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student society

Camosun College Student Society gives money to Charger student athletes for food expenses



CAMOSUN CHARGERS ATHLETICS

The Camosun College Student Society will be helping Chargers student athletes with food expenses this season.

LANE CHEVRIER
CONTRIBUTING WRITER

The Camosun College Student Society (CCSS) approved a motion at its November 4, 2019 board meeting to provide a temporary \$25-per-day per diem for food and incidentals for every Camosun Charger student athlete while they are travelling for games. This will be added to the current \$15 daily per diem from the Chargers for a total of \$40 per day. The CCSS' portion of the money—a total of \$20,730—will last for the duration of this Chargers season.

"We found out that the athletes were only getting \$15 a day when they travel, and honestly, that's not enough, because what can you get for \$15?" says CCSS external executive Fillette Umulisa. "We [believe] that students should not have to pay from their own pockets when representing the college."

Umulisa says that this is not simply an act of goodwill by the

CCSS, and that the CCSS wants to encourage Camosun to increase the subsidy.

"These students represent [Camosun] at a high level, and if they win, it's the college winning, and they should be treated better than \$15 a day for food."

Camosun Chargers recreation and athletics coordinator Graham Matthews says that the per diem is considered a supplement to the athletes' own money.

"It would just be an add-on at this time. As much as we want to provide as best we can, that's what we thought was the going rate," he says, referring to when the per diem was initially established (Matthews is unsure of the year the rate was put in place).

Umulisa believes that fully covering food costs should be considered an investment in the success of college teams, similar to paying for athletes' transportation when they travel for the college.

"You can't just eat a sandwich and expect to perform," she says, asserting that good food is a necessity, not a privilege. "I do feel that it is a very unfair treatment towards our athletes. Camosun College and the [Camosun College] Foundation should [step] up; if they can't find a solution, they can fundraise for it."

Chargers men's basketball forward Shaquille Maharaj feels that the College has the means to carry on with a \$40 per diem after the CCSS stops contributing, especially considering there are only five Chargers teams.

"Sometimes we take a look at these fundraisers and we're like, jeez, that's a lot of money, and even if we just had half of that, it could be a huge contribution to Chargers Athletics," he says. "Camosun could be more focus-driven toward taking care of Chargers Athletics, because there are only a few of us who are representing the college, and we really want to do our best."

"That's all we can really ask for as athletes—someone with a voice vouching for us."

SHAQUILLE MAHARAJ
CAMOSUN CHARGERS

Maharaj says that he really appreciates the student society helping out the Camosun student athletes with the money.

"That's all we can really ask for as athletes—someone with a voice vouching for us," he says. "But look at our athletic department size compared to every other school; I think [Camosun] could take care of them a little bit better, because it's only a short season."

Matthews says that Camosun is hoping to increase the budget for the player's per diems.

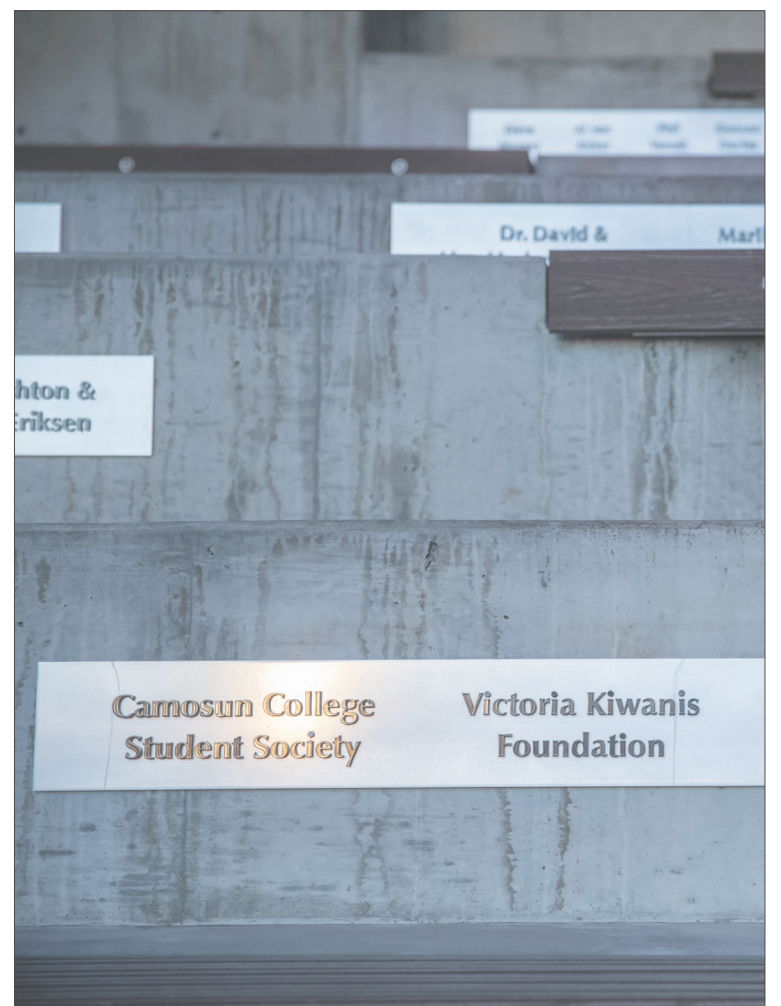
"I have to talk with our administration and see how we can make that increase consistent from here

on in," he says. "We're just very pleased at the support of the CCSS helping out their fellow students, and we're always trying to provide the best we can for our athletes."

Maharaj says that he is relieved and excited about the per diem raise and believes this will be a boon for the Chargers.

"Now, we can actually go out and get a good meal before and after a game, and there's not so much stress," he says. "We really need to optimize our recovery and nutrition, because once you've had your final practice, that's the only thing that's really going to contribute to performing better."

eyed on campus



CAMOSUN COLLEGE A/V SERVICES

The steps outside the Alex & Jo Campbell Centre for Health and Wellness.

student services

Camosun brings therapy dogs to campus to help during exam crunch time

EMILY WELCH
STAFF WRITER

Final exams are stressful. Every spare moment of time is all about studying, and tight, worried stares replace cheerful faces as students prepare for the scenario that could make them or break them.

This is why for the last five years Camosun College has been bringing therapy dogs to both campuses during exam time, offering some cheerful, fuzzy, canine companionship to those suffering from exam anxiety.

Camosun director of learning services Sybil Harrison believes that bringing in the therapy dogs has brought positivity into an otherwise anxious time of year.

"It's something that we saw happen in other institutions," says Harrison. "Then one staff person [library technician Jennifer Stenberg] came to me and asked, 'Can we do this?' I said, 'Yes, go for it!'"

Harrison says that as soon as exam season starts nearing, the Camosun staff gets ready for the dogs again.

"We are in the fifth year of doing this, where we work with St. John Ambulance," she says. "They have volunteers who have dogs certified to do this work, to be therapy animals. So around the end of the semester, we invite them on campus. The dogs come on site with their owners, and they are just available to be loved and cuddled. It's as awesome and basic as that."

Harrison says that the whole

"These dogs, they go through some training, and they are just so suited for this purpose. They just ooze with love. They really are quite amazing."

SYBIL HARRISON
CAMOSUN COLLEGE

point of the therapy dogs is just what their name says—therapy—and that the dogs know exactly what to do.

"Every time you see them, you just sort of melt," she says. "These dogs, they go through some training, and they are just so suited for this purpose. They just ooze with love. They really are quite amazing."

Harrison is familiar with the general stress level rising on campus during exam time and recognizes that there is a need for different kinds of support.

"Every student is challenged with busyness and worry this time of year," says Harrison. "There are also other students who perhaps have greater challenges with mental health; this time of year pushes them into anxiety and depression. We know there is a whole spectrum around these sorts of things, and we want to make indications to students that we, the college, care about students and what they're going through."

First-year Psychology student Jaycee Constantine agrees that the dogs are helpful to students.

"They just put me in such a good mood," says Constantine. "It really helps the atmosphere on campus go up."

Constantine says that the room full of dogs offers an escape from the anxiety that accompanies exam week.

"Everyone in here seems so happy, so welcoming," says Constantine. "You get to just enjoy yourself, relax, take your mind off the studying and the exams coming up. You feel way more relaxed playing with dogs than sitting in a stuffy classroom or the library," she says with a laugh.

Harrison says that the dogs on campus are proof of people's need for support and connection.

"I always say that I think it's a deeply human thing to want to connect, to want to be loved," she says. "Sometimes it happens with another human being, but often it's



EMILY WELCH/NEXUS

Students enjoying the therapy dogs at Camosun during last exam season.

an animal. Whether it's a dog or a cat, it's still such a human need, that connection. If we all had that

opportunity to feel and share a little more, the world would be a much better place."

know your profs

Camosun instructor Tommy Happynook talks diversion tactics



EMILY WELCH/NEXUS

Camosun College Indigenous Studies instructor Tommy Happynook.

EMILY WELCH
STAFF WRITER

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

Do you have an instructor that you want to see interviewed in the

paper? Maybe you want to know more about one of your teachers, but you're too busy, or shy, to ask? Email editor@nexusnewspaper.com and we'll get on it.

This issue we talked to Indigenous Studies instructor Tommy Happynook about connections, applied learning, and the importance of being on time.

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

I have been teaching at Camosun for about seven years within the Indigenous Studies, Indigenous Family Support, and Indigenous College Prep programs. I specifically teach courses related to Indigenous ways of knowing, Indigenous health, understanding Indigenous

people, Indigenous ways of wellness, and Indigenous identity.

2. *What do you personally get out of teaching?*

I feel a sense of responsibility to share my experience and knowledge as an Indigenous person in the courses that I teach.

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

My teaching principles are guided by and grounded in my culture. Relationships are foundational to my teaching practice. I believe in engaging students in a way that encourages them to better understand their knowledge and experience in relation to the course's content. I like to teach from an applied learning/experiential approach. My teaching principles draw on theories and methodologies developed through my culture, Indigenous studies, and anthropology.

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

I can be diverted from a lecture by good questions and the resulting discussions.

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

I got to see the first students I ever taught graduate from Camosun. Seeing students make the connection between course content and their own lives.

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

Generally, when I am unable to get technology working. Specifically, when a newly written lecture does not go well or as planned.

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

A deeper understanding of the importance of Indigenization. Also, applied learning to ensure student success college-wide. This is already happening, mind you, and I am really excited by the future prospects of what this looks like outside my own department.

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

Play with my six-year-old son. I also really enjoy being outdoors, even though I do not get out as much as I would like.

9. *What's your favourite meal?*

Fish and rice.

10. *What's your biggest pet peeve?*

Lateness.

student issues

International students talk integration, tuition concerns



FILE PHOTO

There are 19,000 international students at Camosun College.

LANE CHEVRIER
CONTRIBUTING WRITER

Camosun College has 1,900 international students, according to its website. Many of these students are a long way away from home. Travelling to a new country, learning a new language, and integrating into another culture is an exciting process, but it can also be daunting. The very nature of integrating into a completely new culture with an unfamiliar language produces a challenge for foreign students. Higher tuition fees, communication barriers, and the possible lack of close family supports mean that the international student experience can be full of difficulties. Additionally, the pressure to succeed for their families back home can be a huge stressor.

International students represent

only 10 percent of the Camosun student population, which results in them being shoehorned into an academic system primarily designed with domestic students in mind. Consequently, there's a distinct possibility that the process of integration is rougher than it could be.

I wanted to search for the loose seams, the ragged edges: where are the shortcomings? What can be improved?

Second-year Business and Administration student Prashant Giri feels that Camosun's approach to medical coverage for international students is too hands-off. Enrollment in provincial health-care insurance is mandatory for international students who are here for six months or longer, but Camosun can't enrol for them.

"The way they tell you about the

MSP insurance, it's disastrous," says Giri, who is from India. "They suggest to you that you can [enrol for MSP], but it's up to you."

Giri believes that students may not see the larger picture and says that health-care coverage should be rolled up into student fees to prevent students from neglecting it.

"\$75 a month is a lot," he says. "You can buy two weeks' groceries for that. Most students are not going to enrol for it, and what if some accident happens?"

Second-year Marketing student Serena Cizmecigil, who is from Turkey, believes that there should be more effort to integrate international students with domestic students.

"More workshops or orientation programs taken during the year, maybe once a month, gathering

"The way [Camosun] tells you about the MSP insurance, it's disastrous."

PRASHANT GIRI
CAMOSUN COLLEGE STUDENT

international students with the local students, because most of the time international students are gathering with [each other], so there should be some effort from the school to combine the two groups together," she says. "The social supports definitely need it."

Giri says that integrating into Canadian culture while learning English is difficult, and he feels that the communication gap could be addressed.

"You can learn English, but you cannot learn how to effectively communicate in English, because communication and language are two different things," he says, while also identifying that language differences change how people interact. "The way I would console my girlfriend is different than the way I would console someone here."

ELD student Ruby Nguyen, from Vietnam, feels that international tuition is too much and that it puts stress on her relationship with her parents, who pay her tuition.

"Whenever I [talk to] my parents, they complain, 'Why do [you] study so slow, it costs a lot of money! But I have no choice at Camosun,'" she says.

The issue of tuition has long been contentious among international students; for example, the Camosun website currently lists as the cost of a Business Administration degree \$17,809 for a domestic student and \$61,240 for

an international student. According to Camosun International director Christiaan Bernard in a previous *Nexus* story ("The cost of being an international student at Camosun College," January 18, 2017), the extra income is not profit; it all goes back into providing services for students. I asked Giri if he feels that his extra investment is fulfilled through additional services for international students.

"The services international students get is the same as domestic students," says Giri. "Everything they do specifically for international students is only for the first three days of orientation, and that's it. They'll ask you to play some games or something, but that, too, is only between the international students."

But with regards to tuition, Giri is more frustrated by the fact that Camosun predominantly charges international students per semester, not per course.

"If you have three subjects, you'll pay the same amount you pay for five subjects," he says. "If the student only has the capacity to do three subjects at a time, he still has to pay [the full cost]. It gets too expensive for people who don't have the capability to do five courses."

Part 2 of this story will feature Camosun College and the Camosun College Student Society responding to these students' criticisms and will be in our January 22 issue.

review

Christmas Craft Beer Show brings delicious drinks to arena for fourth year



JAY WALLACE

The arena floor was packed for the Christmas Craft Beer Show.

BO ESSERY
CONTRIBUTING WRITER

'Twas the night of beer fest, where all through the stadium, not a drink cup was left empty, not even

for a moment. The beer signs were hung from the rafters with care in hopes that drink tokens would soon be spent there. The patrons were nestled all snug in the stands

while barley and hops danced in their heads.

All of which is to say that on Friday, November 29, I went down to Save-on-Foods Memorial Centre

to check out their fourth annual Christmas Craft Beer Show. The arena was packed with many people who sported costumes to contribute to the festive spirit. Here are some of the great beers I sampled there.

Moon Under Water Dime Bag Sour Key IPA

A fruity but tart beer seeking to emulate the flavour of the classic sour key candy, and kind of finding it. A refreshing and spritz beer that was accompanied with a complimentary sour key.

Sooke Oceanside Brewery Lonestarr Schwartzbier

A perfect balance of malty and sweet, with a well-rounded flavour. It's soft and light, which makes it a perfect sipper for anyone who likes a darker beer but doesn't want to fill up.

Twa Dogs Parting Kiss

This intriguingly named brew has a dark, malty flavour with a whiskey presence that is pleasant but not invasive. It has a round and very creamy mouthfeel that brings the experience full circle.

V2V Black Hops Brewing Victory Ale

This amber ale has a very light and round flavour, and its body is reminiscent of a Guinness. While enjoying this brew I was told of all the amazing charities V2V donates proceeds to to help veterans; I highly recommend checking the brewery out.

White Sails Brewing Gallows Point Chocolate Porter

Oh, man: Gallows Point is basically chocolate in a glass. Extremely on-point rich chocolate flavour with a silky, low-carbonated body. Absolutely one of my favourites.

Broken Ladder Pears & Peaches

This cider has a very sweet tropical flavour with very little sour. The drink's pears-and-peaches flavour is tailed by a pleasant cinnamon warmth.

Ace Brewing Company Fruit Bomb Raspberry Mango Sour

This very appropriately named sour has a very sharp raspberry taste with a welcome accent of mango. It has a very effervescent, almost dry, flavour that makes for an excellent sour.

Thinking positive

Exploring how views of sex have changed

Story and illustration by Tiegan Suddaby, features writer



Sex. That's all I need to say and there's an immediate reaction. "Hell yeah," say some of you. "Oh, no," say others. Like it or not, sex is a part of biology, which means it's a part of human life. Its connotations are ever-changing, depending on the social circles we're in at any given time. Would you want to bring up the topic at a family dinner, in front of your grandmother? Maybe that's a normal evening for you, or maybe it's an abhorrent thing to even think, and how dare you, Tiegan, for ever even mentioning that?

The topic of sex is laced with taboos, bound up in forbidden connotations, straddled and choked out by euphemisms and hushed whispers. (Don't let me get carried away—I have more of these.)

Interestingly, as the conversation around sex evolves, the definition of it evolves as well, and we become less fearful of it. Experimenting helps fortify the bonds of a relationship, whether it's a one-night stand or years of commitment (or just you and yourself), and it might satisfy the previous repression we once had. As of 2019, much of North American society has dipped their toes into trying out new things in the bedroom (or the kitchen, or the living room, or the stairways at Lansdowne) and the conversation is no longer a little secret, nor should it be.

Trying out new things comes with risk if you don't learn about it properly. You could be "doing it" for the first time; you and your friend might be browsing an adult store (just browsing!); maybe you read about this new technique that might spark something new for you and your partner.

The world of sex is a complex one to explore and there are always new discoveries within it.

Where do we start other than the definition of sex? Camosun Philosophy instructor Megan Shelstad—who has taught Philosophy of Sex and Love here at the college—points out that the definitions of sex and relationships aren't tied to one thing or one person.

"If people are older, I do get a lot of nodding about that, but I haven't had anybody say that they think sex really has to just be sexual intercourse," says Shelstad. "It came up in the context of polyamory—this might give us a bit of insight. I did ask at one point, because the author was talking about exclusivity and she was saying, 'Well, some people who are critics of polyamory and disagree with it think that romantic love requires exclusivity. It's a way of treating the other person as special.' There's a bunch of other details around it, and, 'They chose me for me, and nobody else.'"

Other kinds of relationships, including polyamory, have always been integrated into the conversation around sex. Shelstad goes on to say that while monogamy is the default, there is still room to talk about and accept polyamory.

"I'm not the Pope. People should, of course, keep themselves safe, not just [from] unwanted pregnancies, but STDs, of course. And that's also an indication of respect to their partner or partners."

MEGAN SHELSTAD
CAMOSUN COLLEGE

"I asked people, 'How many people, just in the way they generally think about stuff, or whether it has to do with their own personal relationships sexually, think that exclusivity has to be a part?'" says Shelstad. "Quite a number, at least half, put up their hands. It's possible I may have asked it as, 'What do you think is a dominant view in society?' Monogamy is what is more or less celebrated as the romantic, correct way, whether it's fairy tales or movies. The princess and the prince. I think a number of them think that's important to them—monogamy, exclusivity. It's all about the betrayal part."

But sex doesn't begin or end with the physical act. Relationships are integral to human socialization, and the mainstream definition of romantic relationships, and sexual identity, is widening. LGBTQ+ relationships are only now being provided with the celebration and normalization they need. Camosun College Student Society pride director Angela Chou says that the mainstream media has power when it comes to familiarizing cis, straight people with the queer population and queer culture.

"There isn't a whole ton of queer representation. Mostly you have to look for it if you're watching to see it," says Chou.

"That can sometimes not make us feel normal, or like it's okay, especially if you're growing up in this world with this constant barrage of straight relationships in advertising and the media, like stories and movies... You have to really go looking for the representation of yourself. Being able to see that more would be really good."

Shelstad, when talking about forms of sex that aren't the heterosexual "penis meet vagina" types we always hear about, points out that forms of sexual activities need to be safe before being accepted.

"I'm not the Pope. People should, of course, keep themselves safe, not just [from] unwanted pregnancies, but STDs, of course," says Shelstad. "And that's also an indication of respect to their partner or partners."

Protection is needed in sexual encounters, and we should understand this by the time we're in college. Discussions surrounding contraception and consent, ideally, should no longer be necessary. As Shelstad points out, the test of consent lies in trust.

"It's the sense of betrayal, so if somebody feels like they agreed to something because they were coerced, or whether they didn't agree to something and then somebody deceived them, that's betrayal," says Shelstad. "It seems more about the emotional content than anything to do with bodies."

Not enjoying sex is nothing to be ashamed of, and there are plenty of reasons for it. Some people need to ease into it; some people need additional products to ensure maximum pleasure; some are asexual, and that's just fine. While I can't give you a complete guide—after all, this is a feature article, not a book—you can rest assured that there are professionals who care about your well-being.

Communication from person to person is also a great way to integrate safe sex education into our daily conversations. When we talk, we are easily tearing down the stigma surrounding infections, new experiences, and alternative methods to sexual enjoyment.

STIs are a funny kind of uncommon occurrence in that they are actually incredibly common. STIs like herpes are so common that the stigma only silences an individual; it doesn't prevent them from getting the STI.

According to the Government of Canada website—where you can find statistics, symptoms, and other information on STIs—outbreaks of genital herpes, or HSV-2, occur because of unprotected sex, and can reoccur through the individual's menstrual cycle, after surgery, or due to exposure to the sun, medications, illness, and other factors. Of course, while herpes shouldn't be feared, letting any sexually transmitted infection stay on or in you will lead to threatening complications.

STIs can be dangerous, there is no doubt about it. But they are preventable, they are treatable, and they need the spotlight. Sexual education in middle school is often built on fear-mongering. "Don't have sex; you'll get pregnant," they say. "Ladies, your first time will be horrifically painful." "If you have sex you'll probably, most definitely get a disease that will kill you."

Well, middle-school education, this is not middle school. This is a newspaper for college students, and while STIs can be alien, painful, and harmful, you can lower your chances of getting them, and you can get them treated.

Infections like herpes aren't curable, and while "incurable" may seem like a scary word, treating an infection is going to keep you and your partners way safer than hiding it. According to the Canadian AIDS Treatment Information Exchange (CATIE), Canada's "official knowledge broker" for HIV and hepatitis C, 19 percent of people aged 35 to 59 have had HSV-2 infections, as have 6 percent of people aged 14 to 34. While British Columbia is currently under a possible syphilis outbreak, under one percent of individuals have it. This isn't to say that we need to shove our infections under the rug, but we're not giving our bodies the attention they really deserve. Talk it out with a friend, with a partner, with a professional, and don't say it in hushed whispers. Announce it, loud and proud, "I have herpes, and I'm going to do something about it!"

"There isn't a whole ton of queer representation [in mainstream media]. Mostly you have to look for it if you're watching to see it."

ANGELA CHOU
CAMOSUN COLLEGE STUDENT SOCIETY

Time is fluid, and so are our values. Are we no longer scared of doing more than making love? Are we ready to venture out into a world of new experiences with ourselves and our partners? Are we accepting ourselves for what we want, and what we enjoy? Are you now going to check out a sex shop because, you know what, it's a nice day and it's not illegal and, hey, maybe you'll find something that's going to give you what you've been missing?

The point is, you're meant to be comfortable and you deserve to be comfortable. Go ahead, have some fun with your human partner, your mechanical partner, yourself—it doesn't matter. What does matter is that you research it, and research more than just the *Kama Sutra*. I mean, go ahead, pick that up, but also maybe pick up a brochure or two from Island Sexual Health. Go ahead, look up a few techniques and get a recommendation from any local "sexpert" on products you can use to enhance enjoyment.

We shouldn't say that sex is no longer a man's penis in a woman's vagina, because it never was just that. Sex is enjoyment and sexuality is a journey for all of us, including the people who never have or never will have sex, and respect is something everyone deserves.

comedy

Snowed in Comedy Tour returns to Victoria with big lineup, big laughs



PHOTO PROVIDED

Pete Zedlacher is one of the comedians on this year's Snowed in Comedy Tour, which is coming to town this month.

FRED CAMERON
CONTRIBUTING WRITER

Twelve years ago a few comedians booked a handful of shows as an excuse to go snowboarding. With 70 shows scheduled for this year, the Snowed in Comedy Tour is now the largest comedy tour in Canada.

Award-winning comedy veteran Pete Zedlacher, who this year will be hitting the road for his fifth Snowed in Comedy, says that performing on the tour really is a dream come true. He also says that the snowboarding has extended to other snow-related sports.

"I think we have like 18 or 20 days of skiing in the first couple of months of the tour," says Zedlacher.

"We spend a week in Whistler, and a few nights in Revelstoke. We hit Mount Washington and White-water, up in Fernie. These are the kind of mountains I only saw on TV when I was a kid growing up in Ontario."

Zedlacher says that part of the reason for the tour's growth over the years is because the audience really likes the story behind Snowed in Comedy.

"The Snowed in Comedy Tour is a do-it-yourself, fiercely Canadian tour that we put on without any corporate sponsorship, the CBC, or a big comedy festival behind it," says Zedlacher. "It's four international touring headliners getting together

and doing a broad theatre tour. People get a kick out of it because it's pretty clear that we love what we do, and that really shows on stage."

The comedians have a huge advantage being part of the tour, Zedlacher says, because the tour now has a guaranteed crowd.

"Many of them are coming again and again and again," says Zedlacher. "We've already won the audience over before we even hit the stage. When you go to a show at a comedy club, chances are the majority of the audience isn't going to know who the comic is, so the comedian's job in the first few minutes is to win them over. We have a huge advantage because we've developed

people were warning that political correctness was coming, so comedians can't say anything anymore," says Zedlacher. "That was 20 years ago. It's been around forever. It will always be somewhere in the background, but it doesn't affect me with any real consequence. I'm not one of those comics who wants to provoke people, or put any group into an awkward position where they're being made fun of while they're at my comedy show."

That said, Zedlacher says that at the end of the day, if it's funny, it's funny.

"Everything should be open targets for everybody," says Zedlacher. "If it's funny you should be able to tell jokes about it. But personally, I'm just a comic. I just want to be an entertainer. I want to rock a theatre full of 1,500 people, and at the end of the show they give a standing ovation and they walk out thinking they've had a great night."

Zedlacher says that he's seen a cultural shift through his 23 years on stage.

"The Snowed in Comedy Tour is a do-it-yourself, fiercely Canadian tour that we put on without any corporate sponsorship, the CBC, or a big comedy festival behind it."

PETE ZEDLACHER
COMEDIAN

what's going on

by emily welch



PHOTO PROVIDED

Fog Lake is playing at Lucky Bar on Thursday, January 16.

THURSDAY, JANUARY 9

Make an exhibition of yourself

I never knew this was a thing, but apparently even the Royal BC Museum has a happy hour. This is a post-holidays non-holiday festive party for adults (how adult do you have to be?) with museum fare, drinks, and tapas. You can tell people you got drunk with a woolly mammoth; what could be better than that? Happy hour runs from 5:30 pm to 7 pm, and tickets are \$10; see royalbcmuseum.bc.ca for info.

SATURDAY, JANUARY 11, 18, AND 25

Fill up on social justice

Researchers from The Canadian Institute of Substance Use Research will be speaking at Sex, Drugs and Alcohol Use and Overuse, a three-part information session about people who are marginalized by sex, drugs, and alcohol addictions, and the government policies and laws that are involved. This should be an educational and worthy experience. The info session takes place at the University of Victoria from 10 am to 12 pm; tickets are \$15. See uvic.ca for more details.

SATURDAY, JANUARY 11

Total ear punishment

If you're a fan of loud, loud, and louder, then checking out local sludge metal band Mendozza, along with Heron and 1982, should be on your agenda for January 11. The ear-blasting starts at 9 pm at Logan's Pub; tickets are \$10 at the door. See loganspub.com for details.

TUESDAY, JANUARY 14

New to town?

If you are a visiting student from

a far-off place, a recently moved student from a far-off place, or just someone who wants to welcome people to this glorious city we live in, the Victoria Newcomer Connections Mixer is a good place to expand your social network. The free event starts at 6:30 pm at Moxie's Grill & Bar; see moxies.ca for more information.

THURSDAY, JANUARY 16

Finding emo

Feeling blah in the wintertime? You aren't the only one, and these folks have decided to put it to music. Fog Lake, Foxes in Fiction, and Katie Laine promise to fill you with emotion and heartfelt indignation. The good times go down at Lucky Bar; the doors for this early show open at 7 pm, and tickets are \$13.50. See luckybar.ca for details on this and other upcoming shows happening at Lucky.

FRIDAY, JANUARY 17

Tripsy what?

It's called Tripsy Leary's Cyberspace Tour, and I think it's a rave. It starts at 10 pm, it will have lots of techno music, and it promises extraterrestrial encounters, so I'm pretty sure I'm right. The place to trip is the Capital Ballroom, and tickets are \$22. See thecapitalballroom.com for more details.

SATURDAY, JANUARY 18

Live it up and laugh

One of Canada's big acts, the Snowed in Comedy Tour, is coming to the Royal Theatre to offer a night of pure, uninhibited laughter. It's a nice way to start off the new year—laughing so hard you're crossing your legs to keep the pee in. The show starts at 8 pm, and tickets are \$45; see rmts.bc.ca for more info, and see page 8 for our Snowed in Comedy preview.

stage

Langham Court musical focuses on what's under the surface

ADAM MARSH
STUDENT EDITOR

One of the biggest challenges facing Victoria-based director Heather Jarvie these days is adapting an outdated show: for example, taking a musical and stripping it of the misogyny, sexism, and gender stereotypes of the 1970s. When a modern version of the show in question, *Company*, hit London's West End in 2018, she jumped at the opportunity to put her own spin on the material. The catch? Due to legalities, she couldn't actually change any of the dialogue or music, but that allowed her to dive even deeper into the show.

"What I'm really just focused on is revising how those lines hit the audience's ear," says Jarvie. "We can't change anything, we can't change the music, so then what does that mean for our players?"

That leaves them to dive head-first into difficult character work, exploring motivations, backstories, strengths, and weaknesses. The difficulties of tackling outdated material can be conquered by making strong acting choices that, at first glance, might seem counter-intuitive to the dialogue, but Jarvie says that the answer is in the subtext. For example, the cast and crew spent a large part of one rehearsal focusing on how one line was said: the implication, motivations, and ramifications of it, says Jarvie.

"I think we were all pretty ex-

"What I'm really just focused on is revising how those lines hit the audience's ear. We can't change anything, we can't change the music, so then what does that mean for our players?"

HEATHER JARVIE
COMPANY

hausted by the end [of that rehearsal] but it was worth it," she says.

Jarvie says that depending on the show, sometimes the majority of a director's work can lie in the subtext, but it also depends on how much information the playwright gives the audience.

"If you're reworking on a show like *Company*, where you're only seeing snippets of scenes and you have to fill so much in, for me, in a show like this, everything becomes about subtext and context," she says.

It is indeed almost everything: 60 to 70 percent of the dialogue, says Jarvie, is about what's not being said in this show, and she says that's freeing for her. But she admits that it's a lot more work for both her and the cast.

"We have to supply it and create it ourselves and test it, and see if it works," she says. "You don't have, really, the option of running through unseen workshops and re-writes if you're just focusing on subtext."

The really fun, happy music featured in *Company* is often in

"complete juxtaposition" with the lyrics, like in the song "You Could Drive a Person Crazy," says Jarvie.

"[It's] so fun and upbeat and it gets stuck in your head for weeks on end," she says, "but when you listen to the words, it's not a happy song, so we're trying to also find that with the scenes as well as the music."

The show is based around an experience people know all too well: family and friends shouting at you to make a wish before you blow out the candles on a birthday cake. Should you wish for love? Good health? Bobby—the show's main character—isn't so sure he wants what everyone thinks he should want.

"The expectations of the group are so not the focus for Bobby," says Jarvie. "They all want him to get married, they all want him to find a love, and settle down... And the fact that that pressure comes from his friends and his family is something I think we can all relate to, whether it's about romantic life or, 'Why aren't you doing more with your



PHOTO PROVIDED

Company director Heather Jarvie has modernized an outdated show.

education or jobs?" or whatever. It's just such an unbelievably human and relatable moment. What was really interesting for us as a cast and as a team was to kind of look at that as a moment of going, so maybe the relationships and the friendships in his life actually aren't as positive as they seem on the surface, because that kind of pressure can be really toxic, so it kind of made us look at all the scenes that surround the

Company
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I've never worked for a big corporation before, I'm a little nervous

Oh, it's really not so bad, we're almost like a family here

Anyway, this is the machine you will be operating

EMPLOYEES: DEPOSIT SOUL HERE

By Jayden Grieve

LOVE LETTERS

2020

ARE YOU FILLED WITH EXCITEMENT AND RESOLVE THIS NEW YEAR?

I'M GONNA BE SO ORGANIZED!

I WILL LEARN NEW THINGS.. BE AT ONE WITH THE UNIVERSE LIKE A JEDI. START BY CLEARING MY MIND. I WILL...

I'LL DO 500 WING CURLS EVERY DAY!

NEW YEAR, NEW ME!

I'LL PLAN OUR MEALS. WE'LL EAT MORE GREEN WORMS.

NOW YOGA

ZAZU

By Freyja Zazu

NEXUS

What's happening at nexusnewspaper.com

Week of December 16, 2019, top five most read stories:

1. "Camosun international students talk integration, tuition concerns," December 11, 2019
2. "Around the World in a Dugout Canoe fascinating slice of Canadian history," November 6, 2019
3. "Angry in the snow but with slightly less student-loan debt: Looking back on the top 10 most-read Nexus stories of 2019," November 20, 2019
4. "Camosun College and student society address international students' concerns," December 13, 2019
5. "Camosun to establish open education initiative with grant money," October 23, 2019

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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!

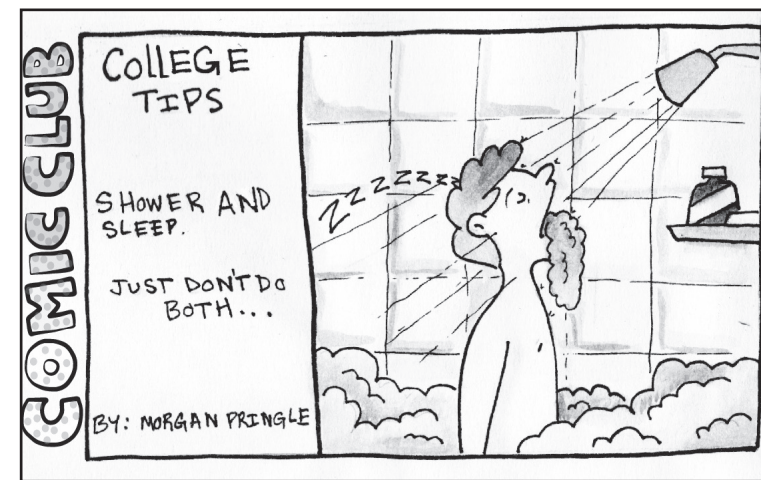
We hid the last copy on top of some lockers on the second floor of Fisher. Bring this copy of *Nexus* to us if you find it; we've got gift cards, shirts, and more for the winner to choose from!

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Help us diversify.

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

Natural Selection by Emily Welch



new year's resolutions word search

It's most definitely that time of year, when local gyms and vitamin stores see huge upticks in customers who won't be coming around in three months. Still! We're all trying!

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.

ALCOHOL
BEER
BINGE
BROKEN
CHALLENGES
DETERMINATION
DIFFICULTIES
EXERCISE
FOCUS
GYM
JUNK
PROMISE
RESILIENCE
RESOLUTION
SCHEDULE
SLOTH
SWEAT
WEED
WHISKEY
WINNING

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

Freedom from Addiction by Katie Mandey

Unhooking from mind patterns

Imagine a train barreling down a track at full speed. There is a great deal of power moving the train forward. The train is headed for a specific destination and there is only one path to get there. The train cannot suddenly change course, and stopping—should something come into its path—is not an option.

The cycle of addiction involves obsession, compulsion, satiation, and deprivation, then back to obsession, and so on.

The train represents the compulsion stage. The force of this compulsion is so strong that in the midst of active addiction the addict can know exactly what is going on, and even be aware of the negative consequences that will follow, and still be powerless against the momentum.

I am all too familiar with this feeling of being caught, being stuck on course in the deep grooves of old, well-trodden behaviours. It's as if I am taken over by some ultra-compelling entity, and somehow I am both the possessor and the one who is possessed.

Recently I found myself travelling headlong down the track, aware that I was caught and moving steadily toward my prize.

In this case, I had decided to skip my Sex and Love Addicts Anonymous (which is akin to Alcoholics Anonymous) meeting to meet, two hours earlier than planned, someone I'm currently dating.

I was literally saying "this is wrong" out loud as I drove toward his house. But I had many excuses: it's just one meeting, it's not a big deal to miss it, etc. Still, I knew I was in the compulsive clutch of addictive behaviour.

A block away from his house, I pulled over, and deeply considered my situation. He was now expecting me early.

I had driven all the way downtown, and the meeting was 15 minutes in the opposite direction. Was it really worth going all the way back at this point?

I sat quietly, with my eyes closed, breathing, feeling.

The train cannot be stopped. Willpower will never win in the face of addiction. Suddenly I thought to myself, *I want to go to my meeting.* I value these meetings, the friendships I have within them, and the learning and sharing that takes place. There are women there who I care about, who care about me, and we are supporting one another on the difficult journey of addiction recovery. And recovery holds all that is dear to me: my hopes, dreams, and important relationships.

Moreover, I do not want to spend too much time with a man. Space feels good, and too much togetherness feels bad.

So I went to the meeting as planned. The train for that evening was not stopped with my own will; rather, it was dissolved through awareness.

No one actually wants to be controlled by addiction. Freedom is in seeing things as they are.

Politics and Other Nonsense by Carla Marginean

Plastic-bag ban now social obligation

As someone who has worked retail on and off for the past eight years between multiple stints in school, I have sold thousands of plastic bags. When I first moved to Victoria almost five years ago, plastic bags were still being used. There was, however—and there still is—growing concern from environmentalists that the use of plastic bags is contributing massively to the destruction and pollution of the oceans (#savetheturtles) as well as contributing to climate change.

Almost two years ago, the City of Victoria banned plastic bags and, seemingly, solved one of the smaller problems that single-use plastic brings with it. As a replacement for plastic bags, the City of Victoria opted for paper bags that are better for the environment, in part due to their higher biodegradability. The city also raised the amount that stores have to charge for bags from five cents to 25 cents. This is all good progress and encourages people to bring their own reusable bags.

Despite this, the BC Court of Appeal overturned the City of Victoria's bylaw, saying that it was based on environmental concern and therefore was under the jurisdiction of the provincial government and the Ministry of Environment. The City of Victoria is currently in the process of taking the issue to the Supreme Court of Canada.

Even though the plastic bag ban is no longer a legal requirement, it is apparently still respected by 95 to 97 percent of businesses in Victoria, which shows a clear social obligation that is arguably even stronger than the legal one. We are slowly moving in the right direction.

The problem is that many other municipalities have not followed suit. In order to make even a little bit of an impact, the entirety of BC and, eventually, Canada will have to become bag conscious and, for that matter, single-use-plastic conscious as well.

Over 40 percent of plastics used in British Columbia are single-use, which is unacceptable. All of this plastic is being used once and then immediately being recycled—but even that's hopeful thinking, as a lot of it is going into a landfill.

One of the reasons the bag ban is so slow going is because the BC government is not legislating it; therefore, it's left up to the individual municipalities to legislate the ban. There have, however, been talks in the halls of the Parliament Buildings of actively working to reduce single-use plastic pollution. Let's hope Victoria can continue to take the lead on this.

CAMOSUN COLLEGE STUDENT SOCIETY CLUB COLUMN

CAMOSUN BUSINESS STUDY GROUP by Simon Shepherd

Introductions and salutations

Welcome! Whether this is your first semester or you're a few years in, Camosun Business Study Group welcomes you. We're a group of students who help others succeed, whatever their career path may be. Do you have to be a Business student? Nope! We've helped students from all disciplines, and last semester we started to publish our thoughts in *Nexus*. We'll be doing the same this semester, but we wanted to introduce ourselves first.

What do we do? Traditionally, we offer free tutoring and help in business-related fields, but that's putting our vision in a pretty small box. We believe in finding success, and, unlike the age-old axiom, we don't believe there's a recipe for success—we believe there's a whole cookbook. Finding that dish which meets your needs is what we do, and we've amassed a Julia Child-like toolset to accomplish that task.

If you're looking for help with Business classes, want to start your own business, or are looking for a place to meet other students, come check us out! There's no obligation to join, no pressure to attend our events (which happen on a regular basis), and it's free!

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](https://www.facebook.com/cambussg).

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MYWELLNESS CAMOSUN by Jordan Bell

MyWellness' top-five tips to stay healthy this semester

A new semester is here, and it's the goal of the MyWellness program to keep you as healthy and relaxed as possible. So take a look at our most effective de-stressors, and let us know if you think of any we missed!

1. Balance
We know how hard it is to juggle work, school, friends, and sleep, but it's not impossible. If you're feeling overwhelmed, go hang out with some friends! Watch some Netflix, take a nap, bake cookies—whatever makes you feel good. Studying while stressed doesn't help anybody.
2. Nutrition
Eating junk food all the time will work against you—swap the chips for a smoothie and we promise you'll have more energy, better memory function, and less stress overall. A few small choices every day really add up, so try to get in as many fresh fruits and veggies as you can this semester!
3. Talk to someone
You're not alone—if you're feeling anxious, depressed, or just overwhelmed, take advantage of the MyWellness program—online counselling that fits your needs (and the first session is free!). Log on to mystudentplan.ca/camosun/en/mywellness to do a free assessment and take the first step toward better mental health.
4. Exercise
We know, we know: it's cliché. But it really works. Even just a short walk, some push-ups, or a quick stretching session will boost your endorphins, clear your head, and release tension. Find a workout buddy if you need motivation, and get that body moving!
5. Make a plan
Give yourself three or four realistic goals each day—loading up an impossible to-do list will only make you feel more stressed. Know your limits, and give yourself a break once you complete your tasks!

Feel free to reach out to the student wellness ambassador, Jordan Bell, at mywellnesscamosun@gmail.com if you need to talk to someone, or if you are simply looking for more tips and support. Remember to get lots of sleep, stay hydrated, and schedule in some you time!

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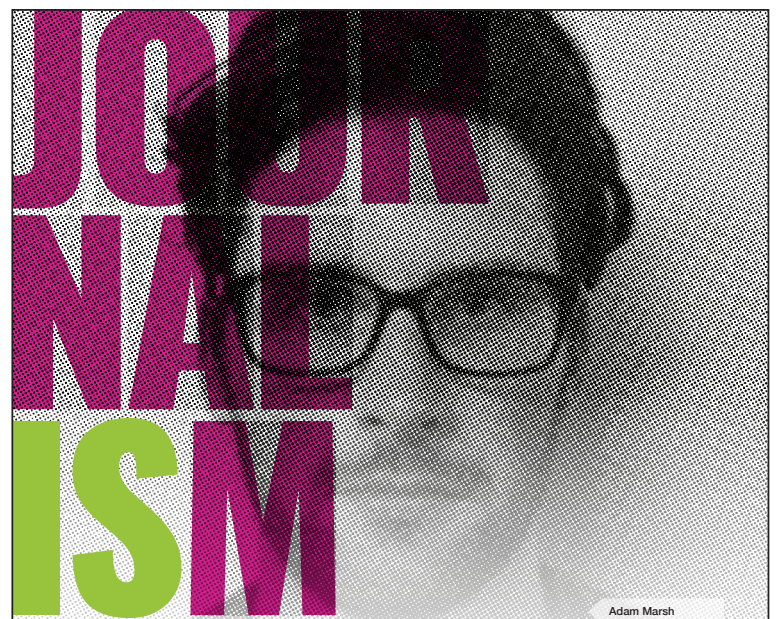
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