a bit of punk, yet at the same time they have a unique sound that is all their own. The fun goes down at 737 Goldstream Avenue; see darcyspub.ca for details on this and other events.

Friday, November 15 Get loud and proud and snotty

There's nothing better than listening to music that is awesome and also makes you think. Snotty Nose Rez Kids, who are heavily influenced by their ancestral roots, are making the rounds in Canada and end up in the Capital Ballroom on November 15. The hip-hop duo will be accompanied by genre heroes The Sorority. Tickets are \$26.50 in advance or \$32 at the door; see thecapitalballroom. com for more information on this and other shows.

SUNDAY, NOVEMBER 17 A person's right to shoes

Thursday, November 7

Seen and heard... finally This is so important, my dear fellow students. Unheard and Unseen: We Knew Her Name is part of a series that honours the lives and memories of missing and murdered Indigenous women, girls, and LGBTQ2S people. The event will feature performances, speakers, dinner, and connection opportunities. And it's not just on November 7: there will be one on the first Thursday of every month. The events are put on by the Support Network for Indigenous Women and Women of Colour in the Community Room in the downtown library. The

Vancouver's Louise Burns is turning to town in support of her new album, Portraits. This time around, Burns has Courtenay "swoon rock" artist Alexandria Maillot opening up. The fun starts at 8 pm at Lucky Bar; tickets are \$12.50. See luckybar.ca for more info.

SUNDAY, NOVEMBER 10 Dress in your Sunday best

If you're unsure of what (or who) to worship, how about a trip to the Paparazzi Nightclub for Drag Sunday? There you can meet some queens who really rule. Victoria's famous Shelita Cox will host, and there are fabulous rotating performers and dancing until 2 am... sleeping is overrated, anyway. The venue is located at 642 Johnson St, and all you pay for is drinks. Doors open at 10 pm; see paparazzinightclub.com/ index.htm for information.

SUNDAY, NOVEMBER 10 A sound of their own

If you like a fresh sound that'll make

Beer and hot footwear... yeah, baby. Restorative Justice Victoria is lowering all inhibitions and hosting Shoes, Brews & Blues, a party consisting of a footwear fashion show, beer tasting, live music, and a shoe contest. The fun starts at 7 pm at Hermann's Jazz Club; tickets are \$35. See hermannsjazz.com for more information on this and other upcoming events.

PHOTO PROVIDED Courtenay's Alexandria Maillot is playing Lucky Bar on November 7.

