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ISSUE 7





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EDITORIAL

with Helen Yeung and Jasmin Singh

WE LOVE PLANTS, NOT SEXIST COMMENTARY



Helen: Happy belated Earth Day our lovely readers! We've had a great response to all these themed issues this year so here goes our eco-issue. Jasmin and I have a rough few weeks, I mean it. Firstly Jasmin got attacked by fleas in the good old general library (a light start), this was followed by an attempted break in at my flat, but the worst thing was definitely our magazine child being trolled by a swarm of bros who wanted to question a woman of colour's experience on emotional abuse. We both had a full on two weeks, believe me, but we're dedicated and want you to love our editorials. It's currently 5:02pm and we're couped in the office writing this.



Jasmin: What a week it has been! I'm surprised it's not the weekend yes as we're writing this. I feel like I've live about 20 lives in the past few days itself. We're super excited about this issue because as you may have read during our campaign for editor we bonded over plants. We've tried to encourage and bring this love into our office as well with our plants Henry and Henrietta. Yes we've given them names. No it's not weird. We're hoping to also expand our plant collection and welcome any plant donations to our office.



Helen: Speaking of house plants, we have an upcoming giveaway with Iko Iko featuring a bunch of cute items, including two baby cacti for you and a friend. Unsure of how to take care of them? Worried you'll kill them after 1 day? Refer to Emily's handy student guide to looking after succulents and cacti in the features section this week. Following our successful food issue, there's also an important article written by Cathy on the sustainable usage of palm oil, particularly in food products, do give it a read.



Jasmin: The articles this week have been extremely interesting to read. Another honorable mention in our holy editorial is on The Flat Earth Society, a funny piece written by Brian about how ping pong is related to them. Aside from articles addressing the theme of this week's issue we also have 2 pieces covering the "controversial" topic of racism in Aotearoa/New Zealand. The first one being a piece on Taika Waititi's comments about the country being racist; the second being an interview with the director of WEiRdO, which comments on the biculturalism adopted by government departments and how this can often be awkward.



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*Vukan Jokic,
Bachelor of Arts
Semester exchange,
Bocconi University*



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WORLD NEWS

Western countries strike the Syrian regime after an chemical weapon attack

BY ULYSSE BELLIER

On the 14th of April, the US, the UK and France bombed three facilities of the Syrian government, in response to alleged chemical weapon attacks that took place in the suburbs of Damascus a week before. Surprising no one on the ground, these facilities were evacuated beforehand and no one was killed.

The declared purpose of these attack was to punish the Syrian government, accused by the three Western countries to be responsible for the chemical weapon attack on the 7th of this month, a violation of international law. However, the three countries tried to avoid any escalation in the conflict, especially with the Russians who back the Syrian regime military on the ground. Russia vetoed Western resolutions at the UN Security Council to defend their ally, claiming no proof of the Syrian involvement - letting the Western nations intervene without a UN mandate. The attacks were carried out unilaterally outside of international law, leading several experts to express doubt about whether necessary standards to justify military action on humanitarian grounds had been met.

In a recent statement, New Zealand Prime Minister Jacinda Ardern commented that because the UN was blocked by the Russian veto, New Zealand has officially "accepted" the strikes: "We cannot give up on the use of international rules of law to try to put pressure on these regimes." ■

Justice for Asifa

BY JASMIN SINGH

Over the past week, India has been shocked and outraged with the response of Hindu nationalists regarding the rape of 8 year old girl Asifa Bano. Asifa, a young Muslim girl from the nomadic Bakarwal people was abducted, drugged, gang raped, and brutally murdered a week later by 8 men in a Hindu temple near where she lived.

Instead of defending and demanding justice for this young girl however, the conversation has turned into one of Hindus against Muslims, as the perpetrators are all Hindu, while Asifa's community, the Bakarwal, are Muslim. The man at the center of this case is temple custodian Sanji Ram, who devised the assault as a way to terrorise and force the Bakarwal tribe to move out of the region, with Asifa being seen as a "soft" target.

A group of Hindu lawyers prevented police officers from entering the courthouse to file charges against the men. Indians have been outraged by the attempts of Hindu nationalists to derail the conversation from discussions of power and sexual violence to religious contempt. At present the police have been able to get charges filed, with special prosecutors assigned to the case. ■



Government ends offshore oil and gas exploration

BY REBECCA STUBBING

On Thursday the government announced that no new permits for offshore oil and gas exploration would be granted effective from this year, while permits for on-shore exploration will only be granted for another three years, and only on non-conservation land in the Taranaki.

There are 31 permits currently active and 22 of those are for offshore exploration. Energy and Resources Minister Megan Woods has made it clear that none of the existing agreements will be terminated early. The longest of these lasts until 2030. Existing permits could be extended for up to 40 years if oil or gas are found and the exploration permits are converted into mining permits.

The move has been heralded by environmentalists and members of the public in New Zealand and internationally as a step in the right direction towards combating climate change. Greenpeace described the decision as "a historic win for the climate and for people power". The Opposition and the oil industry however have expressed their disagreement with the policy, with Judith Collins calling it "the worst thing you can do" on *The AM Show*.

The policy reflects concessions from both of Labour's coalition partners, ensuring the job security demanded by New Zealand First and the climate change action demanded by the The Green Party. ■

An Icon, An Expletive, And A Bold Call For Change

BY BRIAN GU

Some person, somewhere, will during some point of our existence, judge you and I by the colour of our skin. Like the sky is blue and the grass green, it is a malice we have come to expect. A notion we perhaps have too prematurely come to accept will see no change. Turn over the page to today's day and age, in a society of unprecedented cultural diversity, it is a stigma which you and I, of our proud heritage, should no longer accept. Perhaps to some of you, hearing the dreaded topic "racism" is about as expected as seeing Chris Warner on your tv sets every weeknight. Yet just like Dr. Love, it is obvious that this issue shows no sign of dying anytime soon.

For me, the biggest misrepresentation of 'racism' in discussion is that it explicitly refers to views expressed or spoken. Racism also refers to bias unexpressed or undisclosed. Racism does not necessarily label one person as the stereotypical 'bad' or 'evil': we must understand that racism also comes from an individuals being coerced into developing bias. Take for example, the viral video circulating Facebook of the Pak n Save public brawl featuring a group of Polynesian men. A video which has made its way onto my timeline so much I had thought it was sponsored by the supermarket itself for some strange reason, but no. This is the type of longstanding misrepresentation of culture that makes way for such bias.

Taika Waititi, director of the Marvel success

Thor: Ragnarok', recently denounced Kiwis as being "racist as fuck." In an intimate sit-down interview with fellow NZ-Polynesian icon-musician Ruban Nielson, the pair reflected on the challenges of growing up and being associated with a minority race. Expressing his heartfelt pain and sadness, Waititi recalls that "people in Auckland are very patronising. They're like, 'Oh, you've done so well, haven't you? For one of your people.'" Nielson adds, "I appreciate being Polynesian more than I did when I was there."

These comments, coming from a man who you and I voted New Zealander of the Year in 2017, sent the media into a frenzy. Everyone, from journalists to working-class Kiwis and granny next door rushed to defend our *white non-racially profiling* nation.

Prime Minister Jacinda Ardern recently gave her opinion on racism too, admitting "most countries battle with issues like racism, New Zealand does too. What I'm proud of is that we're open about it..." What on earth is she trying to say here; "We're racist and we want you know it"? How would this reaction serve to comfort to the masses of minorities in New Zealand, who face racial bias and discrimination on a daily basis? Long should we have grown past holding a passive attitude towards such a strong and prevalent issue.

The good news is that the shifting of the tides is

already underway. The Human Rights Commission of NZ does tireless work to fight for equality in diversity. Their 'That's Us' campaign has reached over 3 million people across the nation, with citizens sharing their personal stories on how racism has affected their lives. It seems for Waititi and Nielson, all they can hope for is that the future generations don't come to face the barriers that obstructed their paths to success.

"I think New Zealand is the best place on the planet," Waititi tells the global audience of Dazed. "But it's a racist place." ■



ELAM Fine Arts Library Closure

BY CAI BODY (COURTESY OF THE FINE ARTS STUDENTS ASSOCIATION)

As part of their long term vision for Libraries and Learning Services, the University of Auckland has decided to close all three of the Creative Arts and Industries (CAI) libraries. Although the university offers lots of friendly justifications for this plan, like an increased focus on digital resources and interdisciplinary learning, the underlying motives appear to be financial. The way the university has gone about putting their vision into action is really underhanded: they have done everything within their power to avoid meaningful consultation, and concealed their intentions from staff and students until the last minute. The growing public outcry over the proposed closures makes it clear how deeply unpopular this plan is. The university knows this, and that's why they've tried to push it through as quickly and quietly as possible.

The CAI libraries are specialist libraries that provide individualised, on-hand resources to Fine Arts, Architecture, Music, and Dance students. They are precious local reference points for these departments, as well as all arts students and the wider community. They are not only specialised collections but places of communal learning, where like-minded people can meet, work together on projects, and form community networks. The university has failed to recognise this. In conducting this review, they have also disregarded the specific needs of individual creative disciplines. For Fine Arts and Art History students, having subject librarians as well as visual and critical resources on hand is just as important as studio space or lecture theatres. Depriving students of this resource is equivalent

to depriving the chemistry department of labs. And for many creative disciplines, increased access to digital resources isn't a high priority; having easy access to tactile resources is much more important. Not all research needs are met by the internet.

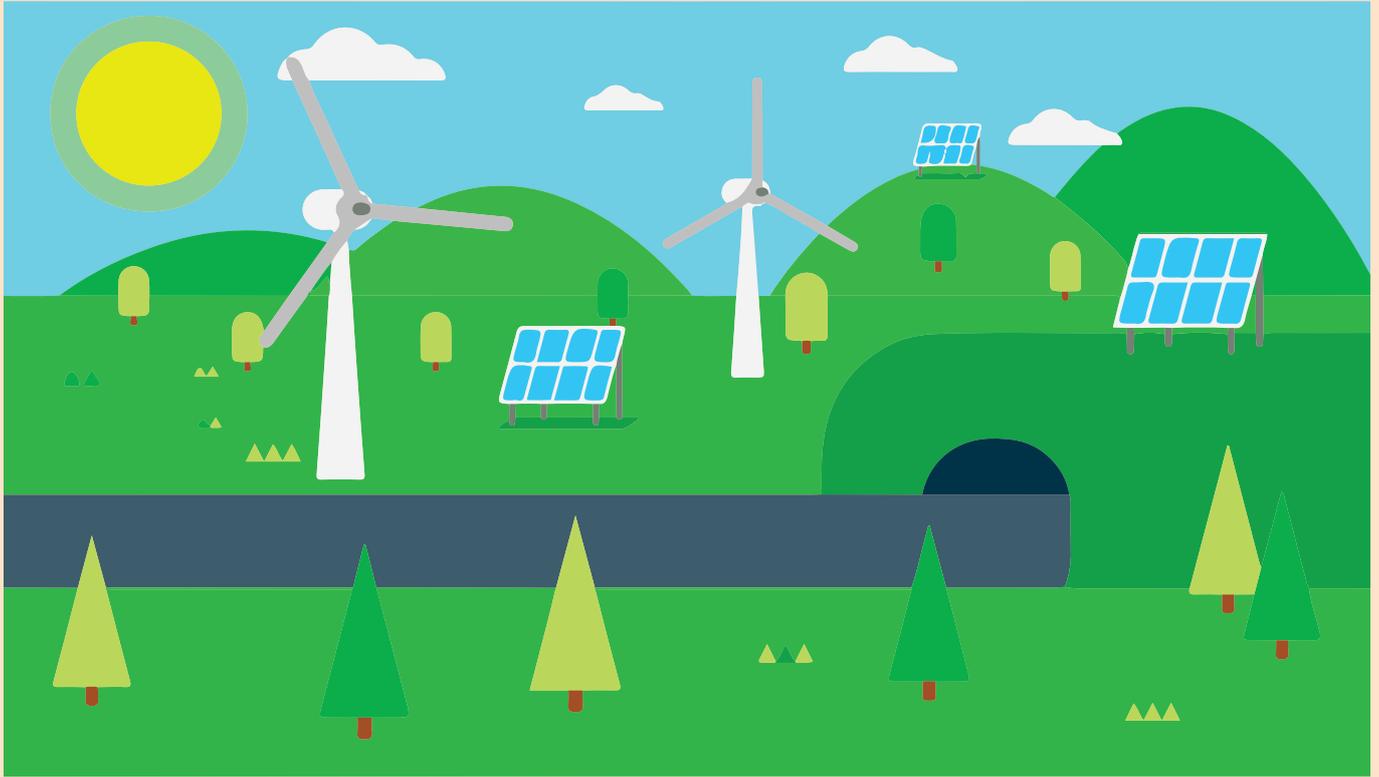
The university has determined that moving these specialised collections into the General Library is the best course of action. They say that it's too expensive to refurbish the current spaces and to increase opening hours to match the General Library, the shelves are nearly at capacity, and user numbers are declining. This last claim is inaccurate at best, and in the case of the Fine Arts Library, totally false. The university's own data shows that user numbers are holding steady. Additionally, increased opening hours isn't necessarily a high priority for CAI students. Finally, it's not clear whether the General Library currently has any room for books from CAI libraries. When some staff and students expressed concerns about the university burning excess books as part of this transition - a former staff member told RNZ that this happened during the Engineering Library move - the university responded by saying they don't burn excess books. They shred them. Big difference.

The university has opened staff consultation on their long term plan, but they've cordoned off the CAI Libraries Review from consultation, and denied student input altogether. This means that while staff can offer their thoughts on the university's techno-utopian plan to expand their digital resources and consolidate services, the universi-

ty isn't open to criticism on the actual nuts and bolts of that plan, including the wholesale closure of three libraries. Why should you care about this? Whatever your opinion of the value of the arts, burning - sorry, shredding - books is pretty fucking diabolical. And that the university has completely disregarded the value of these spaces - each with their own specific character and community - is a symptom of emphasising profit margins over the student experience. It's also part of an ongoing trend of slashing arts funding, which has a very real impact on the quality of Aotearoa's creative output. Library closures will affect the visual artists, musicians, performers, designers, critics, curators, art historians, and writers who will define the future of Aotearoa's vibrant creative scene.

We demand that the university delay the outcome of this review in order to transparently and meaningfully consult with students, staff, and other interested parties. We want the university to take into account the importance of these spaces beyond their profit-centred metrics: as spaces of communal learning, as integral to the unique practices of their departments, and as hubs of high-quality research and community.

We're a group of Fine Arts and Art History students who are fighting the closure of the Fine Arts library. Visit savefineartslibrary.com to learn about it, and the CAI Libraries Review. You can have your say there about any of the CAI libraries, or the review generally. We'll listen to you, and forward it to the people behind this decision to force them to listen as well. ■



Developing in and for an unsettled environment

BY KRISHNA SURESH

To most of you reading, I imagine that you visualise India and China as seas of people functioning in haphazard cascades of micro-commerce – but my community has long been rooted in spirituality and nature, and I am sentimental when I recall the rolling hills and forests that dominated Kerala, my home state. That was a different time, and for the last decade, Kerala and India more broadly have seen exponential growth in their urban development, but at a cost. The rice fields next to my grandparents' ancestral home now serves as the foundation for high rise buildings. I was and still am rocked to my core that my country which once held the same 'kaitiakitanga' ethos as our Maori neglected its environment for so long. However, public urgency and grassroots awareness of conservation needs have brought environmental issues back into the spotlight, positioning developing countries like India and China to become global leaders in renewable energy.

Institutionalised models for energy production contin-

ue to be disrupted globally, due to the growing synergy between India and China. Chinese mass-manufacturing of renewable energy sources contribute to the plummeting cost of renewables, and the Indian deployment of these Chinese made tools have yielded significant tangible benefits for both economies and their citizens. To this end, I am compelled to question what it is we mean when we label a country as 'developing'. Measures like HDI and GDP still omit environmental sustainability as a development driver, indicating that there is still room to improve how we view and report sustainable development.

Both India and China are following a different trajectory to the Western powers that industrialised rapidly in the 20th Century, but have rapidly picked up pace in a matter of decades. In response to the current US administration and its environmental policy retrenchment taking shape to end a so-called "war on coal", China and India have invested proactively in renewables and overtaken the US as leaders in renewable energy development

and innovation. Correspondingly, the nation's renewable energy targets are part of its broader plan to shift global economic significance from the West to the East. China's culture of technological dominance is resurging now in the 21st Century as part of its 'Belt Road Initiative', an ambitious plan to connect a third of the world's GDP to China. New railroads, gas and oil pipelines, shipping routes and Chinese controlled shipping ports spanning continents facilitate this goal. The projected multi-trillion dollar legacy project creates major economic corridors for China, rerouting global trade as an anticipated revival of the Ancient Silk Road. The country is actively cancelling coal-fired plants, and decommissioning production sites in response to a market flat-line for the demand of coal power. Moreover, the integration of renewable energy into China's energy landscape has proven fruitful in solving existing overcapacity and inefficiency issues.

For India, environmental progress is expected to be less rapid as compared to China due to the economic and cultural plight experienced by the country in the late 20th Century. Britain's 300-year colonial rule left the subcontinent indelibly impacted by lasting poverty and violence, despite its historic positioning as a leading trade hub and intellectual cornerstone of the East. Presently, rural development and infrastructure modernisation have become priorities for the government and require cruder methods of energy production for the quantity required vis-à-vis India's troubled past - justifying the reduced pace of renewable energy integration.

Ratifying the 2016 Paris Agreement, the country created its 'Intended Nationally Determined Contributions', outlining the intended growth paths for its renewable technology transition.

India has seen faster than expected growth in solar panel deployment, exceeding its annual goal by 43% in 2016. The growth was in part due to low-cost Chinese solar panel exports to India, with Chinese manufacturer *Longi Solar Technology* investing \$309 million in manufacturing facilities based in India. This partnership between China and India is proving to accelerate the country's efforts to transition to renewables. The lessons learnt in this bilateral cooperation should resonate with the world in its doubts to transition to renewables. Often, conflicting rhetoric around renewable energy spins the environmental policy narrative in ways that can be disconcerting for the general public. However, the decisive efforts taken by the Chinese and Indian governments to meet boldly the climate challenges that they face as part of a global society wields significant power in galvanising the public, through showing that renewable energy investment works in practice. Time and again, the tangible benefits of investing in renewable power are proved and reproved in the private sector, where sustainability practice is often a mandate. With the public force of China and India's renewable energy investment progress, there is no valid need to champion old coal

“To this end, I am compelled to question what it is we mean when we label a country as ‘developing’. Measures like HDI and GDP still omit environmental sustainability as a development driver, indicating that there is still room to improve how we view and report sustainable development.”

power technology. To the conservative pundits critical of this estimation, nearly half of all jobs in the solar industry are installation, while in wind power, installation constitutes a rough third. Companies such as *Solar Energy International* work actively to provide training for miners to transfer their skills to the field.

I pose the question stated at the beginning again to the reader, what constitutes a 'developing' country? The moral weight of environmental policy proposed and legislated in India and China, and the intangible significance these actions retain, in my estimation, classify the countries as potentially more developed - at least as environmental foresight goes - relative to powerhouses such as the US. Measured growth in renewables took place generally for developing populations, seeing a "drop of 19% [in coal usage] while investing \$103 billion [in renewables]."⁵ This growth of 20% year-on-year validates a "continued upward green energy investment trend for developing countries, which first surpassed developed nations in their investment in 2015."⁵ Renewable energy and investments in the same are the most pragmatic solution governments can implement to address not only environmental obligations, but various other security issues. Nature is always cautioning us, and history will vindicate those that chose to listen. ■

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Kelmarna Gardens – city farm and organic community garden

Dedicated to building a healthy community and environment, Kelmarna garden's **Andy Boor** spoke to **Milly Athy-Timmins** and **Emelia Masari**.

Kelmarna Gardens is an inner-city hub, a suburban heart. It is home to cows, chickens, bees, JAFA (*just another famous Aucklander*) the pony, vegetable plots, flowers, and an assorted fruit forest. Kelmarna promotes sustainable living by highlighting eco-friendly steps for everyday people in achievable ways.

There are three main principles of Kelmarna Gardens; education, therapy, and community. Partnering with local schools, this community garden creates workshops, interactive days for children, and promote environmentally friendly habits. These shared days are made enjoyable through tactile and hands-on activity. This includes tasting peppery nasturtiums, and feeling the heat created through composting. By accentuating how fun and enjoyable gardening can be, the gardens hope to stimulate long term interest in eco-friendly practice, produce, and gardening.

Kelmarna Gardens also have roots in gardening therapy. This is because it used to be in partnership with Framework - a community based service delivering mental health and intellectual disability assistance. White flags are easily spotted throughout the gardens, representing vegetable plots for people to look after themselves. It is widely believed that being in contact with the garden's soil microbes can improve mental wellbeing, tangential to therapy. This showcases an organisation committed to community spirit and inclusivity, fostering autonomy and agency. Despite recently losing ties with Framework due to organisational change, Kelmarna Gardens has continued to work with people previously connected.

The garden fosters community through partnerships with many local businesses such as Orphans Kitchen. Kelmarna appreciates volunteers, whether walking in or contacting beforehand. Furthermore, events such as the Autumn Festival are held seeking to bring the community together, showcasing beautiful food created from local eateries with the produce supplied. Children and adults are embraced alike, creating a warm space for all.

The gardens are not only a space of productivity, but also as a public space where all people are welcome. The gardens have a shop where produce and various items are sold, helping fund and develop the garden community.

Kelmarna Gardens trailblaze a path for attainable, achievable steps to healthy and eco-friendly lifestyles. All produce is natural, organic, and pesticide free. The crop is always changing, catering to the season. The compost and soil is created on site, providing a strong foundation for healthy plants. The processes at Kelmarna Gardens are cyclical; always giving to the next step in healthy horticulture. Seeds from harvest are kept and planted for the following years, plants grow and provide produce, and when the plant is taken from the gardens, it is turned into compost to sustain future crops. Sustainable living as exemplified here, contributes to an environment and world focused on reducing inorganic waste.

Kelmarna Gardens is a friendly space, full of high-quality produce and a committed workforce. As a community centre, it flourishes on the giving and taking from residential businesses and local people who are striving towards organic, sustainable living. With aesthetics of a rustic space, Kelmarna Gardens is full of life and easy to navigate with a quick tour. Not only is it a great community space for families and friends to hang out, this community garden has a rich history and shows great promise for continuing to develop and inspire people towards an eco-friendly New Zealand. ■

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IF YOU'D LIKE TO VOLUNTEER TO SUPPORT KELMARNA WITH OTHER SKILLS BEYOND GARDENING (FUNDRAISING, DESIGN, IT SYSTEMS, EVENT MANAGEMENT, ANYTHING YOU THINK MIGHT BE USEFUL) PLEASE GET IN TOUCH!

ILLUSTRATION BY DAPHNE ZHENG (IG: BREAKFAST.EXPRESS)



Ode to Feijoa

BY MILO MINT

Oh feijoa,
 You community-connecting fruit.
 Always the perfect amount of fun.
 You're sweet and you're green,
 With innards symmetrically well done,
 Alas!
 In april,
 You look so pleasant,
 You shower us with your presence.
 So much of it! Too much for one!
 That you fill us with a giving spirit.

With not too much labour,
 Giving here to one neighbour,
 And some there, for another.
 Never too much,
 for your sister or brother.
 And as we give away excess production
 Never once do we think of our deduction!
 We give without asking for something in return.

Oh feijoa,
 The world is dull without you,
 Careless and quiet.
 People love you or hate you, yet none can deny,
 that you're the fruit of community,
 because you help connect us in unity. ■



A Uni Student Guide to Cacti and Succulents

Emily Yi shares a DIY guide on all things cacti and succulents.

This is a short how-to, hot tips guide on plants that will probably survive tertiary education better than you. Not only are these plants known to be hardy, and very tolerant, they also spruce up any overpriced Auckland flat.

Where do I get them?

1. **Gardening stores.** Kings Plant Barn, Palmers, the classics. Certain Mitre 10 and The Warehouse stores with gardening centres will have them. If you're feeling fancy, hit up Coromandel Cacti and Nikau Grove.
2. **Friends/other people with plants.** Typically, these plants will have outgrowths and are easy to take cuttings from. It doesn't hurt to ask around, people are usually happy to give away any extra plants or cuttings.
3. **Get involved, there's a Facebook page:** Cactus and Succulent Society of NZ. Not only are there people selling or giving away plants for free, it is a great place to

ask for advice or plant identification.

4. **In public.** Look, we have all been strapped for cash. Maybe I have walked around my neighbourhood, seen a scrambling succulent plant, broken a few bits of it off and transplanted it to my garden. Maybe I did walk past a giant cactus in Whangamata, go back two days later with my friend and take cuttings. I would say be discrete, try to take small amounts from large plants.

How do I keep them?

Location: Best bet is to keep them in a pot, on a sunny windowsill with at least half a day of sunlight. Some lighter coloured varieties when exposed to direct sunlight can burn. Yes, cacti and succulents also get sunburn. Often the damage appears as bleaching on the sun exposed side and can develop into black scar tissue. If the discolouration is spotted early, best to move the plant into a more shaded area to let it recover.

Soil: Fast draining soil is recommended. You can mix in gravel or grit into soil to help with drainage. Do not mulch, it's unnecessary and can cause root rot. Unless you are planting tropical varieties such as epiphyllum which naturally grow in rotting vegetation, however there still needs to be careful consideration of humidity and water as these plants can still develop root issues.

Watering: Major tip - do not over water your plants. Although generally succulents do require more water than cacti, they do not require constant wet soil. However, a long period of dry soil can cause roots to die back – cacti may be low maintenance, but they still require some watering. So, safest bet is to wait until the soil is almost dried out, and then water it well. This probably means watering indoor plants up to once or twice week, with outdoor plants with more sun exposure needing anywhere up from once a week, dependent on conditions.

Best time to water your plants are early mornings, but if you would rather have a sleep in or catch your beloved 8am class, evening watering is fine too. Avoid watering during the day as often the soil dries out before it is allowed to soak in.

Temperature: These plants do require warmth, particularly during the day, however they are adapted to colder temperatures at night. Luckily, Auckland does not get too cold and frost damage is not a huge concern.

However, it can be a good idea to move plants indoors during the winter months when there is minimal sun.

Common Diseases: Root rot, appears as withering and soft appearance of the base of the plant that moves up to the top. If spotted early, best to tip the plant out to try to dry out the roots. A last resort to saving your plant is to take a complete cutting of the unaffected top part, dry it out and then replant it.

Cuttings and Propagation: An easy and self-sufficient way to get more plants! Cutting the plant can be straightforward, usually it is an outgrowth of the main part of the plant and a pair of clean scissors should do the job. It is important to cut at the base of the outgrowth, as this is the area where roots will later grow out of.

For cacti, using a shallow dish with compost soil beneath a layer of grit is a great way to propagate. Just place the cutting into the grit, water it sparingly over a few weeks and roots should develop on their own. Rooting hormones can be purchased to help this process, but it is not necessary.

Succulents are often easier to propagate, and the leaves can just be placed stem side down into soil directly to grow roots.

Hope this helps any keen plant hobbyists out there, happy gardening! ■



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Squaring the circle

Brian Gu ponders how the Flat Earth Society believers square the circle.

When I was in primary school, I remember most of my friends would choose to spend their breaks playing ping-pong in the school courtyard. It was a small ping-pong table, so they would all huddle themselves around it, taking turns to show off their talent and athleticism in impressively long rallies. I had never played ping-pong before; I assumed it was budget tennis, which made sense to me because the 'racquets' were considerably smaller and the ball was made of plastic. However, I would still stand by on the odd occasion and watch as my friends challenged each other. I recall one particular rally where my friend had smashed the ball, causing it to roll off the table, past me and on a direct beeline for the gutter. Rather nobly, I decided to chase after the bouncing ball and put out a foot to stop it, only to feel the crunching sensation of the ball flattening underneath the force of my feet. I glance back over at my friends only to see looks of disdain and annoyance on their faces; I had crushed their perfectly spherical ball into a crumpled, flat mess. Last week, I recalled

this moment in agonizing detail, in an email addressed to the President of the Flat-Earth Society Mr. Daniel Shenton, asking if he thought the same thing happened to the Earth.

Mr. Shenton hasn't gotten back to me yet (I imagine he must be an awfully busy man). Still, that didn't deter me from writing this article, so I've given it my best go at providing a deep, insightful retrospective of the Flat-Earth Society. And I know what you're thinking. Brian, you're just going to give us a biased article ridiculing people who think the Earth is flat! Firstly, I don't need to ridicule them, I think they've done a pretty good job of that themselves. Secondly, I walked into a Subway once, and the guy told me they'd run out of bread, so I've seen the end of the world before. I guess all I need now is to collect three more to make a flat surface.

It turns out the current edition of the Flat-Earth Society was established in 2004, by Mr. Shenton himself.

Other versions of the same society had existed long before then, but he resurrected the society with the intention of restoring it to its former glory. At its peak (mid 1990s), the Flat-Earth Society consisted of upwards of 3000 members, though its membership was usually exclusive to USA, UK, Canada and other countries in (what I imagine they call) the 'Northern Flat Bit'.¹

On their website, they provide the registry of all society members, available for viewing as public information. These brave souls, being passionate towards their cause, have all put (what I can only imagine are) their true names and locations of inhabitation for the public to view. Fair enough, what are a bunch of NASA's scientists standing on your lawn with picket signs going to do to you anyways? Each member pays a flat fee of \$12 for their membership privileges (thankfully, at least one thing is proven flat in their society), and in return they get their own official certificate and medallion. Currently, the society stands at over 500 paid members strong,² which I thought was slightly underwhelming, as from what I recall, the ensemble cast of 'Love Actually' was larger.³ I had addressed this minor detail in my email to Mr. Shenton, and I can only imagine that his bitterness towards the matter is why I have received no response.

In all seriousness, I am willing to accept that the flat-Earth society at its core are just a bunch of like-minded people who have found their shared belief to advocate for; unfortunately, the only hurdle between their belief and legitimacy is science, and it's quite a large one, but good on Mr. Shenton and his flat-Earthers for not letting the truth stop them I guess! Standing up for our personal beliefs, no matter how outlandish, is accepted as an integral function of human nature, and if Mr. Shenton believes that if I walk too far east, I'll slip off the face of the Earth and die, that's totally fine by me. But I'll sit here, writing this piece to the casual reader, joking about him too. However, this does open up a topic of debate which interests me; do the flat-Earth society cross the line of individuality into ignorance?

Just to demonstrate to you the level of academic integrity I uphold in conducting my research and analysis, I sought out to answer this question by conducting the most biased survey ever recorded; asking my seven-year old nephew and some other kids at his birthday party their opinions.⁴ Of course, they wouldn't understand the meaning of 'individuality' nor 'ignorance', so I decided to rephrase the question, and instead asked them- "the Earth is a pancake, stupid or funny?" One girl at the far end of the table told me that it was "definitely stupid and not funny" (what a party pooper), but I did get a few giggles from the boys down at the front. Having con-

¹ In round Earth terms, the Northern Hemisphere.

² The official society website lists their current paid membership cohort at 555.

³ Slight exaggeration there, the ensemble cast of *Love Actually* features only ten people. I was off by 490.

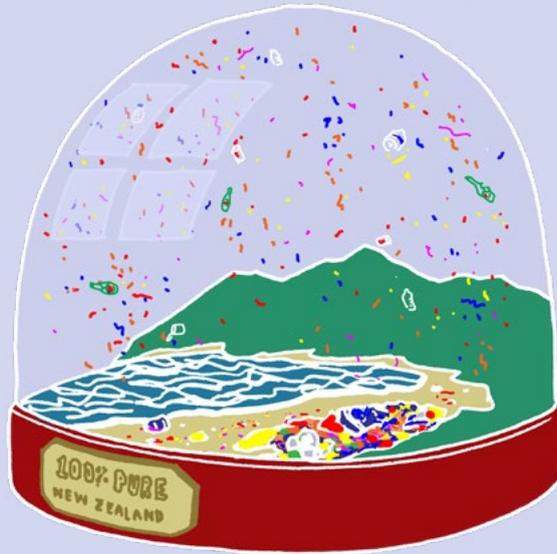
⁴ Juggling family commitments and investigative journalism 101.

“Standing up for our personal beliefs, no matter how outlandish, is accepted as an integral function of human nature, and if Mr. Shenton believes that if I walk too far east, I’ll slip off the face of the Earth and die, that’s totally fine by me.”

ducted this social experiment, I realised I had gained absolutely no conclusive evidence to share with you, and I was left feeling rather disappointed. But the response of the girl at the end did intrigue me though, so I asked her, “do you know that there are actually people in the world who believe that the Earth is flat?” She responds with an exasperated “What??!!” “Yes, it’s true,” I said. “There’s 500 of them and they all hate ‘Love Actually’.” My disappointment quickly resurfaced though when she told me she had never seen ‘Love Actually’.

I’ve recently started playing a bit of ping-pong again with a few friends in O’Rorke. I’m getting a lot better now, I manage to contest most rallies. I’m glad to say I’ve never crushed another ping-pong ball again. I did tell my friends that story though, which led to them calling it ironic that I criticize the intelligence of flat-Earthers (fair play, great burn), and joking that I should probably join them.

In fact, I was going to spend twelve bucks on buying my own flat-Earth membership, so I could show you the official commemorative certificate and medallion that the members receive. However, after ping-pong I was feeling rather hungry, so I decided to buy a roast beef pita with the money instead. Do I regret that decision? No. Do I regret the combo that I got with it though? Yes, because (unlike the Earth) my coke was flat when I opened it. Not to worry though, I’ve managed to sign myself up for their email notifications instead. I’ll make sure to pass on the message when Mr. Shenton hosts his next bake sale fundraiser. ■



Reading The Draft Constitution For Filth

Rox Richards examines whether a potential NZ constitution would improve on the Resource Management Act 1991.

How clean and green is New Zealand? Certainly not 100% pure, as the nation’s slogan seems to suggest. Yet, environmental law in New Zealand considers rights and responsibilities with respect to the natural environment a fundamental aspect of its work. It pushes for ensuring a higher level of and more effective means of environmental protection. So why don’t there appear to be any improvements?

Two champions of environmental law are the Resource Management Act 1991, and a proposed constitution by Geoffrey Palmer and Andrew Butler. Both address the fundamental core of the field of law, addressing rights and responsibilities with respect to the environment in their own ways. Both have their own strengths and weaknesses, but which is more effective and which promotes these fundamental rights more securely?

Rights and Responsibilities under the Constitution

Under the draft “Constitution of Aotearoa New Zealand”¹ written by Sir Geoffrey Palmer and Andrew Butler, rights and responsibilities with respect to the natural environment are expressly stated under Part 12, the

¹ Sir Geoffrey Palmer and Andrew Butler “Constitution of Aotearoa New Zealand” (September 2016) A Constitution for Aotearoa New Zealand <<http://constitutionaotearoa.org.nz/constitution/read-chapters/proposed-constitution-full-text/>>.

Bill of Rights, in article 105. Articles 104 and 106 also addresses these rights, though they are not as explicit. Article 112 also includes a Parliamentary Commissioner for the environment, who would act as an independent check on New Zealand’s environmental management.

At the very least, the natural environment is highlighted and protected in this document. However, these rights and responsibilities are derived from the anthropocentric view of law. It is framed in a way that considers humankind at the center of existence, and gives less regard for non-human beings that also exist on this planet. For example, the environmental rights under article 105(b) imply that nature has no intrinsic right in itself, and the natural environment is still being treated as ‘property’. Article 104(2)(c) and 106(c) also reinforces this anthropocentrism by justifying the protection of the natural environment only with respect to human rights.

This is in spite of the fact that humans derive resources from the environment and are not separate from the circle of life. Perhaps New Zealand should consider how other nations have framed their constitution with regards to the environment. Ecuador’s constitution gives “nature [...] a right to fully exist, persist, maintain, and regenerate its vital cycles, structures, functions and evolutionary processes”. This is the eco-centric view that environmental law in New Zealand strives to

achieve, and which the proposed constitution is still lacking. But of course, there is always time to amend this.

Rights and Responsibilities under the RMA 1991

Under the (in)famous Resource Management Act 1991, rights and responsibilities with respect to the natural environment are encapsulated by section 5. This section outlines the Act's purpose, stating that it "promotes the sustainable management of natural and physical resources". 'Sustainable management' is also further defined in section 5(2) of the RMA. But, like the constitution, it has an anthropocentric approach to the natural environment, as its protection is only justified by the human rights that surround it.

It's worth noting that section 5 of the RMA has been subject to much debate. One interpretation of section 5 favoured a fundamental sustainability approach, where the section was 'not about achieving a balance between benefits of an activity, and its adverse effects' but rather about securing an 'environmental bottom-line'. It's rather unfortunate that the Supreme Court has affirmed the former approach.

The Court stated that where there is no policy statement to consider, the dominant interpretation to the RMA's section 5 is the balancing exercise of the 'overall judgement approach', undermining the sustainability principle and its 'environmental bottom-line' approach. The nature of this approach means achieving an 'environmental bottom line' relies on the government of the day and their policy decisions. The RMA, without these national policy statements, only further reinforces the anthropocentric approach of environmental law.

Which Ensures a Higher Level of Environmental Protection?

Both the content of the constitution and the RMA only ensure environmental protection to the extent of the human rights affected by them. Both documents utilize the overall approach that balances socio-economic benefits against environmental protection. Though the RMA 'promotes sustainable management' and the constitution pursues 'ecological sustainable development', both documents in their overall context still undermine the sustainability principle, rendering these phrases useless. So, to determine which ensures a higher level of environmental protection, it becomes necessary to examine how both documents would function within the law.

One of the advantages of a constitution is that it is a supreme document that automatically prevails where there are inconsistencies between the constitution and acts of Parliament. This is contrast to the RMA, an Act of Parliament that can and has been amended, effectively weakening the strength of the RMA with regard to environmental protection. Another advantage the constitution has is that it gives the judiciary more

leeway to ensure environmental protection against the executive and legislative branches. Specifically with the current draft of the constitution, the Parliamentary Commissioner also acts a check to ensure environmental protection. For the RMA to be successful in ensuring protection, it relies on national policy statements, which can easily be changed to suit the purpose of the government of the day.

However, the RMA is considerably more flexible because of these national policy statements. It is more accommodating to the continuous influx of scientific data, and can reflect this for better and effective protection measures. Conversely, a constitution cannot easily be changed due to its supremacy and careful consideration of its wording is needed. The RMA also, at the very least, implicitly acknowledges some intrinsic value of nature for its own sake, whereas the constitution does not.

A Hopeful Note

Weighing the strengths and weaknesses of both documents, between how they both function in law and at the time of writing, the constitution is more likely to ensure more effective protection measures but not a higher level of environmental protection. Because of the anthropocentric nature of both documents, for the constitution to ensure a higher level of environmental protection than the RMA, it needs to strengthen its provisions on sustainability and ensure an 'absence of damage to ecological integrity caused by human impact in an ecosystem of any size'.

New Zealand is in a unique position where it can learn from other nations' environmental constitution, consider more thoroughly the values instilled in kaitiakitanga and tikanga Māori, as well as learn and improve from the mistakes of the RMA. As a draft constitution, it still has the opportunity to instill the 'environmental bottom-line' approach as advocated initially by the RMA and the Environmental Court, provided it is written into article 105 of the constitution. For there to be effective and higher level of environmental protection than the RMA, the constitution needs to go further and acknowledge that there are inherent limitations to property rights and support nature's intrinsic rights to exist.

At the time of writing, the current draft constitution is in a prime position to ensure a higher level of environmental protection and more effective protection measures than the RMA 1991. The degradation of the RMA over the years highlights how these fundamental rights have been pushed aside in favor of socio-economic growth, highlighting an urgent necessity for a constitution that does secure these rights. However, this is provided that the constitution is able to give effect to the 'environmental bottom-line' approach that aims to achieve ecological sustainability and supports the environment's intrinsic rights. Where the RMA was not successful, there is significant potential for the constitution to be. And it *needs* to be, if New Zealand wants to live up to the 100% pure slogan. ■

FEATURE

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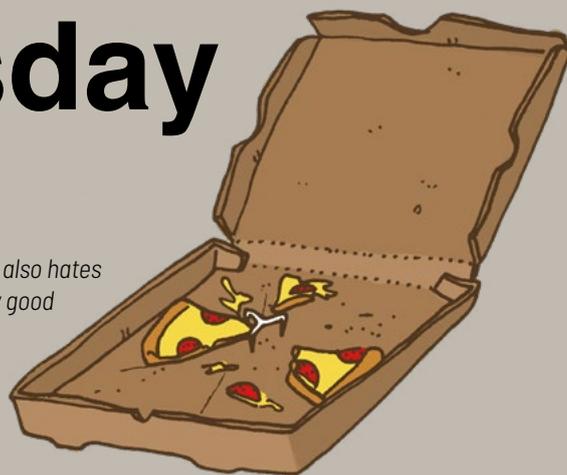
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Quick Doomsday Recipes

Mary Hoops Gwendolon's mother hates cooking and is therefore terrible at it. She also hates having little bits of random leftover food in the fridge though, and is therefore very good at getting rid of them. Here are two of her most famous recipes for using up little bits of stuff you might otherwise have to throw away.



Fridge Pizza

Ingredients

Some sort of toppings: These can be any little bits of leftovers you have in the fridge that are solid foods e.g. old vegetables, a little bit of ham, leftover Chinese takeaways etc.

Some sort of sauce: Actual pizza sauce, tomato paste, leftover pasta sauce, ketchup, pesto etc.

Some sort of cheese: Actual grated pizza cheese, the block of edam you have in the fridge, random hunks of hard cheese, anything.

Something you can use as a pizza base: Actual pizza bases you bought from the store, actual pizza bases you made, old tortillas, old wraps, pita pockets, bread, whatever.

Method

1. Preheat your oven to 200°C. Spread your sauce of choice onto your base of choice - you just need enough to cover the base in a thin layer.
2. If your chosen toppings include raw vegetables that take a long time to cook (for example carrot or kumara), or raw meat that takes a long time to cook so that you don't die (for example raw chicken), you should pre-cook them, then scatter them about on your pizza.
3. If your chosen toppings don't include any of these things, you don't need to pre-cook anything, just scatter them about on your pizza straight up. If your cheese is already grated, chill for a second, if it is not, grate it. Put that grated cheese on top of your pizza.
4. Bingo! You're ready to go! Put that bad boy in the oven and cook it! If you're using an actual pizza base it will take 15-20 minutes to cook, if you're using a wrap, a tortilla or a pita pocket it will take around 5-10 minutes. If you're using bread it will cook very fast. Be ready. It's ready when the cheese is starting to go brown and before you start to smell the base burning.

Will it be the best pizza you've ever had? Maybe. I don't know. Is it a much more palatable way to use up a bunch of leftovers all at once than slogging your way through them? Is it more environmentally friendly than just throwing away a bunch of food? Definitely. ■

Fridge Crumble

Ingredients

3-4 cups of some sort of fruit (depending on the size of your dish) - For this one you can either use frozen fruit that you bought especially or combine a bunch of frozen fruit that was in your freezer. Or you can use fresh fruit that is sort of past it for eating but not literally mouldy so you can still use it for cooking. Things like apples, pears, and feijoas are the best fruits for crumbles. I personally think a banana crumble sounds terrible, but hey, maybe that sounds great to you, so who am I to judge!

1/2 cup of something to use as the crumble - This is where you use up the last little bit of a bunch of things. Random cookie dust at the bottom of the tin, bits of old cereal that no one wants to eat, rolled oats that your roommate bought but you don't eat porridge, anything biscuity or cereal-ly!

A tablespoon of brown sugar (or thereabouts)

2 tablespoons of butter/margarine (or thereabouts)

A tablespoon of flour (or thereabouts)

Method

1. Preheat your oven to 180°C.
2. Find an oven-safe dish that you can make your crumble in. It doesn't really matter what kind of dish as long as it has some depth i.e. it's not a plate.
3. If you're using frozen fruit, put it in your dish. If you're using fresh fruit, take off the peels, cores, all the non-fruit bits and put the actual fruit bits into a pan on the stovetop with 1 tablespoon of water.
4. Cook them on a medium heat for five minutes - until they're a little softer than they were before. Put them into your dish.
5. Put your crumble stuff, the brown sugar, and the flour into a bowl. Chop the butter/margarine into little pieces and put them into the bowl. Use your hands to massage the butter/margarine into the dry ingredients until you've made a crumbly mixture that's clumping together a bit more.
6. Spread the crumble mixture on top of the fruit. Put it in the oven. Cook for 20 minutes or until the top is golden brown and before you smell burning.

Will it be the best crumble you've ever had? Probably not, there's not very much sugar in it. Is it a good way to use up fruit you would otherwise have to throw away (especially if you're using fresh fruit)? Yes! And it still has some sugar in it so it definitely tastes better than eating 6 soft old apples by themselves. ■

REVIEWS



1984

THEATRE REVIEW BY JENN CHEUK



The content of *1984*, even as words on a page, is already intense and upsetting experience. An experience that has been unforgotten for decades. But having someone, a physical, breathing person, stand in front of you and embody the values of the Party...this is where the performance medium brings another layer of *something* to *1984*.

When adapting one artistic medium into another, there should always be a reason for this. Especially a book like *1984*, which is pretty much perfect already. Why put it on stage?

I was really happy that directors, Robert Icke and Duncan MacMillan considered this question. They not only created a play that is incredibly faithful to the book, but also created something new. They used the dramatic medium to address questions that *needed* the visuals, the real world, a human standing in front of an audience. They didn't just force a book into the shape of a performance; They made the book reality.

The dramatic medium allowed for the theme of past, present and future to be considered. This idea of "Who is giving us Winston's story?" is shown through visual representations of time, layered and superimposed on top of each other. The ability to use disorientating sound and black-out moments also heightened intensity, bringing another medium of expression.

Also, YES for not using the cop-out blue overalls and boxy room to show a totalitarian life. Represent it through other things! Like, oh man, the set. The set and use of space was so fantastic. All of the design aspects worked together perfectly to create an experience I am sure Orwell would be happy with.

I absolutely loved this play. It had such a profound effect on me, I walked out of the theatre unable to stop thinking about it. Many have even deemed it "hard to watch". This is true, but this is the beauty of its adaption into a play. A book, you can shut and put away. But a play: You are forced to endure Room 101 alongside Winston. ■



A Wrinkle In Time

FILM REVIEW BY MARY GWENDOLON



Everything about this movie was great, except for the writing.

Visually it was breathtaking. The costuming and makeup of the three Mrs's -played by Oprah Winfrey, Reese Witherspoon, and Mindy Kaling- were just amazing. Aside from them the landscapes and the different worlds were all so dynamic, so beautifully coloured, and just glorious to behold. The kids also gave great performances. Storm Reid was fantastic, and Levi Miller wasn't bad, but Deric McCabe (who is only ten years old!!) was pretty damn good.

The premise of the movie is amazing. If they had made the movie that the trailer promised, it would have been phenomenal: Chris Pine got trapped in a time prison and some sort of darkness is spreading and now Oprah Winfrey has to inspire a young African-American girl to save the whole universe? I am absolutely sold forever, yes yes yes this is the movie we have all deserved for so long! That was the premise sold by the trailer and that was the movie that I have been dying to see for MONTHS. But that wasn't the movie that I saw. Too much time got spent on things that didn't need explaining like the fact that a pretty pale-skinned kid at a middle school was likely to pick on a black girl who was good at science. Too little time was spent on things that did need explaining like how exactly travelling through time and space using only your mind works.

They almost made something perfect, something that Hollywood desperately needed. Disney had greatness in the palm of their hand and they blew it. But at the end of the day, I did get to see Oprah Winfrey look a depressed young girl in the eyes and tell her that for millions of years the exact right things happened in the universe for it to coordinate the miracle of her birth. That was message of empowerment was all I really wanted and got from the movie. ■



Invasion of Privacy

Cardi B

ALBUM REVIEW BY AMANDA NAUDE



Cardi B is officially killing the rap game. That's right, the "Bodak Yellow" artist is here to stay, and for good reason too. Her debut album, *Invasion of Privacy*, is outspoken, unfiltered and original - in true Cardi B fashion. The album has a stunning list of featured artists, with the likes of Chance the Rapper, SZA and 21 Savage all making an appearance. In 13 tracks, Cardi B proves that she has more than just punchy insults in her repertoire.

Right out of the gate Cardi tells it to us straight with the opening track "Get Up 10". She informs us about her past as a stripper and her future as a rap queen. One can hardly doubt she'll go far with lyrics such as "Look myself in the mirror, I say we gon' win / Knock me down nine times but I get up ten." Another track with a hint of the inspirational is "Best Life" featuring Chance The Rapper. Together the duo delivers an upbeat and happy tune that inspires us to let go of those who only bring us down. Both Chance and Cardi have a lot of recent success to celebrate, and they deserve to brag about it in this track. The album isn't all made up of 'look at me now' tracks though. The young New York rapper gets vulnerable in the softer song "Ring". Cardi's raw voice admits: "Once a good girl, watch me turn diva / Here goes my heart, I put it on speaker." With tracks that vary from the slow to upbeat, confident to the sensitive, what more could you want from this album?

On *Invasion of Privacy*, Cardi B is unapologetic for her humble past and her present success. She isn't an up-and-comer anymore, which is well supported by the development of her own style on this record; her flow is smooth and her delivery passionate. Cardi B's new album demands respect, and she damn well deserves it. ■



Nailed It

REVIEW BY MARY GWENDOLON



Everything that made the Netflix reboot of *Queer Eye* so wonderful is also present in *Nailed It*: positivity, fun, you name it; the show brings together diverse people in a collaborative and constructive way. In other words, it's everything that the world needs right now.

Nailed It is a baking show which features three new contestants each episode who must complete two challenges. The winner of the first challenge wins a golden hat and some baking equipment. The winner of the second challenge wins TEN THOUSAND DOLLARS. That's right, TEN THOUSAND AMERICAN DOLLARS! And I haven't even gotten to the wildest part yet, these people have been specifically chosen because they love to bake, but are **terrible** at it!! Netflix is so buck-wild as a television content producer that they are willing to give out ten thousand dollars per episode to people who are bad at the thing they are competing to be the best at: incredible.

The bold move to provide vast riches to 'people-who-failed-at-a-thing' sort of encapsulates the entire show. It isn't about laughing at people's failures, it isn't about making fun of people who can't do something. It's about filling a room with positive people who are willing to have a go at something they know they can't possibly do perfectly but are still willing to try. It's about that moment when there are three minutes to go, unlike *MasterChef* or *My Kitchen Rules*, people aren't worrying about perfectly seasoned chicken or running around taking mousse out of the blast chiller. No, instead they're saying Fork It and slathering the wrong coloured icing on their cake that's falling down, and coming up with brilliant ways to use candy to replace fondant shapes. Each episode is a thirty-five minute ode to trying your best and that being good enough.

Also, the host is Nicole Byer and the judge is a delightful French dude (Jacques Torres). What's not to love? ■



Pacific Rim Uprising

FILM REVIEW BY ROHAN PATEL



If you loved the first *Pacific Rim*'s over the top CGI battles between giant monsters and towering robots then you'll probably enjoy *Pacific Rim Uprising* as it double downs on its gloriously destructive showdowns. The sequel does however lack a lot of the heart the first movie embodied. This is partly due to the void left by the absence of strong characters such as Stacker Pentecost (Idris Elba), and Raleigh Becket (Charlie Hunnam) as well as the lack of focus on storytelling and character building that tied it all together in the initial movie.

The sequel follows Stacker's son, Jake Pentecost (John Boyega) as he reluctantly takes his father's mantle to lead humanity against the new and evolved Kaiju danger. Set years after the events of the first movie, the Kaiju threat seems no more. After an ordeal with the law, Jake's adoptive sister and General Secretary of the Defence Corps, Mako Mori (Rinko Kikuchi) also returning from the first movie, gives him a choice between going to prison or returning as an instructor with Amara Namani (Cailee Spaeny), a strong self-taught jaeger mechanic, as his recruit. A good deal at first but with the appearance of an unidentified rouge Jaeger things take a turn for the worst. This leads the story down a surprising path as the gate to the alien world thought to be closed by the sacrifices of Stacker Pentecost and his Jaeger pilots may have been reopened.

The amazing CGI, city level destruction and monster bashing hype scenes aside, the sequel may build on having more "high stakes" fights throughout locations such as Tokyo, however the weight of each fight isn't felt due to the bare bones character development and cheesy one-liners stuffed across the movie. Basically the story is simple enough to follow and the explosion are big. Overall *Pacific Rim Uprising* is an enjoyable monster movie that is sure to satisfy fans of the first *Pacific Rim*. ■



My Dear Melancholy,

The Weeknd

ALBUM REVIEW BY CHRIS WONG



My Dear Melancholy, has Abel Tesfaye aka The Weeknd harkening back to his darker beginnings, with the tone being reminiscent of his *Trilogy* mixtapes as well as *Kissland*. However the poppier moods of his more recent works are still very much present, and thus the result sounds like the coked-out lovechild of all his albums put together. For the older fans, there are definitely *Trilogy* vibes found in the murky reverb-slathered depths of the album which will please them after the "selling out" of *Beauty Behind the Madness* and *Starboy*. However the production is relatively clean and polished, and missing the lo-fi rawness of his mixtapes, which is to be expected considering his now international megastar status.

Tesfaye's anguish is audibly heard throughout the album, no doubt spurred on by his recent high profile breakups with Selena Gomez and Bella Hadid. Tesfaye conveys his despair on opener "Call Out My Name" which bases itself on a solemn piano-driven beat, while coming across as a spiritual sequel to the *Fifty Shades of Grey*-soundtracking "Earned It". The Skrillex co-produced track "Wasted Times" is surprisingly one of the highlights of the project, featuring a UK garage influenced beat and an earworm hook.

French electro-goth producer Gesaffelstein is the only guest on the project, leaving his prints all over "I Was Never There" and "Hurt You". "I Was Never There", the centrepiece of the project, starts off with haunting sirens that are omnipresent throughout the track before switching up into a *Loft Music*-esque outro. The latter "Hurt You" meanwhile builds itself up on a *Starboy*-esque beat with Tesfaye warning his former lover to stay away from him.

The closing track "Privilege" is a vibey breakup-inspired track and an unlikely standout, as Tesfaye sings "I got two red pills to take the blues away", referencing both *The Matrix* as well as his drug-filled past, with its outro an absolutely euphoric way to top off the album. ■



The Third Space: Ambiguity in the Art of Graham Fletcher

Exhibition Review by **Alice Karetai**

The Gus Fisher Gallery is a fabulous brick thing just around the corner from Princes Street, both out of the way and in the middle of it all. If you've never been there, go. It's free. And it is in fact a portal to another dimension.

The journey through the Graham Fletcher exhibition is a deliciously ambiguous experience. The entrance hall has just a few artworks. Few enough to make you wonder – is this the exhibition? The first thing you see is a wall of graphic circles like a half remembered print that should have been. It resembles a scientific diagram of cells and the organelles within them. Sunbursts. Its colours were magically lifted from the lavalava I wear when I can't be bothered getting dressed, the beige and black of natural woven materials. Upon closer inspection, each circle is pinned to the wall. Like a sample. Did the artist do this himself?

There are no fingerprints on the wall. Some gallery assistants walk past me as if I have become invisible. This is perfect.

Graham Fletcher is a graduate of ELAM from 2010, and is Samoan 'afakasi like Tusiata Avia. He paints "things which do not quite fit in". The Pacific Poet within me already wants to know more. Postcolonial? Polyphonic? Powerful? Check! Perhaps you have heard of his art before. Even so, how this exhibition presents his pieces is quite unique.

From the entrance there are two other rooms to view, one bright and well-lit and the other, well. If this were a forest, on the left the birds would be flying around in the sunshine chirping to each other and on the right you would hear only a foreboding silence, the dark oppressive hum of the path you should not take.

I took it. So should you. And I felt the tapu. Patu. Eyes. Mouths. Fishing nets with negative spaces. I was the intruder in a circle. In the shadows was a door of inlaid wood. Afterwards a dark shape I don't remember watched me leave. The return of colour was the whakanoa. This time I took the left hand path.

The other room felt more like what you would expect in an art gallery: a large white room with a padded bench at the centre. You feel like you are meant to be there. From this position I took in a body of work, each one engaged in colourful conversation with the others. Like parrots.

I was mesmerised by a painting from the artist's 'Lounge Room Tribalism' series. In it, the orange sofa has yellow cushions so mean that they are triangles instead of squares. They match the lemons on the coffee table. The things in the room have been subordinated to a doctrine of decoration. The potplant has been taken from the jungle. A dark statue has a penis. A dark painting has breasts but no face. Or body. No-one would eat those lemons. Two clay figurines turn their backs on them and face an unseen TV. I wonder what this painting would look like on a wall, perhaps in a living room. It is rather decorative itself. I smile as I imagine it hanging in some stylish house, acerbically performing the very role it mocks. Fractal, permanently asking its question.

But here it natters with neighbours, mistints and other neocolonial rooms. The black and white tiles on the floor speak too. A few of them, cracked, sing when you step on them. Within the wall of paintings is a door of inlaid wood.

My favourite painting is the last one you see when you turn to leave the bright white space and its abundant walls. A woman crouches, perhaps in fear, perhaps ready to pounce. She has the face of a monkey and the tail of a hare. She has no hair. She is closed and open at the same time. Ambiguous. She has more than what the artist said about her. She is real.

After I leave, I ask myself – what is art anyway? I look at the world to check whether it has changed. Orange men wash high-up windows in the distance. A woman wears a shirt with a colourful print made of amoeba-sunbursts. A man with a green mohawk drives an anonymous silver car. In the gardens, a woman in a long floral dress plays with her hair like a Graham Fletcher virgin. I wouldn't want to mess with her.

I don't want to be a spoiler, so I'll just say that Graham Fletcher speaks my language. And my language involves postmodern trees that drink from straws on green desert landscapes and smoke, debranched, after conversing with virgins in trendy interiors. ■



“My favourite painting is the last one you see when you turn to leave the bright white space and its abundant walls. A woman crouches, perhaps in fear, perhaps ready to pounce.”



THIS PIECE WAS SPONSORED BY AN ANONYMOUS DONOR IN CONJUNCTION WITH THE UNIVERSITY OF AUCKLAND ART HISTORY SOCIETY.



acterix* Streetwear: Designing a Sustainable Future.

Denzel Byrnes and Shivran Chandra discuss their recently launched sustainable streetwear brand.

acterix clothing; our tagline - Sustainable Streetwear. Our product - Face Me. Our focus - the environment. Clothes are an everyday essential, but do you know how much your fashion choices are affecting the environment?

If you compare cotton to bamboo, our chosen fabric at acterix, it's obvious why it's the more environmentally sustainable choice. Bamboo requires 95% less water to grow than cotton, and because it's an organic material, pesticides aren't needed for its survival. Some species of bamboo have even been known to grow up to ninety-one centimetres in a day, which limits any risk of deforestation from mass production.

While there are many obvious benefits to using

bamboo, some research has shown that turning bamboo stems into fabric can be risky for the workers because of the chemicals used to break down the stalks. We discovered this after deciding on bamboo as our t-shirt material, so we had to find a way to make the process safer for any workers involved. To get rid of the need to use these chemicals, we found a manufacturer that takes the bamboo and cuts it into manageable pieces, before adding a safe solvent that softens the bamboo and makes it easy to handle. Our goal is to provide people with a sustainable and environmentally friendly product and we believe that starts with the supply chain.

It's not only great material to use for environmental reasons, but our t-shirt also looks and feels great to wear. The material is soft and breathable, and our

designs give our products a premium finish. acterix is a sustainable streetwear company that combines exciting designs with environmentally friendly products. Every part of our process has been thought out with sustainability in mind; from the cultivation of the bamboo to our packaging. Every part of our packaging is either 100% reusable, recyclable, or biodegradable. While most companies would use plastic, the first layer surrounding our shirt is cardboard and therefore is easily recycled. Keeping the t-shirts safe on their journey to you requires a poly mailing bag, and at acterix we only use bags that are 100% biodegradable. If, for any reason, you need to return your shirt, these bags can also be used to resend the items if need be. We know that this attention to detail and careful consideration of environmental factors will be what sets us apart; we believe we need to be the change we want to see in the world.

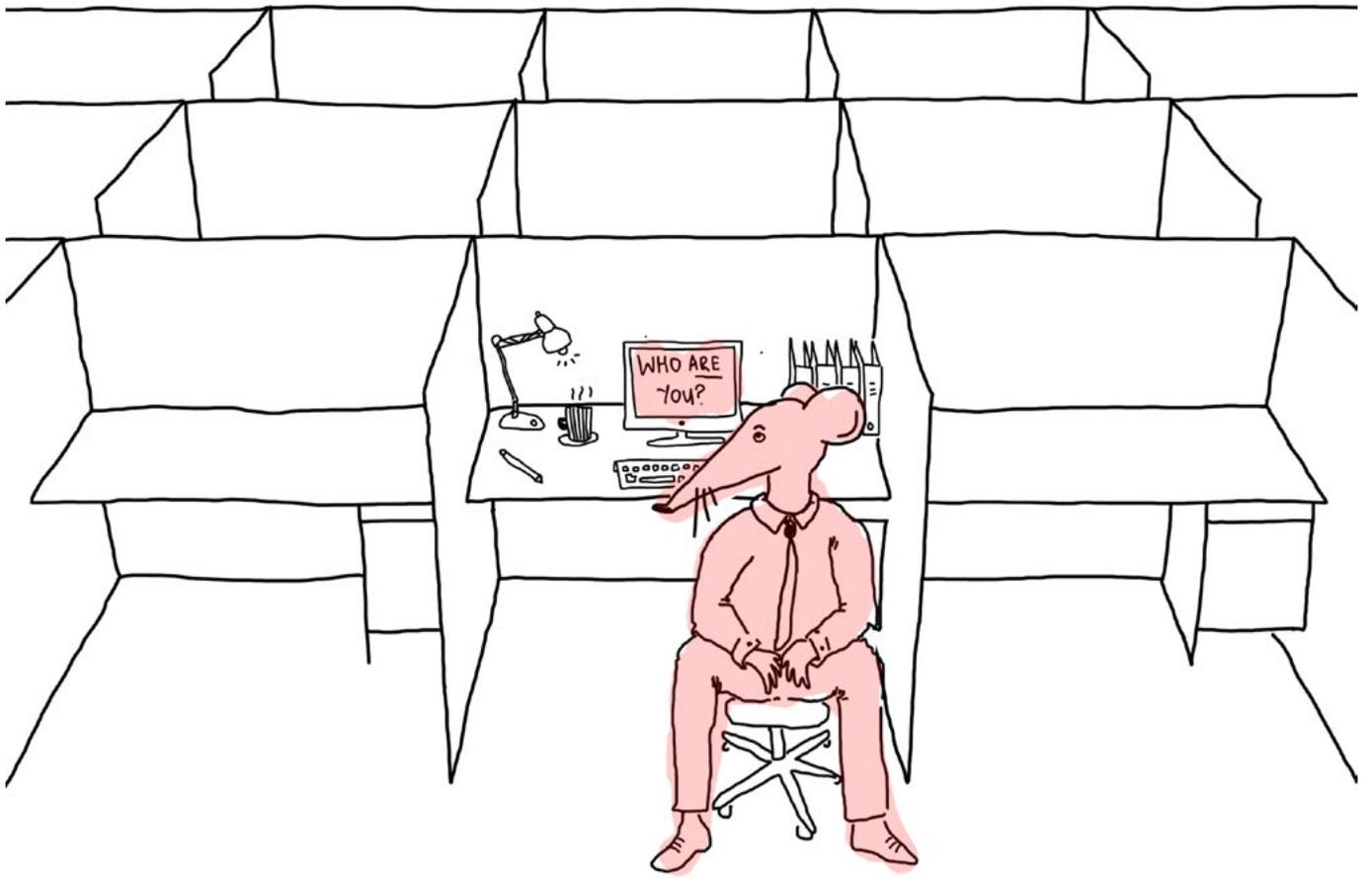
The road to acterix has not been a short one. acterix is all about sustainability and being fashionable. Bamboo may have been done before, but always in basic colours and the prices reflect its niche market status, so we wanted to make it accessible to everyone. The company was started by Denzel Byrnes (CEO) and Shivran Chandra (CCO) to try bring sustainability to the forefront of fashion design by creating a modern streetwear brand that utilises modern and environmentally friendly practices.

Currently we are looking to expand our line to encompass more than t-shirts. Our plan is to launch a full range of environmentally friendly streetwear items; from bags to shirts, to hats and jackets with our season 1 launch. Currently we are researching and testing other sustainable materials and looking at collaborating with other designers and brands so that we can share our vision across the clothing market. We definitely have very big plans for the future, not only for our brand but for sustainable fashion as a whole. With a marketplace becoming more aware of the effects their actions are causing to the environment, consumers are now making more informed decisions when it comes to shopping. As producers we need to not only understand the change in values for our customers but also make ethical decisions that are better for the long term. We all love good/trendy fashion and we also love the environment and where we live. It is a no brainer to combine the two and make something even better!

Our first t-shirt, Face Me, is now up for pre-order. This is an acterix original design by Shivran, that embodies what our company is all about. The stylish design provokes thought and incorporates all of the benefits of bamboo and our carefully planned packaging to hopefully start you on your way to Sustainable Streetwear. ■

“acterix is all about sustainability and being fashionable. Bamboo may have been done before, but always in basic colours and the prices reflect its niche market status, so we wanted to make it accessible to everyone.”





Featuring: *WEiRdO*

Alisha Siraj interviews director **Jane Yonge** on tackling biculturalism in New Zealand in her theatre production: **WEiRdO**.

WEiRdO follows the story of Waylon (Waylon Edwards) and Richard (William Duignan) as they navigate their 9-5 jobs as public servants at the 'Department of Lifestyle Encouragement'. The comedy addresses cultural disconnection, subtle acts of racism and explores deeper truths about racial identity and biculturalism in Aotearoa. Described, as a mixture of 'Flight of the Conchords meets Boy meets The Office', be sure to keep WEiRdO on your radar.

Hey Jane! Perhaps you can start off by telling me how you first got involved with WEiRdO?

Waylon Edwards approached me to direct WEiRdO at the beginning of last year and he said that he wanted to create a show that spoke to his time in the public service. Particularly the ickiness and strangeness of it, and how we feel like we understand Maori

culture and what it means to bring Tikanga into the workplace, when in reality it becomes quite awkward and no one sort of acknowledges that... We kind of just keep pretending like we're doing a good job.

Do you see things getting better?

I think everyone's trying; I think we're all really trying. The amount of people learning Te Reo now is growing exponentially- especially in Wellington. But we still are awkward and that's kind of okay, I think the issue is when we don't acknowledge where we're going a bit askew. And so WEiRdO kind of builds on that and how difficult it is to acknowledge when you're going wrong.

Is the story based on Waylon's own experiences growing up and working in public service?

When we started, we definitely took a bunch of stories from his experiences of being a public servant- probably less around growing up. I also worked at Wellington City Council so I got a taste of public service too. We really looked at the exchanges that you might see in a workplace and moments between staff members. It's definitely got a whole lot of personal experience in there, I mean Waylon's character is called 'Waylon Edwards', so there are definitely moments based on his experience, but then there are other experiences that are imagined for the sake of the story. Within that is also what it means for Waylon to be Maori, as someone who didn't speak the language growing up, and who grew up being told that being white was essentially what it was to be beautiful and normal...To speak in a particular way, to act in a particular way and to almost shun your own culture. Waylon also spoke a lot about trying to be Pakeha in the workplace, in order to get further or to be more successful. Like putting on a certain kind of voice or dressing a certain way- a more White way I guess. Success in the workplace came to trump success in culture and what it means to have culture. And I guess that really spoke to me as someone who grew up half Chinese half Pakeha. Being White to be normal. Don't speak with an accent. Be as Kiwi as possible.

Taika Waititi recently said in an interview that he found New Zealand quite racist growing up. Do you see much change in the way racism is experienced in 2018?

I think we've got a long way to go. I definitely experience racism on minute levels where the people who are being racist don't even know they're being racist. So I kind of forgive them for that, because they don't even know that it's racist. I think it's about calling it out without being mean...Just being like "that's an odd thing to say, have you thought about how odd that is?" and not being like "you're such a dick, go home". I think there is more awareness though, and I think Taika has helped with that. We have to name it (racism), but name it from a place of love- not from a place of hate, in order for us to move forward.

The show is described as a dark comedy; would you say it's more effective to tell a narrative like this through humour?

Yea, I think you have to. We have to be able to laugh at ourselves. If we take life too seriously it becomes too hard, that's when the fingers start pointing and people start being mean to each other and that comes from a place of hate. You just have to keep it light and funny because that's the only way you can move forward. You have to ask 'okay where are we failing?' and 'how are we going to move forward?'

“Within that is also what it means for Waylon to be Maori, as someone who didn't speak the language growing up, and who grew up being told that being white was essentially what it was to be beautiful and normal...To speak in a particular way, to act in a particular way and to almost shun your own culture.”

Also comedy allows you to smash into those darker tones while keeping it light. There were times in my head where I was like 'what is a small Pakeha-Chinese woman doing directing a show about biculturalism in New Zealand and how she think it's a bit fucked?' But the response was like 'Yup. This is really hitting it hard on the head'.

I have to ask, where did the name 'WEiRdO' come from?

Waylon and William kind of came up with that together. So you'll notice that 'Wero' is in capital letters, which means challenge in Maori and 'ID' is your identity.

Whoa. I did not notice that before! Any last comments you'd like to make?

I just want people to watch the show and have a good time. My mantra is 'feel first, think second'. I don't like theatre that makes you think about things. I prefer it if you get hit by the feeling first, I hope people get that! And then afterwards, they can deconstruct and break it down.

Also massive shout out to Craccum Magazine #UOAlumni ■



What You Need to Know about Palm Oil

Cathy Xiong tells us that palm oil is in EVERYTHING, it's harming the environment and what we can do to counteract this.

The instant noodle life hits you as a student. “Palm oil” you read on the back of the packet. “Isn’t palm oil bad for the environment?”, you think.

What is palm oil?

Palm oil comes from the fruit of the Oil Palm plant. Compared to other vegetable oils, it is cheap and productive. Consequently, palm oil is the world’s most used vegetable oil. Palm oil is found in half of all supermarket products, including butter, potato chips, biscuits, bread, noodles, toothpaste, shampoo, chocolate, and ice cream.

Why is palm oil an issue?

- Indonesia and Malaysia produce 90% of the world’s palm oil. The phenomenal growth of production has brought about the deforestation of pristine rainforest in these countries. The UN Food and Agriculture Organisation estimates that half of new plantations arises from deforestation^[1].
- Indonesia and Malaysia are biodiversity hotspots, harbouring thousands of species that depend on the rainforest for survival. Among these are critically endangered species, such as the Sumatran orangutan, elephant, and tiger. Every year, up to 1000 orangutans perish due to deforestation. The number of Sumatran tigers in the wild has dwindled to 400^[2]. The loss of biodiversity is part of a global issue threatening humanity’s survival.
- When rainforests are burnt or cleared, carbon is released.

Consequently, deforestation of tropical rainforests contributes to 10% of global warming emissions^[3].

- Human rights abuses stem from the conflict between local people and palm oil companies. There are also records of forced labour and child labour.
- Palm oil contains a high amount of saturated fats, and consumption is discouraged by the Ministry of Health.

If palm oil is so bad, why not boycott it?

Palm oil itself is not the enemy; its negative impact stems from deforestation and human conflict.

Boycotting palm oil is also impractical. Palm oil is highly productive – of all the land used to produce vegetable oils, palm oil uses 5%, but produces 38% of the global vegetable supply^[4]. Boycotting palm oil would mean more land is required for other oils, resulting in more deforestation. Instead of boycotting palm oil, consumers can demand deforestation-free palm oil, that is, Certified Sustainable Palm Oil (CSPO).

How do I identify palm oil?

In New Zealand, palm oil in food products can be labelled as ‘vegetable oil’^[5]. Other terms likely to be palm oil include names containing ‘stearate, stearyl’, names containing ‘cetyl, cetearyl’, sodium lauryl sulphate, and emulsifier 470-478, 481-483^[6].

Why isn’t palm oil labelled clearly?

New Zealand’s food labelling standards are regulated under the joint Australia New Zealand Food Standards Code. Although 85% of Australians and 92% of New Zealanders support specific labelling of vegetable oils, the current review of the labelling of fats and oils is slow and bogged down in policy. The Unmask Palm Oil Campaign presses for the specific labelling of oils, as labelling has been proven to drive consumer demand for certified sustainable palm oil.

What can I do?

- Learn more about palm oil, and see the affected species, by visiting Auckland Zoo.
- Learn more about the Australasian campaign for mandatory labelling by visiting unmaskpalmoil.com.
- Send a message to the Minister for Food Safety by asking for choice through specific labelling of vegetable oils.
- Choose products that use sustainable palm oil, or are palm oil free. ■

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SOS - Save Our Seas

Sophie Levestam discusses the impact of ocean pollution, garbage patches and what we can do to reduce our contributions to ocean pollution.

Do You Sea the Problem Here?

Oceans make up 99% of available living space on Earth, and 95% of it is yet to be explored. Scientists estimate there to be up to 20,000 species of fish; and over 220,000 species of plants and animals - approximately 91% of which are still yet to be classified.

Yet amongst the incredible varieties of life found in the ocean we can also find approximately 150,000,000 tonnes of rubbish. Scientists estimate that each year an additional 8,000,000 tonnes of rubbish ends up in the seas. The infamous 'Great Pacific Garbage Patch' borders on becoming its own land mass, consisting of approximately 1,600,000 square kilometres of converged rubbish. To put that into perspective, this garbage 'patch' is currently over double the size of Texas and growing every day. These 'garbage patches' are being discovered in every Ocean and Sea, along

major shipping routes, and where currents are found to meet. The 'Great Pacific Garbage Patch' may be the only one televised; but it's not the only one out there.

The amount of rubbish in the sea isn't just unsightly - it's also significantly affecting marine life. 100% of all sea turtle species have been discovered to have ingested plastic, mistaking it as food; as well as 60% of all seabird species. These kinds of unhealthy, fatal influences in their habitats is what end up classifying these animals as endangered, heading towards

extinction.

This is a major issue that is not going to resolve itself - it requires attention and immediate intervention. The problem gets worse everyday, and while it is not one that you may feel directly responsible for, you are. We all are, which means we all need to do something about it.

Don't Be Shellfish

Life began to develop in oceans 3.4 *billion* years ago - comparatively, land-dwelling life only began devel-

“To put that into perspective, this garbage ‘patch’ is currently over double the size of Texas and growing every day”

oping 400 million years ago; with the earliest human ancestors tracing back to only five million years ago. Considering species like whales evolved 45 million years before the earliest humans ever walked the Earth, it's horrific for us to end up being the primary reason for their decimation. Who are we to drive their entire species to extinction? Of the 13 species of great whales, seven are currently listed as endangered. Just this month a young whale washed up on a beach in Spain having consumed 30 kilograms of plastic-based rubbish, which ruptured its digestive system and caused it to die of an abdominal infection. It's not just whales - five of the mere seven species of sea turtles are also endangered; as well as over 30% of all species of sharks and rays.

Humans are having an impact on all marine species in a variety of ways: from being hunted as a food source; illegally overfished; accidental bycatch on longlines and in commercial nets; being hit by ships; and the effects of climate change - we all know that sea levels are rising, but ocean acidity and water temperature are both also increasing. Rising sea levels have a serious impact on habitats within the ocean; and also on the growth of plants reliant on photosynthesis, which provide vital food sources for a number of different creatures. Higher levels of acidity mean that corals, shellfish, and planktons struggle to form calcium-carbonate based shells and skeletons; leading to a skew in populations at the base of the food chain, thus having significant effects on all of the animals above it that are reliant on those food sources. Rising temperatures result in algal blooms that can produce neurotoxins, which have fatal effects on marine animals; and also affect the migration and breeding patterns of animals; as well as causing coral bleaching.

These are problems that have been caused by all of us as a collective species, and therefore it is our responsibility to try and resolve them before the damage done is irreparable. It's easy to ignore problems that you don't see in your day-to-day life, but now is not the time to indulge in self-centred behaviour; we need to think of future generations - do you

“Considering species like whales evolved 45 million years before the earliest humans ever walked the Earth, it's horrific for us to end up being the primary reason for their decimation. Who are we to drive their entire species to extinction?”

want your kids to be able to swim at beaches and enjoy our marine world, in the same way that we have all been able to?

How Can You Turn the Tide?

There are multiple, easy ways we can all help to protect the environment.

- Many supermarkets are trying to encourage customers to avoid single-use plastics - get behind it! It's not hard to bring a reusable bag, and it makes a difference more significant than you may think.
- Reuse plastic containers; and ensure that when they are thrown out, they go into the recycling bin.
- Avoid products with microplastics - especially facial scrubs with microbeads.
- Be cautious of allowing any chemicals to feed into waterways that feed into the sea. It's much better to wash your car on grass, where the wastewater will be absorbed; than to do so near a stormwater drain, where the chemicals will feed into local beaches.
- Be considerate when fishing, and during all direct interaction with any part of the ocean's environment. Every life form has a vital role to play, and if the food chain gets disrupted it has serious ramifications for the entire ecosystem. Avoid damaging habitats like rock-pools;

and ensure when fishing, you only take legally-sized fish, within the allowed quota. Report anyone who does otherwise - this kind of behaviour is what leads to depletion of resources, and makes it hard for scientists to predict populations of species due to inaccurate data.

- When on the water, whether in a boat or kayak, refrain from approaching marine mammals. While they're allowed to approach you, us humans have to be careful not to interfere with animals and cause distress or physical harm. Many animals get fatally run over by boats, or hit by propellers, when people get too close to them. ■

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HOLLYWOOD

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



Please trust me on this, I'm begging you

I've been watching a lot of *Flavor of Love* lately, as one naturally finds themselves doing during any sort of down-time. But I am also spurred by the realisation that 12 years on, there may be some people who have never partaken in the drinking of the grail that is watching this show. It is a learning experience that only 2006 and, to a lesser extent, 2007 have deigned to give us so far. How can a reality show that features a freshly taken shit on the floor, DURING an elimination ceremony, be so beautiful?

Flavor of Love is very much a product of our universe and yet it seems to exist entirely outside of it, like an antimatter being that has somehow not made contact with anything composed of our universe's matter. It is totally a product of the decade's standards on gender & racial politics, and the absolute pinnacle of anything that has ever been said about *The Bachelor* and all of its incarnations. I am completely serious when I say that if you want an example of an intersection of misogyny, racism and even some light transphobia, within 'early' reality TV, this is your dream citation. For each of its three seasons, 20 women are invited to Flava Flav's house and he proceeds to utterly objectify and simultaneously infantilise them for 10 or so episodes, not even bothering to learn their names. He literally names a woman 'Somethin' because he can't find one defining characteristic about her to remember!!! Oh lord. But to the show's credit, everything is completely transparent; there is no veneer of grace or glamour. The girls themselves are equally unashamed in their social climbing ambitions and some, as the producers needed a couple of fall girls in order to maintain the illusion of reality, suffer for it. There's no question amongst the blessed population that have seen the show that it is anything less than peak misogyny, and there is always the uncomfortable backdrop of how VH1 presents Flav's racial identity to the audience. But that's not really what I'm here to talk about.

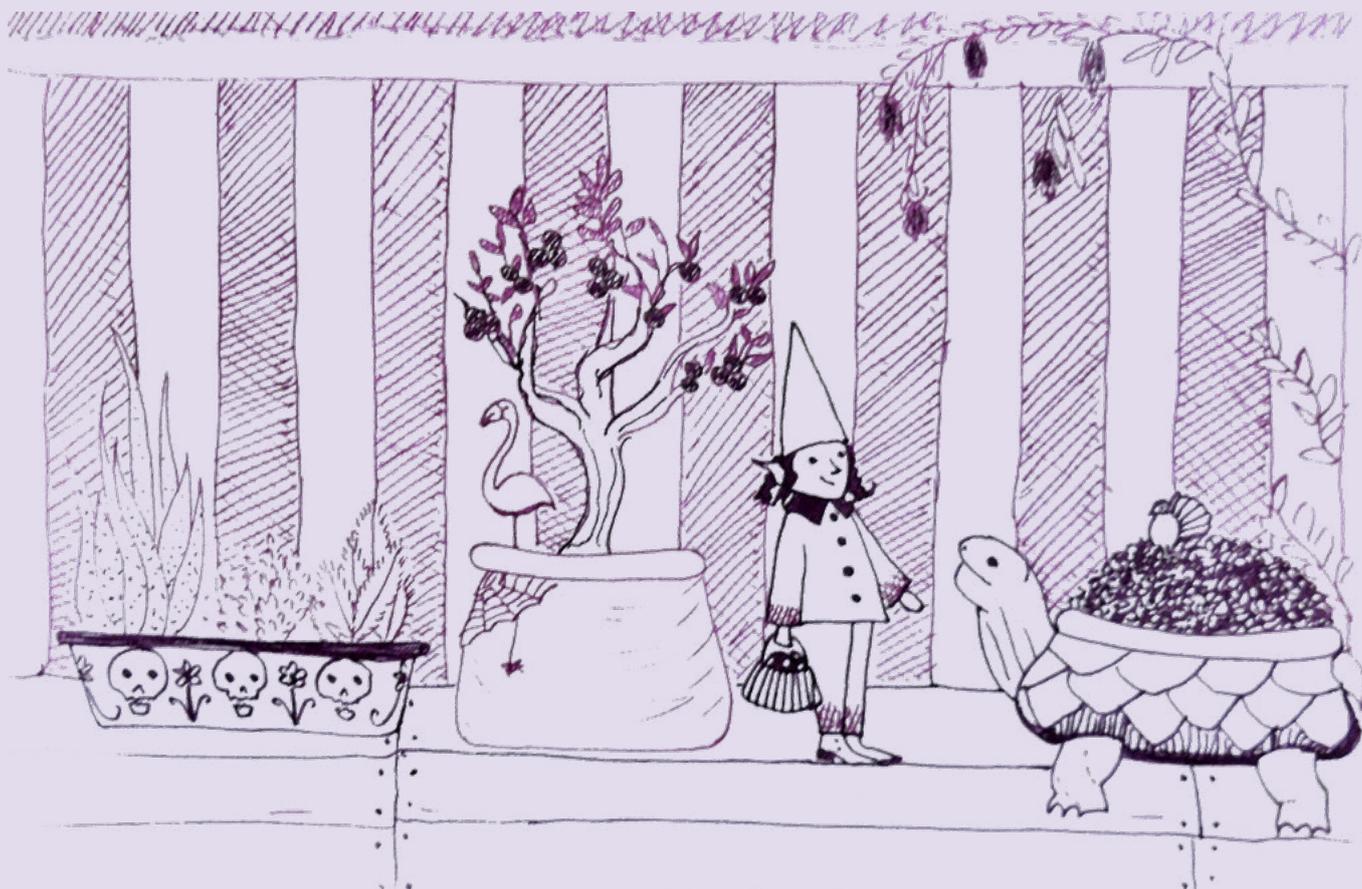
Obligatory social consciousness moment done with, the show exists outside of our universe in the sense that it doesn't seem remotely real. This show came at a time where the medium of reality tv was adjusting from its explosive toddler years into the more slickly produced remnant we have today. It was a time where *Being Bobby Brown* was of massive cultural fascination, seeing the decline of Whitney

Houston on a weekly basis was something America could not do without. The only explanation I can think of is that the Matrix simulation that governs our lives followed the example of Paula Abdul crying after being booted from the Bratz movie (watch the video) and said 'I can't go through this.' I mentioned the shit on the floor, yeah? That's just the beginning. There's so much wonder and magic within this mansion, detached from the moral confines of Judeo-Christian ethics and the literal confines of time and space. It gave rise to the characters of Hottie, Goldie, Buckwild, Pumkin and, of course, New York. If you have not seen a gif of New York doing *anything*, I don't know what internet you are using. It certainly isn't the one I use. I don't quite know how to detail this show in all of its grandeur. Do I talk about how in the first ten minutes of the show, Goldie is already pissfaced from the free alcohol? Do I talk about how by the second episode, more girls (and New York!) are ready to rip each other's face for a chance at Love? The episode where they cook fried chicken, but Hottie microwaves an entire frozen chicken for two minutes and serves it? The infamous spit scene? The fact that he dumps every winner before the reunion episode? So much goes on, so much to retain to memory. While Season 2 & 3 escape the cultural consciousness, the entire breadth of the episode list is worth watching, if only to reinforce to the brain driving your body that yes, this is happening.

I can only do so much to convince you to take part in this unparalleled mess. There is so much to take note of – both on a legitimate level of cultural analysis, and as an audience member who just wants to be a messy bitch by proxy. It's just something you have to take part in, the ritual that allows you to grow up. This is what Peter Pan has avoided all these years, the reason he is forever an imp. All I ask of you is that you do not repeat his mistake. Please watch this masterpiece of self-destruction. Leave your sensibilities at the door and become an ingredient in the *Flavor of Love*. ■

ECENTRIC LIFE ADVICE

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



Seven: How to Garden

A garden is a sacred space. It is the edge of the wild, the little strip of earth that separates you from the dangers of the rest of the world. For this reason, medieval gardens celebrated lawns – short clipped grass was not just a status symbol (by keeping grass rather than using the same space to cultivate an edible crop) but a practical measure. It is much easier to spot the wolf when he must first slink out of the woods before knocking on your door. In the modern era, wolves are much better at disguises, and a small lawn is a good addition to a garden if you enjoy croquet, picnics, or cloud gazing.

If you are ambitious, a kitchen garden – raised bed, window box, or eclectic pots on a balcony – can be utilised to bring fresh produce into your life. I have never had much success with such practical plant keeping. Lettuce, tomatoes, and peas all grow with wild enthusiasm for a short time before suddenly wilting before they are ready to be harvested. The parsley and basil I planted some years ago was choked out

by a sprawl of feral mint that now dominates the herb patch.

Instead, I grow flowers. The hardy little Chameleon rose buds yellow and tans deep shades of rouge before the petals float away on a strong breeze. I thought the bush of lavender named “Ghostly Princess” was dead several winters, but each spring it grew back silver green leaves and flowers the colour of a Will o’ Wisp. I scattered uneaten sunflower seeds at the funeral for my pet rat, Horatio. They grew taller than me, onyx seeds framed in a dainty crown of sunshine petals.

And though my garden gives me nothing I can take to the table; I see a sprig of lavender bow under the weight of a honey bee, or catch a bird picking out dry leaves from under the rose, or watch a moth rest its wings on an orchid before resuming its chase of the moon; and that is better than any vegetable. ■

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.



Enlightenment

Over the past few weeks, a routine was established. It usually involved a healthy breakfast in the morning, a lunch that I had already prepared from a set-list of approved meals and a dinner from a similar list. Throughout the day I would snack on nuts or fruit - the idea was to eat many small meals to keep energy levels stable, as opposed to my old habit of infrequent large meals which would give me short bursts of high energy followed by an inevitable crash. Five or Six evenings of the week were spent doing weights in the gym which covered the entire body by the end of the week and each gym session was followed by a light 20 minute cardio session. Now, I'd be lying if I said that I'd been absolutely disciplined and devoted to this routine but, in my own estimation anyway, I'd been pretty good.

And thus far, other than my body constantly feeling a little sore and spasming every so often, I had no real complaints, in fact, it was doing something to me which felt pretty good. I'm not sure how quickly this health stuff is supposed to work or if there was some sort of placebo effect taking place, but I had already started feeling much better - not as tired, clear headed, more motivated and happier. Could it be the workout endorphins? Could it be a consequence of eating better? Could it be the fact that I had opened myself to a whole new vocabulary of hashtags which I could use to #humblebrag?

In any case, this week I decided to take my road to #fitspo to the next level by trying my hand at yoga. The past few weeks of gyming had revealed my flexibility to be fairly limited and I thought some stretching might provide a solution - it also looked like what all the #fitspo types on Instagram were doing and, while very out of character for me, I decided to give it a fair nudge. I am, after all, committed to bringing you, the reader, a wide range of health and wellness experiences no matter how embarrassing. I tagged along with two friends who were occasional yoga people.

Now before I had actually tried yoga I undoubtedly had a few presuppositions. Yoga seemed to me like one of those things you take up because you don't really want to exercise. Funny enough, it also seemed like one of those things you take up because you're an absolute master of exercise. If you're reading this and do yoga, you'll know which one you are. The calm steady nature of the activity looks suspicious to me. Is yoga easy or not? And why is it so popular?

On my way to the yoga class I puffed a cigarette to calm the nerves (no, I still haven't given this up). I wasn't nervous, I was just tense about the potential of looking like an unstable nummy. Okay, I was nervous. I'm not sure why, maybe it was the fact that I knew we had to take our shoes off. Weird. Or maybe it was because the closest I'd ever come to doing yoga before this was passing out drunk on the floor (I think the position is called 'face-to-floor'). My balance and flexibility was already questionable and the muscular stiffness I had acquired from the gym was only going to make it worse. I

expected this to be challenging.

As we arrived at reception, we were informed that a power cut might mean that the class would be cancelled. "Please", I prayed to the yoga gods. Unfortunately no luck. The class would go on.

I walked into the class and discovered that I was by far the largest person in the room, even the men in the room were not much taller than five and a half feet and the instructor herself was a tawny, slim, softly spoken woman who looked like she struggled to open a jam jar that morning. But, as the old adage goes, looks can be deceiving. As she began, I sat and watched to get a feel of what was happening. Simply watching became an exhausting experience and she twisted and folded her arms. Not to be outdone by a room full of small and frail people I joined in and began to fold and extend myself in alignment with the instructor only to be overcome by the sensation that one of my muscles might pop out of place at any moment. Before the class, my friends had assured me that this would be an easy class suitable for beginners. As I was hunched over in tiger position, sweat dripping from my brow, leg behind my back, foot almost touching my forehead, I made a mental note reminding myself that I would never trust my lying friends ever again.

I struggled through the class discovering sensations in parts of my body I didn't know could feel sensations, everyone else looked calm and relaxed. The yoga instructor took us through a series of positions while calmly reminding the class to concentrate on their breathing. "What breathing?" I thought. "I can't. And how is she talking so calmly while holding her legs like that?!" I started to realise that my size was a disadvantage.

Towards the end of the class we entered my favourite pose, Shavasana. Essentially this is lying on your back with your eyes closed in contemplation. Perfect, I'm an expert at that. Some of thoughts that ran through my head:

"The lightning in the distance and the sound of the rain actually makes this yoga session really beautiful."

"Breathing is hard. Should I quit smoking? Nah."

"My shoulders are really stiff."

"That shat was way harder than I thought. But I kind of enjoyed it."

"My friends are liars."

"That was actually kind of spiritual. Almost enlightening. Is my hair on fire? Buzzy, bro."

As the class ended I was overcome with a very warm, emotional feeling. I'm unsure if that was me almost hitting enlightenment or unconsciousness but it felt good. Almost as good as being drunk. I think I'll go again. ■

PRUNE JUICE

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



The Top Sheet Conundrum

I've found myself harassed about a lot of things. The tea mugs I leave around: fair enough when there are 7 half-drunk mugs lying around at a certain point in time. My toothpaste tube: I think it's fine that I leave a crusty ring of old toothpaste but I can see how it *can* be problematic. But the breaking point, the absolute pickle to my twisted knickers, is the top sheet.

Or, I correct myself, my lack of top sheet.

I didn't realise how much of a divisive topic to top or not to top sheet was. I should have noticed the signs early on. My mother telling us she got told off at the hospital by the nurses for messing up the bed. The rest of my family repeating the same thing at hotels, doing the confused dance of how to climb into bed. I didn't make the connection, I thought it was just something at special places.

I brought my own sheet set for the first-time last year when moving out of home: and there was an extra sheet?? It served as a great costume for obligatory first year toga parts. Oh, and as extra padding above my fitted sheet when I woke up in a pile of blood.

I like to be sandwiched between fitted sheet and duvet. End of convo. I didn't realise this was a problem until a top sheet user stayed in my bed and I welcomed her into my humble abode.

She said, "sleeping without a top sheet is nasty like you need something separating your body from your duvet." (L.S med student/lover)

I took to Facebook, where lots of information can be gathered (especially by Cambridge analytica)

+

"Top sheets: bed aesthetics, you can only do the foldy back thing with a top sheet. Do you really want sweat/cum/blood/shit getting on your duvet???????? Sheets are SO much easier to wash" (V.M FROM THE FLAT NEXT DOOR)

"My duvet covers are always colourful so by not washing them all the time the pretty colours won't fade!!!" (L.W OTAGO)

"Top sheets give me the simulation of affection that I so desperately crave" (S.S SHE'S SINGLE BOYS)

"My tucked top sheet is the only thing keeping me in bed. Would be a tragedy otherwise. God loves top sheets" (C.T A LAD)

"I would leave someone's bed if they didn't have one." (L.B LAW CAMP)

"I feel like people who don't use top sheets weren't scarred as a child when your mum made you wash your duvet cover and you struggled so much to put it back on that you considered the meaning of life, I would rather save myself

the ptsd and just wash a top sheet once a week" (T.A CREATIVE WRITING)

"yay if you have shit flatmates that scrape asbestos off the walls into your bed because easier to clean nay otherwise" (A.S FLATMATE)

Amanda's friend Kara "A top sheet is the threshold between the body and the public, between the bed and the crashing, between dying and death,"

"I like them. Especially if they are Egyptian cotton." (J.Z CO-WORKER)

Natasha worked in the manchester department in farmers "Don't see the point of them." (CO-WORKER)

(E.DK SAME MAJOR/SAME BELIEFS)

- 1) life is too short to have a top sheet
- 2) Europeans don't bother with top sheets and neither should you
- 3) Save the environment, have one less sheet to wash

A.S compared it to plastic cling film, and attached a meme to reiterate.

"tbh like... what is a top sheet" (M.N)

"I had to google what a top sheet was - who is she?" (E.Y GO READ HER ARTICLE ON CACTUS)

"I'm a lazy bitch with absolutely no time to be tucking in extra sheets." (I.G LET ME GIVE HER A PHYSIC READING ONCE)

"I used to be a huge top sheet advocate - to the point I couldn't sleep without one. But then one day I woke up from a bad trip, and thought the top sheet was stuck to me permanently. Top sheets now haunt me." (T.K FLATMATE)

"Top sheets are super fresh" (S.M THE GIRL)

"With or without a top sheet, I fall asleep within 5 minutes. May as well save on washing" (THE GIRL'S BOYFRIEND)

"idk man in our house everyone thinks the duvet IS the topsheet" (SB)

(REPLY) "It's irrelevant to Asian households" (S.Z I CAN QUOTE MYSELF)

"@ Anyone who has a top sheet come fight me I'll drop you" (S.L LAW STUDENT)

"I thought top sheets were a myth until last month" (C.G UPENN)

From Carrie Rudzinski's quote book:

Amanda: do you use a top sheet?

Mohamed: no i'm brown.

"End top sheets and save a life from western/class shaming tbh" (VANCROF POET) ■



#ADVOCACYAUNT

Hi there!! We are AUSA Advocacy and luckily, after much convincing with promises of brunch, we've got our good old Advocacy Aunt to help us answer your questions! Just be warned - she can be a bit ... forward.

Q. Hi Advocacy Aunt. My landlord has accused me of not paying my rent and told me to leave by the end of the week. He said if I don't, he won't give me back my bond. Can he kick me out like this? What should I do?

A. Boy byeee ... If you haven't paid rent and the rent amounts to less than 21 days, the landlord would need to give you at least 14 working days notice. If the rent is over 21 days, the landlord would still need to get an order from the tribunal for termination/possession. If you haven't been notified of either a 14 day notice to remedy, a tenancy mediation or a tribunal hearing, something ain't right here! Let your landlord know and tell him to sa-shay away,

Q. Help! My friend *cough* not me at all *cough* was recently sick and had to go to Queenstown to heal, was delayed on a flight back, didn't get back till Wednesday and unfortunately missed a Law 298 tuto-

rial. In that class, you have to attend all the tutorials or you fail the paper. Ever since my friend was a wee lass, all she wanted in life was to become a lawyer but now that seems less likely,.... what can they do?

A. First things first, I definitely wouldn't list Queenstown as the location of my "medicinal" - oops - I mean your "friends" medicinal retreat. Second things second, if you have a doctors note, you may wish to contact the law school faculty to see if you can attend another 298 tutorial.

Q: Hey Advocacy Aunt, I'm having some difficulty paying my bills at the moment with my current financial situation. Some stuff suddenly came up out of the blue that I've had to manage which has affected everything. How can I get help?

A: Oh dear child, don't fret. AUSA has grants for those in financial difficulty. If approved, you can be granted up to \$250 depending on

the situation, or \$400 if you have dependants. You can also receive a food basket from AUSA. For more information on this you can email wvp@ausa.org.nz .

This was just a taster! Come see AUSA Advocacy if you wish to learn more. At AUSA Advocacy we offer a sympathetic ear and can provide you with advice on academic, financial, or personal issues. We are a free and confidential advocacy service. Find us at Old Choral Hall opposite Kate Edgar between 9am - 4pm, or email us at cityhub@ausa.org.nz .

If you'd like Advocacy Aunt to answer your question in the next Craccum, email her at studentadvocate@ausa.org.nz . If your enquiry is spicy and you want it to be anonymous, place it in the drop in box by our reception in Old Choral Hall. ■

SHADOWS ROUND-UP #3

Kia Ora Whānau. We hope you had a refreshing easter. Part 3 of 3 of our Shadows round-up is here! This week to welcome you all back we are discussing the beautiful array of shots on offer at your student bar. These are not for the faint of heart and thankfully we are fearless.

Quick Fuck

TASTE: Tastes like you got into your grans liquor cabinet because you were desperate.
WOW FACTOR: Naughty nesquik.
SITUATION: Perfect for those who like to say how drunk they are on a night out
LAST REMARKS: I mean the name could make or break your pick up line.

Jam donut

TASTE: Only one remark- "wow that's so sweet"
WOW FACTOR: The nicest of all of these
SITUATION: When your mates suggest shots off this list and you don't want to say anything untoward to the staff.
LAST REMARKS: Perfectly shottable

Rattle Snake

TASTE: Your hangover mouth in a drink
WOW FACTOR: Venomous
SITUATION: If you want something strong but a lil sweet like Dwayne 'the Rock' Johnson
LAST REMARKS: If you are over 20 don't drink this

Texas Ranger

TASTE: Kind of like eating a white chocolate milky bar thats a lil funky.
WOW FACTOR: Surprised I drank it
SITUATION: Drink this during the opening hours of shadows or because you lost a bet
LAST REMARKS: The whiskey was nice, however like a creamy Chuck Norris he teased me and then roundhoused me in the face

Horny Southerner

TASTE: I thought it was going to be terrible , not too bad
WOW FACTOR: Makes up for not going to Otago
SITUATION: Would drink before a tutorial
LAST REMARKS: If this was the theme of a party it would be hawaiian shirts and cowboy hats

Buttery Nipple

TASTE: Incredibly Sweet, cloying, like a kids birthday party in a shot
WOW FACTOR: First years would love this
SITUATION: If you haven't graduated to actual spirits yet and like to relive high school parties.
LAST REMARKS: My 33yr old lesbian friend says that this would be perfect for your Western Suburbs mother of 4.

Wet Dream

TASTE: didn't taste too bad however was disturbingly lumpy
WOW FACTOR: OMG it was a wet dream
SITUATION: 3.30 am and haven't been able to pick up.
LAST REMARKS: I feel dirty now , like a good wet dream it lingered ■

HORTICULTURE 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)

POPPY

Unintentionally hurts people but doesn't mean to
Wears Birkenstocks all year round
Sometimes forgets to shower
Is banned from their local bar



TAURUS

(APRIL 20-MAY 20)

DAISY

Cries at nearly every movie
The person everyone calls in a crisis
Gullible to no end
Is probably a weebo



GEMINI

(MAY 21-JUNE 20)

LILAC

Complains that no one likes them but then talks shit about everyone
Is really bad at explaining what's wrong
Still going through a One Direction phase
Thinks liking cats is a personality trait



CANCER

(JUNE 21-JULY 22)

JASMINE

"I've seen that meme already"
Will probably be hosting a podcast in the next 10 years
Stays up watching scary YouTube videos even though they know they can't handle it
Has only smoked once but talks about how crazy they are



LEO

(JULY 23-AUGUST 22)

SUNFLOWER

Can never admit they're wrong in an argument
Has nearly died on multiple occasions
Is high key bossy but they don't realise
"I'll pay you back"



VIRGO

(AUGUST 23-SEPTEMBER 22)

NARCISSUS

Overly superstitious
Always smells nice
Can binge watch a 7 season TV show in a weekend
Thinks all water tastes different



LIBRA

(SEPTEMBER 23-OCTOBER 22)

ROSE

Constantly on their phone yet they never reply to people
Does to yoga once a year
Already knows the tea before you spill
Always has their friend back



SCORPIO

(OCTOBER 23-NOVEMBER 21)

HIBISCUS

Goes from 0 to 100 real quick
Usually gets a post break-up haircut
Terrible with numbers
Will drag their friends to the gym



SAGITTARIUS

(NOVEMBER 22-DECEMBER 21)

PEONY

Would shop at forever 21
Better than the FBI at stalking
Braggs about a fortnight win
Looking for a different friend every week



CAPRICORN

(DECEMBER 22-JANUARY 19)

MAGNOLIA

Still awaiting their hogwarts letter
Picks up a new hobby every week
Still thinks of Pluto as a planet
Posts constant #TBT of them travelling



AQUARIUS

(JANUARY 20 TO FEBRUARY 18)

BIRD OF PARADISE

Still reads fanfiction
Always taking selfies
Terrible at parking
Re-downloads dating apps every few months



PISCES

(FEBRUARY 19 TO MARCH 20)

WATERLILY

Dedicated to instagram themes
Likes everything spicy
Can't cook to save their life
Constantly has a cracked phone screen

THE PEOPLE TO SUPPORT (AND LOVE).

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SHADOWS
BAR & EATERY

Shadows "Contributor of the Week"

Brian Gu

Head to Shadows to redeem your \$50 bar tab

Call for writers and illustrators!

Flick us an email at editor@craccum.co.nz if you're interested in contributing.

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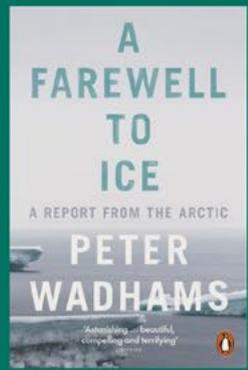
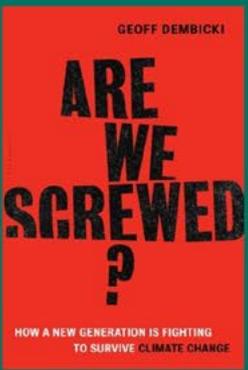
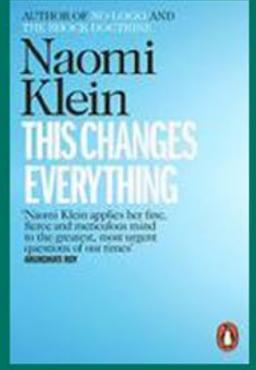
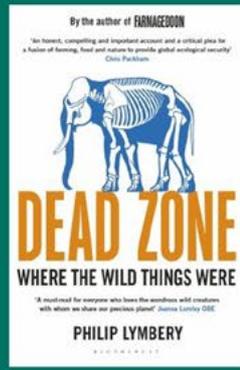
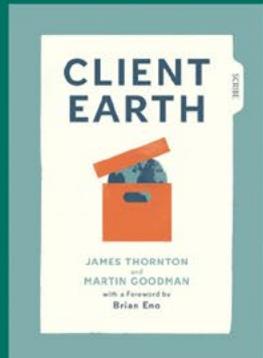
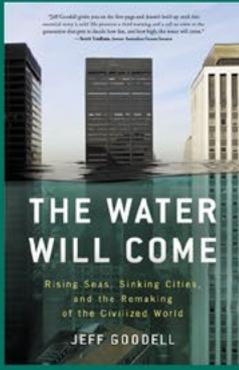
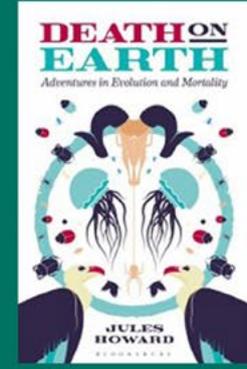
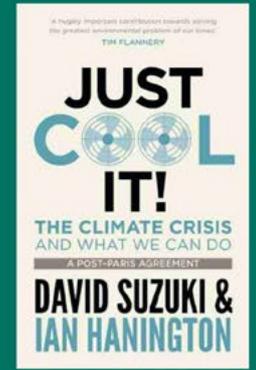
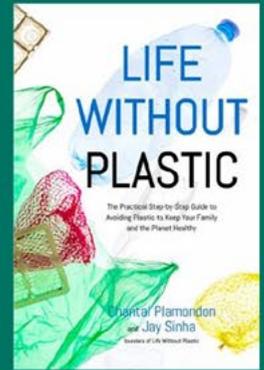
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