

CRACCUM

ISSUE 2





360 International Fair

14 March 2018



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Time: 11am – 3pm
Where: OGGB – Business School, Level 0

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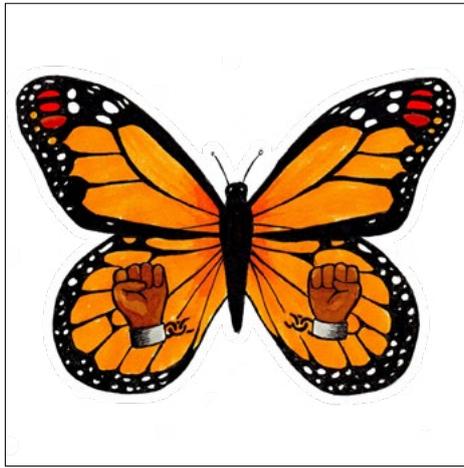


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EDITORIAL

with Helen Yeung and Jasmin Singh

International Women's Day



Jasmin: The 8th of March this week is International Women's Day, which came about to celebrate women's suffrage. The theme for this year is Press for Progress, which is fitting in a summer where we have seen the rise of the #MeToo and #TimesUp movements. Helen and I have both been involved in activism pushing for women's rights for a while. From what we have seen we can't just sit back and wait for people to give us the changes we hope to see. As women of colour we are also aware that we end up working twice as hard to get half as far.



Helen: That's right, Happy International Women's Day everyone! Like what Jasmin said, a lot of people don't recognise the amount of labour women, and more specifically women of colour go through to get recognised everywhere in the world. Like in the height of the recent #MeToo movement, little realise that the phrase was first coined by a black civil rights activist called Tarana Burke in 2006, to raise awareness of sexual abuse and assault in present day society. Much of it has been overridden by the whiteness of Hollywood, with little acknowledgement given beyond the Western framework. There's actually a growing #MeToo movement for women in China as well, it's called #RiceBunny which translates in Chinese to "mi tu", and was purposely altered to escape the government's tight censorship.



Jasmin: We're so glad that we can share the amazing International Women's Day pieces with you this week. One of my favourites is the our interview with the women behind CBD restaurant Ima Cuisine. Yael referring to the extra barriers that women have to overcome over the already difficult process of starting a restaurant shows us that there's still a long way to go to achieve the equality we're already supposed to have. We're also really excited to try the recipe they shared, so keep an eye out on our social media for updates and send us pictures of your attempts at the recipe!



Helen: Paulina's article is an amazing read too, highlighting the importance of recognising Maori and Pacific women's voices. I love her blatant roasts on white male historians and anthropologists, I feel you. On a lighter note, *story of the week* we'd like to give a shout out to the old man that came into our office last week without warning. He apparently eats dinner at Shadows every Wednesday and thinks they don't get enough publicity. Well I don't know if this counts as the advertising you asked for but I hope we made your dreams come true. As for the rest of you, enjoy this week's issue!

WORLD NEWS

Awaiting The Trial of Ahd Tamimi: Palestinian Youth Activist Faces Prison Sentence

BY JASMIN SINGH

Over the summer, many of us learnt about the arrest of 17 year old Palestinian activist Ahd Tamimi. She is awaiting trial for slapping two Israeli officers, who were wearing protective gear, outside her home in the occupied West Bank. Tamimi's family and friends have faced continuing violence and assault at the hands of Israeli soldiers which resulted in her confronting the officers outside her home. Prior to her assault the officers, Tamimi's cousin Mohammed was shot with a rubber bullet resulting in the need for surgery to remove part of his skull being removed.

Tamimi has been arrested and charged with numerous charges laid against her such as aggravated assault, obstructing the work of soldiers, and incitement. Up to this point Tamimi has faced brutal interrogations often lasting hours with threats often being made against her family. She is set to face trial in front of the Israeli military juvenile court where a prison sentence is likely. A sentence many have described as disproportionate to her actions. Recently at least nine more of her family members including her mother have also been arrested. ■

One Million Trees for Trump

BY NAOMI SIMON-KUMAR

An international reforestation project founded with the intent of countering President Trump's anti-climate policies has achieved pledges for over one million trees. The Trump Forest movement, with its tagline 'Where ignorance grows trees', aims to rally support from communities worldwide in offsetting the effects of carbon dioxide emissions should the current US administration proceed further in endorsing fossil fuels and abolishing climate change policy. Founded by three climate change activists, including French-New Zealand journalist turned entrepreneur Adrien Taylor, Trump Forest launched initially with a contribution of 1000 native New Zealand trees.

Interested individuals can partake in the project at no cost by planting trees in Trump's name in any location, to then be included on the global Trump Forest map. Direct donations to the project's partner charity, Eden Reforestation Projects helps fund environment restoration projects in developing countries affected by deforestation.

The project was first established in 2017 after the President's move to pulling the United States from the Paris Agreement, an international accord aiming to address issues of climate change. It strives to reach its international target of 10 billion trees.

"One million trees is only the beginning," co-founder and climate scientist Dr. Dan Price affirmed. "We really look forward to making Earth great again." ■



Four years after #BringBackOurGirls, another schoolgirl kidnapping in Nigeria

BY ULYSSE BELLIER

110 Nigerian schoolgirls were kidnapped two weeks ago - quite likely the work of Boko Haram. A group of militants raided the girl's boarding school of Dapchi in the north-east of the country, launching a week long confusion about what happened.

It took seven days for the Nigerian President Muhammadu Buhari to declare that more than a hundred schoolgirls had been captured. "This is a national disaster. We are sorry that this could have happened," said Buhari, who had been elected in 2015 on his promise to eradicate the threat posed by the Islamist group.

In April 2014, Boko Haram militants attacked the north-east town of Chibok and kidnapped 219 schoolgirls in retaliation western education. Many Nigerians took to the street to call for action in response to the act of violence. The hashtag #BringBackOurGirls soon spread across social media internationally, coming to the attention of the White House.

Four years later, the same scheme has been reproduced: but without the world-wide wave of indignation. Officials refuse to declare the kidnappings for a while, highlighting their failure to protect the population from the group that has been declared multiple times as "beaten" by the Nigerian government. To this day, more than 100 of the Chibok girls are still in Boko Haram's hands. ■

Government moves to end charter schools face significant opposition

BY FELIX POOLE

The government has recently introduced legislation to end the charter school model, following through on an election promise. The bill comfortably passed its first reading on the 15th of February. However, the process has not been without significant pain for the government.

Established in 2011 as part of a coalition deal with Act. Charter schools are schools which are funded by the state but independently operated. They have freedom from many rules and regulations set by the Ministry of Education such as day length, teacher pay rates and school terms.

A protest organized by David Seymour and attended by several charter school students and staff managed to rally 150 people to protest the move. Starting from Westpac Takutai Square the protesters marched up Queen Street chanting "Hey hey ho ho leave our charter schools alone". Brandishing signs that read "My school my choice" and "Back off closing charters" as well as "Hey Jacinda what

happened to children at the centre of everything". The protest came to a stop at Aotea Square where David Seymour and Nikki Kaye each made a speech. The former Head Girl of Vanguard Military School made a passionate plea to the government in front of the crowd of protesters to leave her school open: "For you to expect us to just let you take away what is ours and our second home [when] you shouldn't". A grandmother of a charter school student asked the government "Why would you close something that works?"

Chris Hipkins, the Minister for Education has defended the legislation. "I have been clear that we will deal with all of these issues around charter schools on a case-by-case basis and in good faith". Current charter schools under Labour could become schools of special character through negotiation. Special character schools, unlike charter schools, are funded in the same way as public schools and must adhere to the national curriculum.

David Seymour commented that

"Struggling kids were having their lives turned around, but this government will massacre the schools for a combination of ideology and union utu." However, many have been quick to defend the new legislation, including president of the New Zealand principals federation, Whetu Cormick, who stated ""The former government's efforts to establish them as part of their overall privatization agenda, did not get the traction they intended, despite funding the schools at a considerably higher level than public schools."

The new charter school legislation has also put Maori MPs Kelvin Davis and Willie Jackson in a difficult position both of who supported certain charter schools. Kelvin Davis stated in July 2017 "I will resign from the parliament if the next Labour government closes either of the charter schools in Whangarei".

Education Minister Chris Hipkins has stated that he cannot preempt any outcomes of negotiations with charter schools and guarantee schools will be able to stay on. ■

Labour's move to legalise abortion is about time

BY LACHLAN MITCHELL

Labour, as recently revealed by Andrew Little, have begun drafting a bill which will reform abortion in this country. While the specific details of the bill are still under review, both by the other members of the coalition and an eventual evaluation by the Law Commission, the key aspect of these reforms is that abortion will no longer be a crime – something which Jacinda Ardern committed to during Labour's election campaign last year. And it is about time.

You may not have been aware of its status of technically being a crime in this country, that's okay. In practice, it is faux-legal, a crime only in name but with consequences that reverberate outside of legality. It is rare (not unheard of, but rare) for those wanting an abortion to be outright denied the procedures they're asking for. But the legal stigmatisation is little more than a punitive measure. It is not something that, at present, women should be forced to jump through hoops to access. The predominant reasons for obtaining an abortion are for mental health reasons, then physical reasons. While it would be monstrous and unheard of within this country to

deny abortion to a pregnancy created by rape, there is no current exemption based on that, lumped under 'mental health reasons' all the same. And abortion is a mental health issue, but some have to lie. Some people don't believe their mental health would be adversely affected, but don't want the loss of control that they feel an unwanted baby will bring. Whatever one's reasons are, they are justified. The necessity to prostrate yourself in front of two certified physicians in the hopes of obtaining the procedures you need is cruel and needs to be amended.

The major problem with the current situation is it takes a lot of time to obtain the certification that allows you to have an abortion. The average time period from referral to procedure takes around 25 days. By the time one realises that they are pregnant, have made the decision that they do not want to give birth (for many, a harrowing process in itself) and have gone to the required doctors, the fetus may have grown to a point where the much less invasive method of a medically induced abortion is no longer possible. This necessitates a surgical procedure in order to carry out the act.

The process of satisfying the term of our current abortion law takes a lot more time than necessary, and ultimately, forces women that could have avoided the trauma of invasive surgery to go through it. And it is traumatic. It's a hard thing to live with, even when believing that you made the right decision for yourself and the life inside you. Current statistics are that 85% of abortions performed in this country are surgical in nature, a mere 15% being medicinal. That's far more than can ever be excused by way of slow bureaucracy and an overworked and underfunded healthcare system; it's complete negligence by way of current abortion law. I understand the pro-life position, or I at least try to. I have outgrown the 'it's just a clump of cells' stance of my youth, as it is ultimately dismissive to both sides, but it does a disservice to the understandable viewpoint that when someone is pregnant, it is ultimately a human being they are taking into their own hands. But, this current law punishes the human that is already fully grown. It causes undue stress and trauma to satisfy outdated guidelines, drawn up by outdated people. I hope Labour is able to do something about it. ■

The Never Again MSD Movement

BY CAMERON LEAKEY

The face of a new revolution is here. And she's only eighteen. Think Evie from *V from Vendetta*. Shaved hair, bloody, bold and resolute. Emma Gonzalez is quickly becoming the face of a new wave of advocacy, an unavoidable cry for Gun Control. Emma and her classmates, all survivors of a school shooting that should never have happened are rallying for change, rallying for gun control that is long overdue and an end to the reality that they've had to accept for too long.

The Valentine's Day massacre at Marjory Stoneman Douglas High School in Parkland, Florida occurred when a former student, Nikolas Cruz, made true on his threats from as far back as 2016 to carry out an attack on his high school. His attack killed seventeen people and injured a further fourteen. It stands already as one of the world's deadliest school massacres.

This is not the first time a mass shooting has occurred at a school in the United States. Columbine, Virginia Tech, Sandy Hook. Names that are familiar worldwide. Students at Stoneman Douglas are representatives of a generation that has grown up with the inevitability that they may in their lifetime be affected by a school massacre. Columbine, regarded as one of the most shocking and most prominent school shootings occurred when Emma Gonzalez was barely months old. Gun massacres have become so ingrained in the American psyche. Despite answers appearing so clearly to those worldwide, American lawmakers have still been unable to hear the cries for gun control and respond with protections and laws for their constituents.

Cameron Kasky, a Stoneman Douglas student, had enough. He wasn't the only one. He and a group of fellow drama club students met in the four days following the attack. They discussed the national media spotlight

that was currently on them and the foreseen inaction that would occur following the attack. Never Again MSD was formed; a student led organisation that advocates for tighter gun control and a resulting end to gun violence.

It only takes eleven minutes to watch Emma Gonzalez's impassioned speech outside Boward County Courthouse. Eleven minutes that are intense. Emma is angry, she is forwards and her speech is backed by the cold facts. I strongly urge you to watch it. Never Again MSD are passionate; they have had a lifetime of school shootings, and a lifetime of ignorance by legislative bodies that are meant to protect them. The victims are stepping out. No more sorrow, no more only 'thoughts and prayers': they want action, they do not want to see another group of students suffer like they do. They do not want fathers, mothers, brothers and sisters to sacrifice their loved ones to a pointless cause.

Never Again MSD has traction. As a generation powered by social media and fuelled by a cause, they are incredibly powerful. Students are walking out of class and making themselves heard across the country. Oprah and Amal & George Clooney have already together donated over

a million dollars to their efforts. Ellen DeGeneres has had Emma Gonzalez and Never Again MSD on her programme. Emma's twitter account @emma4change has amassed more followers than the National Rifle Association in less than two weeks. Emma does not have a unique cause nor is she the only American to want change. She is however the spokesperson that is needed. She is only eighteen as we are too, but she is a powerful advocate, an Evie of our times. She attends a high school, just as I did, and she faces the same issues we all did as young people. But when her and her classmates were affected by a culture of inaction, an atmosphere of autocracy and a government where financial payoff has replaced genuine concern for the lives of constituents, she stood up. And they all stood up. Never Again MSD are planning a nationwide march along with a march on Washington D.C. on March 24th. It is time to watch a long overdue revolution occur, one that is about protecting those who deserve protection, fighting a corruption that is long present, and forcing a change that is necessary. And it all started in a drama club with a group of eighteen-year olds. ■

“But when her and her classmates were affected by a culture of inaction, an atmosphere of autocracy and a government where financial payoff has replaced genuine concern for the lives of constituents, she stood up”



Sexist Treatment of Women in Politics

Alex Sims discusses the barriers women face in their political careers.

In 1893 New Zealand was the first country in the world to give women the right to vote, making history. But how far have we really come today, in terms of the treatment of women in the political sphere? The percentage of women members of parliament (MPs) hovered around 30% since 1996, reaching a new high of 38.4% in last year's election. Many female politicians still feel that they face casual sexism in the political sphere.

National MP Judith Collins has stated that women in politics continue to be critiqued based on their physical appearance and age, much more frequently than male MPs. Collins says that women in politics are often judged for being middle-aged, instead of being acknowledged for all the experience they have. This is in comparison to many middle-aged men in politics, who are often seen as reaching the peak of their careers when they

enter their 40s and 50s. Annette King has referred to former Prime Minister Helen Clark as a female politician who broke down barriers for women in politics, and how she experienced political criticism targeting her sexuality, physical appearance and her choice to not have children.

Representation of Women in Parliament

In 2011, National MP Maggie Barry became the first female National candidate for the North Shore, yet during this time she was told the North Shore "wasn't ready for a woman". The idea of enforcing a gender quota in Parliament has been voiced by some, but in 2015 former Prime Minister John Key rejected the idea stating that it would be a "token gesture" and would suggest that many women were only entering Parliament because they were female. But Key failed to address how can we en-

courage more women to enter the political sphere and take on leadership roles, when it is so heavily dominated by men.

Do women remain “a pretty little thing” in the political sphere?

In 2015, former rugby league coach Graham Lowe was asked whether Jacinda Ardern would make a good Prime Minister, to which Lowe responded by describing Ardern as a “pretty little thing”. Lowe went on to focus on Ardern’s appearance by commenting that “If she was [sic] Prime Minister at some stage, she’d look good”. The National Council of Women New Zealand Chief Executive Sue McCabe described Lowe’s comments as “dismissive and condescending”. By describing Ardern as “little” her abilities and political competence are reduced and the emphasis is placed on her inferiority as a woman, in a society that remains underpinned by a sexist culture. Lowe responded to the outrage which met his comments by claiming he was “trying to compliment her” as he “came from an era where calling someone pretty was one of the highest compliments”. However, Lowe’s response undermines the progress that has been made towards the equal treatment of women.

Are Female Politicians more than just “lipstick on a pig”?

Shortly after Ardern became the leader of the Labour Party earlier last year, former minority party leader Gareth Morgan, who founded the Opportunities Party, posted on Twitter that Ardern needed to prove that she was more than just “lipstick on a pig”. Morgan claimed that he was commenting on the rise of popular personalities in politics, which took away from the policies of different parties. However, Morgan’s comments reflect misogynist beliefs that remain in society, again focusing on the appearance of women rather than their capabilities.

Babies vs Female Politicians

Arden faced a wave of sexism in her first 24 hours as leader of the Labour Party, most overtly by being asked by Jesse Mulligan and Mark Richardson about whether or not she planned to have children. Mulligan framed his question by asking Arden whether she felt she had to make a decision between her political career and having children. However, there is a clear double standard as a recently appointed male leader would not be asked the same question. Richardson however claimed that New Zealand had a “right” to know if Ardern had plans to have children, and further stated that employers “need to know” the same of their employees. Richardson’s comments on the AM Show clearly show how entrenched sexism and misogynist

“The sexist assumption underpinning these complaints is that Jacinda, as a mother, faces the choice of depriving either her child, or the nation, of her dedication.”

beliefs are in society. We were distracted by the sexist idea that women’s primary role in society is to have children.

Ardern continued to face sexism leading up to last year’s election. Prior to one of the leaders’ debate, Mike Hosking asked Ardern what she would be wearing to the upcoming debate. Ardern responded by questioning Hosking whether he would be asking Bill English the same question. Ardern has commented that she has become used to experiencing sexism during her nine years in politics. Although Ardern remained strong and focused in the lead up to the 2017 election, she has been followed by constant criticism of her physical appearance and her role as a woman in society.

And as it turns out, the hypothetical of Jacinda’s family plans was not in fact hypothetical, as was revealed early this year with Jacinda’s revelation of her pregnancy. Predictably, there was a chorus of naysayers who took Jacinda to task. Among them was *The Daily Mail’s* Liz Jones (what else would one expect of that fine British institution?) who bemoaned that Jacinda’s pregnancy was tantamount to a “betrayal of voters”. The sexist assumption underpinning these complaints is that Jacinda, as a mother, faces the choice of depriving either her child, or the nation, of her dedication. Yet Jacinda and Gayford’s plan to have him raise her child demonstrates that sexist assumptions undermine what women can achieve, when society doesn’t hinder them.

Female politicians should be able to campaign without being questioned about their reproductive plans. There shouldn’t be an expectation that women cannot work and be mothers. Instead, the focus should be placed on their abilities and political achievements. ■



Giving back is giving forward

Muna Dhakal reflects on being an international student, member of Shakti Youth and their new initiative iNSTIL.

Looking back on my three years in New Zealand, there are various factors which have influenced and shaped my path. My parents came to New Zealand on an entrepreneur work visa which made me a domestic student until secondary school.

High school is considered to be a crucial part in one's life- be it in academics, making lifelong friends, or growing up and finding your identity. For me, I had a late start as I joined school in New Zealand at the end of year 12, making it harder for me to make new "friends".

During these melancholic days, I happened to join Shakti youth.

Shakti Youth is a group of young members and volunteers from Asian, African and Middle-Eastern backgrounds, who are extremely passionate about social justice and building towards a violence-free future. Suddenly, I felt like I belonged. I realised that there were other students too who felt the same way I did, regarding the cultural differences and their identities. Shakti meetings at school provided me with the platform to express the views and opinions I had, which I felt were about to be lost. This support

helped me cope through everything.

However, going from a domestic secondary student to an international student was a huge jump for me. Suddenly, I felt like an outsider. Everything started to be categorized into domestic and international. The facilities started to be subjected to as “only domestic students” “international please visit the website for further information.”

Looking back on last year, during university, I felt that it was my ability to speak English fluently which helped me seek more information and find help centres for international students. Once I met the international department and told them about my first experiences at the university, they did their best to make the rest of my journey ahead a smooth one.

When I see some of my Nepalese friends from outside schools, I realize how privileged I am to be living together with my family and having strong financial and emotional support. Though I never went through the same struggle, I can see the emotional, financial and physical pain is a very hard thing to go through. Working, travelling, studying, cooking, house chores, and at the end of the day they go to bed with no one asking, “how was your day?”. I am very proud of all my international friends who came to this unknown country all by themselves.

Despite all the facilities from family, teachers and ethnic communities, I still find myself alone and helpless at times, and I know it must be harder for those without any support. Therefore, I feel it is my core responsibility to stand for the rights of the international students and be a voice to help. This is why I am still a part of Shakti. Shakti has recently started with a program called “INSTIL: International Student Training Information AND Legal Services”. I think this is a wonderful start to make life a little easier in this beautiful country for all the international students. Shakti has given me the platform to thrive and has provided me with various opportunities where I can support ethnic young people like me. With my every involvement with Shakti events, I become more and more aware of the reality of the world we live in. Beyond my cosy little world, I have come to realise that there are people who don't even know that they have a right to live a life of their choice. ■



Celebrating Women

***Minushika Punchihewa** explores how society continues to be deeply fixated with traditional gender roles and how women need to be provided equal opportunities.*

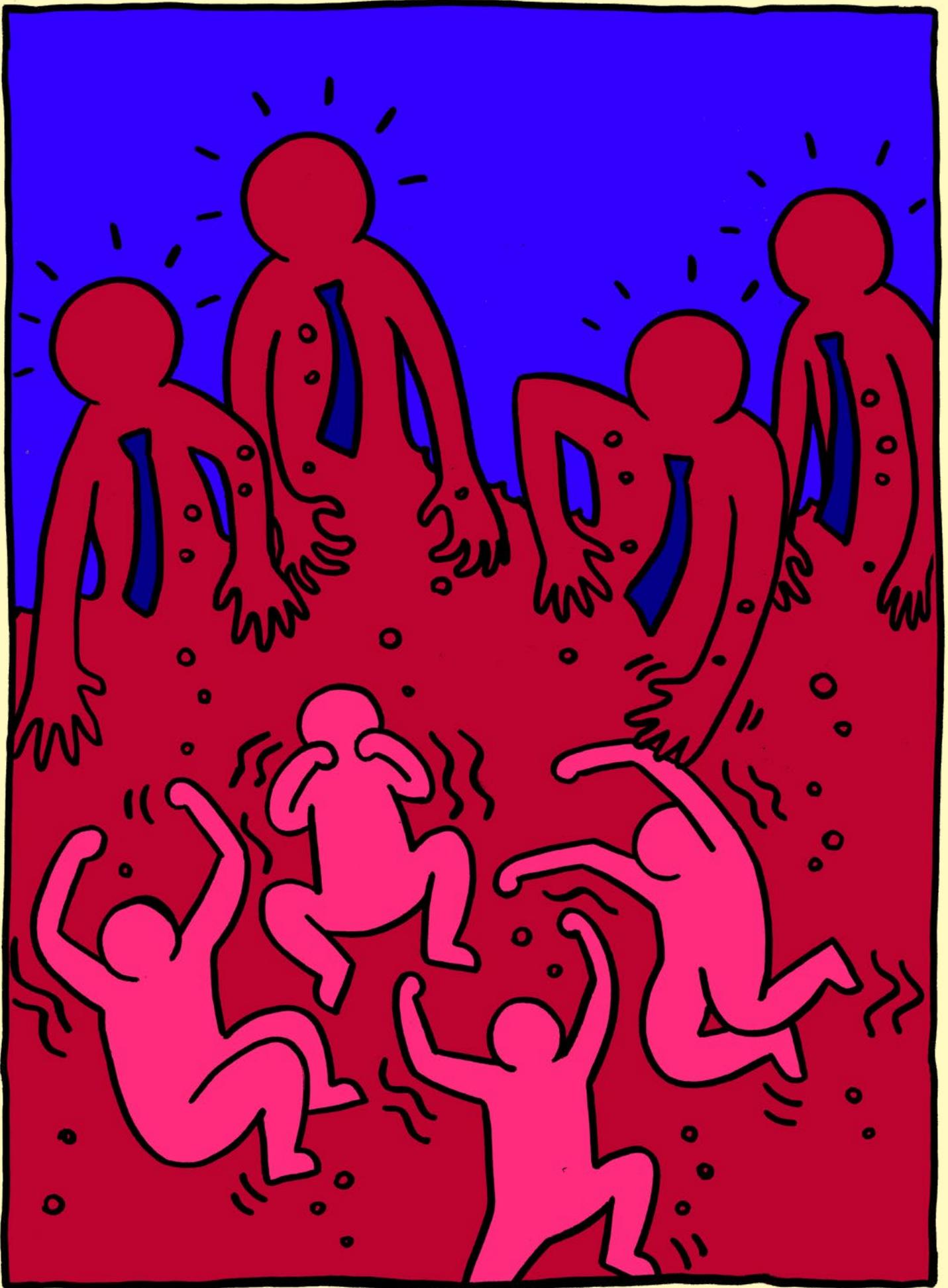
Often women give and give, in both unpaid and paid work. As we remember the impact of the women before us, let us continue to fight towards equity for all women.

We've come a long way from expecting a woman to be the submissive housewife, waiting on their breadwinning husband hand and foot. Yet, for every stiletto heeled step we take towards gender equality, women are reminded time and time again of just how deeply ingrained these gendered roles are. Therefore, it is imperative that we celebrate the successes and the achievements of women, while also reflecting and acting as a catalyst for further change towards gender equality. Celebrating exactly that, is International women's day on the 6th of March.

This year we have much to reflect on. Firstly, just how colossal the year of 2017 has been for speaking out against sexual violence. Platforms such as the #metoo campaign which sprung from the Harvey Weinstein scandal, set social media ablaze with survivors of sexual violence speaking out and sharing their stories, (some for the very first time) in hopes of reinforcing the magnitude of this problem globally. While sexual violence is by no means something solely experienced by women, there tend to be higher rates amongst females. Statistics New Zealand reports that one in four females have experienced some form of sexual violence some-time throughout their life. The victim blaming culture which stems from how women are expected to act, dress and think, are a major contributor to these astounding rates. These invisible gender expectations which we are conditioned to normalise, hinder the efforts of previous trailblazers who have worked to lead New Zealand on the path to achieving gender equality. We only have to go as far as the comments section on New Zealand Herald's Facebook to be reminded why we need to be changing this culture around gender inequality. This means challenging the language, the slurs and rhetoric's behind sexist comments and not having to feel god-damn judged for doing so.

With the recent announcement from our Prime Minister, Jacinda Ardern regarding her pregnancy, there have been doubts surrounding her ability to tackle both politics and parenthood. This concern most likely coming from the same people who thought it was appropriate to ask her about plans for motherhood only seven hours into her new job. Because god-forbid we would never dare to ask male politicians this question. Women already encounter enough conscious and unconscious bias in the workplace, and this kind of sexist discourse implies women are child makers first and foremost. As of last year, the current gender pay gap in New Zealand between men and women were at 12%. This may seem like an improvement from the 16% in 1998, but that was nearly 20 years ago. Nearly two entire decades have passed, and we only see a 4% decrease?! These rates become further skewed when comparing working mum's 17%, to non-parents with a gender pay gap of 5%. Some definite alarm bells should be ringing right about now. Ladies, this is the current state of the work environment you will be entering into and the gender pay gap is just one of the biases that disadvantage women. Therefore, while Arden may not have been the first to break the glass ceiling in wanting to combine her parliamentary duties with motherhood. She certainly presents a wonderful example of female empowerment and regardless of our political stance, should agree that she reinforces positive messages to all women. Reminding all of us, women and men alike, that they don't have to choose between pursuing a career and having a family, and encouraging those who have already been doing this for decades.

So, let's celebrate international women's day this year and work towards achieving equal treatment and opportunities for women of all colour, race and sexuality. ■



The Russell McVeagh Allegations are just a Drop in an Ocean of Sexist Culture

Claudia Russell unpacks the sexist culture of the legal world.

Allegations of serious sexual misconduct have been made against two senior lawyers at one of New Zealand's most prestigious law firms, Russell McVeagh. The claims have caused the entire profession to question how their most vulnerable members of staff are treated. Dozens of female lawyers have spoken up in the aftermath, and it is clear that sexual misconduct and sexism in the legal industry extends far beyond the doors of Russell McVeagh.

The Key Facts

The incidents in question actually occurred two years ago, when several female student interns at the Wellington firm's summer internship program reported inappropriate sexual behaviour, including sexual assault¹. Employees blame the 'boozy' culture fostered to lure top students into joining the firm. Existing staff are told to show the clerks 'a good time,' by getting them 'as drunk as possible'². While alcohol may be a contributing factor, to characterise this as a drinking issue is narrow-minded and borders on victim-blaming. Most professionals who have commented claim that this is merely a symptom of deeper cultural issues within the industry. The men accused have 'since left the firm,' but was this of their own accord? So far, nobody knows. The media has not been informed whether they will face any disciplinary measures at all. What we do know is that one of the men involved has gone on to work on a high-profile legacy project, clearly not hindered by his past actions³.

1 <https://www.stuff.co.nz/national/101495453/sexist-culture-extends-beyond-russell-mcveagh-law-professionals-say>

2 http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11997066

3 Radio New Zealand Morning Report Podcast: interview with

Beyond sexual harassment, several lawyers have spoken up over questionable conduct witnessed at big firms. Lecturer Khylee Quince claims that she has 'held her tongue' for years over a story shared to her by one concerned student, but was compelled to speak up in light of recent events:

*"[She] was very upset about what had happened there. She said that after the seminar, the solicitors and students proceeded to drink the firm's bar dry and things got out of control - culminating in a number of staff having sex on the boardroom table with several students - in front of other students."*⁴

“ It is important to realise that in the workplace, a relationship between a glass ceiling and sexual harassment is symbiotic.”

Because the events were deemed consensual, Quince decided not to go to police. Additionally,

Stephanie Dyhrberg

4 http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12001622

one male former lawyer claims that bio-booklets of prospective summer clerks were referred to as the “summer menu” by male lawyers⁵. While not against the law, this type of conduct seems incompatible with an equal and respectful workplace.

Why have the allegations taken so long to surface?

It is imperative that firms respond to these revelations in a productive way. There is a positive obligation on all employers to actively prevent sexual harassment under the Human Right Act 1993. Measures like Russell McVeagh’s ‘zero-tolerance policy’ show a genuine intention to prevent workplace harassment, but are meaningless if perpetrators face no real repercussions.

No one should have to feel ostracized for reporting harassment, and yet countless stories tell us that women in particular risk losing their jobs from doing so. Employment lawyer Stephanie Dyhrberg states that in her experience, it will always be the victim of such treatment that leaves the firm. Young legal interns at top-tier forms are in a uniquely vulnerable position. These placements are extremely competitive, with firms considering only a handful of the highest-achieving students from each university. Therefore entrance into summer internships are built on a lifetime of hard work. Once they get there, an intern is the least powerful person in the room, in an industry built on reputation. Dyhrberg explains that while an older partner might not think twice before inviting

“ Women are now being empowered and encouraged to speak up about sexual harassment, and are less likely to lose their jobs as a result. ”

5 http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11997066

6 Radio New Zealand Morning Report Podcast: interview with Stephanie Dyhrberg

a younger colleague to dinner, he effectively holds the intern’s career in his hands with an offer she can’t afford to refuse.

Who is to blame?

I want to be clear that no individual firm is to blame. Dyhrberg claims that ‘every female lawyer has a story’ of sexual harassment in the workplace⁷. Yet it would be presumptuous to claim that corporate law doesn’t care about gender equality. Large firms across the world have made a concentrated effort to commit to diversity and inclusion over the last few decades. In fact, Russell McVeagh was shortlisted as a finalist in the YWCA Equal Pay Awards in October of 2016, and earned a Rainbow Tick certification in June of 2016, thus “ensuring a safe and welcoming workplace for employees of diverse gender identity and sexual orientation”⁸. Nearly every major firm in New Zealand has demonstrated a commitment to formal gender equality, and opportunities for women in law continue to increase every year.

What it comes down to is culture. Culture is difficult to be aware of and even more difficult to change. The Western legal system as we know it has existed since the Middle Ages, yet women were not permitted to practice until the late 19th century⁹. As a result, law is traditionally a “boys’ club”, built on conventionally male characteristics of aggression and competitiveness. The same aggression from women is often looked down upon because it is inconsistent with traditional female stereotypes, but paradoxically it is still required to get ahead in the profession¹⁰. In New Zealand female law graduates have outnumbered their male counterparts since the 1990s, but they still struggle to attain prestigious roles. In fact, only a quarter of New Zealand’s legal partners are women, and less than a third sit on the judiciary¹¹. The glass ceiling is well and truly in place in the legal industry, fostered by implicit bias and stereotypes leftover from past generations. It is important to realise that in the workplace, a relationship between a glass ceiling and sexual harassment is symbiotic. Of course, this doesn’t entirely lift the blame off individuals. Culture is made and maintained by individuals, and in this case it is those individuals who abuse their status

7 Radio New Zealand Morning Report Podcast: interview with Stephanie Dyhrberg

8 http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12001278

9 Constance Backhouse. *Petticoats and Prejudice*. Canadian Scholars Press. 1991. 297-299.

10 “Women in the law – an Australian Perspective.” Page 5. Alix Freidman, International Bar Association.

11 <https://www.radionz.co.nz/news/national/339454/law-s-glass-ceiling-exposed-by-numbers>

over young interns, hire 'exclusively blonde, good looking female clerks,'¹² and use company money to go to strip shows.¹³ The fact that young interns have been the ones to report this behaviour indicates that experienced and respected legal professionals may be turning a blind eye to sexist behaviour around them.

Holding on to hope

So far, no charges have been made by police, and victims are reluctant to press them.¹⁴ Realistically, you can't blame them for not wanting to take legal action. These are men whose knowledge and influence of the law protects them from its consequences¹⁵. Injunctions, defamation claims, and non-disclosure agreements are child's play for experienced commercial lawyers.

When harmful power structures are exposed

¹² Radio New Zealand Morning Report Podcast: interview with Stephanie Dyhrberg

¹³<https://www.stuff.co.nz/national/101495453/sexist-culture-extends-beyond-russell-mcveagh-law-professionals-say>

¹⁴ <https://www.stuff.co.nz/national/101495453/sexist-culture-extends-beyond-russell-mcveagh-law-professionals-say>

¹⁵ <https://thespinoff.co.nz/society/24-02-2018/russell-mcveagh-and-the-limits-of-the-law/>

within an industry, it can make the whole profession seem grim and unfriendly. The allegations following the Harvey Weinstein claims, in my opinion, made Hollywood look like a sexist, perverted wasteland. However, there is one big positive which has grown out of the #MeToo movement and related events. Women are now being empowered and encouraged to speak up about sexual harassment, and are less likely to lose their jobs as a result. While it is saddening that the New Zealand claims took over two years to surface, the massive volume of media attention shows that society will not sweep this under the rug anymore. Calls for a sexual harassment officer within the legal profession indicate a positive shift in an industry which has traditionally favoured reputation over transparency¹⁶. More importantly, perpetrators are slowly beginning to feel the career-ending consequences of their actions. The more these individuals are forced to face the consequences of their actions, the less likely it is that vulnerable people will suffer in the first place. ■

¹⁶ <https://www.newsroom.co.nz/2018/02/18/89510/nz-leaders-and-businesses-times-up>

OFFICIAL NOTICES

Notice is hereby given for the AUSA AUTUMN GENERAL MEETING

to be held

WEDNESDAY, 28 MARCH 2018

at 1.00 pm

Student Union Quad

All motions for this meeting must be handed in to the AUSA Office Manager by the following dates:

Deadline for Constitutional Changes is 12pm, Tuesday, 13 March 2018.

Deadline for Other Agenda Items is 12pm, Tuesday, 20 March 2018.

- Association Secretary

Notice is hereby given calling for SUBMISSIONS for an AUSA ONLINE REFERENDA

Submissions open: Monday, 26 February 2018.

Submissions close: 4pm, Friday, 16 March 2018.

Submissions must be emailed to Emily McDonald at: seo@ausa.org.nz

Please include your full name and Student ID number.

- Emily McDonald, RETURNING OFFICER





A Brown Girl's Rant

Paulina Bentley discusses the importance of acknowledging the histories and voices of Maori and Pacific women.

Do we ever stop to think about the women in our lives and what they have done for us? The women who move to a new ocean with a different mother tongue, who raise children by themselves. The girls who give you a pad no questions asked even though they're stupidly expensive? This International Women's Day (March 8) our small nation should be proud of our achievements for and from women. Dating back from Adam and Eve, to Rick Grimes, and now Donald Trump, men continue to believe they are authoritarians who rule over women. International Women's Day is a celebration recognising the contributions *all* women have made in Aotearoa. To acknowledge the different struggles women face around the globe. In our hemisphere it's time we start giving a damn about Pacific and Maori women and our histories.

As we find ourselves flowing back into our daily routine at uni, or starting to find our rhythm for new students (Welcome! Prepare to be #Stressed), I'm reminded of my history class where my Samoan lecturer said, "The University of Auckland prides itself on being a Pacific university, however they do the bare minimum when choosing to actively silence non-Western history". This course would be terminated the next year and was the only Pacific History course. "Bare minimum" becomes "complacency" when units such as these are removed from curriculums. New Zealand actively silences and whitewashes brown bodies in education. They choose to eliminate the history of Pacific and Maori women in favour of vulgar words by white male historians and anthropologists. With International Women's Day around the corner New Zealand's education system has histor-

ically disregarded Pacific and Maori women scholars. Teresia Teaiwa - a Pacific scholar, Dame Whina Cooper - a respected Maori activist and Margaret Mead - a white anthropologist. Who do you think is the respected woman to seek knowledge of on the Pacific? Because the education system prefers Mead over Pacific scholars and people. Personally, as a second generation New Zealand born Samoan, I feel that the history and knowledge of the Pacific isn't important. It isn't important because we never learnt anything about the Pacific in our streamed education system. Not once. This country is located in the Pacific, it is a point within the Polynesian triangle and yet many of us seem to not fully comprehend the capacity of our nations Polynesian roots.

Although the Pacific and Maori Studies course is a step forward for Indigenous visibility in tertiary education, some feel the need to complain about how Pacific and Maori communities support each other. Individual non-Polynesian students have created a notion that we're "privileged" to study at university. In my first year, I often saw this anger through social media and experiences recalled by older friends. To see white

"In our hemisphere it's time we start giving a damn about Pacific and Maori women and our histories."

university students on social media mock Tongan students and say “Finally Tonga is colonised!” during the Rugby League World Cup was sickening. Why were white students so offended by Tongan students supporting their country? The repetitive and hollow insults thrown at Pacific and Maori students for daring to study has led to thick skin for many of us.

There are many problems that Pacific women face at university that white women do not.

One: Feeling uncomfortable being the only Brown girl in your lecture.

Two: Mark thinks he is being subtle referring to “your people” in tutorials.

Three: Uncalled for anger at support dedicated to Pacific Island/Maori students.

I could write a whole list if I wanted to (But I have a word limit so be thankful). It may seem as if I'm pitting women against each other. If you're reading the three points with annoyance in your chest then you have some reflecting to do. This though is the truth that all Island girls studying have to deal with. Sometimes it's not much. Just an odd jab, an irritated twitch of the eyebrow, a great masterpiece of a scenario brewing in your head. Other times, it's unmanageable. Oppressive. It's always funny to hear, “But why isn't there a European/Pakeha club?” and a cause for a major eye roll considering it's so simple. This whole university is your club.

Now listen, I am not here to fight. Instead I simply want to use this platform to recognise Pacific and Maori students out here at UoA, **but** especially to acknowledge the women that paved the way for us to be where we are today. We all have women in our families. Our mothers, sisters, aunties, grandmothers, friends. In a Polynesian context, men are seen as our pillars within the *fale*. In reality however, it's the Pacific and Maori women who are our strongholds, our Bosses™ and our hearts. I grew up in a very matriarchal family and to this day we still retain a matriarchy with my grandmother

“They choose to eliminate the history of Pacific and Maori women in favour of vulgar words by white male historians and anthropologists.”

as the Final Boss™. Cliche as it sounds, without my grandmother I would not be who I am. I would not be where I am either. I would not have my love to learn. Here at the University of Auckland, Pacific women who have created an impact for me include Dr Tarisi Vunidilo who was my tutor for Pacific History as well as my Fijian dance lecturer and my Tuakana tutors who always came through and fed me. As well as encouraged me to attend classes and help with work I didn't quite get. All of us are blessed to know women that have helped shape our worldviews and brought us into existence. If you don't know anyone of Polynesian descents and/or are not of any Polynesian descent, our definition of “family” does not stop at our second cousin twice removed. It stops at our mum's-cousin's-aunty's-neighbours-daughters-wedding-and-your-family-from-Samoa-rang-for-\$100-to-help-out. That's where it stops. Strange as it sounds, the definition of ‘family orientated’ comes with a whole different price in a Brown context. The saying, “It takes a village to raise a child” certainly rings true to every Polynesian student out here.

This International Women's Day I want to say thank you to the Pacific and Maori women who raised me. Whose ancestors that have become a part of our *moana* and to all the Polynesian girls out here studying. You got this. ■

Auckland University Students' Association

Kia Ora Tatou! And welcome to Auckland Uni and the glorious pages of Craccum your student mag. We are AUSA your student association. You may have seen us wildly signing people up during O week or may have gone to one of our wonderful events such as Party in The Park.

We hope you are recovering from the madness of O week, we wanted to take some time to introduce ourselves and get to know you a little better.

AUSA's big role is being here for you. Our top priority is your welfare and your overall experience on campus. We organise incredible events throughout the year such as Politics Week, Womensfest and many more. And if shit goes down we can be there to catch you with our welfare grants and Food Bank. Come to AUSA house with any questions, to buy a locker or for lost property. So please come get amongst - we promise we don't bite.

From Anna and Jess

Hi everyone, and welcome to your second week of Uni!

We are stoked to be representing you as the President and Education Vice-President of AUSA - your students' association. One of our goals this year is to better communicate what we do with you all. This column is one way that we will do this! We also want your feedback, to make sure we're focussing on what you want to see happen at Uni.

O-Week!

Last week, we ran the biggest O-Week ever! We have had more sign-ups than ever before, a huge Party in the Park, a talent quest, brought Savage to Shadows, and so much more! A real highlight for us was connecting with clubs and new students so we can better support you through the year.

It's really important to us that all of the 40,000 students we represent feel supported. One focus for us this year is to make sure we engage with our satellite campuses. We ran stalls in Grafton and Epsom, and travelled to the Te Tai Tokerau campus in Whangarei to deliver food parcels and O-Week bags to the students up there. While up there, Anna



and Isabel (our WVP) talked with student support staff and have now made sure we are sending up welfare packages, calendars, free sanitary products, and stocked their kitchen with coffee and tea.

Big meetings

Anna is now meeting Stuart McCutcheon every month! This is the first time the AUSA President has had regular meetings with the Vice Chancellor, so is a really big deal! She talked to him about reforming the Student Charter, the plans for the infrastructure developments at Uni, and ways that the University can better support faculties. It's an awesome opportunity to be able to talk to the VC every month - if you have anything you want Anna to raise, flick her an email or pop into AUSA House for a chat!

AUSA has the only student reps on the highest decision making bodies of the University. Last week we had the first University Senate meeting for the year - the second highest committee at Uni. There is a new proposal that changes how all undergrad students are assessed. The changes being proposed are big - all undergrad courses may have to have an assessment within the first 3 weeks of semester, plussage would no longer count towards 100% of your mark, and tests and exams could only be worth up to 70% of your overall grade. We spoke up successfully on some of these issues, so it's now been postponed for more consultation. We don't think all the proposed changes would be great for students - so watch this space!



Faculties

AUSA is an umbrella organisation, here to serve all students! We have been meeting up with all the Faculty Presidents and Education Vice-Presidents so that we can provide support, and a strong student voice to the University.

Thanks for reading! We're so excited for this year, and all the wins we're going to get for students!

Much love,
Anna (President) and Jess (EVP) ■



JESS AND ANNA WITH THE NEW ZEALANDER OF THE YEAR-CHRISTINE BARTLETT! WE WERE INVITED TO THE NZ OF THE YEAR AWARDS LAST WEEK BY THE UNI.

Introducing your AUSA Exec 2018

AUSA is the Auckland University Students' Association. We are a bunch of students whose job is to represent and advocate for students, run awesome events, provide welfare and other support services, and much more. We're here to make your University experience the best it can be.

It's run by our awesome Exec - 17 elected students who meet every week at 6pm on Monday in the AUSA House meeting room (anyone is free to come along!). Here is a short intro to our Exec members...



Anna
President

Degree: Law and Politics

What you're hoping to achieve this year:

So many things!! I want 2018 to be a really great year for UoA students and for you all to know that AUSA has your back. This year, we are putting over \$55,000 into welfare/student support. We have more support grants and food parcels available for you. We will also be running way more free breakfasts for students. Part of this year's focus is communicating better with you and with relevant branches of the uni, like Health and Counselling, to ensure you are getting even better events, services and representation. This year is going to legitimately be the best year for AUSA yet.

What you wish you knew in first year: Work hard and do the things you love. Doors will open. It is so fine to not have it all figured out!



Anand
AVP

Degree: Psychology

What you're hoping to achieve this year: I have been in halls since I started uni - from being a first year to now being an RA. Part of our wider goal to improve how AUSA involved is in student life, one of my main goals is to get AUSA more involved in the halls.

What you wish you knew in first year: \$2 toasties in Shadz



Jessica
EVP

Degree: LLB/BA in History and Economics

What you want to do in your role: There are so many student reps around the University - faculty reps, class reps, and other students that sit on consultation committees and more! A key part of my job is representing students to the Committee on University issues. I want to make sure that I really represent your views, so will link in better with all our existing student reps, and make sure there is better consultation with students on changes. I also want AUSA to have a better presence on campus!

One thing you wish you knew in first year:

Auckland's beaches are amazing - even if you're in a hall, rent a car or make friends with someone who has one! So worth it.



Platon
FVP

Degree: Bachelor of Commerce, majoring in Finance & Accounting

What are you hoping to achieve in your role this year:

As part of my role, I would like to make sure AUSA is better managing its finances and so that AUSA can continue doing amazing work for students and have the ability offer a wider range of services in the future.

What you wish you knew in first year: How amazing dumplings are



Isabel
WVP

Degree: Bachelor of Science and currently doing my honours in maths.

What I want to achieve this year: I want to get free public transport for tertiary students, and for more people to know about and apply for all of our welfare grants! We have put \$55,000 in our welfare budget this year - please apply or contact me if you want to know more!

What you wish you knew in first year: I wish I knew to go to every class



Alex
EAO

Degree: I'm a BA/BE student!

What you're hoping to achieve this year:

While the EAO role is all about the environment, I want to focus on the people - we're the ones who need to take action to nurse mother earth back to health! Strengthening the bonds between environmental conscious clubs will be my first step in increasing environmental awareness on campus.

What you wish you knew in first year:

Embrace change! It's OK to face #changes. It's ok to stop doing whatever you've always done. It's ok to make new friends. Shifting to the uni lifestyle was really hard for me because I clung on to my year 13 self. I thought it was the best I was ever going to be. I thought it was my "peak". I tried my hardest to keep things constant. But things don't have to be the same. It's ok to change. Uni is where you explore! Try new things. Sit next to a stranger. Talk to them. Eat with them. Drink with them. Catch feelings. Catch flights. Get your degree. Get the full uni experience.



George
PEO

Degree: I'm a typical BA/LLB student majoring in Economics and Law (obviously)

What you're hoping to achieve this year:

I'm really excited to run Politics Week this year! Politics Week will be early May and it'll be an opportunity to talk, debate and engage with issues students actually give a shit about! We're going to have a series on panel talks with experts on all important topics like Poverty, Climate Change and the #MeToo movement, and a live debate with Politicians, giving students the opportunity to ask them questions and put them on the spot. There'll be heaps more too, and don't forget you can always get in touch with me as PEO to suggest an idea or make a recommendation! I'm all ears open.

What you wish you knew in first year: I wish I knew that Auckland has the worst weather in the world (I'm from Wellington!)



Emily SEO

Degree: BSc/BCom majoring in Stats, Marketing and Management

What you're hoping to achieve this year: My goal is to increase student engagement across all aspects of the university and allow for there to be more lines of communications between AUSA and the student body. I would love for us to be having more occasions where students have their say in what they want done and changed around campus.

What you wish you knew in first year: Not to wear white shoes into town



Anis ISO

Degree: I came from Malaysia to New Zealand in 2016 to study a BSc in Psychology and decided to contribute

to the international student community in my final year.

What you're hoping to achieve this year:

My prime mission is to make international students feel welcomed in the University of Auckland, and New Zealand. I will be:

Creating platforms for you to make meaningful friendships in the university with other local or international students,

Offering you volunteering opportunities for self-development,

Providing you opportunities to better understand the local culture,

Assist you in getting the support you need.

What you wish you knew in first year:

Looking back, I wish I knew that making close friends with locals is not as difficult as I thought. The key is to spend quality time together with the person or group I'm interested to hang out with and be confident with my English although it is imperfect. If I can do it, you can do it too!



Caitlin CAO

Degree: Bachelor of Fine Arts (Hons)

What you're hoping to achieve this year I'm hoping to increase engagement with students online and continue to promote and celebrate all of the wonderful artistic and cultural work happening on campus.

What you wish you knew in first year: I wish someone had told me lanyards weren't cool,

I spent far too many weeks wearing my hall lanyard

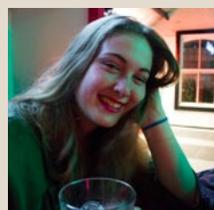


Jess Grafton

Degree: BSc majoring in Biomedical Science

What you want to achieve this year: I aim to have a functional food bank at Grafton campus and continue the work of previous graffton reps

What you wish you knew in first year: I wish I knew AUSA gives out free wall planners so I wouldn't've bought one for \$15. Would've been good to know about food vendor "budgie meals," too - \$6.50 or less with a minimal nutritional value and available from all vendors on campus.



Isabella QRO

Degree: BA/BSc in politics, Bio and Compsci

What you want to achieve this year: I want to run some really cool events

What you wish you knew in first year: I wish I knew how to drink a shadz jug without gagging!



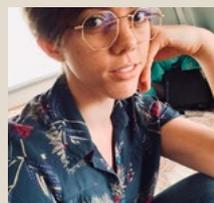
Jennifer WRO

Degree: Bachelor of Science majoring in Chemistry (although I studied Law for a

while too)

What you want to achieve this year: This year I am hoping to learn more about the inner workings of the university and make some tangible improvements to how we support students.

What you wish you knew in first year: In first year I wish I had known more about the range of support available to students, and especially the support available to help students identify and get out of problematic situations.



Ngairie Smith WRO

Degree: Bachelor of Arts in Philosophy

What you want to achieve this year: Help increase awareness of ad access to AUSA services to a wider variety of people

What you wish you knew in first year: That there is so much support in so many different ways!



Juliet Lauki-Ngaumo PISO

Degree: Bachelor of Arts

What you want to do in your role

To collaborate with AUSA to create more opportunities for A.U.P.I.S.A.'s Student Body, and to make sure Pacific Island Student Views and interests are well represented to AUSA and The University

What you wish you knew in first year:

That University isn't for everyone and that it can take time to figure out what degree is right for you & suits both your personal interests and career



Mohi Māori Student Officer/Tumuaki, Co-President of Ngā Tauria Māori.

Degree: Honours in Māori Studies

What I'm hoping to achieve this year: To make Māori language and culture accessible to all students at the University and to hear and see more students of all ethnicities and backgrounds embracing and practicing Māori language and culture on campus.

What you wish you knew in first year: That you had to pay back course-related costs.



Mamaeroa (Mosey) Māori Student Officer/Tumuaki, Co-President of Ngā Tauria Māori.

Degree: Bachelor of Health Sciences Majoring in Population Health (BHSc).

What you're hoping to achieve this year: My goal this year is to increase the Māori profile within the university! This will be achieved by putting on events that all University of Auckland students can enjoy/participate in, such as our Te Reo Māori classes and Waiata Wednesdays.

What you wish you knew in first year:

Nobody remembers the nights you got a good amount of sleep, get amongst it (Check out Shadows & The Rock Karaoke Bar). ■

REVIEWS



The Death of Stalin

REVIEW BY DANIEL MEECH



Armando Iannucci, director of political swearathon *In the Loop*, has returned to screens with *The Death of Stalin*. The film's premise is as simple as its name suggests: following the demise of the great Comrade-in-Chief, six ex-cronies engage in a deadly battle of political cat-and-mouse, as each attempts to consolidate power for themselves.

An upfront satire of power, ambition and bureaucratic incompetence, *The Death of Stalin* looks set to become one of the year's better comedic offerings. Jumping from scene to scene with startling efficiency, Iannucci's film - a series of loosely connected sketches punctuated by moments of genuine poignancy - manages to wring humour from almost every premise. The cast (who may kindly be described as 'veteran'; I put the median age somewhere towards the older end of the geriatric scale) prove their experience here, managing to draw from Iannucci's script characters which are at once both lampoonable caricatures and believable human beings. The film's morbid, bleak tone might prove too much for some, and yet I found it only made the film even more effective: Iannucci's juxtaposition of hilarity and horror makes the humour that much funnier, and the darker moments that much more affecting.

But for all its successes, the film does occasionally attempt too much. Jeffery Tambor's character notes at one point that he simply "can't keep track of who's dead anymore", a comment which alludes to the film's most serious flaw: its density. *The Death of Stalin* is not for the easily-distracted, and demands a basic understanding of Russian history from its audience. Scenes jump quickly from one to another, and often skip significant periods of time without any warning or explanation of what has elapsed.

All told though, Iannucci's film proves itself to be that incredibly rare animal: a political farce that elicits genuine laughs. It's funny, unpredictable, and will have you hooked for the entire length of its 2 hour run-time. Oh, and it's got Steve Buscemi. What more could you want? ■



Pan is Dead

THEATRE REVIEW BY ANUJA MITRA



An intriguing blend of myth and dystopia, *Pan is Dead* unfolds in Arcada — A society where gender is obsolete, though hierarchies still exist between those who run the state and those who serve it. Cass becomes an unwilling incubator for a baby belonging to the elite, and is torn between her discomfort and her duty to the authorities. Enter Pan: God of wilderness, music and pleasure, for whom masked revelries happen by night. The sound and lighting are excellent at evoking the mystery of Pan, with a particularly cool effect being the way his entrances are always heralded by his shadow on the wall.

The music is generally well integrated into the plot, and the cast are all strong vocalists; Carla Newton (Cass), Grace Hood-Edwards (Hele) and Quentin Warren (Pan) in particular. However, I would have preferred less musical interludes near the beginning. Some of the best songs are those associated with Pan, and less music at the start would have more powerfully marked the transition between Cass's world before Pan and her world *after* Pan. The most memorable song sees Cass discovering a new way of living and feeling, asking us if we, too, hear "the call".

Musical and fantastical elements aside, *Pan is Dead* is most effective when it deals with power relations. Andro feels entitled to Cass's body and is furious when she rejects him, echoing the gender dynamics in a lot of mythology. Cass's conversations with the Arbitrator are also revealing in their exploration of institutional oppression, victimhood and agency. The strength of the show is that it draws us into the world of Pan while keeping us rooted in reality. It warns us that deeply entrenched inequalities won't disappear easily, even *if* we all use gender neutral pronouns and don overalls à la 1984.

Engaging and imaginative, *Pan is Dead* is a taste of the art, theatre and music we can experience at the Auckland Fringe this year — if only we answer the call. ■



Paramore

SPARK ARENA

LIVE MUSIC REVIEW BY CHRIS WONG



Hailing from New Jersey and playing for the first time in New Zealand, Jack Antonoff's Bleachers were the perfect opener for Paramore as they hyped the crowd up playing through their many 80's-inspired stadium sized hits including the likes of "I Wanna Get Better" and "Don't Take the Money". Antonoff, who has recently made a larger name for himself as a producer, also ticked all the boxes for an engaging frontman, amping the crowd up to join along with their hits, while their saxophonist spiced up their sound with a number of sax solos. The incorporation of two drummers filled out their rhythm section while enlarging their sound up to supersized dimensions.

Starting off with the colourful *After Laughter* bop "Hard Times", then leading into the emo-pop angst of "Ignorance", Paramore unleashed their boundless energy upon the stage, with the crowd singing along to almost every word. While the setlist was mostly drawn from their latest album, *After Laughter*, the band also ran through the classics including the likes of "That's What You Get", "Still Into You" and "Misery Business", bringing up a lucky fan to rock the stage and help sing the bridge during the latter. Halfway into the set the band proclaimed their love for New Zealand, referring to the country as their adopted home and apologising about how they didn't return sooner, while introducing their touring member, hometown hero Auckland Logan MacKenzie on the keys.

After ending their main set with "Ain't It Fun", the band left the stage only to return moments later with an encore beginning with "Grow Up", interpolating SZA's "20 Something" into the bridge, then bringing drummer Zac Farro up to the front up to perform his band HalfNoise's "French Class". Finishing up with current single, the ever-so-catchy "Rose Colored Boy", the band exited the stage for the last time, promising to return soon.

Thanks so much letting us hang with y'all and your weather, Paramore! ■



Three Billboards Outside Ebbing, Missouri

FILM REVIEW BY GARLING WU



TW: Sexual violence, murder

A grieving mother (Frances McDormand) whose daughter was raped and killed goes on a one-woman crusade against the county police who failed to solve the case. Her choice of weapon is three abandoned billboards on a lonely country road which she uses to call public attention to Chief of Police, Sheriff Bill Willoughby (Woody Harelson).

This film is set in a quiet rural town in Midwestern United States, a landscape that serves as a stark contrast against moments of sharp humor and raw violence – often catching you off guard. This makes for a wonderful mix of emotion played out on a beautiful country backdrop, a balance that is just right to hold your attention throughout.

What is refreshing about this film is director Martin McDonagh's portrayal of what is "right" and "wrong", concepts which are presented as more fluid than binary in order to highlight the often ambiguous morals of humans and our scope for change. The characters in this film appear to be firmly set in their own judgements of the world around them which makes our witness to their character development even more satisfying as they encounter moments powerful enough to affect their values and goals.

One central theme throughout the film is that of grief and it is one that is rather poignantly expressed through moments of dry humor, awkward encounters, stark confrontations and tender family moments. This leads to heartfelt moments across the board that often remind us that while our intentions may be noble, we all fall victim to our own vices from time to time.

At the core, this film lays bare the complexity of humans through the injustice that touches even in the smallest and remote towns of America. Violence, humor, tradition and transformation build upon one another to present a film that is both beautiful, raw and confronting. ■



Welcome to Self Co.

THEATRE REVIEW BY MILLY SHEED



Mental illness is an intricately difficult subject to broach when devising a performance. Even more so, when introducing comedy onto the stage. Hope Kennedy-Smith smartly manages both in her production of *Welcome to Self Co.*

This play expresses the brutal rigidity of mental illness. It presents the monotonous reality of the corporate workplace, balanced cleverly with the agility of comedy. We see protagonist, Louise, willingly plunge into the servitude of mental instability, and come to true defiance of its grip over her life.

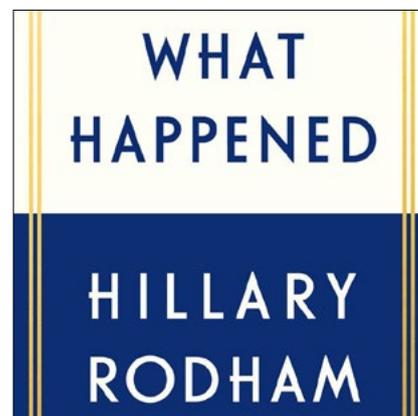
The play provides a fresh perspective of mental illness and its function. Kennedy-Smith does an incredible job of subverting our 'standard' perception of mental illness as a black-and-white issue, and muses that mental illness is more a societal burden, much like a job, rather than a "choice".

By personifying Louise's struggle with mental illness as a "shitty office job", the reality of mental illness, from a seed to a raging fire, is laid bare. I was forced to recognise the impact of mental illness, in a way both relatable and highly intriguing. Boldly, the play establishes mental illness, and our ability to carry on daily life as best we can, are inextricable concepts.

Comedy not only made this play attractive and, lets face it, light-hearted in the face of extremely heavy undertones, but created an intelligent irony. Millennials are not unknown for the ability to mask traumatised with laughter. This play magnifies this ideology, tenfold. A stark juxtaposition throughout, between gags and brazen theatricality, and mental disease; made this play sobering relatable; a slight nod towards a societal need for the responsibility of mental illness.

Kennedy-Smith was not ashamed to be vulnerable in the presence of onlookers. Capturing my attention whole-heartedly, she beautifully presented the layers and complexities of mental illness. With very few props or set design: Kennedy-Smith creates some serious belly-laughs, as well as confronts us with the reality of mental illness, in a society fraught with mental labour.

Enjoy your "on-boarding." ■



What happened

Hillary Rodham Clinton

BOOK REVIEW BY STANTON MCKENZI



Hillary Clinton's latest book aims to extrapolate the circumstances by which she lost the 2016 presidential election. Hillary in her own words away from the restraints of the presidential election and divulges her feelings towards everything pertaining to the election. The book ultimately is strongest when dissecting sexism, as Clinton attempts to break the glass ceiling of American politics. The glass ceiling which was still preserved after Clinton lost the 2016 presidential election.

What comes from that loss is an introspective analysis of her own character as well as the mechanisms she used to recover from such a public loss. Clinton's brushes with meditation, offerings of Xanax to cope with the loss and avoiding the media eye, demonstrating the toll the election took upon Clinton. It is difficult to not admire her ability to bounce back after such a public defeat.

The most prominent missing piece of analysis is ultimately Hillary's recognition of her own shortcomings. Piling responsibility on a myriad of people from the press, James Comey and the Russians. It is clear that Clinton still holds resentment towards these parties, whether these feelings are justified are up to the reader to decide. As a neutral observer of Clinton's campaign it is clear that she never did understand Trump's character or how to reach the base which Trump ultimately secured his victory on.

Clinton has always been a divisive character and this new book only continues this sentiment. It won't garner sympathy from her detractors. Instead the book questions why she is held in such a critical manner when her male counterparts are not held in the same light. The most revealing aspect of the book is the lengths of which sexism still continues to constrain women in the political world. If the very appointment of Trump didn't solidify the overt sexism within American politics then Clinton's dissection of over 20 years in politics will. ■



Featuring: Ima Cuisine

An interview with the inspirational women behind downtown Middle Eastern restaurant Ima Cuisine.

Tell me a bit about the both of you and Ima Cuisine.

Yael: Ima Cuisine is a Middle Eastern restaurant on Fort St that specialises in Jewish Diaspora food *and* Palestinian home cooking.

Avigail: She runs the show really, I'm just the boss' daughter! But I've been working there since I was 14. I'm 23 now and I miraculously still love my job? Our food and our culture means a lot to me, I love to help share it with others. We also both take part in activism - mostly fighting for basic rights for Palestinians back home.

When did you start Ima Cuisine and how did the idea come about?

Yael: In 2003 I opened the City Lunchbox on Shortland Street. It was just a breakfast and lunch place at the time. I started doing dinners in 2005 and I changed the name to Ima Cuisine. *Ima* means mother in Hebrew; the food is meant to reflect the nourishment and joy you get from a mother and her cooking. I've always cooked for people. I would make 3

course French dinners at the age of 14. When I was a student in England I realised that good food, made with care, makes you happy in the same way that the bad food from the student canteen made me depressed. I realised then I had the ability to change people's day, making them happy, by serving them food.

International Women's Day is coming up, why is this significant to both you and your mum?

Avigail: Well Ima Cuisine is a matriarchy! It's a business started by a first generation immigrant woman. International Women's Day should be about radical change *and* radical kindness and love, and I think this is a core tenet to the restaurant and its philosophy.

We've noticed that most trending restaurants these days are owned and run by men. What are your thoughts on this?

Yael: It's ten times as hard to run a restaurant as a woman. When I started out and I brought this special food to Auckland; if I was a man, I would have been approached by an investor

years ago. Because I am a woman, no one came near me.

AVIGAIL: Mum's been an institution in this city for almost 20 years now. She's had to do it all by herself, and that's been particularly hard and particularly hard to watch growing up.

Have you had to face any barriers as a woman in the restaurant business?

Yael: There's barriers all the time. Business is hard for everyone but for women it's exponentially harder. I feel like when a young guy starts a restaurant like this, it's like immediately there is a spotlight on him, there's interest. I feel like I've been clawing, climbing a steep mountain with my fingernails just to get where I am today. And people come up to me and say "Oh! Look how well you're doing!" and I think "Jesus... You have no idea of the uphill fight it's been. How long it's taken... the sacrifices I've made... The money I've lost."

AVIGAIL: People are completely ignorant of just how much hard work goes into making and serving food. We make everything fresh from scratch onsite; we bake all the bread and pastries for breakfast and lunch, we cure meat, we roll and stuff kibbeh [spiced lamb meatballs in a wheat shell]. And then there's my end of the job - being out there and making sure customers have the best experience possible. It's hugely physical, you're always thinking on your feet and it involves a tonne of emotional labour. But a lot of the people that come in just see a "dumb waitress" and treat you accordingly. This is mostly because hospitality is so under-valued and underpaid in our economy despite all that it contributes. But of course gender comes into that too.

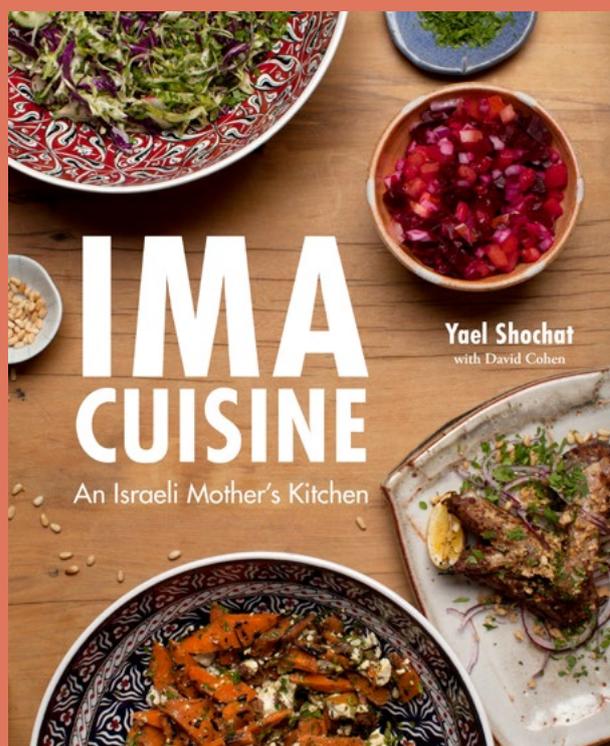
Going back to lighter questions, what are the top three "must-haves" when you go to Ima Cuisine?

Yael: The brik [A North African fried pastry] to start, the Lebanese slow-cooked lamb with all the sides for mains, and the Knafeh [a fried Arabic cheese pastry] for dessert. And then there's another two menus [breakfast and lunch] that you have to try as well.

AVIGAIL: I mean we have a burger and the steak sandwich on our lunch menu, but if you're going for that first before the Malawach [Yemenite fry-bread] or the Shakshuka [North African baked eggs] then maybe you're missing the point.

We saw that you've also published a recipe book, that's really impressive. How did that come about?

Yael: We've been feeling it out for years with Random House. I first approached them four years ago and they said then that I wasn't ready. I wasn't "big enough," wasn't "known enough." To be honest, if I was a man the recipe book would have been easier to make too.



Can you share a memorable or weird experience you've had at the restaurant?

Yael: Gordon Ramsey came in four years ago and I didn't even know he was in the country! He loved the food and he tweeted about it too! Our selfie that we shared together was taken up by the New Zealand Herald and it was the biggest PR for us ever! People talked about it for years.

Avigail: I couldn't believe my eyes when I saw that txt from mum. I was so nervous he had gone in full Kitchen Nightmares style and sworn at her, but apparently he is completely lovely.

Lastly, is there a simple recipe you'd like to share with our Craccum fans?

Introduced by North African Jews, Shakshuka is now a breakfast staple in cafes and homes all over Israel, although it's just as good for lunch and dinner. The leftover sauce keeps very well for a few days in the fridge, which means you can make extra or make it in advance, and just heat the sauce and crack in your eggs when you're ready to eat. The name means "mish-mash" or "mix-up", and the combination of the sauce and eggs is delicious. I encourage you to use a good soft bread to swipe around your pan, to get every last bit. Serves four.



Shakshuka

Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 medium onion
- 6 cloves garlic
- 1 small red chilli (to taste)
- 8 medium-sized ripe tomatoes, quartered
- 1 tsp flaky salt (or ½ tsp table salt)
- 8 eggs

At least one slice of fresh soft bread, such as challah or pita, per person

Method:

1. Preheat your oven to 180 degrees. Halve and peel the onions, then thinly slice into half moons. Finely chop the garlic and chilli. Quarter the tomatoes.
2. Heat the oil in a large oven-proof pan for which you have a lid. Saute the onion on medium heat for 10 minutes, until soft and lightly golden. Add the garlic and chilli and sauté for another minute. Add the tomatoes and cook for a further 5 minutes, stirring occasionally. Sprinkle with salt and put the pan in the oven for 20 minutes to reduce the liquid and roast the tomatoes.
3. Return the pan to the hob and set the heat to a simmer. Taste the sauce, and season if needed. Make eight wells in the mixture with the back of a tablespoon (don't make the wells at the edge of the pan, or the egg inside will cook too quickly). Crack an egg into each well.
4. Place the lid on the pan and simmer on low heat until the whites are set but the yolks are still runny.
5. Transfer a quarter of the sauce plus two eggs carefully into four wide shallow bowls. Sprinkle each egg with a little salt and serve with the bread on the side.

Variations:

- We serve this at the restaurant with homemade merguez sausage ^{**}(see page xx), which we fry, chop, then pop back into its frying pan which we then use to cook the shakshuka. You could also use a good chorizo.
- If you don't have an oven-proof pan, you can start the recipe with a stove-top frying pan for which you have a lid. Transfer the mixture into a roasting dish to cook in the oven, then back into your pan to cook your eggs.
- This dish looks excellent, and keeps nice and hot, if served in individual skillets. If you have them, portion the sauce into four small skillets before you cook it in the oven. Crack two eggs into each skillet and serve the skillets directly to the table.

Make ahead:

The sauce can be prepared one or two days in advance and refrigerated. Bring to a simmer in a frying pan before adding the eggs. ■

The Ultimate Women's Day Music Crossword

Fill out this cool crossword on your lunch break!

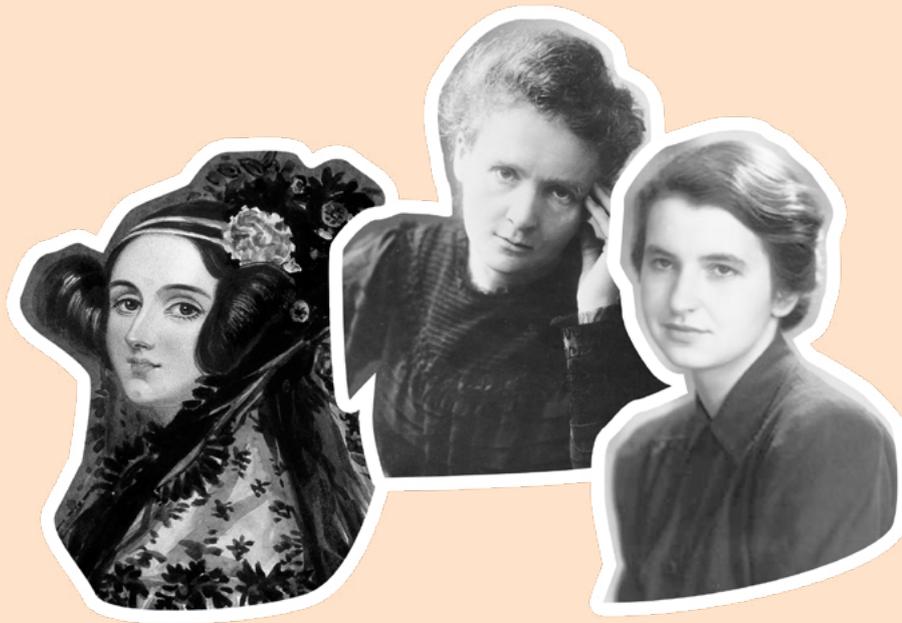
Across

- 4. American singer/actress/producer who also starred in critically acclaimed film *Hidden Figures*
- 6. Broke out with her debut album *CTRL* last year, while also receiving 5 Grammy nominations
- 7. Lesbian Jesus
- 9. 'Raised on Biggie and Nirvana'
- 11. Rebel girl you are the queen of my world
- 13. Female empowerment anthem for a new generation based on her own rules
- 14. Founder of amazing highlighter Trophy Wife
- 15. 'Wait, they don't love you like I love you'

Down

- 1. Provided an excellent recipe for Lemonade
- 2. Lorde blew shit up like _____
- 3. These bloody shoes topped the Billboard Hot 100 for three weeks straight
- 5. Your favourite TLC song
- 8. Baduizm (1997)
- 10. Formerly one half of Crystal Castles
- 12. AKA. Claire Boucher





From Female Scientists Stems a Future

Caitlin Jardim reflects on her favourite (and often forgotten) female scientists for our International Women's Day issue.

During O'Week I was asked to name my favourite scientist. I stalled for a moment whilst those around me named role models they looked up to, the likes of Einstein, Galileo, Rutherford. What became clear to us quite fast, however, was the lack of female scientists we mentioned. Once this was pointed out, protests were made as people scrambled to give examples of esteemed female scientists - Marie Curie was acknowledged. But who else? All else that was offered by us students was "the chick who discovered the double helix before those two men did". (Her name was Rosalind Franklin.) Discovering our lack of knowledge beyond the most obvious choice was eye-opening. The question was asked - how many of us are educated on the achievements made by women in science?

Female scientists are often overlooked, but they are invaluable in inspiring the women of today to follow their dreams. As somebody who was repeatedly told that "*science was for boys*" and that I should reconsider taking a different degree, "*something easier than biomed - like home economics*", this is particular-

ly disheartening. Women belong in science - without them we lose half of the world's potential. Yet without role models to look up to, young girls simply won't be inspired to pursue science. Without knowledge of past female scientists, future female scientists may cease to exist.

However, times are changing. The acceptance of women within traditionally masculine fields is growing, and while gender equality within these jobs is far from perfect, society has come a long way from where it began. Even though the field of science, historically, was dominated by men, a few women were able to leave their mark on the world. Here are some to remember, because today we celebrate women in science.

Marie Curie: nobody can forget about the go-to woman role model for scientists - discovering plutonium, dying for her cause, being buried in the Pantheon in a lead lined coffin due to her radioactive body. She inspires a plethora of aspiring female scientists years after her death, a worthy role-model proving as women that we *can* break glass ceilings we are placed under.

Ada Lovelace: encouraged by her mother to study science and math in an attempt to prevent the supposedly hereditary and illogical insanity of her father, Ada Lovelace is often seen as the first computer programmer. Working alongside the "father of computers", Charles Babbage, she discovered the possibilities of the first proposed general-purpose mechanical computer - the Analytical Engine - seeing the potential beyond simple calculations to actual algorithms to be carried out by the machine. Her work was beyond the scope of anything else of the times, and stands to show the potential of women in science, if only they are encouraged and left to reach their own potential.

Rosalind Franklin: the so-called "*chick who discovered the double helix before those two men did*", represents all the barriers women have to overcome to be recognised for their achievements in science. Most of her accomplishments were only acknowledged posthumously, but the research she worked on was integral to understanding the complex structure of DNA. When she was younger Rosalind Franklin won several scholarships for her work in science, but as she

came from a privileged background she asked for them to be passed onto other, less fortunate candidates, showing shows us that the work we do as women in science doesn't just affect us - it can be a stepping stone to inspire other young women to do the same.

Erin Leitao: we must not forget the present scientists who continue to work and inspire future generations of female scientists. Dr. Erin Leitao is currently a member of faculty at the University of Auckland, who in 2016 won a Women in Science award, an initiative created by L'Oreal and UNESCO (the United Nations Educational Scientific and Cultural Organization) for her work and research in the field of Organic Chemistry. This initiative rewards exceptional women in science, acknowledging their contributions and achievements. Not only is it wonderful for giving credit

“We may feel that we are on a tiny island, isolated and far away - but Dr. Erin Leitao reminds us of the possibilities available for all of us.”

where credit is due but it also shows us that we as women are capable of great success regardless of societal norms. Indeed, female scientists of the present are just as outstanding as the female scientists of the past - and both inspire future generations. We may feel that we are on a tiny island, isolated and far away - but Dr. Erin Leitao reminds us of the possibilities available for all of us.

And of course, you. The hundreds of young women studying science at the University of Auckland. Or not studying science. The point is,

encouraging females to study science is a collective effort. It does not rest on the shoulders of anyone. Like the saying goes, “If you educate women, you educate a nation”, and this holds true even after almost a century. So, if this year's International Day of the Girl teaches you anything, let it be to allow female scientists inspire you and motivate you to follow your dreams. Wherever they take you - biology, chemistry, physics, forge your own path and do what you love; inspire the next generation of female scientists. ■

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 NEW ZEALAND HUMANISTS

HOLLYWOOD

Each week **Lachlan Mitchell**, glorified tabloid writer, tries to cover up that he is blatantly copying Vanity Fair.



The Wrath of Uma Thurman: Bitch, You Don't Have a Future

Have you read the New York Times article about Uma Thurman and her experiences with Harvey Weinstein and Quentin Tarantino? If not, let me get you up to speed. It's horrifying, it really is. In 'This is Why Uma Thurman is Angry' by Maureen Dowd, Thurman details being subjected to assault by Weinstein and her own experience with rape beforehand, plus how Quentin Tarantino abused her in his own disgusting and brutal way. The overall theme of the article is her providing an insight into how certain men, with the encouragement of others, can get away with all sorts of abuse in the name of finding control. Whether it be sexually or, as we see with Tarantino, in the callous attempt to be an 'auteur'. The interview came months after she notoriously declared that Weinstein and those who supported him don't deserve a bullet, they deserve something much slower. And oh, how I agree.

But I want to focus on Tarantino. The monster that is Harvey Weinstein will forever be synonymous with rape, the embodiment of an industry that has betrayed and violated women since its foundation, and there is nothing I can say that has not already been said with the righteous venom it deserves. He will forever be a pariah and I am preaching to the choir here. Quentin Tarantino is a different story, he is probably going to do well for decades to come. He's not a clear-cut example of toxic, predatorial entitlement. Readers of this column are not going to uniformly agree like we mostly do with Harvey Weinstein, for whatever reasons they may have. The cult of forgiveness that surround Cool Male Directors will probably ensure his career until the End Times. And it makes me angry. In the article, Thurman talks about her closeness with Tarantino, even describing it, in a very clear past tense, as a mind-meld. But that came to an end during the filming of *Kill Bill*, where he is on record on having spat in her face and choked her with a chain during filming, all under the guise of getting what he needed as a director. It's just in the pursuit of making art, right? Same narrative as the *Last Tango in Paris* reports about Bernardo Bertolucci encouraging the lack of consent within a filmed rape scene, for the sake of capturing 'the raw emotions' upon Maria Schneider's face. That physical domination over women is clearly an acceptable part of being an auteur, evidently. But the truly horrifying tale? Forcing Thurman to drive a stunt car she repeatedly said she was

not comfortable doing, resulting in permanent injuries to her neck and knees when it crashed. She was denied access to footage of this crash for years, as Miramax worked to keep Tarantino clean and Thurman silent. The Weinsteins put their main man first ahead of any sort of decency.

It's a crushing story – the betrayal of someone you felt shared a mind with, but being seen the world over as being inherently linked to one another. Even when your own association with the person dies, you're forced to stay connected to them through the permanence of pop culture. The world saw them as synonymous. Who wouldn't? They made *Pulp Fiction* and *Kill Bill*, the embodiment of coolness in modern cinema in the average filmgoers' eyes. I certainly know that. Do you know how much I wanted the yellow motorcycle jacket from *Kill Bill: Vol. 1*, regardless of knowing how I'd never fit it? It's so fucking cool. How many of you with Tumblr or Instagram or whatever have seen the various screencaps of Mia Wallace post-overdose? The point is that in the world's eye, the partnership of Uma Thurman and Quentin "Just Gonna Broadcast My Foot Fetish" Tarantino is something magical and legendary. But with the knowledge of what went into making *Kill Bill*, our love for it needs to die, smothered by those who once gave it so much care.

This is where I abandon any pretence for this particular column not being a soapbox - the love for the art should not outweigh the transgressions of the artist. It can be argued until the heat death of the universe about separating the art from the artist, but in this case, Tarantino's transgressions cannot be separated from *Kill Bill*, they were a direct part of the process. The abuse in the name of artistic input, artistic domination, cannot be justified. To direct is not to dominate. To unjustly dominate is not solely in the realm of sexual assault – we know that, but we need to put this into practice. Now, to be clear, we cannot isolate this discussion solely to male offenders, that's a gross silencing of the variety of victims out there. It detracts from the complexities involved what it means to suffer in an industry built on servicing the entitled predatorial ego inherent in toxic masculinity. I have to stress that that ignoring this only does a disservice to any progress we want to make. But in the case of Tarantino? Say it with me. The cult of the Cool Male Director needs to die. Crushed like the eye underneath The Bride's feet. ■

ECENTRIC LIFE ADVICE

Each week *Astrid Crosland* provides instructions on how to improve your life in some small, but important ways.



Two: How to Cry

It is best done in the rain but never wait more than three days for the right weather. Night is the best time to begin, as one generally does not wish to be interrupted once it is begun, and generally it is preferable to do it in isolation. A full moon will draw the biggest tears but, again, never wait more than three days.

Ensure one has the following supplies on hand:

- Warm, soft, pajamas
- A bed made up with freshly washed bedding
- A hot or cold drink of your choosing, sans caffeine.

It is useful to prepare the face with a gentle, thorough, cleansing. Plenty of warm water and a soft cloth are ideal, with the use of a little makeup remover if one is inclined to apply such things in the first place. Alternatively, you may wish to apply makeup with the intent of watching your tears make little tracks down your cheeks. Either practice is considered legitimate.

When it is time, put on the pajamas and assemble the drink. Position yourself amongst surroundings that you find more comforting than disturbing. This is subjective. Common places include: warm baths, scented gardens, libraries, and seaside caves. A place you find a little disturbing can be helpful in starting the flow of tears.

Cry until it hurts. Rehydrate yourself as you go. You might use a handkerchief to catch the tears, or collect them in a small vial for later uses, or let them soak into the ground wherever they fall. Again, all are legitimate practices.

When you are done, crawl into your freshly made bed and sleep deeply. Do not allow yourself to cry in bed. If you feel another bout of tears coming on, crawl out and cry elsewhere, even if you only make it to the bedroom floor. ■



ROAD TO #FITSPO

Each week our resident hedonist **Saia Halatanu** explores the unfamiliar world of health and wellness for your entertainment and his own longevity.



Failure to launch

Now, I'm not entirely sure how to avoid the impression that I'm just another credulous mouth-breather partaking in yet another #newyearnewme phase. I can only say that I've never begun a year with the explicit aim of improving my health or appearance. That's not to say that I lack any drive or motivation or even confidence, in fact, it might be said that this is a sign of good old-fashioned hubris - who needs a new years resolution if you're already perfect, right? Well, this isn't the case. It just so happens that I've never been particularly concerned with my image - of course I do make motions which resemble a sort of "maintenance", but in simple terms I don't pay that much attention to my looks. And for this reason, if I'm to be completely honest, it probably shows more than I'd be happy to admit. Let me illustrate it to you, dear reader:

My lifestyle for the last half-decade has been described in various different ways. Some have mentioned that it mostly appears pleasurable if not epicurean, others have (with a little too much conviction) called it stupid if not life-threatening. Now, I'm in no position to deny the latter description - for my diet has been, and still is, fairly fierce for cigarettes and alcohol; and I prefer my meals* to be full-fat, meat-infused, deep-fried or all of the above (*always upsized and washed down with something strong) - but, just as T'challa was born to be King of Wakanda, I have oftentimes felt that this lifestyle was customised especially for me. Nonetheless, I will admit to having noticed a slight dwindling in my lung capacity as well and an extra layer around the waist that, in all honesty, I've become fond of. Furthermore, there appears to have taken place, sometime in the last few years, a bout of muscular atrophy leaving my long angular frame resembling the term "skinny fat."

Well, despite the strength of my confidence, the words "skinny-fat" hold a little more weight than they might appear to. Fitting. And so, it became apparent, to my inflicted ego that something had to be done. So, with the help of some friends, a very general list of goals came together:

Objectives

- Drink less
- Quit smoking
- Improve fitness
- Increase strength
- Improve general quality of body: increase muscle tone, lose unnecessary fat, better quality of skin
- Whiten teeth
- Raise overall appearance

Well, that list took a fair amount of mental stress to come up with and because I only knew one way to handle this stress,

outside I went for a cigarette. During this slight excursion, it dawned on me that now it was decided that something should be done about this skinny-fat situation, it seemed, at least to me, that celebrations were in order, so I reserved my Friday night as the launch to my journey. But, of course, in order to begin my road to #fitspo on a positive note, I decided not to initiate the drinking until after I had attended a family gathering scheduled for Friday afternoon. "Good"! I thought, I was sure it would run on for at least a couple of hours and this would delay the time I would start my celebratory drinks and consequently limit my alcohol intake for the night. Things were looking good.

Come Friday, however, I saw that this family gathering rather resembled a family barbeque (I should've guessed that's what it was by the phone call I received earlier from a cousin who was confirming my attendance and mentioned, in passing, that he had to stop at the butchers on his way there. Damn). I further noticed that my grandmother had spent the day slaving away in the kitchen, as grandmas do, to feed all her precious family members. Well, despite this new-found gusto for health and well-being I had developed over the last week or so, I felt it rude and offensive, as she was offering me a plate, to turn down a perfectly crafted meal laboured on by the frail hands of my grandma which worked so hard to start the family. So, only to be polite I accepted the plate. And just to make doubly sure not to offend her, I had another.

Funnily enough, just as I finished devouring my third plate (I really was trying to avoid the appearance of insensitivity, I swear), I felt an extraordinary thirst coming on. Now trust me, I looked all over (my immediate vicinity) for something to drink and just could not find anything. Furthermore the kitchen was very busy, I really didn't want to get in the way of everyone who was in there working hard just for a silly glass of water. I did, however, spy that the fellas around the barbeque had a few gold and green bottles that looked like the solution to my problem. And if not anything else, I am a problem solver, so towards the thirst-quenching elixir I progressed.

Now, from this point on things are somewhat iffy. Maybe it was something I ate? In any case, I do remember finding myself in a bar, so my best guess is that my celebrations went ahead as scheduled. And spurred on by the knowledge that I was about to better myself, I had a few more drinks, accompanied by a few more cancer sticks, to savour the taste before my mission. Of course, this might be considered a bad start but, who the hell are you? And why are you judging me? And anyway, I worked so hard on my list of goals which is step in the right direction; and as Common said to Kanye: "slow motion is better than no motion." ■

PRUNE JUICE

Self explanatory, the drink helps you cleanse and digest. Each week **Sherry Zhang** breaks down life's incongruous mess into digestible chunks.



Case study: FOMO (Fear of missing out)

"You should live everyday like it's your birthday"-Paris Hilton

(It's a new year. It's a new social calendar filled with events to make any socialite jealous, wrought with the pains of FOMO)

1) Don't drive me around: I'm a radio channel surfer, stopping at RhiRhi on Mai FM for a few seconds before bopping to Ed Sheeran's something something on ZM looking for a better track. There isn't, so I'll switch back to RhiRhi just in case there is something else, land on some good cunt experimental shit on 95Bfm and finally loop all the way up to the usual Bollywood tracks at the end of the frequency (just like the ones my flatmate would blast in the shower).

2) Don't take me to town: Because I'll say the whole day I'm not keen, but I'll show up at pres knowing I have work at 9AM. And it's partly fuelled by a zest for life, partly something more sinister. Because the minute my flighty ass hits the sticky floor of Bar 101, I'll leave the dance circle to have a geeze up-stairs. But then it'll feel too straight at Roxy, let's go to Family. Maccas is still open, might see someone there. No honestly, I'm telling you Taka town is better. Lads, we're going back to Fergs I need a white shore boy hook up with.

3) Don't date me: I always get a terrible case of food envy, perpetually wishing I got the spicy chicken salad rather than eggs bene at the bougie overly priced cafe we have our hun-gover Sunday brunch at. It's so bad I'll pretend to not want your food, but the minute you pause to chew I'll ask, "How's the chicken?"

Half of everything I do is embodied by an impenetrable sense of FOMO.

And if you were to analyse me, you might say this is typical Virgo behaviour. Typical type A, ENFP, Neptune moon in retrograde over mars rising in the east behaviour.

The desire to document, to be interconnected, to be involved is natural. But this desire morphs into something else, and it takes on the form of week-long benders, even knowing I had the flu, I had work, I had law readings I probably should do. Because I didn't want to miss out on something. On experience, on living?

I don't regret stealing road cones with my flatmates, having DMC's squished on my bed, and that time we climbed onto someone's boat down at the Viaduct. Those are stories I'll remember and be proud of.

But I wish I took time for myself a bit more, without feeling like everyone else is having more fun, being braver, living it up when I scrolled down my Instagram.

I spend far too much time feeling like I'm not doing enough. I'm competitive, I have Asian tiger parents who raised me

to constantly push. I'm seeing Chloe Swarbrick on my news feed and I'm wondering what the fuck I'm doing when she's in parliament. Lorde's international and dropping albums. I'm tucked in bed spinning some psychoanalytical babble about my insecurities. My fear of missing out on leads my mind to wander on what it's, networking opportunities if I just...

And maybe my FOMO stems from some deep insecurity of fitting in. Some desire that grew from growing up on the fringes, of being the one Asian kid on my class in primary. I was never part of the blonde white girls that played netball, I didn't get the jokes and the stories of when she did this with him and omg!!! I got sucked into the social hierarchy of high school, of hearing about the house parties that happened, wishing I was part of them, and feeling that everyone else was living their teenage years more.

Which is honestly bull-shit, and I've grown up. Because so much of my FOMO was attributed to a feeling that somehow my experiences were less adequate. Sure, I was a little nerd, but I still got up to shit with my friends. I'm having a grand old time watching Bad Boys 2 with my brother rather than going out. I'm probably having the better time singing shitty karaoke songs with a few drunk friends, knowing the rest of them are still in line at 1885. I'm enjoying the moment, the time and energy I have with the people right then and there, without wondering if it's better placed somewhere else.

The grass is always greener on the other side yadda yadda-Fuck that.

And it's probably something you grow out of because I'm entering this year tired and I like I don't give a fuck anymore. I've turned into a granny, a home girl, happy to do shit all at night and watch my friend's drunken snap chat stories and holiday posts without the pang in my heart. Genuinely happy they are having a good time, rather than gripped by FOMO.

Don't get me wrong, I'm still excited to go out to have a banger of a time but it's just coming from a place of genuine interest rather than for the sake of being there. Was I mad I missed out on RnV this year because my manager pulled seniority and someone had to cover those shifts...sure! But I got over myself faster than my teenage self ever would have. Honestly, tell me who's tent you drunk peed on, I'm not rocking in pain from FOMO.

So, to all those starting the new academic year, getting into the swing of things, keep being brave and taking risks. But don't let how well other people's illusions and means of spinning a shinier life affect the motivations behind your experiences and listening to your impulses.

Not enough FOMO? Go follow @bysherryz on insta, for low-quality content so we can keep it that way. ■

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HOROSCOPES

Our local oracles *Annalise Boland & Bianca D'Souza* have studied the stars this week and provided us with predictions for our future. Stay tuned for a weekly update on your stars.



ARIES

(MARCH 21-APRIL 19)

Dear Aries, although you will face challenges this week it is important to remember that you can overcome these obstacles by embracing your inner strength. You can convert your impatience and frustration into a more positive energy source that will fuel your focus and enhance your capabilities. Be motivated and do not back down in the face of obstacles.



TAURUS

(APRIL 20-MAY 20)

Dear Taurus, your ability to see things from a practical and realistic perspective will help you this week to complete projects that have been at a standstill. Your stubbornness can prevent you from taking a much needed break which can hinder your progress towards long term goals. Be aware of your limits and capabilities and take care of yourself.



GEMINI

(MAY 21-JUNE 20)

Dear Gemini, your need for constant intellectual stimulation will be met this week and it is therefore important to ensure you have a dynamic working environment with lots of social contact in order to boost your productivity. Your sociable nature loves making new friends and there will be plenty of opportunities for that this week. Be careful as new relationships need time to blossom.



CANCER

(JUNE 21-JULY 22)

Dear Cancer, although this week may be overwhelming for you at first and you may feel like you can't blend in. Own your emotions as they should not be interpreted as a weakness, but rather a strength if you become intune with them. Be loving and caring as you are most happy when you embrace your emotions and sensitivity Cancer.



LEO

(JULY 23-AUGUST 22)

Dear Leo, your warm-hearted nature means that people are naturally attracted to you, but this week you will be tested as you befriend many different groups of people that may clash with one another. Your leadership will come into question but now is the time to rise to the occasion and bring everyone together towards a shared cause. Be cautious as you will be unable to care for others if you don't take care of yourself first.



VIRGO

(AUGUST 23-SEPTEMBER 22)

Dear Virgo, this week is an ideal time to re-organise and evaluate your everyday routine to avoid chaos and tackle your goals and dreams. Make the most of this advantage and you will find yourself closer than ever to your goals. Be brave when expressing your feelings as they are important and valid Virgo.



LIBRA

(SEPTEMBER 23-OCTOBER 22)

Dear Libra, this week be prepared to embrace your confusion and doubts as these are key aspects to understanding yourself. Not only will this lead to personal growth, but healing as well. During this time you might need to put yourself away from other people's negative energy. Be aware that although this may be hard for others to accept at first this is for your wellbeing.



SCORPIO

(OCTOBER 23-NOVEMBER 21)

Dear Scorpio, this week you will entice fun-loving and positive people into your life. Enjoy yourself as much as you can before your workload piles up. Friends will become extremely important to you during this period as well, particularly if you are needing support or nurturing. Be more open to trying new things and meeting new people.



SAGITTARIUS

(NOVEMBER 22-DECEMBER 21)

Dear Sagittarius, you long for security and familiarity this week. You may feel like you need to spend more time with your parents or at home, which is crucial to your own personal healing. If there has been some dysfunction between family members in the past, now is the time to spend some time healing those wounds. Be prepared for setbacks as this is not an easy task.



CAPRICORN

(DECEMBER 22-JANUARY 19)

Dear Capricorn, during this period your mind is ready and open to receive new research and information. Now is a great time to learn something new so soak up all the information you can. You may also feel like you are ready to escape to some exotic location; however that can be done later down the road. Learn to be content with where you are in life now.



AQUARIUS

(JANUARY 20 TO FEBRUARY 18)

Dear Aquarius, you are in a spending mood this week. You deserve some retail therapy after your hard work so far this year, but be careful not to be too ostentatious with your purchases. During this period, remember to spend time on your friendships. It doesn't cost much to spend quality time with those you love. Be honest and open with yourself and others.



PISCES

(FEBRUARY 19 TO MARCH 20)

Dear Pisces, we hope you have been enjoying your birthday month so far! Enjoy this period to focus on your needs and what makes you feel good. Your sunny disposition and enthusiasm are attractive to others, so make the most of social occasions to pull new, beneficial friendships into your life. Be wary however, as jealousy from others may impact your personal time.

THE PEOPLE TO SUPPORT (AND LOVE).

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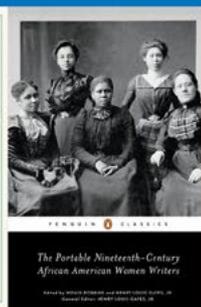
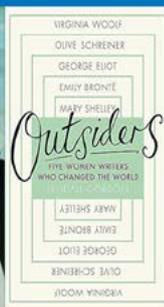
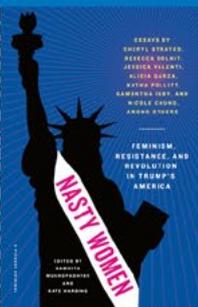
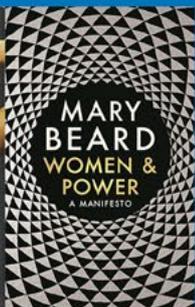
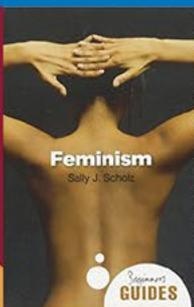
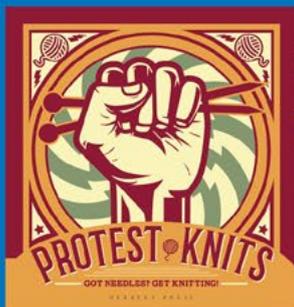
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