

camosun's student voice since 1990

women in trades

Camosun College and Vancouver Island University partner for Women in Trades Training program



CAMOSUN COLLEGE

A Camosun trades student hard at work at the Interurban campus.

EMILY WELCH
STAFF WRITER

Camosun College has been delivering Women in Trades Training (WITT) for almost 10 years and has sponsored over 700 WITT participants. Camosun has recently expanded its WITT reach, partnering with Vancouver Island University (VIU) to offer the program to students outside of Victoria.

Camosun WITT program coordinator Sarah-Jayne Roe is enthusiastic about the partnership with VIU and believes that it will offer options to women all over Vancouver Island.

"We just decided that we wanted to expand the portfolio," says Roe. "The chair of trades development and special projects, Olaf Nielsen, and I, we wanted to expand it and reach more people, get more people involved. It's been so successful the last 10 years that it just seemed right. Now we can reach the whole south of the island."

Camosun receives WITT funding through the provincial government's Industry Training Authority, which sponsors people to go into foundations programs.

"Foundations is between six and 10 months long," says Roe. "They come to the school completely green; by the time they leave, they will have the technical training for the level 1, and some work-based training hours. Another sponsorship we do is a women-only dedicated cohort, the Trade Sampling program, so they can try all the different trades in the college, and also now VIU."

Roe says that there has been a slow increase of women entering the trades, and she is hopeful that the partnership with VIU will help.

"One of the biggest things in my role as the coordinator is to encourage women to network and to mentor," says Roe. "To mentor each other, to peer support, to create a community with women in the trades. There hasn't been a lot of women in the trades; the number is low."

Roe says that the partnership with VIU will include program replication.

"Part of what I do is have women in trades speaker meetings, which is something that VIU is now replicating," says Roe. "So, what we do

here, we do there. We do mentor, as well as informal mentoring—we do breakfast every month where

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"There are so many women that have thought about it but never looked into it. Don't be afraid to give us a call."

SARAH JAYNE-ROE
CAMOSUN COLLEGE

we invite all the sponsored women in the college, and we also try to invite as many of the others that aren't sponsored as we can... Not all women need the sponsorship but it's still important to make them part of the community that we are creating here."

Roe believes that this partnership might also make it an easier process with the barriers that women face every day in the trades.

"Some of the barriers that women face is, obviously, going into a male-dominated trade," says Roe. "They may not have had the experience when they were younger, like the men have had—a dad or uncle showing them what trades are about. That is one of the biggest barriers, as well as financial."

Roe says that the WITT application process is more of a conversation than an interview.

"We just have to make sure

that they know what they are going into," says Roe. "That's what is so good about the trade sampling program. They might come in and not quite know what they want to do, which trade they want to go into. In a trade sampling program, you can try all the trades that we have. We also do about six tours in the trade sampling program. This means they'll go to construction sites, they'll go to Seaspan, BC Ferries, some of the smaller companies as well."

Roe says that the most important thing for women to remember is to not be afraid to go for it and, if they are interested, to apply for the program.

"There are so many women that have thought about it but never looked into it," says Roe. "Don't be afraid to give us a call. Come in and go on a tour, talk to other women, come to one of our breakfasts. There is always so much happening."

eyed on campus



GREG PRATT/NEXUS

Both Camosun College campuses were closed due to snowfall on Wednesday, January 15.

NEXUS

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OVERHEARD AT NEXUS: "Just to be Jesus' advocate..."

student editor's letter Our phones are making us dumb

Australia is ablaze. America is all but a lawless shit-show; Iranian storm clouds are brewing over the country, and Canada being an ally of America means they're casting a shadow on our country, too. It doesn't take long to get discouraged while online—10 minutes of scrolling, tops. After that, I want to drown my phone in the bathtub, crawl under a rock, and drown my thoughts in the Marianas Trench (the deep-sea trench, not the band, although that would be just as torturous).

This hopelessness is exactly what the world powers are counting on. They're counting on us not being able to ever get away from the endless pit of information and misinformation being pushed on us, not in the form of print headlines you have to go out of your way to look at, but as push notifications that are as ever-present as your breath.

Sometimes it's hard to know what to believe. So here's what you need to do: turn your phone off one day a week. Do it with the knowledge that you're just like me: inconsequential, disposable, and here for a really, really short period of time. No one, save for maybe a handful of people, cares what you do, but you still have to turn off your phone and get back to your life. I'm on the low end of phone addiction, and I still spend close to three hours a day scrolling mindless garbage. That's 21 hours a week. I spend 45 and a half days a year on my phone.

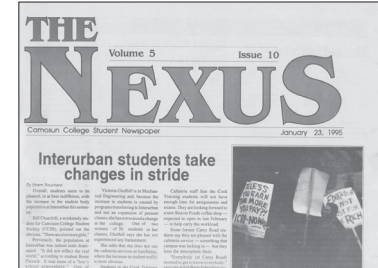
With the quality of information I'm consuming decreasing in general, it's so easy for me to believe information that fits with the sugar-filled, malnourished narrative I already believe.

Start choosing what you consume. If I don't do the same, I can literally feel the synapses in my head sizzling away into creme brulee filling. Do what helps you and the world. Sometimes it's okay to not do the easy, automatic thing. Clean your social media to education-only accounts. Have a different account for your friends. Buy a 500-page book with small print. Read it. I'm talking to you, but I'm also talking to myself here.

Fuse yourself together with things that light fire in you. In a world that can't stop bantering, quiet—sometimes unpopular—conviction works to create some space between yourself and the noise, and just might implore you to find the power of choice.

Adam Marsh, student editor
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flashback 25 Years Ago in Nexus



GREG PRATT
 MANAGING EDITOR

I think the instructor is doing a fine job creating problems himself: The story "Interurban students take changes in stride" in our January 23, 1995 issue talked about how students at Interurban were dealing with an increase in enrolment. One big change was that there were more women enrolling in trades programs at the time, which led to one of student Brent Patzack's instructors telling his class to "take it easy on the females, you can create a lot of problems for yourself," according to Patzack. Ouch.

Not the April Fool's issue: We ran a story about BC Transit in this issue; as anyone who's ever read Nexus knows, those stories tend to feature upset students. That's why the headline for this story seems so absolutely shocking: the piece, which talked about how BC Transit was dealing with issues brought up by students, was titled "BC Transit meets expectations."

They're made to be broken: The piece "Students don't play by rules - cafeteria manager" talked about tensions between Beaver Foods—who ran the Lansdowne cafeteria—and student groups running soup kitchens and bake sales. Beaver Foods said the students were only allowed to do one event per week and had been doing more; the students said they were "well within their rights." Camosun said that having too many student events "shoots [students] in the foot" because some of Beaver Foods' profits went to a fund for the students.

open space Local government needs to do more to control housing market

PATRICK FERREIRA
 CONTRIBUTING WRITER

Assessments of the Victoria housing market at the beginning of January show the average cost of real estate is either slightly decreasing or levelling off. Meanwhile, the rental market has shown that prices are unchanged but the number of vacancies in Victoria is increasing as more apartments are being built.

Vancouver has seen a more dramatic downward shift in the cost of housing, with some areas seeing downward spikes in average house pricing as high as 15 percent. However, the Vancouver rental market has been unaffected by these changes, with vacancy rates remaining low and prices unchanged.

This is a shift from several years in which house prices and rental costs continued to increase in both Victoria and Vancouver.

Overall, these trends are positive for any student who aspires to one day own a home. The cost of housing in the Victoria and Vancouver regions has increased so dramatically over the last decade that many young adults have entirely given up any plan of buying a house. These new trends can finally allow the current housing market to breathe and let in a new generation of homeowners into the market.

But these changing trends raise larger questions about the housing market. Why has it taken so many years of dramatic increases in the cost of housing before the market finally went back down? What steps, if any, have various levels of government taken to help lower the cost of housing? The situation has been completely unacceptable for years.

Part of the blame surely lies on the backs of local government officials, especially in Vancouver's rental market, where mayors and councillors have ineffectively focused on opposing dense development, and the few projects that are approved won't be completed for years.

A political stimulus is needed to tackle this problem head on, to halve the consultation process

on affordable housing projects. Affordable housing needed to be built yesterday.

The governments in the Greater Victoria area also haven't tackled the increasing cost of rent, except for the municipality of Langford. Langford's council and mayor managed to manipulate the Urban Containment Boundary of the municipality in such a way that they could approve a ridiculous number of real estate projects. Apartment buildings, condominiums, and houses were approved with little oversight in Langford. Today, it is the most affordable area to live within the Greater Victoria area. Other municipalities in Victoria have completely failed to address the cost of housing.

The only government policy that has impacted the dip in the markets has been the provincial government's Speculation Tax. Local governments have failed in their responsibility to future homeowners by allowing the cost of housing to skyrocket over the past decade.

On some level, this is to be expected. Local governments in Canada source the core of their funding from property taxes. This means local governments do not have an incentive to control the cost of housing in a way that benefits those seeking to purchase a home. If they did, they would be taking active steps that would decrease their future budgets, as property-tax revenues would decrease along with the cost of housing. Their only other solution to maintain their revenue would be to increase the rate of property tax, which is a politically unpopular move.

This perverse relationship de-incentivizes local governments from bringing down the cost of housing. It therefore shouldn't surprise anyone that it was the Speculation Tax that led to the recent cooling in the housing market. One level of government had to intervene to correct the inaction of the lower level of government.

Again: affordable housing needed to be built yesterday.

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!

student money Indigenous Camosun students to receive \$40,000 to assist with food and housing costs



ADAM MARSH/NEXUS

The Victoria Foundation has given \$40,000 to Indigenous students at Camosun College.

LANE CHEVRIER
 CONTRIBUTING WRITER

The Victoria Foundation has granted \$40,000 in funding to support Indigenous students in Camosun College's interdisciplinary Aboriginal Culinary Arts, Tourism and Hospitality program. The funding will be dispersed to students in order to provide financial support for costs associated with housing and food.

Developed in partnership with the Songhees Nation, Camosun's Aboriginal Culinary Arts, Tourism and Hospitality program is a 12-month entry-level program that includes a two-month work placement and is specifically designed for Indigenous students preparing for a career in Aboriginal tourism.

Students gain work experience and learn skills from a variety of applied tourism, culinary arts, and hospitality courses; upon graduation, they earn a Professional Cook 1 certification.

One aspect of the program that was very important to the Victoria Foundation was that it was specifically designed to provide Indigenous students with a direct, practical road to employment that's firmly rooted in Aboriginal culture.

"It aligns really well with our strategic priorities, because our two main focuses are housing and food security," says Victoria Foundation communications specialist Kyle Wells. "So, in this case, the bursaries will be providing financial support for housing and food costs

to these students, who are also taking a course that is related to food security, and this is [meant to help] people prepare for a career in Aboriginal tourism. It fits in perfectly with all our strategic priorities."

A strong focus of the college's program is on culinary arts, which are directly linked to the burgeoning industry of Aboriginal tourism. This focus serves to ground the program firmly in Indigenous culture.

"A lot of events include food, and that's a big part of our tradition, our culture," says Camosun Indigenous recruiter and on-campus support Lana Pagaduan. "Whenever there's a gathering, there's food along with that."

The Camosun College Student Society (CCSS) is very supportive of

"It aligns really well with our strategic priorities, because our two main focuses are housing and food security."

KYLE WELLS
 VICTORIA FOUNDATION

the program and the \$40,000 from the Victoria Foundation.

"We think it's great," says CCSS external executive Fillette Umulisa. "There's a lot of barriers that students face, and this type of funding by community donations definitely allows students to concentrate more on their studies. We think it's a very great initiative, especially [with the support] from the Victoria Foundation, and we'd love to see more of this come around."

Wells is enthusiastic about the practical applications of a program that is specifically tailored to help Aboriginal students excel in a field closely linked to their historical culture.

"It seems like a great opportunity, because you're getting all these different certifications all at once, and you're working in an industry that is growing, and it's culturally relevant and creating opportunities," he says.

Pagaduan, who has been directly involved in the program, says it's just concluding a two-year pilot project, and she has seen positive impacts on the students involved.

"This program has helped students turn their life around," she says. "In their journey to better their health and way of living, this program helped, as it included their passion of cooking."

Pagaduan says that the program has provided a strong positive drive to help young Indigenous people move their lives forward and overcome personal roadblocks.

"There are a lot of social issues, challenges, and barriers for our people on the reserves. One of the biggest struggles for an Indigenous student is living support, as they have no income, and no means of paying rent or providing for their family," she says. "This was an awesome opportunity for those who entered and completed the program."

Wells agrees that the program could have really strong positive reverberations through the community.

"It seems like a really good opportunity to help young Aboriginal people—who have a harder time getting started in our economy and our education system—to find a way to prepare themselves for the working world and to do so in a way that is culturally relevant to them," he says.

NEWS BRIEFS

Wilna Thomas closed for renovations
 As of Monday, December 23, 2019, the Wilna Thomas building on the Lansdowne campus is closed for renovations. Look for our full story next issue.

New Interurban cafe opens
 reCharge, the new cafe on the first floor of the Alex and Jo Campbell Centre for Health and Wellness building at Interurban, held its soft launch on Monday, January 6, with a partial menu. The cafe offers soups, salads, sandwiches, drinks, baked

goods, coffee, and tea. reCharge's January-to-April hours are 8 am to 11 am Monday to Friday.

Driver collides with lamppost at Interurban
 Police responded to a call just after 8 am on Friday, January 10 at the Interurban campus when a driver ran their vehicle into a pole on the road behind the Centre for Business and Access. The road was closed until a tow truck arrived. There were no injuries, but the vehicle's airbags were deployed. Police don't believe drugs or alcohol were a factor in the crash.

Women in Trades-related companies awarded
 The 2019 Builders Code Champion Awards were held on Thursday, November 28, 2019 at the Ocean Pointe Resort. The awards recognize companies that show policies, practices, and standards that allow employees to reach their full potential. Nine companies were awarded this year, two of which have ties to Camosun College. Victoria-based Durwest Construction Management won the Initiative of the Year award; Durwest has worked with Camosun's Women in Trades program

to get more women involved in the trades. Victoria-based Kinetic Construction was one of two companies that won the Workplace Culture Champion award, in part for providing education in Camosun's Women in Trades program.

Victoria grants assist community projects
 29 community projects and activities in Greater Victoria will receive \$52,945 in funding from the City of Victoria's fall 2019 My Great Neighbourhood Grants. The grants aim to create a more vibrant and tight-knit community through community projects, such as small free

library huts, community emergency kits, and workshops on climate action and housing. See victoria.ca/neighbourhoodgrants for more information.

-ADAM MARSH

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INTERESTED IN BEING OUR NEXT NEWS WRITER? NO EXPERIENCE NECESSARY! EMAIL EDITOR@NEXUSNEWSPAPER.COM TODAY TO GET INVOLVED.

SPEAK UP How do you think Camosun handles snow days?

BY ADAM MARSH

KAYLAN MCCONNELL
 "Fine; I'm glad the school's open [on Monday, January 13]. It's definitely been frustrating being in high school and having schools close down during the slightest amount of snow."

BROOKE ROBERTSON
 "I think they handle them pretty well."

ROBERT HEWITT
 "Good. The information's spread across all the news outlets, so I checked the website this morning and knew that it was still open."

NAWAR ABDULKHALEK
 "You can tell it's pretty clean, and it's easy to come and go; everything's good. There's no worries."

DABN KASHAN
 "It's fine. It's snowy outside, but it's warm inside. It the best way they can deal with it."

ARIANNE STEVENSON
 "I think pretty good. It seems like the sidewalks and the parking lots are pretty clear, and they're prepared... I heard about last year, how they didn't take the proper precautions, and I think this year they're doing a pretty good job."

NEXUS

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mental health

Student plans talent show for mental-health awareness



ADAM MARSH/NEXUS

Camosun College student Jordan Bell is organizing a campus talent show.

EMILY WELCH
STAFF WRITER

Out of pain comes creativity. That's what second-year General Science student Jordan Bell proved when she decided to take her experiences with mental health and turn them into something beautiful and creative.

"I struggled with mental health for quite a while," says Bell. "Art-

istic expression is something that really got me through that time. It is just such an important part of dealing with mental health—just talking about it, and turning it into creative projects and creative endeavours."

Bell realized that her journey could be something that others could relate to so decided to reach out to people through organizing

"We thought we could have a fun event where people see other people who are making art through whatever they're dealing with."

JORDAN BELL
CAMOSUN COLLEGE STUDENT

a talent show for the Camosun College Student Society MyWellness program. The talent show will take place on Wednesday, February 26 in Young 216; auditions and run-throughs are on Wednesday, February 5 from 4:30 to 6:00.

"Creativity is just such a good way to get it out and connect," says Bell. "We thought we could have a fun event where people see other people who are making art through whatever they're dealing with."

Bell says her own creative process was essential in her journey, and she wants to share that with other people.

"It's so important to talk about it because everybody deals with it," she says, "and the more that you can look over and see someone else handling it, the easier it is for you to handle it."

Bell was able to channel her ex-

perience into her art, so she knows how the process can help healing.

"I am a singer/songwriter and I produce on the side, so I've done a couple albums," says Bell. "It was what I had to do. With my anxiety it was a necessity."

Bell is hoping that other people who have had similar struggles will want to share them in a creative way through the talent show.

"I think it will be a really fun event," says Bell. "I also think it is very intimidating, getting up and performing. I think people often feel that they have to be really good at it in order to do it, but I really would love to get more people trying to do singing, or trying to do art, or trying something creative because it is just so important. It is just so cathartic in helping to deal with those emotions that are hard to deal with."

Bell says she has an idea of what

she is hoping will happen during the event (what she needs for now is more people to sign up to perform; email mywellnesscamosun@gmail.com if you're interested in participating in the talent show).

"What I am envisioning—what I'm hoping—is that we'll have people talk a little bit before they perform," says Bell. "They might talk about how mental health affected them or someone in their life; they don't necessarily have to deal with it themselves. I know not everybody would feel comfortable with that, but ideally we would all bring it up and do a performance together related to mental health."

Bell has been trying for a while to think of a way that people who have struggled with mental health can connect with each other, and she really hopes that this event will be a way to do it.

"It would be a really good opportunity for people to see another side of it, and see what can be done despite having mental-health issues that people deal with, and even if it doesn't go well, at least we will have gotten the word out there," she says. "It'll be a really fun opportunity to show what you can do, and maybe be inspired by other people who might be going through exactly that same thing that you are. So why not do it? It will be one night of your life."

know your profs

Camosun College instructor Carole Gosse on the privilege of teaching

EMILY WELCH
STAFF WRITER

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

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

This issue we talked to Human Resources instructor Carole Gosse about yoga, bullshit detectors, and how the efforts of students can enhance their teacher's life.

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

I teach in the Human Resource Management and Leadership department in the School of Business. I teach mostly human resource management, leadership, and skills-based business courses. I have been at Camosun College for 20 years—first five years in the Hospitality Management Program as co-op coordinator and 15 years as HRM/Business instructor and program leader for the BBA and PDD, HRM Leadership credentials. Prior to Camosun, I spent 15 years as HR director for five different Fairmont

2. What do you personally get out of teaching?

I believe that the profession of teaching is a privilege and huge responsibility. We have all been affected by our teachers—good and bad—which plays an important role in our future development. I don't take this responsibility lightly, and try to connect with my students as future leaders and HR professionals. I try to be a good role model. As an extrovert, I get energized by the classroom dynamics and enjoy sharing my knowledge, experiences, and the many mistakes I made during my career in HR. This allows students to realize that failing or making mistakes is also part of learning and keeps you growing in knowledge, experience, and wisdom. A motto that has guided my teaching career in the last 20 years at Camosun College is "to teach is to learn again." I love that my profession allows me keep growing, learning, and evolving so both student and teacher grow together.

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

I am a hot yoga instructor [and] have been teaching Bikram style yoga for seven years, mostly on weekends and the wee hours in the morning—6 am classes. I teach at

the Quantum Yoga Club in the Hudson building downtown. I became a hot yoga instructor at 52 years of age, after completing a nine-week teacher-training program. I have been practicing yoga for the last 10 years, and practice various yoga styles: Ashtanga, Bikram, and Yin yoga. It is important for me to use my body to relieve stress so I practice regularly, five or six times a week.

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

My lack of detail orientation... I can't spell well, and often can't see my errors, especially when I am writing on the whiteboards; it's embarrassing, but I do make jokes about it with my students... They all help with my spelling.

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

At the end of a training course I was teaching, students had to create a presentation on what they had learned that term. One group wrote and performed a song for me, using the tune of "Santa Baby." They had changed all the lyrics to cover the many lessons learned in the course. It was great, so creative, fun, and quite a professional performance. I still have the lyrics they composed.

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



ADAM MARSH/NEXUS

Camosun College Human Resources instructor Carole Gosse.

Dealing with the increase in plagiarism and cheating in assignments, which changes the dynamics and my connection with students. I have increased enforcing the Camosun student academic honesty policy and have had difficult discussions with students.

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

I think that post-secondary education will move forward more rapidly, preparing students for the many changes in AI/business technologies coming our way. So much will be affected by artificial intelligence: our economy, workforce, education, and society in general. More innovation and future visioning and working with industry must be a focus for post-secondary education.

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

Practice yoga, garden, and beachcomb for sea glass on the beaches around us. I enjoy making sea glass mosaics, pendants, and windchimes. My sea glass collection comes from the Pacific, Atlantic, and Mediterranean beaches in Spain, France, and Italy. I love the idea of using natural materials to create art.

9. What's your favourite meal?

I love a good turkey dinner with all the fixings, including pumpkin pie.

10. What is your biggest pet peeve?

People who talk a lot, but never do what they say they will do... I have a high-functioning BS meter.

student issues

Camosun College and student society address international students' concerns

LANE CHEVRIER
CONTRIBUTING WRITER

This is part 2 of a 2-part story looking at the challenges international students face at Camosun College. Part 1 featured international students talking about their concerns and can be found at nexusnewspaper.com.

Camosun International manager of student services Gulcan Barclay says that the college has been talking with international insurance providers GuardMe about the possibility of extending the three-month period that international students are registered for health insurance. This would give students more time to transition to the provincial government's health-care insurance.

"We start reminding them, 'As soon as you arrive you need to apply for MSP, you don't need to wait three months, just apply for MSP and when you're eligible they're going to send the documentation,' because we don't want them having a break between so the [GuardMe] expires and they haven't applied for MSP. We really want that transition to be seamless," says Barclay. "We're trying to improve that communication so that students know about it, and we've been talking with GuardMe for maybe the possibility to extend that duration so it gives them more time to transition to MSP. We really want them to be safe and covered."

Barclay says that it's impossible to bundle the MSP charges into the student fees and stresses that students need to apply for their own MSP.

"That's their responsibility to apply for MSP, because we cannot apply on their behalf," she says. "If we could, we would have done that, but we can't charge for it, that's for government. It has nothing to do with Camosun and the fees we're collecting."

As far as extended support for international students throughout the semester—a concern I heard from students—Barclay says that the college is here to help the students.

"Anything they can think about—and there's no stupid question—we are always here to support them," she says.

Barclay says that there are lots

of services available for those who seek them out.

"There's academic support, help centres, advising, counselling... We try to reach out to students, but until they come, it's really hard to figure out what they are going through," she says.

Camosun College Student Society (CCSS) international director Melaniia Frolova is interested in the idea of implementing more orientation programs throughout the semester.

"We are thinking about it now," she says. "We think it's possible, because we have a lot of people who are interested in it. I think it just depends on suggestions; if I suggest it to my team, I hope that they support me."

Frolova says that students who feel like they haven't gotten enough from Camosun's international student orientation should try to connect with a Camosun counsellor.

"For me, my counsellor helped more than orientation," she says. "I think it's a good way to solve this problem, if all international students have a good counsellor who can help students solve all their problems."

Barclay says that there is a possibility for the college to hold more orientation events throughout the term.

"Absolutely, especially because students usually have a lot of study permit, work permit questions, we are working on expanding those for workshops," says Barclay. "We do housing workshops when Immigration [Refugees and Citizenship] Canada comes; we invite students to come to those. We do registration workshops in case students don't know how to register. One issue with that is that students—it depends on if the students at that point are interested in that specific subject—usually don't come. So we can say, 'This is the day we're going to talk about this subject,' you see maybe two or three students coming, but it's not like big crowds showing up. I think it's tough to get the interest sometimes... If they approach us—for example, we had a student who said, 'I'm from Mexico, I want to do something about the Day of the

Dead'—we're happy to support them to put the event on. There's always room for improvement, absolutely."

The social chasm between domestic and international students was discussed in our previous article, and Barclay agrees that that's one of the biggest issues international students face.

"We have a Peer Connections group," she says. "Mostly international students come, but we have domestic students, so that provides opportunities to connect with each other and the community."

However, Barclay says that even when domestic students express interest in reaching out, international students often tend to stick with their peers.

"It's more comfortable, safer for them maybe, so it's very challenging for domestic students to break that," she says. "It goes both ways."

Frolova agrees that integration between domestic and international students is a common problem and says that a possible solution would be to have more activities that are of interest to both domestic and international students, providing more opportunities for natural interaction between the two demographics.

"Maybe it will be good to organize more activities for all students, because, for example, my country, we have a lot of activities for all students, more than we have here, unfortunately," she says. "It's one of the big differences in my country's organization and the organization here, because students here just don't communicate with each other."

Frolova believes that finding common experiences and shared interests between students is a good way to narrow the communication barrier.

"I think it's also better if you have not clubs but opportunities to communicate maybe in other points, not only in languages," she says. "Also, it will be good to find some things that are common for everybody."

Frolova says that the CCSS is starting to look into expanding social opportunities for international students.

"In comparison to my country,

"Anything [international students] can think about—and there's no stupid question—we are always here to support them."

GULCAN BARCLAY
CAMOSUN COLLEGE

there are not so many activities and supports, and I hope we will develop that in a short time, but truthfully, I don't think that it's good now. But it's good that we understand it and we try to solve this problem," she says. "We could organize more opportunities for communication, to try to organize more social projects to pay attention to problems which are common for all students and try to solve it in different ways."

Perhaps the biggest challenge for foreign students is the communication barrier.

"Well, I think you need a little bit of time in the culture," says Barclay. "It will come slowly—you need to be here a while and experience it to get that knowledge."

The most common grievance we heard from students was that tuition costs are so much higher for international students, but Barclay says that the situation is not so black and white. She points out that there are invisible costs—in the form of taxes—for local students. Additionally, tuition for domestic students is largely subsidized by the government, which is a benefit not available to international students.

"If you're a domestic student, you pay taxes, so your education is funded through that," she says, "but international students are not taxpayers."

A related complaint is that international tuition is charged on a per-semester, rather than a per-credit, basis, so that an international student will pay the same amount regardless of whether they enrol in three, four, or five courses in a semester, which may be perceived as unfair. Barclay says that she understands how students could be frustrated but looks at the fee structure in a different way.

"I think the price is set for three, four courses, so they are kind of getting an extra course for free,"

Barclay says. "But I understand frustration from the student's perspective."

Frolova recommends that international students who are frustrated with tuition consider the bigger picture: the enhanced opportunities that studying in Canada provides.

"I like Canada and I think it's one of the countries that provides more opportunities," she says. "For example, when we become domestic students—when we become residents after two years—we get a lot of opportunities compared to other countries."

Frolova regrets that more students don't know about the CCSS and what it provides, and thinks that there could be more opportunities for students to become familiar with the student society and to volunteer in a wide variety of ways.

"I will be glad if more students will be involved in our opportunities, because in my country, it's more like volunteering, everybody can take part and engage in opportunities. It could be open for more people who want to join us—it would be really good," she says. "Like, for example, with [CCSS] elections this year, not everybody knows about the CCSS and what is that actually and what we do. This [is] something like a secret now, but I will be glad if everybody knows about us and what we do and will be glad to join whenever they want, not only when we need it."

Barclay says that she and her colleagues really do empathize with international students' struggle.

"We care for them, you know? We've all travelled the roads; we are mostly coming from other countries ourselves," she says. "We are previous students, so we really understand what they are going through. So the aim is to support them; if there is a need, we would like to be able to assist them."

The new plan

Story by Adam Marsh, student editor

The *Nexus* analysis and critique of the Camosun Campus Master Plan 2019

When you walk on Camosun College's grounds, you walk on stones and earth with a history. You walk in a place where wounded soldiers were nursed back to health—or died—during World War II in Lansdowne's Young Building; you walk on the grounds of the BC Vocational School, which merged with Camosun in 1971 to create the Interurban campus as we know it. You walk on a place where people have learned, felt, cried, and come back as better versions of themselves for over 100 years.

But a lot has changed since 1914 when The Provincial Normal School, which we know today as the Young Building (named after then-provincial minister of education Henry Esson Young), was constructed on three hectares of land owned by the Hudson's Bay Company. Even now, the building's style and character sticks out among its Beaux-Arts architectural cousins scattered throughout the city because it represents the values of the Lansdowne campus.

World War II was the only time over the last century when the Normal School wasn't used as an educational facility. Look at the Young Building now: its marble stairs echo with the footfalls of bustling students like no other place on campus. Its clock tower marks the time it has endured. It's a historic landmark. And yet, its beauty is hidden behind hideous scaffolding that evokes a sense of damage, neglect, and second-class citizenship.

It's just one of the things that the college has addressed in its Campus Master Plan 2019, a \$200,000 plan that has 20 years of potential changes outlined in it. But has the plan hit or missed the mark? Here, we offer some suggestions from a student perspective about what the college really needs to be focusing on over the next two decades.



The interior of the college's new Alex and Jo Campbell Centre for Health and Wellness, located at the Interurban campus.

For the success of the student graduating deep in debt and unsure if they'll actually be able to get a job, the master plan is too grand. If Camosun were to actually implement every aspect of the plan, it would cost over \$170 million. And for what? I'm not so sure fancy communal study areas or better sightlines to buildings are absolutely imperative to student success after graduation.

Here's my main suggestion for what the college needs to be focusing on in the 20 years covered by the plan: education.

Sure, some of the ideas in the plan would make the college look nicer, but they seem to be a bit of a slap in the face to the average struggling student. Even the \$200,000 the college spent on the master plan could have been used for a lot of different things to help out students: classroom aids, textbooks, or specialized tutoring sessions, for instance.

The students need help with their education, and that's where the college's money and time should be going, full stop. I've seen the state of the average college student's "edited" essay, and it's pathetic. It's hard to place blame here, but according to the master plan, "the desired improved synergies in teaching and learning" was one of the "guiding goals of the planning process" so I can't be the only one who sees this as an issue. I realize sometimes the college gets funds from the government specifically for buildings, and the college's hands are tied. But there must be some money that the college can allocate to helping students where they need it: in the classroom.

Except for proposed student housing in Dawson, the master plan mentions almost nothing for Lansdowne that's even a quarter as grand and luxurious as the most rundown part of Interurban. Most of it involves paths—metaphorical or otherwise—art galleries, and gathering places. This is a really nice idea, and yes, it would make campus a nicer

place to be, especially in the wake of the dark reality that it's peanuts compared to what the master plan has in store for Interurban.

The state of the Young Building needs to be dealt with first and foremost, as it's a far more significant and beautiful building than any of the ones at Interurban. To be fair, this isn't exactly Camosun's fault. The college has been in a stalemate of lawsuits with Farmer Construction and half-finished construction since well before I enrolled here in 2014.

Camosun has said in the past that dealing with Young is a high priority, but today it's still covered in scaffolding and remains the biggest eyesore on campus. It's a \$10-million fix, but—again, recognizing there are lawsuits involved—it should be placed as top priority.

Young isn't the only building suffering, though. In the master plan, nine of the 20 buildings at Lansdowne are classified as being in "very poor" condition. Only one is "excellent." Meanwhile, of Interurban's 28 buildings, 16 are "very poor," while three are "excellent." So it's clear that some serious money does indeed need to be put into either maintenance or, yes, new buildings.

Maybe this is where Lansdowne has a chance to catch up to Interurban a bit. When students arrived on campus in January, they saw that the Wilna Thomas Building was closed until further notice. The college had previously announced that it would be designing a collaboration space in Wilna Thomas, although seeing the entire building closed with no indication as to when it would open was a surprise. Maybe it's a start toward getting some of Lansdowne's declining buildings (Wilna Thomas was given an "average" rating in the master plan) up to par. But there's a fine line here: we want it to look good, but not too good, Camosun. Spend what you need to make the building helpful for students' education, not a bunch more to make it look flashy.

After all, education serves the same function whether you learn how to operate a table saw or fix an elevator from a dingy garage or you study in the Alex and Jo Campbell Centre for Health and Wellness with sunlight streaming in the windows and a sense of high-class optimism filling every student. The quality of the education is more important than how it looks from a website. That's not to say Camosun's quality of education is bad—it isn't. Make no mistake

about it, it's actually great. (As a matter of fact, mark my words: in years to come, more and more UVic instructors will migrate to Camosun.)

The issue is bigger than any decisions the college can make because when the money comes from a donor, it's often for a specific purpose. But think of how much better it could be if a portion of the money that currently goes to making buildings look aesthetically fancy was put toward the nuts and bolts of learning.

Two of the biggest issues facing Interurban are parking and managing the size of the campus. While Lansdowne is a compact, tight-knit community, Interurban is the polar opposite. Many of the buildings are sheltered communities of their own because many of them house one particular program.

And every student knows the absolute thrill of needing to arrive half an hour early for class to drive in circles around the parking lots looking for a spot. I don't quite understand how the college thought adding 233 spaces—the number of stalls in the new parking lot behind the Alex and Jo Campbell Centre for Health and Wellness—is enough to solve the problem. It's not, but don't worry: there are usually a couple spots at the far, far end of the PISE lot awaiting you (just don't cross the line into the PISE parking).

Again, this isn't entirely Camosun's fault: it has to follow Saanich zoning laws on how many parking spots it can have on campus. The college got a variance from Saanich for the new lot to allow for extra spots; is it possible to get a variance for another, say, 700 or 800 spots? And is there even room on campus for it?

There appears to be. There's more than ample green space behind the Forestry Lab, building, and offices; there is also a fair bit of space behind the Centre for Trades Education and Innovation, if the college isn't held back by zoning regulations. This would essentially mean installing parking lots as bookends to the campus; these spots could make a colossal difference on a congested campus, even without construction and campus expansions.

Make no mistake: parking at Interurban is one of the most urgent problems Camosun has to deal with.

Of everything in the master plan, student housing on campus is perhaps of the most interest to students. It's been talked about for years, and while initially costly, it's an outstanding solution to help ease the impacts of the housing crisis in Victoria. It's something from the master plan that Camosun should absolutely pursue moving ahead, as it would help ease the strain of the housing crisis and directly impact some students' ability to learn.

At any given point in a semester, there is a cohort of Camosun students who live, breathe, and study out of their cars, couch surf, and use the showers in the Young

Building to rid their crevasses of tar, feeling like sand in an hourglass as they wait for their luck to run out, for that tar to tango in their lungs and snuff them out. Needless to say, this makes sitting in a classroom and focusing on learning very difficult.

Camosun's tuition is already very reasonable; to add housing to this would be like winning the lottery for many students.

The proposed locations (a tower above Dawson at Lansdowne; at Interurban, above a re-developed Huber Hall) are fantastic. It could also solve the problem of cross-building community at Interurban by giving students a 24-hour need to be there, to rely on each other to create a sense of kin and belonging. It's the reason UVic feels so different from Camosun: because, for many students, it's home.

And it's not just me who thinks student housing would be great for Camosun. For a feature story I wrote back in 2016, I asked students what they thought of the idea of student housing on campus. They said it would be a great investment.

Speaking of buildings at Interurban, it's completely ridiculous to demolish the John Drysdale Building, as per the master plan's suggestion, to create sightlines to the Centre for Trades Education and Innovation or to create a "collaboration space." Drysdale has lots of life left in it, and that's a lot of wasted time and money that could be put toward helping students. Again, have you seen some of the papers being written here? Let's focus on where students actually need help, not on building a collaboration space, because, let's be honest, most students don't even know what that is. They need help learning. So let's cut to the chase and help them.

One of my main concerns with Camosun's focus over the next 20 years is how Interurban-centric it is. As a Lansdowne student, when I go to that campus, I am stunned at the differences. Each campus is a beautiful place to be that rivals any college in the province. They feel very different from one another because they are; the college has a duty to not only uphold each campus equally, but to hold each campus to the same standard of possibility. Space and infrastructure aren't excuses for average or sub-par facilities, which the plan has shown the college has no shortage of.

I've had higher-ups at Camosun admit to me in interviews that Lansdowne is a bit of an eyesore compared to Interurban. But Lansdowne's older buildings are beautiful—the college just needs to make sure they're maintained, safe, and accessible.



The exterior of the Young Building, located at the Lansdowne campus.

art Exhibit uses radical levity to explore Indigenous stories



PHOTO PROVIDED

The Time Traveler by Shaun Beyale, from *When Raven Became Spider*.

SAMARA OSCROFT
CONTRIBUTING WRITER

A mixed-media art exhibit exploring the supernatural elements and beings of Indigenous stories through a modern superhero comic lens is coming to Open Space. *When Raven Became Spider* features work by six Indigenous artists: Joi Arcand, Shawn Beyale, Sonny Assu, Elle-Máijá Tailfeathers, Jeffrey Vererge, and Julianne Beaudin-Herney.

Curator Leena Minifie first designed the show for Dunlop Art Gallery, located within the Central

Regina Public Library in downtown Regina.

"Regina has a huge Indigenous population, especially in the downtown core," explains Minifie. "There's a lack of representation visually."

Jennifer Matotek—Dunlop Art Gallery's director and co-author of the exhibit's corresponding book—had been working to increase representation of Indigenous artists within the space when Minifie pitched the idea to her. The show took two years to put together

and has toured for three and a half years. Exploring the connection between oral and visual culture, *When Raven Became Spider* expands on the relationship between these two mediums with a pop-culture context. Traditional stories are always represented in visual culture; artists use them to create totem poles, carvings, and regalia.

"The next oral [storyteller] that comes up is then able to refer to [the art] and explain, so it's always inter-playing and also informing each other," says Minifie. "Through oral stories, through visual, through oral again... that's how our culture has played out for thousands of years."

While this style is a departure from traditional Indigenous art, pop culture and the superhero genre cannot be removed from our collective experience. All of the artists in the show grew up being influenced by comics and cartoons. It's apropos that the questions the show now raises for its curator are also informed by our cultural climate. The titular character, the Raven, is a narcissistic trickster, portrayed by artist Sonny Assu as Spider-Man. If he came through today, Minifie could see the Raven as an Instagram influencer. Yet, in this age of hyperreality, this exhibit also confronts us with the question of balance.

"Raven has Eagle as a counterpart," says Minifie. "Eagle is wise, quiet, and kind of more stoic... always chastising Raven for his ways. Part of me doing *When Raven Became Spider* made me realize I've left Eagle behind. Where is the room for Eagle in this world of over-talking

and narcissism and fake news?" Throughout the tour, the show takes on a different meaning based on the geographical and political landscape of the current city. In the prairies, with systems that are more male dominated, the work is read as very feminist; in Ontario, it's seen as a statement on the crisis of missing and murdered Indigenous women.

There's no escaping the political nature of the work, whether or not the art was originally meant as a political statement.

"Being born Indigenous means being born political," says Minifie. "There's no way of avoiding that." Throughout her career, Minifie has been labeled "radical" as a way to dismiss her work. Now, with much of Canada catching up to her recognition of the unfair treatment and oppression of Indigenous people, that label may apply more aptly to the idea of comic-book art in art galleries.

"Mixing pop culture with Indigenous super beings [brings] levity and is also very family friendly, and I have no qualms about being what people call [a] 'not high art show,'" Minifie says with a laugh. "I can be radical or not a high-art curator, there will always be something that keeps me on the outside, and that's where the fun is... The liminal space is always more fascinating to me."

When Raven Became Spider
Until Saturday, February 8
Free or by donation,
Open Space
openspace.ca

stage All-male drag ballet company takes the stage in Victoria

JÉSSICA NAVARRO
CONTRIBUTING WRITER

When Les Ballets Trockadero de Monte Carlo comes to town in February, the unconventional will take the stage. Sure, the program will include the second act of *Swan Lake*, *Go for Barocco*, and *Paquita*, but the all-male drag ballet troupe will present them as parody.

The troupe—affectionately known as The Trocks—was founded in 1974 with a very unique comic approach to traditional ballet. Company dancer Joshua Thake started dancing in classical ballet schools but came across barriers imposed by long-established standards.

"That wasn't the body type that companies were looking for; they were looking more for a linebacker body build," says Thake. "I guess I wasn't masculine-enough-looking to do ballet in a more traditional ballet company, so I became kind of a misfit."

While Thake was still in ballet school, a friend showed him a DVD of a Trocks performance. He remembers how the idea of his own dance career changed from when he first watched that DVD until he decided to audition for the company, which he considers to be the most epic career transition he could have made.

"It was my first time seeing the company and it didn't even cross

my mind to be a part of that group, because I was so dead set on being a part of a more traditional company," says Thake. "But then that didn't happen, and I found such great therapeutic release in drag then I started to reconsider."

Thake acknowledges the success of Brooke Lynn Hytes, former Trocks dancer who was the first Canadian on *RuPaul's Drag Race* and will be a judge on *Canada's Drag Race*. In addition, Thake praises the construct of drag ballet and the funny original creations that can come of it.

"The show has so many moments that intersect both of those great dualities that I think that is the recipe that makes it a successful show," says Thake.

The Trocks' dancers prove that men can indeed dance in ballerina shoes, and actually do well in them. Thake laughs at the fact that he once auditioned without any ribbon or elastic on his shoes.

"People are expecting the fall, so if I happen to fall, which does happen many times, I do great," he says. "I learned how to land without bruising too intensely."

Thake explains that the show is structured to be enjoyable for everyone, regardless of how much ballet they've been exposed to, and he even sees it as possibly a great



MARCELLO ORSELLI

Les Ballets Trockadero de Monte Carlo dancer Joshua Thake.

way for people to introduce themselves to ballet and to become ballet enthusiasts.

"The show is so accessible because we pander to the structure and rigours of a very well-known art form, but different people have different experiences with it," says Thake. "So, like an onion, there are more layers that can be exposed the

more exposure you have to that art form."

Les Ballets Trockadero de Monte Carlo
8 pm Tuesday, February 4
\$36 and up, Royal Theatre
(sold out)
rmts.bc.ca

New Music Revue



Bluebloods
Make It Rain
(Independent)
1.5/5

It's nearly impossible to pin down what Winnipeg's Bluebloods are attempting to accomplish on their debut EP. During *Make It Rain*'s 20-minute runtime, the band delivers some daring genre blending but constantly trips over its own ambition.

Led by guitarist Conrad Sweatman, Bluebloods primarily focus on the hardships of living in the Canadian prairies on this EP. The band packs in an impressive number of influences on *Make It Rain*, but the constant attempts to merge R&B, jazz, EDM, and hip-hop become exhausting within minutes.

The title track opens the EP; it features Winnipeg vocalist Courtney Devon and begins with plenty of promise. The sombre piano-led instrumentation pairs well with Devon's vocal work and Sweatman's lyrics. Unfortunately, awkwardly timed kick drums and an unnecessary EDM-inspired transition squander the song's potential.

The theme of misguided production choices continues on "Jabberwocky" as Sweatman's brand of electro-pop clashes with a pointless sample of Snoop Dogg's "Gin and Juice."

It's obvious that Sweatman is an ambitious musician and *Make It Rain* deserves credit for its creativity, but its severe lack of direction makes it almost unlistenable.

—MITCH FISHER



of Montreal
UR FUN
(Polyvinyl)
4.5/5

UR FUN is the 16th studio album from Athens, Georgia's of Montreal, the indie/pop band led by vocalist and multi-instrumentalist Kevin Barnes. The album makes me want to laze in bed with a modern lover and sit in a discotheque in slow motion.

First, Barnes pokes holes in your average Joe's off-the-rack tweed suit before beckoning you on an ethereal cathedral synth parade. From there, the album drives with a kick that punches the listener in the face and then applies the concealer so they can keep listening.

Just when I'm tired of hearing another synth, Barnes throws in a fuzzed-out guitar riff that lets my feet touch the ground in an otherwise atmospheric album.

When not entranced by his lyrics, the bass and percussive intricacies—which have more layers than an English trifle—thrust the listener back into the heart of this album, a pop record with all the textures of Bowie's wardrobe. It slaps.

—RHEA GEORGE

music

Girlfriend Material explore cool cars and the business of music



COLIN MEDLEY

Toronto's Girlfriend Material pose with no cars in sight.

RHEA GEORGE
CONTRIBUTING WRITER

What makes a cool car cool? Graham Wright, vocalist/guitarist of Toronto-based rock band Girlfriend Material, is getting to the bottom of that question while challenging normative rock and roll tropes with his band's unconventional social media presence.

"I'm always fascinated by the way that rock and roll came of age when cars were the status symbol and the symbol of freedom in a way less connected America, and also the

that we're following up on? You can never really untangle it all but I find that so interesting to try and wrangle with."

After the success of his previous band, Tokyo Police Club, Wright re-evaluated his relationship with music. He played in Tokyo Police Club for 10 years; near the end of that band's run, the business side of running a successful band outweighed the music side and it felt like work.

"If you take the music out of the job of being in a band it's kind of a

"If you take the music out of the job of being in a band it's kind of a crappy job, it's just that the music is so good that it easily makes everything else worth it."

GRAHAM WRIGHT
GIRLFRIEND MATERIAL

world," says Wright. "Rock is so, unfortunately, inherently conservative in aesthetics and ideology. Cars are still in music, it's still a genre of song you can write about—it's a car song, and everyone gets it."

Cars in music have been around since the invention of rock and roll, but the cars plastered on Girlfriend Material's social media accounts don't fit the stereotype of "cool." Almost every day Wright posts an image of a car parked somewhere on the streets of Toronto. Many of the cars are covered in rust, dirt, or snow, depending on the time of year.

"There's an element of very, very light political subversion to be like, 'Look at all these boxy-ass cars from the early 1990s, they're cool,'" says Wright.

The name of the band's debut album, *Cool Car*, came from a spontaneous thought Wright had while working on the album, but it's only one example of the music industry standards he's questioning.

"When they invented this music and all the tropes and all the shorthand that you'd use, like 'Baby, baby' or whatever skips a sentence to communicate an emotion, [that's] very handy, but you're also like, 'Hmm, the '50s, not a great time for opinions, culture, and society,'" says Wright. "How much of that is baked into the traditions

crappy job; it's just that the music is so good that it easily makes everything else worth it."

The focus of being in a successful touring band gave Wright confidence to change gears with his current project in the way he writes and does music business. Girlfriend Material is intimate and casual, and developed from the intention of putting the fun back into his music.

"I try not to be totally off the cuff with Girlfriend Material," he says, "but consciously, especially at the beginning, I had been thinking too much about music; now I'm not going to think at all."

Wright's new perspective of the industry also led him to change the boundaries of how a band is supposed to promote their work. He says creating a body of work and something bigger to look back on in the long term has more impact.

"I could tell the promotion was working when people started showing up saying, 'This car isn't even remotely cool, what's wrong with you?'" says Wright. "I was like, 'Ah, here we go!'"

Girlfriend Material
7 pm Tuesday, January 28
\$12, Lucky Bar
luckybar.ca

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3. "Camosun College closed Wednesday, January 15," January 15, 2020
4. "Open Space: Climate change is trying to kill us and maybe we should let it," January 6, 2020
5. "Langham Court musical focuses on what's under the surface," January 6, 2020

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COMIC CLUB

By Jazz T. Mott

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 a table in the hallway of the second floor of Ewing. 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!

snow day word search

As I type this, Victoria is suffering through its annual panic due to snow falling out of the sky. We'll never quite be ready for that stuff, will we? Here are some words that sum up our annual snow experience. 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.

ANXIETY CANCEL CATASTROPHE CONFUSED DIRE DISASTER EMERGENCY FALL FEAR HORROR PANIC POSTPONE RATIONS SHOCK SLIP STRANDED STUNNED SURPRISE TERROR UNEXPECTED	E K R A E C D F L R Q Q H V J L H E P R S E I X Y S Z G G A S L P P O A N S S O L H D Y F X Y O O R D N O O P L I O D J F A X S R E U Z I P A N I C O R G N T O T T L S T F S A F K A I X P H C S Z X D A N I M L X I S O G E U A E S C R T E T H R T N V P R Y T E I X N A U J D E E O X P E L A Q C K O H Z I R E M E R G E N C Y L C T Z I R Z G N I C N R D Q L H I D C O N F U S E D E V Q H Y A S T R A N D E D P X P P Q W X K E O D B O U K K C O L S I X
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Freedom from Addiction by Katie Mandey
Changes inward and outward

I began this column about addiction last year, and it started with my story. To make a very long tale short, life directed my awareness—rather forcefully—toward the fact that I was living as an active addict. This awareness came largely through a series of painful events, most notably a relationship with a physically and emotionally abusive man, who was diagnosed with terminal brain cancer, to boot.

Perhaps it's needless to say that it was a very dark time. This man was very difficult to leave for several reasons. But the reason I'm concerned with here has its roots in addiction. I came to realize that I was living a life controlled by addiction, primarily sex and love addiction, as it's called in 12-step circles.

Addiction is an entire way of existing. It creates a false personality that is superimposed over who we really are. It is a linear mind map that is punctuated by planned-out points of pleasure. It is an escape from reality, or at least it distracts us sufficiently so we don't notice reality for a little while. The problem is that it's a trap. It leads nowhere,

and instead of making reality better, it makes it worse. Addiction is insidious and often difficult to detect at all. Often the effects of it need to become glaringly obvious, as they became for me in being with a disturbingly violent and manipulative man. Moreover, it is painful to face the truth when we are caught in addiction.

Dismal as this may sound, there is good news—indeed, more good than bad, in my opinion. Facing the truth—whatever it may be—is extraordinarily powerful and is the foundation of the path toward freedom. The moment I was able to say "I am an addict," it was clear that addiction was at the root of all my problems in life. It was the reason I could not find self-respect or peace of mind.

With a tiny bit of self-compassion I was able to see that I had not become an addict through any fault of my own, yet now it was my responsibility to recover from this affliction.

And so I have been. Through recovery I have found self-respect, peace of mind, deep compassion for myself and others, genuine connections with my fellow humans, and purpose in each moment of my life.

If you are addicted to sex, relationships, drugs, porn, food, shopping, social media, or anything else, you are not alone. I believe virtually everyone is an addict to a greater or lesser extent. And I believe that we need honesty and openness, and to risk vulnerability, if we are to recover.

The world is a reflection of each of us. If we can be willing to heal ourselves, we can transform the world.

CAMOSUN COLLEGE STUDENT SOCIETY CLUB COLUMN
CAMOSUN BUSINESS STUDY GROUP by Simon Shepherd

How to create culture, part 1

Many of my former teachers have expressed the importance of a business culture, a good "fit" of people in a company, but when I asked one how someone creates culture, the answer did not seem so clear. "Hire the right people," she said, and when I asked how to do that, she only said it requires a lot of tests (and even then, you're not sure).

That response never sat well with me. Few companies garner loyalty so strongly outside the organization that people will wait to get in, and there's little evidence that loyalty is gained by hiring practices. So, how does someone create a culture?

Last semester, I touched on the importance of why a business exists, and the relationship between the why of a successful business versus a not-so-successful one (tl;dr—it's rarely to make money). A why and the vision that follows it tie directly into creating culture. Is it important to hire the right people? Absolutely. A Stanford report suggests that struggling companies are more likely to hire CEOs from outside. Are they struggling because the CEOs prior were internal, or is it a sign that the business is approaching its final days? Next issue I will explore these questions.

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.

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Politics and Other Nonsense by Carla Marginean
The international-student tuition crisis

Student organizations across the province—including the Camosun College Student Society—are fighting against the unfair lack of international-student tuition regulation by the provincial government. This is a big concern, as the BC government's deregulation of international-student tuition allows tuition prices to rise uncontrollably.

domestic students' tuition fees by 2 percent each year, they exploit the loophole in the law that says that they can raise international tuition fees by whatever percentage point required. International students bring enormous amounts of money to the economy, especially in BC, one of the top destinations for students in the world.

How many good and talented students are barred from coming to Canada to further their studies because of the skyrocketing price of tuition?

In BC, the lack of regulation allowed average international-student tuition to rise by an exorbitant 64 percent since 2006. Because of this, international students don't have the luxury of knowing how much their schooling will cost when they start their post-secondary careers.

Meanwhile, tuition for domestic students is regulated—it's only allowed to rise by 2 percent per year, meaning that the most it could have risen since 2006 is 28 percent. This is in part because international students' tuition is a huge source of revenue for universities and colleges.

In 1996, provincial grants made up about 60 percent of post-secondary funding. Now, that number has shrunk to 40 percent, meaning that universities and colleges are relying more heavily on fees to pay for their expenses. Since they can only raise

This raises an issue of ethics. How morally wrong is it to charge someone more for the same service just because they are not from Canada? (The government subsidizes tuition costs for domestic students.) Moreover, how many good and talented students are barred from coming to Canada to further their studies because of the skyrocketing price of tuition? Even if they can somehow pay the tuition, if they want to come to Victoria, there is the issue of the local housing crisis to contend with.

It's currently an uphill battle for international students to come to Canada and study here when it really should not be, and a viable solution is more government subsidies for post-secondary schooling, as well as government regulation of their tuition fees.

CAMOSUN COLLEGE STUDENT SOCIETY CLUB COLUMN
MYWELLNESS CAMOSUN by Jordan Bell

Talent show for mental health coming in February

The Camosun College MyWellness program is hosting our first-ever talent show for mental health awareness in February—and we're looking for talent!

If mental health has ever affected you or someone you know, you can do a song, dance, poem, or anything else in honour of that—and if you want, we'd love you to tell your story as well! Simply pick content centred on mental health or tell your story before your act.

The MyWellness program is an online counselling and 24/7 texting service for staff and students, and our goal this year is to get students connected and participating in wellness-based events around campus.

The goal of the talent show is to raise awareness and normalize mental health issues—everyone deals with them, so it's time we start talking (and singing) about them! If you'd like to join, email Jordan at mywellnesscamosun@gmail.com with the title of your act.

Run-through will be during the first week of February and the show will be the last week. See you there!

For more information, contact mywellnesscamosun@gmail.com or go to mywellness.com/camosun.

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

what's going on

by emily welch



PHOTO PROVIDED

Winnipeg's Begonia is playing Lucky Bar on Sunday, February 2.

THURSDAY, JANUARY 23

Lecturing, listening, learning

If you feel like you're not up to par with your knowledge of Indigeniza-

tion and colonialism, this one's for you. The Victoria Historical Society (VHS) is presenting lecturer James Tait giving his talk "The Politics of Indigenous Resistance in early 20th Century BC." Tait is an anthropolo-

gist and political activist who has spent 40 years helping BC's Indigenous people challenge the assault on their lands. Doors open at 7:15 pm; the talk is free for VHS members and \$5 for guests. It all goes down

at James Bay New Horizons, located at 234 Menzies Street; see victoriahistoricalsociety.bc.ca for more information.

SATURDAY, JANUARY 26

I smell a rat

It's Chinese New Year and the Year of the Rat, so dance your way to Chinatown and twirl in the lion dance parade with traditional Chinese dancers and kung fu demonstrations. The free event takes place from 12 pm to 3 pm, rain or shine; see tourismvictoria.com for details.

SATURDAY, JANUARY 25 AND SUNDAY, JANUARY 26

It's Bond... James Bond

If you are a fan of the beguiling British spy James Bond, then going to a symphony devoted entirely to the greatest Bond movies might be just your thing. *Shaken, Not Stirred* is a night of the Victoria Symphony busting out their best moves performing music from the classics, including, to name just a few, *From Russia with Love*, *Skyfall*, *Goldfinger*, and *Thunderball*. Tickets for the event—which is happening at 8 pm on January 25 and 2 pm on January 26 at the Royal Theatre—are \$35; see rmts.bc.ca for more details on this and other events.

TUESDAY, JANUARY 28

Nice and speakeasy

Sounds like I'm not the only one who wants to live in the roaring '20s. Every Tuesday, the Victoria Event Centre throws its Speakeasy

party. The night is reminiscent of the 1920s, complete with swing dancing, cocktails, and jazz. Take some beginner swing lessons during the breaks, while the Capital City Syncopators and The Flying Saucers jive the night away. The fun starts at 8 pm at the Victoria Event Centre, located at 1415 Broad Street. Tickets are \$10; see victoriaeventcentre.ca for more information on this and other events happening at the Victoria Event Centre.

THURSDAY, JANUARY 30

Love me tender

If you want to share tender feelings with someone and just don't know quite how to do it, try taking them to the Greater Victoria Art Gallery. *Tender Works* features a variety of local artists, all expressing, exploring, and experimenting with how they think about tenderness as a tool for healing. What isn't there to feel tender about? See aggv.ca for more information.

SUNDAY, FEBRUARY 2

Bedazzled, bewitched, and bewildered by Begonia

So this is definitely a concert worth seeing if you're into great lyrics and a dreamy yet visceral sound that is kind of a cross between Mazzy Star and Annie Lennox. Begonia is not just up and coming, Begonia has arrived and is bewitching her patrons at Lucky Bar at 8 pm. Tickets are \$12; see luckybar.ca for more information.

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Emily, blood donor



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

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