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NEXUS

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editor's letter

A senti-mental confessional

My bedroom is a museum of my entire life. I grew up terribly sentimental, collecting treasures of nostalgic clutter, breeding attachment to wooden, metal, and glass vessels. Nothing is more precious than a half-stamped reward coupon to a liquidated bookstore. I cherish as much of the bad as I do the good—old hospital bracelets, my first rent increase letter from my landlord fulfilling the maximum legal increase by every possible cent: \$52.38. I keep it all in whatever spaces I have left in my apartment and storage unit. If I forsake 20 years of birthday cards, including one stuttering pop-up musical card I received for turning 12, did I really age?

Things are my favourite things. The virtual is out, I say. I need my material in 4D. I carry my bleeding heart in the timeless heirlooms of the trashcan.

In a fad made popular every springtime, minimalism ravages homes into cold closets with sleek surfaces. A fresh coat of paint is added to every available surface and away goes loose change and vintage (three-year-old)

Things are my favourite things. The virtual is out, I say. I need my material in 4D. I carry my bleeding heart in the timeless heirlooms of the trashcan.

receipts from atop refrigerators. Basements are forced to abandon donation boxes of stained children's clothes, leaving them bare and lonely. At the sight of first blooms and blue sky, an unjust extermination of Memory Lane is conducted to rid the self of the past. Self-optimization junkies will call it freeing as they carry out fattened garbage bags, tearing at the seams with personal memorabilia. "Farewell, first cell phone I ever had," will never be uttered from my lips.

Every thing yields value over time. Although this does not always suggest financial (see: royal purple Princess Diana Beanie Baby for more on this), my accountant says I'm rich in relics. The appraisal for a burnt CD of the *I Am Sam* motion picture soundtrack is likely not very high, but a loss of my copy would send me spiralling into desolation and leave a permanent sun-bleached outline on my soul. No less, whatever would be done if I disposed of my first eyelash curler, a hot pink bedazzled tool from the drug store? Surely nothing, but sentimentality would gush out my tear ducts and down my face at the sight of it in a waste bin.

Acts of letting go can feel cruel: after all, my apartment is just as much Things' home as it is mine. The comfort of holding on is warm and inviting. It's only human nature.

As the sentimentalists of the world, our hearts are scrapbooks, a collection of passable mementos and high emotion. But, at least, this is how we know we have hearts, and full ones at that.

Lydia Zuleta Johnson, student editor
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volunteer
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open space

People's Park proves student encampments can work on many levels

KIM FEHR
CONTRIBUTING WRITER

Student encampments have taken place at numerous universities over the years, for various reasons. But do they work?

The People's Park encampment began occupying the unceded lək̓ʷəŋən territory known as the quad at the University of Victoria on May 1 in solidarity with Palestine. They have five demands, including UVic pulling out of investments in companies profiting from war, like Lockheed Martin (a weapons company known for selling arms to the Israeli government). The

was testing some camera locations but they were never turned on. Hall also released a statement in which he claimed that protesters were riding bikes in the library, which protestors have denied. It's difficult to believe that Hall and the university are truthful in their claims to desire engagement in good-faith negotiations.

More recently, the university abruptly announced that it was no longer willing to negotiate, and not long after served the encampment with a trespass notice on Saturday, July 20. The notice stated that the quad must be vacated by 8 am on

If the university refuses to engage in negotiations, is the encampment a failure? Perhaps, if having their demands met is the only goal of the encampment. In the case of People's Park, however, much has been accomplished, regardless of the embarrassing behaviour of the UVic administration.

People's Park is also demanding the university call for an immediate ceasefire, and to condemn the Israeli government's slaughter of Palestinian citizens.

Not long after Ukraine was attacked by Russia, UVic president Kevin Hall released a statement "condemn[ing] the unjust attack on Ukraine's sovereignty" and expressed, "without hesitation," his support for the people of Ukraine and "their right to live peacefully in their country." However, he has yet to do the same for Palestine.

Despite the Park's continued efforts to negotiate in good faith, the university is reluctant to reciprocate. Hall has refused to meet with People's Park, and instead sent faculty who were most likely unequipped to effectively discuss steps toward divestment in his place.

In addition, the university installed a new surveillance camera above the library during the first week of the encampment. It was eventually removed, and Hall released statements claiming that there was no camera; UVic vice president of finance and operations Kristi Simpson later said that UVic

Monday, July 22; the camp was mainly vacated by then, with the last people leaving the encampment by around 1:30 pm that day, according to news reports.

If the university refuses to engage in negotiations, is the encampment a failure? Perhaps, if having their demands met is the only goal of the encampment. In the case of People's Park, however, much has been accomplished, regardless of the embarrassing behaviour of the UVic administration.

The Park successfully occupied the quad for almost three months. In that time, they maintained a prayer space and hosted twelve Shabbats. They started a library and filled it with a dazzling variety of literature, including Emma Goldman's essays, Audre Lorde's poetry, and the *Dune* series. They created an abundance of art, painting signs, pallets, and tarps. They hosted picnics and shared food. They tended to an olive tree, which is sacred to Palestinians and a symbol of peace. They assembled a community that ensured all its members were fed, clothed, and had a place to sleep.

I would consider that a success.

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!

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COVER IMAGE: PROVIDED BY CAMOSUN COLLEGE

OVERHEARD AT NEXUS: "Sometimes talking to people just feels like absolute torture."



housing

Camosun gets funding for on-campus residences



CAMOSUN COLLEGE

Camosun College Student Society women's director Olivia Bult speaks at the funding announcement on July 17 at Camosun's Lansdowne campus.

LYDIA ZULETA JOHNSON
STUDENT EDITOR

Camosun College students will soon have the opportunity to call its Lansdowne campus home for the first time. Announced on Wednesday, July 17, \$151.7 million in provincial funding—and a \$3 million contribution from Camosun—has been approved to build an on-campus residence for students.

The building—to be constructed over part of the parking lot off Foul Bay Road—is set to open in fall 2027, and the college says it will provide affordable and accessible housing to students. The six-storey housing project will have 423 beds in a combination of single (dorm style), studio (single suite), and quad (four-bedroom apartment-style) units. Additionally, the facility will include amenities such as utilities, security, internet, and furniture.

Unit rental rates will be decided closer to the project completion, but the college intends for them to be comparable to student housing at other post-secondary institutions and below Victoria's market rate.

Camosun College Student Society (CCSS) women's director Olivia Bult says the CCSS is excited for the introduction of student housing on campus—a project they've long championed.

"Student housing is something that's been on [the CCSS] agenda for quite some time," says Bult, who is also an Arts and Science student. "It's something that we want to advocate for students, including students who are more vulnerable or international students who are struggling just to get the most out of their college experience."

Camosun executive director of communications and marketing Rodney Porter says the college is looking forward to transforming the campus community while also easing housing concerns for students in Victoria.

"It's incredible news for students in the college community," he says. "This has been in the works for a while, so having the BC government give the green light is very welcome news indeed, and I think everyone was positively thrilled. Finding affordable housing, we know it's a serious challenge for students from the Capital Regional District and also for students especially who are coming from outside of the region."

In 2023, Camosun organized two community open houses at the Lansdowne campus in addition to an online survey. Porter says the college is "committed to being a good neighbour," taking steps to consider all parties involved in the project.



AERIAL VIEW FROM SOUTH



CAMOSUN COLLEGE

Rendering of the proposed residence building bordering Foul Bay Road with existing parking around the property.

"One of the things we're going to be doing as the next step is procuring a professional project management services team for the design and development," he says. "So once we have that design team in place, we'll be undertaking additional engagement with the neighbours in the community with stakeholders, community groups, review and input on the proposed design of the building."

Porter says as the project is currently three years out, there's a lot of planning yet to be developed. He says the college is focused on ensuring best practices for safety measures and the well-being of students.

"There's an awful lot that needs to happen between now and then, and that includes developing the policies, the processes, to get that in place, to develop everything from application processes to making sure that the housing is safe, making sure it's secure, having all those policies in place to ensure it's not just... housing," says Porter. "There needs to be the accompanying policies. So we will be giving a great

"I believe that it will change the dynamic of the campus quite a lot. I think that it's going to increase engagement and community on campus."

OLIVIA BULT
CAMOSUN COLLEGE STUDENT SOCIETY

deal of thought to developing those policies and making sure they're in place in time."

Units will be available for all Camosun students—both domestic and international. However, Porter says the college will be prioritizing Indigenous learners as well as former youth-in-care students in their yet-to-be developed eligibility policy.

"So the student housing is going to be available to students from both campuses," he says. "We also will be prioritizing Indigenous learners and former youth-in-care students... We have to build those policies as much as we have to put up a physical building. But it has to be fair, it has to be equitable. 423 beds sounds

like a lot, but we've got thousands of students."

Bult anticipates the facility will boost student life on campus and foster a community environment at Camosun. She believes that with continued efforts to develop and plan the project further, Camosun will be able to maximize the benefit and reduce risk.

"Once it's in effect, I believe that it will change the dynamic of the campus quite a lot. I think that it's going to increase engagement and community on campus," she says. "I think that it's an amazing resource for a significant percentage of the students that Camosun can take in, and it's just going to kind of amplify that experience so much more."

NEWS BRIEFS

Government introduces new international student cap

New guidelines have been introduced for post-secondary institutions by the BC government capping the number of international students at 30 percent of total enrollment at any given institution. The government says the new limit is intended to alleviate the strain institutions are facing to better provide services to students. To ensure the cap is being followed, public colleges and universities will submit international education strategic plans for the provincial government to monitor. Additionally, the guidelines include tuition-fee transparency

and improved student services, housing supports, and standards to ensure domestic and Indigenous students aren't displaced. International students currently make up 21 percent of Camosun's student population.

Camosun Business students awarded by college

Camosun's School of Business awarded \$99,837 in awards to 95 Camosun business students this year in partnership with the College Foundation. Recipients demonstrated excellence in academic achievement, social responsibility, creative expression, and community service. Additionally, the college

recognized over 790 students on the dean's honour roll; these students achieved a GPA of 8.0 or higher in completing 12 or more credits. To see a full list of the students who won visit camosun.ca/news/school-business-2024-awards.

Arts and Science award ceremony honours students

Camosun's School of Arts and Science hosted an awards ceremony on Tuesday, June 18, presenting 89 awards to highly accomplished students. The awards totalled \$85,000, made possible by donors of the Camosun College foundation; see [camosun.ca/news/school-](https://camosun.ca/news/school-arts-science-student-awards-2024)

[arts-science-student-awards-2024](https://camosun.ca/news/school-arts-science-student-awards-2024) for a list of the award winners.

Red Seal grads get first convocation

For the first time in Camosun history, Red Seal graduates were recognized at Camosun's convocation ceremony this year. A Red Seal endorsement is the authentication of a graduate's knowledge and skills necessary to practice their trade in Canada. A total of 31 students from nine trades were recognized this year at the ceremony.

Camosun awarded three applied-research grants

Camosun College is among three Canadian institutions

to be awarded three Applied Research Tools and Instruments (ARTI) grants, totalling nearing \$600,000, to equip students with necessary real-world skills and boost innovation in local industries. The Camosun awards are intended to fund CNC and CMM fabrication equipment, advanced manufacturing testing equipment, and fiber laser cutting equipment. The awards are funded by the College and Community Innovation program, the primary federal funding source for college applied research.

—LYDIA ZULETA JOHNSON,
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money

How to save money on food while on a student budget



AJ AIKEN/NEXUS

Grocery costs are skyrocketing, but with a little smarts you can have a bit of money left over after a trip to the store.

AJ AIKEN
SENIOR WRITER

With grocery costs soaring through the roof and price gouging sneaking up around every corner, it's getting harder and harder to live on the budget of a student. But there are some tips and tricks that can help decrease food waste and make groceries last longer in the fridge.

One way to reduce food costs is to know the difference between an

expiration date and a best before date.

An expiration date is printed on food products that are unsafe to eat and pose health risks if consumed past the specified date. There are only five types of foods that Health Canada requires true expiration dates on—baby formula, meal replacements or supplement bars, meal replacement drinks, formulated liquid diets, and foods

used in low-energy diets (sold and prescribed by physicians only). If purchasing these products, be aware of the expiration dates and discard if not consumed before the printed date.

Best before dates are only required on products that stay fresh for 90 days or less and is the recommended date a product should be eaten by. After the best before date, the item could lose some of its

flavour or nutritional value—but, if stored correctly, may still be safe to eat. Manufacturers often use best before dates on products that last longer than 90 days as their recommended date for optimal freshness and taste even though it's not required.

Save cents by using your senses. Look for mould or an unusual texture. Smell the product and discard if it smells bad. As meat spoils, it becomes discoloured—for example, chicken changes from a pinkish colour to a dull grey or yellow. It can also have a slimy film on it. Fish with a strong fishy smell should be discarded. We want to reduce food waste and save money, but also it's good to sometimes remember “when in doubt, throw out” as it's better to be safe than sick.

Meat, poultry, fish, and dairy products are the most dangerous foods as when they approach and pass their best before date, they can easily encourage the growth of bacteria that causes foodborne illness. That being said, milk (including dairy alternatives), butter, yogurt, cheese, ice cream, and sour cream that is unopened and stored correctly may still be good up to two weeks past the best before date. Check it before you chuck it.

Stocking the pantry and freezer with long-lasting food items when student loans come in can be handy toward the end of semester. Frozen dinners, microwaveable meals,

and shelf-stable canned soups and stews will last up to a year past the best before date. Beverages such as bottled water, coconut water, coffee, tea, and sport or energy drinks will last three to six months past the best before date. However, never eat anything from a dented or bulging can, as it could be contaminated with bacteria.

Storing foods correctly will help make them last longer. Having a fridge thermometer will help ensure it stays at the optimal temperature. Look for any damage to packaging, and if necessary, place in an airtight container.

Shopping with flyers and buying in bulk is another way to help keep food costs down. A handy app that you can use to shop from all flyers at one time is Flipp—it has an option to save favourite flyers for easy reference.

Most grocery stores start their weekly sales on Thursdays. Save-On-Foods occasionally has \$1.49 days. Buying cases of frequently consumed products such as drinks or canned vegetables can be cheaper than buying them individually. Wholesale store Costco does require a membership, however, Wholesale Club doesn't.

Making a meal plan before shopping can also lower food waste. Meal plans also help in planning which days to cook so there are leftovers for busier days in the week or lunches at school.

CAMOSUN COLLEGE STUDENT SOCIETY SPONSORED CONTENT

Camosun College Student Society continues to support external advocacy

Did you know that the Camosun College Student Society (CCSS) is more than just health plans, food banks, Walk Safer services, and academic fairness? The CCSS knows that fighting for students' rights is not just something that happens on campus but that policies made by provincial, federal, and sometimes even municipal governments have huge impacts on students.

A single college can not by itself have much influence, so the student society is a member of national, provincial, and municipal non-partisan lobby groups where the voice of students is amplified and often listened to by politicians at all levels.

“Before being elected as external executive, I did not realize how important federal and provincial advocacy is to Camosun students, both domestic and international,” says CCSS external executive Prince Solanki.

Provincially, the CCSS is a member of the British Columbia Federation of Students (BCFS). The BCFS was formed in 1975; today, over 170,000 students are BCFS members. The members are from 14 college and university student unions from across BC; current BCFS chair Jessie Niikoi is a former CCSS external executive (see wearebcstudents.ca for more info on the BCFS).

Aside from being a vehicle for students to organize and communicate collective interests on a broader scale than may otherwise be possible, the BCFS also provides services like student planners and discounts, as well as discounted promotional materials for members and member student unions.

The BCFS was largely responsible for getting the provincial government to put in place the 2005 tuition fee cap that regulates most BC domestic tuition increases. As

“Before being elected as external executive, I did not realize how important federal and provincial advocacy is to Camosun students, both domestic and international.”

PRINCE SOLANKI
CAMOSUN COLLEGE STUDENT SOCIETY

well, the BCFS has been victorious in struggles pertaining to funding for student residences; the removal of interest on BC Student Loans; the BC Access Grant and the Adult Upgrading Grant; providing nasal naloxone to campuses; and tuition-free adult basic education and English language learning programs.

“As executive director, I have many meetings with our advocacy partners and am always amazed at how professionally student leaders can advocate for issues important to their fellow students and gain the support of politicians from all parties,” says CCSS executive director Michel Turcotte.

While education is largely a provincial responsibility, some funding and policies come from the federal level. Nationally, the CCSS is a member of the Canadian Alliance of Student Associations (CASA). CASA was formed in 1995 and currently has 23 full members as well as 16 prospective members. An additional strength of CASA is its unique partnership with the Quebec Student Union (UEQ) that really brings a pan-national reach to the organization. CASA works to make sure that the federal government continues to support post-secondary education generally

and students directly (see casa-aca.com for more info on CASA).

“The Canada Student Loan and Grant program, and issues such as international student numbers and work hours, are controlled by the federal government,” says Solanki.

Some recent victories for CASA include the removal of interest on Canada Student Loans; the doubling of the Canada Student Grant during COVID-19; increasing off-campus working hours for international students; broadening eligibility requirements for Canada Student Loans Program; \$80 million for the Student Work Placement Program; \$75.2 million in additional support for First Nations, Inuit, and Metis Nation students; the continuation of the increased Canada Student Grant into the 2024-25 school year; and the protection of student “fair dealing” provisions of the Copyright Act.

“I am amazed by the quality of the training and information I am receiving from CASA, the BCFS, and CCSS staff to help me effectively lobby politicians and other officials,” says Solanki.

On a municipal level, the CCSS is a member of Greater Victoria Acting Together (GVAT; gvat.ca) and other community, labour, and religious congregations to promote positive changes in the capital region on issues such as housing, mental health and addictions, and climate justice.

“There is strength in working together with others, and I have always encouraged the CCSS to be active participants at all governmental levels,” says Turcotte. “I have seen the direct positive benefits on Camosun's students of our direct and collective lobbying efforts.”

See camosunstudent.org for more info on the CCSS.

review

Third annual Langford Beer Festival successful despite lack of variety



LEE MARCHBANKS

People enjoying the 2024 Langford Beer Festival, which took place on Saturday, July 13 at Starlight Stadium.

LANE CHEVRIER
CONTRIBUTING WRITER

Back for its third year, the 2024 Langford Beer Festival stormed the Starlight Stadium on Saturday, July 13, showcasing over 80 craft brews, including some ciders and meads, from 30 BC breweries. Local beer enthusiasts gathered under the sweltering sun to sample some of the best beers BC has to offer, and, as usual, yours truly was there to search out strange and wonderful concoctions to tantalize you, the reader, with.

The first beer I tried was the Fuzzy Peach Sour (4.5%) from Whistle Buoy Brewing, which tastes exactly like the fuzzy peach five-cent

candies I remember devouring as a kid. Interestingly, no added juices or purees were added; instead, the flavour is derived entirely from 1019 hops.

From Mount Arrowsmith I tried the Weekend Rambler Mango Sour (4.6%), which uses mango puree and Sabro hops to create a flavour that is both sweet and bitter. The mango flavour is very accurate to eating the fruit itself, and certainly not subtle.

A-Frame Brewing Company served me their Okanagan Lake Cream Ale (4.4%). I was surprised to learn that cream ales do not contain lactose, and were first developed during prohibition era when com-

mon farm ingredients were used to brew. In this case, the beer is 25-percent brewed from two-row corn, which gives a distinct taste. It's also filtered using rice husks, which doesn't affect the flavour, but is considered more "natural" than industrial filtration solutions.

The Island Grown IPA (7%) from Moon Under Water brewpub incorporates lavender and hibiscus flowers during the whirlpool phase, giving delightful herbal and floral notes. I appreciate beer that tastes like more than just beer, and I'll be hunting for this one.

Delirium Brewery brought a very unusual beverage: the Lindemans Kriek Cherry Fruited Lam-

bic (3.5%), which really just tastes like freshly squeezed juice with a mild alcohol kick. It's brewed in Belgium without yeast, in large shallow trays instead of vats, and 30 percent of the fermentation is made with cherries. While it's an unusual, marvellous beverage, it's also exceedingly sweet, which may deter some conventional beer drinkers.

Next I tried the Blackberry Yuzu Cider (6.3%) by Salt Spring Wild Cider. This strong cider is fermented with apples, blackberries, and yuzu juice—a small, strong citrus fruit. To me, it didn't taste anything like blackberries, or cider. It tastes more like half a glass of old wine you find discarded carelessly on a bookshelf after a weekend bender, which you drink in a hangover haze and instantly regret it.

Beacon Brewing served their Blue Steele Pineapple Coconut Sour (5%) with an unusual blue hue produced by adding spirulina, and fermented with coconut, pineapple, and passionfruit. Interesting and unusual but a bit too sour for me.

From Merridale Craft Cidery I tried the Jalisco Cider (6%). This is a sweet cider offset slightly by the bitterness of lime, but I was hoping for something drier and tarter, which thankfully I found in the Bee's Knees Green Tea and Lime Leaf Mead (5.5%) served by Humblebee Meadery. The sourness of the lime paired with the distinct herbal flavour of green tea hit the spot that Merridale missed.

Continuing the fruit and lime theme, Lighthouse Brewing knocked it out of Starlight Stadium with their Raspberry Lime Pilsner (5%), a crisp, bright beer

with raspberry and lime puree added during fermentation, which gives a subtle, well-balanced flavour that's not too sweet.

Phillips Brewing served their Dinosaur Dreamsicle (4.2%) which uses real orange and vanilla to produce a flavour surprisingly faithful to an orange creamsicle popsicle. With that said, I'd consider it more of a novelty and wouldn't want to drink more than one at a time.

Dead Frog Brewery brought their Pepper Lime Lager (5%). This tastes like soap. If your mother used to wash your mouth out with soap and you developed a disturbing taste for it, try it out.

Lastly, Driftwood Brewery brought their Fuzztone American Brown Ale (5.1%). This malty chestnut ale carried deep dark notes of molasses and burnt caramel, and was a relieving change of pace after the hop-forward barrage of IPAs, fruit sours, and lagers.

This actually brings me to my only complaint about this year's Langford Beer Festival: there was very little variety, with an overabundance of fruit sours (12), IPAs (10), lime (6), and pineapple (7) flavours. There were no porters or stouts, for example, and extremely little in the way of dark and malt ales. At a beer festival, I expect to see a wide variety of beers celebrated, and the very homogenized menu at this festival makes me think that the lineup should be curated more carefully next time.

Despite this, the third annual Langford Beer Festival was a smash hit and a great success, and hopefully has been firmly cemented into a traditional yearly event in the Western Communities.

review

Fridays at the Station a much-needed dose of community inclusion

LANE CHEVRIER
CONTRIBUTING WRITER

Every Friday from 4 pm to 8 pm throughout the summer, the Victoria Beer Society (VBS) hosts Fridays at the Station, a community event featuring live music, food, and craft vendors. Across from Floyd's Diner in Langford, you'll see the mobile beer truck that has become a staple of VBS events serving a selection of beer on tap from local breweries, which seems to be constantly changing each week. To the left for about half a block stretches a line of vendor booths, serving fresh food and coffee, and selling art and other handmade crafts. To the right you'll see a handful of picnic tables set up in front of a small enclosed stage.

Above the sounds of the excited chatter of patrons milling about, laughing, and basking in the sun, musical notes of acoustic guitar, bass, saxophone, and drums may be heard, accompanied by vocal melodies singing smooth jazz, folk, or country. The lineup of talent changes each week, and, for me, the experience of sitting under a shaded umbrella, reading a book, and listening to unknown local talent while sampling the finest

beer the city has to offer is a little slice of contentment at the end of a tired week.

This experience highlights for me a lack of community events in what is ironically named the Western Communities. Over the past couple of decades, Langford has grown from a small redneck town in the '90s (where I spent some of my childhood) to a bustling, expanding, gentrified city. Sadly, the expansion has mostly been in the upwards direction, with large corporate entities quickly and shoddily constructing countless multi-story apartment buildings that they can then charge exorbitant rates for.

The problem with this predatory growth structure is that it actively discourages community. Apartment buildings seal their inhabitants off from their neighbours into small disconnected cells, and you can live for years in a building without knowing anybody. It encourages a culture of exclusion, rather than the open, inclusive feeling of proper suburban communities, such as Fairfield, James Bay, Oak Bay, or Sidney.

Regular events such as the Moss St. Market, where people are encouraged to come out and meet their



LANE CHEVRIER/NEXUS

Fridays at the Station is bustling with vendors and live music; here, patrons enjoy the event on Friday, July 26.

neighbours, trade, and foster a sense of interpersonal connectedness, are important to any community. They dispel the feeling of "stranger danger" wherein we close off from those around us, looking with suspicion upon our neighbours rather than getting to know them. They remind us that communities used to be comprised of small towns and

villages where everybody knew each other, for better or for worse; where people came together to bring in the harvest and have potluck meals.

It's clear that even such a small initiative toward fostering an inclusive community environment has a huge impact on the people that it reaches. When I share a beer next to a total stranger and we have a brief

conversation about our favourites of the many breweries Vancouver Island has to offer, we break the shackles of alienation, and we're reminded that most strangers, like us, are people who deep down want to share a smile with a neighbour and connect about common interests, like good beer, good music, and good people.

And the award Alums recognized for their p

Kayleigh McDonald takes home Promising Alumni Award

AJ AIKEN
SENIOR WRITER

Kayleigh McDonald hasn't got to where she is today by sitting still. McDonald—the 2024 recipient of Camosun's Promising Alumni Award—graduated from the college in 2019 with a bachelor's in Business Administration with a marketing major. She also obtained a certificate in Business Administration and diploma in Marketing while at Camosun. As if that wasn't enough, while studying she started Prismatic Creative Co. as a side business and turned it into a full-time job.

"Camosun was really great because I got to work hands-on with clients for some projects in some of my third- and fourth-year courses," says McDonald, "which was really beneficial to being able to start my own business and understand how to work with a client right off the bat from having done it in projects."

The Promising Alumni Award recognizes exceptional alumni who graduated in the last 10 years and have demonstrated a real commitment to others through community service and career accomplishments. Being the recipient of the award has been an exciting achievement for McDonald.

"I think it's really, really fun and exciting because... not working for a company myself, and I'm working for myself, I don't necessarily receive those types of accolades where you could maybe get that in a bigger company," she says. "So, having an accolade from the post-secondary institution has been really great in helping further my expertise in the areas that I was in, the field that I'm in, and just productions that I've put a lot of time and dedication into learning, and being the best that I can be."

Projects were a big part of what made studying marketing at Camosun enjoyable for McDonald; helping clients get their products into new places while using strategies from class made the course fun. She also liked hearing about the instructors' experiences.

"[I] really enjoyed hearing where they came from and what they were able to achieve with their knowledge," says McDonald.

One instructor that McDonald found inspiring for her career was Cynthia Wrate, who is also chair of Business. McDonald's success in business is no surprise to Wrate.

"She had energy, drive, curiosity, worked really well with other people, but wasn't afraid at all to ask about things," says Wrate. "She would ask questions. She

would delve into topics. She just really wanted to know, and she had a passion for design; she had a passion for advertising promotions, level marketing, communication side of things. But she also had a really strong numbers capability; so, an appreciation for what it would take to run a business. I was very pleased and not surprised to see how well she had done post-graduation. I mean, she's really built up quite an impressive business in the course of five years since she's graduated."

Succeeding in business has its challenges and rewards. McDonald says that the biggest challenge, and one that she'll continue to face as she grows her business, is not knowing if she'll succeed or fail. However, the reward is seeing what she has accomplished for her clients and the goals she's reached. Looking back on how far she's come is what keeps driving her forward.

"I think for Camosun students today, if they're struggling to figure out if they want to work for a company or if they want to try and start their own business, [my advice] is to not be scared of the unknown," says McDonald. "Because going into anything with kind of fear or any sort of hesitation can lead to a downfall quite quickly, but embracing change and embracing fear [is] a way to work towards becoming bigger and better in your professional career."

Education in her field hasn't ended for McDonald; she continues to strive to improve her skills.

"I think the biggest thing that has helped me after going to Camosun has been continuing education and always trying to learn and better myself so that I can be offering the best for my clients," she says.

McDonald also recommends taking advantage of networking opportunities that Camosun offers. She says that although it can be intimidating, sometimes seem scary, or maybe feel unnecessary, it's a vital part of making valuable connections within the business community.

"Especially in the business program, they do give you opportunities to do networking, and that's one of the things that I wish I had have done while I was in Camosun, was do more networking events and learn while I was younger because it makes it less scary when you're older to go to networking events and put yourself out there for your business," she says. "So, take advantage of the opportunities that the college and that your instructors provide you that are outside of regular class hours."

"I think for Camosun students today, if they're struggling to figure out if they want to work for a company or if they want to try and start their own business, [my advice] is to not be scared of the unknown."

KAYLEIGH MCDONALD
CAMOSUN COLLEGE ALUMNA



PHOTOS PROVIDED

Kayleigh McDonald was recently recognized for outstanding contributions to her community.

ard goes to... post-Camosun achievements

Lesley Stav takes home Distinguished Alumni Award

“The fact that I can [cook] differently every time, it doesn’t ever have to be the same. There’s always something more you can learn with it.”

LESLEY STAV
CAMOSUN COLLEGE ALUMNA



PHOTOS PROVIDED

Lesley Stav was recently recognized for contributions to her field as a graduate from over 10 years ago.

MACKENZIE GIBSON
SENIOR WRITER

This year’s Camosun College’s Distinguished Alumni Award went to Red Seal chef Lesley Stav. Graduating from the Culinary program in 1988, Stav had no prior experience in any professional kitchen. In fact, Stav’s first career was about as far from a kitchen as possible—she was a long-haul truck driver.

“I was one of the first women in Canada that actually got her air brakes and her licensing, and this would have been back in the mid-’70s,” says Stav. “I drove a truck for a little over 10 years. And then my doctor said to me, ‘You need to stop doing this, because [you’re] a very small person, and your body is giving up on you’... I thought, well, I’ve been working with exclusively men my whole working career at that point, but I thought it would be interesting to work with women, and that tells you how little I knew about the kitchen.”

With the sudden change in environment, Stav found that cooking brought out a whole new side of her.

“I come from a very creative family. But I don’t sing, I don’t dance, I don’t paint, none of those things,” she says. “And I just kind of figured I was the one that missed all those things. And then I got to school, and I started to cook. To me, it was a perfect medium because there are a certain number of rules that you have to follow, which I liked, but then there was so much more creativity that you could do once you knew what the rules were. And that’s the part that I really shone at and really loved.”

Within those rules, there are infinite possibilities, and Stav was eager to explore every one of them. That’s what has maintained this love for so long.

“The fact that I can do it differently every time, it doesn’t ever have to be the same. There’s always something more you can learn with it. There’s another layer you can make to it, you can do it in a different style,” she says. “Even if you take something as simple as noodles, I mean, how many millions of ways can you cook

noodles and serve them... And that’s it. It never gets old, it never gets tired, because there’s always a different way of looking at something.”

With Stav’s longstanding career beginning at Camosun, she’s excited to be recognized by the institution where her skills first took root. And she’s also quite pleased about breaking new ground by receiving the award.

“It’s nice to have that acknowledgment. It is nice to have it from a place that you originally just started from. It’s always nice to be able to go back to something like that and say, ‘Hey, I did it. I made it.’ But I would say, equally strong, in my mind, is the fact that this is the first time that anybody from the culinary trade has received this award. And to me, that’s even more important because then it shows other people that, yes, you can be in this industry for that long, you can survive. Because people hear all the bad things about it. But there are a lot of good things, and you can really make it work and make it successful as well.”

While Stav is being honoured for her skills as a chef, that’s not all that got her the award. Over her years in a variety of kitchens, she’s gained a reputation for being a guiding light to the next generation of chefs.

“I started to be that person that would be called in and say, Oh, well, if you want something done, you know, call Lesley, or if you need to make connections, phone Lesley... I now walk into rooms and I see the people that want more. And I always say that, you know, I can open the doors for you, but you’re the one that’s going to do the work. You’re the one walking through, but I can make the connections for you. Because that’s what people have done for me.”

And for Stav, the award is a reminder of what she learned at the college.

“One of the things that I told my instructors when I left Camosun is that I thanked them for giving me a set of tools to work with, because it will always be there whether or not I chose to stay in the cooking industry,” she says. “I would not ever lose what they had taught me.”

art
Reflections art exhibit catalyzes contemplation

“We’re put on the planet to make the world a little bit more beautiful, and we have to work at it.”

JUDY MCLAREN
 ARTIST

RAY NUFER
 STUDENT EDITORIAL ASSISTANT

The meditative and moody ocean is a subject of mystery and wonder—a vast expanse of seemingly endless and infinitely captivating movement, made up of the main ingredient of life. Local artist Judy McLaren is deeply interested in the ocean and its natural features, and the reflective qualities of these bodies of water, and it’s all on display at her new exhibit, *Reflections*.

“I called it *Reflections* because I thought every painting has a reflection element in it,” she says, “and it has a double meaning—it’s a time for me to reflect on my life and on life in general.”

McLaren’s latest collection of seascape paintings have been a work in progress since February. After being contacted by Fortune Gallery owner Alison Trembath regarding some smaller acrylic seascapes she had been working on, McLaren decided to continue this theme—but bigger. For the work in this exhibit, McLaren started from a photograph of ocean scenes

from Vancouver Island, but the final product is completely different, as she quickly departed from literal representation and dove into her own expression.

“The structure is there, but it’s all subservient to my interpretation and my feeling,” she says.

McLaren has been painting since she was young, when her parents gave her a set of oil paints; her paintings are a testament to her commitment in creating and expressing the beauty of nature.

“I just have to be disciplined about it. I have always been someone who wants to produce something creative every day, and that’s as long as I can remember,” she says. “We’re put on the planet to make the world a little bit more beautiful, and we have to work at it.”

McLaren has always had a deep relationship with the ocean and natural environments (“It’s one of those things that you can look at forever and never quite understand,” she says). She spends a great deal of her time studying the sea and its subtle yet tangible relationships.

Through painting ocean scenes, she expresses the eternal yet mutable way of nature.

“It’s ever-changing, and always the same,” she says. “You know what to expect, but you’re always surprised. The light is always a little bit different, the sky’s always different, and that I just find absolutely wonderful. It’s a miracle.”

Through her work, McLaren also expresses the interconnectedness of nature, as well as its boundlessness.

“I think more recently my work has developed into something that kind of wants to unify things,” she says. “It sometimes does away with edges and boundaries, and sees the world in terms of attachment. Sea and sky are one and the same.”

Her meditative moments by the oceanside are an internal journey as well as external—for McLaren, the ocean is her refuge and comfort, as she’s forged a close and strong connection with the features of the Pacific Northwest.

“I am very, very attached to this part of the world,” she says. “I absolutely love the shore. That’s where I go when I need to contemplate things and absorb the joy of life.”

After her diagnosis of stage four breast cancer, McLaren has gained a deeper appreciation of life, seeing each day as a gift and an opportunity to be more free. Her artwork has been affected by this paradigm shift as well, especially in the way she approaches her brushwork.

“I’m really happy with the most



PHOTOS PROVIDED

Artist Judy McLaren with her work (above) and her art at *Reflections* (below).



recent work I’ve done. It’s more me than anything I’ve done before, because I just don’t give a damn,” she says. “I’ve got a limited time left here on the planet, so I’m just going to paint the way I feel.”

Reflections
 Until Sunday, August 18
 Fortune Gallery
fortunegallery.ca

review

***Channel Surfing in the Sea of Happiness* gets launched at long last**

MACKENZIE GIBSON
 SENIOR WRITER

Local writer and former fashion columnist Guy Babineau launched his debut book of short stories on Wednesday, July 3, just in time for Victoria’s pride season. The book, *Channel Surfing in the Sea of Happiness*, collects material from Babineau’s life as a young gay man, and builds those experiences into a series of fictional vignettes striving to transport the reader to the times, places, and subcultures that nurtured him.

Held at The Bent Mast in James Bay, the book launch was an intimate gathering, consisting mostly of Babineau’s longtime supporters in the writing world. David Bowie’s music echoed from downstairs to accompany tales of queer misadventures, and many restaurant-goers lingered to hear more of the stories that Babineau read out loud. What the party lacked in numbers they made up for in enthusiasm and rapt attention. And the attention wasn’t just for the writing—the book itself had taken quite a journey to arrive at this launch.

Channel Surfing on the Sea of Happiness was almost originally published in 1998; Babineau recounted the story in his speech ahead of reading from the book.

“Unfortunately, the publishing

Between a gay teenager hiding a bad haircut to a trans sex worker on Vancouver’s Downtown Eastside with a bedazzled motorcycle helmet, and from academic words like “antediluvian” to made-up ones like “Céline Dionysian,” the stories in *Channel Surfing in the Sea of Happiness* take you in with their characters and settings.

company went bankrupt just when my book came out,” he said at the launch. “So people were phoning me saying they just went into this bookstore or that bookstore and they didn’t have any copies because the distributor refused to distribute them... All of these reviews and then I’m having to tell people, well, my publisher went bankrupt and then explain that I was not the reason why.”

But, with several new stories and revisions, *Channel Surfing in the Sea of Happiness* is ready to set sail. Between a gay teenager hiding a bad haircut to a trans sex worker on Vancouver’s Downtown Eastside with a bedazzled motorcycle helmet, and from academic words like “antediluvian” to made-up ones like “Céline Dionysian,” the stories take you in with their characters and

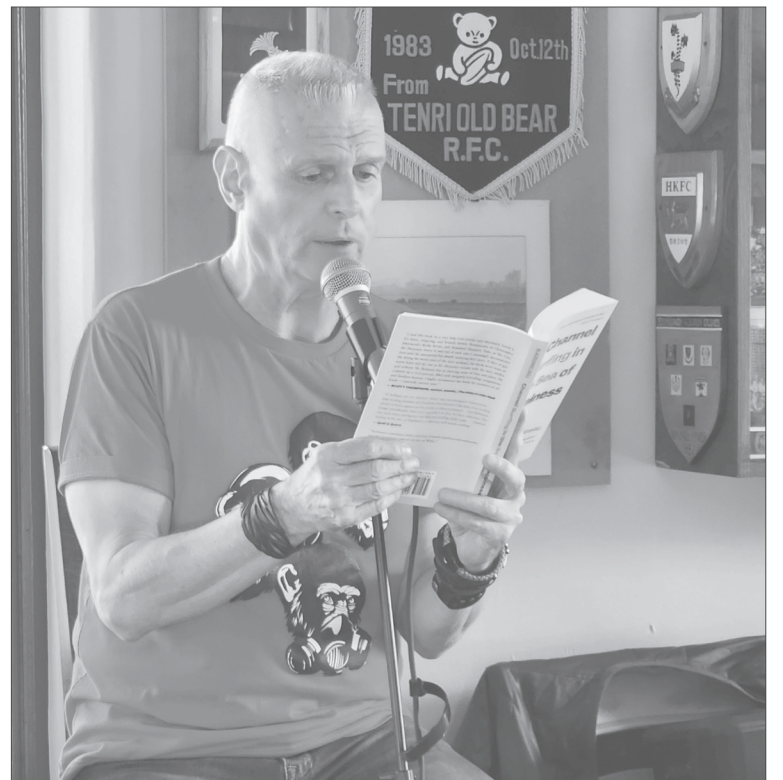
settings. Babineau viscerally takes us back to the past, both the comforting moments of solidarity and the bitter truths of the AIDS crisis.

Despite the quasi-autobiographical aspects to his stories, Babineau resists the idea that the book is a literal reflection of his history.

“It’s like a big drag act, you know?... Drag and writing is kind of a similar thing,” he said. “You’re putting on a persona.”

Preferring to lean into his theatre roots and put on a show, Babineau insists that art will give a more honest reflection of the past than a cut-and-dry recounting ever could.

“You can convey a lot more about history through art often than through a textbook,” he said. “And you can’t trust a textbook, but you can trust art... So the thing is it’s a



MACKENZIE GIBSON/NEXUS

Guy Babineau reading at the *Channel Surfing in the Sea of Happiness* book launch.

portrait of what it was like for those people during those decades that is a direct mirror of what young people are going through now.”

While the book’s original launch wound up sinking before its maiden voyage, this second edition carries new promise and even more relevance today than when it was first written. As the world faces an attack on the gay rights people

have fought so hard for, we are encouraged to look to the past for inspiration on how to navigate the ever-more-threatening future.

One of the key takeaways from *Channel Surfing in the Sea of Happiness* is the need for humour to prepare us for that navigation. Even in the face of uncertainty, one thing queer people have always known how to do is find the fun.



Listen and Learn

by AJ Aiken

Camosun alum lives the momentary dream with Polynice



JAYME HILL

Polynice, featuring Camosun alumnus Trevor McMorran on guitar, released their album *Vacation* last year.

Recent Camosun grad and Polynice guitarist Trevor McMorran says that the band has an eclectic array of musical influences, and it checks out: the members soak it up from The Strokes, The Beach Boys, Tame Impala, and psychedelic rock, while one of their largest inspirations is even more left field.

“[I] remember asking Julian [Baisa, guitarist] at one point and he said J.S. Bach. And I, at the time, didn’t know what to make of it; but having gone through school and having learned about Bach’s writ-

ing, I would actually say that that was a very warranted comparison,” says McMorran. “Julian loves Bach and I can hear that his writing now.”

Finding a name that encapsulates who a band is can be difficult. For Polynice, the name was suggested to McMorran—who took Camosun’s Music Performance diploma program—by Baisa while having drinks. It wasn’t until afterwards that the meaning of the name was explained.

“There’s a bunch of reasons,” says McMorran. “There was a

basketball player from the Seattle Supersonics, Olden Polynice. There is a Greek tragedy [*Seven Against Thebes*]... the idea is that [Polynices] fell into ruin because he ultimately went to war with his brothers,” he says. “So, we felt that it was this idea of this ties us together as brothers and we have to pull together to make anything of this. And then there’s also the idea of polyphony, which is multiple sounds at once, so, Polynice musically ties as well to that.”

Formed out of a web of friend-

“We were friends first and then we found the music as a secondary thing.”

TREVOR MCMORRAN
POLYNICE

ships, the band started with McMorran, Baisa, and drummer Tyler Kruchak jamming at McMorran’s house 14 years ago. Bassist Aiden Bowen is best friends with Baisa, and keyboardist Shane Adamson is good friends with the others. Vocalist Richard McAllister became friends with McMorran when he moved to Vancouver from England and needed a place to stay, and they instantly connected. In 2019, the friends formed Polynice.

“We were friends first and then we found the music as a secondary thing,” says McMorran.

The band’s journey from the beginning to their first album release has been a long road of twists and turns. During COVID, Polynice began recording, working around social distancing restrictions that limited the number of people that could record at one time, and also working around uncertainty of employment. The challenges of recording during the pandemic left them with a partially finished album.

“Everything was at a standstill,

and we used it to start to record these songs. And then they sat there, unfinished, some finished partially, there was probably five more songs that we have that are partially recorded,” he says. “We decided it was best just to release the songs that were completely done, and we would assess where to go from there, and that took us until last year to do so.”

After releasing their first single in 2020, burnout sunk in, and the band decided to take a step back; they wanted it to be fun again. It was at this point McMorran went to Camosun. Being in the program also rejuvenated McMorran’s commitment to Polynice: in 2023 they released their album *Vacation*, and had an album release party in November of that year.

“We sold this venue out and we had this amazing light setup for the night. Everything sounded great,” he says. “So yeah, for one night, we got to basically live the dream and it was something that I definitely won’t forget. And it came about because I was at school doing music.”

review

Present Laughter a delightfully dramatic farce

LANE CHEVRIER
CONTRIBUTING WRITER

Present Laughter, which ran until July 14 at Langham Court Theatre, is a stage play written by Noël Coward in 1939, following the life and antics of actor Garry Essendine and his closest friends and enemies. Produced by the Langham Court Theatre under director Don Keith, the original script is presented completely faithfully, and the strength of the writing is evident in the immense relatability of the main characters’ foibles and follies, even 85 years later.

The story follows a group of far-too-familiar colleagues in stuffy upper-class Britain, and poignantly demonstrates tongue-in-cheek ridicule of the uncanny ability for those in positions of high society to remain polite and pleasant while simultaneously oozing with loathing. This duplicitous nature is smeared on thicker and thicker until it reaches a breaking point, with characters unable to remain calm or tactful in any manner.

The cast of characters includes Garry, his ex-wife, his somewhat-accidental mistress (whom he loathes), his two bumbling friends, his maid, butler, and secretary, and a couple of overly adoring fans whose obsessions are of the same subject but take on entirely different manifestations. This motley ensemble is completely fed up with one another,



GORD MORE

Nexus writer Lane Chevrier says that Langham Court Theatre’s production of *Present Laughter* was a complete success.

and the ensuing tension is presented through well-delivered comedic beats.

Unlike some plays that seem to neglect dynamic stage movement, instead having their characters largely motionless or moving in strangely robotic blocking patterns, the characters in *Present Laughter* vibrate with anxious or frenetic energy that floods out through their body language and facial ex-

pressions, oftentimes completely at odds with the dialogue—that unconscious cognitive dissonance feels totally authentic and contributes to the dramatic crescendo.

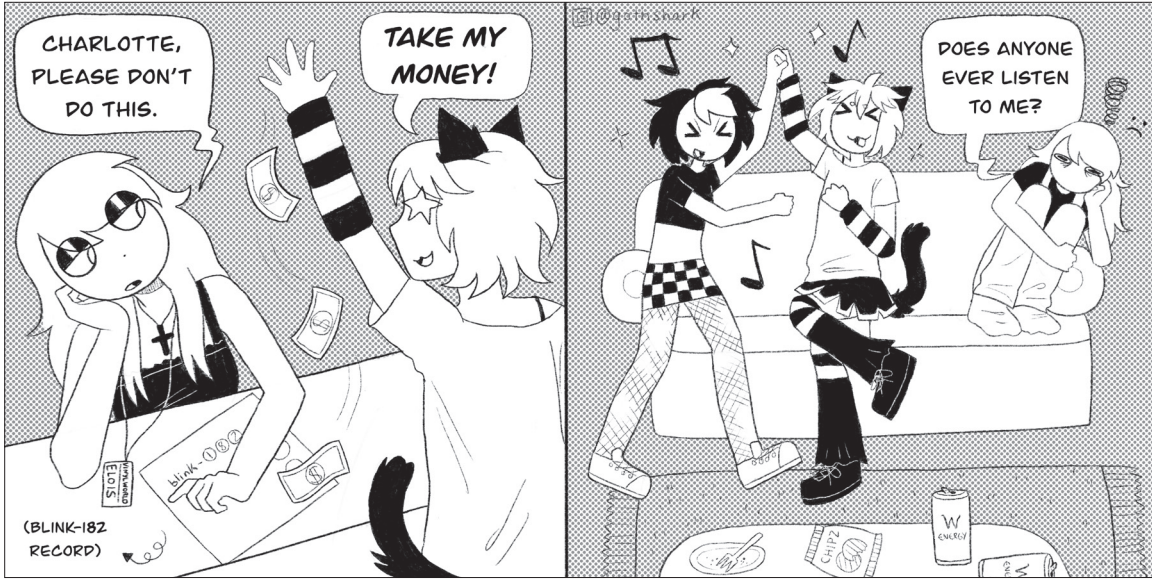
I also certainly cannot fail to commend the set design and dressing. As the curtains drew, we were shown a lavish and opulent mansion, a wooden spiral staircase, a grand piano, exquisitely upholstered furniture, and arching

stained-glass windows. The set of *Present Laughter* is the only one I’ve seen receive a jubilant ovation from the crowd, at first sight, even before any characters walked onstage, and this is all thanks to a talented team of artisans bringing the vision on the page to life. (Interestingly, the set was designed by Toshik Bukowiecki, a Langham Court veteran for over 50 years, who also plays the role of Garry.)

While there were no stand-out roles, this is merely because every actor, without fail, gave an exceptionally energetic and passionate performance. There’s also something very endearing about community theatre that brings the audience so much closer to the actors, both literally and figuratively. Last year I attended a professional opera with a cast of dozens and an audience 1,400 strong, and while that highly polished production was breathtaking, there was a sense of disconnection between the everyday spectators and the actors onstage.

Community theatre eliminates this disconnection with small venues and up-close performances that are unpolished in the best of ways. During *Present Laughter*, nearly every actor stumbled over their lines at least once or twice, although never more than a barely noticeable fumble that they quickly recovered from. While this is more likely on opening night than several weeks in, I think it endears the audience to the performers. These actors are ordinary people with ordinary day jobs putting in an incredible amount of time, effort, and passion into doing what they love, and, although it’s not perfect, I find that the occasional stumble makes the characters themselves more believable and relatable, and the performance further shines because of it.

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 July 29, 2024, top five most read stories:

1. "Present Laughter a delightfully dramatic farce," June 28, 2024
2. "Camosun alumnus Ren Louie releases second children's book," June 5, 2024
3. "Lydia's Film Critique: Happy Together," July 3, 2024
4. "Third annual Langford Beer Festival successful despite lack of variety," July 24, 2024
5. "Feeling the pride: Camosun College Student Society pride director gets active with Pride Month," June 28, 2024

Check it all out at nexusnewspaper.com, and find us on X!

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Kiryn's Wellness Corner

by Kiryn Quinn

Balancing the heat

Summer has finally arrived in Victoria, and with it the desire to get outside and get some vitamin D from the sun.

In yoga philosophy and the *ayurvedic* natural medicine system of India, anything that is heat generating is said to be of a pitta (pronounced pita) nature. This includes the weather, and it is often recommended to balance pitta with cooling foods and exercise to maintain homeostasis.

Nature has divinely given us higher water content fruits and veggies to address this and if you tune into your natural appetite in summer, you'll find yourself reaching for things like cucumbers, tomatoes, iceberg lettuce, and melons. Watermelon is a popular favourite in Canada and is the perfect solution to satisfy your thirst and sweet tooth without the negative impacts on blood sugar due to its high fibre content. This delicious fruit is also approximately 92% water and can

A lovely cooling alternative to sun salutations is its cooling cousin, moon salutations.

be eaten quite indulgently without much repercussion. Peaches, strawberries, and nectarines are other delicious high water content fruits.

Another way to beat the heat and avoid a build-up of pitta energy in the body is to practice gentler yoga postures. Modify heat-producing postures like powerful poses by placing a knee on the floor and focusing on some deeper hip flexor opening with some mild strengthening for the quadriceps.

A lovely cooling alternative to sun salutations is its cooling cousin, moon salutations.

Chandra namaskar (moon salutation) is a wonderful alternative to traditional sun salutations with the following interesting sequence that starts on one side of the body and loops itself around to equal out on

the opposite side of the body: standing crescent moon to goddess pose to triangle to pyramid to low lunge to side lunge on the left side then crab crawl across to the other side and reverse the above sequence back up to standing crescent moon. To get a good understanding and safe practice of the cooling moon salutation, do a quick Google search, find a video to watch, set up your mat in a quiet space and watch the sequence through once before joining in to get yourself into a smooth flow.

In addition to the above suggestions, try out some yin yoga to generate some balancing cooler energy to the yang heat of summer. Yin yoga practice is also great to balance out vigorous exercise regimes or a stressful time in your life.

Until next time, keep it real.



Lydia's Film Critique

by Lydia Zuleta Johnson

Withnail & I

The plot of the film is hardly what makes *Withnail & I* as special as it is. Little details of their lifestyle is a cherry on top of a deliciously rotten cake. Its comedy comes from every direction, pithy poetry in every exchange, and set within their own personal Shakespeare play.

The soul of grime lives within each frame of 1987's *Withnail & I*, written and directed by Bruce Robison. Filth covers every nook and cranny of a London apartment, living creatures born out of the sink, conceived between decomposed dishware and neglect. The only thing worse is what lives outside its moulded walls, in what is left of the world before *Withnail* and "I." Suddenly I don't feel so barbaric, wiping dirty grapes on my pants, overcome with the state of my own matter.

The story goes as so: drowning in bottles of sherry, liquor, and man-made despair, two unemployed actors—*Withnail* (Richard E. Grant) and "I" (Paul McGann, named Marwood only in the script)—forage around London for their next drink. It isn't curious why they claim to have come down sick with a cold, washing pills down with lighter fluid and lighter fluid down with gin. The sum of their 20s and the decade's trials have caught up and the last 91 days of 1969 can only be survived by the faithfulness of a co-dependent friendship.

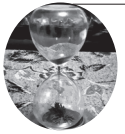
By looking for a change of scenery, or maybe a cure to their depressive ailments, the pair look to an aristocratic family member for an impromptu countryside escape. There they will rid themselves of sorrow and very likely themselves.

The plot of the film is hardly what makes *Withnail & I* as special as it is. Little details of their lifestyle

is a cherry on top of a deliciously rotten cake. Its comedy comes from every direction, pithy poetry in every exchange, and set within their own personal Shakespeare play. Its cult status is nothing if not well deserved. Umpteen pages can be compiled for a list of the greatest-ever movie lines, which find dozens upon dozens of new turns of phrase for my everyday vocabulary: "We want the finest wines available to humanity, we want them here, and we want them now," "I'm a trained actor reduced to the status of a bum," "These are the sort of windows faces look in at," "My thumbs have gone weird." Wit oozes out their pores amongst 80 proof alcohol.

Based on Robison's real life through the '60s shared with late friend Vivian MacKerrell, he weaves a story made for only the sick and spiteful members of society. *Withnail & I* is a tribute not only to MacKerrell but to the greater landscape of anguish.

Ending the original script, in its own bleak spirit, it is written that *Withnail* takes his own life after losing Marwood to the arts, and leaving him stranded to his own devices in the London rain. In its film realization, it is just as fateful without the conclusive finale. Instead, in *Withnail* fashion, he cries out a Hamlet soliloquy for sky's clouds to cry to and all bystanders to scoff at. He has made an enemy of his future. Farewell, 1969. Farewell.



Not the Last Word

by Emily Welch

On smaller classes and the importance of BAs

I often think about how much I wish I was able to complete a full bachelor's degree in the arts and humanities at Camosun.

When I first came to Camosun, I was in my early 30s and I had finally made the decision to go back to school. I did not have a good time in high school. The confidence that's so essential for a positive high-school experience didn't arrive for me until much later in life, and when I finally did make that scholastic leap, I was filled with trepidation, not sure at all if I'd be able to do it.

However, soon after I arrived, I discovered that I was more than capable. In fact, I not only survived in the program I took, I flourished, and it awoke a hunger in me that I'd never known before.

After I completed my diploma in two years, I yearned to continue studying. Even after finding a new job in the field that I'd studied so hard in, I still wanted to be in school. So I took more classes. I took anything that I was interested in.

Soon I had way more credits than I needed to get into UVic, so I thought that I should probably get a BA and gain experience in a bigger university.

I gave it an honest go at UVic. I studied hard and got decent grades, but I missed the small classes at Camosun. I missed the intimacy of knowing your instructors and your classmates well. I especially missed the way I never had to compete with 100 other students when asking a question or participating in class.

The larger university setting felt cold and hectic. I came back to Camosun last year and just continue taking classes I'm curious about.

I wish Camosun would seriously consider in offering full degrees in the arts and humanities. Offering more courses in the social sciences and bringing more focus to the arts would help students understand the world in a holistic fashion, and offering full BAs in these areas would help students—and the college—become well rounded in world understanding.

I know it would take a good deal of funding, and some serious brainstorming, but I like to lean on the side of anything being possible. There are certainly other students who feel the same way.

August Horoscope

Aries (March 21 - April 19)

The new moon in Leo on August 4 brings your focus to pleasurable fifth house topics such as hobbies and the senses. Mercury's retrograde the same day brings a re-evaluative tone. With the 11th house Aquarius full moon on August 19, you feel more socially focused, especially with groups. Now is a good time for you to be giving and receiving validation and support with friends.

Taurus (April 20 - May 20)

The new moon in your fourth house brings a chance to manifest something in your home life, your private retreat from the world. The full moon in your 10th house will bring the opposite energy—an event may occur that pulls you out of your comfort zone and asks you to show your responsible side. This could be a job offer or something that puts you in public view.

Gemini (May 21 - June 21)

Your curiosity will be stoked with the new moon in Leo passing through your third house of communication and close travel—but with the full moon in Aquarius en-

tering your ninth house on August 19, your adventurous side comes out as you feel the urge to take a leap of faith and explore past the mundane. Avoid any serious travelling, as Mercury's retrograde on the fourth will cause delays.

Cancer (June 22 - July 22)

Whereas the new moon in your second house brings contemplation over the material side of money, such as your income and possessions, the full moon in the eighth brings attention to your monetary ties with others. You may lean on others for financial support—or vice versa—or you may take out a loan or sign some other sort of financial contract.

Leo (July 23 - August 22)

The new moon in the first house focuses on yourself and your identity, and you may give yourself much-needed attention. The full moon in the seventh house puts this into perspective, causing you to focus on an individual close to you—a partner, business partner, or close best friend. It is about considering the needs of others alongside your own and accommodating.

Virgo (August 23 - September 22)

The new moon in your 12th house of spiritual retreat and the unconscious mind may bring confusion, but also solitude and the chance to let go. There will be a surge of energy at the full moon in your sixth house that encourages you to change your routine for the sake of your physical, mental, or spiritual health, or to achieve more satisfaction in your work life. A work project may come to fruition.

Libra (September 23 - October 22)

The new moon passing through your 11th house causes you to seek your friends and larger social groups, and also new networking opportunities. The full moon in your fifth house of creativity and the five senses is a ripe time for creative and romantic activity, as your focus shifts toward pleasure-seeking activities as opposed to group social obligations.

Scorpio (October 23 - November 21)

The theme of August is "work/life balance." The new moon in your

10th house drives the wheel forward in your career and public-facing matters—but the full moon in your fourth house of family and home will bring you back to your personal life and domestic matters.

Sagittarius (November 22 - December 21)

The new moon passing through your ninth house may bring restlessness, desire for meaning, and lust for adventure—but by the time the full moon enters your third house, your efforts in the mundane will be called upon. In order to keep on the adventure: run your errands, do your paperwork, answer those calls, and bring yourself balance. On August 4, Mercury will enter retrograde—hold off on any serious travelling.

Capricorn (December 22 - January 19)

Intimacy, power and control, or joint finances or loans are some themes that may come up while the new moon is in your eighth house on August 4. The full moon brings the topic of sharing to the table—on the material levels and higher, what is "yours" and what

is "mine"? Income and possessions are a forefront focus on the full moon in the second.

Aquarius (January 20 - February 18)

The new moon entering your seventh house may have you thinking a lot about your romantic or business partnerships and what's going on in their lives. The full moon on August 19 in your first house will turn your attention back to you—"What about me?" you may think—and that may be overwhelming for you, but try not to succumb to the attention one way or another. Focus on asserting yourself without over-asserting.

Pisces (February 19 - March 20)

The focus on your day-to-day routines, work, and health during the new moon in your sixth house will cause retreat during the full moon. The full moon in your 12th will pull you into solitude, escaping from the busyness of everyday life to reflect deeper on the material that is coming up from the unconscious mind. A work project could also be reaching a culmination.

by Ray Nufer



Camosun Student Society
@camosunstudents

What's on the go with the CCSS?

Since their term started in May, the Camosun College Student Society's elected student board has been hard at work organizing events and initiatives to make life better for Camosun students!

All through June, our Pride Director, Terence, was busy making Pride month amazing! From Rainbow Reels movie nights to the Camosun Running Club 'Run with Pride' collaboration, there was something for everyone to enjoy!

Our Indigenous Director, Rose, is really looking forward to meeting her fellow indigenous students at Camosun and is busy planning for September! She invites you to email her to get put on the mailing list and be the first to find out about future activities!

Polly, our International Director, has been working on an exciting project to debut in September called the Weekly Dose! This project will feature weekly check-in videos with the aim of supporting mental health and wellness among Camosun students. Follow @camosun.weeklydose on Instagram to check it out!

Sustainability Director, Elaine, was getting her hands dirty out at Ocean View Park helping the Greater Victoria Green Team remove invasive plant species! She is also on the lookout for volunteer social media content contributors, so if you have a passion for environmental sustainability please get in touch!

Olivia, our Women's Director, has been busy making the Women's Lounge at Lansdowne Campus in the Richmond House a welcoming and safe space by women for women! She is passionate about fostering a supportive community and providing much needed resources, like the newly established Period Pantry in the Lounge which is open to menstruators of any gender!

We have so many more board members working hard for you every day, this is just a small sample of everything that's been happening at the Camosun College Student Society!

We invite you to scan the QR code below to find contact information for all of our board members! Stay in touch by emailing them or following the constituency pages on Instagram, they would love to hear from you!

Scan the QR code to keep in touch with our directors and follow their journeys!



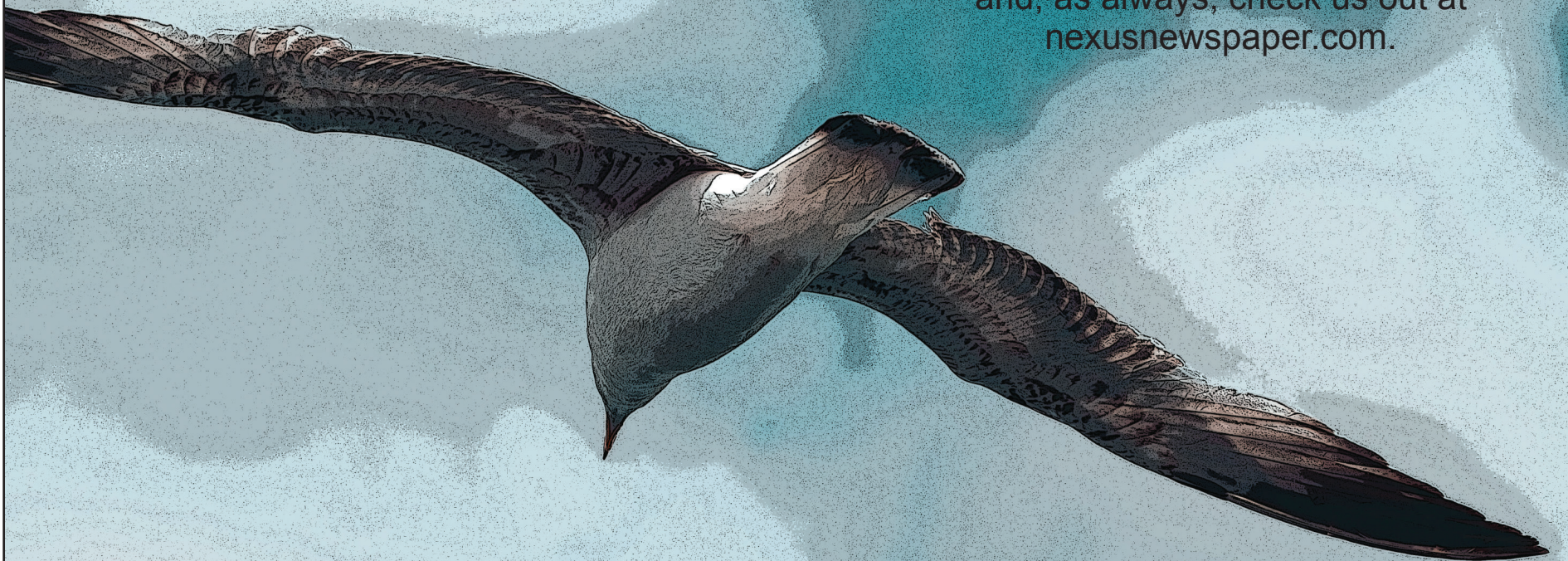
NEXUS

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