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NEXUS

camosun's student voice since 1990
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editor's letter

Anatomy of an ear

Listen in, listen close: two men sit in a coffee shop facing each other. Serenity is the table topic—divine guidance. I eavesdrop in between the pages of my book and sips of earl grey. One has a deep voice, but its bass rumbles unsteadily with self-doubt. He is an archetype of the modern Christian. Alongside his modern Christian friend, who seems to be the leader of this conversation, they revise teachings from their God—nicknamed Christ—under the holiest roof of all: the cafe. They unknowingly administer a sermon to my curious ears.

In a park, a man and a lady sit side by side on a Mexican falsa blanket halfway on the other side of the field. I keep a close ear.

"I don't mean to offend you, but," I never know why anyone continues on past that phrase, "sitting here, with your Jack Daniels, vape, and shorts, you are absolutely trash."

They laugh but hers is quieter. His Irish accent is still discernable through the obnoxious cackle.

Social law tells people that eavesdropping is impolite or even harmful, but I see no sin in peeking into the smaller windows of my cohorts.

"Want to hear a fun fact?" He seemed to only talk in fun facts: "I gave myself shingles," "I was in a car crash once," "I've never had a girlfriend."

Of all the people, traffic, and birds around this park, his slurred voice is the only thing I can hear. I listen in for the sake of her safety and mine. Their tension becomes my tension, and it is painfully alive. If I was able to listen in to all of his first dates, I figure they'd all be quite similar.

They pack up shortly after and march alongside each other in small, stumbling giggles. She might be charmed by his upfront honesty, but I hope this is the first and last they meet.

I often find myself eavesdropping on conversations between the neighbouring people around me. Some of my fondest conversations I've had were not intended to include me. First dates, interventions, work meetings, reunited long-lost siblings. Little connections of theirs meet my ears with a welcoming tune. If I could eavesdrop into the inner thoughts of passing pedestrians I would (although thoughts are a poor reflection of the self).

Social law tells people that eavesdropping is impolite or even harmful, but I see no sin in peeking into the smaller windows of my cohorts. The ear craves it, searching for sound in the faint echoes of time passing. Creeping into the vocal cavity is the closest we get to the truth. Faces lie; voices don't.

Both my mother and grandmother agree my ears are my best feature. The lobe hangs just low enough, they say. But what makes them truly worthwhile is their keen attention to audible details. My eyes went years ago but my ears adapted, keeping track of the nonsense the world ejects out its snout and tending to the rambles of noise-anarchists like a snooping Batman.

What I've noticed in thorough research is that much of what's said isn't worth saying. It's likely that if every word exited from the mouth required purpose, the amount of time it would spend open would decrease by 90 percent. What's being said doesn't so much matter as long as it's listened to—our lives hang at the tip of our tongues waiting to be spat out to anyone who will hear. Either side of the ear is just as needy as the other. The babble economy requires all to take part, sleuthing about in the business of others if need be.

The anatomy of an ear is sanctified. As I see it, eavesdropping is the spice of life and beyond. The closest we get to divine guidance in our macrocosm is from listening in and listening close to the microcosms beside us.

Lydia Zuleta Johnson, student editor
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COVER PHOTO: PROVIDED

OVERHEARD AT NEXUS: "Everyone's mad at me."

open space

Co-op work term placements an important part of college education

RAY NUFER
STUDENT EDITORIAL ASSISTANT

While there are many reasons people choose to pursue post-secondary education, one prominent reason for enrolling is to build a career. Education is a powerful step forward to qualify for many job positions in all different fields and industries, however, I believe education alone often isn't enough to develop the appropriate workplace skills and land your first entry-level position in your chosen field.

That's where co-op work placements come in.

Education and Career Services department at Camosun and their collaboration with teachers—has this opportunity been available to Visual Arts students. As a Visual Arts student myself, I'm incredibly grateful for this new development at Camosun, as I'm currently working a co-op work term at the Maritime Museum of British Columbia, and it has been instrumental in my confidence, leadership building, and the application of my skills.

As Visual Arts is a very hands-on, technical area of study, it would be well supplemented with job

Co-ops allow students to build hard and soft skills, become more familiar with a specific work environment, and allow for a low-stakes way to try out a certain job related to their field of study.

Co-op work placements are temporary paid jobs where students can work for a semester in a job related to their chosen field of study. Students are expected to complete a study course alongside the work term, reporting to their co-op field instructor, in order to earn academic credits. Many programs at Camosun, such as Business Administration and Civil Engineering Technology, have the option for students to complete a co-op work term—sometimes even several.

The benefits of these work placements are countless. Co-ops allow students to build hard and soft skills, become more familiar with a specific work environment, and allow for a low-stakes way to try out a certain job related to their field of study.

Through co-ops, students get to make connections with people in the industry of their choice, and there's lots of opportunity for mentorship relations with these people—some who might even hire them again after they've graduated.

In addition to this, Young Canada Works (YCW) government funding for these positions has helped more positions open up, making co-ops easier to find for students and allowing employers to be able to more easily afford paying the student's wage.

However, only recently—due to the work of the Co-operative

experience, and the wide range of skills that students bring to the workplace are incredibly valuable. These skills that Visual Arts students develop are flexible for use in many different workplaces, such as graphic design and photography transferring to marketing and advertising. Experience in art installation and exhibition design proves useful for art galleries, and a critical visual eye from many critique classes lends well to interpretation work at museums.

Sadly, out of all the students I know at Camosun, in Visual Arts and in other areas of study, I don't know a single one who has done a co-op. I firmly believe that every single one of them would benefit from completing a co-op, as there isn't a single classmate I know that isn't hard-working, dedicated, and extremely skilled.

I hope that many, many more co-op job opportunities continue to open up for a wide range of industries and fields, and that co-ops continue to be supported by the government and post-secondary institutions.

Nothing can beat the connections-building, skill-developing, and overall extraordinary learning experience of completing a co-op work placement—I don't know what I would do if I hadn't found mine.

Something on your mind? If you're a Camosun student, get in touch with us with your *Open Space* idea! Email editor@nexusnewspaper.com. Include your student number. Thanks!

correction

In "Art Gallery of Greater Victoria opens two galleries to show new view" (June 5, 2024 issue) we misspelled the names of both Heng Wu and Mel Granley. We apologize for the mistake.

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Got something to say?

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programs

Mental Health, Addictions and Criminal Justice program aims to mend divide

“The problem we are facing is the lack of community-based resources for those with mental health or addiction challenges.”

WENDY TAYLOR
CAMOSUN COLLEGE

LYDIA ZULETA JOHNSON
STUDENT EDITOR

Camosun College’s Mental Health, Addictions and Criminal Justice advanced certificate (MHCJ)—a program aiming to bridge the gap between the criminal justice system and those struggling with mental health and addiction issues—is launching in September.

After a pause due to COVID after piloting the program in 2020, program chair and Criminal Justice department instructor Wendy Taylor looks forward to picking up where they left off, addressing challenges to better meet community needs and highlighting social responsibility, advocacy, and inter-professional practices.

“The problem we are facing is the lack of community-based resources for those with mental health or addiction challenges,” says Taylor. “Often the justice system is the first to respond when

there’s problems in the community or people need help. And often people commit crimes, for example, to support their addiction habit... How do we work to better support them at the community-level is the challenge. So often resources in the justice system are relied upon.”

Taylor says the program’s perspective looks to decentralize the criminal-justice system to open up new avenues for assistance and decrease mental-illness- and addiction-rooted incarceration.

“[We are] very much focused on prevention and looking at what we can do to reduce the number of individuals in our justice system with mental-health and addiction challenges very much over-represented in the system,” she says, “and really looking for ways we can work together to get them supported at the community level and not through the justice system itself.”

To broaden available resour-

ces and redirect individuals away from the justice system, the new program emphasizes working as a community to deliver diverse ideas and support systems.

“[F]or our course, it’s about working together, it’s about collaborative practice,” she says. “So everything that we learn is to understand the work that each of us do and...the challenges we face and the opportunities we have, and then how do we best do it together?”

The MHCJ program educates individuals working in the mental-health field, such as police officers, probation officers, outreach workers, addiction workers, health workers, and community service workers. Taylor says operating in an inter-professional environment allows students to learn from each other as well as from an advanced curriculum to benefit their occupations.

“[Students] get... the certification that they have a higher level of understanding of mental-health-, addictions-, and justice-related issues to this area. And they also have the experience of working on projects and research and knowledge,” says Taylor. “So I do think it helps them in their current employment or has credentials to help them to work in this area.”

The eight-course program is available to be taken online—students in the course meet virtually



FILE PHOTO

The Mental Health, Addictions and Criminal Justice program launches in the fall.

as a class with speakers and experts once every two weeks to discuss the curriculum and share as a group, an important part of the MHCJ.

“The curriculum has an understanding of the issues, understanding what works, challenges, best practices, research, then looks at opportunities and challenges in communities,” Taylor says, “then the last course is a capstone where working in teams and together, they identify challenges and their communities and come up with a project to address them.”

Taylor says she views the justice

system as a partnership with community-based care.

“[W]e all work together. And I think what we’re trying to really move forward on is how do we best support people with mental-health and addiction challenges, and how do we better support them together? So, maybe the police might be called to a house, for example, first. But now we’re seeing the police coming up, cars that have a mental-health worker and a police officer working together,” she says. “We’re seeing some really positive changes happening.”

NEWS BRIEFS

Camosun holds convocation ceremonies

Over 2,000 Camosun students will graduate this year, with more than 1,000 graduating students crossing the stage and tossing up their academic caps during four convocation ceremonies that took place on Wednesday, June 19 and Thursday, June 20 at the college’s Interurban campus. Four students received the Governor General’s Collegiate Bronze Medal Awards, presented to students graduating with the highest overall grade point averages from post-secondary college diploma-level programs; as well, one student received the Promising Alumni Award and one student received the Distinguished Alumni Award (see below). The theme of the event is “you always belong here”—a sentiment of continued community beyond campus grounds.

Kayleigh McDonald awarded Promising Alumni Award

Kayleigh McDonald, a Comox-based business owner and entrepreneur, was given this year’s Promising Alumni Award at Camosun’s convocation ceremonies. Before graduating from the Bachelor of Business Administration program in 2019, McDonald began developing

Prismatic Creative Co., a branding, web design, and social media marketing company for local businesses, non-profits, and government agencies. In addition, McDonald does volunteer work and helps local organizations develop their online presence. The Promising Alumni Award recognizes the outstanding achievements and contributions exemplified by Camosun alum.

Lesley Stav takes home Distinguished Alumni Award

Red Seal chef Lesley (Watson) Stav received Camosun’s 2024 Distinguished Alumni Award at the college’s convocation ceremonies. Stav was recognized for her 35-year career, guiding, mentoring, and advocating in the culinary industry. Stav was a trucker for 12 years before an injury forced her to quit; graduating from Camosun’s Culinary Arts program in 1988, Stav continued to pursue her career until 2013, when she exited the kitchen after surviving cancer. She then began dedicating her time and energy to community work, mentoring culinary students, and organizing events. Stav maintained a connection with Camosun’s Culinary Arts program by supporting instructors and through an

online training program. The Distinguished Alumni Award recognizes the outstanding achievements and contributions exemplified by Camosun alum.

Indigenous Cultural Safety integrated into Camosun sport programs

Camosun College has introduced Indigenous Cultural Safety (ICS) training into its exercise and sport programs, becoming one of the first postsecondary institutions in British Columbia to do so. With the partnership of the Indigenous Sport Physical Activity and Recreation Council (I-SPARC), on May 13 and 14 a group of 23 faculty members and staff were provided with Indigenous Cultural Safety Training through a sport, physical activity, and recreation lens. Led by I-SPARC facilitators and knowledge keepers, the online and in-person training covered topics such as systemic racism, privilege, power, sequential inequalities and injustices created by the residential school system, and ongoing racism prevalent in the sports system.

Camosun gets ABE boost

Camosun is receiving more than \$335,000 from the BC government for its tuition-free (for domestic students)

Adult Basic Education and English Language Learning Pathways programs. The financial support will provide individuals in need of education upgrading with necessary aid to pursue in-demand jobs.

Camosun launches AI task force

With the rapid development of generative AI tools and research organizations such as OpenAI, postsecondary institutions such as Camosun are exploring new ways to both embrace and crack down on the role artificial intelligence plays in academics. This fall semester, Camosun students will receive an email about academic integrity, ways to appropriately use the software, and classroom usage guidelines. A generative AI task force will begin working this fall to combat rising concerns and promote transparency with students and faculty.

Fine Furniture students showcase work

Graduating students of Camosun’s Fine Furniture program are showcasing their capstone project—a variety of handmade chairs—at the Arts Centre at Cedar Hill Recreation Centre until Sunday, July 14. All the chairs were crafted from the wood of local Garry oak trees that

posed a threat or blew down and were recovered from urban areas. The 10-month, full-time program requires no prior work experience and focuses on hands-on, theory-based learning. Admission to the gallery to see the exhibit is free.

Public Interest Disclosure Act expands to postsecondary institutions

Employees of public postsecondary institutions are benefiting from new protections through the Public Interest Disclosure Act (PIDA). First introduced to the public sector in 2019, the act protects employees who confidentially disclose malpractice and participate in PIDA investigations from termination, demotion, and other potential consequences when bringing forward serious concerns. By providing a framework for whistleblowers to report to, such as designated officers or an ombudsperson, the expansion of PIDA looks to promote transparency and accountability in the workplace. The first phase of the expansion came into effect June 1, with research universities being part of the expansion later this year.

—LYDIA ZULETA JOHNSON,
STUDENT EDITOR

sports Chargers women's basketball team welcomes new coach



PHOTO PROVIDED

John Dedrick is the new Camosun Chargers women's basketball team head coach; he starts this season.

AJ AIKEN
SENIOR WRITER

The Camosun Chargers women's basketball team has a new head coach this season: John Dedrick.

With 30 years of experience, Dedrick has coached at St. Albert Catholic School, University of Alberta, Grant MacEwan, and Shawnigan Lake School. He also

co-founded Panthawks Academy, an invitational academy for elite junior high and high-school girls in St. Albert, Alberta. Dedrick has already started a full-court press with the Chargers.

"I think a mantra that I would try and bring into Camosun is, play up tempo, be extremely difficult to play against defensively, make teams earn points as opposed to giving

them that, and then, obviously, be extremely well prepared," says Dedrick.

Dedrick describes his coaching style as loud and very communicative both on and off the bench. By building relationships with players, he can demand a lot more from them. Getting to know the players is where Dedrick has started his work with the Chargers.

"I think we can make some noise in the PACWEST."

JOHN DEDRICK
CAMOSUN CHARGERS

"I've been watching all the videos, anything on YouTube that has the team playing from last year and the recruits that are coming in, that I know, that the previous coach has committed to, I knew nothing of them. So I had to try and get them to send me videos and then watch them and we're trying to find out information about them, and then I've met or FaceTimed with pretty well all the girls; I think I'm only missing a couple," he says. "It's going to be a good blend of... veterans and young people or young rookies that can kind of step in, and we've got a transfer coming in that's confirmed, who I'm excited about. So, I think we can make some noise in the PACWEST."

Dedrick says that a goal of his is improving on the team's 9 in 15 record, and he says that he's focused on improving the style of play and competitiveness in every game.

"I have a lot of success at either continuing with a good program and building on that or building a program to the point of where they're a championship contender every year," he says. "I would try and bring that mindset to Camosun."

Dedrick wants to create an open dialogue with Carrie Watts, head coach of the UVic women's basketball team, so girls who express

interest in playing but who may not have the necessary skills for university-level basketball could have another option.

"If we have a relationship she can say, 'Okay, you know what? Can you go play at Camosun for a couple years? I know John knows what he's doing. Then we'll see where you are in year three and see if there can be a jump back to U Sports or what have you.' Then at least having that open dialogue about players in the area or on the mainland, and at the same time, supporting UVic and its tradition as well," says Dedrick.

Dedrick is also looking forward to working with the Chargers' women's basketball assistant coaches. Chelsea Espenberg will be returning for another season and will be joined by former Chargers Sophie Leslie and Rhiannon Ware.

"Giving them a voice and empowering them to be mentors and role models... I really look forward to watching them interact, because as a male coaching females, I think it's super important to have that perspective on the bench," he says. "I'm looking forward to delegating to them some responsibilities, and a voice, and then watching them, all three of them, just grow with that. So that's something that I'm very excited about as well."

CAMOSUN COLLEGE STUDENT SOCIETY SPONSORED CONTENT

Camosun College Student Society continue to support campus ombudsperson services

"Over 25 years ago the college and the CCSS decided to create the position of ombudsperson to help students. The idea of joint funding was necessary to preserve the independence of the position and it is still one of the best models for a student fairness advocate that exists in BC."

MICHEL TURCOTTE
CAMOSUN COLLEGE STUDENT SOCIETY

dependence of the position and it is still one of the best models for a student fairness advocate that exists in BC."

So when can you go to the ombudsperson? If you have questions or concerns that you feel haven't been adequately dealt with in dealing with the college, the ombudsperson can give you advice on how to act and advocate on your own behalf. The ombudsperson will not take sides, but can impartially look at all sides of an issue.

The ombudsperson can also help explain college policies and procedures, facilitate communication, give advice on informally and formally resolving issues, and mediate disputes.

It's important to note that the ombudsperson services are confidential.

"The ombudsperson is not like a student's lawyer or advocate but is there to make sure that students are treated fairly and that all policies and rules are followed," says Turcotte. "The informal resolution process is important at Camosun College and sometimes having an independent third party in the room can make all the difference and lead to better solutions."

Also, the power remains with you when dealing with the ombudsperson: you get the final word about what to do about your particular situation and can also stop seeing the ombudsperson at any point.

Another mandate of the office of the ombud-

Hopefully, your time at Camosun will be a smooth and fun experience, but things don't always go as planned. It's important to know what services are in place to help out when you need a hand.

The ombudsperson at Camosun College is an advocate for fairness on campus. It's important to note that the position—currently held by Rob Thompson—is impartial, so if you take your concerns to the ombudsperson, it's not the same as taking them to a Camosun College staffperson. In fact, the position of ombudsperson at Camosun is funded in equal parts by the Camosun College Student Society (CCSS) and Camosun College, so half of the funding comes from students through student fees.

"Over 25 years ago the college and the CCSS decided to create the position of ombudsperson to help students," says CCSS external executive Michel Turcotte. "The idea of joint funding was necessary to preserve the in-



person is to undertake investigations or reviews of college policies or procedures that are generating systemic concerns or conflicts. The ombudsperson can't make binding decisions but can point out these problem areas to Camosun.

"The ombudsperson's suggestions and formal reports have often been very helpful in leading to changes that have benefited many students and changed unfair practices," says Turcotte.

The Camosun ombudsperson acts within Camosun policies and in compliance with the Standards of Practice of the Association of Canadian College and University Ombudspersons.

To contact the ombudsperson, email ombuds@camosun.ca, call 250-370-3405, or see camosun.ca/services/ombudsperson.

drinks

Langford Beer Festival returns for third year



PHOTO PROVIDED

Attendees enjoying themselves at a previous year's Langford Beer Festival; this year's fest takes place on Saturday, July 13 at Starlight Stadium.

LANE CHEVRIER
CONTRIBUTING WRITER

Back for its third year, the Langford Beer Festival, hosted by the Victoria Beer Society (VBS) will showcase over 75 craft brews, including some ciders and meads, from 30 BC breweries. The festival—coming to the Starlight Stadium on July 13—will also feature lawn games and activities, music by local band Super Sauce, and a variety of food trucks for hungry drinkers.

Some of these beers will be represented by VBS's own pub on wheels that currently shows up

on Friday afternoons across from Floyd's Diner in Langford for Fridays at the Station.

VBS event coordinator Lee Marchbanks is also excited about the launch of the Victoria Beer Society Beer Quest app, which creates a fun way for people to discover more local craft beer around town.

"It goes along with our tradition of promoting local beer culture, getting people that are visiting or live here excited about going out and exploring all the local breweries and pubs, to try and get out and try as much of the local beer as possible," says Marchbanks. "Essentially, you

can set up quests to map out different neighbourhoods, and it gives you four or five or six locations that you can do your own mini brewery crawl or pub crawl. It's another tool to get people out and about, trying local beer."

The app is more than just fun, however, because for every event you visit or quest you complete, you'll earn points that may be used to obtain discounts.

"It's a great way to run contests—we're giving away tickets for the Langford Beer Festival every Friday out in Langford for people that check into the app," says March-

banks. "You accumulate points for every quest that you accomplish and every check-in that you do, and you can put that towards discounts on tickets to our festivals and events and stuff like that."

Public safety is always a concern at events where large numbers of people go out into the public and get sloshed, and the main risk is on the road. Recognizing this, Victoria Beer Society has partnered with BC Transit to provide free bus fare for festival-goers.

"We are literally giving free bus fare to everyone that attends Langford Beer Festival and [Sep-

"I'm really excited about all the breweries that are coming; the beer list is shaping up great. There should be something there for everybody, and it should be a really good time."

LEE MARCHBANKS
VICTORIA BEER SOCIETY

tember's] Great Canadian Beer Festival," Marchbanks says. "It's a free ticket that you can redeem using the Umo app, and get home safe riding the bus."

VBS has been hard at work on further improving the festival for this year and cementing it as yet another staple of the flourishing craft-beer scene on the lower island.

"We're honing in on the third year, taking the things that we've learned over the last two years, and making minor tweaks to make Langford Beer Festival fun and accessible," says Marchbanks. "I'm really excited about all the breweries that are coming; the beer list is shaping up great. There should be something there for everybody, and it should be a really good time."

Langford Beer Festival
3 pm to 8 pm Saturday, July 13
\$45, Starlight Stadium
langfordbeerfest.com

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Feeling t Camosun College Student Society pride

Story by Mackenzie Gibb

Photos p

Students elected to the Camosun College Student Society (CCSS) board of directors in the spring elections typically have a few months to get settled into their roles before things really pick up in September, but not pride director Terence Baluyut.

Baluyut has hit the ground running with Pride Month taking place only two months after his election. Despite the size of the task, Baluyut is enthusiastic, as this isn't just his first Pride as a CCSS director, it's his first Pride as an out gay man.

"I came into Camosun as a closeted queer person, and Camosun is actually an environment that [has] catalyzed me to come out of my shell," says Baluyut. "And that just speaks to the environment that Camosun is, which is very accepting, and very accommodating to many identities."

Having gotten so much from his experience so far, Baluyut's looking forward to contributing to that sense of community.

"I'm really excited for what's about to come on my term, I know that I am just in my second month, and through the help of my peers, and also our staff, we have been able to plan all of these exciting events," he says.

While the CCSS is involved with a variety of community celebrations, it's also putting on a few gatherings.

"We are organizing three main events," says Baluyut. "First is the Rainbow Reels queer cinema nights. The other is Play with Pride, Uniting Through Diversity in Sports, that is in collaboration with the soccer club and the Camosun Chargers, both the volleyball and basketball teams. And the other one is the 5k Pride run and walk, that is in collaboration with the Camosun running club. So most of these... are all in collaborations with many circles in our college. One reason for this is I want to integrate the queer community in our college with all of [these] existing groups and have more bond within these circles."

Baluyut is enthusiastic about bringing these different circles together, but he's not under any illusion that the queer community is all the same. At every step, he's taking care to make sure the varying needs of people from different backgrounds are taken into consideration.

"Even though I'm a part of this community, it still feels a bit overwhelming to step on a roll for a community that is so complex, and there's so [many] things that we are trying to advocate to fight for," he says. "In the LGBTQ+ community, there are still certain cohorts that are having more difficulties, and are deprived of many opportunities. And those are indeed [things] that I am trying to take note of, and creating more initiatives in the future to make sure that everyone is included and are also considered."

This consideration is already being incorporated into Baluyut's aspirations for the rest of his term.

"[I'd like] something that would have the 2SLGBTQIA+ members in our Camosun community to be more connected to one another," he says. "Because even though I see that there are a lot of members from this community in our campus, I haven't seen them [very] connected."

One of his main goals? Bringing the pride found at Lansdowne to the Interurban campus.

"Unfortunately, we don't have a Pride Lounge [at] Interurban yet... I wanted more pride and 2SLGBTQIA+ related community events [at] both campuses," says Baluyut. "Because as someone who attends Interurban campus, there [isn't] really much for the... community that happens around on that campus."



the pride

e director gets active with Pride Month

son, senior writer
provided



music

Camosun student puts on third annual music fest



SEAN PATRICK BRENNAN

A scene from a previous year's Sick Day Festival; the fest takes place over two days on Pender Island.

MACKENZIE GIBSON
SENIOR WRITER

Camosun student Sierra Nicholson is doing something that most students would consider impossible to pull off—and she's doing it for the third summer in a row. Nicholson, a first-year Arts and Science Studies student, is the festival director for Sick Day Festival, a multi-genre music festival she created featuring artists from across BC.

The idea started small, but Nicholson's passion for putting on events and her ability to bring people together meant that Sick Day—which goes down on Pender Island—quickly grew into something more.

"It started off as, like, 'I'm go-

ing to have a house show in my backyard.' Then I started talking to people who are interested in it and it kind of became bigger... It rained all day [the first year], but like 80 people showed up," says Nicholson. "It was pretty awesome. The cops got called, like, four different times for noise complaints. But a lot of neighbours came in and liked it. So it was a 50/50 thing where we had half the neighbourhood absolutely hating our guts and the other half being like, 'This is so cool! Do something like this again!'"

It was the first event Nicholson had organized, but the enthusiasm shared by musicians and attendees alike made it easy to keep the ball rolling.

"I was talking to a friend about putting on something else like a year after that, and he mentioned that there was a guy on [Pender Island] that had this really cool farm [Ohana Farms] and he always put shows on there, so I should reach out to him... I started chatting with him," says Nicholson. "He was super into it, and that's how it's become an actual festival on legs."

And those legs are pretty sturdy. Last year the attendance more than doubled in size to 200, and this year it's expected to nearly double again, with the festival expecting approximately 350 people. Nicholson doesn't play any instruments, but the passion for music and the community that comes with it started

"Going to Camosun was another way to find more community, especially in the art scene.

Like, in some of the classes that I took last semester, I met a lot of artists who are going to be vendors this year."

SIERRA NICHOLSON
SICK DAY FESTIVAL

early. For her, it's all about the way it brings people together.

"I've been involved in and immersed in the music scene since I was a kid," she says. "I grew up with a dad who played music... As a teenager, all my friends were musicians, which is still true. Like today, all my friends are still musicians, for the most part, and it's just a big part of my life. It was something that started on a whim, just to be more involved in the community that I am a part of and then became something that I found out that I was pretty decent at and enjoyed doing."

When it comes to balancing school with organizing a full-scale two-day music festival, Nicholson found there were a lot of challenges—but some surprise benefits, too.

"I was involved in winter classes, and I definitely found that I started some of the processes that I usually start a little bit earlier a bit later this year, because of being a student... [But] going to Camosun was another way to find more com-

munity, especially in the art scene. Like, in some of the classes that I took last semester, I met a lot of artists who are going to be vendors this year."

For anyone interested in pursuing their own big artistic projects, Nicholson has some powerful advice: get involved with those who share your passions.

"Anything that you can do to be a part of your artistic community and get yourself immersed is good," she says. "I feel like that's just kind of how you meet people who might give you opportunities and you meet other artists that you can get to work with, potentially. Just kind of stick your face in there."

2024 Sick Day Festival
Friday, July 12
and Saturday, July 13
\$49 (no camping)/\$60 (with
camping), Ohana Farms,
Pender Island
sickdayshow.com

review

Past the End of the Road series of unmemorable nostalgic reflections

LANE CHEVRIER
CONTRIBUTING WRITER

Past the End of the Road: A North Island Boyhood is a new autobiography by Canadian septuagenarian Michel Drouin. Growing up in Port Hardy in the 1960s was clearly a whole different way of life than nearly anybody reading this newspaper is likely to have any inkling of. At the time, the immediate world consisted of trees, elk, bears, bees, racism, and guns. One anecdote at a time, Drouin attempts to sculpt the life of a wild boy, sneaking out at sunrise with his father's rifle and a canoe, traversing the murky waters of the Pacific Ocean, and living what was once a common life but is now long extinct to all but the most dedicated bushwhackers or small-town folk.

The book is not a difficult read, and I imagine you could burn through it in a single afternoon if you committed to it, but it took me far longer because I felt adrift within its pages, and not in a lazy summer day way, either. This memoir eschews any other than the barest form of continuity to instead focus on a peppering of mostly unrelated or anticlimactic anecdotes experienced and underwent by Drouin. A great example of this is an encounter by a massive bear who confronts Drouin. While I don't wish mishap on anyone, I could barely contain

This memoir eschews any other than the barest form of continuity to instead focus on a peppering of mostly unrelated or anticlimactic anecdotes experienced and underwent by Drouin.

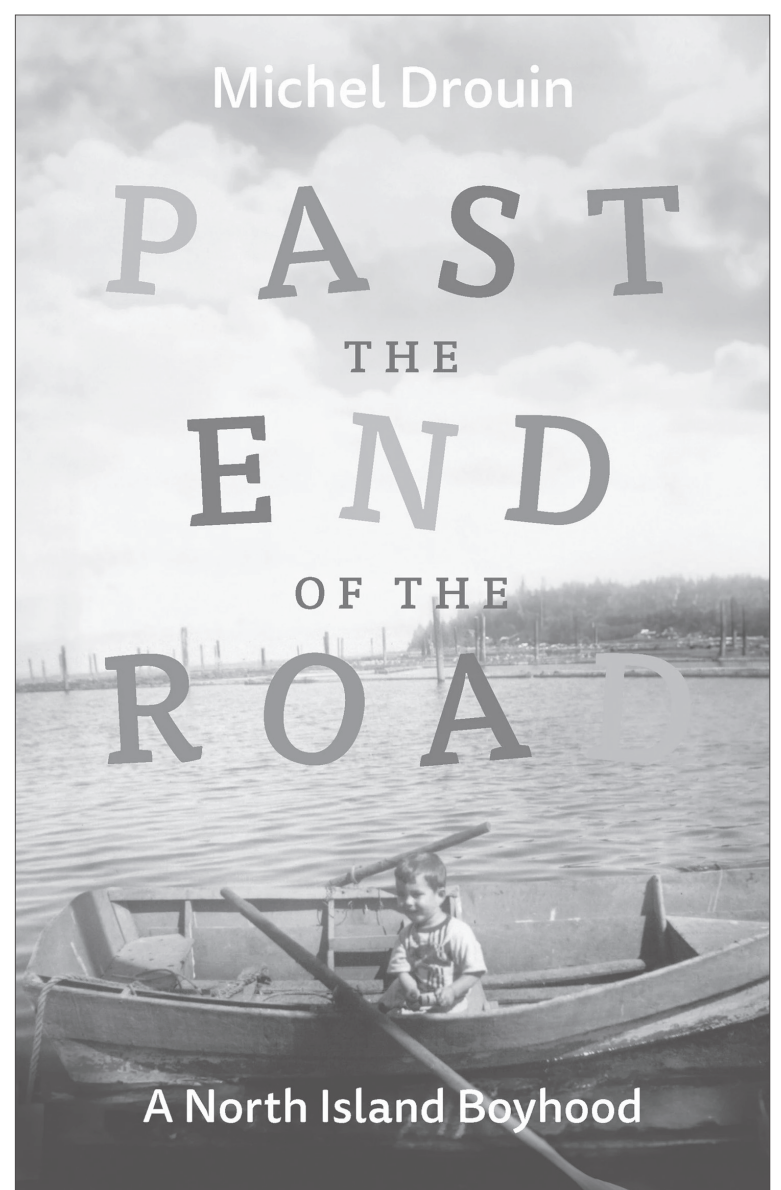
my excitement at this possibility of something finally happening. Yet, nothing did.

Before long the bear just wandered off. Sure, it's an objective relief that a crisis was narrowly averted, but these sorts of non-starters happen so frequently that I began to wonder if I would eventually find myself reading an engaging story before the end of the book rolled around. As an ex-editor of a publication, Drouin shows a surprising lack of understanding of how to engage a reader. Many of the anecdotes are qualified by statements such as "or something", and "I don't remember." The book has the cohesive qualities of an elderly man falling asleep in a rocking chair while telling a meandering story to his great-grandchildren, whose faces are glued to their Nintendo Switches.

For those who think I'm being too harsh, I could not help but think back fondly to the memoir *The Forgotten Soldier* by Guy Sajer, a French

teenager unwittingly drafted into the Nazi army near the end of WWII and forced to witness the horrific tragedies of war. I was engaged from front to back because the stories were full of brilliant specificity, philosophical undertones, and an overarching narrative and temporal thread that drew the reader through its gripping and emotionally compelling story.

Past the End of the Road has likely succeeded as a product of nostalgia for the bygone culture of barely-civilized Vancouver Island, and I think Drouin's family and peers may find this a charming collection of partially immortalized memories. Unfortunately, I doubt it will have widespread appeal due simply to its lack of ability to tell a cohesive story with a powerful narrative thread keeping everything on track and moving forward. This book does tread interminably toward a glorious eventuality, however, and that is the triumphant end of my insom... mni... a...



fest

New multi-tiered festival comes to Government House

AJ AIKEN
SENIOR WRITER

ArtisTREE is a new festival coming to Government House, and it could really go one of three ways. According to ArtisTREE music curator Mike Roma, fest producers Market Collective are marketing it as three separate events.

“They wanted to market ArtisTREE as just music if you just wanted it to be; ArtisTREE is just vendors if you just want it to be; ArtisTREE is visual arts if you just want it to be,” says Roma.

By having three separate events at one festival, each can draw a crowd for the others.

“Music brings the people for the vendors; the vendors bring people for the music and the visual art component,” says Roma. “Really quite a beautiful symbiotic design that the Market Collective has put together.”

Music is often played at markets and community festivals; however, it isn’t always the main focus. By marketing music as being something in the background, Roma says it diminishes the value of the art form, or vice versa for vendors.

“[Market Collective is] very cognizant to respect each community and give it the attention it deserves,” he says. “It’s not just a music festival; it’s not just the vendor festival; it’s all of these things combined to make like a super event.”

Rather than doing an open call for musicians, the music for ArtisTREE was curated by Roma to



PHOTO PROVIDED

Camosun College and Nexus alumnus Mike Devlin will be DJing at the upcoming ArtisTREE festival.

have an American bluegrass folk sound. Recommendations came from the community regarding styles and artists they knew. Some of the bands have family connections while others are touring artists.

“There’s a bluegrass band that’s playing on Saturday called Invisible Hands and the guy that fronts that is the father of the guy that’s playing bass in Electric Timber,” Roma says.

“As a lot of the artists themselves play in different projects, it’s kind of a really nice symbiotic system. There’s a real family vibe to the musicians, and a lot of guys that play in other, bigger projects, that are touring artists, that have wanted play together are coming together just for this event.”

An important factor to Market Collective is that vendors have a

profitable day. They want the festival to be enjoyable for everyone involved, not just attendees.

“I think, and I’m speaking on behalf of Market Collective because I know them quite well, they’re also really conscious of the fact that people make a living doing this,” he says. “They want to make sure that it works for them financially, especially because they depend on it.

“Music brings the people for the vendors; the vendors bring people for the music and the visual art component.”

MIKE ROMA
ARTISTREE

If you have something that’s curated and has a flow to it, and it’s taken into consideration that world and for those people, then there’s a flow to it and they’re set up for success.”

ArtisTREE is one of the first events held at Government House by a third party. The way the connection between Market Collection and Government House was forged had a royal touch.

“Because Cory [Judge of Market Collective] is also an artisan, when [Prince Harry] and Meghan Markle came to town, there were certain vendors that they wanted their wares, so to speak, and Cory was one of them,” says Roma. “So it started a conversation with Government House.”

ArtisTREE

10 am to 7 pm Saturday, July 27

10 am to 5 pm Sunday, July 28

Free, Government House
artistreefestival.com



Listen and Learn

by AJ Aiken

Ska Fest celebrates 25 years with another successful event

The 25th anniversary of the Victoria Ska and Reggae Festival took place from Wednesday, June 19 to Sunday, June 23, with the main stage at Ship Point. The lineup consisted of a mix of over 40 local, Canadian, and international bands.

It’s exhausting going to shows from 4 pm to 10 pm followed by evening shows until 1 am but full festival attendees found themselves torn between sleep and bands they couldn’t miss, such as The Slackers and The Suicide Machines on Friday night and The Planet Smashers and Less Than Jake on Saturday night; both bands played at Victoria Curling Club. However, The Suicide Machines’ punk/ska sound energized a tired crowd into a mosh pit.

To ensure Ska Fest is accessible to all people organizers offered three free all-ages shows at Ship Point on Wednesday, June 19, Thursday, June 20, and Sunday, June 21. Wednesday, June 19 saw the return of Ska Fest favourite The Capital Collective, a mix of musicians from various local bands, who feature a slightly different lineup of singers and musicians for each song. Six-time JUNO Award nominee—originally from Jamaica, now living in Toronto—Ammoye got the crowd pumped for headliner Antidoping from Mexico City, Mexico, with her bright-coloured outfit, dancing, and

Jamaican-rooted reggae songs with themes of love and anti-war.

Thursday’s show brought three amazing Victoria bands. Baby Boy & the Earthly Delights kicked off the show with their upbeat, island sound and special guests for a couple songs. The Dang Package, more of a rock band, filled in when Ska Fest artistic director Dane Roberts needed a band last-minute due to an unexpected scheduling issue; their willingness to play on short notice is testament to the love the music community has for Roberts. The Kiltlifters, a fan favourite, did not disappoint with their lively horn section, something that ska is known for.

Headlining Thursday was Skampida, from Bogotá, Colombia, a high-energy band bringing music infused with a ska, reggae, punk, and Latin flare. Their saxophone player danced around the stage while playing, and their guitar player went back and forth between crowd engagement and being lost in their sound. The passion the band has for music was palpable.

The final Ska Fest show on Sunday featured Kyle Smith’s inaugural Canadian show. Several fans showed their excitement for Smith’s Californian ska by buying his T-shirts before he took the stage. Coming onto the stage to the sounds



AJ AIKEN/NEXUS

Ska Fest artistic director Dane Roberts (left) and MC Kady Savard on stage during this year’s festivities.

of Beastie Boys, the crowd started jumping and dancing and didn’t stop for the entire set.

Chris Murray, who played the very first Ska Fest, returned to play with The New Victorians, a band Murray plays with when he comes to town. Having previously recorded with Vic Ruggiero from The Slackers, Murray brought Ruggiero on stage for a few songs. The solid rock-steady beat and tight horn section

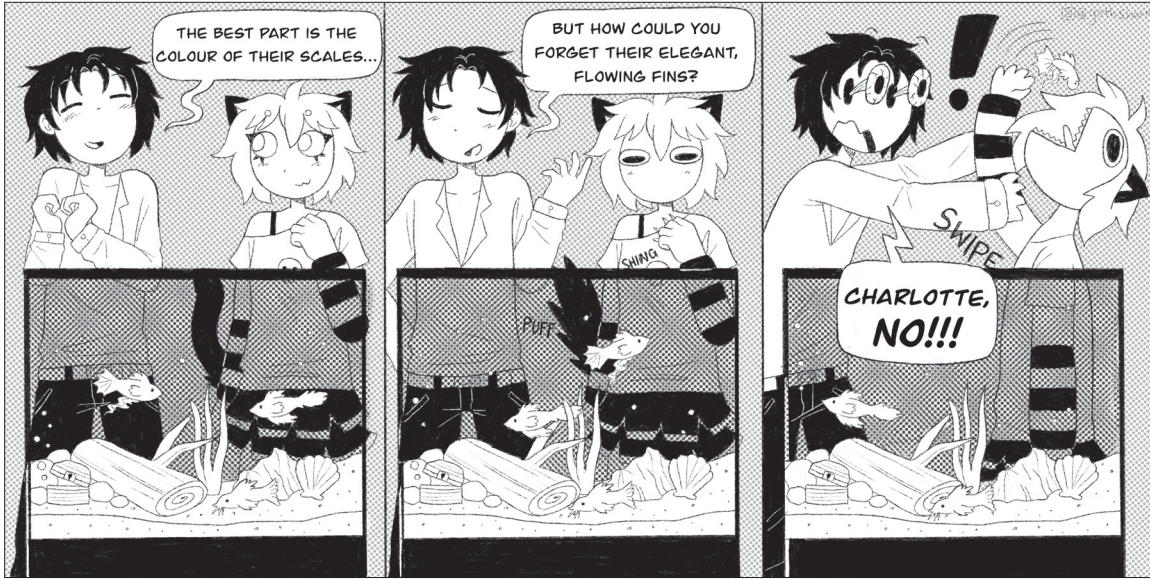
got everyone dancing, including the worn-out attendees who went to all nine Ska Fest shows.

Roberts started Ska Fest in memory of his friend Matt Bishop who hosted *Skankster’s Paradise* on CFUV at UVic before passing away. This year, Ska Fest honoured longtime attendee Zakk Grant from Saskatoon, who missed Ska Fest due to being in a horrific fire. MC Kady Savard made a video of the

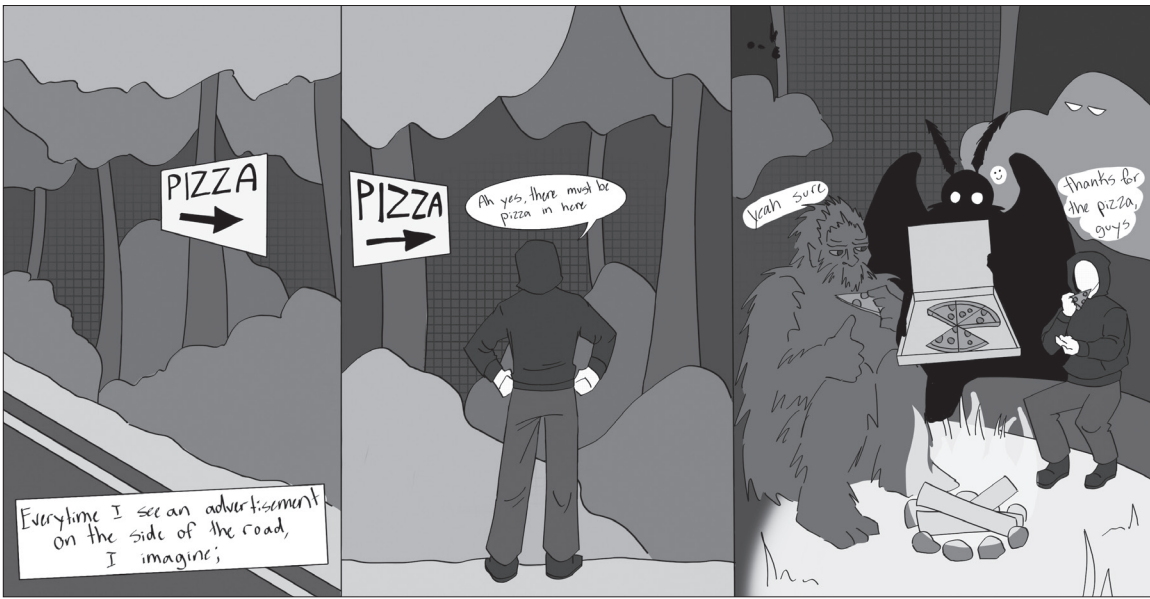
crowd saying “We love you Zakk” to send him in the hospital.

Many of the bands this year thanked Roberts and the organizers, crew, and volunteers that make the event an incredible event every year. To close out Ska Fest, Savard brought the crew on stage for everyone to see the behind-the-scenes faces and thanked the crowd by including them in their annual crew photo.

Ruby Rioux and the Bats from Saturn - Ray Nufer



Things That Happen - Jaiden Fowler



contest
Find the hidden *Nexus* and win



GREG PRATT/NEXUS

We've hidden this copy of our last issue somewhere on Camosun's Lansdowne campus. Find it and bring it in to our office for a prize!

Nexus HQ is located at Richmond House 201 at Lansdowne. Good luck!

What's happening at nexusnewspaper.com

Week of June 24, 2024, top five most read stories:

1. "Camosun staff aims to decolonize English placement assessments," June 5, 2024
2. "Camosun alumnus Ren Louie releases second children's book," June 5, 2024
3. "Listen and Learn: Dayglo Abortions member looks back on controversy at Camosun," June 5, 2024
4. "Not the Last Word: Help on Pandora," June 5, 2024
5. "Art Gallery of Greater Victoria opens two galleries to show new view," June 5, 2024

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Kiryn's Wellness Corner

Less is still more

The Australian blog thisisyoga.com.au very nicely describes one of my favourite yoga philosophies about self-restraint: *aparigraha*. Broken down, you get “a” translating to the prefix “non-”, “pari” meaning “on all sides,” and “graha” meaning “to take, seize, or grab.” Therefore, altogether, it translates to acts of non-attachment, non-greed; not taking more than one needs, and this can be applied to all aspects of life.

Looking at food and nutrition, we all know what too much of anything can do to the body. The practice of *aparigraha* with respect to our food involves other aspects of yoga philosophy as well: mindfulness and *ahimsa* (non-harming). When we eat mindfully, i.e. not in front of a movie with an endless bowl of chips or popcorn in our laps,

we can notice when we have had enough, which results in not taking more than we need (*aparigraha*) and therefore not harming our bodies with excess (*ahimsa*).

We can extend the practice of non-attachment and non-greed to other parts of our lives. Think about clothes, shoes, jewelry, home décor, etc. Here in the west, we live in a culture dominated by capitalism and that can trickle down into our everyday self practices. Surrounding ourselves with more than we need can temporarily make us feel better on the surface, but deep down, that energy of attachment to things is more about the dopamine hit we get and can result in unhealthy behaviours like shopping addiction or overeating.

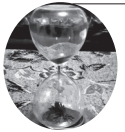
This week, pay attention to how you feed yourself. What is the

motivation? Is it even hunger? I know that one of my weaknesses is reaching for food as entertainment. Do I really need it, and if not, can I practice non-greed? The same can be said for shopping, whether it's for clothing, food, or trinkets. The next time you're about to purchase something, pause for a moment and ask yourself why.

I grew up with food scarcity and I must remind myself that I do not need to fill my fridge and cupboards to the brim with food. I may be soothing an underlying issue, but if I can stop, reflect, and check in with my reality and motivations, then I can act more mindfully. In western culture we often echo this practice of *aparigraha* with “less is more,” un-cluttered spaces, or intermittent fasting, to name a few.

Until next time, keep it real!

by Emily Welch



Not the Last Word

Post-pandemic changes

In the last five years, the world has gone through significant changes. The situation between Israel and Palestine, the war between Russia and Ukraine, and, of course, the pandemic.

When COVID-19 first reared its ugly head, not too many people believed that it would become the terrifying tragedy that it did. A worldwide plague in the 21st century? That couldn't be possible! But it became a reality—a very fast-moving and devastating reality—and even though the world has tried to get back to normal, much has changed.

Remember how the idea of closing schools and businesses seemed completely preposterous? It appeared to me like something impossible to achieve while still living comfortably. However, people adapted, and soon everyone got used to online classes and doing

work at home. It was sad that we couldn't go out to dinner, and it was bizarre to see fights break out in grocery aisles over toilet paper, but people still accepted it, eventually, and sought connection with others in new ways. I found it inspiring how well society coped—for the most part. Yet, coming back to life as it was wasn't going to happen.

There are the obvious changes, of course. There are people dealing with long-term effects of having COVID. There is grief everywhere over losing loved ones. There are businesses that never opened again, it seems like there are no walk-in clinics anymore, and many doctor appointments are now over Zoom. Many people have decided that they enjoy working at home much more than going into the office, and there's been a good deal of discomfort about having to commute to work again.

There are also the less obvious changes. Some think that spending two years having to monitor behaviour (are they wearing a mask, or coughing in public?) has given more people a “put myself first” attitude that didn't exist before, as well as being more likely to make quick judgments of others' behavior without taking into account current situations. Others have said online bullying has increased since the pandemic, but to me it's always been escalating.

It's interesting to look around and take stock of what has changed. It's part of human progression to have change, and we adapted surprisingly well during the pandemic, much more than many expected. Returning to anything is always a shock, but it'd be great if we can recognize what is good to come back to and what changes are healthy for our futures.

July Horoscope

Aries (March 21 - April 19)

The Cancer new moon on July 5 occurs in your fourth house of family and home, giving you the chance to sow some seeds of fruit you'd like to bear—maybe even in your actual garden! The full moon in Capricorn on July 21 affects your 10th house of career and public image, initiating a new beginning around your career. With Saturn supporting you in the 11th house, your colleagues and manager will notice your hard work.

Taurus (April 20 - May 20)

The July 5 new moon in Cancer lands in your third house of communication and close travel. Along with the full moon in Capricorn on July 21 affecting your ninth house of long-distance travel and higher learning, this is a great month to travel both near and far. Mars entering Gemini on July 20 brings you motivation to increase your income, possibly through a side hustle, but you may be tempted to impulsively spend.

Gemini (May 21 - June 21)

Mars entering your sign on July 20 may cause you to be more blunt in your relationships—take time to exercise caution. The Cancer new

moon on July 5 gives an opportunity to set intentions around money and possessions. The full moon in Capricorn affects your eighth house, which might bring financial support from others. Mercury, Venus, the Sun, and Jupiter occupying your 12th house may require your attention to surrender, and focus on your unconscious mind, spiritual retreat, and what is hidden away.

Cancer (June 22 - July 22)

Venus in Cancer trines Saturn in Pisces on July 2, making for an opportune moment to confess your feelings about someone. The new moon in your sign of Cancer on July 5 is a good time to start creative projects and find domestic bliss. The full moon in Capricorn on July 21 affects your seventh house of romantic relationships.

Leo (July 23 - Aug. 22)

Venus entering your sign on July 11 will turn the drama and romance up a notch in your love life—maybe even with a sprinkle of jealousy. The Cancer new moon on July 5 lands in your 12th house, raising your sensitivity and ability to tap into the unconscious. The full moon in Capricorn on July 21 brings your manifestations down to the

practical, everyday level—this could involve something from behind the scenes affecting your job or health.

Virgo (Aug. 23 - Sept. 22)

The new moon in Cancer on July 5 occurs in your 11th house, providing an opportunity to network, or you could possibly be thinking of volunteering at an organization. When Venus goes into Leo July 11, the influence of Leo and Mercury in that house will bring enjoyment, harmony, and communication to these endeavors. The full moon in Capricorn on July 21 affects your fifth house, turning your outward focus in as you reap the creative benefits of your social activity.

Libra (Sept. 23 - Oct. 22)

The Cancer new moon on July 5 lands in your 10th house, with the Sun and Venus there as well. You are wholly and without conflict contemplating, or even planning, your next career move or decision around your public image. By the full moon in Capricorn, this will come around to help your family and home life. However, this time also calls for balancing your work and home life, which may feel somewhat opposite.

Scorpio (Oct. 23 - Nov. 21)

The new moon in Cancer on July



Lydia's Film Critique

by Lydia Zuleta Johnson

Happy Together

In ancient myth, the Iguazú Falls were formed by the enraged Serpent God, slicing two lovers apart. Millions of litres of thick river rushed with brute force down a staircase of greenery and thrust toward a billow of mist to create a barrier for all eternity between the two.

and lay against one another in an infested single-sized bed to keep warm. Isolated and lonely, home—as unstable as it may be—is best found in each other.

The wash of Wong's signature vibrant colour scheme does not exempt *Happy Together* from

They nestle into 100 square feet of cheap South American housing and lay against one another in an infested single-sized bed to keep warm. Isolated and lonely, home—as unstable as it may be—is best found in each other.

In Wong Kar-wai's *Happy Together*, the falls are just as violent and malign. Dark murky water plunges itself into the tiresome relationship between lovers Lai Yiu-fai and Ho Po-wing. It is possible the Serpent God has doomed them too.

Wong bookends the film with aerial shots of the Iguazú beast in a slow-moving pan around its wide-open mouth, soaking hypnotized audiences in the droplets sprayed upwards. The motif is even decorated on a lampshade owned by Yiu-fai (Tony Leung Chiu-wai) and Po-wing (Leslie Cheung Kwok-wing) while it acts as their travel destination. Here they plan to start over again and again and again.

Tangoing toward the antipode of Hong Kong, the beaus search for renewal in Argentina. Over shouts of anger, they sway their hips to the beat of their aggression, embracing each outburst of passion. Frustrated screams and cries are identical to intimacy in bruised ears.

Cyclical love bleeds out the wounds of Yiu-fai and Po-wing as they pause and resume their union. They nestle into 100 square feet of cheap South American housing

its mighty grasp. The toxic colours mime the men's hellbent relationship.

Black-and-white scenes are found peppered into the timeline as vignettes of the lovers' regretful past. The desaturation somehow still feels sparkly. It is ensured that every foot of film used captured thousands of miniature paintings, all worth framing in gold.

The walls of my brain are plastered with scenes of carnal appetite and fury. Yet it is possible that humour springs out and allows my shoulders to breathe. The abundance of cigarettes, foolish horseplay, and wicked sass that work their way into the lovers' breakups play out like screwball comedies. I let my head fall back in laughter just to whiplash into remorse as I fall in and out of love with their attachment.

“Turns out all lonely people are the same,” Yiu-fai says. The road has come to an end and it is covered in gallons of river water, rushing steadily downward. In another lifetime they may start over again, but in this lifetime, they can only live unhappily apart.

by Ray Nufer

5 takes place in your ninth house of higher learning and long-distance travel—you could be learning a foreign language or otherwise expanding your mind. Mars entering Gemini July 20 will have you feeling inclined to investigate and discover deeper truths. The full moon in Capricorn in your third house will highlight possible ways that your communication style has changed.

Sagittarius (Nov. 22 - Dec. 21)

With the Sun and Mercury conjunct during the July 5 Cancer new moon in your eighth house, the focus is put on your loans, debts, and financial support from others. You could be thinking of going back to school and searching for scholarships and grants. The full moon in Capricorn on July 21 affects your second house, showing how your material situation with money and income has transformed, and your professional skills at work.

Capricorn (Dec. 22 - Jan. 19)

The Cancer new moon on July 5 is in your seventh house of romantic relationships and business partners; you could be starting a new business venture around this time, especially because of Saturn's stabilizing influence. Your intimacy

with your partner will increase. The full moon in Capricorn on July 21 is a culmination around your own identity and self—your leadership and confidence are brought to light.

Aquarius (Jan. 20 - Feb. 18)

Cancer's new moon occurring on July 5 lands in your sixth house of daily routines, health, and wellness—you're focused on taking care of your everyday tasks and routines, with the Sun and Mercury supporting this. Mars in the forth will turn your attention to household projects that you might have been missing. The full moon in Capricorn on July 21 affects your 12th house, taking the focus off the material and turning your attention to your spiritual needs and unconscious mind.

Pisces (Feb. 19 - March 20)

The Cancer new moon on July 5 lands in your fifth house—you are thinking of recreation and playfulness; you could be planning a vacation. Mercury in the sixth will bring learning of new diet, exercise, or other wellness habits. The full moon in Capricorn on July 21 affects your 11th house, allowing you to reap the benefits of any possible new friendships or recent networking connections.

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