

CANTA

Rāhina, Te tekau mā ono o poutū-te-rangi
Relationships | ISSUE #3 | MAR 2020

268

MISCELLANEOUS POEMS.

And did refit his limbs as heretofore
And made him read in many
And into many a lively
Thereby in goodly the
That all his brutishness
When, meeting Artegall and
The one stone-blind, the other eye-w

FRAGMENT.

Muses ne'er set show him! show him!
"Tis the man who I may say him!
Is an ec
Or poor
Or any oth
A man may b
"Tis the man
Wren, or E
All its ins
The L
Y
to him the
articulate and presseth
like mother-tongue.

their 'the 'realms and nations run a-wild' and
at make men subject to their law,' and 'ord
ns over-aw,' while he grudged the legitim
the conservative philosophy, of the 'righte
comrade, the fierce defender of privilege and
expressed, in this *ex post facto* prophecy, his con
the ultimate triumph of freedom and equality by the
er of transmitted knowledge,

MISCELLANEOUS POEMS.

269

MODERN LOVE.

AND what is love? It is a doll dress'd up
To cosset, nurse, and dandle;
Soft misnomers, so divine
With doth think to make itself
Living, and so goes on
Doting a whole summer long,
A comb is made a pearl tiara,
Simon Wellingtons turn Romeo boots;
Cleopatra lives at number seven,
And Anthony resides in Brunswick Square.
If some passions high have warm'd the world,
And Soldiers have play'd deep for hearts,
Why such agonies
More common than the growth of weeds,
Make me whole again that weighty pain
The Queen of Egypt melted, and I'll say
That ye may love in spite of beaver hats

FRAGMENT OF "THE CASTLE BUILDER."

TO-NIGHT I'll have my friar—let me think
About my room,—I'll have it in the pink;
It should be rich and sombre, and the moon,
Just in its mid-life in the midst of June,
Should look thro' four large windows and display
Clear, but for gold-fish vases in the way,
Their glassy diamonding on Turkish floor;
The tapers keep aside, an hour and more,

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 RDU & 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

He aha te mea nui o te ao.

What is the most important thing in the world?

Having just finished my law degree, recently I've been feeling a little old, a little nostalgic and a little reflective (despite still only being 21 hahah, is that old!?). When I think about my four and a bit years of uni, I've asked myself, "do I remember much about what I learned in law school?".

And to be honest, the answer to that is, "not really." I do not remember the exact grades I got in my 200-level papers, nor even my grades from last year. I don't remember essay topics or exam questions, let alone my exam answers.

What I do remember from these years is the homesickness I felt for my parents, and the terror I felt as I waved goodbye to my mum from the window of a plane departing to a new, unknown city. I remember the hearts I didn't mean to break, the friends I danced with through the night, our pathway paved to the morning by the scattered stars. I remember the smile of the boy I gave my heart away too — too late to realise I didn't write a return to sender address. I remember all of the late-night cafe cake eating missions with soul sisters I had only met the day before, but could easily already have known for a lifetime. I remember how scared I was to be alone in my own company. I remember the joy of running by myself, running away from everything. I remember the unbelievable striking loss of a friend gone far too soon. I remember the cliff jumps, giving my all. I remember the fall, the crash, the burn, the ache, the hope, the growth, the peace. I remember the fluttering butterflies, the bird wings beating rapidly and nervously inside my chest as he opened the door. I remember all of the people who've claimed me as family.

Lesson after lesson did each person, interaction, and experience with another human-being teach me. I started university as a blank canvas, an empty page. I leave university as a multi-coloured, layered artwork. Some people crafted pieces from me, refusing to give them back, others pressed pieces of themselves onto my pages; colourful and delicate, dried forget-me-not

flowers and memories. Some people left only a lack of light, some people painted an entire sunrise on my canvas. A few painted sunsets.

It's the people I remember. They're the ones I hold close. It is these relationships with all the people around me that have taught me so much more about myself and about life than 100 law papers ever could.

People offer perspective. We are only here to roam around on this earth for a finite amount of time so we might as well make the most of it and celebrate it all we can. Let people come and go as they do; the ones who are meant to stay in your life will. Take time to figure out what makes your own heart beat, take yourself out on dates to learn about who you are, and who you want to be. Let the stresses that society urgently and consistently places upon our shoulders gooooo. Try lots and lots of new things, meet and embrace lots of different people. Make lots of memories.

Colour your canvas wildly.

All that matters at the end of each day is that you've been yourself, you've told the people you love that you love them, you've done your best, and you're thankful for all you have.

So let's raise a glass — not only this Thursday but every day — to the people who make this life the most extraordinary adventure.

I know I'd be nothing without the people who roam and boogie and sway and wander through the home they've made in my heart.

He aha te mea nui o te ao. He tāngata, he tāngata, he tāngata.

What is the most important thing in the world? It is people, it is people, it is people.

Lots of love,

Sam

Letters to the Editor

EVERY LETTER TO THE EDITOR RECEIVES A FREE COFFEE VOUCHER

Hi there!

I am writing to understand the new relationship between the UCSA and Canta. I recently made a comment on a Noticeboard post asking why the VC Forum was only giving students the option between three topics, while ignoring discussions around the death at Sonoda, the effect of Common Ground within the student executive, the homophobic attack at Mono; etc. I got a reply asking to take it to a private email chain, but feel that students should openly hear these discussions. How far can Canta comment and critique on UCSA topics considering the new relationship of independence that you have?

Thanks, Anon

-

Dear Anon,

Thanks for your thoughts! Well, literally a few days ago the 2020 UCSA Exec just passed the new policy on Editorial Independence for CANTA. What this essentially means is we are now free to write and publish any stories (so long as they follow typical media policies) without the watchful eye of the UCSA critiquing our every move! Yipeeee! If you want us to investigate any issue close to your heart such as those topics, get in touch today and we will get a Canta reporter on to it asap. Canta is here to represent the student voice. We are here to ensure the people who are meant to support us, such as the UCSA, can be held accountable. Keep an eye out on our social media as we will be sharing the new Editorial Independence Policy soon.

Stay in touch!

To CANTA's Editor,

After the UCSA Noticeboard post regarding the attack on a student for wearing pink — an apparently “gay” colour — and the following #PinkShirtMONO campaign, I'd love to know how I can come to feel safer on campus as a queer student. Where can I go and who can I turn to?

Thanks, Deb

-

Dear Deb,

Thanks for reaching out , As the #PinkShirtMONO campaign demonstrated – this campus is full of rad, wonderful people who care! I hope this example of rallying together against thoughtless discrimination can help you feel safer in itself. Furthermore, there is the epic QCanterbury Club, a community of people you can turn to any time. They throw regular events and offer a great support network too. Reach out to them on their Facebook page (they're quick to respond!). The Welfare and Advocacy Team at the UCSA are also here to offer their support in any way they can, to ensure you feel happy, safe and free to be yourself on campus! Check out this link too: <https://www.canterbury.ac.nz/support/get-support/lgbtqi/> for a whole lot of links to further LGBTQIA+ community support groups! Lastly, come hang out at the Canta office! We always have your back.

Shine on honey!

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

**UniPharmacy**
OPEN
MON-FRI 8:30AM - 5:30PM
LOCATION
UNDERCROFT, JAMES HIGHT BUILDING
PHONE
03 364 2215
WEBSITE
UNIPHARMACYCANTERBURY.CO.NZ
10%* STUDENT DISCOUNT
*TERMS APPLY



Upcoming Events

This March

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



18
UC Library Tower Race
11:00-13:00
@Centre James Hight Library

18
**LAWSOC & College of Law
Cocktail Night**
19:00-00:00
@Aikman's Bar & Eatery

19
Mono – Terrence & Philip
20:00-00:00
@Ngaio Marsh Theatre

20
**How Queer Comedy Show –
PRIDE**
20:00-21:30
@Good Times Comedy Club
(224 St Asaph St)



21
DramaSoc presents CLUE:
19:30
@Ngaio Marsh Theatre

22
Pic'y Bit*h PRIDE Dog Walk
13:00-15:00
@Hagley Park

23
UC POLS Quiz Night
19:00-22:30
@Bentley's Bar



26
**Freddy Thornton
"How's Your Head"**
19:00-20:00
@Little Andromeda
(130 Oxford Terrace)

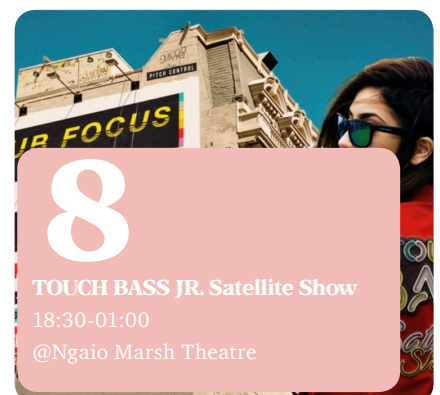


28
Tunesoc's Cosy Night In
19:00-00:00
@Ngaio Marsh Theatre

28
Vegan Night Māketē
17:00-20:00
@Phillipstown Community Hub



28
**Cactus & Succulent – Succulent
and Cacti Display**
09:00-17:00
@The Kiosk, Botanic Gardens



8
TOUCH BASS JR. Satellite Show
18:30-01:00
@Ngaio Marsh Theatre



Relationships Spanning Continents

By: Robyn Walford

They reckon now that around 75% of engaged couples have been long distance for at least a part of their relationship. This is a super exciting figure, as nearly everyone I encounter who learns that my boyfriend lives halfway across the globe seems shocked. “That’ll never work”. “Do you not wanna get with someone else?”. “How on God’s green earth do you go that long without ... you know!?”. The answers are: yes it will, no I don’t, and Facetime and Lovehoney have become our best friends!

My boyfriend and I have been together since we were seventeen, and whilst we were lucky enough to originally be living near one another, for the past two years we have been in an LDR (long distance relationship), and my goodness it is tough BUT it is not impossible! It all comes down to your attitude. If you want to make it happen, then it will happen. With a bit of work, you can definitely survive the distance.

Although it really sucks to see you mates and their partners being all loved up and together, the truth is that if you are trying to make it work despite the distance, your relationship will probably be stronger. You’ll also have the fun stories to tell — unlike those who are lucky enough to see their partner all the time and spend endless days in their pjs watching Netflix, the time you spend together will typically be spent going on dates and having adventures. If this is not the case, I highly recommend you start to make it that way. The more you do, the more memories you create to reminisce on. The key thing that Gaz and I try to do is always have something planned for the next time we see one another, that way we can get excited about x, y and z. We also try to meet in exciting places, and for this I consider myself super lucky in being in this situation. Through my LDR I’ve visited Amsterdam, Bratislava, Venice, Lake Bled, Poznan and Edinburgh in the last two years, with many more trips planned.

One thing that really gets me down is other people’s attitudes surrounding my relationship. People always seem to question whether we see other people, or explain confidently that it’s doomed to fail. However, I see this as almost a challenge and I love to rub in their smug faces how happy we are in this situation. Not once in the last six months have I cancelled on a girls night out for date night, nor have I had to compromise on where I want to go out for dinner. By embracing the LDR, you learn a lot about independence and a lot about yourself, which can be so exciting. I get how for some this may seem super daunting, but once you start you might actually find it tricky for the first nights together

again because you enjoy the little things, like star fishing over the bed (“no Gary, I am not hogging the duvet... If you don’t like it, get your own!”). Obviously, I would much rather that we were together 24/7, but you get my drift.

When uni starts you see relationships dropping like flies! When I first moved into halls nearly all of my friends broke up with their other half, and if they didn’t, there were rumours that one of them were getting too close to someone else on the dance floor. But in order to make it work, you have to cut out this negativity. I remember feeling so insecure when my best mate and her girlfriend broke up, but after a real talk with Gazza we both realised we really wanted to make this work and saw a future together, so we decided to not let other breakups get us down. Obviously, you should be there for your mates in this situation but don’t let the actions of others affect your happiness too much. If you’re sure you want to make it work, then it will. Don’t decide to go long distance with just anyone though, as it can get messy fast.

Another exciting prospect of an LDR is that you get to spice things up quite frequently! A healthy sex life is fundamental to any relationship, and when you’re away it’s impossible to get the real with your loved one. But fear not! There are so many ways to keep it exciting, and you don’t even have to get your arse out on Snapchat (unless you want to, I’m not judging). Keep it spicy with dirty texts; sometimes a random message midway through the day is enough to let them know you’re thinking about them. Also, sex toys can be your friends! Yes, there’s still a lot of stigma surrounding them but that sucks because why can’t you enjoy some alone time? Lovehoney is a super website that does great student discounts should you wish to treat your partner or even yourself! Basically, the whole time it’s exciting, you’re doing good.

Care packages and handwritten letters are also a fab way to let them know you’re thinking of them. It doesn’t have to be big, rather it’s the thought that counts! The other day I cried for an hour because I got a super sweet note, a keychain from our favourite seaside hangout, and some Percy Pig sweets.

Lastly, don’t stress! There are bound to be times when you feel sad, lonely, or insecure, but it’s how you power on through that counts. You’ve got this! Trust me.

WHAT TO DO WHEN YOUR FLATMATES SUCK

By: Roshanah Masilamani

It's a new year and that means it's a new tenancy agreement. Whether you're flatting with friends, took the plunge and moved in with strangers, or are living in a 9-bedroom flat of lads, lads, lads, student flatting can be a whole lotta fun but also a whole lotta stress. Flatting isn't always red cards, experimental dinners, games nights, and post mono kick-ons. Sometimes it's arguments over rent, passive aggression, shower hogging, and a sink full of dishes. It all comes with the territory of living in cramped conditions with multiple people. But what if your flatmate just truly sucks?

Anyone can be a sucky flatmate, and this differs among people and flats. I had a friend whose flatmate never flushed his poop, leaving it to marinate in the waters — a clear flatting violation to me, but deemed an “endearing character trait” by her flat. Whatever your vibe, here are a few signs that your flatting situation isn't ideal.

Being at home stresses you out

Do you come home from uni and instantly feel your shoulders tense up and your heart rate increase? Do you seek refuge in your bedroom and sneak to the kitchen? Are you constantly trying to find reasons to not be there? Does the cold vastness of Haere-roa represent a warmer home than your own flat? If so, there might be a problem with your relationship with your flatmates.

Too lit or not lit enough

Some people live for the party; others just want to be left to Netflix in peace. The issue arises when flatmates are operating on different schedules, and different lit levels. Imagine it's Wednesday night; one flatmate is celebrating a finished assignment with a nitro or two and the other has work at 7am the next morning. Cue door slamming, ear plugs, and "can you please keep the noise down ☐" passive aggressive texts. I guarantee the resentment will last through the entire 8-hour shift.

Everything about them annoys you

Their taste in music sucks. They chew with their mouth open. They're too loud. They're too quiet. They walk into a room and you're instantly annoyed. It gets to the point where everything and anything your flatmate does irritates you. It's likely your flatmate has no idea of their effect on you, or maybe they do know and are deliberately antagonising you. Either way, constant annoyance is a clear sign your flatting situation is getting toxic.

Other notable sucky flatmates

- Sticky fingers: a flatmate with kleptomaniac tendencies is a sucky flatmate. Invest in a bedroom lock and hide your belongings.
- The non-flatmate: your flatmate's boyfriend stays over. Every. Single. Night. Is it kosher to ask him to chip in for the power bill?
- Spoiled kid: not only does your flatmate hoard dirty mugs in their room and leave the pan to 'soak' indefinitely in the sink, but they seem perplexed at the idea of vacuuming. As you take the bins out for the fourth week in a row, you begin to wonder if your flatmate ever did chores growing up.
- Pickup artist: sexual tension in a flat can be fun, but less so when it's unreciprocated and your flatmate can't take a hint. There's nothing worse than having a flatmate ask for cuddles when you're just trying to cook noodles to eat while watching Parks and Rec.

IF YOUR FLATMATE SUCKS, WHAT CAN YOU DO?

Address issues early! If fact, it's best to discuss your expectations before moving in with someone. Sometimes it's less of an issue of good vs bad flatmates, and more to do with being compatible flatties. Although it's tempting to move in with your bestie, it's worth considering how well you'll get along once you're around each other all the time.

Sit down with your flatmates and set some ground rules. Depending on the flat this might mean a meticulous chores roster, or simply an agreement to not 'screw the crew'. Whatever you decide, establishing some ground rules early on will save you trouble long-term.

Okay, you forgot to do that and now it's July, your flat resembles a war zone, and two of your flatmates aren't talking. That's okay – all is not lost! Although it's easiest to establish things early on, there's always time to set ground rules (or even revise them as the year goes on). Call a flat meeting and put all the issues out there.

Know your rights! Hopefully most flatting issues can be resolved internally, however sometimes the situation is more serious. Whether you have a flatmate who hasn't paid rent in three weeks, or you're living in a home that feels unsafe, it's important to know how you are protected under the law. Check out tenancy.govt.nz for more information or ask a law student for advice (check if they've done LAWS205 first).

Communication is key! I know that sounds like a line from a self-help book, but seriously, open communication when flatting is so, so important. Don't be passive aggressive by leaving a post-it note on the dishwasher or sending a message to the group chat. Talk about the issue in person! Learning how to deal with conflict is a vital life skill, so swallow your pride and address issues head on.

Here's some tips for effective communication. Firstly, don't approach your flatmate when you're angry (or hungry for that matter) as that's going to put them on the defensive. Pick a time when you're both free and in a good head space for a discussion. Secondly, don't be accusatory. No one likes to be attacked, especially when your flatmate might have no idea that you're annoyed. Instead, use statements beginning with "I" that express how you feel rather than placing the blame on the other person. Thirdly, be willing to compromise! Living with other people means you have to make allowances sometimes. Be tolerant of people's idiosyncrasies because you've probably got a few of your own.

At the end of the day, sometimes you just have to suck it up. Slumming it in a chaotic, messy student flat is arguably a rite of passage at university. Sure, living with flatmates who suck isn't ideal, but it's not forever! Next time your flatmate is blasting Macky Gee at midnight, try imagine yourself living in your dream home. Maybe it's a studio apartment in New York, or a three-storey house in Merivale. It's clean, warm, and most importantly, flatmate-less. Then remember that the current economy and housing market is screwed, you'll never be able to afford a home, plus you're probably gonna die from climate change anyway! Maybe flatting isn't so bad after all.

Relationship with yourself

By Women's Wellbeing (UC)

– a club dedicated to helping young women become the best versions of themselves.



We at Women's Wellbeing believe that building a positive relationship with yourself is vital to your overall wellbeing. A positive relationship with yourself ensues happiness, increased confidence, improved general health, and a more positive environment. Remember that while people come in and out of your life, you will always remain. It only takes a small amount of effort to take steps to improve the relationship you have with yourself, so we've compiled a few simple tips to get you started ...

The Basics!

It is extremely important to take a step back and ensure you're fulfilling the basic needs of your health before you do anything further. Think of these as the foundation for which you can build a positive relationship with yourself.

Getting enough Zzzz

It is typically said that 7-9 hours of sleep is required each night to re-charge, re-store and re-energise. Even though those assignments may be screaming at you to be completed, you'll feel fresher and clearer-minded in the morning if you get some sleep. So, switch off those phones and shut down those laptops a little bit earlier — you'll thank yourself for it!

MORE H2O!

Just a reminder: we literally need this to survive. It's simple. Drink water.

Eating Well!

It's no secret that what you put into your body impacts your mood, energy levels, and the many reactions that go on inside of you that allow you to feel your best. We're not saying you need to start your mornings with celery juice, or cut out ice cream all together, but it may be worth asking yourself whether you should be increasing your fruit and veggie intake, and decreasing your intake of Cappy B's and choccy bars.

Are you breathing?

No, really, are you? Diaphragmatic breathing is key to activating a sense of calm. All it involves is breathing in deeply so that your stomach rises (rather than breathing shallowly in your chest),

then let it slowly fall as you breathe out. Uni (and other pressures/strains) can cause us to become overwhelmed, so taking at least 5 minutes each day to practice this will improve your mood, clear your perspective, and help to release the tension you're carrying. Yoga and meditation are also great ways to incorporate this!

I like to move it, move it, We like to...move it!

Some form of movement each day is highly important for general wellbeing — it boosts your fitness AND causes the release of endorphins which make you feel happyyyyyy - it's a win-win!

You are your own worst critic

In order to improve your relationship with yourself, it is important to talk to yourself with the kindness that you would your loved ones. Just as we have the ability to convince ourselves we're not good enough, not strong enough, or not "something" enough, so too can we change our mindset for the positive. You deserve just as much kindness that you give others, so lift yourself up rather than putting yourself down!

Put yourself first — it's not selfish!

You are worth looking after, so start putting your wellbeing first! Figure out the things that make YOU happy! Aim to incorporate them more into your life, and potentially cut out what may be bringing you down. Happiness is contagious, so take time for yourself to boost your wellbeing, and in turn, boost the wellbeing of others! A happier you will lead to a happier environment.

A few extra Building Blocks

Set achievable goals — this is a surefire way to make sure you continue to build an increasingly positive relationship with yourself. In setting these goals; write them down, but also write down the steps you'll need to take to get there. Goals can be big or small, as long as they are important to you. Reward yourself when you achieve them, and remember that they will take TIME! But you'll get there if you set your mind to it.

Practice gratitude — thinking of/writing down things that you are grateful for can put things into perspective and instantly boost your mood. Look for those silver linings of situations and appreciate what you have now!

Lastly, don't compare/compete with others! Everyone is on their own path of self-improvement so take one step at a time. Self-care is for YOURSELF, and if you don't look after yourself, who will?

The Most Important Relationship: **You**

By: Vlad Matviets

This issue of Canta is all about relationships! How our partners, family, friends, and colleagues help us, support us, and define us. But there's one relationship that's arguably more important than any of those, and it's the one that often goes overlooked and underappreciated: YOU.

In this busy world of studying, partying, and working, our relationship with ourselves often takes a backseat to our relationships with others. We put time into working on our relationships with our partners, family, friends, and colleagues, but don't always think about ourselves.

In the same way that your mum will get upset at you if you haven't called her in a month, or your partner will get passive aggressive if you haven't given them attention in a week, neglecting your relationship with yourself can have pretty dire consequences. Our mental health is directly tied to how we treat ourselves. In recent years, we've opened up conversations around mental health. However, these conversations are often difficult, particularly for guys, to engage in.

In the same way that uni is a great place to discover a million things that interest you — whether it's a love of science, obsession with debating, or passion for curry — it's also a great time to develop some effective habits for managing your relationship with yourself.

So, as someone who's been at uni for an undisclosed (but far too long) amount of time, I feel mildly qualified to offer you some tips and advice in this field (some of this might seem super obvious, but bear with me):

Be selfish: We often prioritise others in our lives — which is great! Being selfless and altruistic is always positive for the world. However, it's not so great when it means you neglect your own physical and mental wellbeing. Saying “no” to requests for help, or politely declining party invitations when you're not in the right headspace, is perfectly valid.

Be sad (or happy): Guys are often told that they shouldn't show emotion, or that the only acceptable emotion is anger or aggression. Fuck that. You have emotions, and these are more diverse than just anger. Always remember that you have a right to your emotions; you're allowed to be sad or happy, even when others might have it better or worse than you. Your emotions are not in competition with other people's emotions, and don't allow anyone to say otherwise. If you're sad, be sad, and don't feel guilty about it.

Be true to yourself (and do shit you like): University is all about discovering yourself. But you're not going to do that if you present yourself as something you're not. Many of us allow ourselves to be guided by the people around us into doing, or talking, about things we don't really care about. It's often easier to join a club all your friends have joined than it is to discover something for yourself. Don't be scared to do shit that you like. If you're a stereotypical engineering lad who loves musical theatre, join Musoc! If you're a quiet English major who loves cars, join Motosoc! Doing things that you actually like will make you a much happier person. In doing so, you'll also meet great people who want to be around your true self!

Cancel shit people in your life: Maybe you have a 'friend' or another acquaintance who makes you feel super drained. Maybe

they make snide remarks about you that feel personal, or try to undercut your achievements. Maybe you've already tried to talk to them about it, but to no avail. Every time you know you're going to be around them you have to mentally prepare yourself. If so, you should cancel them from your life. Toxic people who are a drain on your mental health are not worth it. You should surround yourself with people who will make you a better and happier person. This can often be difficult in practice; maybe that toxic person is in your friend group, or you have to be around them for some reason. In that case, try minimise your interactions with them, or maybe talk to other mates and see whether they feel the same way (you'll probably be surprised to find you're not alone).

Ask for help: Humans are not solitary creatures who can get through life on their own. Alpha wolves generally die alone in the wild. We need each other to survive. We often feel overwhelmed and convince ourselves that we shouldn't be a burden, and in circles with other guys it can often be difficult to bring up emotional shit. But it's okay to ask for help, whether that's from friends and family, or more professional help like a therapist. There's no stigma in asking for help, and you'll find that your friends are more than happy to help support you, and see you be your best self.

Don't be so hard on yourself and stop comparing your journey to others: 'We are our own worst critic' is a very true statement. It certainly isn't helped by the world around us, in which everyone and everything is presented in their best possible light. Failure is a natural part of life, and although it often feels like it, failure is not the end of the world. Also, stop comparing your struggles and journey to others; it's not helpful.

Life is now: The biggest piece of advice I can give anyone is to simply remind them that life is happening right now. Our studies and work often forces us into thinking about the long-term: what am I going to do after university? How long is this relationship going to last? What courses should I take next semester? We often worry and stress about the future. That's understandable! But it becomes a problem when our stress and concern about next month makes us forget about this month.

Living in the moment sounds like shit advice because you often neglect the future by doing so, but if you can find a balance between concerning yourself about tomorrow while enjoying today, you'll be much better off and happier. Check out what's happening around town today. Join a new club or activity and meet new people. Start learning a new skill. Enjoying your life today will make you much happier with yourself, expose your best self to others around you, and also prepare you for tomorrow.

Applying some of this advice can help you develop yourself as a person and improve your relationship with yourself. You don't have to adopt all of it straight away — take things slow and change one or two things in your life at a time and see how it feels. While it'll improve your relationships with others as well, always remember that improving your relationship with yourself is something you should do for yourself, not for others.

Discovering your sexuality

By: Abby Robertson in collaboration with QCanterbury

When I was in year 13 at my all girls' high school, our music class had this mural called "Baewatch", where we printed photos of celebrity crushes as a tribute to their sexiness. It started at a modest size of just a couple of faces, but soon almost an entire wall was littered top to bottom with all sorts: boys we knew, Ryan Gosling to Aaron Tivet, to Troy Bolton. Even my gay teacher contributed his own bae, Bauden Barrett. Baewatch was one of the key parts to my lesbian awakening; I realised internally that, oh shit, I wasn't putting up any actual boy crushes — and there are only so many #WomanCrushWednesdays a straight girl can have. I was seventeen.

Of course, I'm not alone in my coming out story. Late last year we asked for submissions in the QCanterbury and wider queer community to hear what people had to say, and wanted to share, about figuring out their own sexuality. All responses were anonymous, and we put the call out as follows:

"We would love to hear your experiences: the good, the bad and the ugly. Our intention is to spread awareness of the bad, to educate cishet people and encourage support and allyship, but also to share the joy that comes with the good, and overall to make sure that those in our community, closeted or out, may feel seen and not alone."

Coming Out

For some of us, the road to self-realising our sexuality is pretty evident from a young age: "I've known I wasn't straight since I was thirteen. I can pinpoint it to the day exactly — my health teacher told our class of 30 that 10% people were gay, so that meant that 3 of us were lesbians. I looked around the class, frantically trying to guess who on earth it could be. That's when it started to click in my head. Oh shit, dat me. I came out to my mum a few months later as bisexual. She was a little confused, I think, and told me to keep an open mind. She sent me some articles about how more prisoners and pirates are gay, because they're around the same gender all day. I had just started at a single-sex school, and gosh, it must have corrupted me fast! My parents weren't not supportive, though, which is really all I needed."

One thing to remember is that it isn't always a lightbulb moment, where there's an epiphany and you immediately just know yourself. Given we are living in a world where heterosexuality and cisgenderedness are the dominant social norms, that is unsurprising: "One of the hardest things about being trans in my experience is constantly doubting yourself. You compare yourself to other trans people and think because your experiences aren't exactly alike, that you're just faking being trans. Imposter syndrome is a very real thing especially in the early stages of transitioning, and it takes a lot of unlearning harmful behaviours to come to terms with being trans yourself."

The road is not always easy or straightforward, and there are a number of reasons why that may be. The most exhilarating and memorable parts are often when



our coming out is met with positivity, acceptance, and assurance: *“One of my favorite memories was coming out to my mum! She was so accepting, and told me that nothing else mattered as long as the person loves me and I love them.”*

Relationships

Navigating relationships in the queer community can seem daunting or difficult at times, especially if you don't feel connected. There's always the game of trying to figure out whether the person you're crushing on is actually even attracted to you or not.

Sometimes straight people can have confusion over this; one person mentioned frustration over **“people thinking I can't be monogamous because of the fact that I'm interested in more than one gender”**. Bisexuality and pansexuality are both completely valid, and people who identify as either can, of course, be monogamous.

Dating apps can do wonders in connecting you with people you might want to date, make friends, bang etc. Some commonly used dating/df apps include: Tinder, Her, Grindr, and Bumble

Encountering Hate

Pretty much anyone in the queer community could tell you at the drop of a hat a time that they felt discriminated against, be it verbally, via social media, from being ostracised or made fun of at school, or even actual physical abuse. Unfortunately, there are still homophobic, biphobic, transphobic, and generally shitty people in the world who need to go back to primary school and relearn that if you don't have anything nice to say, don't say anything at all.

“Every time something is posted online (e.g. UCSA noticeboard) for queer students at UC, there are always a bunch of straight guys and girls tagging their straight friends as a joke. It's tiring seeing my identity and posts for people in the LGBTQ+ being treated as a joke. It makes me feel less accepted on campus.” We have a long way to go, folks. Being visibly queer/ LGBTQ+ can be tiresome at best, and it's important to be aware that even seemingly harmless ‘jokes’ to friends, as above, can be detrimental and at another's expense.

Many submissions cited high school as being a rough time for them. Teenage insecurities, immaturity, internalised homophobia, and puberty — what a fine mix.

“I didn't have the greatest time in high school. I caught a co-ed bus from Avonside to Rangiora and the boys on the bus would tell all the girls that they shouldn't sit next to me because they would catch the ‘gay disease’ — so that was horrible, and it made me want to go back in the closet. Although, since going to university I have had the best time and met the best people. I'm glad to be me, here and queer!”

Thankfully, some of us got good support at school from our peers: *“I had the fortune of having friends in high school that accepted me for being a part of the rainbow community and didn't try to make me feel as though I should change myself.”*

Some people apparently just can't suppress their crusty, homophobic ways: *“When holidaying in Nelson with my ex, a group of middle-aged white women walked past us holding*

hands, and one said “Oh Jesus” under her breath. Like wtf? No one asked you ... I wish I could have said something in the moment — but what do you even say to that?”

Family

The subject of family can be a hard topic for many in the LGBTQ+ community, especially if they're not supportive: *“I told my father first and his first words to me were, ‘you're young, you have your whole life to gain experiences’, and that hurt me although I never told him that. I told my mother only this year and her response was similar, however it felt like she had a barrier around her and I often regret telling her. I'd never regret telling my friends however, and it's surprised me how much more supportive people who have only known me 2+ years were more accepting than my parents who had adopted me, and known me my whole life. This group has only grown as I've joined university and found others in the community who I can relate to and get support from as well as support them.”*

*“So I've been dating my girlfriend for almost 4 years now, but it's a bit tricky because her parents are not at all supportive. We went on a combined family trip last break, as an effort to try and make our parents get along. It seemed okay on the surface, but while we were having some food, her dad said something to her (her family speaks a different language), then walked away. She started crying. It turns out that things were not okay after all: her dad thought me kissing her on the cheek was the most disgusting thing he had ever seen.” **It sucks when our sexualities aren't respected or embraced by our families.***

Religion

Many of us struggle to reconcile our religious beliefs with our identities and sexualities. For those straddling both worlds, often juggling that intersectionality can be taxing.

“I first started to suspect that I wasn't straight when I was 15. I kind of had a mental breakdown after experimenting with a friend due to the shame I felt afterwards. I then swallowed it down and did not acknowledge my homosexual feelings again until the age of 17 ... being a Christian at the time added a layer of complexity and internalised homophobia: i.e. I *couldn't* be a lesbian, because that was dirty and sinful.”

“I am a Christian and I often wondered if me being a part of the community was a sin, and if God would send me to hell. However, I ended up gaining the support of the reverend at our high school who told me that God loved me for who I was and it made my religious worries about my identity ease off, which is something that I'm grateful for.”

There is so much more that could be said here, but I think a lot of these stories speak for themselves. Here are just some parting words to leave you with, e te whānau: **“Stay strong, LGBTQ+ family, let's make a better world for the next generations <3”**

#BringBaewatchtoHaereRoa2020

On Heartbreak

It can be a full-speed crash. Nothing left but ashes of memories, distorting the view.

It can be a slow untangling of twine that was once bound tight. Unbreakable you believed. Or maybe it's consistently serving up your heart on a plate, alongside an assortment of knives, "take your pick" you whisper.

Maybe it's a simple letting go; one that became two. Unexpected. Unbelievable. Now, the endless feeling of something missing, a missing limb. Now begins an everlasting search for something you lost, not sure when it got misplaced.

It ends in a deep burn. An ache. A whisper.

Ah, the human heart. How precious it is. Like fine, expensive white china.

But it's not like the fine china your grandmother never takes out, destined to sit on the highest shelf of the wooden cabinet, unreachable, collecting dust.

No, your heart is precious, and you are brave. So brave. You held it out.

To the parents who adore you and promise to keep you safe, always.

To the girl with sunflower curls and constellations of freckles in year two of primary school, pinky's locked, a promise, best friends forever.

To the boy with the smile that makes you weak at the knees, who painted the entire universe on your soft skin.

To the lanky-long limbed boy who carries you down corridors and through storms and dark nights even now still.

To the boy with the eyes that mirror the sky, who drifted away with the clouds.

And again, to the boy with that smile, who you can't seem to remember to forget.

And then you learn, the precious heart, oh, how it can shatter.

So easily dropped. But when the heart breaks... I implore you to take those shattered pieces. And do not use them to build a high wall, to lock out everyone, to block out the sun. No, be brave. Sweet one, scatter those shattered pieces to the world around you.

Hug your mother extra tight. Bake cookies for your friends. Send a text to your little sister, good-night.

And then you'll see.

That the heart, it does not break. For that would mean, it started out hard and brittle. When really, your heart is pure and made of soft golden sunshine and starlight.

It's butter. Absolutely unbreakable. The hurt you felt was just a shell, breaking away. And now, those layers shed, you can be more you than ever.

Build not walls, but plant little seeds amongst the left-over shell wreckage.

Let flowers grow. Let their petals unfurl, as you let yourself bloom.

Soon the butterflies will come. And soon you'll see,

That there will come a time, where there are no more tears, and love,

it will not break your heart, but dismiss your fears.

Everything will be okay.

The heart, it cannot break.

It can only expand

Exponentially

And love,

More.

Nothing compares to the hurt of a break-up.

Nothing tortures the mind so much as going through pages of overthinking thoughts of how and what and when and where and why when it comes to a break-up.

And alas, there is no simple, quick, and time-savvy cure for heartbreak. Which is just shit.

It's a rollercoaster and you just want to get off.

Yet, all you can do is hold on tight.

All you can do is keep your head up high, your heart strong, and let time do its magical healing thing. Keep searching for the light each day, and I promise you there will come a day where you find yourself humming a tune in your kitchen, and you feel simply light and simply happy, and yourself again.

While you hold on tight, here are a few thoughts to guide you to that light:

1. Let yourself grieve, let yourself be sad, let your tears fall (they are watering the new flowers growing within your heart).

2. Communicate gently with the person who said goodbye, and then take a step back from their life (constantly picking at a scar and pushing on a bruise will not help it heal).

3. Accept.

4. Then, breathe, trust, let go, and see what happens.

5. Write a list of all the things that you do which bring you joy — go and do them when you are sad.

6. Put that party dress on and throw yourself back into the dance of life. When you say goodbye to one person, of course it will hurt (it will hurt so much) but then endless new opportunities will come your way. These opportunities of possibilities can be full of new things; friends, lovers, experiences and feelings, all shaping you more into who you are.

7. Focus on spending time on nurturing your other relationships with family, friends, making new friends and most importantly with yourself ... really take time for you.

8. Each day, take an hour just for you. When that hour comes around, ask yourself "what do I want to do, in this exact moment, right now?" Then do it; treat yourself. Maybe you'd like to go for a gentle walk around the block. Maybe you want to throw a dinner party for all of your friends. Maybe you'd just like to sit in the silent sun and read.

9. Turn that broken heart into art. Create. Draw, paint, sing, make music, write. Let all your feelings pour out and then you'll find some quiet, content peace.

10. Know that you are so much more than the person who says they cannot be with you.

Sending you all of the good, strong stuff.



Furry Flatmates

By: Sharna Writes

The most important relationship you will ever have ... is with your pet. Or your flat mate's pet. Coming home to a friendly face that won't talk back can be the greatest thing after a busy day at work or school, and I am definitely not the only one who thinks so.

The majority of people I have talked to share their flat with a feline, and mostly had positive things to say about them. Cleo is "great company and "loves a good cuddle". Sugi has been described by her human flat mate as "the best!", and "definitely a perk of the flat". Kawaii, an indoor cat, is always waiting by the door when someone comes home, and will happily walk across her human's laptop if they are stressed about assignments. Lastly, Sandy "brings us together as like a central member of the flat ... she's so chill".

The next most common flat pet you guys have is a rabbit. It turns out some flats even come with their own, such as Tyrse, who lives under a nectarine tree, and provides his lawn mowing services and "wholesome" presence free of charge for all those who live in the nearby house.



As fantastic as flat pets can be, potential issues can also arise between species in the home; such as a dominating cat that doesn't get along with the flat dog, puppies that aren't quite toilet trained, or flat mates that don't like cats having to learn to avoid him or her. When it comes to guests, pets can cause a bit of difficulty too, making sure they are kept safe and that any guests respect their space. This is especially true for house parties, when drunk folk want to make friends with them.

Forming a bond with a flat mate's pet can also cause heartbreak when it's time to move, as is the case with Sasha the corgi, described by her ex-flat mate as "the cutest". The trick here is to maintain friendships with their humans, so you can still pop around for a visit (without having any of the responsibility associated with having a fur baby, might I add). Speaking of fur, having a pet can come with a lot of it — everywhere — and, for many, the non-human tends to be the neediest out of everyone (hope you don't like your personal space!).

The whole renting situation can get a little tricky too, as many landlords seem to think that animals do nothing but poop on the carpet and rip up the curtains. Admittedly, this can be a very real risk. But, as one person has put it so puurfectly, "I wouldn't give them up for the world ... they're my babies and they've been so beneficial for my mental health".

To finish, here are a few things to remember if you're keen to add a pet to your flat:

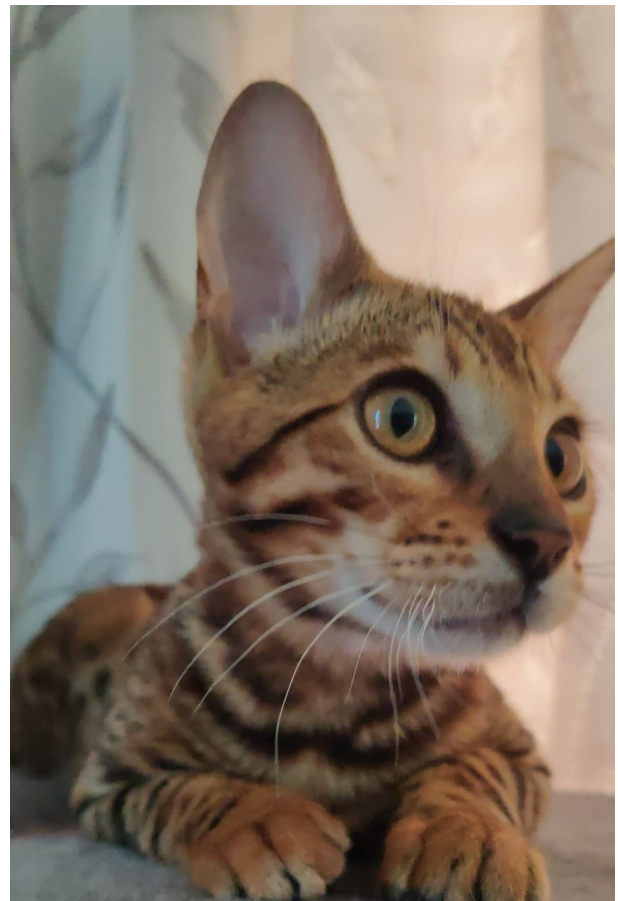
Make sure everyone is on board! This includes other humans, as well as any existing pets, and obviously the landlord as well.

Being a university student means your timetable can be a little all over the place. Pets, particularly dogs and especially younger varieties, need lots of human interaction, attention, and exercise. If you're not able to provide this, perhaps put off getting one until later in life (sorry!).

Work out your budget! Ensure you have enough moolah to cover your own bills, as well as food and vet bills for any furry flatties.

GET YOUR PET SPAYED OR NEUTERED. SERIOUSLY.

Finally, you'll probably want to make your pet an Instagram page. Please do, I will definitely follow and like all of their pics.





A REALITY THAT HITS HARD

By: Pearl Massie

Hi,

My name is Pearl.

I am a heavily abused, neglected, devalued, forgotten, and traumatised daughter.

I am also a hopeful upcoming journalist, a regional representative dragon boater, a coach, a qualified sweep, an employee, and a full-time student.

I am a friend, a partner, and someone who has made their way out of poverty by working hard to earn everything I have today.

If my life has taught me anything, it's that family is not always people you are safe with, the much-needed role-models, the guides, the carers, those you can go to when things get tough, and the people who will protect you. What if they were the danger? The abusers?

What do you do?

Let me be the one of wise, and provide some advice about relationships with family and friends when reality hits. If anyone else has endured, or is enduring, a similar walk of life, I am sorry. I hope this provides some comfort, or guidance.

According to New Zealand Family Violence Clearinghouse, police investigations of family violence reached a record high with 118,920 incidents in 2016, which was 8000 more cases since the previous year. Child, Youth and Family received 142,249 Care and Protection notifications in 2015/16. Unfortunately, this is the most recent data available.

So, let's face it — you probably know someone who has grown up in an abusive, toxic home environment. New Zealand has a pretty face, but what happens behind closed doors is nothing to be proud of.

For the first sixteen years of my life, I was in abusive home environments. Left with a mother who had psychological issues and trauma from her own childhood that made her become, not only the thing she feared the most, but a narcissist, controller, manipulator, and a beater. Once I was thirteen, and inquiries were finally done into my wellbeing, I was passed over to my father permanently. However, he had no clue on how to parent me because he had just spent the last thirteen years barely seeing his only child. Running away and ignoring things they didn't

want to deal with seemed to be a common response for my blood relatives.

At sixteen, I left to save myself.

I stayed in high school, had a job, participated in extra-curricular activities, and lived independently in a flat with no form of support from 'family'.

I gained university entrance in my last year of high school, came to UC, and fell in love with journalism six months into my first year. Here I still am, studying what I love, coaching and competing in what I have passion for, surrounded by loving friends and a wonderful partner who have kept me so grounded and happy.

So, here's a few things I learnt along the way.

At the end of the day, you are your forever commitment — if you need to take risks to save yourself, do it.

Friends are extremely valuable — do not take advantage of that. You will need them when shit hits the fan.

Life is short, so have fun! This doesn't necessarily mean drop out of uni if it makes you stressed because we're all in the same boat my dude, but make sure you're doing other things you love too! Don't shut down opportunities; try new things.

Take advantage of the services available around you — government financial/necessities support is a thing, and they saved me when I needed it most. It is there for a reason! Also, student services levy is expenny so take advantage of uni services.

Love. Love the things you do. Love the people you have in your life. Remind them with every chance you get. Love yourself. Love that cat you pass walking home.

Family isn't always blood. I have found my family through friendships and distant godparents.

Last, but certainly not least, look after your well-being. This life you're living won't be easy, it will throw some pretty wild curveballs when least expected, so remember to care for yourself. Seek guidance through new challenges. Practice healthy coping mechanisms. Find what makes you happy, calm, and relaxed. Keep doing that and you've got this!

This is your life, no one else's. Do NOT let these relationships that come and go define you. Write your own story, remain in control, and love the things that make you happy.

<3

A special mention goes towards my too-far-away godparents and first dragon-boating coach — without your encouragement to stick to education and sport, I would not be in the incredible place I am today. You pushed me to make those goals happen when my world was crumbling. Thank you.

You've Got a Friend (Or Maybe Not?)

By: Anonymous

Coming to Canterbury University as an eager first year student, I was excited to meet people from all over New Zealand, and to make some new friends. Being in a hall of residence with 150 other people was a shock, but after the first couple of weeks I met someone amazing, and we instantly clicked. This was one of those friendships which progressed very quickly from talking about your studies, to talking about your spiciest encounters, no filter required. Over the two years in the hall we made so many memories, attended countless parties, had deep and meaningful, and supported each other through rough times. In our third year we decided to move into a flat together, along with two other flatmates. Our weeknights were spent watching crappy tv soaps, Thursday nights were spent at mono getting 'lit', and our weekends were spent cooking breakfast, laughing at dumb memes and exploring the city. Everything was going so well that we ended up flatting together for another two years, but by the start of our fifth year it became clear that that we were starting to drift apart.

We were both from completely different schools at university, and over time it became clear that our study and research goals were very different. Our social lives had also become quite different; I guess I didn't enjoy smashing back a whole bottle of alcohol every single week as much as I used to. At the time I did not think that these should be a big issue because so many of my good friends studied something different to me, or worked full-time, yet we still made an effort to hang out every week. As the year progressed our communication came to a halt, and I thought that I had done something wrong or offended them. Every time I tried to catch up for coffee, I simply received an "I'm busy" text, or no text at all. I had also noticed that, even though we lived in the same house, we had completely different schedules so we never actually saw each other at home — and when we did, there was hardly even a "hello". At this point I was really hurting, thinking something was happening with my bestest of friends, so I was proactive in confronting them, and sorted out a time for a proper catch up.

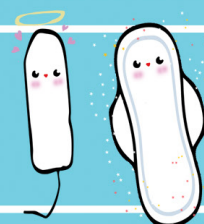
I remember sitting in the coffee shop, feeling a bit uncomfortable and unsure about what was going to be said. The chat started out as a basic conversation of what we have been up to, then I opened up about how I felt I was being excluded, and asked

if I had done anything wrong. Turns out everything was fine with them. In fact, everything was great. I vividly remember them saying "I'm actually really happy!", which flooded me with relief. We wrapped up coffee, had a big hug outside, and went on our merry way home. From that point I thought that everything would bounce back to normal, and that we had both just simply been a bit wrapped up in our own worlds for a while. They promised me they would catch up with me soon, which then never happened. The next few weeks once again deteriorated into no communication, exclusion, and avoidance. However, this time around I started putting more time and energy into myself and my own work, and into the friendships with genuine people who returned the favour.

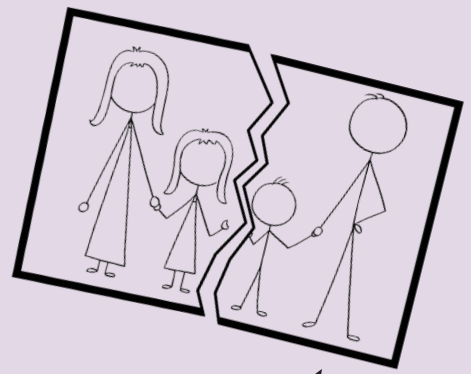
Overall, university is a great place to make new friends, some of whom will likely become your besties for a long time. In some cases, however, you may find yourselves drifting apart, try to salvage it, and end up watching those ships go down sinking. The reality is that friendship break-ups really suck, so much that it can almost feel like losing a family member if you were really close. Luckily, I am at the point in my life where I now know who and what makes me happy, and have also learnt a couple of pivotal things about friendships and friendship break-ups. The first thing is that even if someone was busy with their own stuff, or studied something completely different to you, they would still make time for you if they were your friend. It honestly takes 20 seconds to reply to a text; nobody is "too busy" to not reply if they cared about you. The second thing is that if a friend says they are "really happy", and you are clearly not close or getting along anymore then it is probably time to call the friendship quits. Naturally people can grow apart, and the friendship doesn't quite fit anymore, and this is just something that has to be accepted. My last piece of advice is to make sure you are kind to yourself, openly communicate with your friends if you think there is an issue, and put good energy into the people who put good energy into you.



IF YOU ARE CAUGHT WITHOUT
ASK FOR A TAMPON OR PAD!
AVAILABLE AT THE UCSA



When your family falls apart



By: Robyn Walford

Not everybody is lucky enough to live in the perfect cereal box family. In fact, when you think about it, I don't think anybody is. Even if everything seems so infuriatingly perfect between someone's family, I can guarantee that behind closed doors not everything is quite how it seems to the outside world, and this is okay. We all have issues and we all have drama, that's just part of growing up. But what happens when it falls apart?

It's shit. To put it simply, it's horrible. There are so many reasons for family breakdowns but I'm going to focus on the issue of divorce, as it's something that affects a huge number of people. In my friend groups having divorced parents is the norm; it's actually really rare to hear of mates my age whose parents are still together. Whether it has happened recently, or decades ago, the breakdown of the family network is a big thing. It affects so many aspects of your life, and, if your parents are anything like mine, the formal proceedings will take an age to complete. Despite having split up in 2013/14, they only recently finalised all the settlements; meaning it has been a tense few years. If they ever set foot in the same room again, it'll be too soon!

Now my sisters and I can laugh about the whole process, and how much it resembled an *EastEnders* episode (for those of you who are unaware, *EastEnders* is a British soap opera where the most believable thing that happened all year was that someone came back from the dead), but at the beginning it was tough. Granted, it was a complicated situation, my dad ran off with my best mate's mum ... but enough of that sob story. Now the girl who I always wanted to be my sister growing up, actually is! Silver linings aye? Regardless of how it happens, the implications of divorce are massive, and it's normally the kids who get stuck in the middle. I remember my first thought being "oh wicked, double Christmas!", but then the reality sunk in. Because of the situation I lost contact with my best friend for a long time as there wasn't really anything to say to one another; a bombshell had been dropped on both of our families. I remember long-term friends of my parents messaging me things like "tell your dad we still like him but we're here for your mum right now". It's like your mate and their cool girlfriend have broken up, except rather than six months it's twenty years and two kids later.

One piece of advice I have always kept close is that 'they've not left you', and as much as I really disliked my dad for what he did, this helped me put it into perspective. I consider myself super

lucky that despite the situation I still have both parents in the picture, especially since I have moved out for uni. Living in my car between my partner's, my mum's, and my dad's during sixth form made for a real lack of organisation and a lot of tension. Moving away has made everything clearer, and I haven't had to worry so much about spending equal times at each house.

There are silver linings to divorce, even though to start with it is normally horrible with at least one parent being pretty devastated by the series of events, but slowly things do get better. There was a totally different atmosphere at home; no tension, no arguing, when I saw my parents it wasn't just them rushing home from work, eating, and going to bed. Also, I gained a whole new family! As previously mentioned, after Emily and I spent years and years pretending to be sisters, or wishing that we were as kids, through a series of unfortunate events we were now step-sisters. Mum has also moved on and I've gained more step-family on that side too! I couldn't imagine it any other way now; my parents are happy and relaxed, and it feels like a weight has been lifted.

I do understand that although initially the separation of my family sucked, I am fortunate to have maintained a relationship with both. I can't imagine what it must be like to have a family breakdown so bad that either, or both, parents are out of the picture completely, but I know it does happen, and I know people it's happened to. Just know that because you're twenty-one now, and your dad left when were you seven, it's still important to talk about these things. Bottling up resentment will only hurt you in the long run. Another important thing to keep in mind is that family is more than just blood, some friends will always mean more to you than family, and you should not feel bad about this if specific family members are toxic. You don't owe them anything just because you're related; it's those who are there for you through thick and thin which are most valuable.

If you have been affected by family breakdowns and need support or advice, please reach out. There are plenty of contacts around uni to help, true friends who will always be there to lend an ear, and there are plenty of external organisations who can offer help too. The most important thing is that you look after you throughout the breakdown, no matter how minor or major it may feel at the time. If you don't deal with it properly, it'll come back to bite you on the butt when you least expect it.





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A Tale of Twins

By: Annabel and Eleanor Hurton

Annabel's Side:

What is it like not being an identical twin? What is it like to not have known someone since the beginning of everything? I can't fathom it.

Being a twin is a personality trait. I am dramatic, loyal, adventurous, and a twin. Everything you do seems intrinsically linked to them. She has supported me through health challenges, shared her secrets with me, hidden a dead body for me. We fight, scream, say we hate each other, but an hour later we are best friends again. She is the one person I have been truly myself around.

As a twin, you spend a lot of time trying to carve out two distinct futures, but for us that didn't exactly go to plan. We have the same friends, same hobbies, same values, same political alignment, we even have the same degree. Yet, even though we are so similar, we are not the same.

She is a naturally gifted writer; I prefer to kick a ball. I want to work in the human service sector, and she wants to study for the rest of her life to avoid choosing a career. When she is excited her voice goes up several thousand octaves, when I am excited, I wave my hands around like an awkward bird. She is a minute older, but I am taller (you midget). Long story short, it is possible for two people to be similar and entirely different.

Although we are identical, "something went wrong" in the creation process. Do we look like siblings? Yes. Do we look identical? No. I've been told by complete strangers that I am wrong about being an identical twin. I've had friends arrogantly argue that identical twins are exactly the same height and therefore we must be fraternal. I've even been told that our parents lied to us about our genetics our entire lives (cool conspiracy bro).

As children we look exactly the same, the only reason teachers could tell us apart was because we wore different coloured glasses — although I had perfect eyesight at the time. Why was I wearing glasses I didn't need, you may ask? Because I was an annoying little shit. I was a magpie, but instead of stealing shiny

objects ... I stole my sister's glasses. In my defence, they were really cool glasses.

Instead of teaching me impulse control, my parents came up with a solution to end my life of crime. They spent money on glasses I didn't need, and lenses that didn't work. I've never heard of a parent bribing their child with fake glasses, but it did the trick. My parents "weaned" me off of glasses very quickly but I was eighteen before (to my horror) I was told of this travesty. Like an idiot I had assumed my eyesight had simply improved on its own. Thanks for ruining my childhood memories mother.

Our father died when we were fifteen. My twin and I experienced grief very differently, however we stuck together through it all. We had some awkward post-death moments together, and by awkward, I mean mortifying. When put in a stressful situation we both nervously laugh. Is it nature? Is it nurture? We will never know. We laughed a lot after our father died, we laughed when the GP pronounced him dead, we laughed during a commemorative service. It wasn't that we found any of it funny, quite the opposite. Laughing was a stress reliever, it used pent up energy, and honestly, laughing really helped.

I can always tell when she is upset, let's call it twintuition. People ask if we are telepathic, I usually lie and say no. We can't read each other's minds, or help each other during tests, but we just 'know' things without having to ask each other. I vividly remember painfully hurting my leg as a child, only to realise my leg was perfectly fine, and my sister's was bleeding. If that isn't telepathy, I don't know what is.

Right now, you may be thinking how unfortunate it is that you don't have a twin. That you are doomed to live a life without your other half. I want to comfort you, tell you it's okay, that your life isn't ruined. But honestly? You're missing out. Having a twin is amazing. Life-changing. Divine. It's an experience you can't fully understand unless you are one. I hit jackpot and just didn't. Sorry.

Eleanor's Side:

In primary school I fell over on the playground and banged up one of my knees pretty badly. As a teacher rushed toward me, I heard the unmistakable shriek of my identical twin sister from the other side of the field. As it turned out, Annabel was unharmed, but somehow felt my pain as if it were her own. Maybe Annabel and I can't each other's minds (or can we?), but twin telepathy is certainly very valid.

In high school, Annabel and I were in the same science class. For two tests in a row we got the exact same grades down to the percentage point. Convinced we were cheating together, our teach put us on opposite ends of the classroom for the next test ... our scores were yet again identical. That carried on for the remainder of the year, and to this day, people still ask us how we did it.

Being a twin is like winning a lottery. You get ready-made best friend, confidant, and supporter from birth. I am often asked what it is like to be a twin. It's quite a bizarre question to me. I mean, what is it like not to have a twin? What's it like to have a head? When I think too hard down that train of thought it makes me really sad. I mean how does the ordinary twin-less human cope with all the challenges of life without their other half? I can't even imagine.

Our parents deliberately tried to separate us when we younger to encourage independence. In all honesty, it didn't really work and we still share the majority of our friends, hobbies, and favourite hang-out sports. We are both left-handed, we have the same sarcastic sense of humour, and share a pretty religious (our mother says concerning) Harry Potter obsession. But, to be fair, that's exactly how we like it.

We don't share fashion tastes though. I mostly wear dark leggings and blouses; Annabel is addicted to plaid and men's shirts, and she aspirations of getting her first buzz cut. So, my dreams of having two wardrobes to pick from were shattered many years ago. Neither of us wear makeup though, because fuck the patriarchy and the arbitrary beauty standards imposed

on women.

When we started university together, we decided that it was time we developed independent lives. We originally started off studying different degrees, only for us to circle back around and both major in Sociology. It's a subject we both love but for very different reasons. Annabel is passionate about critiquing patriarchal structs, and I struck a love for studying the role of religion in our daily lives, and am currently exploring the idea of Agnosticism for my Masters' thesis.

People sometimes laugh at our similar study paths, but I always say that adding "built in study buddy" to the ever-growing list of twinny perks will always be a positive in my book. We decided that we would at least try and get some different job experiences to try and set us apart at university — only to end up working on, not one, but two summer projects together. We joke that at this point we may as well scout out identical twins to date, since we clearly can't get away from each other no matter how hard we try.

Seriously though, I love being a twin. I am so lucky to have Annabel in my life. She has supported me through so much — hospitalisations, bullying, heartbreak, and rushed university deadlines. My life is brighter, happier, fuller, for having Annabel in it. I can't imagine a life without my twin. I don't want to imagine a life without her. Losing my twin would be like losing my whole world. I'd rather never have been born at all.

The great irony of being a twin is that as we tried to pull apart at university to find out what made us individuals, we both came to the realisation that our twin-ness is what makes us fully whole, we wouldn't be who we are without the other. I am as much a part of her, as she is a part of me. Being a twin is what makes us, well, us.

I don't know how our lives will turn out, what challenges or triumphs we will face, what journeys we will take. But the one thing I know for sure is, we'll be seeing double for many years to come, and for that I am endlessly grateful.



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LESMILLS

Club Review

Women in Business

The first Women in Business event for the year was not where I expected to find myself a full semester after dropping out of a Bachelor of Commerce. But when you get offered a free ticket with promised nibbles and drinks, why not go along.

The first challenge of the night. Finding the John Britten building. As I'm not an engineering student, I wasn't even aware of where this building was and neither was the UC map page. I had to look at a physical map like a fresher. The decorating was themed around the club's colour, a dusty pink. There were a few balloons here and there which decided to blow up in the middle of a speech. 5 Stars for nibbles and drinks, it was the best club food I've ever had by far. This was no sausage and white bread type of event. There was sushi, with piled-up plates of hummus and cheese. The dessert by one of the sponsors of the event, Cakes by Anna was delicious. This event was worth going to for the snacks alone.

The first speech was from Kendall Flutey, founder and CEO of Banquet. The second speech was from Bre Poulter, founder of Lend the Label. Both of these ladies did a wonderful job, they were engaging and inspiring without being condescending or egotistical in any way at all.

The only lowlight of the evening was the BNZ sign that I successfully knocked over with my jacket in the middle of a speech. Not my most elegant moment, thank you to the people that came up asking if I was alright after. I'm fine, thank you for your concern.

Being in a room full of engaging and smart young women was such a highlight of my week. The importance of this club should not go unnoticed. Thank you to the organisers and gold sponsors for the evening; BNZ markets, PWC and Duncan Cotteril. Further thanks to the event sponsors of the event; Cakes by Anna, Chia Sisters and Jade Spence Photography.

MONO and UC Bike BBQ

Now, some may ask, why in the hell would you force yourself to go to Mono at the ripe old age of 20? Well, I say why not? (and then, immediately fill up with regret at this statement). My first foray to Mono came at the age of 19, where, as a slightly older first year, I was unimpressed by all the old Foundry had to offer. I think I arrived at uni too late to fully enjoy Mono, I was barely in uni before I was officially classified as a "mature student." And from my experience, Mono isn't the place to be for mature students.

The first challenge. Finding other people to go to Mono with when you're not in any 100-levels and you live with your parents. I enlisted the help of my two heroines of the night, Aimee-Rose and Genevieve. These two girls had my back this evening; readily agreeing to come to a club event that none of us is a member of and then to Mono was no small task. We invited ourselves along to the UC Bike pre-mono BBQ. I wanted nothing but a snag but instead of a snag, I got one heck of a show. 10/10 for entertainment team - the DIY ramp on a hill with a boy in a shopping trolley that was then jumped over by another boy on a mountain bike. The landing was truly nothing sort of spectacular. I give you guys 5 stars for head protection, love to see a helmet. The only startling thing was the abundance of mullets of all lengths and colours. The ginger mullet was a personal favourite. 0/5 stars for food, the BBQ was a false pretence to get us all there to witness that spectacular stunt. This event also lacked in the one uni event staple, Jungle Juice. There was one small laundry bucketful and everyone was dipping their used cups into it - come on guys step up the cleanliness. In the past year, I have sampled Jungle Juice from a variety of clubs, the best kind is where you can taste something besides watered-down cordial. Sorry UC Bike but you guys let me down in that department.

After spending a brief 15 minutes at the UC Bike BBQ, I walked the long trek through Ilam Field before regretting wearing a skirt when it was about 12 degrees outside. Turns out this wasn't even a Mono appropriate outfit as it didn't involve a t-shirt from a band I've never listened to or a pink t-shirt. This truly showed how little I read the UCSA Noticeboard. Best pink t-shirt goes to the boy in the oversized Ralph Lauren polo. You looked like Cady from mean girls and I'm all for it. Go you pink shirt boy.

My evening was unsurprisingly full of freshers ruining everything. Firstly, the girl who pushed in front of me at the bar. I'm proud of you for having the courage to check your bank account balance in the line. You're living the high life with your \$26. To the group of girls that cut in front of the entire line for the toilets. Come on. This isn't high school. Wait for the unisex toilets with the rest of us, make conversation with the guy next to you in line. Shout outs to Jeff from Palmerston North for the quality convo. Freshers feel free to ruin Mono, it is yours to have. But please don't ruin the rest of uni for us oldies.

After battling herds of freshers there I was, drink in hand, ready to conquer the "rave." I lasted all of 10 minutes in the Ngaio Marsh Theatre listening to DnB before calling it quits and getting some wedges from The Foundry. I guess my attempt to make myself enjoy Mono failed but at least I can say I tried my best. Well, I tried a little bit. Thanks for the company Aimee and Genevieve, I'm sure we'll last longer next time we give Mono a go.

Lads Without Labels



What makes a mate?

Sometimes lines are blurred in amongst the nights out and funny stories. But what makes a mate?

Someone you head to the bottley with every Thursday?

Your wing-man?

The person who always asks how you are?

How are you doing?

Someone who remembers the small things?

How'd the test go bro?

Where's your head at?

Wanna hang out?

Maybe it's all of these things.

Maybe it's not always the person you call "your mate". Maybe you have more friends than you know, all around, just quietly looking out for you.

Do you look out for them? Ask them how the test went? Where their head is at? If they wanna hang? Do you remember the small things?

Lads Without Labels is a new club on campus focussed on changing the culture surrounding men's mental Health at UC. Check us out on Facebook and Instagram @ladswithoutlabels to get amongst; because we all have men we care about.

Ella Knobloch, LWL

COLUMNS

Break up with your stuff, i'm bored

Thomas Gaffney

It's only a matter of time before we all get swept into the cult of minimalism, so while we wait for the Marie Kondocalypse to forcefully spark joy in all of us, we should spend a little bit of time making our relationship with our belongings a little less toxic.

The O-Week Cleanse:

If you didn't haul home eight branded pens, two-dozen condoms, and a stack of pamphlets and study guides you'll never touch, then you obviously didn't attend as many O-Week events as you should have. We're deep into the first term now, so it might be a good time to sort the trash from the treasure (including the jandals a certain religious society gladly gave you when you 'promised' you'd go to the campus church that week). While you're at it, think about recycling some old high school books and throwing your childhood rock collection back into nature. The fewer things we hold onto, the more we believe we can get by with less, and that's a great mindset for cutting down on buying more needless stuff in the future.

Get Big into Sloppy Seconds:

We all know how good second-hand stores and op shops can be, but you might not know about all of the second-hand goods we can get our hands on for free or cheap. Libraries have thrustured themselves into the next generation with apps like Libby and RBDigital (for physical and digital books, and magazines), and even the free desk next to the Undercroft is a treasure trove from time to time. Also, don't be afraid to rely on your mates in providing something you might need to use once or twice a year (like a drill or a tent) rather than racing down to the shops to buy it, only to pawn it off on TradeMe for fifteen bucks a year later.

Take Your Relationship Online:

This tip may not be for everyone (we all study differently), but you can save a ton of paper (and headaches, such as when those exam notes inevitably get soaked by the Christchurch rain) if you try and digitise as much of your study materials online. Think before you print, use OneNote for all your study notes, and get a cloud subscription to store all your assignments and readings in one all-accessible online place. A two-hour study sesh of re-arranging all the documents in your folders still counts as being productive, right?

A Quick Run Down on Healthy Relationships

Thursdays in Black with Tanita Bidois

- A healthy relationship exhibits a secure attachment between two people which ensures the needs of both people are met. It fosters a nurturing and mutually beneficial partnership with both parties supporting and encouraging each other. Furthermore, it allows both people to live their own authentic lives, with freedom to make their own choices about where they go, and who they spend time with.

- Having the ability to identify early red flags is essential for safeguarding your mental and emotional wellbeing, while also protecting you from abuse, coercion and unhealthy attachments.

- Signs of a healthy relationship: ability to voice opinion freely and safely, independence, freedom, mutual respect and kindness, trust, support, security, acceptance and being able to live authentically.

- Being secure within yourself will create one half of the foundation for a healthy relationship, allowing you to attract a secure and confident partner.

- 1 in 3 women in Aotearoa will experience physical and/or sexual abuse within their intimate relationship, with legislation implemented to protect New Zealanders from these offenses. These forms of abuse are clear indicators of an unhealthy or abusive relationship, with the victim often left with markings from the incident.

- But what happens when the abuse is less visible? The emotional, psychological and mental abuse that often occurs behind closed doors. These less obvious indicators / red flags of an unhealthy relationship can go undetected, often leaving the victim powerless and isolated.

- Non-physical indicators of an unhealthy relationship/ red flags: coercive control, name calling, aggressiveness, gaslighting, economic abuse, isolation, belittling, dictating what the other person can / can't do, walking on eggshells.

- Healthy relationships always start with you. Take time to foster the relationship you have with yourself by allocating time to work on your confidence, esteem, self-talk, childhood traumas and unhealthy relationship patterns.

The Policy Place: Isn't It Appealing

UCSA Advocacy Team

Sometimes, people make decision that we do not like. A lot of the time there is precious little we can do about it, other than moan about the situation to our friends/family/anyone who will listen when we are at the bottom of the glass and our lips are loosened.

At UC though, most “academic decisions” made by a UC staff member are subject to a right of appeal. This includes decisions such as the grade an assessment is given, declined Special Consideration applications, enrolment approval, etc.

The UC appeals process is detailed in two important documents that can be found on the UC website:

The Academic Appeals and Grievances Regulations; and

The Academic Appeals and Grievances Principles and Procedures policy.

The Principles and Procedures policy is currently being reviewed by UC, which may yield some changes (and it's about time, given that the document is quite out of date!). However, for the moment the process for appealing a decision is:

Appeals must be lodged within 10 working days of the student receiving the original decision.

Appeals against decisions made within a Department/School (including by the HOD/S), are made to the Dean of the College to which the degree the student is studying belongs to.

Appeals against decisions made in the first instance by the Dean themselves are instead made to the Academic Appeals Committee, via the UC Concerns team.

When appealing a decision, it is not enough to simply say that the decision was “not fair” or that the student disagrees with it. The student has to actually demonstrate why the decision was wrong, by either providing additional evidence or information, or finding a UC policy or regulation that the decision was in breach of.

If an initial appeal is unsuccessful, then the student may request leave (permission) to appeal to the next level up the chain. This is not automatically granted, and requires the student to demonstrate that their appeal has good grounds. This usually means that there has been a breach of process, or that the appellant has substantially new material.

If this all sounds a bit daunting, then fair enough! The good news is that you do have to navigate it all on your own — come and see us in the UCSA Advocacy and Welfare team to get some advice and support through the appeals process: help@ucsa.org.nz.

Dealing With Anger

UCSA Welfare Team

Have you ever got so angry that you feel like you're a volcano about to erupt? Well, we all have. It is normal to feel anger. But, it's how we express that anger which is important. Exploding at people is not usually helpful – even though sometimes it can feel completely justified.

We thought it might be a good idea to discuss how to deal with anger constructively. At uni, it's likely you'll encounter some infuriating situations, such as inconsiderate flatmates, disorganised group assignment teams, or relationship betrayals. To help, Healthline NZ have suggested a few tips for managing your anger and expressing it in a healthy way. Of course, these are often easier said than done, but it's worth trying to find a productive way to deal with this common emotion.

Anger Management Tips:

Breathe deeply;

Laugh – just like eating chocolate, laughing releases endorphins which makes you happy, and is a healthier and cheaper option. Just maybe try not to laugh at the person who made you angry in the first place;

Daily exercise! Getting your sweat on helps put you in a good mood, and it's a great way to channel your anger;

Listen to music that makes you happy (how about 'Stupid Love' by Lady Gaga to start with?);

Try some yoga stretches or have a go at meditation.
Expressing Anger Productively:

Write a letter about how you feel (but don't give it to the person it is about);

Talk to a friend about the situation;

Channel your anger into a creative activity (like painting);

Practice what you are going to say to a person who angered you before you say it in person;

Finally, tell the person involved how you feel in a calm and respectful manner (keep in mind that they may have their own issues going on as well).

See the full list on their website: <https://www.healthline.com/health/mental-health/how-to-control-anger#2>

Disclaimer: everyone processes anger differently, so choose a way that works for you!

UCPols

By: Maui Brennan

Kīwaha of the Week- Kei runga noa atu koe! You're the best!

Will the 2020 Election be the end of MMP?

After following the events of the US Presidential Primaries, I was thinking about how difficult it must be having to decide between two binary choices: the Democrats or the Republicans. If you support neither, then your vote would essentially be wasted on a third-party choice. The two-party system (although not as bad as the one-party system in Singapore) forces voters to choose sides, all the while compromising on certain policy issues.

Here at home we have MMP, which seems to be a much more democratic approach. The system allows voters the flexibility to vote on the issues that matter most to them, without having to sacrifice their values to "beat" the other team. Yes, we do still vote for candidates to represent certain electorates in New Zealand. But we also have a party vote, where we can support whichever party we want. From those results, the rest of the seats left in parliament are allocated proportionally (after accounting for electorate seats) if they overcome the 5% threshold. Because of the MMP system, we still have third parties (Greens, NZ First, ACT) that can leverage their positions to influence the policy platforms of the major parties.

Take, for example, Whānau Ora. A ground-breaking initiative that focuses on providing community support with specialist staff for Māori whānau to help them navigate the necessary social/health services they need. You may think to yourself, "this probably sounds like a Labour initiative." However, surprising it wasn't. It was spearheaded by the Māori Party when they were in coalition with the National Government after the 2008 election! In fact, it was the driving factor behind why they stayed in coalition with the National Party.

There are plenty of policies that came out of the coalition governments that we otherwise wouldn't have, if we had simply a two-party system. However, with each election, we have seen the gradual death of minor parties. Most notably, United Future and the Māori party were recent examples of being absorbed into the Labour Party. Even the remaining parties left in Parliament are in smaller numbers than they once were in the past.

The future may look bleak for some of these parties in the upcoming election. In the latest Colmar Brunton poll, the Greens are hovering dangerously close to the 5% threshold, and New Zealand First is hovering under. That is not to say that the numbers won't change before the election, but it does put these minor parties in a precarious position.

With Labour and National gaining in support, one may wonder if we are heading back to a two-party system. Is it in our human nature for us to follow the party who most people will vote for? Or is this just a blip in the MMP radar?

I'm not sure how to answer that. But I do know that we should encourage a deeper discussion into the role of minor parties in our political system. Maybe we should have opportunities where minor parties have the chance to debate on the same floor as their major party counterparts? Relationship building is key in politics. Without coalition parties to negotiate and work with, we may miss the chance to create some amazing policies that otherwise wouldn't exist (Because relationship building is important, I recommend joining 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.

The Reserve Bank will cut the OCR to a record low of -10%

Michael Bloomberg will make America Samoa his new tax haven.

Political Meme of the Week



Entertainment

By: Cassandra



Little Women

Greta Gerwig's adaptation of the novel *Little Women* is a colourful collage in motion, that throws light onto the raw aspects of relationship dynamics. It's gutsy yet blithe. Gerwig dismantles the audience's apparent perception of various events that could happen, and helps them reconstruct a fresh perspective of how things could possibly be. In order to do so, the director utilises a beautifully executed non-linear narrative, embellished with fabulous flashback scenes that wonderfully blend together with the scenes that take place in the film's present. A plethora of legends, including Meryl Street, are actors in this film. My personal favourite performances were those by Saoirse Ronan and Florence Pugh. Saoirse was phenomenally exuberant, and her performance plays a massive role in helping cement this film as an exotic romantic cocktail. Pugh, on the other hand, skilfully interplays between being somebody shrouded in disdain to being somebody at the epitome of pragmatism. Her dynamic with Saoirse's character creates a sort of tautness that beautifully enhances the film's narrative.

Parasite

Bong Joon-Ho's *Parasite* brutally depicts the ramifications of being vulnerable; but vulnerability is inevitable and everybody is dispensable as per the events that unfold in the film. *Parasite* is an allegorical masterpiece, and is certainly worth all the hype it has generated over the last few months. I would highly recommend everyone to sample this bitter tonic.

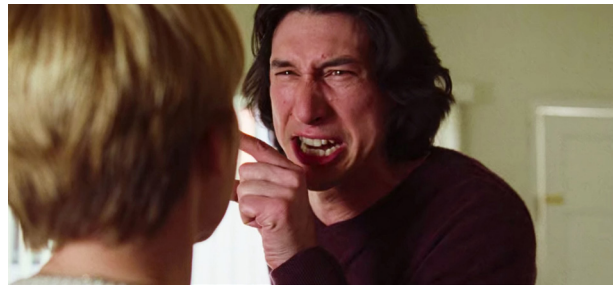
Boyhood

A movie is filmed over twelve years, and the characters in that movie are shown to be growing and ageing in real-time throughout those twelve years, and the result is a masterpiece called *Boyhood*. Richard Linklater has made the film of a lifetime (well, nearly a quarter of a lifetime). One must admire the director'schutzpah, for he has managed to retain every single member of the cast since the filming of the movie began, until the time filming was completed. Linklater has weaved pure magic. As the movie progresses, a lot of real-life "newsworthy" events that actually happened during the times the movie was being shot have been taken into consideration. These events act as indicators of the fact that time is progressing. Every single

member of the cast has given an impeccable performance, and this contributes to making the director's vision become reality. Ellar Coltrane plays the protagonist; his growth from a five-year-old boy to a matured young man depicted in a beautiful manner. His sister is played by the director's own daughter, Lorelai Linklater. Her journey to adulthood is shown in a similar fashion. Their mother is played by Patricia Arquette, and her struggles through life and the hardships she faces in order to support her two children are shown effectively. We also get to see Ethan Hawke playing a fantastic supporting role as their somewhat absent father. *Boyhood* has been made in a way no other movie has been made before. For his patience and self-confidence, the director has to be commended. It's a tragedy that Linklater didn't win an Oscar for his magnum opus. However, if you are an aspiring director and want to take a leaf out of someone's book, then watch this film. Linklater would be one of the greatest indie directors whose work you could want to latch onto, and *Boyhood* is the movie you should choose to consecrate.

Her

Spike Jonze's *Her* caters to every soul on this planet who is not willing to partake in the supremely complex dating scene. It assures you that technology is always at your disposal in this day and age, and a time will come when the software you rely on to get you a date becomes the date itself. However, you could be inundated with the ramifications of dating your A.I., and this film organically makes a point to explain the same. If you've seen *The Terminator* films, you would know how those films allude to an era when sophisticated A.I. machines will attempt to obliterate human beings. The machines depicted in those films have their roots deeply embedded into software like the one depicted in *Her*. Joaquin Phoenix will thoroughly entertain you as Theodore in *Her*, and perhaps this character is a precursor to Arthur Fleck, also known as *The Joker*. When you are predestined to date an A.I., you might as well metamorphose into a complex psychological mess.



Marriage Story

Noah Baumbach's *Marriage Story* is an entertaining treatise on why you should not get married. The film shows how two entitled individuals systematically destroy their marriage, and who better to feature as the film's protagonists but Kylo Ren, alias Adam Driver, and *Black Widow*, alias Scarlett Johansson.

Music

By: Nicholas Cain

Avalon by Roxy Music

Have you ever wanted to listen to an album that is the audible counterpart of those scenes in movies in which the camera pans off to a billowing curtain, while the two leads are just passionately having it at one another? Then Roxy Music's *Avalon* is for you! While this group had a long and rewarding history throughout the 70's as a glam/art rock group, they really hit the mainstream with the sleek 80's art pop sound featured on this record. Just in time for the group to permanently break up! But enough of the history, let's get into the real vegan-friendly salad of this album.

The most obvious thing to address is that the entire record drips with an irresistible aura of seduction. A major part of this is due to the incredible vocal talents of Bryan Ferry, with his baritone croon never failing to send shivers down my spine every time I hear it. Be it the utter heartbroken tone that features in "While My Heart Is Still Beating" or the careful optimism in "To Turn You On", Ferry is able to expertly capture a wide

range of emotions, whilst still maintaining his cool and detached persona he had previously established. While still classified as pop, what I believe allowed *Avalon* to truly stand out from its contemporaries was its unique mix of genuine and synthesised instrumentation. For example, the faint and airy synthesised walls of sound featured in the likes of the title track and "Tara" build up a curious sense of mystery but are then grounded to a tangible reality when the consistently beautiful basslines and reoccurring sax solos come into play. In a sense, the musicality then perfectly matched up with the lyricism's intense focus on sexuality and romance. There is that inherent sexual tension built up through the teasing nature of the synth, then there is the inevitable release into a passionate embrace that the genuine instrumentation embodies. In a short, less pretentious kind way, the metaphorical tie matches the suit.

So please, if you get the time, listen to this album! While it may not have any overarching narrative or political agenda, it does its job of being a fantastic embodiment of the romanticising of sex and romance too well to ignore.

The CANTA Collection

Feeling like adding some spice to your romantic relationship?

Play these songs the next time you get it on:

Playlist 1 – Heart Shaped Chemicals (Romantic Songs) \

Love is the Drug – Roxy Music (1975)

Uh-Oh, Love Comes to Town – Talking Heads (1977)

Love is Like Oxygen – Sweet (1978)

Hunnybee – Unknown Mortal Orchestra (2018)

I Can Change – L.C.D. Soundsystem (2010)

Love of My Life – Queen (1975)

Honey, I'm Running Late – Lafayette Hudson (2018)

wish you were gay – Billie Eilish (2019)

Perfect Day – Lou Reed (1972)

Candy Eyes – Jack Stauber (2017)

Heading out on a roadtrip with friends?, add these classics to your playlist:

Play these songs the next time you get it on:

Playlist 2 – Burning Daylight (Roadtrip Songs)

Roundabout – Yes (1971)

Tiny Dancer – Elton John (1971)

One for the Road – Arctic Monkeys (2013)

19-2000 (Soulchild Remix) – Gorillaz (2001)

Break on Through (To the Other Side) – The Doors (1967)

Get Lost – Jed Parsons (2018)

Age of Consent – New Order (1983)

Baba O' Riley – The Who (1971)

Lately It Feels Alright – Kid Bloom (2016)

Go Your Own Way – Fleetwood Mac (1977)

Your One Stop Music Guide

By: Robyn Walford

Now that your university journey is well and truly underway, you've probably experienced many a party and pre's, a few hangovers, a few 'crap it's 9:08 and my lecture started at 9', a fleeting thought of 'I'm gonna go to rec centre every day' swiftly followed by the munching of too many late night Macca's and 2-minute noodles. Don't worry! We have ALL been there and we have compiled a playlist of all the best tunes for a few moments you'll inevitably run into at uni.

1. The tunes for all occasions: DnB – you will need to enjoy all things doof.

- There is no escaping it! Whether it be at pre's way too early in the day, your neighbours blaring it at 3am, any decent house party or gathering, or even at Club's Day, you WILL NOT escape the doof around here so you might as well embrace it. By the way, for any internationals or those unfamiliar with the lingo, doof is essentially just DnB.

- Once you learn to embrace it, the doof will remain close to your heart.

- As well as for a good time, DnB can be used for the best motivational music you'll ever hear, whether that's for a late-night study sesh or running that last 5km at the gym.

2. The tune to get the flat pumped up whilst also alienating all freshers: anything from late 90s to early 00s.

- Some classics from our flat includes 'Girlfriend by Avril Lavigne – great for encouraging your mate who inevitably broke up with her long-term boyfriend to come out and party.

- For some reason we love trying to remind each other of how old we are by choosing songs that haven't been cool for 20 years, yet we still know all the words. Be sure to also include some throwbacks that aren't really throwbacks at all, like One Direction whose hits are less than 5-years old. We all want to pretend we're 'so over them' can't believe we used to listen to them, even though hearing Harry Styles sing 'Little Things' still brings back all the same feels as when you were fourteen.

3. The tunes from that band you've never heard of coz I'm so alternative and cool and definitely not trying too hard vibe.

- For this you need to dig DEEP into the depths of Spotify, or mention a mate's band that are up-and-coming. A fully shameless plug from the author, but I would check out Lime UK 'Surf and Turf' or Rattlesnakes' 'Kindstar'— you'll be the edgiest

of all your mates. Typically needed for when you're trying to get the attention of the artsy kid you fancy.

4. The 'I've got a 9am and need to get myself out of bed' tune.

- If you don't inevitably turn off the alarm and set it to snooze for so long you wake up once the lecture is over, then you'll need something to get you up. I would recommend wearing headphones though; waking your neighbour up at this hour should be a crime, even if it is Lizzo giving you all the positivity you need for a lifetime in 3 minutes.

- My morning playlist consists of all things happy, normally a collection of this week's Top 50 – think poppy and upbeat tunes.

5. The 'wow I really need to focus' playlist.

- For this, I would recommend anything you can't be distracted by. Ideally, pick songs you can't sing along to. I love a bit of French music for this – La Femme and Fréro Delavenga – it makes me feel cultured without the distraction. Another option favoured by many is a spot of classical music, so pop on some uplifting Mozart and finish that paper!

6. The 'I'm feeling homesick, I miss my partner and home friends and I give up' playlist.

- We're all the same. When we're sad, rather than listening to something to boost our mood, we instead like to mope around a bit and search for the 'sad songs for when I'm sad' playlist, so we can stare out the window and pretend to be starring in our own music video. Whilst it's not healthy all the time, we ought to allow ourselves some time to feel like this, so pop on a spot of Radiohead (literally any song of theirs works), or belt the words to Lewis Capaldi and have a cry.

7. The much-needed pick me up.

- Cool, so you've got over the crying phase and now you're reading to get back on your feet! For this, I'd recommend a spot of GIRLI's 'Deal With It', or that infectious tune 'Dance Monkey' by Tones and I. I cannot help but bop along to it!

8. The chill evening in.

- A few tunes for when you want some non-intrusive background music to play whilst going about your business. Ocean Alley is a top group for this – try 'Tombstone' and 'The Comedown' – or a spot of Tom Misch's 'Lost in Paris.'

BORROW-A-BIKE

AVAILABLE AT HAERE-ROA RECEPTION



Humans of UC

First Crush:

"When I was in year 6 this guy asked me to go to his school disco. I said I'd only go if he gave me \$20. He said yes to that. At the disco I asked him for the money and he said sorry he didn't have it as his mum didn't give him any – but he did offer to buy me some lollies."

"I used to write the names of all the boys I had a crush on underneath my desk and then I'd cross their name out when I didn't like them anymore. My dad helped me move flat recently and when he moved my desk he said to me, uh there's all these scribbles on the bottom, haha are those your old boyfriends? Yeah, I said, but they were from when I was ten...."

"I had a boyfriend in year six and he used to give me turns with the cricket bat at lunchtime. It used to make me all excited and then I'd write in my diary all about it. I actually found my diary about six months ago and it was very descriptive."



First heartbreak:

"The same, things weren't going well in the relationship – we'd moved to Wellington together and we're living together at the time and we started to drift apart a bit. She ended up meeting somebody else."

First love:

"It was a while ago, I would have been 20 and she was 17. She was friends with my brother's girlfriends. It was a bit awkward as she was also dating a friend of mine at the time but they broke up and we always got along really well and we ended up getting together and things moved pretty quickly, we moved in together...and it didn't end that well, but we're still really good friends now."

Being friends with ex:

"If you can do it, I think there's lots to gain such as learning from the problems you had when you were in the relationship afterwards. Like if you have problems you can't resolve when you're together you can learn a lot about yourself through the relationship and you can learn a lot about yourself afterwards by talking to that person."

Soul mates:

"Yes, but I believe you can have friendship soul mates too, like this girl."

Relationships:

"All our friends have boyfriends and like fuck that, they're all sad all the time. It's just not worth the hassle."

Long term:

"I have a boyfriend at the moment. Not my first boyfriend. We do long distance, he is in the North Island. Yesterday wasn't very much fun, I was having a sad day yesterday, but usually it's alright. We call and facetime, he came down a couple of weeks ago, I go home in the holidays. Communication is the main thing, despite being so cliché, it's true because if you don't know what the other person is thinking then it's never going to work."



OPEN HOURS
9AM - 6PM

**Ground Floor, James Hight Library,
University Drive, Ilam, Christchurch 8041**



TERRENCE & PHILLIP

NGAIO MARSH THEATRE • 19/3 • 8PM



mono
TERRENCE & PHILLIP • 19/3

V U L N E R A B L E L O V E

BY J O S H W A T S O N

*Undress me under the
cover of darkness
make me feel gentle, vulnerable.*

*I'm so tired of pretending
to be the tiger mouth,
the gnashing of teeth or
the bang of a hammer.*

*Young innocence filled
with power
told to be tall
when I couldn't even reach the top shelf
told to be strong
when I couldn't even push the shopping cart
told not to cry
when my body was so full of water.*

*Tonight lay me down next to the river
speak softly into my ear
drench me in the holy
love me with tenderness
I am too tired to pretend
Anymore*

*Nothing is more romantic
more sexually fulfilling
more candle wax and
flower petals than emotional maturity
I have been given far too much privilege
help me use it correctly.*

PRESIDENT'S PIECE



Kia Ora Team!

Not sure how the year has gone this fast at all but we have some exciting stuff to fill you in on!

Firstly, how is Uni actually going? How are you feeling and how are your mates? It's normal for it to get stressful as the year goes on, so it's important you remember all the services that are here to support you whether that be in academic performance, health or general wellbeing.

Now, an update on us:

Cool fact, did you know this is the first time in our 126-year history that we have been led by two women? Love some barrier breaking.

At the last executive meeting the Canta Editorial Independence policy was passed. This means the magazine will now have it's own independent board which reviews the publication and content!

Dr Tech is a go! Thanks to you all for voting on what chargers you need! We are really excited to get a charger library up and running for the days you are all a wee bit forgetful of your device chargers (we've all been there).

Over here at the UCSA we've been working on our own sustainability journey! Because of this, we were really conscious over the O-Week period about waste, particularly at our bigger festivals: Summer Stein and Mardi Gras. Over the two days we collected 196kg of waste - normally destined for a landfill - and instead, the events team managed to divert 110.4kg from ending up there. Bloody good if you ask me.

We held our first Pasifika Focus group to help with empowering all of our students here on campus.

Lastly, we had a huge workshop with UC around finalising the Wellbeing Strategy which is soon to roll out across the campus. It's a pretty cool document, it looks at what wellbeing means for us all and we are seriously excited to see your wellbeing prioritised here on campus.

We're always up to a wee bit, but in the spirit of me remaining the boring one on the executive, I'll pass this on. Please meet your lovely International Rep, Derrick.

Nā,

T



EXEC PIECE

Tell us everything we need to know about you in one sentence: I'm Derrick Edward, a fourth year BE (Hons) student that loves the pursuit of knowledge and experiences.

What is your role on the exec? I'm the International Representative, so I have a strong focus on all international students at UC! Additionally, I handle the commercial internal portfolio (anything UCSA Food and Beverage related).

Where is your favourite place to eat on campus? I may have an engineering bias, but Nut and Bolts by far! Not only is the food amazing, but the service as well.

What is your goal for the year? To promote and facilitate diversity and culture throughout UC. I want students to be able to grow their cultural experiences in places all around the globe. I hope to achieve my goals by representing the interests and concerns of international students at the highest levels and advocating for more diversity events and food/beverage options at UC.

What do you want to be when you grow up? An engineering leader that travels the world, helping communities transition into sustainable and improved technology. But equally, I want to be a curious and adventurous 'kid at heart' as I grow older.

What are you working on now? Currently working on multiple things;

- Completing the multiple engineering projects due this semester/year.
- Currently, creating better communication methods to International students in UC, UCSA & wider Christchurch.
- Improving my mind and body through healthy eating, exercise, sleep and meditation.

What is your best tip to make the most out of uni? The best tip is the one that sounds the most cliché, but it's so true; Make the most of every opportunity at university! Opportunities = Experiences = Life Lessons = Good Mental and Physical Wellbeing.

Why do you want to work on the exec? I love learning and meeting people from cultures and backgrounds all around the globe. The perspective and experiences they bring has made me realise life is amazing and unique. As the International Rep, I'm able to represent the exact thing I have grown up to love, and advocate the importance of diversity and inclusion at UC.

FLAT F

LiquorLand

Welcome to Euston – where problems are overdramatised and solved through consuming copious amounts of pinot (noir) and boasting on LinkedIn. Life is a constant negotiation. Don't touch someone else's Nespresso pods or you'll be under Witness Examination. Did you know we study law?



WANT YOUR FLAT FEATURED IN CANTA?
VISIT [CANTA.CO.NZ/FEATURE-IN-CANTA](https://canta.co.nz/feature-in-canta)

A M O U S

Jess: Weird obsession with fish shoes. Went to Thailand and will let you know about it. Is president of Law for Change and will also let you know about it. Meme.



Ana: Brand whore. 20 going on 45. Is still in denial about her weekly budget. If you want to be friends with Ana don't be seen with a cleanskin pinot. Her I-calendar will give you anxiety.



FOR THIS FLAT TO CLAIM THERE PRIZE
CONTACT THE CANTA EDITOR OR COME TO THE CANTA OFFICE IN HAERE-ROA



Tash: Stressed™. Went to China but is in good health! Only comes back to the flat for happy hour. Vice President of LAWSOC but it is not her defining feature?



Georgia: Screen time stats: 3% social media 97% tik tok. Cries daily, but power dresses to combat the tears. When she meal preps you WILL know about it.



PHOTO CRED: JAVA KATZUR

LiquorLand
Church Corner

334 Riccarton Road, Upper Riccarton Christchurch 03-348 0789



Social

Social



Now Available At Liquorland Church Corner



Presents Lucky Dip

Lucky dip is printed as submitted, without proofing



**This could
be you...**



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

One Side

Friday evening rolled around, and I was a bundle of nerves. However, with a bit (a lot) of wine in my system, I felt ready to take on the night. When I showed up five minutes late, no one was there waiting. I took a seat, clutching a glass of Rose to temper my already jittery demeanour. Fast forward 20 minutes and no one had arrived, leaving me to wonder if I'd got dressed up and drunk to sit in a pizzeria alone on a Friday night. After a quick call to the lovely lady who organised the whole shebang, it transpired that my date was a no show. The silver lining was that I had now \$50.00 to spend in Sal's and could invite a friend. This resulted in a very fun evening with a flattie, albeit not being the night I had envisioned.

Sunday night arrives and the second attempt is on. This time I was thankfully much less nervous and much more sober. Both of us arrived on time, which I took to be a good start. He seemed genuinely friendly and had a solid reason for the previous absence, as well as chocolate. During the general chit-chat, menus were presented. I declared that I already knew exactly what to order, having already sampled the menu the other night. It was at this juncture that my date told me he would not be eating pizza, or in fact, anything at all this evening. This presented somewhat

of a roadblock in my plans for us to share mozzarella sticks as a starter. I was momentarily thrown. However, the situation was immediately salvaged when he then suggested that I make the most of his allocated half of the budget and bring some pizza home with me. Pure genius!

I promptly ordered two whole pizzas and was already envisioning the rapt joy with which I would be greeted by my eternally grateful flat mates upon my return. Once the food arrived, I eagerly tucked in. A mere two bites into my pizza and he unsightly slid the napkins across the table. Interesting. I do maintain that there is no graceful way to eat pizza.

With my attention obviously now somewhat diverted, my date took hold of the conversation. I happily followed along, contributing a question or two between mouthfuls. The night was pleasant enough, with the overall experience that of being seated next to an older cousin at a family function. Once half the pizza had been polished off by yours truly, we amicably parted ways.

The Other Side

WE regret to inform you but the dude on this date never got back to us with his write up...

If your a way cooler dude and want to go on a FREE DATE get in contact with us editor@canta.co.nz

Thanks



Broken News



CANTA Employees Sell Used Underwear to Fund Magazine

The employees of CANTA Magazine have resorted to selling their used underwear online in order to fund the magazine.

investigation of money-making schemes, the team at CANTA concluded that selling their used underwear was a lucrative option.

Following an independence movement, the magazine found itself cash-strapped and in need of a way to fund its own existence.

“It’s a simple way to make some good money. I just put on some tight undies, go for a run, do some squats, fart a few times, shove ‘em in a courier bag and ship them off to some old man”

After a thorough

Gardener Confused, Mows Fake Grass

A gardener for the university has been left feeling like a fool after mowing the grass surrounding the Haere-roa building.

The gardener, who was going about his usual tasks, decided the grass around the Haere-roa building could use a trim.

It was only once he had mowed the lawn that he noticed a lack of a cut-grass smell and realized the grass was indeed fake.

“Woops” he said.



WHO Warns of Dangerous Virus

The World Health Organization is warning of a deadly virus spanning the globe, claiming that it could reach pandemic stages.

The virus, known as Peronivirus, causes a series of severely dangerous symptoms on the body, according to WHO experts.

Most severe of the symptoms caused by Peronivirus is that it gives patients an insatiable taste for Peroni Beer.

People suffering from Peronivirus reportedly also suffer from side effects of thinking they’re better than everyone else, and have a misguided sense that they have good taste in beer.

HAPPY ENDING

420 THOUGHT

*If poison expires, is it more poisonous
or is it no longer poisonous?*



AQUARIUS

(JAN 20 - FEB 18)

The position of the planets and stars at your birth will have no bearing on your life.
Also wash your hands.



PISCES

(FEB 19 - MAR 20)

Well done on passing this first term of tests! There's just one more test we think you should be looking into... it's the test, or the medley of tests, whereby you and your junk get permission to keep on not spreading STIs!
Also wash your hands.



ARIES

(MAR 21 - APR 19)

Yes, from the stories they've told you, your partner's ex did appear to have some serious romantic prowess. No, that does not mean you should propose.
Also wash your hands.



TAURUS

(APR 20 - MAY 20)

Looking into polyamory? Say goodbye to your wardrobe of hoodies. Or better yet, organise a polycule clothing swap so everyone gets something.
Also wash your hands.



GEMINI

(MAY 21 - JUN 20)

We don't usually do this, but that pointed post on UC Compliments was about you.
Also wash your hands, or there may be another...



CANCER

(JUN 21 - JUL 22)

Asexual? A bisexual male? Congratulations, you don't exist. Do as many crimes as you want, they can't get you.
Also wash your hands.



LEO

(JUL 23 - AUG 22)

Please, for the love of all that is hygienic in this world, please stop double dipping.
Also wash your hands.



VIRGO

(AUG 23 - SEP 22)

You gotta wash your ass.

Also, your hands.



LIBRA

(SEP 23 - OCT 22)

Okay listen here Libra, we-HEY BACK OFF ARIES THIS IS NOT YOUR HOROSCOPE WHAT DO YOU THINK YOU'RE DOING SNOOPING HERE? Sorry Libra, this isn't a secure channel. Meet me at the usual... Also wash your hands.



SCORPIO

(OCT 23 - NOV 21)

If you're a Scorpio and can read this horoscope it means you're bisexual. If you're an Aries and you can read this YOU NEED TO DISPENSE WITH THE SNOOPING. Also wash your hands.



SAGITTARIUS

(NOV 22 - DEC 21)

While you may think you're being helpful picking other people's noses for them, the Ministry of Health would like a word... Also wash your hands.

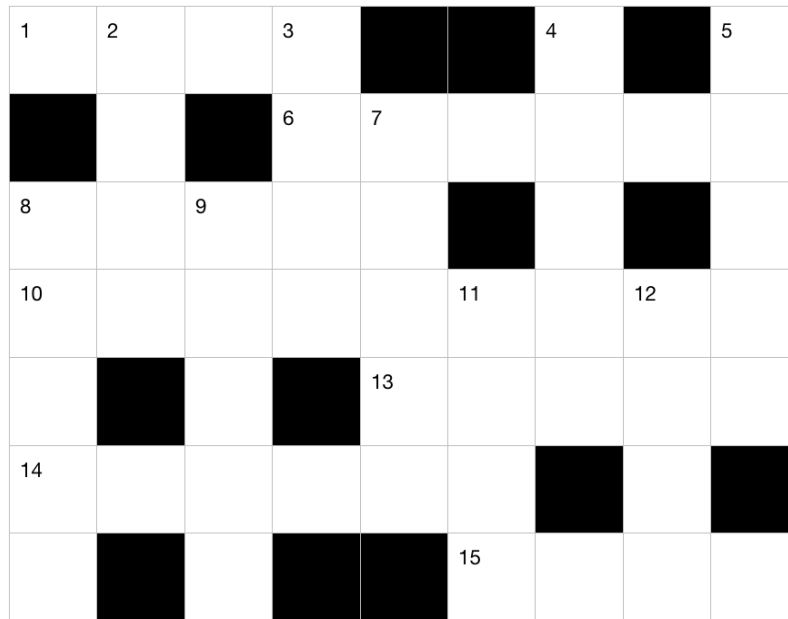


CAPRICORN

(DEC 22 - JAN 19)

Hey I saw you the other day at Bush Inn and just wanted to let you know you looked real good. Also wash your hands. They didn't have their normal whiff.

HAPPY ENDING

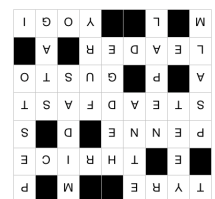
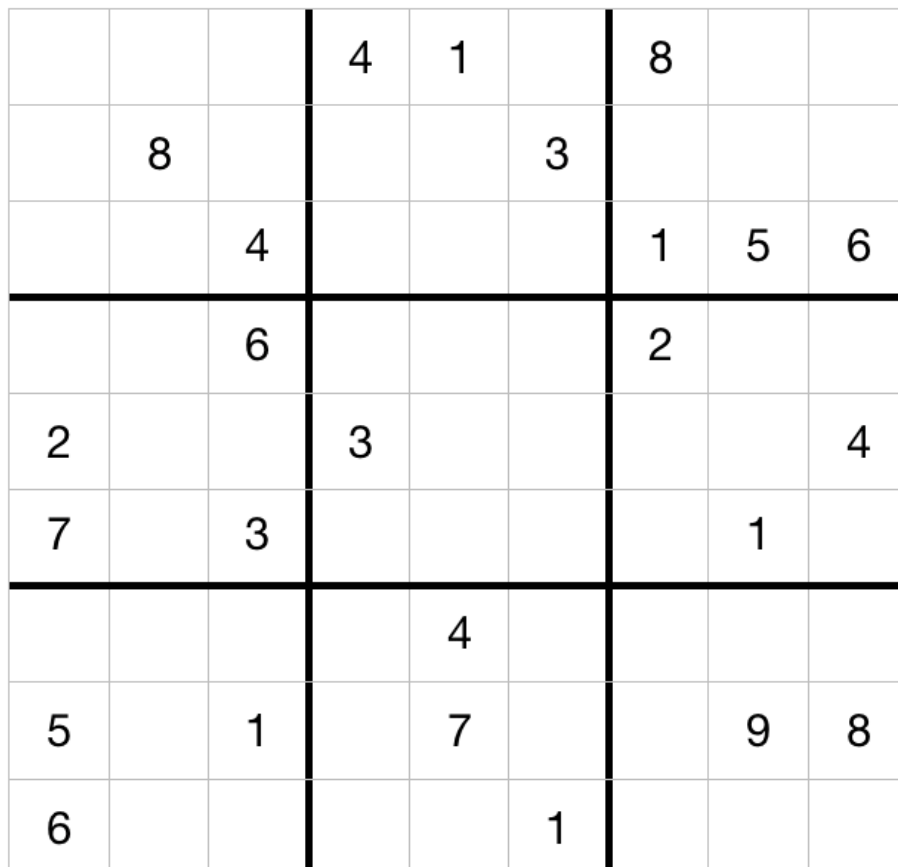


Across

- 1 Cars have four (4)
 6 Slang term for \$3 rice (6)
 8 Type of pasta (4)
 10 Firm and unwavering (9)
 13 Keen enjoyment; energy (5)
 14 The person in charge (6)
 15 Cartoon; '___ Bear' (4)

Down

- 2 This bitch empty, ___ (4)
 3 Sicilian volcano (4)
 4 All he touches turns to gold (5)
 5 Basil sauce (5)
 7 2006 film; 'Over The ___' (5)
 8 Hymn (5)
 9 Its flag is non-rectangular (5)
 11 Rage (4)
 12 Groom's party; ___-do (4)

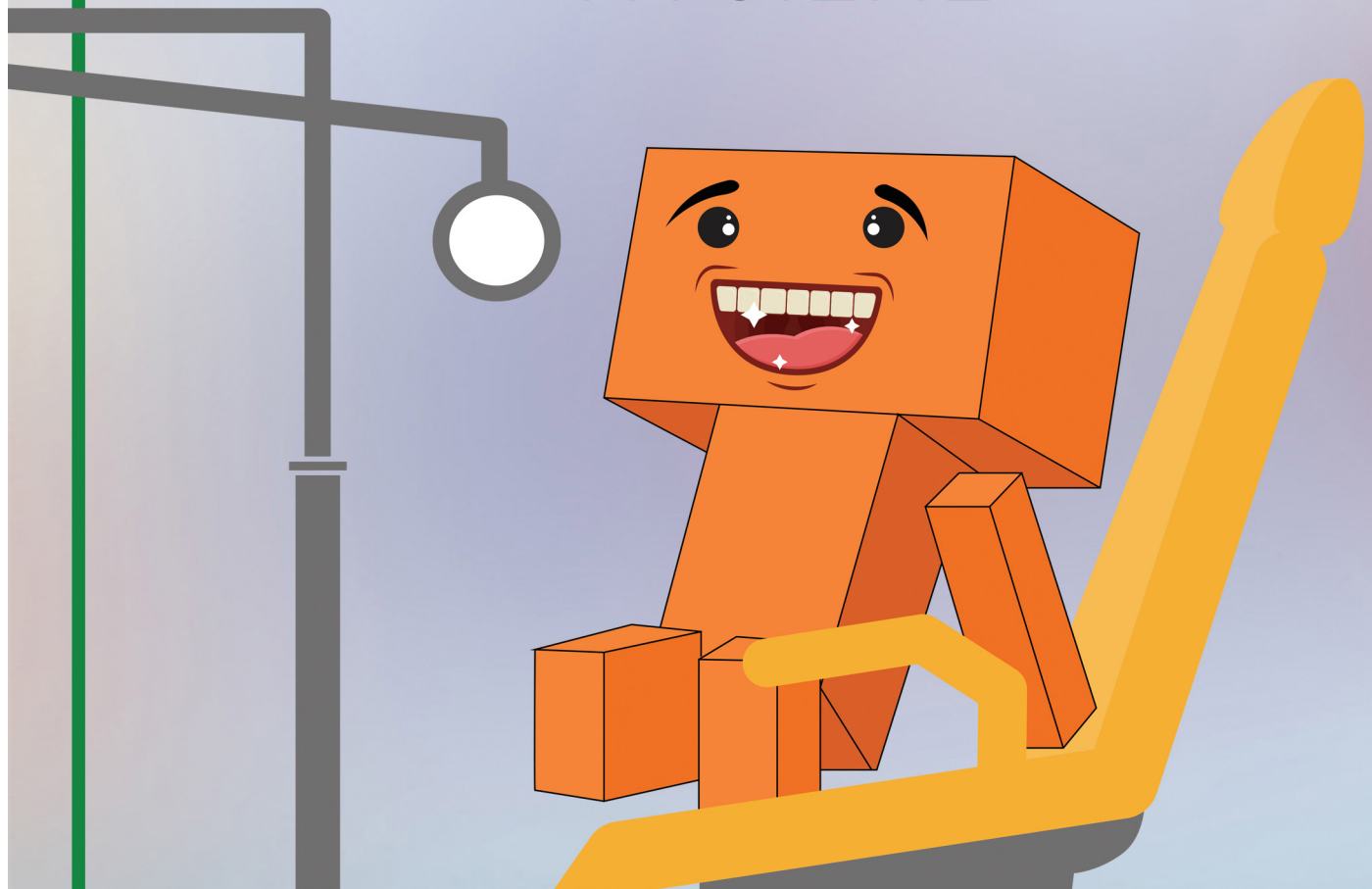


UCSA *DENTAL*

CHECK UPS
(incl. intra oral x-rays)

TREATMENTS

HYGIENE



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





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