

Rāhina, Te whitu o Whiringa-ā-nuku, 2019



THE ISSUES ISSUE

Issue 12

Editorial

Hey guys,

It's been a sure rollercoaster ride these last few weeks. We celebrate the passion of all who headed out on to the city streets of Christchurch, and in wider New Zealand, to stand up for our Mother Earth and demand action on climate change. We had a little boogie on receiving the UCSA exec's support for Canta's editorial independence, and now we wait patiently with our fingers crossed while the UCSA management decides what's next. And importantly, we mourn the loss of a young student and his presence in this world, and ponder over how so many people let him down.

The conclusion from all of this, is that life is so precious. You've got to stand up for what's important. You've got to check in on each other, and above everything be kind to yourself and to those around you. In winter this year, a few friends and I spent a weekend at Lake Tekapo. Tekapo is famous for its starry night skies. In a flat basin, with soft hills cushioning the distance, the expanse of dark blue and glitter above you is extraordinary. The first night we were there, we walked down to the Lake, our footsteps mirroring the setting of the sun. As the sun said goodnight, the stars began to blink open their eyes, slowly filling the sky with fairy dust. The second night, we wandered outside just to star gaze. Looking up at the deep sky made me feel so insignificant. But not in a bad way. In looking upwards, I thought about how the world is so big and in comparison, we are so small and so lucky to be here. Keep that gratitude in your heart.

As the university year comes to a close, as you scribble off endings to the 2019 chapter, and turn to a new blank page, set forth knowing your place in this world is so very important. Follow your passion, do that which sets your soul on fire. There is no time to lose. Yes, certain careers will provide you with good money. Yes, certain choices will provide you with a safe and comfortable life. But choose the life that brings you the most happiness. With enough passion and determination, you can make any dream a reality.

Arohanui,
Sam xx

Presidents piece

- CANTA Term 4, #12


Kia ora e te whānau,
And just like that! Here we are - the last Canta edition of 2019.

It's been a challenging last couple of weeks we've all had in the UC community. For many of us we were saddened and shocked by recent news and all our hearts go out to the whānau of the student. While being sensitive to any students directly involved - we simply must get to the bottom of what went wrong. We are all owed an investigation that answers the questions being asked by our community. All students need to feel well looked after and students who support students also need to be well looked after. It's crucial that the lessons from this terrible situation makes sure nothing like this never happens again in our community or elsewhere.

On a different topic altogether, you may know that a couple of weeks ago, a proposal was presented to the UCSA executive that showed student feedback overwhelmingly in favour of Canta becoming editorially independent. Following this, we asked our management to prepare details for us on how this could be achieved for Canta. While details were still being finalised at the time of print for this issue, I'm confident that new proposed process will help Canta gain editorial independence moving in 2020. Again thanks to all of you that have given feedback over the last few weeks through a petition, emails and in other ways.

Well, with this being my last Canta, that's a wrap from me - this year's been a blast and it's been challenging. Finally opening Haere-roa after 8 years has been an absolute highlight while the events of March 15 will never leave us, particularly those more directly affected in our student community. Through all this, being President has been absolutely epic when you have a great exec team backing you and a great bunch of people to hand over to for 2020. That's all from me - enjoy the rest of the term, smash those exams and have a well-deserved break why don't ya. E noho rā!

Arohanui,
Sam Brosnahan
Tumuaki



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Letters to the Editor



Letter of the Week:

Hey Canta

Just noticed something on a university recycling bin - they've got advertised on the stickers you can pop your clean shopping bags in there. Is this true? Are they recycling any soft plastics, or is it just an old sticker? I've got a small stockpile of soft plastics I'd love to dispose of responsibly... Would you mind getting the UCSA to let us know? Cheers
Recycling Wannabe

Hey Recycling Wannabe,
I love this letter! Thanks so much for reaching out. So, I chatted to the lovely Chloe at UC Sustain, and this is her reply: "The answer is in short, no – soft plastics are no longer accepted in our recycling (yellow) bins on campus, or in any recycling bin in chch for that matter. Since that signage has been in place, there have been changes to Christchurch's (and therefore UC's) waste management system, and soft plastics (like plastic bags and any plastic you can scrunch in your hand) are now to be placed in the red (landfill) bins. L" So alas! I'd recommend trying to use reusable bags (& containers) as much as possible! At the supermarket, I always use the paper mushroom bags for all of my fruit and veg! Over summer UC is rolling out new bin signs too so watch this space. Best, Sam

Dear Editor,

Interested to read in the Press about your petition.
There was mention of a 2015 incident when a printed piece became controversial. I remember this well. There was a hateful pile-on directed at the young man (whose name escapes me) editing Canta at the time. I (a member of the public) emailed this editor & simply offered moral support, adding it was his job to be provocative and if readers found something tasteless then, well, so what. They are allowed to object but not censor. Of course, it wasn't a matter of taste to the pilers-on...it was political correctness that generated the heat. Universities, of all places, should be provocative and the modern mania for castrating diversity of thought & taste is to be resisted strongly. Universities aren't kindergartens.
All of which is to say, good on you for being part of the resistance.
Sincerely,
Hilary

Dear Hilary,
Thanks so much for reaching out to share your support. I'm happy to tell you that (fingers crossed), CANTA is charging ahead to independence. This is something I owe to all of the students who've signed the petition, also agreeing with your sentiments. I too completely agree that a university is a place of diversity, where you can access and share thought-provoking content. Uni is a place where we should be challenged, a place where we can grow, share our ideas and perspectives, and learn what our true values are. This is something that can only happen however, if individual thought is encouraged. Something an editorially independent CANTA will strive to do. Thanks so much again, From the radical rebels here at CANTA.

Dear CANTA,

I finally got around to doing my first late night library stay (thank you last minute lab reports), and as like in any situation the first time around, I came severely unprepared. Not in the terms of stationery or battery percentage, but in the terms of snacks. Now don't get me wrong, I love a good vending machine snack, but I can only devour so much overpriced, half-melted, chocolate before my lactose intolerance (and bank balance) wants to kick me in the ass. So, I just want to know, who was the lovely human who decided to close all the cafes before dark? There's enough students spread throughout all 11 levels of the central library (at least 5, I counted). So, I'm sure Chiltons could make enough business from 5 to 11 from the late night peckish peoples roaming around trying to procrastinate from their actual work. Do you think maybe we can get the new UCSA exec to do late night feeds every night and not just during exams?
Cheers,
I'm pretty sure all of level 6 heard my stomach howling.

Dear hungry boi,
I totally understand your (hunger) pain. Studying uses up so much (brain) energy, it's so important to keep those energy levels up with snacks! You make such a fair point too. I'd totally back you in asking at least one of our onsite cafes if they'd stay open late for a few more hours at least. Even if we have some stocked up fruit stations in the library all year round perhaps! I'd recommend chatting up your student exec and expressing your thoughts...a petition to show student support for this is always good too Best, A fellow snack fiend.



BUSH INN PROVEDORE

**INTERNATIONAL FOOD MARKET
Opening 2019!**

Development at Bush Inn Centre continues!
Briscoes Homewares will open in late 2019.

The Provedore International Food Market will also open in early 2019.

The Provedore is a genuine alternative to supermarkets - all the basic supermarket supplies plus much more.

This international food market will have a range of local, international and specialist providers from New Zealand, South East Asia, India, The Mediterranean, The Middle East and Europe.

Natural and healthy foods, speciality liquors, farmers market supplies, organic and gluten free.

Fromagerie, Delicatessen, Bakery, Butchery and Seafood.

**A MINIMUM OF 10% OFF
ALL STORE OFFERINGS AT
BUSH INN CENTRE, FOR ALL
STUDENTS AND STAFF.**

Produce your university ID to obtain the discounts



bush inn
SHOPPING CENTRE

Bigger Better Bush Inn



RDU GIG GUIDE

Brought to you by RDU 98.5fm,
Christchurch's Original Student Radio Station
We swear sometimes, it's pretty neat



Mousey Album Release Tour

October 11
8pm at the Blue Smoke
\$20 via Undertheradar



Hans Picket NZ Tour

October 12
8pm at Space Academy
\$15 via Undertheradar



This is Tami Nelson

October 19
8pm The Piano: Centre
of Music and the Arts
\$55 via undertheradar



Reb Fountain October Tour

October 18
7:30pm at Blue Smoke
\$28 Via tickettailor



Glass Vaults w/ Pikachunes Special one-off show

October 19
8:30pm Lyttelton Coffee
Company
\$17 via undertheradar



The Beths Homecoming Tour

November 2
8pm Blue Smoke
\$30 via undertheradar

NEWS



Sonoda

19-year-old Mason Pendrous was found deceased at 11pm Monday, the 23rd of September by a Sonoda staff member. The day before, the young man's step-father had contacted Sonoda, concerned that his son had not been in touch. It seems Sonoda staff only checked the deceased's apartment after his flatmates complained of an unusual odour. Upon discovery, police were contacted by Sonoda staff. A disaster victim identification (DVI) team was called in to help identify the body. A DVI team is traditionally used to identify casualties in major disasters (such as bombing victims). DVI methods include the use of "human remains for fingerprints, DNA and dental records to confirm an identity."

It has been widely reported that the deceased's body was left in their apartment for eight weeks, however, residents of Hinoki, a building within Sonoda, have contested this as inaccurate. The eight weeks' time period is believed to be the estimate from the DVI team of the maximum time the body could have been in the apartment.

Since 2005, UC has contracted the management of Sonoda to Campus Living Villages. Several other student halls are also managed by CLV. Questions are now being raised on whether or not Campus Living Villages has put profit above people. Stuff has reported that concerns regarding the deceased young male were raised as early as May yet it seems that CLV staff failed to adequately monitor him and provide pastoral care.

The deceased young male came to the attention of staff members when he had "not picked up a card enabling access to his room and was noted as hard to contact." Staff were meant to then check-in regularly on the deceased. CLV would not comment if this occurred. Close friends have described him as "good and confident guy" who could "go off the grid for a week or so."

Stuff reports that Sonoda staff and UC staff are meant to meet every two weeks to discuss students of concern. It is not known if this

procedure has been properly observed nor if the deceased young male was discussed as part of these periodic meetings.

In June, CLV 'restructured' (which typically means making staff redundant, and changing working hours to affect the bottomline) Sonoda — a restructuring which staff members complained caused "significant risk" to their capacity to carry out necessary pastoral care. There are apparently two Residential Assistants employed, with a duty manager to support for incidents.

Current Sonoda staff, "believed it was a matter of when a serious incident would happen, not if." Staff were also allegedly upset that CLV management was under-resourcing an already inappropriately small crew, contributing to a knock-on effect of staff being unable to provide sufficient support for Sonoda students. Sonoda contains 108 rooms across six blocks with four flats in each block. Each flat is meant to contain up to five students.

Although, the cause of death is still unknown, this is a tragic case that has brought to light the relationship between personal mental health and community support. Students have slammed the treatment Sonoda staff provided by saying they "saw their residential assistant (RA) about once a week while passing in the hallways or in the dining room." They went on to intimate that they were not surprised that this travesty occurred (although the death in of itself was "shocking") because of Sonoda's inadequate pastoral care.

Vice Chancellor Cheryl de la Rey released a press statement promising to "commission an independent comprehensive investigation to identify how this situation could have occurred and what actions need to be taken."

Harold Francis Alexander Robson XXV

Climate strike 27th September

I am sure you have heard of the school climate strikes happening across the globe. On Friday the 27th of September, New Zealand universities, workplaces and the general public were invited to the school strikes (SS4C). The strikes happened across the country with thousands and I mean thousands (around 170,000) marching to demand action on climate change.

The day began on Haere-Roa lawn, where we met at 11am beginning the march to Cathedral Square in town. The USCA provides some kai for the trip, however a sausage sizzle may not have been the most suitable. Nevertheless, we started to make our way through campus and towards the city. At times it was pretty overwhelming being surrounded by like-minded people who all really want to make a difference. There was a lot of banter, passion, chanting and small talk - after all it did take us a while to march there with the couple hundred of us all walking. For me this was the highlight of my day. I got to meet some rad advocates for climate change which gave me hope. An hour or so later we arrived in CBD to meet Lincoln University

students who had been walking since 6am and done 25km, very admirable. Once we got into the square everyone dispersed, there were thousands of school children in uniform, university students with witty signs (my favourite 'the paris agreement will save us - tui, yeah right') and full time workers. We marched around the CBD for what felt like a very short time, looking around, everyone was full of energy and devotion. It was very special event to be a part of. Once we got back to the square some very influential speakers took to the stage, two year 11 & year 13 girls spoke about how they demand change, and how we should all be proud to attend events like this and be a part of a pivotal point in our history.

As Chloe Swarbrick says 'I find hope in regular New Zealanders who don't realise they are, together, far more powerful than those who pretend to be' - and so do I.

Mikaila Ceelen-Thomas

Let's Talk About Haere-Roa *Haere-Roa; 'The New Home For UC Students'*

University of Canterbury's (UC) 32 million-dollar building Haere-Roa is now open since two-year build is complete. This multi-purpose structure was made to replace the previously damaged-beyond-repair University of Canterbury Students' Association (UCSA) building due to the Christchurch earthquakes in 2011. Construction began two years ago for Haere-Roa with it's purpose to be 'a space for students to socialise, enjoy amazing events, and get stuck into clubs. It'll also be a community space, open to bookings outside of university term time', as stated on the UCSA website.

As a keen observer of the UCSA Noticeboard Facebook page (a Facebook page for UC students to keep each other informed with notices regarding UC), I was intrigued to see so many students feeling underwhelmed about Haere-Roa once the doors officially opened in late July, 2019. I created a poll on the Facebook page on September 19th and asked students how they feel about Haere-Roa. The majority of poll votes agreed with a student's statement; "it feels like it was designed by a committee of 40-somethings who've never met a student before". Following this, the second highest vote went to "I feel the building isn't a good student space".

Considering the top five voted statements reflected students feeling as though Haere-Roa was not a space for students, I wanted to take this opportunity to delve deeper into the new UCSA home-base. I met with Tori McNoe, UCSA's recently elected 2020 president to talk about her presidential pledge regarding a strategy plan for the building.

I asked Tori "While campaigning for the UCSA elections, you pledged that Common Ground feel Haere-Roa could use a strategy that outlines the ways we use the building in the future - what did you mean by this?"; she responded "event-orientated buildings have policies or documents that outline the values that they should be used for and why. The main reason you do that is you don't want it to fill the gap in the market that has already been filled. Then when

people come to use your building they know the kinds of things they should be doing and why they do them. Because [Haere-Roa] ... is an amazing-ly multi-purpose building that could appeal to a lot of markets, ... it can get out of hand because it is a student-centric building. That's basically what we mean by having a strategy." Additionally, Tori added "It's so important, particularly in the next few years, [Haere-Roa] gets a kick-start in the right way of students. We personally don't feel like we've gotten off to the best start that we could've". Although, the soon-to-be UCSA president noted the building structurally exceeds her initial expectations, but feels the current culture is not "where it needs to be".

Following this, I questioned "How do you think UC students feel about the building?"; she answered "It depends who you talk to. I know that it doesn't feel like home for [students]. That's the general feeling of the entire executive".

My final question for McNoe queried "How will you/Common Ground implement these changes [a policy document with Haere-Roa?]. She claimed "It's very much an idealistic thing at this point. It's hard to say exactly what will change or how we want anything to change." McNoe discusses how making Haere-Roa a more student-centric space is what drove most of the Common Ground members to run as candidates for the UCSA executive positions this year.

In summary, the dominating student opinion towards Haere-Roa is that the space is yet to feel inclusive for students and as McNoe says, it does not feel like "home", yet. The new 2020 UCSA executive intend on improving the student culture regarding the building next year by creating policies that act as governing documents outlining how to use the spaces in Haere-Roa for external members of the student body.

Pearl Cardwell-Massie

MENTAL HEALTH SERVICES

by Frankie Desmond

**All names in this article have been changed to protect the identities of students.*

University can be one of the most stressful times in young adult life. At UC we are extremely lucky to have access to a bunch of amazing services to aid our health and wellbeing during our studies. We have support in all areas from the UCSA, a wide range of medical services available from the Health Centre, access to a kitted-out Rec Centre, and we even have puppies come to campus for some much-needed cuddle time during exams.

Unfortunately, it seems not all of these services may live up to their goal of supporting student wellbeing. Recently, I had the eye-opening opportunity to speak with several students who have attended counselling at the UC Health Centre and found the experience “unhelpful,” “uncomfortable,” and “disheartening.”

If you're a full-time student, many Health Centre services (including counselling) are free or subsidised. Via the student services levy, UC students will pay almost half a million dollars towards UC Health counselling this year. This means they have a responsibility to us as students to be there when we need them, support us through difficult times, and refer us to alternatives if they cannot meet these needs themselves. I have used the mental health services available at the Health Centre in the past, but I didn't want this article to just be about one person's perspective. I wanted to hear from others who had used the service, and learn how they felt about their experience. I asked students to reach out to me through social media and share their stories anonymously. The response was overwhelming, not just due to the volume of replies, but also the treatment some of them received. I was shocked by some of the stories shared with me.

I spoke to students with a variety of conditions; depression, anxiety, OCD, and post-traumatic stress to name a few. While not all the stories I heard were negative, these made up an overwhelming majority of the responses. This article contains some of the quotes and stories they shared with me. A huge thank you to those who spoke to me for this piece, these are not easy topics to discuss and I appreciate every one of you who did. Without you, I would not have been able to write this article.

The problems students are bringing to UC Health counsellors are serious, often debilitating concerns, which need to be treated with sensitivity and understanding. The majority of students I spoke to found the way that their cases were handled was “unprofessional.” Their counsellors did not speak with the level of care they expected, and some found their comments hurtful or offensive. Sarah told me:

“I get bad panic attacks when I have to go [to the Health Centre], and I'm scared of the people there because of the way they have treated me.”

I spoke to another girl, Alice, who was referred to the counsellors as part of recovery from an accident.

“[The counsellor] went into a spiel about how our body takes time to heal and made comments about my physical health which he was not qualified to make. I have a physio and a specialist who I get medical advice from on my recovery, and I did not appreciate the comments he made about my healing process and what I should physically expect from my body.”

From these and other comments I have received, it seems clear that the counsellors at UC Health are

not fulfilling their obligations to these students. Their job is to aid and support students who are struggling, but the majority of the students I talked to did not feel supported by the counsellors they saw. Alice was upset by the way her counsellor responded to her struggles. The counsellor she saw said she needed to “try harder” to get better.

“But the whole reason I was at the counsellor was to get help because I was trying but it wasn’t helping... I thought that professional help would be the best option.”

“It was hard because it took a lot for me to see someone and open up, only to be shut down for doing so.”

Reaching out and seeking help is incredibly difficult, and the way counsellors have responded in these cases is unprofessional and irresponsible. UC is failing some of its most vulnerable students. Seeking private counselling through other providers can be prohibitive on a student budget, with some I spoke to spending over \$100 a session. Many of the patients UC counsellors see may not have the resources available to seek alternatives, and so have to rely on the services provided by the university. While the Health Centre does say that these services are only recommended for those seeking “short to medium term” care, some students question the way they are dealing with cases. Jessica was told after her first session at UC Health that there was “no reason for [her] to come back in,” but she didn’t feel this was the case.

“I felt like I was drowning. She offered me no help. I left in exactly the same place I came in.”

“I still haven’t gone back to another counsellor at the health centre, because I’m running out of options and I’m terrified the next one will be worse.”

While they can speak up about the poor treatment they received, and in some cases get help elsewhere, this isn’t easy to do. Reaching out for help is an important but difficult step to take, and it is not fair that those who do are left feeling “unheard” and “isolated.” UC Health has a responsibility to its patients, and if it doesn’t make changes to fulfil these responsibilities, it could be very damaging for students.

Many people I spoke to voiced their concerns about this. What if a counsellor has said the same things to someone who was having thoughts of self-harm or suicide?

Sarah: “I’d hate for this to happen to someone who might take their own life.”

Hearing stories like these makes you question if enough is being done to ensure the staff at UC Health are properly equipped for their roles. Is the Health Centre doing enough to monitor their work and ensure students leave satisfied with their care?

UC Health Responds

I brought these comments to the Health Centre’s Medical Director, Dr Joan Allardyce. She kindly invited me and Sam, Canta’s editor, to meet with her and discuss the experiences that have been shared by patients. I asked her if she was aware of the kind of experiences that students were having with counsellors. Dr Allardyce said that it was “a surprise, but also a disappointment” to hear this feedback, saying it was not reflective of that received by the Health Centre’s official channels. This includes feedback forms on their site, and a digital survey for patients posted biannually in their lobby. Additionally, Ministry of Health questionnaires are emailed quarterly to a selection of patients currently enrolled with the Centre.

I asked her if she thought this surveying was enough, or if some patients might fall through the cracks. Students had given a few reasons for not raising their complaints with the Health Centre. One respondent said they “wanted to report it, but didn’t know who too” while others were not comfortable talking to Health Centre staff after their experiences.

Dr Allardyce wanted to assure students that changes are being made at the Health Centre as a result of student feedback. In response to several comments on the long wait times to see a counsellor at the Health Centre, they have added a triage counsellor to the staff so they can “make sure nobody waiting to be seen is unsafe.” This ensures that if students are facing a long wait for an appointment, there is a trained counsellor available for patients needing to speak to someone more urgently. In making these

changes the Health Centre is “focused on the quality of the service as much as making sure we’re meeting demand.”

Dr Allardyce was upset to hear interactions like these were not being reported to the Health Centre. She noted that in cases like these “if patients haven’t told us, it’s hard to fix things.” While the Health Centre does gather general feedback on their services, they do not specifically record if patients find counselling successful. When a patient leaves counselling at UC, no record is made if this is due to no longer requiring counselling, being dissatisfied with the service, or being referred elsewhere. Hearing the poor experiences of these students has “prompted [UC Health] to look at the way we are gathering feedback from each counselling consult.” They want to ensure that students are aware of their “willingness to encourage and receive feedback.”

Dr Allardyce has “talked to the counsellors about the idea of canvassing every student who seeks counselling... we’d like to do that for a year.” This would allow the Health Centre to “suss out what the problems are, or who they are with, and see what we can do about it.”

She highly encourages anyone who has had a similar experience to come forward so that these issues can be addressed, emphasising that “we’re not trying to wipe this under the carpet.”

She intends to speak with the counsellors and follow up to understand how these incidents occurred, and how they can

prevent other students from having similar experiences.

“It will be raised among the whole team... they will take it on board.”

Have you had a similar experience?

You can contact the Health Centre via the “Feedback” tab on their site, canterbury.ac.nz/healthcentre, or via the feedback box in the lobby of the Health Centre.

Alternatively, you can make complaints to the Health and Disability Commissioner, an organization that focuses on promoting and protecting the rights of patients. Their website is HDC.org.nz.

Do you need to talk to someone?

If you are in a position where you feel the need to reach out about your mental health, please do not feel discouraged from doing so. Alongside the Health Centre, there are many other places on campus that you can go to for support:

- Student Support
- Māori Development Team
- Pacific Development Team
- University Chaplains
- Disability Resource Service
- The Psychology Centre
- UCSA Advocacy and Welfare
- Security

Alternatively, if you wish to speak to someone outside of UC, you can call or text 1737 for free to speak to a trained counsellor at any time. Mentalhealth.org.nz offers a wide range of resources to help you find free or low-cost counselling depending on your circumstances.

A Tale Of Two Permits

Asher Etherington

You've dropped bank on your uniquely serialised full-year parking-permit, only for it to blow out the goddamn window before the end of term 1... I can't be the only one unlucky enough to have experienced this. I did some digging and asked for student experiences on this topic a while ago, and, since hearing how a lot of you are in the same boat, I've had a bit of fun and solved my own problem...

In theory, you'd think UC Security would replace the permit for you, after all, they could easily cancel the lost serial number and issue a new one with the knowledge that if the old permit were displayed someone was using the now cancelled permit (that's a clampin', or worse). However, UC seemingly thought it would simplify things to have a blanket policy of no replacements for lost/stolen permits, according to security staff. If I had known about this when I purchased my permit, I might have attempted to haggle...

Remember, "it is a serious offence to attempt to display a duplicate or copy of a UC parking permit for the purpose of accessing University of Canterbury parking privileges", according to the UC website. Fun story, I found this out way back in first year with such a poor photocopy they clamped me and threatened me with the police (for the fraud). I thought spreading my permit to two cars this way for my own use was 'innocent genius', but UC Security greeted me with a sweet clampin'. Now though, armed with the knowledge of the shape of this scheme, I just wish I had made a more heroic attempt at duplicating my permit...

While duplicating a permit is apparently a crime, it is not serious enough for security to routinely check whether permits which look legitimate actually carry valid serial numbers. UC could cancel its blunt, blanket-policy and allow for replacement permits to be arranged, and they might then see the point of doing the work to prevent sufficiently motivated fraudulent actors abusing the system. What happens with permits which have been revoked for good reason? Sure, a number plate could be recorded and flagged, but the permit itself could simply be sold on without a problem, with the offender merely claiming to have lost their permit, explaining why they cannot forfeit it, and the recipient could display it with impunity because security do not routinely check the validity of serial numbers (if they did, UC would not have a blanket 'no replacements' policy for students). To be clear, if security did run the serial number on such a permit, they would discover the dishonesty, but that would require them to have their attention drawn to such a permit in the first place. After some discussion with UC Security, a few details of the 'no replacements' policy came out:

- 1) The policy only applies to student permits, as opposed to staff permits. You are less trustworthy than your lecturer, go figure.
 - 2) In cases of documented theft, they do replace it. I was given the example of a smashed in windshield. This begs the question: how do they enforce against the stolen permit?
 - 3) In other cases where there is evidence that the permit has been destroyed or rendered inaccessible, they also replace it.
- Perhaps you can see how the rules in place work in practice, and how they encourage fraudulent behaviour by tacitly stating that if you manage to create a genuine-enough-looking duplicate, you will get away with it. This tale is not over though...

It would be one kind of issue if lame-ass rules existed and were applied consistently, but it's a whole different thing when you discover UC Security does not consistently apply these rules in the first place.

I reached out on the UCSA Noticeboard when I encountered the 'no replacements' policy, and I received some startling responses. A few women messaged me saying their permits had been replaced without issue after they had lost theirs in comparable circumstances. They said they went to security after their permit blew out their window, told them what happened, and they were issued a replacement on the

spot. So much for a blanket-policy. It looks like UC Security exercises some discretion?

In this moment I lamented being born a male of middling attractiveness, but then, one windy and rainy day, an opportunity presented itself. I arrived in the morning and parked a wee walk away from my destination, ignored my umbrella, did some jogging to get my heart rate up, and proceeded to storm UC Security, panting and soaking wet. Thankfully, the chap who had answered my questions a couple of weeks prior about their silly little policy was not behind the desk, and I moved to stage two...

"Hi, driving to uni my permit blew out my window... I pulled over on Memorial to search but couldn't find it."

Not a lie at all, though it implied it had only just occurred. "Okay, what's your name and student number..."

Cut to 5 minutes later, I'm the proud owner of a replacement permit. To the lucky bastard who found my permit and is using it to this day with impunity: keep doing you, you opportunistic legend.

Just the other day I dropped into security to ask them about this very situation. What happens to a cancelled permit which is displayed, or even a fraudulent one? They answered that they can pull up serial numbers and see who they belong to, though they dodged the question of whether this is actually practiced in the field. They also explained they have encountered some shockingly poor attempts in the past, emphasising the function of the non-reproducible holographic strip. They did not answer my questions about a hypothetical permit which looks sufficiently passable so as to not draw the attention of security staff in the first place. Such a permit would not be exposed without targeted examination of the holographic strip or serial number (though one could easily just use a real number).

Their answer to the above hypothetical was that they "haven't encountered a good enough fake yet", which is like saying "so far, every invisible unicorn I've seen has turned out not to be invisible!" What are the chances of that, eh?

So, a few take-aways from this tale:

- 1) If UC's policy of a blanket ban on replacing student permits were substituted with a policy whereby UC Security routinely scanned random permits and allowed for replacements, I argue this would increase the value of permits to students who purchase them, since they have a better guarantee their criminally-inclined peers aren't getting away with fraud, and it would be a good use of the increasing revenue generated by the scheme.
- 2) Theoretically... if you convincingly lie to UC Security in a sympathetic manner you can get 'replacement' permits to sell to people, without fear of being caught out, because UC Security do not routinely check serial numbers on permits.
- 3) Theoretically... if you have Photoshop, a high quality printer (UC printers don't cut it, trust me), 'holographic' silver shiny strips, and some big, big balls, you can park at UC for free without fear of being caught out, because UC Security do not routinely check serial numbers on permits.

Remember guys - fraud is still fraud, so don't do it. Just because it's theoretically possible to get away with it, and the incentives are oddly laid out for it, that does not mean it's right or a worthwhile thing to do. I don't want you to do it, but I am a mere untrustworthy holder of a student parking permit, so I cannot speak for UC or UC Security.

CANTA INDEPENDANCE

Vikas Shenoy

There are only two things you need to believe to support the proposition of Canta becoming independent from UCSA oversight. First, the UCSA is an imperfect organisation which makes mistakes and acts poorly at times. Second, there should be a well-distributed mechanism for highlighting and starting a broader conversation around these flaws with the student body whom the UCSA exists to serve.

Journalistic integrity is an important principle which should be upheld in all sorts of contexts. When journalists are constrained by a body which has the power to censor them, they lose the ability to dig for the truly juicy stuff. Their incentive to venture to the bottom of the trail and expose an organisation's wrongdoings is crippled, because the increased time it takes to research and write these stories may end in no pay off when their writing is pulled from release. In the long run, this leads to a culture of journalism plagued by anodyne content. What this shows us is that regardless of how light or heavy-handed the UCSA is with their oversight, the very fact they have any oversight leads to a cap on quality for student writing because of the described chilling effect on writers.

Beyond that, the UCSA simply needs to have a fire lit under it at times. The UCSA does a lot of good work for students, but where

Robert Brownlee

Canta is supposed to be a student rag, with students producing content, production, funding, and oversight. When an unnamed bloke who has no accountability to the student body gets a say on what can be published, I can't blame people for getting up in arms about it. However, it's very much a case of putting the cart before the horse.

Two things became clear to me in the Canta vs. UCSA Exec. meeting. Firstly, our editor Sam Mythen has an idealistic vision for Canta. Secondly, the relationship between Canta and the UCSA has been a distant one since long before Sam moved to Christchurch four months ago.

The vision is to reduce the amount of silly fun stuff and make space for more mature artsy content. Flat famous has been demoted to the back pages, and abstract poems are now right up the front; less Broken News and more personal stories. I am nothing if not pragmatic, and whilst I admire Sam for having a vision, what Canta should be aiming to be is popular.

Canta's popularity is falling, as demonstrated by the 100's of copies left over after every edition. As it stands, Canta is understaffed, poorly funded, has low student engagement, no formal agreement with the UCSA about content, and an unrealistic production schedule. The magazine's personality is bi-polar; an article detailing a relationship with a sexual predator may be followed by tips on how to handle hay-fever.

Unaccountable oversight is the least of its problems.

The first step to fixing the multitude of problems Canta faces is to fix its relationship with the UCSA management team. Management holds the purse strings, and so long as there is a conflict between



POINT

it fails students need to see discussion and progress. A world in which Canta doesn't have independence from the UCSA allows for the possibility of an overzealous UCSA pulling pieces which criticize it around issues like Haere-Roa's use, food, and election promises. Canta should highlight these issues because it gives the UCSA (or incumbent UCSA candidates) an incentive to fix them at the point students are aware and angry. If the UCSA can coast along never learning from mistakes, its quality becomes stuck in the mud.

Going deeper, more serious situations often unfold and need their story told. I have no idea what crazy shenanigans the UCSA is up to these days, but there's probably all sorts. If my student levy is being siphoned off into a Bitconnect pyramid scheme, I want to know. It's inevitable that a big issue will crop up every once in a while. At that point, journalists are the floodlight which must expose injustice and force their the UCSA's hand. The UCSA controlling Canta allows it to cover up these scandals with minimal student backlash and not make substantial change where it should, keeping a troubled status quo intact.

The UCSA is not perfect. Until it's made independent, Canta will never be able to fully expose the imperfections.

COUNTER-POINT

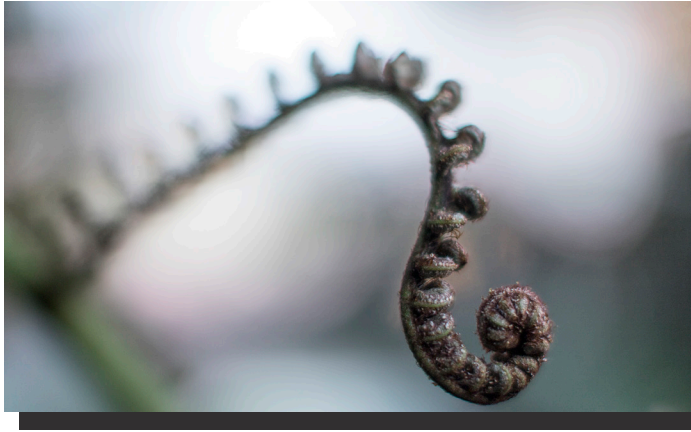
Canta and management those purse strings will only get tighter. Badmouthing them on Facebook isn't a smart way to smooth things over.

Our primary goal is to make content which students want to consume. The UCSA exec represent the student body yet they currently have no engagement with the magazine which is produced by and for students. Shifting content oversight from the unseen UCSA management to the elected UCSA Executive would go a long way to improving engagement with the readership and reducing conflict with management.

The UCSA management probably has a few skeletons, but they aren't villains trying to stifle anyone's creativity. They allocate Canta's funding, employ the limited staff and manage distribution. They are de facto owners, and like all publication owners, they reserve the right to a final say on content. I simply believe that the person who has final say should be someone elected by the people who provide that funding.

If Canta wants to be a magazine by students, for students then any veto of Canta's content should be in the hands of the UCSA president, and no one else.

The UCSA has not balked at articles about using illegal drugs, violent rape, or eating ass. This controversy started with an opinion piece which bashed the beautiful new Haere-roa building. Given the uncensored rage on the UCSA Noticeboard, the falling popularity of the magazine and the knowledge that the current editor can be a temporary one, I can't blame them for curbing its publication.



Being Māori at UC

- By Leo Catton -

When I think of what it means to be a Māori student at UC, I'm compelled to compare myself to past graduates like Sir Apirana Ngata and Dame Ngaio Marsh, among others. I wonder what it was like for these indigenous icons to study during a time most would call oppressive. They paved the path for ākonga Māori (students). As I write this, I'm lying in bed with my hand elbow-deep in a bag of Doritos with Netflix in the background while I ignore my upcoming assignments; a privilege not likely awarded to the first Māori graduate in 1893.

I'm Kai Tahu Māori, and if you've met me, you'll know I'm as white as the next Pākehā lad. This is partially due to my iwi's origins with Waitaha, a people who were known to have pale skin, red hair, and blue eyes. This makes for a very white-washed South Island but don't let that fool you, there are many of us who are faced with the silent challenge of exploring a bicultural identity in a bicultural nation.

My iwi lost a significant amount of land in the last two centuries. Due to a loss of nohoanga and māhinga kai (areas for gathering natural resources) meant we didn't have anywhere sustainable to gather food. In the South Island it was also difficult to rely on agriculture because the climate limited what could be grown. My great grandmother Merehana was part of the generation that moved to the city for new opportunities. Māori were often pepper-potted among Pākehā communities to help them adjust to city life and its requirements, such as the ability to speak English.

For a while, Te Reo was still spoken at home with the family but it was banned in education and proved extraneous in the Pākehā workforce. By the time my grandmother Rangimaria was born, English took priority and Te Reo was occasionally taught. My mother, Ngahuiroimata, did not learn Te Reo like most of her generation but

still viewed life from te ao Māori (a Māori perspective). One generation later, I didn't know who I was culturally, and I had lost everything my ancestors had.

When I was in Māori spaces, I felt Pākehā; when I was in Pākehā spaces, I felt Māori.

The reason why I emphasise this is because Studying at University of Canterbury placed me on two paths, one that's constructing my Pākehā identity, and one that's constructing my Māori identity. A pillar of Māori culture is one's connection to their ancestors. I think it was important for me to learn about them so I could use that to learn about myself. I owe a thank you to Aotahi for helping me on my continuing journey of exploring my Māori identity, learning about the history of Kai Tahu, and understanding what being Māori is in contemporary society.

Being Pākehā and Māori means putting all the internal puzzle pieces together before even engaging with the space I'm in.

In that sense, UC taught me an appreciation of looking at Pākehā knowledge from a Māori perspective; who decided this is relevant information, and more importantly, who decided the academic standards of our information? I believe we are beginning to understand that mātauranga Māori (knowledge) may be equally as informative and useful as knowledge from te ao Pākehā, as we see more and more kaupapa services (which operate based on the values and aspirations of Māori people) and tikanga (Māori protocol) in professional and education environments. We can't allow ourselves to think of it as an informalisation of knowledge; Māori knowledge is tapu (sacred).

On the flipside, if I subscribe to the idea that Māori are an oppressed group, I must also accept that being white, I face a substantial amount of privilege that would not otherwise be awarded to my brown family and friends. It's easier to think of privilege as the opposite and unavoidable effect of one group being disadvantaged. If one group is pushed down, the other group effectively becomes advantaged, even if they aren't awarded any new opportunities. One simple example being that people who are wheelchair-bound find it difficult to access buildings sometimes, while many of us able-bodied people take it for granted – we aren't getting anything special or new but we have something others do not have through no fault of their own.

I appear Pākehā and thus escape the stereotypes attributed to brown Māori. Driving around in a flash car, I won't look suspicious to police, who in 2015 were found by the police commissioner to hold an unconscious bias toward Māori. I also don't have the misfortune of being stopped by security on my way out of a store. However, I don't yet have the privilege of taking my native language for granted. If I want it, I have to take a course, because it isn't easily accessible in the non-curricular environment.

The University of Canterbury has equipped me with knowledge that will stay with me for life, and I continue to learn how to navigate Pākehā and Māori spaces, walking the tightrope between both worlds. I hope that in the future, we improve how we integrate te ao Māori with te ao Pākehā, not only in education but in all parts of our lives. What does being Māori mean for you? I leave you with a whakataukī that represents my journey so far at uni and the wonderful tāngata whenua I have met along the way.

Ehara taku toa i te toa takitahi, engari he toa takitini.
My strength is not that of a single warrior but that of many.

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CHECK YOUR MATES

By Lily

“Being told to calm down while being groped was not what I expected coming to New Zealand.” Molly Robinson, from New Hampshire.

Living with international students has helped me see New Zealand and Christchurch through an outsiders’ perspective. Molly Robinson, an exchange student from New Hampshire, has found guys in New Zealand to be “pushy, weird and (they) don’t take social cues.” She came to my flat one day in early September and described being catcalled three times walking through campus after finishing class. “Everyone keeps to themselves at Plymouth, I’ve never heard of it happening there,” referring to her home uni. Further discussions with international students has evoked many similar opinions. Caroline Hidalgo, from Colorado, described the inappropriate behaviour she has experienced within what seems like “every bar, every concert,” that she has been to since arriving in Christchurch. Caroline also described seeing this behaviour perpetrated by a female “I saw a girl dancing at a bar and the other girl with her looked very uncomfortable with the way she was being touched.” I’d never before questioned the behaviour both on campus and off. I’d always assumed that it was how people around my own age behave. Earlier this year the statistics released showed the difference between New Zealand and the US. In the United States one in five students are assaulted during their studies but in New Zealand it’s one in three students. “The difference is disheartening,” lamented Caroline Hidalgo.

Whilst writing this article my friends and I were groped at an event organised by a UC club. I tried moving away from the boy who was perpetrating this harassment, which, in my experience only works if you can get a large distance away. He followed me and then began groping me again. He only stopped once he asked; “Do you belong to anyone?” I replied “Yes, I’m seeing someone.” The choice of words didn’t surprise me. It seems as though individuals’ bodies never belong to them. Me saying no was not enough but my body had to belong to someone else in order for this inappropriate behaviour to end. Individuals that act in this way need to understand that this behaviour is inappropriate and does not go by unnoticed within workplaces. What I feel needs to take place is a wider effort by students to safeguard each other. My friends helped me get out of uncomfortable situations earlier that night, and were upset that they couldn’t help me in this case. If each student safeguarded each other the way they would safeguard friends, this sort of behaviour would be reduced significantly.

The behaviour I’ve described would be deemed inappropriate in any work place. It’s time for these people to start acting like adults and respecting those around them. This wasn’t appropriate in school, it’s not appropriate now, and it won’t be appropriate in the workplace. The only major distinction is that you probably won’t be punished for behaving like this at uni. Students need to take more responsibility for regulating each-others behaviour. It’s about time we, as students, put an end to it.

There are a few things that UC could do in order to make uni a safer experience for every student. Firstly, ensure every club exec understands the importance of protecting everyone at club-organised events. Train the bouncers and security guards at Mono to look for this behaviour and not force individuals to ask them repeatedly to remove someone because of inappropriate behaviour. Ensure every current and incoming student is educated on how to behave appropriately, and to emphasise the importance of consent in any physical activity. It’s small changes that could have an enormous impact on how safe everyone feels on campus. A simple way to fix this is to make learning about consent and support services a standard part of orientation. According to a blog post made on June 6, 2019, Lynn McClelland described how UC has enhanced consent education for all students entering first-year halls. This seems to depend on the hall, as it has been alleged that certain halls have not educated

their incoming students about consent at all. As a first-year student living in UC accommodation, I have received no such education since commencing studies at UC. This should not be acceptable. Each student should be taught the same lessons regarding consent and reporting sexual harassment in any capacity. Although UC could improve this easily for the next cohort to enter, I also believe that this problem should be addressed by the students. We need to educate each other on how our actions impact those around us. As a population, we need to look out for each other. UC can only do so much to prevent assault, the responsibility cannot fall on their shoulders alone. We need to change the culture for ourselves and for future students at UC.

The bystander intervention training programme is a good start. But why is the aim only 240 people when the student population is over 16,000. We should bring some sort of education around preventing being a bystander

to compulsory orientation. It is everyone’s responsibility to ensure that this behaviour does not continue. The responsibility of fostering a safer environment should be enforced by the wider student community. Students at the University of Exeter in the U.K have undertaken the initiative of starting a campaign named “Recognise RED,” RED standing for Recognise, Engage and Discuss. A start to combating sexual assault on campus could be starting a campaign similar to this.

Although the university should provide a greater social education for students’ safety, we, as student should strive to do the same. It is up to us to ensure that this form of aggression ends at UC. If we’re not the ones who do this then who change it? Start treating uni as both a community and as a workplace. You should be able to study to your full capability without worrying about your personal safety, as well as being able to rely on those around you for help. If you want to be treated maturely, start acting like it. If you hear something, say something and if you see something, do something.

It’s time for everyone to grow up and start showing respect to those around us. Let’s put an end to sexual assault and harassment at UC. We’re all on the same team, stop trying to tear each other down. Check on your mates everyone.



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Me too. Illustration Annalisa Grassano. 2016.

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The Duty of Self-Optimization in Generation Præstasjon

by Magnus Lund

The end of the decade is edging closer; a decade we might name “the decade of self-optimization.”

As for all other decades, some ideas are more prevalent in society than others and can be almost defining features of the age we look at. The defining feature of the 2010s seems to me to be the notion of self-optimization and performance.

While we already have names for the different generations, I don't think they're fitting in describing the youth of 2019. I believe we can change these cut-offs and make a new generation consisting of people born late in Gen Y, from around 1992, and the people born in the early Gen Z, until around 2003. This is the generation I want to label “Generation Præstasjon” (Generation Performance). Generation Præstasjon is a mix of Gen Y and Z. While Gen Y looks inside and Gen Z looks outside, Generation Præstasjon takes the best of both worlds and focuses not only on the inside and themselves but at the same time on everyone around them. The question, then, is not only “What do I think about myself?” but also “What do people think about me?”

Generation Præstasjon is generally well adapted, active and curiously searching for answers. But even though the people of Generation Præstasjon are seemingly thriving, they experience a lot of worries in their everyday. Generation Præstasjon has a tendency to internalize its problems, that is, they take external problems and make them their own problems. Stress, then, becomes almost a part of their identity and the way they live their lives.

Generation Præstasjon experiences a lot of “psykiske helseplager” (mental health nuisances). The concept of psykiske helseplager comes from Norway and is a term used to describe the mental struggles we have that are a nuisance, but not at a level that qualifies for a diagnosis of a mental disorder. The concept of psykiske helseplager is an interesting one because, unlike mental disorders, that are often tied to genetics and individual vulnerabilities, psykiske helseplager are connected to living conditions and trends in society such as social acceptance and more. In this way, psykiske helseplager become an indirect indicator of how well a society functions.

This is worrying when a report from Denmark shows that 46% of 19-year old women have been to a psychologist, and 19% say they have low life-satisfaction. Very counter intuitive when other reports show that young people smoke less, drink less, get better grades and commit less crimes. Yet, the fact is, more young people start cutting, they take more antidepressants, and get diagnosed more than ever before. This is the paradox of health: even though we have never been healthier, and have better living conditions, we feel subjectively worse and aren't satisfied.

How can it be that youth report feeling increasingly worse in a country like Denmark, a country that's placed in the top list of the world's happiest countries year after year? I think the answer lies in the fact that we're living in a society where we're privileged enough to have most of our basic needs covered. According to Maslow's hierarchy of needs, we must cover a certain set of needs in order to focus on what's considered less important for our survival. In the western world, we have our basic physical needs covered. We have safety and belonging. This means we start focusing on our ego and self-actualization. This is, of course, healthy. But what happens when we have a society where we must constantly better ourselves and perform our best? You either realize and optimize yourself, or you run the risk of missing out on the whole point of your existence!

This duty to constantly perform is a stressor (a stimulus that causes stress). When we must focus on doing well in school, being popular, being attractive, working out and eating healthy to stay fit, all at the same time, we get a perfect cocktail of stressors that add up and become too much for people. The notion that we must constantly develop and perfect ourselves means we have unreachable goals. No matter what we do, we can never succeed. This leads to hopelessness and stress.

Part of the problem lies in how we talk about education today. We have “learnified” our language so that everything there is to say about education is said in terms of “learning.” Just think about how we talk about “life-long learning.” One used to go to school in order to become someone and something. Nowadays, you go to school to become rich in progress. The aim is to have an effective educational system, but who would argue against having an effective education? The problem is that when we focus solely on effectiveness, we forget about our values. Instead of measuring what we value in society, we start valuing what we measure.

The duty of self-optimization is seen in other aspects of the language as well. We no longer “struggle,” we “stress.” We don't experience something “dramatic,” we experience something “traumatic.” Songs and movements about being good enough, and being accepted, become increasingly more widespread. Do words lead to action or does action lead to words? One way or the other, the change of language tells us something about society: we have internalised the idea that we have to constantly perform to be successful.

As per usual, when there's a problem in society that needs to be solved, it's put on schools to take care of it. As a result, in Norway, they're introducing a new subject in school from 2020. A subject with the name “Life coping.” This subject has to teach youth how to cope with stress and the pressure of life. Maybe I'm mistaken, but is life really something that we must learn to cope with? I thought life was something we ought to live. And isn't this new subject just another aspect of life that youth must now focus on perfecting? My hope for this is that they will at least not mark your performance in “life coping” – just imagine failing a subject like that.

We generally think that less is bad and more is good (or the other way around). In truth, though, what functions best is normally in the shape of the bell curve or a U. In psychology, the theory of the “optimal stimulation level,” tells us that we all have an optimal level of stimulation that makes us thrive. When we reach this level, we reach flow – a state of mind where we're so involved in a task that we do it “just because” and as a result of being so involved in it, we lose sense of time. Achieving flow is tied very closely to happiness. Too little stimulation bores us and makes us apathetic, too much creates stress and anxiety. and eventually, we burn out. My fear is that our focus on performance and self-optimization is going to burn people out. We may then change the name of Generation Præstasjon and instead end up with Generation Stagnation.

According to Pascal Bruckner, a French philosopher, we're the first generation of humans that doesn't feel happy because we don't feel completely happy. If everything isn't in perfect condition, we aren't satisfied. Performance isn't solely bad, just like it isn't solely good. But why does everything have to be about bettering ourselves? We need to make a change. My proposition is not that we completely remove performance and stress from our everyday. But instead, we must ask ourselves: What is my optimal stimulation level?

WHY WE SHOULD CHOOSE TO CARE.

By Matt Greene

We all know how it goes. Scrolling through our newsfeeds the headlines come in waves, hitting hard and heavy in an unrelenting, suffocating style. They crash over our heads and threaten to drown us all in existential dread.

CLIMATE CRISIS!

MENTAL HEALTH CRISIS!

HOUSING CRISIS!

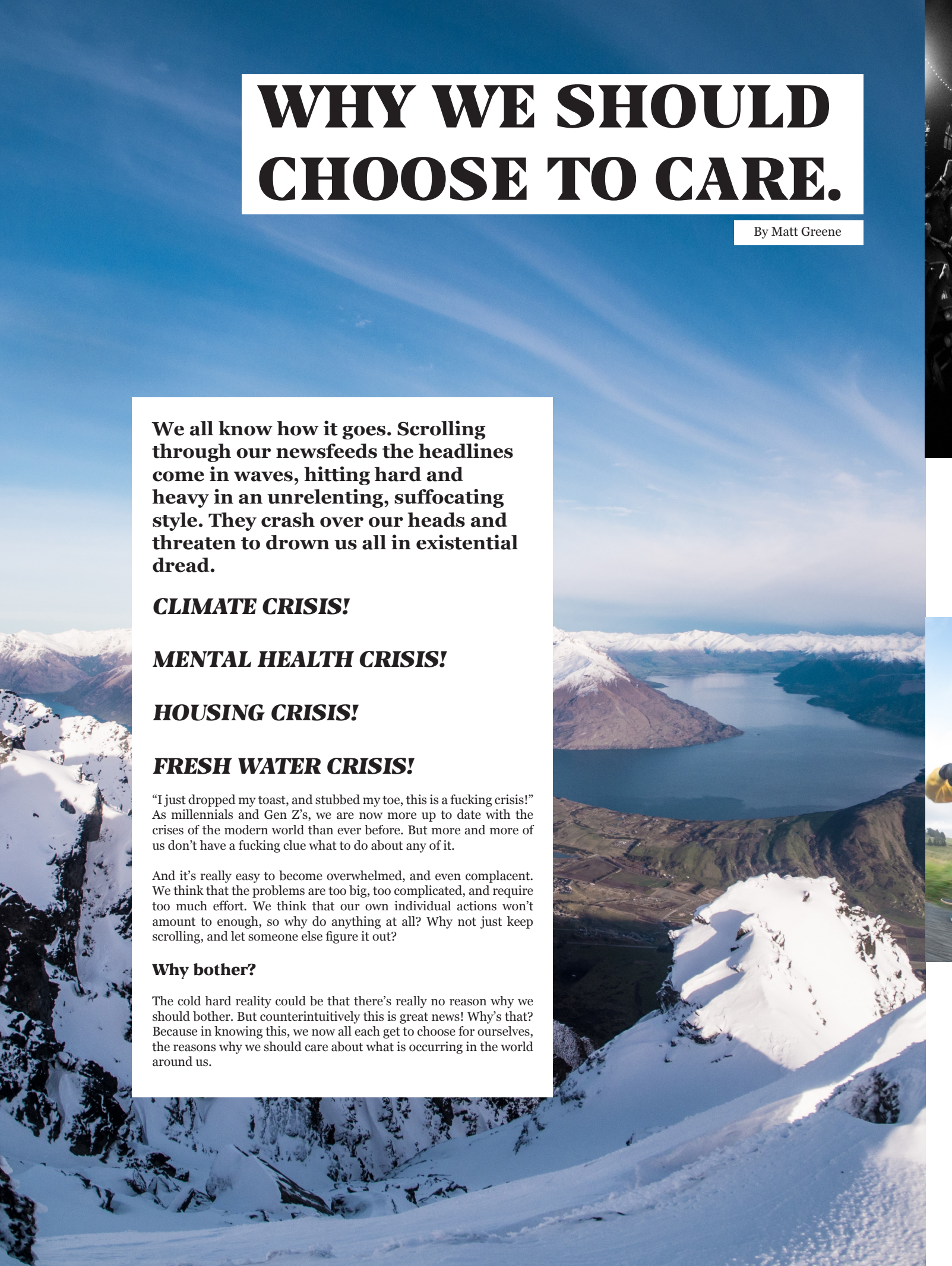
FRESH WATER CRISIS!

“I just dropped my toast, and stubbed my toe, this is a fucking crisis!” As millennials and Gen Z’s, we are now more up to date with the crises of the modern world than ever before. But more and more of us don’t have a fucking clue what to do about any of it.

And it’s really easy to become overwhelmed, and even complacent. We think that the problems are too big, too complicated, and require too much effort. We think that our own individual actions won’t amount to enough, so why do anything at all? Why not just keep scrolling, and let someone else figure it out?

Why bother?

The cold hard reality could be that there’s really no reason why we should bother. But counterintuitively this is great news! Why’s that? Because in knowing this, we now all each get to choose for ourselves, the reasons why we should care about what is occurring in the world around us.





Here's my reasons why:

Conservation: We live in one of the best countries on earth. No seriously, we do. We get to enjoy unparalleled landscapes and wildlife, and we get to choose to conserve it for generations to come. We can volunteer for beach clean-ups, for tree planting, for pest control. We can protest/vote for better water quality, for more renewable energy, for carbon taxes, for protecting our wildlife reserves from big industry, the list goes on. That's why.

Community: We have an intimate and caring community. Travel Aotearoa and you'll see what two degrees of separation is all about. Almost any town or city you visit will welcome you with open arms. They'll support your creative ideas, your involvement and your passion in whatever you decide to pursue, whether that be in sport, art, science or whatever other crazy shit you get up to your spare time. That's why.

Connection: We have unbelievable opportunities for connection. While social media has its cons, its potential to be

used for positive connection is immense. Want to start a band, or create an event and invite half your town to fundraise for a good cause? You can. Want to create an art auction to fundraise to travel to the other side of the world to help build schools in foreign countries? You can. With rates of loneliness, depression, anxiety and suicide skyrocketing around the world, including here in NZ where suicide is currently the LEADING cause of death for men under 50, it's arguably more important than ever to be active in your local community for both its sake and your own. That's why.

The more reasons we choose to care about the world, the more reasons we choose to get involved, the more we choose to decide it matters, and the more we choose that we can do something about the problems facing us, the more beautiful and worthwhile life becomes. Additionally, the more we choose to live our lives in this way, the more people we will inspire, and the ripple of our little drop in the ocean becomes even larger, I JUST WANT US ALL TO BE ABLE TO FROLIC IN FIELDS OF SUNFLOWERS DAMMIT! That's why.



So, you have an issue - what can you do about it?

By Freya Farrar

Everybody wants to change the world, but most don't actually know how to do that. It can be pretty soul-crushing to face a political issue, and have no clue what to do about it – so here are some really practical ways for converting an issue into action.

Identifying your target(s)

First, you need to identify who has the power to help you take action on your issue. You can also work out if there is anyone already advocating in the space who you could join forces with. The following questions may help you in working this out;

- *Would a solution to my issue require a change to a law? Would it need a new law?* If so, you want to be making your issue known to MPs and Parliament.

- *Would a local council usually deal with issues like mine?* Councils can help if your issue is related to services and facilities in the area.

- *Is my issue related to a business or their practices?* There are a few ways you can put pressure on a business to make change.

- *Would a solution to this issue require a change across an industry?* This might happen through regulations put in place in Parliament, or by action against the industry itself.

- *Do I need individuals to make a change to solve my issue?* If so, awareness campaigning is probably the best path to take. Increasing awareness for an issue can also inspire others to join you in finding a solution.

- *Are there multiple governing bodies that might be responsible for the area where my issue falls? Am I planning on talking to the right one?* A good example of this is right here at UC – sometimes people are really passionate about an issue and call on the UCSA to solve it when the University is responsible for that area. It is key to identify the right people to talk to so your issue can be addressed as quickly as possible.

You may identify more than one person/group who you can take your issue to – in this case, you can prioritise where you put your efforts or try to reach them all! Some of the most visible campaigns (think Extinction Rebellion, School Strike for Climate) work in lots of spaces to have their issues addressed.

Now what?

Next, you have to work out how you will best get your issue addressed. Methodology varies, different issues call for different responses. Below I will discuss a few of the ways that you can engage. This is by no means a comprehensive list, but it should get you started.

Electoral Actions

Seems a bit simple to say, but if you don't like what the people in power are doing you have the right to change that

by voting (so long as you are eligible). Beyond that you can also encourage other people to vote for people who have said they will solve your issue, you could campaign with someone who has pledged to help your course, or you could even run for office yourself!

Contacting Representatives and Petitions

If you want to make a change with something in Parliament or something that your Council is doing, you can start by contacting them. New Zealand has a fairly open political system and elected representatives are there to listen to you and your concerns. You can find the contact information for your MPs or Council representatives online; it is all public information – all electorate MPs will have an office where you can arrange to meet them in person.

Petitions are most useful if you know that a lot of people feel the same way as you. Anyone in New Zealand can make a petition to Parliament, it must be received by an MP (this is where it is handy to have raised your issue with your MPs – one of them might receive your petition). It is really easy to find information on how to petition Parliament and Local Councils or ECan online – they require different things but are generally fairly accessible. An online platform like change.org can be a good place to go if you need to reach people outside Parliament or your local bodies. Petitions are also a good tool for making the public more aware of your issue!

Protest Actions

Actions of protest can include boycotts, protest, and demonstrations. Each has their own place in communicating your issue.

Boycotts typically put financial pressure on a business, industry or company, they are useful as a tool because they take away consumers in a space where money is king. There will be varying success with a boycott (depending on scale or the size of the company being challenged), but they have been useful in the past to pressure certain companies to change things like their employee and bathroom policies, or their animal testing policies.

Protest actions vary, and can be showing out in force with signs (like the School Strike 4 Climate) or it can be creative demonstrations or stunts that illustrate your issue. These types of action can be very creative – think giant bails of plastic dumped in front of Council to protest recycling – and aren't necessarily legal, so think carefully before you act. If in doubt, check your ideas out with someone who has a bit of sense to make sure your actions are measured and appropriate!

Hopefully now you have some idea of what to do with your issues! There are loads more ways out there too. If you still need some guidance, then hit up UC Pols on Insta or Facebook – the club is always willing to give a hand to help if you don't know how to get started!

Cup Of Tea Consent

Picture this, a night out, a pulsing party, too much alcohol. You stumble around, on your way to find your friend. You bump into someone and stop to apologize profusely. The next ten minutes are a blur to you, lights are flashing and the realization kicks in that you have had too much to drink. Suddenly, stopping the conversation, you say that maybe you should cut the night short and head home. Quickly texting your friends about this clever solution, you stagger outside. But hang on, the stranger (can't remember their name) suddenly appears next to you and offers to walk you home. Thank God goes through your mind. As you walk, the stranger, who is much, much more sober than you, flirts with you and goes to hold your hand. That's fine, it's just hand holding and I am very much in need of it in this state.

The walk draws to an end, and suddenly you are outside your house, but you really can't remember how long it took to get there, time blurs. The stranger asks if they can come inside, hmmm I feel guilty about them being kind enough to bring me home. Maybe I invite them in and offer them some water?

But once inside the alcohol hits and you stumble. The stranger grabs you to help you stand and starts kissing you. You attempt to move away but that last tequila shot begins to make itself known. Then, blank.

In the morning you wake up, hazy and confused. What the hell happened last night? Turning your head, you see a shape next to you. WHAT. Suddenly you are aware of the fact that you feel sore and violated, a dreadful realisation dawns, you have had sex! Flashes of the past 12 hours start to come back, but the whole night is a blur. Suddenly scared and anxious, you realise that this stranger in bed, who you have no idea what the hell their name is, has had sex with you. They wake up and say 'Morning,' quickly get changed and comment on how drunk you were last night before swiftly exiting.

Overwhelmed. Violated. Ashamed. What was their name?!

These thoughts flash through your head. You shower, trying to cleanse the dirty violated feelings away, but no matter how hard you scrub you still feel dirty, ashamed, unclean, and scared. This above situation may sound familiar to many of us when we have had a couple of drinks. It's not just limited to females being violated either, it happens to males too, in fact to all genders regardless of diversity. So, the topic I wish to discuss is RAPE.

That brief story presents a situation where one person is incredibly drunk, barely standing, and is clearly not in control of mind or body. We also see someone they met at the party who is significantly less drunk, walks them home and proceeds to have sex with this person. Despite their mark's obvious intoxication. Many of my friends have been in situations like this, where they say it is their fault, they had sex because they were drunk, and because they were drunk, this does not count as rape.

In the eyes of the Law it is rape - you cannot legally consent when drunk. The victim feels ashamed and disgusted. They want to be angry at this person for taking advantage of them, but when they tell their friends, they get brushed away. Scorned, because ignorance has normalized this rape culture.

It has to stop. A person does not have the right to violate you because they paid for a taxi, or walked you home. Rape is rape and intoxicated sex is not consensual. This is further confirmed by the Police.

Consent cannot be given if you are intoxicated. An inability to say 'No' is not consent! You may have had a drunken kiss - but this is not consent for sex. Perhaps you have a fumble and want to stop - you are not giving consent for sex. Perhaps you are lying down together and change your mind - you have not given consent for sex.

When you have alcohol and get too drunk, this stops your body from responding the way you wish it too- hence the stumbles on nights out. Alcohol debilitates. You also cease to be able to think coherently, struggling with simple tasks such as remembering your friend's names! The problem is, despite being in this state, society will still victim blame if you are then taken advantage of. How is this fair? How can this behavior be so accepted, so normalized?

It is not okay. It has to stop. Both the victim and the perpetrator need to realize this situation is not okay. There is nothing to be ashamed of for the victim here. Let's be honest, most people reading this have probably been this drunk. It's embarrassing but mistakes happen, and a night out is mostly a pretty fun pastime. But one thing to be clear about, is the fact that there is nothing shameful about being on this level, and there is certainly nothing shameful about being taken advantage of. You were intoxicated, but you DID NOT ASK FOR IT.

To all of you who have experienced this type of thing, my heart bleeds for you. To those of you who feel shame- it is nothing for you to be ashamed of. It is those who take advantage that should be ashamed of themselves, that need to be educated, and need to take responsibility for their actions. Yes, the line I am walking here is a very blurry line, one full of controversies. But it needs to be discussed and debated. It needs to be highlighted what behavior is, and is not acceptable. Too many people I know have been hurt and will continue to be hurt, and it needs to stop.

Feel free to disagree with me, everyone has an opinion. But mine is that this situation is rape and it happens far, far too often. It has to stop.

Have a look at <https://youtu.be/oQbei5JGiT8> "Cup of Tea Consent." Sincerely, anonymous.

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THE ISSUE WITH 'BASIC' CULTURE

By Charlotte Hargest-Slade

In a world which revolves around self-progression, we are constantly bombarded with the 'next-best thing.' Epitomising this is the constant narrative about the best thing to eat or the new way to get healthy. Whether it is kale, avocado or that funny tasting vinegar drink that starts with a 'k'—it is undeniable that our culture has an incessant need to consume health fads. And while it is entirely positive to want to better oneself, does this diet culture or fitness-fad lifestyle halt our ability to improve other areas of our lives? Have any of us really stopped to consider the issue with health fads?

THE COMMODITIZATION OF HEALTH CULTURE

Do you find yourself waking up and grabbing a nutritious acai bowl before heading out the door with your luxe fitness protein shake (promo-code CANTA15 for \$\$ off). Are you constantly thinking about the collagen-infused, activated-charcoal bliss balls? Is your entire studylink payment being spent on overnight-oats and amino acids? If you take a walk around the campus or look on the internet you will undoubtedly stumble across these trending health fads. People are obsessed with the likes of carb-loading and intermittent fasting. Yet, how often do we find ourselves spending as much time and energy on improving other aspects of our lives? Very seldom do we set goals or strive to reach personal bests outside of the gym. This article seeks to question whether these fads are overshadowing other vital aspects of our well-being.

A BASIC STATE OF MIND - THE COST OF DIET CULTURE

If you've taken PSYC 106 then you may be familiar with Maslow's hierarchy of needs. This is a theory which sets out a pyramid of innate human needs, dividing them into categories of basic psychological, safety and self-fulfillment needs. Maslow suggests that people are able to climb this pyramid by satisfying their lower needs, ultimately, to reach a point of self-actualisation. Inversely, people are prevented from fulfilling their highest needs due to a failure of satisfying their lower ones. This is the premise that those who cannot satisfy basic needs such as food or warmth cannot move forward to improve their sense of belonging or self-esteem.

MASLOW'S HIERARCHY IS DESCRIBED AS FOLLOWS:

Physiological basic needs, such as needs for food and sleep.

Safety, or the needs for security and protection, especially those that emerge from social or political instability.

Belonging and love including the needs surrounding unselfish relationships that are based upon growth rather than deficiency.

Self-esteem, self-respect, and healthy, positive feelings about oneself.

Self Actualising "being" needs concerning creative self-growth, engendered from fulfillment of potential and meaning in life.

Despite some modern criticisms of Maslow's theory, this premise closely aligns with other studies that consider the impact of poverty on emotional and cognitive functions. The Minnesota Study sheds light on how a lack of food can diminish a person's cognitive comprehension. The effect of this ranges from diminishing intellectual capacity to the ability to form opinions or feel good about oneself.

More interestingly, further studies have shown how this state of mind can be forged or imitated by individuals who are not actually lacking the resources to fulfil these needs. People with irregular obsessions or preoccupations with food and diets can replicate this state of mind despite having ample resources to fulfill them. In short, too much concern with physiological needs can limit a person's cognitive and emotional ability—rendering them unable to reach their personal or intellectual potential.

THE ISSUE

When considering this information in light of cultural health fads, it becomes apparent that diet culture may be affecting our personal and social progress. Arguably, much of what our modern society values relates closely to basic needs—what clothes to wear, where to live and of course, what food to eat. Whether your enemy is sugar, fat, carbs or dairy – much of what we as individuals consume ingrains an overwhelming focus on all things basic. As we know, there is a direct link between thinking too much about health commodities and limiting one's intellectual and social potential.

Here, it can be said that this culture results in a cohort of 'basic' individuals. Individuals who are induced into a state of mind where they cannot focus on improving self-esteem or developing personal opinions—much like the subjects in the Minnesota study. To such individuals, the diet has the ability to become the primary social focus. This has created a world where people are willing to put their health, and faith, in a 23-year-old with a Youtube channel. This is arguably creating a sub-culture where social meaning and self-esteem is contingent on a monthly subscription fee.

A BALANCED 'DIET'

Before concluding, it can be asked of the reader not to mistake this sentiment too cynically. Don't get me wrong, I love avocado just as much as the next person. This is not a criticism of the food nor on the credibility of the fads themselves, but rather, the effect they have on us. By all means, have a nutritious dinner, spend \$14 on coconut yogurt and get that six pack you've always dreamed of. Yet, be mindful of whether your pledge to get a thigh gap is preventing you from fulfilling your potential. Remember you are what you eat—so keep a balanced diet and be mindful of what you 'consume.'

The Cult of Engineering

By Charlotte Merrall

In engineering, we fit in. We deal in the analytical, the mathematical; the things that have one right answer. This bleeds over into a culture of engineering students where conformity is the norm. In my time socialising with engineering students I've found that being outspoken is definitely not appreciated.

In first year, I let a lot of things slide. I shut my mouth when I heard sexist jokes, I didn't kick up a fuss about my peers literally greeting each other with "a cheeky sieg heil". I was told I was overreacting when I got angry about a lecturer referring to female engineers as beautiful inventions. Nothing about this sat right with me, but for the sake of having friends, I shut my mouth. Eventually, I got too frustrated. It was the general election and I was sick of not caring, so I started speaking out and I didn't stop.

I found out that students in mechanical engineering don't really like me because I'm too opinionated. I heard this from a friend who didn't feel comfortable speaking out on issues they felt strongly about because they knew it would reflect negatively on them socially. I have so many problems with this. Universities have always been places of questioning, of forward-thinking, of free speech, and debate. Your student years should be the time in your life where you're discussing and challenging your opinions. Young people

should be trying to change the world while they're students. The culture of conformity in engineering means that if you actually want to do these things, you'll be ostracised.

It doesn't help that I'm a girl. An outspoken woman threatens the conformity culture far more than an outspoken man. An outspoken woman also has far more to speak about. This year I was discouraged from speaking out about how none of the guest lecturers my class had were women –my peers thought it wasn't a big deal. When conformity is the norm, being a woman is already outside of that, and I can guarantee that my defining feature wouldn't be "opinionated" if I had a penis.

I'm still a bit scared of speaking out. I thought about writing this anonymously, but then I realised the people who I would not want to know would be able to figure out in one guess who I am. Instead, I've more or less removed myself from engineering. I socialise with arts and law students, and not one of them has told me I'm overreacting. They listen, they give counterpoints, they debate, and we are able to grow and shape our opinions. The school of engineering churns out mathematically literate minions who haven't had a chance to question their opinions on social issues and haven't learned to be active citizens. Something needs to be done, but it'll take a really brave person to speak out and do it.



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I Went to a Cannabis Museum and it Filled Me With Joy About The Future of Weed

By Liam Donnelly

Out of the blue last week, my phone buzzed with an offer I wasn't expecting.

"Hey Liam do you want to visit the Cannabis Museum?"

Well obviously.

The shallow person I am only needed to hear the word 'cannabis' to be pretty interested in the offer. However, the experience I got was a lot more in depth than I could have anticipated.

Other than being familiar with its name, (Whakamana, full name, 'Whakamana: The Cannabis Museum of Aotearoa') I knew very little about the place I was going to. Once I arrived at the museum, it was officially introduced to me as "somewhere where weed legalization activism meets a first-year biology course".

And it was utterly fascinating.

I like cannabis, smoking it, that is. Just talking about cannabis is fine, but it's not the same as smoking it right? But when I left Whakamana, I was on a bit of a high. I left a lot more excited and optimistic about the future of cannabis than when I went in.

At Whakamana you can look, feel, and touch every stage that every part of the cannabis plant could possibly go through. From examining hempcrete and plant fibers, to looking at weed lollies and chocolate simply designed to get you really, really high.

But that's the whole point of Whakamana. When it officially opens, Whakamana aims to be a place that celebrates and shows just how incredibly versatile cannabis is. To be found in an old church on Manchester Street of all places, Whakamana will be split into different sections. For example, 'History', 'Economics', and 'Health' just to name a few. This is all to demonstrate how that cool plant we use to feel good actually has a million practical applications, and has had for many, many years.

Michael Mayell, one of the founders of Whakamana, is hoping that the museum helps people to pause and contemplate the long relationship this nation has had with cannabis.

To ultimately ask, is cannabis culture good? Is it healthy?

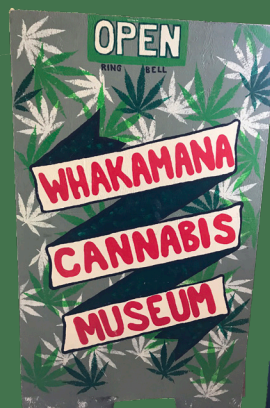
It's then Whakamana's job to answer that question with a resounding 'yes!' Cannabis is in fact as healthy and as positive as any other substance found on earth.

Why the visit to Whakamana filled me with joy is not simply the novelty of going to a weed museum. The museum demonstrates exactly why we are, and why we should be, having this discussion. While at Whakamana, listening to the information and observing the exhibits, it's very hard to see the old pale stale male opinion of weed ever staying afloat. The conversation and examination of cannabis has been far removed from the stoner reputation it once had.

Soon this place will need everyone's support, and like all important social movements now, it's going to need our generation to kick it off.

So, go to Whakamana, I encourage you.

But I also encourage you to take the most boring and conservative person you know with you.



unchatter

a connection experience

By Sam Mythen



Every day we speak an average of at least 7,000 words. Yet how many of these words are meaningful? How many of these words are kind?

How many of these words build connection?

I recently had the privilege of chatting to Natasha Zimmerman, the creative mind behind 'Unchatter.' Unchatter is an event held monthly, which focuses on getting to know other people through avoiding small talk, and diving in to the deep questions to create valuable conversations. There's food, there's crafts, there's new friends, and there's a whole lot of thought-provoking questions to answer and connections to be made.

Natasha is originally from North Dakota, but has recently found herself in Christchurch, studying her PhD in Organisational Psychology, after "wanting to spread (her) wings and see what else is out there." The lens of her studies focuses on the themes of human relationships and connections, and how much they matter in order to live a fulfilled and happy life.

The idea of Unchatter bloomed after Natasha experienced her first Thanksgiving away from home. She decided to throw her own 'Friendsgiving,' and set the dinner up with a ban on small talk, placing deep questions on cards around her home. The positive feedback she received after this gathering was immense, with many of her friends suggesting she take this out in to the public. And so that is exactly what she did.

Her first Unchatter event, was held in February, at the XCHC and it sold out. Natasha said she had "underestimated just how much hunger there was for real connection in the world." She has since brought a regular Unchatter to Wellington and Auckland.

Having just interviewed Natasha, and been told by several friends

I should attend try it out, I headed to the latest Unchatter party last week. Upon arriving – also dragging a friend of mine a long – into a room full of strangers of all different ages, we checked in our cellphones at the door and were told the 'Party Rules.' These were the questions we were to avoid asking, such as "where do you work?" "where are you from?" and "what do you study?" - the common questions asked when chatting to new people at flat parties.

As the night proceeded, we were led through guided exercises that helped us to connect to ourselves and to each other. We stood across from someone and practiced the ancient art of eye contact and being vulnerable. We formed into small groups and dived into deep questions with each other. One question was "what is a childhood memory that brings us joy?" I chatted about writing a letter to Santa asking for unicorns for Christmas, then finding myself at a restaurant on holiday and being given a present by a random man dressed as an elf, which I unwrapped to discover a soft-toy unicorn! In another group I pondered over where I most felt at home (anywhere my loved ones were), and where I felt least at home (anywhere by myself). Another standout guided exercise was called "positive gossip." In a small group you turned your back to the others, who then began to discuss all of the lovely things about you. The night was full of these simple connection exercises that filled you up with so much joy.

The biggest lesson I took away from Unchatter was that we can always connect with someone on a deeper level.

I would highly recommend that you attend the next Unchatter Event – check out the upcoming dates at unchatter.com, and next time you meet someone new, pick a deeper question to ask:

"How is your heart?"

"What is your passion in life?"

"What have been the best two days of your life?"

"What's your favourite thing about yourself?"

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The UCPOLS Christchurch Local/ Mayoralty Election Special

It's that time again! It's time for 62.6% of the Christchurch population to NOT vote in the 2019 local elections. In the last local election in 2016, only 37.4% of Christchurch voted. This is abysmal, especially when you compare it with the 51.6% turnout in the 2010 Christchurch local election and 79.8% turnout in the 2017 General Election. Regardless, its election season and we at UCPOLS have asked the top three contenders for the Mayoralty (Lianne Dalziel, Darryll Park and John Minto) three questions and they all answered. To meet a word limit, the below answers have been summarised and condensed. Full unedited versions of all of the candidates' answers can be found on our UCPOLS Facebook page.

During your time as Mayor, what are you most proud of?

Lianne Dalziel (Incumbent): I am most proud of the way the city came together in the aftermath of the atrocity of March 15. I knew that this would be the instinctive response, however nothing was more moving than seeing the tributes being laid and the support that was offered to the Muslim community at the Call to Prayer. Getting the finances in order, including getting our insurance settled, as a first priority. Developing an inclusive style around the Council to ensure that everyone gets a say and ensuring strong relationships with mana whenua and all the key players in the city and region, including the University - both UCSA and the University Council.

In your view, what is the biggest failure of the incumbent council/Mayor?

John Minto: The council has been captured by business interests which drive the agenda ahead of the interests of citizens. For example the council has refused to use rates money to rebuild or refurbish council rental houses, which are in an appalling condition, but is preparing to spend \$470 million on a new multi-use rugby stadium which will cost millions every year to maintain and be a constant drain on the city.

Darryll Park: The lack of transparency and performance accountability to the voter, ratepayer, resident and business community. Systemic failures in the Council's governance, management, operations and delivery, and the Council's authoritarian culture continue to undermine public trust and confidence in the Council. It cannot be denied that Christchurch and its people are facing a number of significant challenges. Christchurch needs a council which is proactive. If elected Mayor, I would undertake a 90-day induction into the Council business by the CEO and management, to better understand the effectiveness and efficiencies of the Council, and to better support them. Restoring public trust and confidence in the Council and its leadership would be paramount for me, if elected Mayor.

In your view, what are the top three issues facing Christchurch?

Lianne Dalziel (Incumbent): 1. Keeping the Christchurch rebuild/regeneration momentum going. 2. Finishing work in the eastern suburbs and restoring the ecological values of the Avon River. 3. Getting chlorine out of drinking water and keeping it out.

John Minto: 1. Addressing the climate change emergency. 2. Water quality. 3. Crisis of inequality.

Darryll Park: 1. Rates spiralling out of control. 2. Chlorination of Christchurch Drinking Water. 3. Climate Change.

What would you like voters to know about yourself?

Lianne Dalziel (Incumbent): I am really passionate about our city's future, and truly believe that we are building one of the most amazing places to live. Rob and I are moving into the central city in the next two or three weeks, so everything will be within walking distance, and we can't wait.

John Minto: I'd like them to know I'm a socialist who believes in genuine democracy - from the ground up, not the top down. I also used to be a rugby coach when I was first teaching.

Darryll Park: I am a proud Cantabrian, married to Susie with two adult children, and extremely passionate about our city of Christchurch. I have lived and worked in and around Christchurch for many years in areas such as travel, tourism and hospitality. I am the co-owner of Oxford Management Services, a property development and management company supporting hospitality, Chair of Mondo Travel Group, and a Director of the Canterbury Rugby Union and the Crusaders. If elected, my commitment will be to give 100% by resigning my directorships and business partnership to concentrate on moving Christchurch forward.

Voting

The Christchurch local body elections include the elections for the Christchurch City Council and Community Boards, Environment Canterbury and the Canterbury District Health Board. The Christchurch local election will be held by postal vote and voting papers should have been delivered from September 20. Voting will close at noon on the 12 of October. Make sure you exercise your democratic right to vote!

Last UCPOLS Speaker Series Guest!

October 7, 4pm Bentley's: Chloë Swarbrick, Green Party List MP



Creative Highlight

By: Gaby Collie

Can you imagine what that must feel like?
Topless, fully panted and fully shoed,
with the cold tied around your forehead and
stinging your back as you float looking up at the concrete pier.
Your friends, your brothers, your brothers' friends,
your brother's friend's cousin from the other side of the world,
and your 'own Da' (to use the local phrase) in their clutches,
seconds from following in his son's footsteps (to reverse the typical order of things)
and involuntarily joining you in the Irish Sea.
Can you imagine the love running through your heart at the thought
of your soon-to-be wife? (I never met or even saw her,
by the way, and actually hardly knew him,
but given that he was marrying her I assume he loved her).
It must be a moment of complete corporeal and emotional stimulation;
the protest of your nerves reflecting and amplifying
the drunken laughter like a laser while the white foam
leaps at you from the blackness.
Can you imagine feeling as happy as he must do right now?

*Would you like your poetry or creative writing to be featured here?
Send your work into editor@canta.co.nz*

Columns

Stink Thinking

- Spring Cleaning Your Mind -

Over the last couple of years, I've noticed this odd thing that goes on in the land of Social Media. Most people seem pretty pumped to post memes and personal opinion pieces encouraging the world to be more about love rather than hate, to push peace rather than war. However, I've noticed that more often than not, as soon as these same people experience someone doing something personally nasty to them, they appear to undergo a sudden personality transplant. They rapidly forgetting all of this love stuff, and instead become enraged, publicly wishing various forms of illegal medieval torture upon their perpetrator.

Any old schmuck can be nice to people who are nice back. But the real test of a deeper love – the kind that can overcome war and injustice and violence – is the commitment to try and love the people who by all accounts you'd much rather hate instead. As the old saying goes, "refusing to forgive is like drinking poison and expecting the other person to die." Jesus taught his followers to forgive people "not seven times, but seventy times seven times". His not so subtle point being, we should keep forgiving until we lose count. Personally, I've had my fair share of people I've held grudges against. I've been cheated on by girlfriends, hurt by family members, screwed over by strangers, and betrayed by friends. But here's the problem; if we refuse to forgive someone, we just end up locking both ourselves AND the person we condemn to become stuck in our past hurts. Even worse, without forgiveness over time the victim ends up imitating the bad attitude and behaviour of the original offender. Forgiveness is the only way to break the cycle that so often has led to friends breaking up, families breaking down, and wars breaking out.

Now forgiving someone who did something horrible to you is one of the hardest things you can do. Especially if they've never said sorry, and they seem unrepentant. But ask yourself this question: "Who do you think is paying the ultimate price for holding onto all of your anger and resentment?" Because most often it's the victim who pays the long-term cost by not forgiving. Forgiveness is one way we can become better, rather than bitter – and can help us to transform our pain, rather than transmit it to those we love the most.

Rev Spanky Moore
Spanky.moore@canterbury.ac.nz

Rawing Meg

- Issues -

We all have them – be it mental, academic, relationship, physical, family... behind every face is a person with their own set of troubles. Quite often, discussing our issues can turn into a battle of "who has it worse? Harder?" or "who needs the most attention?"

Let me set one thing straight, right from the get-go here; the struggles and issues you are experiencing and being troubled with are valid – regardless of the struggles and issues that others are facing. It may be that your biggest issue at the moment is that some relationship trouble, a big test coming up, or a grade that you are still hung up about. Or perhaps you are really struggling with your depression, attending-lecture-anxiety, or trying to get through the day without breaking down crying.

Each of these issues is valid, and each of these is worthy of being cared for and looked after. You do not need to beat yourself down my comparing your struggles to someone you think "has it worse", nor do you need to enter a competition of "I have it worse because..." This gets us nowhere, and further perpetuates the idea that only some issues are okay to be talked about, and that only some people are worthy of seeking help.

We need to realise that regardless of the issues you have, have had, or are yet to have – it is okay to have them. It is a part of being human. And we all need to do a better job at looking after the issues of others; and more importantly – the issues of our own.

Your friend,

Rawing Meg

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Sex & Candy

- Dealing with Emotional Abuse -

Dealing with Emotional Abuse

My first boyfriend used to insult me A LOT: when I talked about feminism, he would belittle me and tell me that gender equality would never exist; he also told me that I was lazy because I wasn't into sports and that made me less attractive (still attractive enough to fuck me of course, but obviously not enough to respect me). I had a friend whose gf used to track her bank account and read all of her texts, and another who's bf would consistently put down her ideas and control what she could and could not eat. These traits in partners are common and often overlooked as warning signs. I mean, my bf just cared about my health by wanting me to work out more, right? And my friend's partners just loved them so much that they felt the need to control! These things are normal!!! Except, they're not.

Emotional abuse rears its ugly head in subtle ways, to the point where you don't even realise it's happening. Control and insults become the norm, and you simply get used to putting up with someone who doesn't actually give a flying fuck about you. They are overly jealous and make statements like "if you love me you would..." (this was legitimately used against one of my friends to get her to go to Hagley Park at midnight to play Pokémon Go). They accuse YOU of being the one who is hurting THEM, and they love telling you that any problem in their lives and your relationship is your fault. It's a fucking joke honestly, and one I guarantee most people have experienced to some degree.

My advice? RUN AWAY!! Move to a new city and rent a cool apartment where you can live in peace with a black fluffy cat and matching hairless cat that will love you for who you are, without judgement (my dream). Become a boss ass bitch, try a bit of therapy, and most importantly, understand that you are worth infinitely more than how your partner is treating you. The world does not deserve your beauty, and neither does the asshole you're dating.

Good luck

UniPharmacy

- Happy Holidays -

As the end of term is racing towards us your thoughts may be turning to making plans for the holidays.

If you are leaving Christchurch for the summer make sure you pop into the Uni Pharmacy a couple of days before you are leaving town and collect your medication repeats, in most cases we will be able to give you any outstanding repeats you have, even if they are early.

If you are staying in Christchurch over the summer please note Uni Pharmacy will be closed from 5pm Friday the 20th of December to Monday the 13th of January, if you will require your repeats or a new prescription filled during this time come in before the 20th of December and we will supply these to you early to get you through to the new year (please note you will not be able to collect your repeats from another Pharmacy whilst we are closed).

For those of you looking to head overseas we have a few tips below, but as always you are most welcome to come into the Pharmacy and see David and Lisa and discuss any questions you may have regarding your medication and travel health.

Depending on your destination, you may need

vaccinations, which should be organised well in advance, talk to your doctor as soon as you know where you are going and when.

If you're on regular medication, ensure you have plenty for the duration of your stay, so plan a visit to the doctor before you leave.

The most common problem when visiting a foreign country is vomiting and diarrhoea and this can be caused by something as simple as drinking the local water, eating fruit and vegetables washed in the local water, or swimming in contaminated water. Your first aid kit should include anti-diarrhoeal products and re-hydrating sachets to ensure vital fluids are replaced in the body.

A special note for women on the contraceptive pill. If you're travelling to a long-haul destination, time differences can result in a missed dose. If your next dose of the pill is more than 12 hours late, you may need to apply the seven-day-rule and use extra precautions when having sex for the next seven days. If you are taking the mini pill, this applies when a dose is more than three hours late. If in any doubt, use extra precautions, such as condoms.

HOLIDAY FIRST AID KIT

Depending on your destination, and your personal needs, you may need all, or some, of the following in your holiday first aid kit:

- Antihistamines – tablets and/or cream
- Pain relief
- Antibiotics (prescription required)
- Anti-diarrhoeals and anti-nausea medicines
- Oral rehydration sachets
- Travel sickness medicine
- Cold/flu medication
- Antacids
- Antiseptic wipes, bandages, plasters
- Handwash sanitising lotion
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- Thermometer, scissors, tweezers



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Club Promoter

Thursdays in Black

***THURS
DAYS
IN BLACK**
Towards a world
without rape
and violence

To the students and staff of the University of Canterbury,

Throughout 2019, Thursdays in Black has launched initiatives and events that, without your overwhelming support, could never have happened. With this we extend a sincere thank you.

The Thursdays in Black movement started as a national campaign run by New Zealand Union of Students Associations (NZUSA) and Tertiary Women New Zealand (TWNZ), with the aim to raise awareness about sexual violence in student communities, whilst promoting consent culture and healthy relationships. The movement started by encouraging everyone to wear black on Thursdays to show their support of the initiative. The significance of wearing black extends a simple clothing choice, but seeing the sea of students standing in solidarity with survivors of rape and violence by wearing black on Thursdays is nothing short of awesome. As we enter our third year at UC, Thursdays in Black will continue to work towards a world where everyone feels safe.

We started the year with the launch of the Booster Shot initiative, with the idea of keeping our students safe in drinking environments. Since then we have hosted a range of events with a holistic approach to mental health in mind, such as our inaugural Sex Quiz, our annual Black Out Yoga, and a free Self Defense Training, all with the objective of promoting positive consent culture and supporting survivors of rape and violence. The reception of our kaupapa has been resoundingly positive, which has only served to illustrate the community and solidarity that exists at our university.

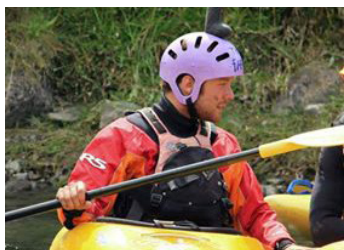
We could never write a thank you without a special shout out to all the people who shared their stories with us to help us create the 'What I Was Wearing' exhibition. Admittedly we had no idea of the responses we would receive for this exhibition and we were heartbroken to hear the stories shared with us, but the sense of solidarity and passion for change was so encouraging. Moreover, the foot traffic we had while this event was running was so humbling, albeit the mood very sobering. Survivors: we admire your strength and vulnerability. You are the reason we do what we do.

The heart of our club at UC is a group of people who have come together with a vision and a passion, and we can genuinely say that the support we have seen for our vision has been the fuel that has kept us going. The support we have received from our UC whanau is extremely encouraging. We hope that this support will continue to grow until the day when every single person can feel safe and included on our campus. We want to reach a point where support for these topics is an assumed second-nature.

We thank you for your interest in our kaupapa and the events to which we channel them. Trust that no matter how vocal, supporters of the Thursdays in Black movement are heard. Indeed, we aspire to live in a world where rape and violence are handled appropriately and ultimately do not exist. In saying this, we hope in time to one day feel no need to thank you.

Arohanui,

Your 2019 Executive of Thursdays in Black



University of Canterbury Canoe Club

We are we are UCCC (University of Canterbury Canoe Club), the sickest club at Uni. We are all about kayaking aimed at bringing paddlers together to progress their skills on the water from all skill levels. The club mainly goes white water kayaking but you can find people playing canoe polo as well. A common river that we love paddling and have our beginner trips on is the Hurunui. It has a nice beginner friendly section and an intermediate section for the chargers. When we are off the river you can often find us slappin' a goon and throwing a sick party and demolishing snags.



UN Youth Canterbury

UN Youth Canterbury is one of the less well-known clubs on campus, but provides events and opportunities that you would be hard-pressed to find elsewhere. With a mission to develop the leaders of tomorrow, the club runs high school and tertiary conferences tackling everything from climate change to inequality. This combines the challenge of solving international issues, the satisfaction of volunteering and the opportunity to make change in the world around you. UN Youth runs tertiary evening events on campus, as well as inviting students to volunteer at larger high school conferences, as well as promoting national and international opportunities.

Toastmasters



WHERE LEADERS ARE MADE
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Toastmasters International is the world leader in communication with more than 357,000 members in 143 countries. U-Can-Speak Toastmasters is the only Toastmasters branch at the University of Canterbury. Our members conquer their nervousness and improve their public speaking skills through our regular meeting every Monday.

The world needs young leaders - young leaders that are accomplished in their fields, inspire change, and help to build a better future. Young leaders must excel at communication; this is where we can help. You are able to attend our regular student-led meetings, practice giving speeches and gain feedback in a supportive environment.

Your membership with U-Can-Speak Toastmasters connects your career to the professional body of Toastmasters International, and takes your learning beyond textbooks. Every Toastmasters journey begins with their first speech, I urge you to start your journey with U-Can-Speak Toastmasters, and through our community of learners find your own pathway to leadership. I

If you are interested to take the next step, like us on facebook @ U-CAN-SPEAK Toastmasters or

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A Few Notes

Hits that woah

By Lewis Hoban



Hobo Jackson - the Fall of Hobo Jackson

In the modern music world there are probably few musicians as decisive as Frank Lopes Jr., better known to internet patrician musicposters as Hobo Johnson. If you're like the average twentysomething busybody filtering around campus who wants me to get to the point already, (Mr.?) Johnson possesses a noticeable lilt in his craft, by which I mean it almost always sounds like he's on the verge of hiding the pain from someone he loves in a way he doesn't think is obvious, but in reality, it's quite the opposite. In his spoken word/rap/whatever he's up to, there's a crack of the voice box we, being former teenagers with poor life choices ourselves, are all too familiar with. Following this trend, Johnson seems to perform selections almost entirely around how much he loves this one girl, but she doesn't love him much back, and this quickly becomes the biggest source of conflict in his waking moments. Okay, that's not entirely true. There is one forlaffs ode to buying a used Subaru Crosstrek XV ("We're both pretty reliable/but got in a couple accidents"). But even his four-minute storybook approximation of evolution can't help but make a glancing reference to how stunning this one girl is. He's a sensitive wee soul, is Johnson, and therein lies the brass tacks.

If you've been keeping your ears to the ground the last few years, or maybe watched that remake of 21 Jump Street with Jonah Hill, you'll know that kids like us are much more in touch with our feelings. Before I sound like I'm trying to force red pills down your throat, just take a look at the state of music being made by the junior scene. Oliver Tree has transcended ego and has metamorphized into a living meme to market himself, boybands like BROCKHAMPTON are reminding us it's okay to cry. There are scream queens like Billie Ellish and waifish pixie dream girls like Snail Mail who are acting increasingly disparate and extra, and are openly discussing how they use guys. And then there's an endless amount of lanky soft boys like Rex Orange County or (Sandy) Alex G or whoever, to fill any Spotify playlist. Even ignoring the increasing bluntness, you could take the galaxy-brain approach and insist that all songs have been about mushy feelings (or straight wanting to pork, ignoring all nuance) before we had polyester hoodies and hi-tops. In that way, Johnson might be saying what any other twentysomething has been saying since the concept of monogamy was invented, but he truly sounds like he's on the verge of breaking, as we all probably would be.



JPEGMAFIA - All My Heros Are Cornballs

Peggy was always going to make himself a contender for Album of the Year, however we probably didn't expect this to be the intended product. In what could only be described as the sounds of a mainstream pop radio hit from a parallel dimension, layered with all sorts of avant-garde samples that'll trigger the lizard-brain memories of any kids listening, JPEGMAFIA is continuing to push the boundaries of what exactly his genre might be. He's quickly becoming something of a one-man Death Grips, but you could still say you like his music and not instantly summon the hipster daemons from the cracks in the wall to judge your normie tastes (ignoring the fact that most folks don't know what a Death Grip even is).



Temples - Hot Motion

One of the very first reviews I ever wrote was about this four-piece. It's on a blog somewhere which I will never reveal, unless bribed with alcohol. Point being, these guys were supposed to be one hit wonders. When they put out their 2014 debut "Sun Structures" to critical acclaim, it seemed as though these four lanky dudes with fuzzy hair and faux leather boots were neat for the most part. But as everyone started arguing about whether they were truly nonpsychedelic or just cypypasting the classics (the stereotypical Boomer conversation concerning Greta Van Fleet but ad nauseum), they were very quickly marginalised. Yet all this time they've been working on a new album for you, equally as airy, waifish and lucid as they were in their first release.

Honourable mentions:

Chastity Belt - Chastity Belt, Mystery Jets - A Billion Heartbeats, Noel Gallagher's High Flying Birds - This is the Place, The Roots Things Fall Apart [20th Anniversary Edition], Skatune Network - Pick It the Fuck Up, The New Pornographers - In the Morse Code of Brake Lights

Productive Procrastination

By Ella Somers



TV REVIEW: How to get away with Murder

Is there anything worse than finding a really amazing TV Series, and all you want to do is marathon it in one go but because of looming essay and assignment deadlines you can only torture yourself with small bits at a time? Because, SAME. That TV Series for me is currently *How To Get Away With Murder*, and I'm determined to get as many people hooked on the series as I can, so everyone can understand my pain.

I naively thought HTGAWM would be light viewing, but oh, how WRONG I was! I came out at the end of the first episode with my brain feeling like it had spent the episode in a smoothie blender, barely able to process what I'd just watched. I cannot believe that in my twenty years of being on this earth, and having the ruthless ability of finding flaws in

every piece of television I've ever watched, regardless of if I loved it to the ends of the earth or despised it, HTGAWM is flawless. FLAWLESS.

The directing, the writing, the acting, the plot twists, Viola Davis...everything is so incredible I still can't wrap my head around this miracle. The editing in particular is out of this world - the way they edited the back and forth time segments of the first season bordered on witchcraft. It normally drives me up the wall when a TV Series has back and forth time segments for very long as I always lose track of what the hell is happening but HTGAWM nails it. Does the series bend the rules of the law and truth, and likely completely ignore heaps of important Law Things™? Absolutely, but I'm not studying law so I don't care. The first five seasons of HTGAWM are awaiting your next procrastination session on Netflix. Don't blame me, it's Annalise Keating's fault.
10/10 brain smoothies

Podcast: On The Rag

I mean, what do you think you're going to get when you put the talent of Leonie Hayden, Michèle A'Court and Alex Casey (three incredible journalists who I aspire to be like when I eventually grow up) in a room together and then throw topics like being addicted to your phone, peeing in space, abortion and *Fleabag* at them? It wasn't like I went into the podcast thinking, "I am going to hate this and my eardrums are going to hate me," I went in thinking, "how

obsessed will I become with this podcast?" I love how all the heavy questions and topics get discussed while making sure the light and funny moments are in there too. And how all my favourite things like books, TV/film, random Twitter threads, politics and more are covered in here and all the hosts just have a good goss over it. If I had to sum up the podcast up in a sentence, I'd say it's like a really good pot of media soup. A bit of everything is thrown in and mixed about, and if it were anyone else doing it, it wouldn't be good soup. But because these women work so well together, and are so funny and interesting, it's some of the best media soup you'll find on the internet.



BOOK: The Hate U Give By Angie Thomas

I know improvements are happening in some educational institutions to try and drag reading lists kicking and screaming into the 21st century but most lists could still do with a clean out. "Hmmm, look at this ancient text by an old white man, who was probably a racist misogynist, whose work has been analysed to death by millions of half-hearted students who hated every word. Does this bring my class joy?" Um, no. And it frustrates me because when I read a book like *The Hate U Give*, a book which in my eyes is one of the most important and powerful books written in the 21st

century, and which SHOULD be on every reading list, educational institutions are still regurgitating the same old dusty texts again and again.

The Hate U Give follows Starr Carter who juggles the gulf between her two worlds: her private school life and home life. When her unarmed friend Khalil is shot in front of her by a police officer, Starr struggles to know what to do going forward. Saying something or saying nothing could bring risk not just to her life but her family and community, and throughout the book Starr has to decide what's the right thing to do while also working through her grief. Angie Thomas explores being Black in America, the power of the police, and white privilege with some of the most eloquent writing and compelling storytelling I've ever read. This is the most powerful book I've read this year. Read it.

BEN APPETIT

Two Years of Ben Appetit

By Ben O'Connell

Don't cry because it's over, smile because it happened. This is the final edition of Ben Appetit, the campus-centric food critic column that has taken up a page of each issue of this magazine for the past two years. There are only so many food places on campus, and it's a little arrogant to assume my food opinions deserve any more magazine space than they have got.

It's time to look overall at what we have learnt after two years of eating, critiquing, drinking, judging, eating, and repeating. I've shared countless hot takes, well-considered opinions, and everything in between. I've handed it over to the student body, who like me have heaps to say when it comes to on-campus dining. Behold, I present a comprehensive list of my (largely) unfiltered opinions.

There are countless great food places on campus. Conclusively, Nuts and Bolts is my number-one spot. I would give Ancestral and the Mix Café my podium finishes. In saying that, as a first year I would've told you that the Undercroft food court (Greek, Wok, Burg) is my favourite spot. Next year I will likely be answering with the Foundry (or LB + Co down Ilam Road, because I am turning into the post-grad type that has financial sense now).

Overall, there are so many good food places on campus that naturally my opinions will change. Menus change too: there are specific items on menus that are just amazing. I put items like the wedges at the Shilling Club, some of the burgers at the Burg, and the chicken bacon roll thing at Reboot in this category.

When it comes to the best coffee on campus, I have not had a new Foundry coffee but I have only heard good things. I tend to visit Café 101 for my coffees (on the off-chance I was to purchase one on campus). In saying this, there are several awesome places on campus where you can buy a coffee that won't leave you regretting it. In my time reviewing food places, Chiltons and Café 1894 always prove hot spots for coffee, so perhaps that's a good place to start too. I'll keep my final answer at the \$2 vending machine coffees despite it perhaps invalidating my opinions in the eyes of some readers. The thing is, when I plan to have coffee on campus I bring chai spice from home and add it to the cheapest brew I can.

A shout out to all of the people who have read Ben Appetit. Even if you hate this column, you're reading this right now (and you've

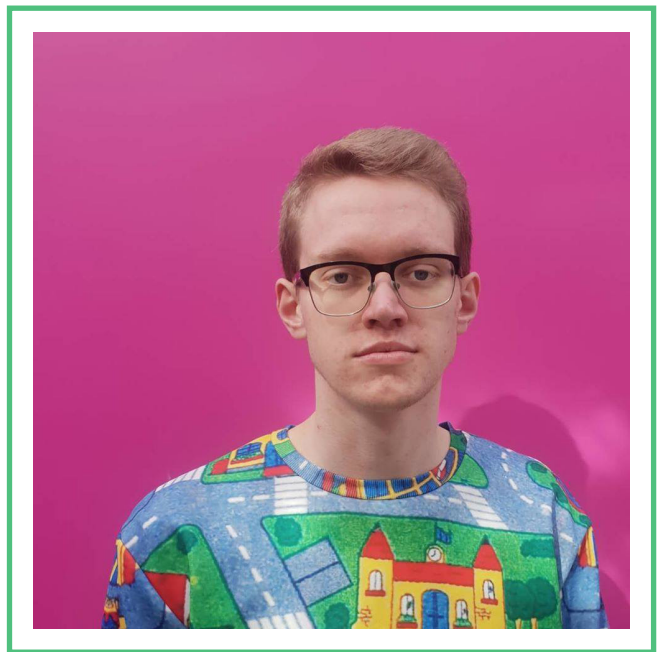
played yourself). I've had comments from second year psychology tutors to strangers at Mono.

I've received hate mail and fan mail and everything in between. The point of Ben Appetit is to widen the eyes of readers to all of the amazing food places right near you. Don't just stick to the foods you're so used to, but venture out! There are amazing deals right around the corner (including specific days of the Foundry Feed).

Keep a watchful eye on Facebook pages such as Free Food Society, Nuts and Bolts café, the list goes on.

Should I put 'published food critic' on my LinkedIn? Should I do the hall dinners Ben Appetit edition I've wanted to do for ages but never sorted out as a special next year?

If you've read this far I give you a hearty 10/10 Bens. Don't starve.



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A Chat About Change

With Alexia Hilbertidou

This Tuesday (8th of October), Red Bull are launching their Basement University campaign, where students are able to come up with their own tech solutions to problems facing our campus. I was lucky enough to chat with one of the keynote speakers, Alexia Hilbertidou, who is the founder of Girlboss NZ. Girlboss is an epic organisation working to get more women in STEM! Check out her inspirational thoughts on the STEM world below.

C. UC is known for its top engineering school, and yet the male cohort still greatly out numbers the female cohort; what advice would you give to those young women?

A. I commend these trailblazing women who are paving the way for more women in engineering. These women serve as role models to the next generation of female engineers who see their example and believe they can do it to. My advice would be to keep excelling within Engineering, ensure they are surrounded by like-minds who support their success, and to be aware of Imposter Syndrome - a psychological phenomenon that makes great people - feel like they're an imposter and undeserving of their success. You deserve every success and I hope your success will inspire others to also defy stereotypes and live to their fullest potential.

C. What advice would you give to the young men in terms of how they can help make the engineering school a more equal and friendly environment?

A. Listen - Believe women who feel like an outsider within in engineering, listen to their experience and challenge yourself to put yourself in their shoes. When have you been the only man in the room? Perhaps at your younger sisters ballet recital or meeting your new Girlfriend's all female friends? How did that feel? Did you feel that you could speak up and be heard or did you "shut down"? Make a conscious effort in group assignments and discussions to ensure that there is space for everyone to be seen and heard.

Speak - it is important that unacceptable behaviour should be called out by everyone, not only the targets of it, especially as men face fewer negative consequences than women for doing so. So, step in when you observe inappropriate behaviour as well as sexist jokes and assumptions. It is what male advocate Dr. Bastian Greshake Tzovaras refers to as "Intervene when you see BS. Don't be quiet in these situations, but speak out and offer support."

C. Why do you think it's important to engage more women in STEM? What can these industries offer to New Zealand?

A. A diverse STEM workforce will ensure that technological innovations better represent our society and solve pressing global problems. We need to recruit the most talented people to STEM fields, and not including half the population (women) in the pool of possible scientists and engineers is short-sighted and self-limiting. By supporting women STEM students we can out-innovate, out-educate and out-build our



previous generations, resulting in greater prosperity for us all. The pursuit of scientific and engineering knowledge is one of the greatest, most noble human pursuits with the power to solve our global problems - yet for most of history half our species have been barred from this adventure.

C. For the students reaching the end of their university degree, who are struggling to choose a career, what would you say to them if they reached out to you for advice?

A. Take advantage of every opportunity. Time won't provide your clarity on your career - experience will. The more you experience the more you will gain direction and clarity. No one person can give you the answer but through experience you will build confidence in your own ability to make the right choice for you.

Here's what you can do:
Attend Industry Events & Meetups,
Reach out to people in your potential industry for a coffee chat
Create a LinkedIn and use their mentoring

feature which peers you with local mentors in your industry who want to support you. Participate in programmes like the Red Bull Basement University Programme (Applications open now)
Attend a University Club event
Volunteer in the upcoming Salvation Army Christmas Present Drive (they really need more volunteers!) or Volunteer in a charity related to your potential industry
Go on Eventbrite and browse for an upcoming opportunity to get out there and gain experience.

The options are endless, find what sparks your interest and brings you the most discomfort. Discomfort is where growth happens, personal development does not live in comfort zones.

C. What makes you happy?

A. Seeing people succeed and being unapologetically ambitious in the pursuit of their most audacious goals. People who are not defined by statistics or stereotypes but living fearlessly with vision and hope. Seeing this, my heart just goes "YES! GET IT!" My late Nana was a strong Samoan woman who always believed in the potential within others to create positive change and radiated strong, positive, visionary, matriarchal energy. I realised pretty quickly that this energy that I loved and wanted to surround myself with, and so I created GirlBoss NZ and now work full time with tens of thousands of people who are courageous and ambitious and want to change the world for the better. That makes me happy!

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Day Adventure

By Sam Mythen

Pack a car full of friends, with warm clothes and rain jackets, and bring along plenty of snacks, including a thermos of hot water/tea/coffee/hot chocolate. A tidy two-hour drive west and you'll find yourself surfing through waves of the mighty mountains of Kā Tiritiri o te Moana aka. The Southern Alps. Can also confirm this trip has an eco-friendly option; being bikeable! My flattie, the wild and wonderful Mel having biked all the way to the access carpark to Temple Basin earlier this year – after this, she then proceeded to hike up to the ski field also!

On the way, I would recommend a short stop at the Sheffield Pie shop for some sustenance to get you through the rest of the car ride. Once you start heading in to the lower hills, keep an eye out for walks off the side of the road. These will be marked with the traditional forest green and sunshine yellow DOC signs. I'd plan this day to have no plan, other than escaping and exploring in to the mountains. Many of the walks head up into stunning valleys; a six to eight-hour hike, but you can just amble up the pathways for a little bit, until you find a sunny spot, with a nice view to set up your picnic lunch.

Keep driving through the backbone of the South Island, passing the ski fields of Porters, Cheesman, Broken River and Craigieburn. The latter two ski fields also have lovely little tracks which you can wander along. Keep a keen eye out for the chirpy colourful kea. If you reach the picturesque Arthur's Pass Village and there's still hours in the day, check out the Avalanche Peak walk. This is a marvelous and challenging route, around 6-hours return. It will absolutely get you sweating, but the 360-degree views are the best remedy for a tired and overwhelmed mind.

If you're on the hunt for more of a chill, relaxing stroll, there's the 30-minute walk to the Devils Punchbowl Waterfall, the 30-minute Cockayne Nature Walk, and the 30-Minute Old Coach Road Walk, as well as so many more! On the other side of the Village, there's some grand valleys you could explore also. Maybe even be spontaneous and keep driving until you reach the West Coast? There's a really tasty fudge shop in Hokitika, that's definitely worth the journey



Queen of the Castle

By Jahna Miller

The best way to sum up the Climbing Club's Castle Hill trip is: bonding through fun, bonding through hangovers, and bonding through boulders. If you're in need of a crew to show you around the climbing Mecca that is Castle Hill Basin, holler at the friendly bunch that is the UC Climbing Club... otherwise, follow this handy dandy guide to one hell of an adventure.

The first place to stop en-route is the Sheffield Pie Shop. There'll be none of your American fruity business here; a hearty meat pie is fuel for any adventure and makes up for the breakfast that you almost certainly missed as you ran out the door. Pile back into the car and cruise up the road for another hour or so, until the mountains part, and you'll be greeted by Castle Hill Basin.

There are two main options for climbing in Castle Hill Basin. There's Castle Hill; it's near the road, with easy access and proper toilets. Ideal for a casual trip or a shorter adventure, Castle Hill is busier, and the rock is a bit polished from being a well-known climbing Mecca. So if you have it in you, either get up earlier to warrant the walk up to Flock Hill or camp out at the bottom of the Broken River ski-field road. There are fancier options, but let's face it, we're students. There's a nondescript gate on the side of the road past the

Village. Park up here and get ready for a chill 20-minute walk then a 20-minute slog straight up. If you're hungover I strongly recommend Powerade. You'll sweat out the booze soon enough.

Take your pick of a boulder, set up your boulder pad, and get ready to send it! I'd recommend warming up at Bell Tower, as it's a fun chill rock to start the day with. It's a beautiful place to hang out; take a massive lunch, and hide your stash of chocolate from the sun. I've made that mistake once or twice. The final thing on the picturesque wander out from Flock Hill is to pull out as many wildling pines as you can! You'll feel bad ass AND you'll be helping DOC out, they don't want all those tiny ass pine trees growing willy nilly being big ass pine trees growing willy nilly. It's a win win.

Always take ample water, food, sunscreen, and warm clothes. New Zealand weather is temperamental AF. If you need to hire boulder pads either join the Climbing Club for free gear hire or check out Smylies in Springfield (\$18 for the day). Good luck, I'm sure I'll be seeing you all out there sometime soon. Who knows, you might even make it to the Olympics!



Flat Famous

AC

Don't let this mans sweet facade fool you, he holds a tongue sharper than a potato peeler with twice the sass. He will 'happily' serve you a freshly made double cheeseburger at the tail end of a big night underneath the golden arches so be nice. Big fan of Mexican food and actually cooks real good lasagnas.

Nick

Hails from the infamous town known as Dunners, rumour has it this man drives a red fire truck. After failing to win a certain election he's now looking for a job for next year. In the meantime he may be found at the Quiz nights and Mono emitting more vapor than the Hogwarts express doing the same dance move till the lights are on. Presenting your next 2020 UCSA presi- oh wait. (Sorry I couldn't resist) .

Kevin

No finer specimen to produce the highest pitch 'giddy maaaaate' uptime ever heard. Kevin is our resident meme lord. He's the proud owner of the national shutter island meme page (84 members) and likes to shout profanities at his virtual team mates until all hours of the night. When he's not going full brainy spears and having off his hair, he's modding out his barely legal land missile and tries to convince you its a car.

Baily

We arent really sure who this guy is but he finds a home on our couch Friday through Sunday. His favourite beverage is a cold lemonade and beer and he is constantly going on about some chick called Kathleen. There is an unconfirmed rumour that he is the lead singer of the world famous band The Raddlers. If that's the case then surely it isnt too much to expect some rent every now and then.

Hysham

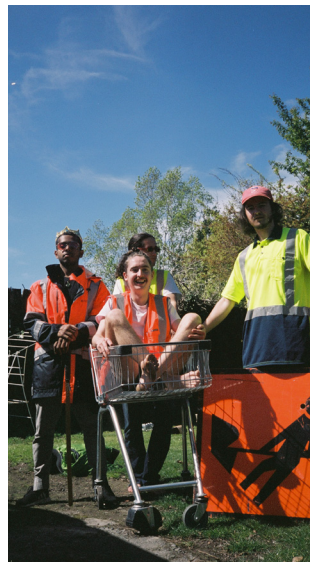
Hailing from the Maldives, one of the most mysterious beings you will ever meet. Can be seen at DnB gigs wearing a poncho after smashing back a couple of bottles of chocolate milk. Currently sitting at a 40% rate for getting into Mono. Genuinely the kindest and most caring dude you will find, this man is someone we should all aspire to be.

Yoko

The undisputed queen of the house, the most fabulous kitty in the world. Likes to sleep on warm laptops and cause mayhem at 3am. Almost a certified chonk these days and will only allow you to cuddle her for 10 seconds. She's currently working on be an Instagram model like most girls these days so give her a follow
@kittykat_yoko

Want your flat featured in CANTA? Email editor@canta.co.nz





This issue's FLAT FAMOUS has scored drinks, food, at the Fox & Ferret!

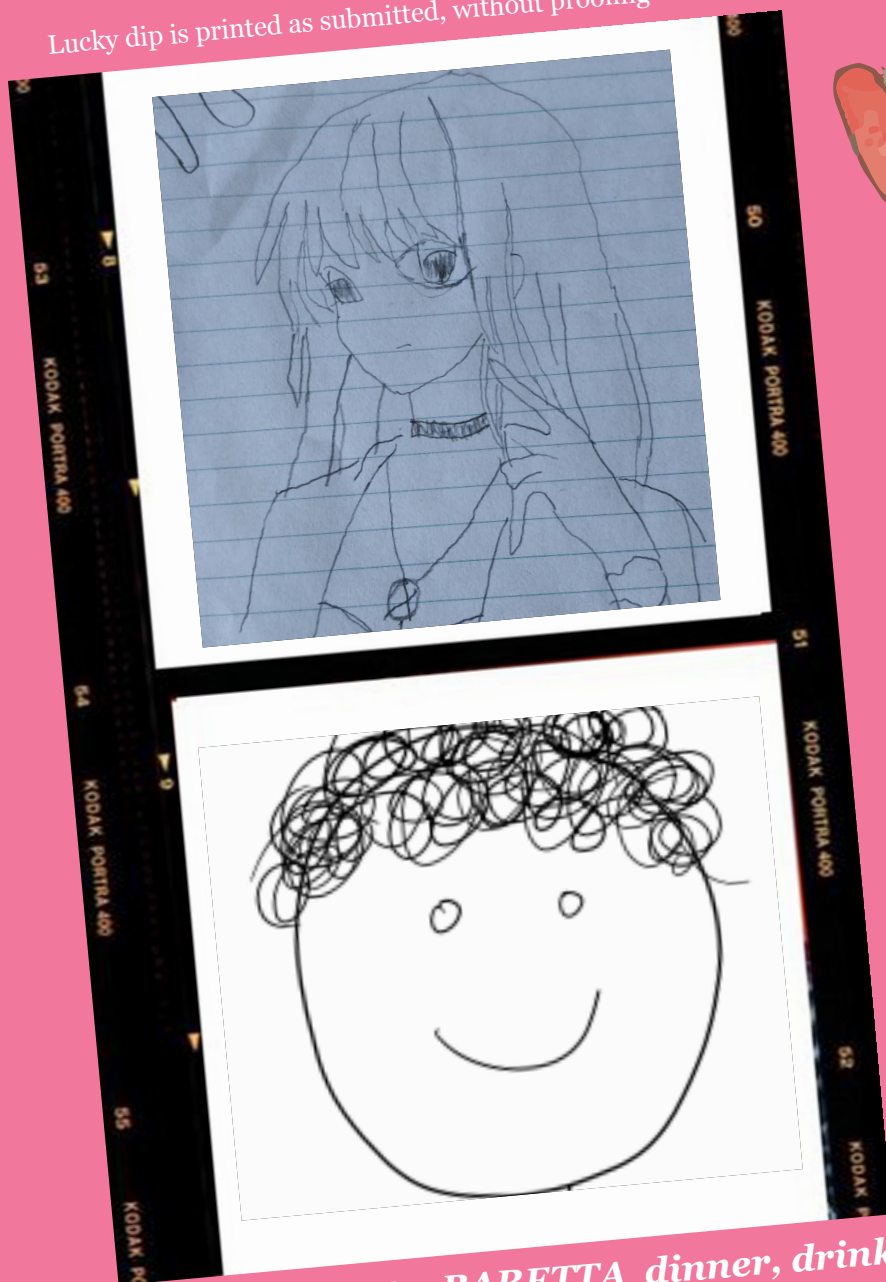
Photo Credit
- Java Katur

Baretta

Presents

Lucky Dip

Lucky dip is printed as submitted, without proofing



Want a BARETTA dinner, drinks and a chance to shoot your shot in LUCKY DIP? Email editor@canta.co.nz

One Side

WOW! What a night! How do I even begin? I suppose the beginning is as good a place as any. I had no idea what to expect and as my flat mate dropped me off, I was tense and slightly nervous.

As I say goodbye to my flat mate and close the car door, I feel like a kid being dropped off at school again. I walk into the restaurant (bareta which I honestly thought was just a club) and tell the matre'd I have a booking for Canta. She points me to a cute little table in the corner.

That's when I see her! This stunning creature whose looks literally take my breath away. As I approach, I become aware that I'm staring like deer caught in headlights. It takes all of my will power just to peal my gaze away from her. Now I'm not the worst looking guy in the world but in this moment I devastatingly aware that she's on a whole other level. Upon realising that I decide that my only way of matching up is to overwhelm her with my charm and natural charisma.... So I opened with a joke.... For the sake of my own embarrassment I won't repeat the half thought out attempt at a pun I made. But its safe to say it didn't land.

She just gives me this look of confusion, so I vow silently in my head not to make anymore puns ever again. We order drinks I get a glass of white wine, she gets a red. Its only after the wine comes, she lets on that she didn't realise that pinot noir was a red wine. I laugh and carry on with whatever menial chitchat I was saying before the wines arrived.

Then I realise that she was ever so subtly hinting that I should swap wines with her. But it's too late now the conversation moved on. To swap now would seem forced and unnatural. This has not been my date wow just mistake after mistake. At this point I was ready to write the night of as just a nice free dinner and free drinks. It was part way through our mains that I feel it.

My head shoots up as I feel her hand slide up my thigh. My eyes may have been as wide as dinner plates, I was so startled I almost stood up. Then she gives me the classiest little wink I've ever seen. Well at that we drink the rest of the tab in shots and left the bar. Needless to say I had a great night. It wasn't until writing this that I realised I never got her name...

The Other Side

While waiting in the restaurant, a part I had never seen or knew of before, I felt a sense of dread come over me since I had agreed to go on a blind date that the university set up. I felt much better when the only other young person walked in with his gorgeous smile and great curly hair. He dressed reasonably well and greeted me in a chivalrous manner. Really though, it was the earring that he had in his left ear that did it for me.

My night was starting to look up and I was very excited to see how it would turn out. His puns were lacklustre but he seemed a bit nervous so I let it slide. If anything, it was quite cute and amusing. I also did notice how he had big feet which was a pleasant surprise. We had a skim over the menu and ordered our food and drinks. I made a rookie mistake when I accidentally ordered a red wine instead of the white, he was kind enough to offer me his, but I wasn't going to back out. He ordered a vegetarian pizza while I ordered fried chicken, how much more opposite could we have. He made me laugh and smile which is always a tick on the checklist and the conversation seemed to flow quite smoothly.

The food was excellent and the sauce that came with it was even better. The skin was nice and crispy, and the meat was soft and juicy on the inside, just how I like it. The chili sauce was a winner, but I had to restrain myself because I didn't know what I would've been doing with my mouth later. The mojito was not up to standard which was a bummer but overall a solid 4 stars to bareta, you exceeded my expectations.

At some point throughout the night I had dropped my napkin and while I was trying to pick it up subtly my hand ended up brushing over his leg which he took as a move. I decided why not go with it and see what happens. I gave him my sexiest wink which only just seemed to "excite" him more. I was impressed the way that we both managed to use the tab in the most efficient way possible, obviously through shots. The night ended great and to the guy I went on a date with, come find me.

Thanks Canta.



B

A LITTLE PIECE
OF ITALY in
CHRISTCHURCH

Baretta
BAR & RESTAURANT



CANTA'S BROKEN NEWS



UCSA Awarded Supreme Club Award

The UCSA was awarded the Supreme Club Award at the Supreme Club Awards Ceremony that took place last Friday.

The awards are given out and based on voting numbers, with the UCSA receiving an overwhelmingly large percentage of the votes this year.

On the night, a UCSA spokesperson thanked all those with the positive feedback on UCSA noticeboard, and its personal publication, CANTA, for making this year so successful.

As a result, UCSA is awarded 100% of all student levys paid in 2020.



VC does Sick Kickflip off Beatrice Tinsley Building at Opening

The Vice-Chancellor has performed a "sick" kickflip off the top of the newly-built Beatrice Tinsley building at its official opening.

At the building opening last Tuesday the VC did a kickflip off the roof of the building, onto the ground below.

"As part of the official opening of Beatrice Tinsley, watch me do this sick kickflip! Woo fuck yeah!"

It is rumoured the Vice-Chancellor had been practicing the move for months in preparation for the opening and was stoked that she "nailed it".

Alumni Watch

This week in *Alumni Watch*, we catch up with Sally Sallyman.

Sally Sallyman:
BE (Hons), 1982-86

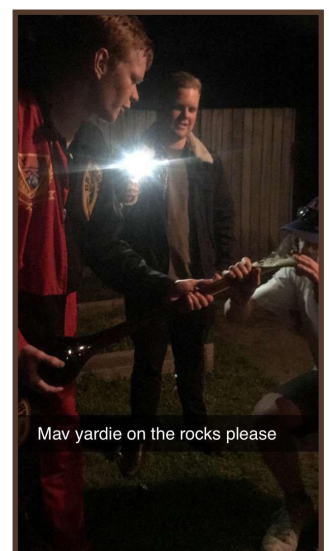
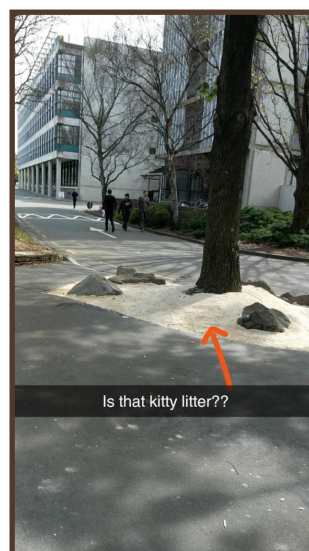
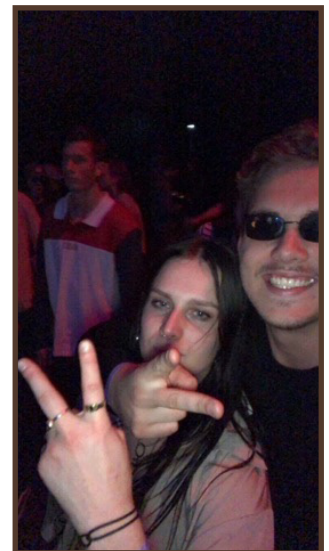
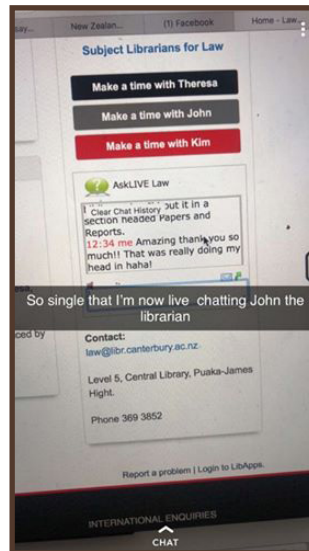
Born and raised in Epsom, Auckland. Moving to UC to study was a big change from the fancy riches of her native suburb. However, Sally soon fell in love with the casual-but-crazy culture that UC had to offer her.

Here to study Engineering, Sally didn't let it phase her that she was studying a cut-throat and difficult qualification. In fact, she thrived on it and was top of her class in '86.

Unfortunately after graduation the first thing she did was create a self-driving, drug-transporting, floatation device, for which she was consequently arrested.



Screenshot



HAPPY ENDING

I	N	D	E	P	E	N	D	E	N	C	E	S	T
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P	A	O	V	I	N	T	C	E	A	T	E	E	S
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ARTS AND FARTS
BEN APPETIT
CANTA
CLUB PROMOTER
DONNELLY
DRUGS
EDITORIAL
ENVIRONMENT
EVALUATE
FAKE NEWS
FEATURE
FLAT FAMOUS
HAUORA
INDEPENDENCE
INFORMAL
JONES
MAGAZINE
NOSTALGIA
ORIENTATION
PETITION
PRIZES
SAM MYTHEN
TWENTY NINETEEN



Cartoons by @rickytowsendnz



AQUARIUS

(Jan 20 - Feb 18)

We apologise for calling you a 'bitch' last week. We were simply inspired by the musings of Lizzo (just how everyone should be).

PISCES

(Feb 19 - Mar 20)

Approach your exams like UC students approach North Island concerts. Buy the tickets with zero foresight and just hope for the best.

ARIES

(Mar 21 - Apr 19)

Tea Party is fast approaching, but don't worry if you didn't get a ticket – equally problematic tea is spilled weekly on the UCSA Noticeboard.

TAURUS

(Apr 20 - May 20)

If you're ever feeling down, recall that someone placed raw, whole eggs around Ilam Fields for some reason.

GEMINI

(May 21 - Jun 20)

Pat yourself on the back for the hard work you've put in this year. The effort you've put in drinking is highly commendable.

CANCER

(Jun 21 - Jul 22)

Enjoy nights out like the trees on Hanrahan Street – first radiate your true natural beauty, before smelling horrifically like cum.

LEO

(July 23 - Aug 22)

DO IT, just DO IT! Don't let your dreams be dreams. Yesterday, you said tomorrow. So just. DO IT! Make. your dreams. COME TRUE! Just... do it!

VIRGO

(Aug 23 - Sep 22)

The Barnum Effect occurs when people believe that personality descriptions apply specifically to them despite them actually applying to everyone.

LIBRA

(Sep 23 - Oct 22)

Idle time is not wasted time. For example, I like to unwind by revisiting Cool Math Games, Miniclip, Moshi Monsters; etc.

SCORPIO

(Oct 23 - Nov 21)

Remember to vote in your local body elections! And remember to change your residence when you move house!!!

SAGITTARIUS

(Nov 22 - Dec 21)

Regardless of whether you think Canta should be independent or not, you're reading this right now so you support Canta anyway.

CAPRICORN

(Dec 22 - Jan 19)

Like last week's climate strikes, stand up for what you think is right. For example, standing up after being in bed all day? That's right.

HOROSCOPES



V ENERGY
MAIN STAGE

THUNDAMENTALS THE UPBEATS



THE BUTLERS
STRANGELY AROUSING
BATTLE OF THE BANDS



TUNESOC
SECOND STAGE

THE RADDLERS CASTAWAY • RUN77

MERLINCO • BATTLE OF THE BANDS

MOMENTUM
RAVE IN THE SHADE



SLY CHAOS

TWENTYTWO • ARJ

CHISEL • CSM B2B HOLLISTIC
DYER • GALBY • MANIK
RECLUSE B2B KWOK • TWEED



UCSA.ORG.NZ/TEAPARTY

gold.



So it's the 6th time I've changed my degree,
My parents have given up on me,
Little do they know,
I'm not down south for the snow,
Just here for the dick and the dnb.
- Sarina Frances Towers




**ELECTRIC
KIWI**

Congrats to the Christchurch winner of our
Electric Kiwi Limerick Competition. Keep an
eye out for our finalists meeting head to head
in a slam poetry competition on the 9th of October,
On the Electric Kiwi Facebook page.

T&C's apply.