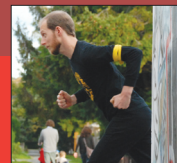


NEXUS

camosun's student voice since 1990



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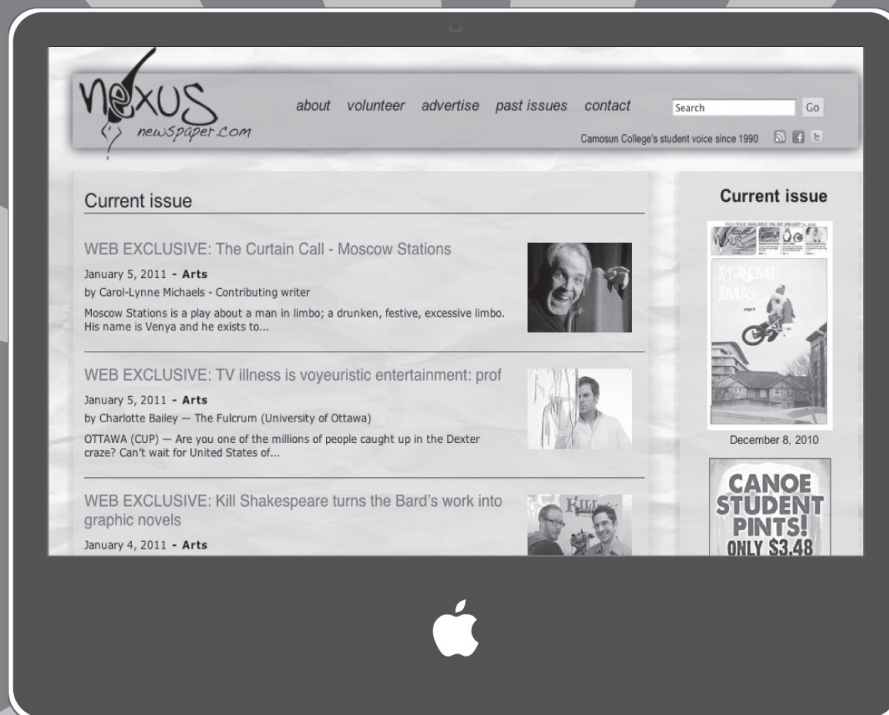


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NEXUS

camosun's student voice since 1990

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Down with the hipsters

Their whole look just invites someone to punch them in the face.

ERIN BALL
STAFF WRITER

Hipsters. You see them everywhere—on campus, on buses, panhandling downtown, at parties, on TV. Hipsters are worldwide.

But don't ask a hipster if they are a hipster; the defining trait of a hipster is to deny any membership in hipsterdom.

Hipsters are easy to spot. They're the ones wearing the most uncomfortable and awkward outfits made up of a mishmash of styles, like porno moustaches and trucker hats, or toques that don't cover their ears.

According to self-proclaimed hipsters, acid wash jeans with pleats are cool. So are mustard-colored, high-waisted, baggy short-shorts. Add a pleather vest, some suspenders, and no-lens glasses, and you've got yourself a full-blown hipster.

A fixed-gear bike and hand-rolled cigarettes are also hipster options.

Their whole look just invites someone to punch them in the face.

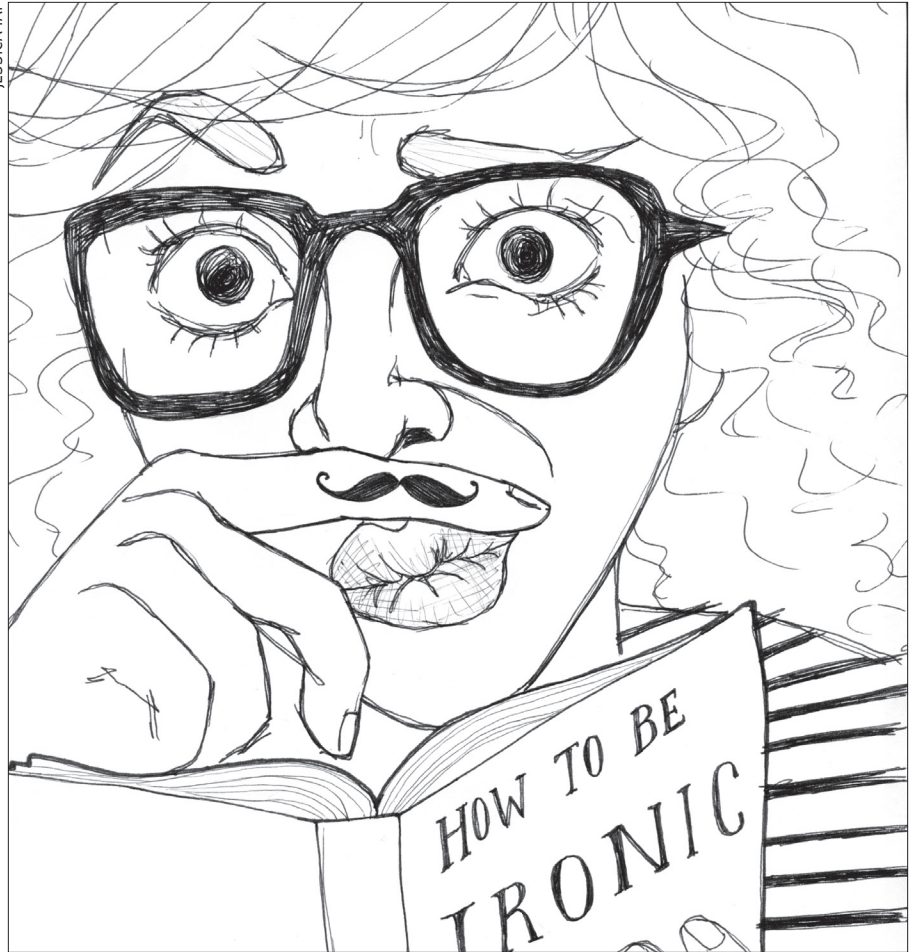
Who are these people who dress like jerks and have ironic tattoos on their forearms? Why is their hair parted so weirdly? What are they trying to tell us?

Hipster culture started emerging at the end of the '90s. It's the product of prior counterculture movements, like beatniks, hippies, and punks—but without the subversion of those movements. It's a melting pot of styles and tastes from these different eras that have been packaged, marketed, and sold to youth.

Hipsters don't challenge mainstream society as their predecessors did; they reinvent it, take what's most ironic, put it on a t-shirt, and then wear it to an after-party.

The beat generation was the first post-war subculture to question the traditional

JESSICA TAI



values that mainstream culture held. The hippies followed up with their pacifist values, participating in non-violent demonstrations and distinguishing themselves from the conformists. Punk subculture came soon after, valuing individual freedoms, anti-establishment, and a DIY ethic. These and other subculture movements revolutionized music, art, and society, each in their own way.

It's more difficult to pinpoint hipster values, besides their awful fashion sense and obscure taste in music. They don't seem to believe in anything besides partying. They're certainly not revolutionizing music, art, or society. If we're waiting for hipsters to stand up and challenge mainstream society, we'll be waiting a long time.

Hipsters aren't going away anytime soon. But as they age they might just start to blend in.

After all, old men already rock mous-

taches and trucker hats. And old ladies like wearing high-waisted jeans and ugly cardigans.

When the hipster era finally comes to an end, civilization will breathe a collective sigh of relief. But, for now, society is just going to have to continue putting up with them. ☹

Selected website feedback:

Blake McStravick
Nov 5, 2010, 05:28 PM

Though I don't self-identify as a hipster, I was still seriously put off by the bile coursing through this piece. If you replaced the word 'hipster' in this article with any established culture group, ethnicity or sexual orientation it would clearly be called hate speech.

nexusnewspaper.com

Hybrid cars a crock

JASON SALIANI

CONTRIBUTING WRITER

Hollywood has made the hybrid car very popular in recent years, with big name celebrities parking one in their driveway beside their Lamborghinis and Porsches so they don't feel guilty about their lifestyles.

And "eco-mentalists" have been using hybrids as a catalyst to preach their moral superiority over everyone because they drive a car with batteries. But are hybrid vehicles really fuel-efficient? Are they really saving the environment? Are they really "green"?

Simply put, no. They are overpriced, half-assed attempts at an eco-friendly car put out by car companies to keep emission standards off their backs.

Take the Toyota Prius, the flagship for hybrid technology, costing over \$27,000. It boasts 48 miles per gallon (mpg) in the

city, but Vancouver Island is made up of highways, and there it struggles to get 45 mpg.

In comparison, the non-hybrid Toyota Echo gets 54 highway mpg and still manages 42 mpg in the city. Combine those mileages and the Echo does three mpg more than the Prius overall, and for \$14,000 less.

Hybrids run on batteries as well as a gas engine, and half-battery power seems like a great way to save fuel. But, in actual fact, the batteries used in hybrids do more damage to the environment in the long term than driving a Hummer.

The nickel used for the batteries is mined in Canada and then is shipped to Europe where it's refined, then to China where it's refined again, and then onto Japan where it's turned into batteries and put in the cars. And because of the high demand for hybrid vehicles, Toyota uses

1000 tons of raw nickel every year for their cars.

A test race that was conducted by the BBC's Top Gear featured a Prius driving as fast as it can and a 414 horsepower BMW keeping up with it. After 10 laps the Toyota Prius did 17 mpg and the BMW got 20 mpg.

This means, simply, it's not what you drive, it's how you drive. Instead of jumping on the misinformed bandwagon of hybrid technology, just slow down, don't ride the brakes, save some gas, and save a lot of money.

If you want to save the planet and right your moral compass, don't buy an expensive hybrid car. Drive smarter, take the bus, or plant a tree. ☺

What do you think?

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Comics, take a seat

ROSE JANG

CONTRIBUTING WRITER

Why are North American comedians so bad? Watch any *Just for Laughs* gala or *Comedy Network* special for a never-ending parade of incredibly uncreative Canadian and American stand-ups.

Most of them are white, middle-class, middle-aged men with wives and two kids, who are balding, either wear a suit or a badly fitting dress-shirt, and yell their entire set at the top of their lungs.

They rant about their wives, their kids, and the fact that the world doesn't revolve around them, and occasionally they remember to insert a joke. The audience occasionally remembers to laugh.

Female Canadian and American stand-ups aren't much better. They are represented by Chelsea Handler and her fellow cheerleaders, who chat about such enlightening topics as PMS, periods, and menopause, occasionally pulling out the big guns—oh, sorry, I mean, boobs—to garner any male audience at all.

Luckily, there's a tiny number of women who manage to span both the private

sphere of women and, well, any other topic—Ellen DeGeneres and Margaret Cho make the list.

North American stand-ups wouldn't seem so pathetic if they weren't contrasted with the overwhelming talent of their Australian and British comedian counterparts.

In general, British and Australian comedians are much less shouty (read: much less masculine) than their compeers across the water, and they also cover a much wider range of topics in their stand-up routines.

Where is the North American equivalent to Eddie Izzard's "cake or death" routine? Who but Wil Anderson can criticize Iraq war policies without turning his jokes into a rant (Jamie Kilstein could learn a lesson here)? Where but the BBC could shows like *The Mighty Boosh* and *Little Britain* not just air, but thrive?

That said, there are a few good North American stand-ups, those that go against the American stand-up stereotype.

For example, Demetri Martin and Bo Burnham are both award-winning

American comedians who are highly creative, quite hilarious, in touch with their feminine side, and they even sport a full head of hair.

Apart from them, audiences must turn not to stand-up but to the internet and television shows like *Bored to Death*, *It's Always Sunny in Philadelphia*, and *Metalocalypse* to find the funny in North America. ☺

Selected website feedback:

Mark Robertson

Mar 14, 2011, 11:03 PM

Not even close. You need to get out and see some shows. And the compartmentalizing is really unfair. Louis CK is male, white, chubby, balding, has kids, and shouts a bit. He is also known worldwide as one of the best stand-ups of all time. And Demetri Martin? He owes the middle-aged Zach Galifianakis an apology for stealing his old act.

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College deals with illegal downloading

RENÉE ANDOR

CONTRIBUTING WRITER

Camosun plans to tighten up on illegal downloading at school due to threatening letters from copyright enforcement companies.

According to Don Gilbert, Camosun's manager of computing services, the school has received about 30 registered letters over the past few months from organizations like the Motion Picture Association of America and the American Society of Composers, Authors, and Publishers.

"The movie publishers, the music publishers, all have organizations that have enforcement branches," says Gilbert. "They threaten all kinds of legal ramifications."

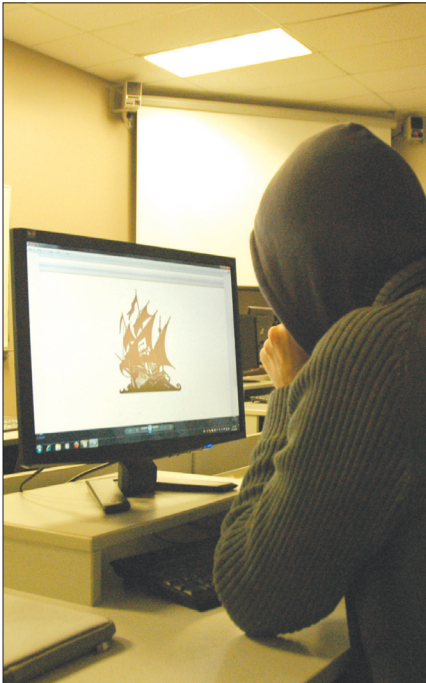
Although he doesn't want to restrict internet use for students, he says he needs to take action. Camosun plans to make sites like bittorrent.com slower for students to use at school so it's harder to download things like movies and music.

"There are laws that we have to enforce," says Gilbert. "We're very concerned with how casual students are about stealing intellectual property."

He says the reason some students download at school is the fast internet connection the college has, adding that it's faster than most people's "pipes" at home.

"I can understand the desire to come in and use that pipe," says Gilbert, "but it isn't meant for recreation; it's meant for teaching and learning."

ALEX HARO



Surfing the waves of piracy.

Health care attendant student Emily Chase says if students want to download illegally, they should do it at home, not on the school network, and she understands the school's position.

"I can see why the school would be upset with people doing illegal downloading, for sure," says Chase. "The school computers are for school work."

University transfer student Gabrielle Hanlon has never downloaded anything illegally, and says she wouldn't know how to if she tried, but she says students

shouldn't have restrictions on their internet use at school.

"Students should be able to download whatever they want," says Hanlon, "as long as they aren't occupying the computers for an excessive amount of time."

The school has caught individuals downloading illegally before. Gilbert says the student usually just gets a warning, but if they are caught again they can get their internet access revoked for a period of time, which is normally three months.

His department also watches for spikes in internet usage at unusual times.

"If we see huge amounts of traffic at three in the morning, we know that somebody's doing something that they would rather not be noticed, but it just stands right out," says Gilbert.

Gilbert says the school can track what websites students visit. The college has a contractual agreement with the government, where they have to match a user name with an IP address, which is why students must log in. However, Gilbert says no one usually looks at these logs.

"We monitor as much as we have to," he says. "We have logs, but we don't have anybody looking at them."

The only websites the school actively blocks are ones that involve child pornography and hatred against an identifiable group, because those sites are illegal in Canada.

But blocking websites can be tricky. Gilbert says it's done by filtering a certain word in the search engine, so if the school were to filter the word "sex," then students wouldn't be able to search for things like sex education, or sexual disease.

Gilbert says he wants to keep student internet access as open as he can, so to avoid restrictions he encourages students to use discretion in their internet use at school.

"We don't care if you go to Facebook in the lab," says Gilbert. "The model we've found that's appropriate is acceptable use. Don't do anything illegal, first and foremost." ☺

What do you think?

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Village 900 going digital-only



Village 900 station manager Brad Edwards.

RENÉE ANDOR

CONTRIBUTING WRITER

Camosun's radio station, CKMO Village 900, is going off the air. But that doesn't mean the station will be going silent.

"The radio station is not dead," says Brad Edwards, Village 900 station manager. "It might evolve over time into doing something else, but it will always be there."

The station will stop broadcasting on its AM signal sometime in 2012, which gives it time to improve its online delivery methods, according to Edwards.

Village 900 currently streams online, but Edwards wants to create more online options for listeners, such as enabling Mac users to listen with iTunes.

Village 900 used to transmit on a low-power FM signal, but in 2000 it struck a deal with Rogers Communications, who agreed to pay for the use of an AM transmitter for 10 years.

The station's board of directors recently decided the \$60,000-plus yearly cost of maintaining the AM signal—which Rogers Communications has been paying—was too expensive. Also, much of the equipment and infrastructure that's necessary to have the AM signal would need upgrades. Rogers has extended the original agreement until next summer, buying the station some time.

Susan Haddon, Camosun's director of college relations, says the school pays

for two full-time staff wages at the station and spends \$20,000 per year for other costs related to the station, and she didn't approach the college for additional funding because the costs of maintaining the

transmitter are so high and the costs of the upgrades are unknown.

"We can't even conceive of what we would be getting into," says Haddon. "It is an unknown cost, but it is an expensive unknown."

Besides providing community programming, Village 900 is also used as a learning tool for students in the applied communication program (ACP) at Camosun.

Kim O'Hare, ACP radio instructor, says the student learning experience won't be diminished when the station becomes online-only; new opportunities might develop.

"We should be able to integrate other elements of the program in that streaming process, like streaming student video projects," says O'Hare. "A much cleaner streaming signal with better bandwidth will allow us to piggyback other stuff on there, not just radio, so that's exciting." ☐

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Social media used as crime-fighter

ALEX HARO



The police have social media sites in their sights.

“Usually what you see on YouTube is a portion of the story.”

TIM HENDERSON
OAK BAY POLICE

EMILY LAING

CONTRIBUTING WRITER

Local police forces are turning to social media websites as a source in crime investigations and for sending out alerts.

Computer-related investigations usually focus on cyber-bullying and luring but, more and more, local police use Facebook, Twitter, and YouTube to help pin down the whereabouts of suspects and to establish a level of criminal intent.

“We have to keep within the same role as any other piece of evidence gathering that we do, without invading privacy,” says Darren Lagan, senior media relations

officer at the Island District RCMP. “But entering a public domain is certainly a way that leads us to information.”

The BC RCMP uses Facebook and Twitter to keep the community on top of investigations. The widespread use of the internet has also created avenues for law enforcement to engage and inform the public.

“In a state of emergency, such as amber alerts, all the areas of social media help us push information out faster than was possible before,” says Lagan.

Social media is an area Lagan says he can’t deny as a source of information, but within limits. Police will search online if they think it can aid in a case, he says. But, like any other source, it has to be verified to make it to court.

“Social media tends to lead to as much useful information as misinformation,” says Lagan. “It’s not the greatest tool as some people think it is; even if we gather details we still have to determine if it’s accurate.”

Social media also allows for anonymous tips, says Tim Henderson, a detective at the

Oak Bay Police Department.

Henderson taps into the online realm for tips in his investigations, but has accuracy concerns with services such as YouTube. He says some police officers have been misrepresented in videos.

“Usually what you see on YouTube is a portion of the story,” says Henderson. “You don’t have what’s led up to that point, or what is going on in the outside view of the camera.”

Henderson says police should use social media carefully and within a set policy before using it as an investigation tool.

“There are legal issues for police that most users on social media don’t have to abide by,” says Henderson, “and there’s more at stake for police.”

Lansdowne criminal justice student Vishall Chauhan doesn’t agree with the police using social media for investigations or background checks.

“It isn’t right for police to search Twitter or Facebook to find out more about the person,” says Chauhan, “but it’s up to people to put up appropriate content to protect themselves.”

Couch surfing bridges cultures

“When you’re exposed to people from a different culture you get their understanding of their culture, instead of just standing outside looking in.”

**ROCKY
SANGUEDOLCE**
COUCHSURFING.COM

RENÉE ANDOR

CONTRIBUTING WRITER

Although it means a free stay, couch surfing is about more than saving money while travelling. It’s about cultural exchange.

Couchsurfing.com is a free social-networking site designed to connect travellers. People can go to the site, which started in 1999, to host a traveller, find a host in a place they’re travelling to, or just find a local willing to share a cup of coffee and give insider advice on what to check out in their community. With thousands of new members each week, this social-networking site is growing fast.

Rocky Sanguedolce, a volunteer for couchsurfing.com, first joined the network in 2000. Although hosts aren’t allowed to charge money from surfers, he says the website is not about saving money. He says he’s entirely capable of paying for a hotel when he travels, but prefers to use the site to learn about the places he travels to.

“It’s about getting a local connection, and having a local show you around—the best places to eat, the best things to see in their community that you’re not going to find in a guidebook of the area,” says Sanguedolce.

Céline Grandbois, a graduate of the early childhood education program at Camosun, joined the site last year. She

ALEX HARO



Couch surfing: Don’t worry, it’s nothing like this at all.

hosted people from Montreal and Germany last summer, letting them stay in a tent in her backyard. She says she always looks at the person’s profile on couchsurfing.com before deciding if it will work for her.

“There are always requests that you say no to because they seem a little off, or you don’t think you’ll get along, or it just doesn’t work in your schedule,” says Grandbois.

Some may wonder how Grandbois decides to let a stranger stay at her house when she’s only looked at their online profile. Couchsurfing.com has a strong vouching system in place where hosts can vouch for surfers, surfers for hosts, and travellers can vouch for each other.

Although hosts can get their identity verified by the site, through a credit card, it costs \$25, and many people, including Grandbois, feel vouching is much more important.

“Being verified is not an important thing to me,” says Grandbois. “They’ll see that I have good references.”

Grandbois is planning a trip backpacking through Europe soon and wants to build up her vouches on her profile through hosting before she goes surfing. She’s happy with the contacts she made last summer, and hopes to use them when she travels.

“It’s about meeting the people and making those connections,” says Grandbois. “I have contacts now, so even if they can’t host me, they can give me advice.”

Whether it’s a stay on a couch or just advice from a local on what to do in an area, couchsurfing.com is designed to break down cultural barriers.

“When you’re exposed to people from a different culture you get their understanding of their culture, instead of just standing outside looking in. You get a different perspective,” says Sanguedolce.

John O’Brien, a professor at UBC, has been a member of the site since 2004. He’s used the network extensively since then, surfing all over the world and hosting people when he was living in Hong Kong a few years ago. He agrees with Sanguedolce that the site connects cultures, but he also thinks it’s important to break down barriers between social classes.

“I found it a rich experience, not only having other cultures, but also other classes intersect,” says O’Brien. “We sometimes forget how things we take for granted are totally foreign to another person.”

O’Brien had a surfer from a rural part of Southeast Asia stay with him when he was living overseas. He says this person had never used an indoor bathroom before, and learning what the surfer’s life was like really opened his eyes. It helped him feel a new connection to someone with different living circumstances than his own.

“There’s really nothing like sharing your living space with another person to realize we’re really all part of one community,” says O’Brien, “and I think that’s such a gift.”

Game of Manhunt rising in Victoria

CAROL-LYNNE MICHAELS

CONTRIBUTING WRITER

Manhunt is an increasingly popular urban activity that takes one of the most popular games for youth—hide and seek—and adds the cunning skills of adulthood.

The origins of the game go back to New York, where children played a similar street game during the Great Depression.

Today, Manhunt is played worldwide with groups in Vancouver, Toronto, and even Slovenia.

Eric Anderson brought Manhunt to Victoria (manhuntvictoria.blogspot.com) in June of 2008 after playing the game overseas.

“At first, I had to force it on my network of friends,” says Anderson. “Now we don’t ever have a problem filling a game.”

Anderson says part of the reason for the game’s rising popularity is that Manhunt appeals to the child in everyone.

“When’s the last time a friend came over and asked, ‘Hey, do you wanna go out and play?’” he says.

He says the age range of players is widening, and people are less focused on “taking back the streets” and more interested in plain old fun.

“The best thing about Manhunt is being able to introduce it to your friends and bring them along,” says Camosun networking and electronics technician student Jean-Philippe Bouchard, who was exposed to Manhunt last year through Facebook.

The games take place in predetermined spaces, usually spanning about four city

CAROL-LYNNE MICHAELS



Hey Eric Anderson, we can totally see you right now!

blocks. Past locations include Bastion Square, Topaz Park, and around the public library downtown.

As for the rules of the game, one person begins as the Manhunter, and has to find and tag other players, known as fugitives. Once caught, players join the hunter’s mission. Players can lie about whether or not they’ve been caught, make alliances and coordinate attacks via text messaging.

Anderson says Manhunters can do just about anything short of being a jerk.

“The rules rely heavily on good sports-personship,” he says. “Thankfully, we’ve never had a problem.”

When participants show up, they are informed of the rules and provided bright yellow armbands to wear.

The next step begins the game—a high-stakes rock-paper-scissors face-off. The last person left is the first hunter. But the fugitives have already fled the scene, so no one knows who they’re running from.

“You never run as fast as you do when you’re being chased,” says Anderson. “It’s like you’re not in real life anymore.” At the end of the time limit, the winners are any players who haven’t been caught.

“It changes the way you interact with people and the terrain,” he says. “In fact, it changes the way you look at everything. You find yourself thinking, ‘I could hide there, I could hurtle over that,’ when you’re not even playing.”

Everyone is welcome and all walks of life show up—a travelling family of four once took time out of their backpacking world tour to play.

“It’s a great way to socialize with open-minded people who you might never meet otherwise,” says Anderson. The group did a BYO Blood Zombie Manhunt last year, as well as a Ninja Manhunt.

“You can’t tell who anyone is in Ninja Manhunt,” he says. “No one knows who’s caught. It’s absolutely terrifying.”

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Urban agriculture

Bringing the farm to the city

Amanda Richardson

CONTRIBUTING WRITER

Photos by Alex Haro and Amanda Richardson

Urban farming, though a growing trend, is not a new idea. It goes back to the days of the hunters and gatherers—around 10,000 years ago, small-scale agriculture was first seen in Egypt. Instead of a purely nomadic life spent covering large expanses of land to follow migrating animals, people were finally able to build permanent residences and communities. Not only did this lead to a varied diet and more sustainable food sources, but it also eventually led to the domestication of livestock and the development of irrigation systems.

Now, the backyard garden and compost may not be the beginnings of a new Neolithic Revolution, but it's a small step towards providing family and friends with sustainable, healthy food, replenishing nutrient-leached soil, and lowering carbon emissions.

With dozens of different ways to get involved, it doesn't matter if you have a green thumb, or no thumbs, because there's an urban-farming endeavor for just about everyone.

Love thy neighbour

The difference between homegrown

"I have a vermicompost at home. I just throw a cloth over it and use it as my coffee table."

MARION WYLIE

GREATER VICTORIA COMPOST EDUCATION CENTRE

and store-bought vegetables is the difference between food grown with pesticides and food grown organically—you feel a little healthier, and they taste a little better. Not to mention that you save money on gas and don't have to stand in line to pay for them.

Small-scale gardens are commonplace on the island, with many families having tried their hands at growing everything from peas and carrots to eggplants and artichokes.

Growing your own food gives you control over soil quality, whether or not to use pesticides, and, especially, veggie variation.

While many apartment-dwelling students don't have the luxury of a backyard, they're not without options. For students lucky enough to have a sundeck, window-box-style planters can do the trick, especially for things like herbs that don't

require a ton of room. Some buildings even allow rooftop access to residents, which allow room for larger plant boxes and better access to sunlight. Just make sure to check with your landlord first.

Another option is communal gardening. Found in abundance around Victoria, these large gardens rent plots to members of the community for personal use. The possibilities are virtually endless on what you can grow.

Hannah Boutilier, office administrator at the Fernwood Community Association (FCA), says that all you need to get started in communal gardening is a spot and some creativity.

"You rent a plot with soil, and there are communal tools in the shed that everyone is free to use. All you need is something to grow," says Boutilier. "We encourage gardeners to get creative. Some people plant flowers, while others grow moss gardens. Herbs and veggie gardens are really common, too."

The FCA is responsible for two gardens, one on Chambers at North Park, and another on the aptly named Garden, between Bay and Haultain. Like most garden associations around town, there's a one-time



membership fee of \$5, and a \$50 rental fee per plot (or \$25 for a half plot).

Plot size varies from garden to garden, but averages around 100 square feet, or 50 square feet for a half plot.

“We ask that everyone who rents a plot volunteer for a minimum of five hours,” says Boutilier. “People do general work around the garden, which adds to the community feel and really helps to enhance the beauty of the space.”

The FCA, like many community gardens, gives rental priority to neighbourhood residents and people without gardening space. For those not local to Fernwood, gardens can be found in James Bay, Vic West, Fairfield, and Esquimalt.

Boutilier says there are options for people who don’t live near a communal garden but still want to get involved.

“There’s a new movement starting about sharing backyards,” says Boutilier. “People with unused space in their backyards, or with larger property, will open it up to neighbours and lend out the space. Many will do it for free or just for a portion of the crops.”

Which came first?

For as long as people have been making omelets, the battle has raged—which came first? The chicken or the egg?

For most urbanites, the answer is the egg. While nearly every Canadian household has an egg or two in the fridge, not nearly as many can claim to have a chicken in the backyard, though the numbers are on the rise.

The idea of backyard chickens might seem a little bizarre, but the actual execution is quite simple. Buy or build a coop, buy a couple chickens, eat eggs as they appear. Chickens are simple, happy creatures that eat store-bought grains as well as table scraps, including veggie peels, cooked meat, and even lawn clippings. As for cleaning up after them, they’re essentially glorified guinea pigs that only need to be cleaned about once a month.

Hens begin laying eggs when they are between 18–24 weeks old. They will usually lay one egg a day, though egg production

As for cleaning up after chickens, they’re essentially glorified guinea pigs that only need to be cleaned about once a month.

can slow down or even stop in the winter. Hens are in their egg-laying prime until around the age of three, when egg production dramatically decreases.

Every municipality in Victoria has a different bylaw on chicken ownership; it’s recommended to check with your local animal-control office before purchasing a flock. As a general rule of thumb, you’re allowed four chickens to any land zoned for a single-family residence, such as a normal backyard.

From leftovers to dirt

Given roughly one-third of landfills is organic waste, composting is becoming more and more important. Improper disposal of organic matter leads to methane

production and is a contributing factor to the greenhouse-gas effect.

The Greater Victoria Compost Education Centre (GVCEC) is an authority on at-home, DIY composting. Marion Wylie, volunteer coordinator and office manager at the GVCEC, says composting is especially important in an urban setting because the soil quality isn’t always up to par.

“The soil in most urban areas is fairly depleted, so it’s important to compost to replenish it and improve the nutrient levels,” says Wylie. “Compost also stores moisture, so you don’t need to water as often.”

Big backyards are great for large outdoor composts, where you can include lawn trimmings, kitchen waste, and a variety of other green and brown organics. With the right amount of moisture and sunlight, a backyard compost can become nutrient-rich soil in anywhere from three to 12 months.

“A really great option for people in apartments is vermicomposting,” says Wylie. Vermicomposting, or worm composting, is a simple process of adding food scraps to a worm-filled box of bedding. The red wigglers used in vermicomposting are similar to earthworms, but prefer enclosed spaces and are able to eat their own body weight in a day.

“I have a vermicompost at home,” says Wylie. “I just throw a cloth over it and use it as my coffee table.”

The worm compost is virtually odorless and can be kept anywhere indoors with practically no effort involved until it comes time to harvest the compost.

For people not interested in DIY composting, other options exist. Companies around Victoria, like Pedal to Petal and reFUSE, provide compost bins pickup services.

With the bin provided, and pickup taken care of, all the composter has to do is fill their bin with veggie peels, coffee grounds, leftovers, and eggshells, and rest and relax as the compost gurus turn it all into lovely, nutrient-rich soil.

Man vs. store-bought

Under gloomy, rain-threatening skies, in an unassuming Esquimalt backyard, stands something not unlike a tall chest of drawers.





"This," says Mike Lenaghan, "is the beehive."

Disbelief aside, closer inspection reveals the quiet buzzing of hundreds of small honeybees. "They're really docile, don't worry," says Lenaghan.

Earlier this year Lenaghan decided to add to his ever-burgeoning backyard urban-farming endeavour by making things a little sweeter.

"I like the idea of sustainability and being able to produce something that isn't overly processed," says Lenaghan. "Honey is an amazing sweetener that can be used so many different ways. Sugar is one of the most refined things there is, so getting to use real honey from your own hive is a great thing."

While travelling around Europe after high school, Lenaghan, now a third-year environmental studies student at the University of Victoria, began exploring the idea of sustainable healthy food sources, and small-scale agriculture.

"I got thinking about sustainability and being able to produce something for yourself," says Lenaghan. "Think about all the carbon emissions, the gas, the money, and then think about having fresh, natural food in your own backyard."

With ample room on his property, the decision to build a garden was simple. After proving to have a knack with vegetables, it wasn't long before the ante was upped with the introduction of chickens. While things didn't go smoothly right off the bat, it wasn't long before Lenaghan was a seasoned pro.

"My first chicken coop wasn't the best," he says with a laugh. "But I got a friend to help, and now it's way better. We've got it set up pretty nicely now."

"Chickens pretty much take care of

themselves," continues Lenaghan. "They eat anything green in the coop, and they'll eat all of your kitchen scraps. They don't need a whole ton of room to be happy, and are really pretty easy to take care of."

Rather than dealing with the precarious business of raising chicks, Lenaghan bought mature hens his first time around.

"Most egg farmers will only keep chickens around for two or three years because egg production drops when they get older, so that means that there are a lot of older chickens around for sale for pretty cheap," says Lenaghan.

His chickens, now over the age of five, had far surpassed their egg-laying prime, and are now resting comfortably in the deep freeze waiting to be reincarnated as Tuesday's dinner.

"I'm trying to convince a friend who owns farmland to get chickens and a rooster so we can get fertilized eggs," says Lenaghan. "That way my chickens, and other friends of ours, can be more self-sustaining."

All in all, with the exception of an industrious rat, Lenaghan's chickens have been model pets.

"I don't have too much trouble with raccoons or anything like that," says Lenaghan. "I dug trenches around the coop, so it's pretty hard for anything to dig its way in. Although, I was having this battle with a rat for a couple years. I didn't want to kill it, because this is as much its home as it is the chickens, but he'd keep digging in, and I'd keep filling in the holes."

Lenaghan's ultimate goal is to make his urban farm self-sufficient with as little negative environmental impact as possible.

"I installed a rainwater collection sys-

tem this year, which I use for my chickens and my garden," he explains. "Now every time it rains I rejoice a little bit, even in the summer, because I know that I'm collecting water, which is a good thing. It means that I'm taking less water out of river and streams, which leaves it in its natural ecosystem, where it belongs."

Crouched in the garden, rooting through the last of the season's carrots, Lenaghan says that with a little effort anyone can have a garden, chickens, or even bees.

"You just have to dive in. The best way to learn is through trial and error," he says, noshing on a freshly plucked chive. "Most things with keeping chickens are easy enough to fix. Bees are a little more time-consuming and costly at the setup, but once it's all going, it's pretty easy. There are a ton of support groups out there, and another great place is the Saanichton Fair. There are so many people there that have chickens and bees that are happy to talk to you and share ideas."

Vancouver Island is the perfect place for students to embrace their agrarian side, whether that means becoming the resident south-island bee whisperer, or pickling your own homegrown cukes.

With such an abundance of open gardening space and wildlife, the opportunities for urban farming and sustainability are bountiful. ☺

Single white female:

“You have to come over and meet the new man in my life,” I said to my best friend on the phone.

“No way, you got a boyfriend? It’s about time,” she said, with an unsettling degree of relief in her voice.

“Um, no... actually,” I said, “I bought a puppy. It’s a boy.”

Not that I will ever admit it to her, but she had a point. Since enrolling in Camosun’s applied communication program last September, I’ve barely had enough free time to shower and feed myself, let alone keep up with any kind of social life.

I suppose being a single parent of a four-month-old puppy isn’t going to help that situation any time soon.

In an attempt to seize the dating world by the horns and take matters into my own hands, I decided to think outside the box. My free time is scarce, so I wanted bang for my buck—figuratively speaking, of course. So what’s more outside the dating box than plentyoffish.com, a mingling singles seminar, and a good old-fashioned blind date?

LOTS OF FISH IN THAT THERE POND

First things first, create a Plenty of Fish account. Surrounded by blankets and pillows on my couch, I immediately wonder why dating isn’t always so comfy. I fill in a surprisingly tedious form geared towards true narcissists, telling everyone who cares that I’m not a smoker, that, despite my mother’s unwavering hope, I’m still undecided on the topic of having children, that I have a car, and what my dream first date would be like.

I scour my laptop for flattering pictures of myself, which include, but are not limited to, me half-cut at a music festival this summer, an awesome poster of a grizzly bear with my best scared-camper impression, and one of me rocking the Halloween 2009

look—Bananas in Pajamas.

Vowing to give online dating a fair crack, I start perusing the site. There’s a smattering of delicious men, a shake or two of guys rocking the coveted crack-addict look, a disappointing lack of hipsters, and more than a few guys you wouldn’t want to sit next to on a bus.

When asked a series of vapid, generic questions, you’re bound to get a few similar answers, but I was seriously disheartened when I realized just how unoriginal a lot of the guys on this site are. While there are

varia-
tions
and
subcat-
egories
to all,
there
are four
main types.

There’s the all-Canadian type. Imagine someone saying, “I’m a pretty active guy. I play soccer twice a week and try to hit the gym four to five times a week. My body is a temple.” That’s the guy. Their profiles are usually filled with pictures of them doing shirtless back-flips on a beach somewhere and getting “crunk” with all their buddies. These are the type of guys that were the shit in high school and haven’t yet realized that, in reality, they’re spectacularly average.

On the other end of things, there’s the lover. He’s the sensitive type who wants kids, has just gotten out of a seven-year relationship, loves his dog, and happens to be a blue-ribbon chef. His pictures feature him with his dog, his nieces, nephews, and neighbour’s kids, his dog again, a grainy webcam shot, and another picture of his dog. He’s the perfect catch, except that you probably look just like his ex. And she was a total ho.

The tweakers and crazies are all pretty much the same. They’ve got the classically angled photos that can be found on any 14-year-old girl’s Facebook page, they still

live at home, and their interests include badass tattoo chicks that couldn’t give a shit about them, and heavy metal. Simply put, they’re a simultaneous assault on all your senses.

Then there are the untouchables. This category of elusive man includes the kind of personal bio that makes you think of the Old Spice guy, complete with a doctorate, a car, and a smoke-free lifestyle. Problem is this: the wordsmith hasn’t uploaded any photos, which leaves even the most open-minded and understanding person

wondering if he’s not actually more Gollum than Adonis. Also in this category

The more you like yourself, the more appealing you’re going to be to the opposite sex.

are the total babes that don’t write anything about themselves. They might be handsome, but they also might be hillbillies.

The part about online dating—and by dating I mean profile browsing—that I really can’t handle is coming across your friends’ profiles. It’s the Plenty of Fish equivalent of running into your ex for the first time after a really nasty breakup. You want to see them, who they’re with, and what they’re wearing, but will climb a mountain barefoot to avoid actually making contact. There’s very little in the world that ranks higher on the awkward and embarrassing scale than admitting to a friend that you’re legitimately using a (free) online dating site.

BATTING EYELASHES AND TRADING NUMBERS

Because I’m a human and have a biological need to interact with other members of my species, I knew that I’d have to put the laptop down and get out into the real world. And what’s more real than a singles seminar on how to get

modern dating in Victoria

women to approach men, taking place at a local nightclub?

In a decision that to this day makes me question my own sanity, I agreed to tag along with a friend of mine to the Rendezvous Club's FlirtFest, held at a local nightclub back in January.

I checked out the website to see exactly what a FlirtFest was, and considering the \$60 that I was expected to shell out, the site was surprisingly vague. I was met with testimonials and outlandish pullquotes, saying everything from "intelligent women going after what they want" to event highlights like "Daniel on the mic getting women in the mood to go get 'em."

My friend and I both did the typical girls'-night-out thing, spending two hours on our hair and makeup, and trying on four dresses before inevitably going back to the first one. These extravaganzas occurred due to the hope that there would actually be men at this seemingly female-oriented evening.

Upon arrival, I was pleasantly surprised to find that it wasn't the female equivalent of a sausage fest... which would be, what, a taco fest? Whatever, there were men.

At 23, I was a standout as one of the youngest women. There was a pretty solid representation of late-20-somethings, and a smattering of near-40s.

Heading straight for the bar, we slammed some Jäger, two G-and-Ts a piece, and took a double for the road. That, paired with my empty stomach, made me almost ready for the night that was laid out before me.

Daniel Packard, New York City's self-professed social acupuncturist, he who is in charge of "penetrating the truth to let the love flow," was the guru of the night.

The 30-second gist of his 45-minute speech is that single people are afraid. Afraid of being judged, dumped, undervalued, and/or rejected, when in reality the only person who can judge or reject you is yourself.

He made a compelling argument about never really knowing what other people think about you, so anything you think they're thinking is really just a reflection of what you think of yourself.

It's not a numbers game, and it's not about the chase. It's about going after what you want and making yourself open to chance.

There was also a game of single-mingle bingo. But unlike regular bingo, this one somehow ended up with a 62-year-old man dropping drawer in the middle of the dance floor to answer the question, "Do you own animal-print underwear?" Why use your words when you can be memorable without them?

The reality is that when you throw a lot of people with a common cause in a room together, add copious amounts of alcohol, and a few really good-looking Vancouverites, things get messy in a really good way. So, despite not meeting the man of my dreams, I'm still weirdly glad that I went to Flirtfest.

GOING AT IT BLIND

Armed with my newfound knowledge on embracing my inner confidence, I decided to man up and pick a fish on Plenty of Fish.

Magnus, a tall, muscular Norwegian with the kind of blonde hair that you rarely see outside of Scandinavia, messaged me, and after a little back-and-forth I agreed to meet him for coffee.

He was well-travelled, good looking, and had a degree in biochemistry, so I figured he'd make for some good conversation, at the very least. And within the safe confines of a well-populated Starbucks, I figured I was pretty far from harm's way.

He was charming, and with his accent, I thought he could do no wrong. Yes, I thought he could do no wrong right up until he went on a 15-minute tirade about how uptight North Americans are, how

we "Americans" don't know how to run our countries or our lives, and how frigid all the women are.

My personal favourite lines of his had to do with how sexually liberated Europe is, and how when he was in Spain and Portugal "the women would fuck you, and then ask your name."

Smart like I am, I made my friend promise to give me an outcall, which I will be eternally grateful for. The outcall is the phone call that, if necessary, can get you the hell out of there in a hurry, because a) your house is on fire, b) your cat/dog just got hit by a car, or c) your long-lost, twice-removed great aunt just came to town and really needs to see you before her flight leaves in an hour.

Oh, and Magnus... how do I put this nicely? You're a douche.

WHAT TWO DECADES OF CONVENTION FAILED TO TEACH ME

I learned a lot from FlirtFest and from Magnus the Norwegian fish.

The first thing is the most obvious—the more you like yourself, the more appealing you're going to be to the opposite sex.

Even if you're not very confident, don't lay all your baggage out on the first date.

People are going to criticize every little thing on an online profile. Whether it's a picture of you and your dog, your assets at the bar, or the glory days of high school, someone will find a reason to hate you at first glance.

In the end we live in a world based on snap judgments, and that when you find someone who's willing to give you more than a cursory glance, it's not because they buy into all your bullshit. It's that they've slowed down enough to see past the bull and realize that you're awesome and are worth their time.

Amazingly, dating online and going to something called Flirtfest helped me realize that. ☺

Digital pioneering with Jets Overhead



Jets Overhead's latest EP was a digital-only release.

“We’ve always been of the opinion that people are going to get the music no matter what.”

ADAM KITTREDGE
JETS OVERHEAD

DYLAN WILKS

CONTRIBUTING WRITER

Lots of bands would consider legal action if their new album was prematurely leaked onto file-sharing websites. When it happened to local ambient rockers Jets Overhead, they chose instead to see it as a sign of their rising popularity.

“We weren’t sure how many fans we had out there,” says vocalist/guitarist

Adam Kittredge. “We’ve always been of the opinion that people are going to get the music no matter what.”

In fact, worrying about whether or not people are downloading their music is something Jets Overhead considers counterintuitive.

“If people want your record, they’re getting it and they’re finding ways to get it,” says Kittredge, “and that’s a good sign.”

Jets Overhead are virtual pioneers when it comes to cutting-edge methods of distribution. Their first album, *Bridges*, was released with a volunteer payment method in 2006—a year before Radiohead would make the concept famous with their release of *In Rainbows*.

The band’s next major release, 2009’s *No Nations*, took a different route by getting onboard with the ever-growing Creative Commons movement, an alternative online version of music licensing.

Interesting, but ultimately all this digital-revolution pioneering still takes a

back seat to making the music.

“What matters most is making a good bloody record—a record better than the one before it,” says Kittredge. “If the music is great and the recorded version of the music is stellar, you’re going to make money because people will want you and they’ll want the music.”

Jets Overhead released their EP *Bystander* in March. It’s a digital release only.

“We’re not going to bother even pressing any kind of physical version of the album,” says Kittredge. “By the time we’re done our next album who knows what medium people will be using to get their music.”

Being business-savvy has its perks, but quality is what Jets Overhead really aspires to.

“Our goal is to make even better music,” says Kittredge, “and to gain more notoriety as artists, as opposed to business people.” ☛

Konyves' version of writing Version



Screenwriter Michael Konyves on the streets of Montreal.

KELLY TATHAM

CONTRIBUTING WRITER

"I can write bad shit and get paid for it."

That was screenwriter Michael Konyves' motivation for getting into the film industry. The Montreal native was pursuing a second degree when he fell into film. He started as a production assistant, but it was working as a director's assistant when he figured out where the money was.

"I got to read the scripts that were up for consideration. I realized that there are plenty of bad scripts that people are paying a lot for," he says. "I decided, if people are buying them, I could certainly write bad scripts."

Writing movies came easily, but finding an agent was a difficult task. It took a year of banging on doors for Konyves to find

someone to sign with.

Now nominated for his first Genie Award for the feature full-length *Barney's Version*, starring Dustin Hoffman and Paul Giamatti, no one would call the screenwriter's work "bad shit."

After writing a string of made-for-TV, sci-fi/action flicks, Konyves picked up an old book he'd once enjoyed called *Barney's Version*.


Rereading the beloved Mordecai Richler classic, he wondered who owned the rights. He found out that Robert Lantos, one of Canada's most noted producers, was working on developing it.

"I knew someone who knew him, so I asked, 'Can you get me a meeting?' I wrote a 30-page treatment on how to make it into a movie and he hired me based off that," explains Konyves.

He then spent every day on set, watching, learning, and rubbing elbows with the cast. The film boasts some big Hollywood names (Paul Giamatti, Macha Grenon, and Paul Gross, among others), and watching the entire filmmaking process has Konyves leaning towards directing and producing. Fortunately, as a writer, he has a leg up on the competition.

"It's about getting your hands on material people want," he says. "If you've written something original, and you choose to work with a producer instead of selling it, you have ownership."

Konyves has already lined up his next project, although he admits "it's all a very long journey."

But with seven Genie Awards for his first film, the offers should start pouring in. 

Canada's resident DJ dynamo

"People making love under the DJ booth is something I won't soon forget."

HATIRAS
DJ

JUSTIN DOYLE

CONTRIBUTING WRITER

Over the past decade, Canadian music-makers have emerged onto the global scene of electronica and proved they are a force to be reckoned with. And there's no finer example than Hatiras, who has been turning the heads of the world's finest DJs and packing dance floors of the biggest clubs in the world for over a decade.

Hatiras, who started out as a concert promoter from Toronto, used to be satisfied just throwing parties. As he continued to organize successful events, Hatiras established himself in the biggest electronic scene in Canada.

"When I started out in the Toronto scene I looked up to the promoters who threw their own events," says Hatiras. "The whole community was tight-knit and although we were technically competitors, we actually all worked together to help build a scene that benefitted everybody."

With so much exposure to world-class DJs, it wasn't long before Hatiras got the urge to start making some music of his own. He started producing in 1999; by 2001 his music was world renowned.

His 2001 hit, "Spaced Invader," became an instant house classic, winning him his first Juno. The track was also remixed by some of the biggest names in the business.

After that, Hatiras continued to pump out one funky, upbeat, eclectic tune after another. He was making so many songs that in 2004 he opened his first (of two) record labels, Blow Media.

As tracks from Blow Media began to



Kick-ass Canuck DJ Hatiras brings the noise.

circle the globe, so did Hatiras, playing festivals in Japan, Poland, Canada, and most recently the desert venue of Burning Man.

"Working with ultra-dusty equipment at Burning Man is quite the task. Oh, and people making love under the DJ booth is something I won't soon forget," he says with a laugh.

Despite these travels exposing Hatiras to many top-notch musicians around the globe, Hatiras always has respect for local music communities.

"I like to check out the headliners at any event," he says, "but often find it's the local talent pushing really fresh sounds."

With two Juno awards, two record labels, and a whole mess of music for the masses, this dance-floor dominat-

ing dynamo credits his creativity to his longevity.

"My biggest achievement has been my continuing adaptability in order to always stay relevant, current, and fresh in the scene, despite doing this for over a decade."

As for any sagely advice for up-and-comers, this DJ of sustained success says that it's all about putting in the time and effort, and it's also all about doing it for the right reasons.

"Don't do this for the money," he says. "Let your passion and insanity drive you. Continue to learn and adapt. Take criticism but also be stubborn enough and confident to push forward regardless of haters, obstacles, or negativity. It's possible to succeed." 🎧

Wil takes the rock time machine to 1975



Vancouver Island acoustic-guitar-wielding singer-songwriter and singularly-named dude Wil rocks out.

DYLAN WILKS

CONTRIBUTING WRITER

If Wil Mimnaugh had his way, he wouldn't even record albums.

The acoustic guitarist, better known as Wil, prefers live performances as his primary means of reaching audiences.

"I guess I'm just a simple person when it comes down to what I want to do," says Mimnaugh, who lives just outside Qualicum Beach. "I love getting in my truck and I love loading it up. I love the tactile nature of showing up and thinking, 'There's the stage, plug in, sing a song, and see if anyone cares.'"

Playing music live in intimate settings is where Mimnaugh excels—and is exactly where he wants to be.

"Personally, that's my favourite," says

Mimnaugh. "I'd opt for that over anything massive."

Mimnaugh looks up to a band he listened to during his youth, Iron Maiden, and how they played to over two million people in 2008 and 2009 for inspiration on this way of doing things.

"They achieved this feat by performing live—without radio play, without tubes and tweets, this band personally connected to every fan," says Mimnaugh. "They just fucking played, and they killed it every time."

Despite his love of music in the pre-internet age, Mimnaugh is now using technology as a new means to reach people.

"It's fantastic. It's an amazing tool," says Mimnaugh, "I use GarageBand on my laptop to record demos and send them to

my manager or whoever via MP3s, which I could never have done."

This kind of instant exposure isn't without its faults, however.

"It's no longer 15 minutes of fame," he says. "Now it's 15 seconds."

But playing live trumps all other aspects of being a musician for Mimnaugh; it's all about the energy of the show and the audience. He describes it as a romantic fondness for something that only exists in the moment, and once it finishes is lost forever.

"My principle will always be reaching people by being in front of them," says Mimnaugh. "My least favourite process in all of this is making records and recording things. If I had it my way I'd never record a record. I'd just fucking play shows." 🐼

Summer movie preview

ED SUM

CONTRIBUTING WRITER

The summer movie blockbuster season can be a battle of the superhero giants. Comic-book flicks will want to dominate, but our money is on other genres. Here's a sampling of some summer screenings.

Water for Elephants (April 22) - Christoph Waltz is just one of those talents who never disappoints. And here playing a cruel ringmaster of a travelling circus, audiences will have to wonder if this film will break the pretty-boy *Twilight* image that actor Robert Pattinson is better known for. Can he prove his star power?

Pirates of the Caribbean: On Stranger Tides (May 20) - Seriously, do audiences really want another pirate movie? The iconic Captain Jack Sparrow will either save the day or be left in the dust as the summer season heats up. Penélope Cruz

looks great, but sex appeal is not enough to save any film.

Super 8 (June 10) - Director J.J. Abrams and producer Steven Spielberg are teaming up to deliver the goods—a science-fiction film set in the late '70s where a team of kids witnesses a train derailment where something inhuman emerges. This product, which pays homage to Spielberg's earlier works, looks promising, and it could very well be a fun romp like *The Goonies*.

Mr. Popper's Penguins (June 17) - Based on the children's book of the same name and reducing the number of penguins that Mr. Popper (Jim Carrey) will have to take care of, this light-hearted comedy looks promising for audiences both old and young. Angela Lansbury plays Mrs. Van Gundy.

Harry Potter and the Deathly Hallows: Part 2 (July 15) - The long wait is over and

the epic battle everyone is waiting for will certainly spell doom for either Harry Potter or Voldemort.

Another Earth (Jul 22) - The questions this film's heroine, Rhoda Williams (Brit Marling), an astrophysics student at MIT, asks will no doubt provide some interesting insight to more than just her life.

Rise of the Apes (Aug 5) - With talents like James Franco, John Lithgow, and Andy Serkis involved, this movie is worth checking out. Serkis certainly has the talent to mime the apes from the classic series, but the success or failure of an all-CGI character will be a huge determining factor. 🐼

Via Textback:

"Ed Sum would give the birth of Christ a three out of five."

What do you think?

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Today's Best Music

1. Diddy-Dirty Money > Coming Home
2. Black Eyed Peas > Just Can't Get Enough
3. Lady Gaga > Born This Way
4. Jennifer Lopez/Pitbull > Get on the Floor
5. Cee Lo Green > Forget You
6. Adele > Rolling In The Deep
7. Rihanna > S&M
8. Martin Solveig > Hello
9. P!NK > Perfect
10. Katy Perry > E.T
11. Enrique Inglesias > Tonight (I'm Loving You)
12. Jessie J/B.O.B > Price Tag
13. Britney Spears > Til The World Ends
14. Chris Brown > Yeah 3X
15. Bruno Mars > Grenade
16. Alyssa Reid > Alone Again
17. Pitbull > Hey Baby
18. Fefe Dobson > Stuttering
19. Usher > More
20. These Kids Wear Crowns > Jump Start

TOP 40 COUNTDOWN

Saturdays 10am-2pm

Sundays 6pm-10pm

21. Suzie McNeil > Drama Queen
22. Black Eyed Peas > The Time (Dirty Bit)
23. Christina Perry > Jar Of Hearts
24. Shawn Desman > Electric
25. Sunlovers feat Rosette > Fire
26. Rihanna > Only Girl (In The World)
27. Edward Maya & Mia Mart > Stereo Love
28. Tinie Tempah > Written In The Stars
29. Kristina Maria > Let's Play
30. Danny Fernades > Take Me Away
31. P!NK > Raise Your Glass
32. Katy Perry > Firework
33. Bruno Mars > Lazy Song
34. Taio Cruz > Dynamite
35. Fefe Dobson > Ghost
36. Bruno Mars > Just The Way You Are
37. Fefe Dobson > Can't Breathe
38. Dirty Radio > My Heart
39. Girlicious > Hate/Love
40. Nelly > Just A Dream

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Jiu jitsu instructor's odyssey

“I got a lot more relaxed after [fighter Jimmy] Phan hit me a couple times, so I picked him up, put him on the ground, and choked him out.”

TRISTAN CONNELLY
MARTIAL ARTIST

EMILY LAING

CONTRIBUTING WRITER

Tristan Connelly, instructor of the Brazilian Jiu Jitsu martial arts club at Camosun College, likens his hands to two protective and potentially lethal weapons.

Connelly grew up in Victoria, spending his formative years playing hockey until he discovered a passion for mixed martial arts—a combination of jiu jitsu, karate, judo, boxing, wrestling, and tae kwon do.

“I’ve always had a fascination with martial arts,” says Connelly. “I remember at a young age I would beg my mom for karate lessons, but she would never give in. Later on in my life I decided to take my first class and it escalated from there.”

Connelly spent months learning fighting skills he never imagined he would need to compete in the sport. Not long after, that determination led him to the cage to train for his mixed martial arts debut in the Armageddon Fighting Championships last March against Jimmy Phan, a fighter from Duncan with several fights under his belt.

Given his inexperience at the time, Connelly didn’t see how he could win. But then he discovered Phan had a fraction of his punching power in the snug confines of the octagon.



Camosun jiu jitsu instructor Tristan Connelly shows what he's made of.

“I got a lot more relaxed after Phan hit me a couple times so I picked him up, put him on the ground, and choked him out,” says Connelly.

With all of Connelly’s bravado, he decided to take mixed martial arts more seriously. After years of entertaining the idea and claiming victory in the cage, the young fighter decided to train abroad to further his knowledge.

Connelly recovered from knee surgery just weeks before he flew out to Japan. He trained in prestigious facilities and competed in one of Japan’s top leagues, DEEP, a Japanese mixed-martial-arts promotion that specializes in the lighter weight classes.

His new skills captivated his intellect, and Connelly entered the cage against a Japanese veteran with over 20 fights under his belt.

“This guy was supposed to kill me, and knock me out in the first round,” says Connelly. “I may have lost the precision, but the fight went the whole distance.”

Even though Connelly didn’t achieve

victory, he learned more from this experience than he did from more recent matches.

After returning to Victoria, Connelly is re-invigorated and excited to start his second year of coaching Brazilian jiu jitsu at Camosun’s Interurban campus.

Connelly is also spending time relishing the thought of heading back to Japan to practice his art some more.

“Tristan is the reason why I started jiu jitsu,” says Matthew de Groot, president of Camosun’s Brazilian Jiu Jitsu Club. “His game improved in such a short amount of time and it’s great to see him recognized on an international level.”

Connelly and de Groot are encouraging all levels to come out and join the jiu jitsu scene for its fusion of different styles. Both say it’s a great starting point for those who want to get involved with Mixed Martial Arts.

“It’s growing exponentially,” says Connelly. “Everyone who is against martial arts should at least give them a try since they’re all instantly effective.” ☎

EVENTS

local, live, and loud
by erin ball

THURSDAY, MAY 12

Skampida, Hillside Hooligans, Rebel Selector

Upstairs Cabaret, \$13.50, 10 pm
The good people at the Victoria Ska Society bring back Skampida from Bogota, Columbia. Skampida played at the 2010 Victoria Ska Fest, impressing audiences with their on-stage energy. Skampida plays a mix of ska, reggae, punk, merengue, and hip hop. Fans of dancing to awesome music should attend this show.

SATURDAY, MAY 28

Sharon Jones & the Dap-Kings, Black Joe Lewis & The Honeybears

Alix Goolden Hall, \$33.50, 7 pm
American soul singer Sharon Jones fronts the 11-piece Dap-Kings on a cross-Canada tour ending in Victoria. The band has been spreading gospel, soul, and funk music around the world since the release of their fourth album, *I Learned The Hard Way*.

TUESDAY MAY 31

Anvil, Growler, Rotterdam

Sugar, \$20, 9 pm
Canadian heavy-metal legends Anvil have been together since the '70s, recorded 13 alliterative studio albums and have inspired famous bands like Metallica, Slayer, and Megadeth. The trio of veteran rockers has enjoyed a resurgence in popularity since the documentary *Anvil! The Story of Anvil* was released in 2008 to critical acclaim.

TUESDAY MAY 31

Timber Timbre, Emma McKenna

Alix Goolden Hall, \$20, 7:30 pm
Folk musicians Timber Timbre make a stop at the beautiful Alix Goolden Hall in support of their new album *Creep on Creepin' on*. Emma McKenna, a Toronto-based musician and writer who now lives in Vancouver, opens.

WEDNESDAY, JUNE 1

Daniel Wesley, KO, Rebel Emergency

Club gone9, \$20, 8 pm
Daniel Wesley returns to Victoria as part of a cross-Canada tour with co-headliners KO and Rebel Emergency, both from Toronto. Fans of reggae, rock, hip-hop and acoustic melodies should consider attending and enjoying.



Sharon Jones & the Dap-Kings



Anvil



Timber Timbre

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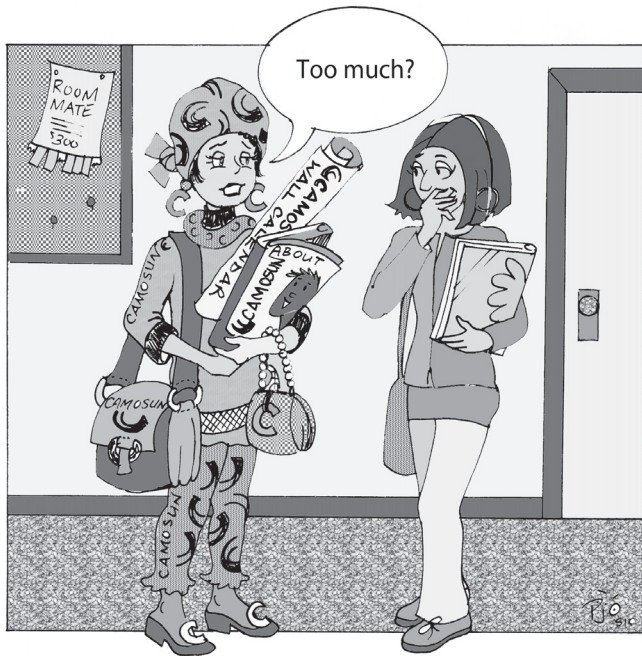
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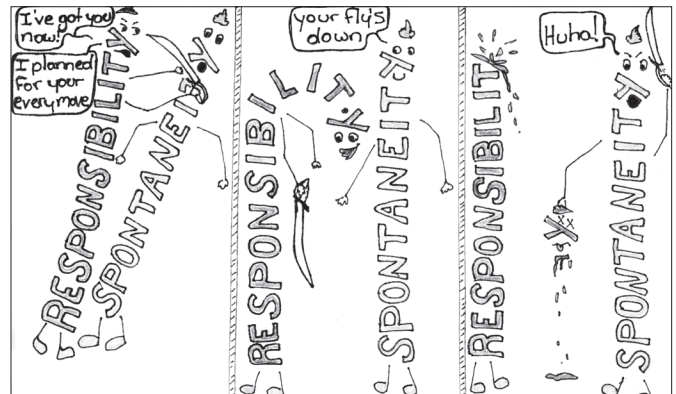
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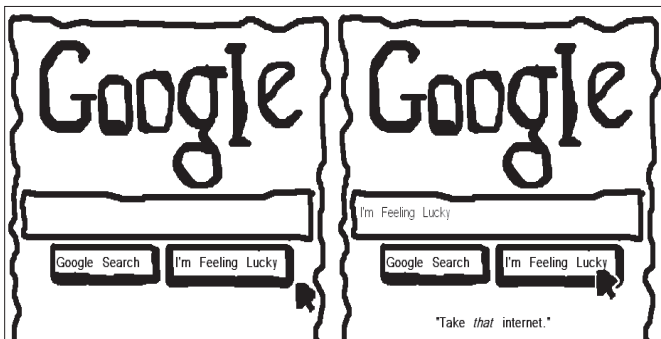
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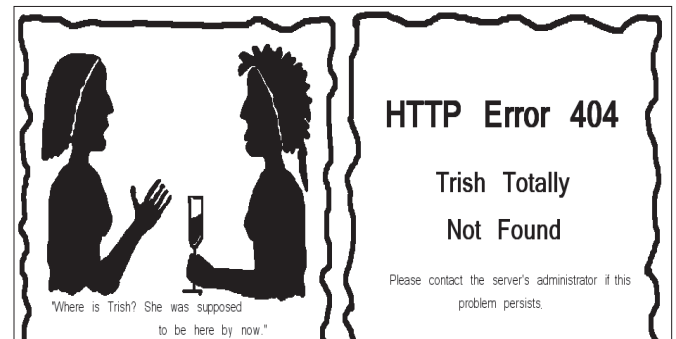
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