

CANTA

Rāhina, Te rua o Poutū-te-rangi
Diversity | ISSUE #2 | MAR 2020



THE FOUNDRY

*Forging Memories
Since Ages Ago*

MONDAY

JINGO – Musical bingo with a twist. \$2 per card, with prizes for four corners, a line and a full house.

TUESDAY

QUIZ – Our Believe It or Not quiz is back!

WEDNESDAY

KARAOKE – Think you can sing? Join us for a laugh and sing your little heart out. Weekly spot prizes on offer.

THURSDAY

MONO – MONO nights are legendary with great acts from around NZ. Free entry with your Student ID!

FRIDAY

MUSIC – Live sounds from TuneSoc.

HAPPY HOUR

(4PM - 6PM DAILY)

\$35 beer tower and fries with Tui, Export or Foundry (\$45 Monteiths including Cider)

\$20 Tiger Crystal buckets (four for \$20)

\$7 house wines

\$10 Share platters

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EDITORIAL

I cannot believe we are already up to Issue 2 of CANTA...time is just flying by and 2020 is really setting itself up to hopefully be the best year yet! This issue is themed 'Diversity' - focusing on the things that make us different.

You'll find an article expressing why diversity is 'making New Zealand great again,' calling on us to celebrate all that makes us stand-out in our multi-cultural society. There's another article on the diverse ways we get to and from uni, encouraging us to pocket the car keys and instead stretch our legs for a leisurely walk, or get our heart's racing for a quick efficient bike ride to class. There's a dusty Electric Ave review from the crew at TuneSoc, an honest and raw feature on one student's time being involuntarily treated for mental health issues at Hilmorton. This issue itself is diverse, full of content and creations, showing that all of what makes us different is also what makes us important and so needed, not only in the UC community but also in this life itself.

As the university year wanders onwards, I challenge you to take this hectic time to figure out what makes you, you. I challenge you to embrace all your quirks and unique characteristics. Choose acceptance but also allow yourself the ability to change and grow too. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

Let's raise a glass of Bomb Bucha to all that makes us different.

Lots of love,

Sam

Letters to the Editor

Hey Canta,

I noticed you missed something very important from your cover photo of essential items - Sunscreen! There are about 67,000 new cases of skin cancer each year, so as a responsible student magazine, you should encourage students to slip, slop, slap and wrap! (You do however have sunglasses - good job)

Regards,

Someone burnt too many times

~

Hey friend of the sun,

Oh my goodness, yes! Thanks for writing in about this. You know I was actually pretty proud as I remembered sunscreen at Bay Dreams earlier this year & luckily there were some helpful dudes around to keep my shoulder's sunscreened up (also got provided with some great shoulder rubs there too!). To all the readers of CANTA - you can get cute lil bottles of sunscreen at pharmacy's, which fit perfectly in your fanny pack or you can clip them onto the straps. Keep sunscreened up and help ur friends stay safe too.

On a side note – probably best to always keep a rain poncho handy in the pack too...thanks NZ weather for a wild rollercoaster of a time at Electric Ave.

Best,

A lover of the sun (not the rain).

**DO YOU HAVE A THOUGHT
TO SHARE OR A QUESTION
TO ASK? SUBMIT IT AT
CANTA.CO.NZ/FEATURE-IN-CANTA**

Dear Editor,

It has come to my attention that the latest issue of Canta does not in fact include any games, these were the highlight of my year last year and I am beyond disappointed in this change, how is one meant to get through an engineering lecture without their weekly crossword, do you expect me to listen?! Don't be ridiculous.

Kindly, an avid crossworder.

~

Dear crosswording pal,

Do not fear at all – cross words and puzzles will absolutely always feature in CANTA! Issue One just missed them out as we wanted to highlight the beautiful horoscope artwork. Soooo, check out Happy Ending now I hope these puzzles get you through eng this week.

Kindly, the Editor who sucks at puzzles.



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Broken News

Quiet O-Week for UC Neighbours

Neighbours of the University enjoyed a quiet 2020 O-Week with few disturbances and loud noises.

Local residents to the Ilam area were reminded why they moved to the area, as students kept to themselves and didn't have much fun during the week of Orientation.

"I assumed when I moved to the area, due to the high student population, it would be quiet and peaceful. This O-Week I was kindly reminded of that" said one local resident.



Friday Morning Haere-roa Lectures Causing Post-Mono PTSD

Friday morning lectures in the Haere-roa Building are causing some students to suffer from Mono PTSD.

Some unfortunate students who have a Friday morning lecture in the Haere-roa building are suffering from reminders of their Mono activities.

The Ngaio Marsh Theatre, located within the building, is home to both lectures and roaring Mono nights,

with some using the location for both purposes.

"I walked in on Friday morning and I could still smell the booze, it immediately gave me a flashback to a terrible decision I had made the night before that I would have otherwise never remembered"

Electric Ave Awesome Warm Day

Attendees of Electric Ave 2020 were subject to an awesomely warm day as sun and dry weather kept up all day.

The intensely warm weather allowed many to last through the 12-hour event and caused some to overheat.

"At about 4:30 when the sun was still blazing I was so happy I had no excuse to leave whatsoever!"

Upcoming Events

This March

(Because sometimes it's important to remember there's more to life than study)

4

Half AGM

Canterbury University
Tramping Club 7:30

5

Entre Grand Launch

6:30pm @Eng Core

6

MUSOC

– The Best Little Whorehouse
in Texas

6

SHADES

10pm @Hide

7

Ferrymead March Night Market

4pm @Ferrymean Heritage Park

8

THRIFT n MOTION

10am @Grater Goods

11

Closing The Loop

5:30pm Exchange Christchurch

11

BBQ & Quiz Night

6:00pm @Haere-Roa

11

Little Women Openair Cinema

6pm @Rauora Park

12

Unchatter:

A Connection Experience

21

A Night of Drum & Bass Festival

@Addington Raceway



Biking Diversity

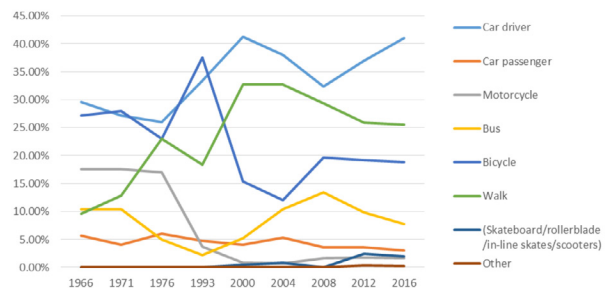
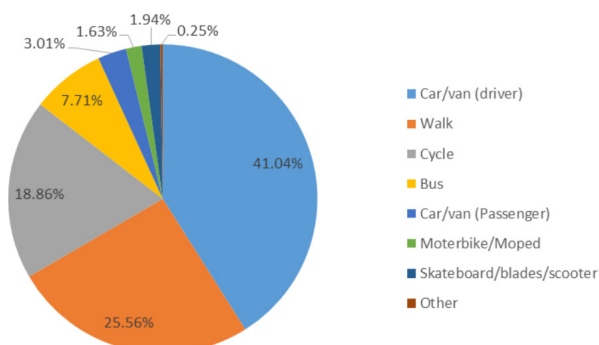
By: George Stilwell & James Ramsay

What makes up Diversity isn't just the colour of our skin, what our bodies are like, or our family history. It's not just what we were born with. Diversity is also who we choose to be: our behaviours, habits and actions.

It's easy to think that we're all pretty similar in this regard. We're all students that diligently get up on the first alarm in the morning, eat our well-rounded granola and yoghurt breakfast and take our time on the morning stroll to uni, knowing we have plenty of time to make our much-loved 8am lectures. Right?

When we look at UC as a whole, we as a collective exhibit an incredibly broad collage of different ways that we go about the same thing. No example of this is so obvious as the diverse ways we go about getting from 'A to B'.

It's not just what we were born with. Diversity is also who we choose to be.



It might surprise you to learn this, but for the last half century, UC has surveyed students and staff on their travel habits. The 'UC Travel Survey' began in 1966 and has run every 4 years since - with the next survey due this year. It is a treasure trove of data for any aspiring postgraduate mathematics students hiding away in a dark corner of Erskine, but it is also a shining example of how diverse we students are and have been, over the history of this institution. Like the good engineering students' we are, we have attached some key figures from the latest report (with the caption underneath not above!). These show how funky the flavours of our transport pie are, and also how they've matured with age since 1966 (like that Country Red Wine goon sitting above the pantry since 2017).

We know most students don't enjoy looking at data and graphs as we do, so let's cut to the chase. Approximately half (41.04%) of students drive to university. Of the remainder, about half walk to uni, a third bike, and the rest either bus, scooter, or skate.

This graph says a lot about our city, our campus, and us students. Firstly, it shows that the university is quite accessible with almost all substantial transport methods being represented. This is something we should be proud of. From 'skater girls' to 'back-of-the-bus bandits', there is a place for everyone. On the other hand, the graph also shows that we are extremely biased. Over 40% of us drive to university.

Meanwhile, over the last few years we, as a collective body of students, have been calling out for more sustainable practices at uni: less plastic, get rid of the coal burner, join the student strike for climate! But are we really living up to our own rhetoric?

This is where one of the key components of diversity comes in to play (and usually the contentious part): with such a range of diverse options accessible, what do we want our pie chart to look like? What should it look like? And what actions should we take to make it so?

We believe this isn't what our pie should look like. Like pineapple on a pizza, our high car driving stats are a scourge on this crust! We live in a beautiful flat city, with a relatively good climate, strong public transport infrastructure, and a university that is engaged with students and want alternative means of getting around to be non-alternative (see the awesome work done by the UC Sustainability team). Additionally, the construction of excellent off-road cycleways by the Christchurch City Council over the last few years (and continuing over the next few - e.g. along Ilam Road) means that we are the perfect city for biking (take it from a Wellingtonian).

What if the numbers were reversed? What if 40% of students biked, and less than 20% drove? We're not saying ban driving to university. Cars have their place, absolutely (James still drives a '93 Subaru Legacy when he needs to). Diversity is about accepting the differences, understanding each's strengths and weaknesses, and being brave enough to make changes to our behaviour in line with our principles. We are at the precipice of reshaping our country for a green new world. That change begins city by city. And we can bring that change about right now, on campus here at UC.

Three things are needed for us to successfully overcome these challenges

"Okay. I'm on board. But how?" you ask (conveniently for this article's next point). "After all, we're already so set up for driving. Drivers don't make room for cyclists. What about when it's raining? What if I need to get groceries on the way home? Or pick up a stray puppy? Or if I'm tired?" We would say "These are valid points, and ones we all have to work through. But the solutions are already out there."

Three things are needed for us to successfully overcome these challenges:

THE RIGHT BIKES FOR CHRISTCHURCH.

If you want to get groceries, carry textbooks, or bike when it's wet, then a cheap all-terrain warehouse bike isn't going to do the job. You need a bike that has a basket or a rear rack, and has mudguards/fenders to prevent splashing from the wheels. Then it's surprisingly easy to go almost every day without the use of a car. (If you're interested in what sort of bike is right for Christchurch, look up 'Flat City Bikes' on Facebook*).

THE INFRASTRUCTURE FOR CYCLING.

With the cycleways; new bike parks at uni; and active investment and interest by the council, schools and uni, Christchurch is already a great place to bike and it's only getting better. By joining our voices together, we can have an influence on these decisions too (If you're interested in this, join the 'Cycling Christchurch Chat Group' and 'Spokes Canterbury' on FB).

A CHANGE IN CULTURE.

Let's embrace the diversity of transport in all its forms and be accepting of each other and our differing needs. When we drive, let's be more courteous to cyclists. When we bike, let's be courteous to pedestrians and be sure to signal for drivers. When we walk, let's be courteous to each other (and try avoid walking in fresher packs that take up the whole footpath from C1 to UniHall!) Let's decide collectively what our pie chart should look like (instead of just the opinion of two writers in the student rag) and together take action with conviction to make it a reality. (If you're interested in this, then take action).

We can't choose who we are, but we can choose how we act. So, let's make UC's 'transport pie chart' taste great again.

*Note on writer interests: George and James are two postgrad students with an active interest in developing Christchurch into a sustainable and exciting city. To address the issue of the right bikes being inaccessible in ChCh they started Flat City Bikes and are taking pre-orders currently on a run of commuter bikes designed for Christchurch.





Mobility

By: SRW

Our world is filled with biases and assumptions. It is easy to get caught up in ideas that only benefit a small fraction of people. It is much harder to keep our thoughts open. This is the nature of society and of being human: we are inevitably affected by what we are exposed to. Though we cannot control what happens to us, we can control how we react, and what we put back into the world.



UC Compliments

24 August · 🌐

Compliments to those students that can hold their heads up high as they get into the lift on level 3 and then out again on level 4 of the library! I wish I had that much pride



244

85 comments 1 Share

I live with a progressive, genetic disability. My muscles are strong enough to keep me moving and walking, but I function constantly at the level of most able-bodied people at the end of a marathon. When I was younger, I made lots of sacrifices for the sake of looking 'normal' – pretending I wasn't in pain was better than admitting weakness. But as time went on I learned to ask for help, to be kinder to myself. And as I got older, I learned that our world can be so cruel about things that it doesn't understand.

I see how quick people are to form opinions on others. There is disbelief surrounding androgyny. Snarky comments about weight. Mindless racist remarks from people who cannot pronounce the language they are degrading. It may be 2020, but we still live in a world that fears difference. If we don't fit into a box, people panic because they don't know how to categorise something new. So, we have to try and educate – we have to try and make people understand. To dispel fear, and encourage empathy.

I have to be honest: I am tired. I am tired of telling people I can't climb stairs due to my injury, because when I say disability they look around me for a wheelchair. I am tired of apologising for taking a lift up one floor, for parking in a disabled spot, for being the slowest walker in the group. I'm not the only one: everyone has something that they tire of having to explain. Explaining what pronoun you would like to be called. Explaining that someone needs to speak louder because you have low hearing. Explaining that you can't make it out tonight because

your anxiety is too severe. Explaining your ethnicity, and being contradicted when you don't fit into someone's stereotype of it. The catch-22 here is that we must explain for you to get to know us, and we will. Please ask us questions. But don't tell us who we are, or that we aren't disabled enough, or Asian enough, or masculine enough, or good enough. We decide what we are for ourselves.

Minorities are not always without support. UC's Equity and Disability Service over in Forestry provides resources for students such as assistive technologies, study rooms, parking permits, sign-language interpreting and a lot more. They structure their service in a way that puts the student first: a consultation is made and you are given the opportunity to talk one-on-one to explain your situation and needs, and they use their resources to make your study as accessible and enjoyable as possible. They also offer help for temporary impairments and injuries. There are many support services on campus – for Māori and Pasifika students, LGBTQIA+ students, and all manner of diversities. I transferred from another university to UC in my first year, and found UC to be such an accommodating and supportive environment. To quote UC Me advocate Sean Lydiard, "To be in a place where your work and your identity are validated is so exciting. If you reach out, you'll be welcomed."

UC as an institution is striving to provide services that support diversity. The most challenging aspect about being a minority at university is the assumptions people hold about what



UC Compliments

Friday at 1:00 PM · 🌐

Compliments to the girl who used the elevator in the library to go from 2nd to 3rd floor, and then to the guy who had the nerve to say "are you serious" before exiting onto 4th floor



640

100 comments

the hegemonic norm is, both on and off campus. We all have them. It's so easy to assume that the cute girl you've been hitting on is straight, or that someone overweight is lazy rather than dealing with serious health complications. To assume that fire drills are not a big issue, but it disables elevators and leaves people in wheelchairs stranded. Often, these are the kinds of things that we don't think about unless we are close to someone dealing with them. It hurts to see disabled minorities constantly overlooked. Because there's less of us it's easier to ignore us – but what if it was your daughter? Your best friend? Your husband? Suddenly it changes perspective. A little thought can go a long way – reading out a menu to someone who is visually impaired, or learning some simple sign language to assist someone with low hearing. Hardly anything means more to me than someone silently offering me an arm when I go down stairs.

It's not easy to cater to everyone all the time. We all lead busy lives and we have our own battles to fight. Boomers call us "snowflakes" – and there seems to be a belief circulating in our society that being understanding is being "OVERLY POLITICALLY CORRECT". I will fight this idea to the death: kindness is not weakness. Knowledge and awareness is a touchstone for making us all kinder, better and smarter people. We don't have to pick fights or be a social justice warrior in every room we walk into: we don't have to sacrifice ourselves to save each other. We just have to start with a little bit more thought.



By: Sam Mythen

When kombucha hit the shelves of our supermarkets, and the cute little stalls at local markets, I unashamedly admit I was sold. A massive fan of anything slightly fizzy, hopefully healthy, and advertising a mix of natural flavours; well the colourful cans of kombucha got me good. I'm also a fan of a tasty chill alcoholic bevvie, especially to sip on out in the sunshine on a sweet summer afternoon. Yet, never was I to think that these two loves could be combined...

Then, last month, out of the blue, I got an email from Jack, one of the crew at Bomb Bucha...And this was the beginning of my introduction to what is sure to be a life-long friendship with alcoholic kombucha.

Just last week, I sat down with Jack Kendall, Finn Ross, Olivia Manaton and Ashley Pibbs, the creatives who brought my dream drink to life.

I began the interview by asking how they knew each other and soon discovered what happens when you put a supply chains operational management student, a economics and ecology student, a law and criminal justice student and an accountant all together in a flat - a wonderful idea.

Bomb Bucha started in July 2019, when they did a trial run making alcoholic kombucha themselves, mixing the naturally fermented drink with vodka. Just five days later, they had an incorporated company. Putting in some hard mahi, including reaching out for advice from every kombucha maker and local brewery in the country, they eventually linked up with Awaken Kombucha in Timaru, who is the main producer of that side of the product. After the kombucha is made, still in its live state, it gets sent down to be mixed into magic and packaged up in Dunedin.

There are some really down-to-earth ideas behind Bomb Bucha, following the themes of 'environment, health and the rave.'

Firstly, not only a business made by students, Bomb Bucha is made for students. Cans were chosen to hold the beverage, meaning students in halls can drink them. They also support other students, the cool funky can designs made by Lucy Revell from Massey University (@lucyrevelldesign). It comes at a student price too - currently on sale for a sweet \$25.99 for a box of 10, 6% drinks - to good to be true. This leads on to the next standout point...



There is a large conservation focus and the crew at Bomb Bucha don't want us to be paying more for a company that is sustainable. The aluminium cans take a 10th less of energy to recycle than glass bottles. One percent of their revenue also goes towards the Live Ocean Charity, created by Blair Tuke and Pete Burling, part of the winning NZ team at the 2017 America's Cup. Furthermore, they offset their carbon emissions from their business by 200%, buying carbon credits which result in the planting of trees. They hope their actions will challenge other kiwi businesses to do the same.

Thirdly, a live product of kombucha is used rather than a pasteurised or concentrated mix. Although it was a big challenge to work with live culture, this means they're not sacrificing the taste of the kombucha and it still contains only natural sugars. It is also made with real ingredients, such as lemon and mint, and the new upcoming flavours of raspberry and lime, rather than sugary additives and syrups.

The day after the interview, Bomb Bucha hit the shelves of Christchurch - the perfect timing too - the day before Electric Ave. You can help yourself to a box of lemon and mint flavoured Bomb Bucha at Illam and Horny Superliquor. Or, if the couch is just too comfy, keep an eye out on their website - bombbucha.co.nz - as in a few months they'll be selling online, nationwide, and just for the residents of Christchurch, they'll be doing free overnight shipping!

After taking a can of Bomb Bucha back to my flat after the interview, and chilling it in the fridge for a while, I took a sip and was hooked. Sharing round with my flatties, they all returned with the same verdict which led to us heading to Illam Superliquor and filling our fridge up with Bomb Bucha the very next morning. Easy to drink and super flavoursome, it carried us through the boogie (& rain) at Electric Ave well. Make sure you don't miss out and try some yourself!

Insta: @bombbuchanz

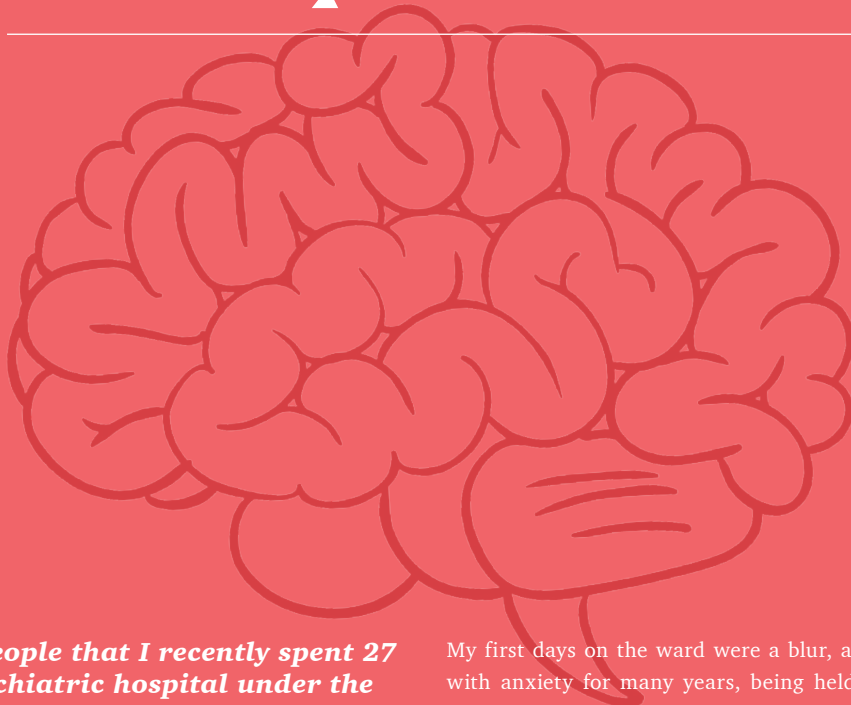
FB: @bombbucha





Lessons from the Psych Ward

By: Anonymous



When I tell people that I recently spent 27 days in a psychiatric hospital under the Mental Health (Compulsory Assessment and Treatment) Act, most people assume I spent my time walking around the ward in a zombified state or being locked up, isolated and drugged.

The idea of being involuntarily sectioned is a key theme in many horror movies and is also dramatized in popular TV shows and movies like *One Flew Over the Cuckoo's Nest*. This has led to the incite of fear, panic or ridicule at the very thought of hospitalisation for mental health issues.

When I was finally admitted to a psychiatric ward after days of increasingly more serious and impulsive suicide attempts and suicidal ideation, I was perhaps understandably terrified. I had irrational but strong fears of overzealous nurses, physically violent patients and bars on my window.

My first days on the ward were a blur, and having struggled with anxiety for many years, being held against my will in a strange place was honestly a pretty frightening experience for me.

I expected to be met with coldness or indifference in the hospital, only to find loving and encouraging patients, (mostly) compassionate and competent nurses, and highly trained psychiatrists and junior doctors.

The reality was in stark contrast to my fears.

I remember that during a particularly difficult afternoon when I sat and wept openly in the ward corridor, a young man just out of high school took me to the sensory room, plugged in some music and sang to me until I felt calm.

When I was moved to a different ward after a week, I felt overwhelmed and frantic. Beds were in high demand and

for logistical reasons it made sense to move me to a different ward, but I'd just started to feel safe where I was so I broke down. My favourite nurse hugged me really tightly and told me I would be okay, that I would lead a spectacular life, that she cared about me and would be cheering me on, even if from a distance.

On my worst night on the first ward when my assigned nurse told me I was too pretty to be suicidal and that western youth were just ungrateful for all we have, a hospital aid sent her away, made me a hot milo, and offered me words of hope and truth. When she was shifted on the second ward I was assigned to, she saw me and remembering my name threw her arms around me, and made sure to tell my mum how lucky she was to have a daughter like me.

When I told a fellow patient about my suicide attempts when she enquired why I was in the hospital, she took my hands and looking directly at me, she told me in no uncertain terms that my life was important. That I was important. That she would fight to keep me alive.

This particular patient was a middle-aged woman with a young son. She was experiencing her first episode of severe psychosis and saw worms crawling out of her eyes. Something that if I had heard pre-hospitalisation, may have made me inwardly laugh or grimace. Yet she is one of the gentlest souls I have ever met, and she gave me a beautiful abstract painting of her day at the beach that she created while on the ward. I have since hung this on my wall at home so I am always reminded of her kindness.

I met a strong, fierce, divine Māori woman who was having a bipolar episode which had unlocked some

past memories of her culture and she spoke beautiful Te Reo she didn't even remember knowing. A qualified actor, she drew me out of my shell and helped me find my voice. She also had a natural gift for art and was as bold with colours as she was with love.

She encouraged me to start writing poetry again. In high school I used poetry as a mental health outlet – to express my struggles. My school, seeing I had a small talent at it, used my writing to win competitions and be accepted into publications. What was once my joy became a burden and I immediately stopped writing once I left school. My new friend encouraged me to write, claiming each disjointed line was a masterpiece that should be treasured. We cried, laughed and got creative together. Before she left the hospital she told me she'd gained a tēina (younger sister). She continued to visit me in hospital once she was discharged and we still talk regularly.

I'm not going to lie. My time in the hospital wasn't all smiles and roses. There were times when I wasn't sure I would ever be discharged, times when health professionals treated me so unfairly I considered laying formal complaints, and times when being in the hospital felt like a curse.

I had a mixed bag, some good experiences, some bad experiences and some neutral experiences. There were highs, lows and lulls – much like regular life really. But just a quick google search will show you that the media prioritises sharing negative psychiatric hospital experiences – it's much easier to pull in the reader with a dramatic headline, without explaining that for every negative experience there are probably a dozen positive ones.

I'm here to show you the other side. To highlight that most people working in psychiatric hospitals are doing the best they can in a broken and underfunded system. That sometimes they screw up too because that's what it means to be human. That most people have your best interests at heart and just want to help.

And for those of us who have been, are, or will one day be patients in a psychiatric hospital, I learned something very valuable. We are people with severe mental illness and with that comes challenges and struggles at times. But I now know that our beautiful, differently-wired, glorious, intense minds bring a diversity to this world that allows us to offer compassion, love, hope and joy in a unique way, and the world would be far worse off without us.

I knew as I emptied my room in the hospital, gathered up the jigsaw puzzles and adult colouring pages I had meticulously completed whilst being an inpatient, that the diversity of the human mind - that my experiences and the experiences of others just like me - makes this world a brighter, stronger and better place for all of us.

And that's something I will never forget.

Where to find help and support:

Need to Talk? - Call or text 1737

Youthline - 0800 376 633, text 234, email talk@youthline.co.nz or online chat

If you are currently feeling overwhelmed and don't know where to start searching for support book an appointment to talk with your GP



Diversity Makes NZ Great Again

By: Bianca Parshotam





A few weeks ago, the world watched as Taika Waititi, a self-described 'Polynesian Jew' won the Academy Award for Best Adapted Screenplay. A few days later, many of us were seen at the famous Night Noodle Markets, eating the very best of Asian cuisine in the country and from abroad.

In our world today, some of the very best in food, art and culture all stem from minority ethnic or migrant backgrounds. Our little country provides a multicultural and extremely diverse face to the world. What would golf be without our Lydia Ko, boxing without Joseph Parker or rugby without half of the ethnic players that make up the All Blacks.

The make-up of our population has seen dramatic change over the last decade and the diversity we see in this country is only growing. Ethnic communities have consistently shown how valuable they are to the fabric of our nation and are embracing New Zealand as if it were their own.

To accept and welcome the culture of another country and its values can be challenging, especially when they are completely different from your own. It is not only foreigners who need to learn to adapt but Kiwis themselves have a responsibility to accept a blend of new cultures and what they stand for.

The 2018 Census serves to highlight how New Zealand's cultural make-up is becoming more diverse after a huge growth in population over the past five years. 27.4% of people were counted as not being born in New Zealand, which is up by 2% in 2013. 16.5% of the population identified as Maori, with 15.1% identifying with at least one Asian ethnicity. These statistics show us that diversity is only growing in New Zealand, so acceptance and understanding are highly important.

I believe that it is education and awareness that help generate a greater understanding of living in a diverse nation. As the daughter of two immigrant parents, I am greatly aware of the stigma surrounding ethnic minorities and the fear they are 'invaders' or out to get rid of New Zealand culture.

Growing up in Auckland, our nation's biggest city, in the early 2000's, was not as diverse as it has now come to be. I was painfully aware of how much I stood out amongst my European classmates, and thought it was the norm to always be one of two (maybe three) ethnic kids. My classroom environment was unfortunately equally reflective of the society I lived in where I struggled to find people that looked like me.

Diversity has sometimes been viewed as a negative thing, especially in a small country like New Zealand. Too often, people are viewed differently and treated as if they don't actually belong here, seen as the 'other' to stay away from. With more migration occurring around the late 2000's/early 2010's in NZ, it has taken a bit of getting used to, we are now seeing a melting pot of different faces.

The sad reality is, we are all quick to flock to the Noodle Markets but then stereotype Asians for having Coronavirus or not being able to speak English. We all love going to the Diwali Festival, but then clump together Indians, Pakistanis and anyone from the Middle East. We moan when we have to hear something repeated in Maori, roll our eyes if someone speaks with broken English or make faces if someone is eating something that looks or smells different.

It is great to see that New Zealand has become one of the most diverse countries on the planet and many people feel as if they can call NZ home. Yet, on the other side there is still a lot to be done to fully embrace and accept other cultures. More needs to be done than holding one celebratory event in hopes people might like certain aspects of one's culture for an evening.

Diversity, put simply, is what makes New Zealand great. However, it is immigration talks, polarisation and the poisonous debate on refugees that threaten to expel our diversity into division. That is not the New Zealand I know.

When it comes to our culture and our country, we are actually not even divided. We unite together in our admiration and pride when the Haka is performed, we are proud of the accomplishments of Valerie and Steven Adams, the brilliance of Parris Goebel, and so many more. It is so crucial we do not forget this, especially at a time when race relations are tense and we are fed to believe stereotypes around a certain race or ethnicity.

We must remember that we can, and should, always do more. For those that are of a minority ethnic background, there are still huge barriers for them to overcome despite the growing numbers. Our culture is so valuable to us and it should be shared collectively, not reserved for a few, and it is important we all play a part to make sure that is the case.

Let's not let us lose sight of what makes New Zealand so special and one of the best countries in the world to live in. It is our differences that unite us and help fuel our sense of belonging. Our exposure to all the cultures of the world is something that is increasing and this simply helps fuel our own.



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Untitled (2019)
Oil on Board
Richard Elderton
@rre.nz.jp
SKUB

PRESIDENT'S PIECE



Kia Ora, hey, how's it going?

One week in and the UCSA is so pumped to have seen you all at O-Week! It hasn't been long since we caught up so I thought I would give you the quickest run down of what we have been up to before getting the lovely Art Rep, Ben, to introduce himself!

Week 1, tick

Mardi gras, tick

Clubs days, tick

Exec meetings, tick

Lots of free food, tick

Record number of students, tick

New facilities including hot water and table tennis in Haere-roa, tick

Honestly it has been a blast and an honour for the exec to welcome you all to, and back to, campus. This year, in the interest of keeping you up to date, we are introducing TWO NEW things:

Head to ucsa.org.nz/media-ads/news/ for constant updates on what we're doing to advocate for you! Including our progress on getting a standardised use of ECHO360 across Uni!

I'm actually pretty damn boring, so you'll get to meet the executive throughout the year via CANTA. They'll talk about things they're up to, things they want to achieve and even a bit about their life outside of the UCSA. I encourage you to get to know them and make the most of holding them accountable to their goals. So without further ado, Ben O'Connell, your lovely Arts Rep is kicking us off!



EXEC PIECE

Tell us everything we need to know about you in one sentence: I'm Ben O'Connell, a media and international business fourth year that still does improv comedy at DramaSoc's Say What!

What is your role on the exec? I'm the College of Arts representative, and I handle the media + communications internal portfolio.

Where is your favourite place to eat on campus? This feels like a loaded question considering the Ben Appetit column I ran in this magazine the last two years, but Nuts and Bolts is the only correct answer.

What is your goal for the year? One goal of mine for this year is to further educate on topics of consent, violence, sex, abuse, and rape. I've been a Thursdays in Black exec member since it was affiliated. How we've tolerated past campus news is wild to me, I'd like to see better workshops. We need to provide comfortable spaces to speak up in. We need to keep being better.

What do you want to be when you grow up? A journalist or a comedian. Anywhere I can be a creative witch. Also, happy.

What are you working on now? I'm editing the footage of the epic Survivor red-card I held the other week into episodes, which is proving harder than I first thought it would. Drunks don't make for the best narrators.

What is your best tip to make the most out of uni? Never buy textbooks unless you're just that into the topic that you want the book forever. Also, how university is a bubble; life goes on and future employers don't care that you founded Juicy Memes for UC Teens.

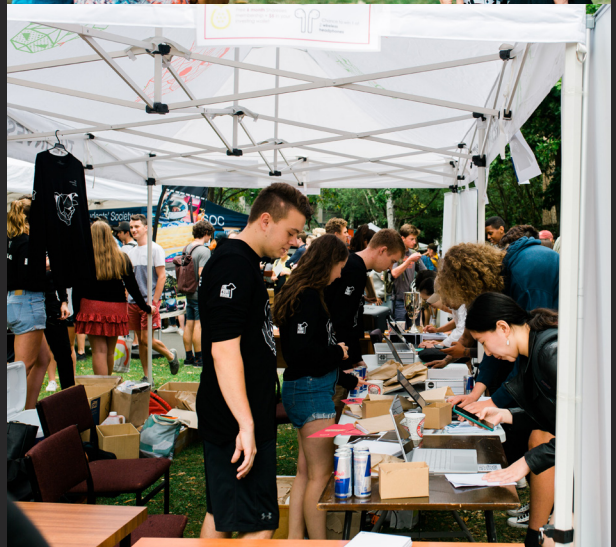
Why do you want to work on the exec? I was CANTA's deputy editor last year, and saw from within the UCSA how much could be done. Now that I'm an exec member, I aim to continue pushing for diversity, working in the digital world, and sticking up for the little guy.

CLUBS DAY

By: Lily Mirfin

Clubs day. The yearly pilgrimage for freshers or any student who wants to renew their Liquor Land discount. I left this year's club day with a tote bag full of Young Labour condoms, Young Nats bottle openers, a cake made by female businesswomen, and a sizeable pile of brochures about bible study. Sadly, not a pair of jandals - come on, Student Life, I was standing right by your tent.

Also, I still don't quite understand what a spiritualism survey is. Most of the clubs I spoke to were open and engaging and pitched me their club in such rapid speed that I had little choice in signing up (Lucy Adams from Women in Business being the best pitcher of them all). I left Clubs Day overwhelmed by the number of people, the temperature and the number of free stickers and snags I was given. The following is a summary of the UCSA's best and brightest clubs with a special mention to those I may or may not have offended.





The set-up can make or break a club. If the set-up is 4 pieces of A4 paper and a clipboard, then you're probably not going to attract many freshers. Two of the biggest clubs, ENSOC and Cuba easily win for best set up. The ramp and the firetruck can't be beaten at this point. But then again, I wholeheartedly agree with whoever made the comment on UC Compliments saying "I'll pay ENSOC to shut up." 11 am on a Tuesday is not when I want to hear music at that ungodly volume.

Speaking of God, each Fresher found out UC has a bizarrely high number of religious groups. Time for every straight out of high school student to pick which brand of Christian you want to be. I talked to most of the Christian clubs, and it was ~overwhelming~. Firstly, there's Arise Church in their millennial pink, playing basketball and attempting the "relatable Christian." Secondly, there's the red shirts from Campus Church who are the ones that will give you a brochure but won't question you over your own beliefs (much appreciated Campus Church,

sorry I frightened you). Thirdly, there's the UCNavs, who I honestly believed were a sailing club before they started talking about bible study (in all fairness they did answer all my questions fully). Then, there are the ones we all know and love: Student Life. They get enough hype on UC Compliments. Keep on doing your thing Student Life, UC wouldn't be the same without you guys and your jandals. The UC Muslim Students Association had the best pitch out of any religious group, and Cathsoc had no pitch which at that point on Clubs day, I appreciated.

There were two real standouts for the best new club. The first being Women's Wellbeing and the second being Lads without Labels. The focus of Women's Wellbeing is on improving the physical and mental health of all women who make up the UC community, offering activities such as yoga classes and speaker panels later in the year. The girls at the Women's Wellbeing table were open and receptive to any questions I had for them and enforced that the purpose of Women's Wellbeing

was to create a nurturing environment for all women within UC. Lads without Labels was founded to fill a void at UC, to have one group that was devoted to addressing men's mental health. But, as Connor (one of the club's Exec members) pointed out "Lads without Labels isn't just for guys, we all have men in our lives that we care about." This is something that we should all be getting behind. Proud to say that there is now a Lads without Labels sticker on my laptop, so my devotion to the club is official.

As always, Clubs Day was overwhelming in choice, selection and the number of freshers unsure of which to join with their first course-related costs. At \$20 some memberships will cost you a pretty penny, but more often than not the memories (or lack of memories) from one Charlie's bus trip makes up for the membership cost. May every fresher find the club for them, whether its student life, ENSOC or the UC Cheerleaders. And let 2020 be the year that Charlie's always get you to Mono on time.

COLUMNS

Alcohol

UCSA Advocacy & Welfare Team

Drinking alcohol with your mates can be fun, and it might seem to make you feel happier at the time of consumption. However, you might actually feel worse in the long run. The dreaded hangovers are only one consequence of drinking alcohol. There is also the possibility of mood changes.

Alcohol is, after all, a depressant. It can elicit a depressed mood after consumption and this can last for a few days. What this means is that drinking alcohol may make you happy for a short while, but can leave you feeling hopeless afterwards. This may encourage you to drink alcohol again, since you seem to remember feeling happier when you were drinking. This is the vicious cycle of alcohol consumption and should be monitored with caution, coz we're sure you don't want to end up dependent on alcohol! If you feel unwell or not 100%, it is best to avoid alcohol because it can definitely make you feel worse.

Please be mindful of how you drink, how often you drink, and how you feel when you drink. If you have any concerns, talk to someone you trust. This may be friends, family members or your GP. There is also a free Helpline available (see below for contact details).

For Alcohol or Drug Help: Call 0800 787 797 or text 8681, 24 hours a day, 7 days a week, to speak with a trained counsellor. All calls are free and confidential.

Calling All Class Reps

UCSA Advocacy & Welfare Team

As I am sure you have heard in your lectures, it is that time of year where we ask you to volunteer as a Class Rep! I know, I know, I can hear the eyes rolling all the way from over here in Haere-roa. But Class Reps are actually a vital part of the way issues are resolved, courses are improved, and the student voice is represented here at UC.

SO WHY DO WE HAVE CLASS REPS?

Class Reps can help students deal with small issues before they balloon into big ones! Most staff at UC want their students to succeed, and Class Reps can help bridge the gap between students and staff so issues are communicated and fixed.

Class Reps provide feedback to their lecturers and their Departments/Schools that have led to actual changes and improvements to courses and programmes!

Class Reps are the UCSA General Executive's eyes and ears on the ground in the Colleges, so that the Exec can accurately represent the experiences of students in their assigned College.

BUT WHY SHOULD YOU BE A CLASS REP?

- Being a Class Rep provides you with experience in communicating in a professional environment, with problem solving, and low-level conflict resolution.
- Being a Class Rep gives you the opportunity to help your fellow students, which can be very rewarding.
- You can claim recognition for being a Class Rep through CCR.
- If you complete all the steps required of you as a Class Rep, you go into the draw to win one of ten \$50 Westfield Gift Vouchers.
- So if you are interested in being a Class Rep in 2020, talk to your lecturer, and visit the Class Reps page on the UCSA website!

How to make a Sustainable difference in 2020

Te Atawhai for UC Sustainability

It's a new year and we have some new ways to look after our campus.

RefillNZ

We're partnering up with RefillNZ to promote all our campus water fountains and student lounges where you can refill your reusable water bottle... for FREE! Why spend \$3 on a bottle of water when you can have beautiful Aotearoa water right out the tap? Bring your water bottle with you to uni every day and refill the clean-NZ way. RefillNZ is on the Apple App Store for those with IOS devices, so you can locate free water wherever you are! Keep your eyes peeled for the posters and stickers around campus!

Again Again

Ask for an Again Again cup at any UCSA Cafe on your next coffee order, pay \$3 for the cup, enjoy your take away coffee... and give back your Again Again cup to any participating vendor (40+ all over Christchurch) to get your \$3 back! It's like loaning a library book except it's for coffee!

Plus, don't forget about the other reuse initiatives all over campus:

Bring your own container to campus cafes and get food put straight in (zero waste hot chips? yes boi)

And never fear... the Cup Libraries are still kickin'! Take a funky mug from the clean box, and then return it to the used box.

If you are buying packaged food or drink on campus... Know your 4 colour-coded bins! If you have to use a takeaway cup remember that coffee cup lids go in the red bin, and coffee cups go in the blue bins. Read the signage and sort ya waste!



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Entertainment

By: Ella Somers

It's now the beginning of March which means the first few hazy weeks of semester one where shit all learning was even attempted have disappeared into the ether and you're now expected to study. You're facing tests, essays and other assignments; all of them approaching at lightning speed to whack you in the face if you don't keep up.

But you need to make sure you're taking breaks in between all that studying! So here's a bunch of TV shows for when you want to melt into the couch and let your brain cells potato for a bit. Become addicted to them at your own risk.



The Dead Lands:

The show follows Waka Naku Rau, a Māori warrior who's booted out of the afterlife and back to earth to atone for being a bit of a dickhead. He teams up with a girl called Mehe and together they have to figure out why their world is being invaded by dead spirits. The acting is off the charts and I'm so impressed with how slick and polished the whole show feels. The directing and cinematography is incredible and I'm ecstatic at how good the writing is when that's often one of the things that suck in New Zealand productions. Available on TVNZ, get onto it!

Next in Fashion:

Showcasing 18 designers from all over the world hoping to win the \$250,000 cash prize that will help them with their big fashion break, the designers have to create and make looks from everything from the red carpet to athletic wear. I went into the show expecting ruthless competitiveness and bitchiness for miles but most of the contestants were surprisingly sweet and worked well together. Tan France and Alexa Chung present and help judge the series, providing a surprising amount of banter.

The Witcher:

Best to go into The Witcher expecting less Game of Thrones and way more "characters just trying to out sarcasm and argue with each other, with some monsters and really well choreographed fight scenes chucked in for good measure". The series is quite good at being just confusing enough that it takes your mind off how much you're hating your current assignment, while being entertaining enough that you want to keep watching. Perfect show for when you need to take at least an hour's study break or if you want to see for yourself if Henry Cavill's wig is as terrible as the internet says it is.



The Casketeers:

The third season of The Casketeers has just finished airing on TVNZ and my whole family have managed to carry on our streak of bawling our eyes out in every episode. I adore Francis's obsessions with things like cars and curtains, Nona's ability to make me laugh at every opportunity and most of all the kindness that just pours out of everyone involved in the show. Genuinely hope they never stop making this show, at the very least because it's healthy for my tear ducts.

The Great Pottery Throwdown:

When the reality of uni hits you like a freight train in the face, watching ten random pottery enthusiasts make beautiful and not so beautiful creations out of sticky mud is super relaxing. The contestants are always really interesting and make some incredible things (one season they had to make a TOILET and they were amazing), the judges are great and one of them bursts into tears every time he thinks a potter's creation is beautiful. YouTube is your best bet to find all three seasons.



Schitt's Creek:

Guess who fell down a Schitt's Creek black hole these holidays? ME, BEBE. Best described as sunshine on steroids, Schitt's Creek follows an uber rich Candian family missing more than ten of their marbles who lose their precious millions and have to learn to live like normal people after they move to a tiny town in the middle of nowhere. It took me a few episodes to get into the show but I binged all five seasons over the holidays and now I'm obsessed forever. I am Moira and Moira is me.

Taskmaster:

Each season of Taskmaster follows five comedians who compete against one another in a series of ridiculous challenges. All the episodes tow the line between genuine stupidity and pure unadulterated genius with challenges being anything from painting a picture of a horse while riding a horse (say that ten times fast) to filling up an eggcup with tears. Season 9 has New Zealand's jewel of comedy AKA Rose Matafeo who does New Zealand extremely proud with her genius. You can watch the series in any order and season 8 and season 9 are available on TVNZ!



Rolling
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Christchurch

—
5th March
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8pm - 1am

Corners

CSM B2B Hollistic

Dyer

Elisara

Worthy

Hosted by LAW MC



How to Make a Cheese Toastie in 35 Easy Steps

Cheese Toastie

Cheese toasties can be notoriously difficult to make and are one of the highest regarded recipes in the culinary world. That's why CANTA has broken down the creation of a cheese toastie into just 36 easy steps.

Ingredients:

Cheese

Bread

Nondescript Table Spread



Instructions:

- 1 - Get out bread.
- 2 - Get out table spread.
- 3 - Retrieve knife.
- 4 - Open table spread.
- 5 - Open loaf of bread.
- 6 - Using knife, spread table spread on a piece of bread.
- 7 - Repeat on second piece of bread.
- 8 - Retrieve cheese.
- 9 - Open cheese.
- 10 - Retrieve grater.
- 11 - Using downward motion, rub cheese again grater.
- 12 - Repeat downward motion.
- 13 - Continue to repeat downward motion until you have gained desired amount of cheese.
- 14 - Put cheese on bread.
- 15 - Alternatively, retrieve knife and cut thin slices of cheese.
- 16 - Lay slices of cheese parallel to each other on bread.
- 17 - Retrieve your other piece of bread.
- 18 - Lay piece of bread on top of the other piece of bread that has cheese on it.
- 19 - Retrieve toasty machine.
- 20 - Plug in toasty machine.
- 21 - Wait for toasty machine to get hot.
- 22 - Test heat by laying your hand flat on machine.
- 23 - If your hand is burnt, the machine is hot enough.
- 24 - If a toasty machine is not available, use a pan.
- 25 - Place pan on stove top.
- 26 - Turn on stove top.
- 27 - Use same hand method to check that pan is heated.
- 28 - Once cooking device is heated, place cheese sandwich into device.
- 29 - Cook.
- 30 - Cheese toasty has finished cooking when cheese oozes out of side of bread.
- 31 - Take out of cooking device.
- 32 - Put cheese toasty on plate.
- 33 - Cut diagonally into two triangles.
- 34 - Do not cut vertically or horizontally to form rectangles, that's lame.
- 35 - Eat.

Electric AVENUE

Review

FROM THE TUNESOC CREW



"Lime Cordiale was a favorite amongst the TuneSoc Exec, naturally they started with their number one banger, Naturally, and went off the deep end with other fan favorites such as Inappropriate Behaviour and What Is Growing Up. The Black Seeds helped us simmer down with their opener, Cool Me Down. Matt Corby went on to offer what would have been the highlight for many, a crowd choir sung along to his favorites such as Brother. The rave cave offered shelter to the lucky few who could make their way in during the rains. Fight Legends offered deep house grooves accompanied by intense strobes, lights and enthusiastic patrons."



"Well look, I didn't expect to go swimming, but I'd do it all again for another couple of tunes from the one and only Matt Corby. Man's got a gift. Throwing his hand at any instrument on stage whilst belting notes like I've never heard before. Other big yes' from me included NZ favourites Lime Cordiale, Homebrew, Drax with the sax and Ben Harper stealing my kisses. Bloody well spent 160 dollars for a huge line-up and an hour cosied up with damp strangers under the Red Bull tent."

"Oh Rave Cave, I love you. Genuinely, the Rave Cave was my life from 5pm onwards, I lived and breathed pure rave. Can't say the line was an enjoyable experience as we got there just before the skies opened up and poured on us. We were the lucky ones, we got in the rave just before the rain truly settled in and the line became too long. We love you rave cave."

"It seems most people are reluctant to show up to Electric Ave at 11am. Although a lucky 150 people (give or take) managed to catch Wax Mustang warm up main state filling the first slot. The Mustang delivered a set full of spicy bars which built in energy throughout the whole 40 minutes. The highlight was for sure the uncovering of that magnificent rig and the mid-show inhaler hit. 10/10 would recommend."



UCPols

Does New Zealand have a Corruption Problem?

By: Maui Brennan

In New Zealand, we often pride ourselves on having the least corrupt government in the world. The most recent corruption index published by Transparency International this year has New Zealand tied for the top spot (with Denmark). New Zealand's Fraud Office has a particularly strong commitment to investigate and prosecute various forms of corruption. Compared to the impeachment fiasco in the United States and the pervasive influence of special interests in their electoral system, New Zealand, in comparison, seems to have a perfectly functioning, non-corrupt government.

However, is there room for improvement? Short answer. Definitely!

Obvious forms of corruption such as bribery and extortion rarely, if ever, occur in our country. But we are sometimes not aware of the more subtle forms of corruption such as political "donations". A particular example is the alleged \$100,000 donation from a wealthy Chinese donor split up by the National Party, which is currently being investigated by the Serious Fraud Office. Logically, most influential individuals who "donate" to a politician would expect a return on their investment. If that's so, what effect would they have on Government policymaking?

An area where political "donations" could affect policymaking is in how we conduct diplomacy with other nations. A striking example is the comments made by National MP, Todd McClay, where he refused to acknowledge the mass detention of Uighur Muslims in China, stating that, "the existence and purpose of vocational training centres (of Uighur Muslims) is a domestic

matter for the Chinese government."

To this day, he has not retracted these remarks. When you look further into his private dealings, you'd discover that he has received \$150,000 from a China-based businessman named Lang Lin, via his New Zealand registered company "Inner Mongolia Rider Horse."

New Zealand is also known to be the best in the world when it comes to "ease of doing business", but the very ease of starting up a business here for foreigners has led to New Zealand being a major node for global money laundering (as revealed in the 2016 Panama Papers.) Because of New Zealand's tax-free status, high levels of confidentiality, and legal security, foreign investors find New Zealand the best place to avoid any attention from the authorities when conducting shady financial dealings.

Corruption isn't just limited to one side of the political spectrum. New Zealand First, Labour's coalition partner, has received thousands in donations from the horse-racing industry through the party's foundation. You may wonder, why is it a problem that the party receives donations from the horse racing industry? Well, the very minister in charge of racing, Winston Peters, is also the leader of New Zealand First. During his tenure as the Minister of Racing, he has delivered various benefits to the industry, including millions of government funds spent on tax breaks and scrapping betting levies. A recent example is in the 2019 Budget. The 4% levy on betting profits, which provided \$14 million in income, was scrapped and redirected to the racing and sports sectors instead.

The issue of corruption may not seem such a big issue at first to the average voter, but from a broader context, it does have major implications on how the Government operates. The use of taxpayer money to benefit certain special interests over others could negatively impact essential Government services for the everyday citizen.

Even the Treasury Budget documents questioned whether scrapping the betting levy could undermine the wellbeing goals set by the Government as a result of the increased harm from gambling.

To end on a positive note, New Zealand's government is less corrupt and much more transparent relative to other countries. However, being at the top of some arbitrary index does not mean that there aren't areas to improve on. We are all humans at the end of the day! What we have to do is to hold our politicians accountable. Only by being politically engaged, can we have a fully functioning democracy that works for all of us, and not just the few. (And that's why you should join UCPOLS! Sign up online at www.ucpols.co.nz.)

Political Predictions

Politics is extremely hard to predict, but I'll attempt to make an educated guess on what will happen for the next few weeks.

David Seymour will propose a ban on taxes for the upcoming election.

If there is anything in particular you'd like to hear about in a future report, or you simply want send your thoughts and comments about this article, use the email editor@ucpols.co.nz to get in touch.

CHRISTCHURCH
ART GALLERY
TE PUNA O
WAIWHETŪ

Uncomfortable



Silence

CLARE LOGAN
JOHANNA MECHEN
AMMON NGAKURU
JAYDEN PLANK
ELISABETH POINTON
MEG PORTEOUS
SHIRAZ SADIKEEN
MARK SCHRODER

BAYLEYS

IN ASSOCIATION WITH
Knight Frank

RYMAN
HEALTHCARE

Christchurch
City Council

Shiraz Sadikeen *Geist 1* (detail) 2019. Cast polyurethane resin, white appliance paint, five polished hand-wrought nails. Courtesy of the artist

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IN CASE YOU MISSED IT

Law student

takes on ENG

By: Meg Fulton

As a dedicated and passionate learner, I am constantly looking for new ways to expand my mind and improve on my CV. On my journey for absolute power, I stumbled upon an engineering lecture and thus, I have taken it upon myself to go to lectures I'm not really supposed to go to in case you missed it.

As a third year, I know all about the strain of having to show up to ALL your lectures when you have other, better things to do like binge watching the new season of Sex Education, or cooking Mi Goreng noodles with Maggi frozen veg to make them "healthy." So... here are some notes I took last year on:

Firstly, a big "small" talk from Regan?
Reuben?... about exchanges.

It's Reagan.

Apparently you can fly to other universities.

"Crack and hack" - remember this.

(Actual lecture notes)


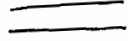
He spelt 'gravity' gavity. Lol.

Buckling is a funny word if it is said enough times.

How does one spell buckling? Buckeling?

Green = wet and moist.

I wish law used fun diagrams.

 = column  = beam.

Size of column... are they compensating for something?

Why are there so many tablets / iPads in this room?

Long. Slender. Round. Timber.

The lecturer said 'case'... slow down buddy, this is engineering not law. Stay in your lane.

Can confirm, it is spelt 'buckling'.

It's going down, I'm yelling timber, you need to satisfy $N_c / \phi N_{ncy} + M_y / \phi M_{ny} < 1$

The K_x factor is missing! Call the police!

K_x Factor... a tv show like X Factor but for engineers.

Want big timber? It gotta be wet.

Our father, who art in heaven, hallowed be thy name. Give us "the guidance to select the appropriate combination factor".

kPa sounds like a craft beer.

I'll need a beer after this lecture.

ENCN213 Design Studio 1. Column Design
For Strength: Part 2, Building Design.

Take it from someone who lives with three engineers, is dating an engineer, and was raised by engineers; those are all the notes you'll need to pass that course.

You're welcome.

FLAT F



Aleshia - Co-owner of BartLITT bakery, loves her vege patch, a fresh loaf of bread, night and day hot dogs and never says no to a funnel.

L-J - One of those postgrad students, soon to complete her Masters...not sure when. Loves hanging around the flat, feeding her pet fish Puff and can be seen frequenting the pub down the road on a Sunday doing an Irish jig.

Sam - the summer sub-letter who just won't leave. You'll find her "studying & editing Canta" in the sunshine on the outside couch. Call her up for a spontaneous boogie and she'll drop all responsibilities and dance with u through the nite, especially if u mention there will be DnB or Abba.

Connor - Connoisseur of fine nitro and gin. Known to be the BartLITT lounge singer, performer and one man show host with mannequin Cynthia.

Ronan - Loves a chat about plants and plant related topics. Always keen to fix your bike or go out for an OP-shop run. Currently an unemployed Eng Grad, pls hire him (Ronan@fraser.net.nz).

Monica - Queen of mushrooms on toast and anything bread related. Frequently jumps onto Singstar to belt any 80's tune and loves Mambo number 5 just for a shout-out in the middle of Fat Eddies. A proud monstera owner and flat mum.

AMMOUS



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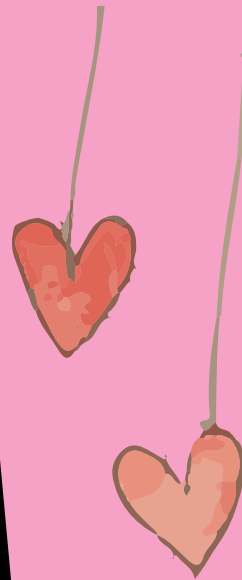
PHOTO CRED: JAVA KATZUR



Presents

Lucky Dip

Lucky dip is printed as submitted, without proofing



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

One Side

Signing up for a blind date three hours before it starts, seems like a great way to spend a two-hour computer lab. Oh well, too late now, I can always do the lab quiz later. My expectations going into this weren't high, just looking for someone with some intelligence and a love of pizza.

Pickers can't be choosers, as they say, considering I had never been on a blind date before. Arriving first, I was offered my choice of drink – alcoholic or non-alcoholic – in retrospect, the alcohol might have been the better choice. After waiting 10 minutes (spent mainly absorbed into my phone) he arrived. Not sure whether he made a conscious choice in his outfit or just chucked on whatever was clean, however, the pink shirt with a green button-up thrown over did make a statement.

Agreeing on a half & half pizza with some garlic knots, the conversation began with the stereotypical icebreakers; what do you study, what year are you in, do you like pineapple on

pizza? I did notice that he wasn't much of a talker and I tended to dominate the conversation by asking every question.

Although that may be due to the fact, he struggled to maintain eye contact for more than 10 seconds without being distracted by my assets (true gentleman move there).

In general, the conversation was average, we found that we both have a morbid sense of humour plus a mutual understanding to spend as much of the tab without going over as we could. Although one comment that took the cake had to be "There isn't a difference between geography and geology. Geology you look at small rocks, while, in geography you look at big rocks."

Being a geography major myself, his chances of a second date went from a "possibility" to a "sorry not gonna happen". Overall, I am glad I signed myself up for this blind date but due to the reasons stated above, there won't be a second date.

The Other Side

Other than making sure I didn't look like a complete degenerate, I didn't really prepare for the date. Not because I wasn't expecting much but because I was fresh off a long day and the chance of a free meal at Sal's was too good to pass up.

I am only human after all. But I never realised I would enjoy it so much. I'm no stranger to dates; I've had my fair share, but this was definitely one of the good ones. She was funny, talkative and not an engineer, which we can all agree is a plus.

She was much more prepared for this than I was as she was busting out all the first date questions to see if I was Prince Charming or Prince Andrew. She did pull the finger at me once and told me to bend over for some reason that must've been a joke (I hope) but other than that I barely noticed the hour fly by.

She did apologise about herself a fair bit which is typically a turn off for me mainly because it doesn't show confidence and makes me obligated to reassure whatever quality it was is fine, but it didn't detour from the overall date.

Also due to the use of snapchat to show all our friends the impressive size of the pizzas we gorged on; all her friends know what I look like... some even knew me... so please don't hurt me. After we made sure to use every cent Canta provided us with I did the gallant thing and drove her home and even walked her to her door.

If I had to rate the date I would have to say it was a solid 7/10. From that I say that the verdict is another date. Canta you dog you've done it again.



CONNECT. THRIVE.



Are you a first-year undergraduate student?

Do you board, or live with your family or your friends?

Join our non-residential hall!

Let's face it, Uni can be daunting. Finding your way around campus can be difficult, assignments start to pile up pretty quickly, and it can sometimes feel like you're alone. UniLife is a non-residential hall programme run by experienced student leaders for first-year students at UC. It is designed to maximise your success by facing common challenges together and avoiding some of the pitfalls.

As part of the programme, you will be put into a group of other first year students who are doing similar degree programmes. Your assigned student leaders might also be doing similar degree programmes to you. They will check-in throughout the year to see how you're doing and be there for you if you need extra support. UniLife guides you on when

and how to seek help when the going gets tough.

As well as offering support to students, we hold social events over the year (FREE to UniLife members). This aims to help you connect with the other students in the UniLife programme with similar interests and degree programmes. Some of the events we will be holding this year include bowling, escape rooms, ice skating, a quiz night, inter-hall sports competition and a movie night. We also run games, provide snacks, facilitate assignment discussion, and have weekly team hangouts.

If this sounds like something you might be interested in, SIGN UP!

<https://www.canterbury.ac.nz/support/get-support/new/unilife/registration/>

Have an awesome year!

Isabella and the UniLife Team 2020

HOROSCOPES



AQUARIUS

(JAN 20 - FEB 18)

Welcome to Christchurch; we have a diverse array of different types of white people. You'll fit in great!



PISCES

(FEB 19 - MAR 20)

"Eat food, not too much, mostly plants, and no more than one packet of mi-goreng a day" - Michael Pollan



ARIES

(MAR 21 - APR 19)

Great group projects are built on a diverse group consisting of; 'The Hard-worker', 'The Lecturer's Pet', 'The Anxiety Attack', and you, 'The Lazy One'.



TAURUS

(APR 20 - MAY 20)

Candles will be good for your stress levels this week. Just light a candle... stare into the flame... that beating heart of life and death... are those... screams???

Time to go to Kmart for more candles!!!



GEMINI

(MAY 21 - JUN 20)

Divide and conquer. Terrible advice for the people of India. Great advice for your groupwork.



CANCER

(JUN 21 - JUL 22)

Intellectual diversity is really important at uni. That's why it's more than OK to have grades at a certain end of the bell curve...



LEO

(JUL 23 - AUG 22)

Eat your colours. Great advice for your diet, but please remember being a racist cannibal is deeply antisocial and maladaptive.



VIRGO

(AUG 23 - SEP 22)

Follow the chains of green concrete powder to unlock the secret branch in the Diversity3 Minecraft Map.



LIBRA

(SEP 23 - OCT 22)

I see a purchase of tickets to 'How Queer; Monthly Comedy Show' in your future...



SCORPIO

(OCT 23 - NOV 21)

Keep a massage table handy around the flat. They have a lot of uses... beer pong, random houseguests, or when Studylink doesn't pay out.



SAGITTARIUS

(NOV 22 - DEC 21)

In paying the physiological and spiritual balance you accrued over O-week, diversify your language to make everything seem OK! Instead of "hang-over", say "afterglow". Instead of saying you "broke the bank", say "I invested in my past", and instead of saying you boofed too much gear, say you had one too many rosés.



CAPRICORN

(DEC 22 - JAN 19)

Remember, good food takes time. Two minutes!? I mean, I guess that's technically some time?

Credit Images: Estelle Miller – @art_stelle

Resident Astologer – Asher Etherington

HAPPY ENDING

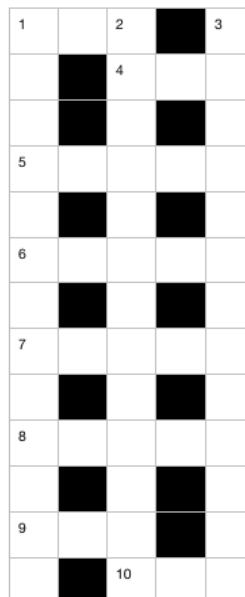
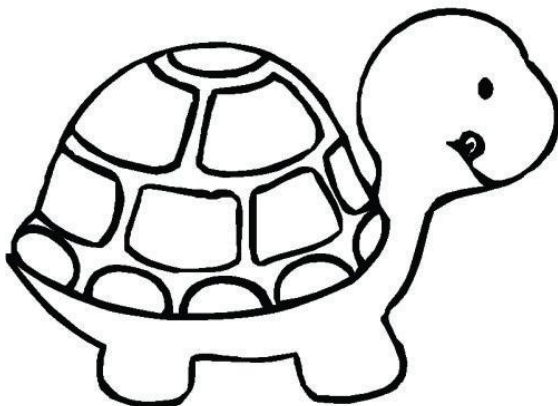
420 THOUGHT

I need someone to explain where the D in “fridge” comes from when you shorten refrigerator

Word Builder: Make as many words of 4 or more letters as you can; all words must include the center letter.

O	Y	L
H	O	O
D	W	L

Colour Me In!



Across

- 1 Yum ____ (3)
- 4 ____ Manuel Miranda (3)
- 5 Tariffs (5)
- 6 ____ and cheese pie (5)
- 7 Welcome (5)
- 8 Black and white animal (5)
- 9 Zero (3)
- 10 Put down gently (3)

Down

- 1 What you're reading (5,8)
- 2 Inventor of the telephone (9,4)
- 3 Like how most textbooks are needed (13)

A	V	T	E
T	T	I	N
T	E	I	
V	B	E	Z
I	H	V	
L	E	H	O
N	O	V	
E	O	N	M
S	V	V	
S	E	X	V
E	E	N	
N	I	T	V
N	V	H	C



ADVOCACY



WELFARE



FOODBANK



FINANCIAL HARDSHIP



APPEALS



GRIEVANCES

DEALING WITH ANY ISSUES ALONE CAN BE
CHALLENGING. IF YOU WOULD LIKE OUR SUPPORT
PLEASE CONTACT:

help@ucsa.org.nz

FOR MORE INFO HEAD TO
[UCSA.ORG.NZ/STUDENT-SUPPORT](https://ucsa.org.nz/student-support)



PART TIME
RANGERSTM