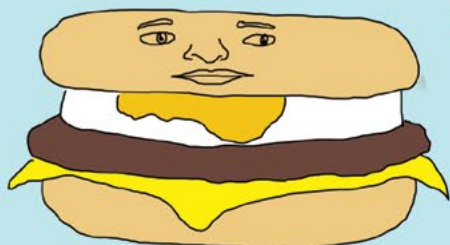
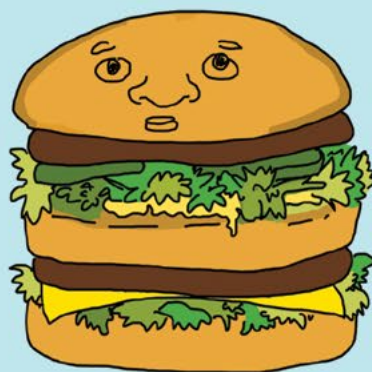
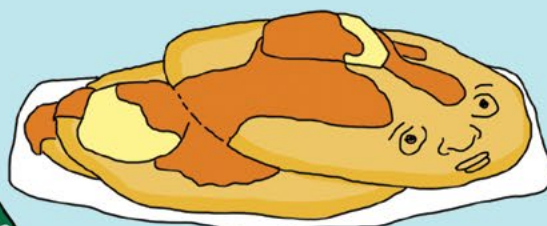
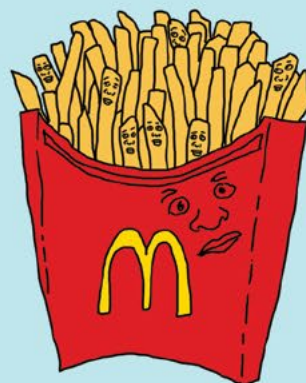
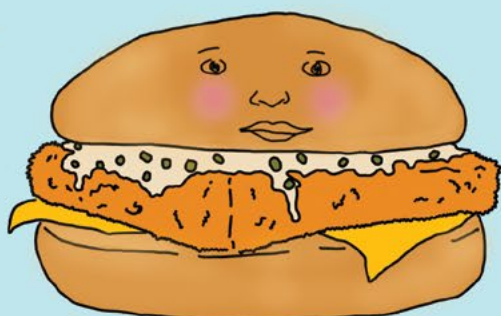


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ISSUE 5



AUSA AND SHADOWS PRESENT...

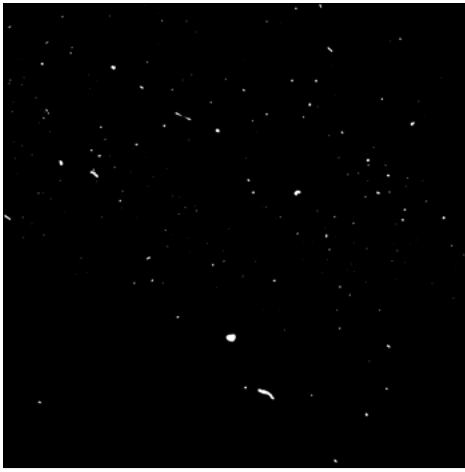
DIRTY BINGO

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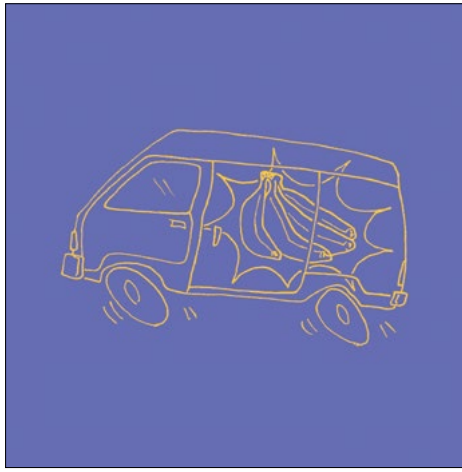


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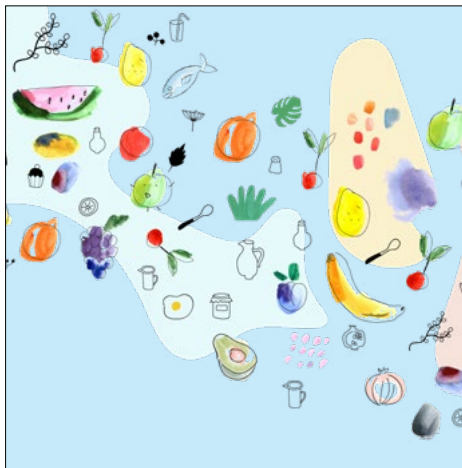


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Astrid advises us on how to attend a dinner party.




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EDITORIAL

with Helen Yeung and Jasmin Singh


THE FOOD ISSUE



Jasmin: Welcome the Week 5 of the semester, I don't know where the last 4 weeks went and the food issue! We are back from our mini break writing editorials. We hope you enjoyed Chris (or Christopher) and Daphne's editorial last week as much as we did. But back to FOOD FOOD FOOD! Just before the semester ends we wanted to do a fun issue and what more fun than talking, writing and thinking about food (I'm drooling writing this now).



Helen: Saaaame. Jasmin and I went to try out *Mr Zhou's Dumplings* last week in Mount Eden, the pork and cabbage dumplings and handmade noodles are the best I've had around Auckland besides *Eden Noodle House*. With us both being women of colour, food is of course an integral part of our lives. My family migrated here in the mid-90s and we witnessed our area grow from having a Countdown selling one type of instant noodle, to having an array of Asian supermarkets which have helped build a strong migrant community. Over the years, it has allowed us to feel more connected with our cultures, FOOD is really important!




Jasmin: Just like Helen said, food is really important to migrants. Having migrated here only 6 ish years ago, whenever I get homesick I always craved Malaysian food whether it be the Malaysian curry flavoured *Maggi*, dosa's or tosai or a steaming bowl of Wan Tan Hor. Here are my recommendations for places to try in Auckland:

Satya in Grafton
Uncle Man's on K Road
Mamak Malaysian Restaurant in Chancery Square
iVillage by Victoria Park



Helen: Getting back to this week's issue, it addresses some really important problems facing minorities in New Zealand. I particularly resonated with Janna's article on assimilations foods and the delicious illustrations which followed every piece! Since Jasmin has provided a list of recommendations here are some of my personal favourites around Auckland too:

New Canton Kitchen in Epsom
Viet Kitchen in Mount Eden
Janken in Herne Bay
Young's Bakery in Birkenhead



WORLD NEWS

French New Caledonia to vote for Self-Determination next November

BY ULYSSE BELLIER

The New Caledonian Congress voted last week for the organisation of a self-determination referendum on November 4th, a decisive step for the future of the French territory 1,500 kilometres north of New Zealand. Indeed, the decision came with a historical text expressing the violence of the French colonisation, which "brought the negation of the Kanak (the local Pacific population) identity", according to the text. Others criticised the "colonial repentance" of the declaration.

The organisation of the referendum was inevitable. The Nouméa Agreement, which started a process of decolonisation 20 years ago, planned that a referendum had to be set up before 2019. If the local authorities didn't plan the vote, the French government would have done it. Paris is still deciding on issues of sovereignty, including those concerning security and foreign relations, for the 272,000 inhabitants of the Island.

The November referendum is set to decide the relationship between the island and France, and the word "independence" is carefully avoided by the authorities. But the wording of the referendum is yet to be decided, as a full range of possibilities are on the table. New Caledonia is still present on the United Nation list of "Non-Self-Governing Territories" that "remain to be decolonised". ■

Facebook shares drop amid data breach concerns

BY NAOMI SIMON-KUMAR

In the aftermath of reports that advertising data firm Cambridge Analytica acquired private information from more than 50 Facebook million users without consent, Mark Zuckerberg's fortune has fallen by 4.9 billion USD. The privately-held company hired by President Trump for the 2016 election campaign is now facing allegations that the personal information of Facebook users was accessed through a personality quiz.

The firm missed a deadline issued by the UK Information Commissioner to turn in access to its databases and servers. A warrant is sought amid claims that the data was used to influence the US presidential election. Hidden camera footage released by Channel 4 News showed Cambridge Analytica chief executive Alexander Nix discussing ways in which the firm could damage the reputation of politicians. Nix admitted that they could do a lot more than "deep digging", by offering individuals "a deal that's too good to be true", intimating at targeted blackmail including, "...sending girls around to the candidate's house... that works very well." He continued by saying, "I'm just giving you examples of what can be done and what has been done."

In a public statement, Facebook announced it has enlisted a digital forensics firm to conduct a independent audit of Cambridge Analytica. ■



Chinese Feminism is Undead

BY HELEN YEUNG

Around two weeks ago on 8th of March, the day which marked the global celebration of International Women's Day, the online feminist account on Weibo named *Feminist Voices* was shut down along with its public WeChat account. The account had more than 180,000 followers both situated in China and around the world, one of the largest platforms for Chinese feminists.

Acclaimed author Leta Hong Fincher believes the timing was a deliberate decision: "Chinese authorities waited until the day *after* #InternationalWomensDay to pounce on Feminist Voices, knowing full well that journalists will not be paying close attention anymore."

While Chinese feminist advocates continue calling for authorities to give an official explanation for the suspension of both accounts. This was not the first time feminists in China have received backlash for their activism. In 2015, five feminists were detained on International Women's Day after planning to distribute stickers with slogans highlighting sexual harassment.

Despite China's increasing censorship of their activities, feminists have not given up in continuing to highlight issues facing women in society. A new online media campaign has now been launched translating to #IAmFeministVoices, urging women to speak out about their personal experience and continue the legacy of the platform. ■

“You’re Fired”: The Trump Administration and Staff Turnover

BY CAMERON LEAKEY

When a president takes office in the United States there are a lot of changes that occur. New staff are incoming, new policies are imminent and often it represents a monumental shift in how citizens wish their country to be run.

In January 2017, President Obama left the White House and President Trump entered the West Wing. Since then, Trump’s cabinet selections along with his internal administration staff selections have been both controversial and highly scrutinized, with no other president having the amount of staff scrutiny and turnover that Trump has had. In the last fourteen months, there has been an unholy amount of staff resignations and dismissals. The White House, much like a five pm lecture is becoming half full. I’m not sure what the American public expected however. This is a man whose previous career included shouting ‘you’re fired’ on reality television. Trump’s high staff turnover is now speaking volumes of the incompetence and corruption that Trump has brought into the White House.

In the last two weeks, Hope Hicks, a woman whose name sounds so unbelievably Texan, became the fourth Director of Communications to leave the job. Her Predecessor, Anthony Scaramucci – or ‘the mooch’ as he weirdly suggested people could nickname him – lasted merely eleven days. Scaramucci was very much a siren, something you hear very loud when it’s close and then not at all when it’s gone. Michael Dubke, the previous Director of Communications lasted merely three months. It seems that being the Director of Communications

for an erratic 3am tweet maestro is extremely difficult, with both a lack of consistent message or planning of official announcements.

Sideways in the Communications department, Melissa McCarthy, Sean Spicer, was the White House Press Secretary from Inauguration Day through to July when he resigned following the appointment of Scaramucci. Sean Spicer will forever lend himself to history as the man who falsely insisted that Trump’s inauguration was the most attended ever, leading Trump aide, Kellyanne Conway to declare that he was only just presenting ‘alternative facts’.

Reince Preibus, a man with two incredibly unfamiliar names, held the position of Chief of Staff for merely six months before he resigned, his tenure being the shortest in American history. Mike Flynn, national security advisor, lasted not even a full month in his role before the evidence became clear that he had been colluding with the Russian state to influence the 2016 election. He ‘resigned’ and remains under investigation.

Steve Bannon, alt-right supervillain and senior counselor to the president lasted seven months in his role before being unceremoniously dumped by Trump. His legacy is contained in ‘Fire and Fury’ – the novel which outlines Bannon’s alleged comments about Trump and his children. Trump made a large effort to denounce the content of the book and in doing so, propelled it to great national attention.

James Comey, Director of the FBI, was fired in May 2017 following his refusal to end investigations into

possible Russian influence on the 2016 election and specifically into Mike Flynn’s role in any collusion. Sally Yates, attorney general, refused to condone the executive order ban prohibiting citizens of specific Muslim states from entering the U.S., stating that the executive order was unconstitutional. She was fired. Both Comey and Yates represent partisan public servants who lost their jobs for not bowing to the president. Dismissing public officials who disagree with you or are actively investigating misconduct on the part of your administration is a brazen step away from democracy and into a dictatorship.

The most recent dismissal, Rex Tillerson, Secretary of State, ex oil executive and real life ‘The Simpsons’ villain was fired this March. Trump reportedly had issue with the foreign policy direction that Tillerson was taking. Tillerson, on a very personal note, found out of his firing via twitter.

The long list of controversial White House administration staff who have lost their jobs, either by being pushed, refusing to bow to pressure or by resigning from the sheer fact that Trump has made their jobs an impossible task show the chaos that the Trump Administration is in. President Trump does not have a handle on how to run his White House nor did he give any impression of this during the election campaign. With policy analysts, diplomats and politicians running away from the mess that the White House is becoming, it is clear that the president is running out of members on his team, continuing to make his presidency one of the most challenging of all time. ■

Chocolate only for the Rich!

BY FELIX POOLE

With the debut of the infamous Krispy Kreme glazed donuts there have come the sadly much anticipated calls for a tax on sugary foods. We hear the cries around out of control obesity, sugary foods being stuffed into children’s mouths and helpless families being preyed on by the evil cunning chocolate corporations. This is the world the proponents of sugar tax imagine, a world where people have no self-control, no resistance and are totally helpless to the whim of the KitKat in the checkout aisle.

The solution? To tax it out of the food budget of the poor, to make the cost so immense they have to give it up. The wealthy families of Remuera won’t be changing their spending habits, they will continue to spend as they will to the detriment or betterment of them and their families. The sugar tax supporters have decided that the poor don’t have a choice, that they cannot be trusted to purchase what is right for their families. This sort of elitism within legislative groups is one that shows contempt for the poor and their situation. It infantilizes them and reduces them to an economic grouping

incapable of making mature decisions. The tax relegates certain sugary treats to those who have thrived within the economic system. The subtext of this tax is that you don’t get any more sugary goodies until you have shown you can be trusted with your food budget and earning.

I think this tax exemplifies the paternalistic attitude of the state towards the poor. This sort of attitude is one that does far more harm than good. The reality is that the poor know what’s best for them and their personal well-being and certainly know more about how to spend their money than regulators and legislators. The sad reality is that those who are calling for a sugar tax are the most wealthy within our society. Middle class metropolitans eating from fancy cafes in Ponsonby and Parnell who will not be affected by such a tax dictating to the rest of society how to live their life.

However, even if you are a fan of this paternal style policy it’s likely that this tax will not even have the desired outcomes. Denmark in 2011 implemented a similar policy, a tax on fat. What

happened as a result was that people stopped eating fatty foods and began consuming more sugary foods and beverages. As a result the tax was abandoned because of total failure to improve health outcomes. It’s inevitable then that a tax on sugary items will just result in the irresponsible people it aims help, to simply supplement their diet with other fatty junk food. The desired effect of the tax in other words is questionable at best.

All this is not to say there isn’t a problem in society with the consumption of sugar and rising obesity and diabetes. This is a big problem and we need to look for ways to address it. But a sugar tax doesn’t respect people’s capacity to make decisions. If your guilty pleasure is a king size bar or coke after work or study you shouldn’t have to cough off up more of your already hard earned stretched cash. Sugary foods and drinks should not be relegated to those who are richest and privileged in our society, and then ripped from the hands of our most disadvantaged. Sugar is a guilty pleasure we should all be able to enjoy regardless of income. ■

Rodrigo Duterte Is An Asshole, And Here's Why

BY DANIEL MEECH

I was originally going to write an opinion piece on how Rodrigo Duterte's anti-ICC stance might hurt the future of the Philippines, but then, talking to friends, I suddenly realised that none of them knew who the fuck I was talking about. So, in place of that opinion column (and in the hopes of spreading the good word of Duterte to the wider world), I present you with a Portrait of an Asshole as a President.

For those of you who haven't heard of Rodrigo Duterte - first of all, congratulations. The world must have seemed so nice until now. He's a man of many talents: he's a bigot, a racist, a murderer, and (somehow) also the President of the Philippines. He's against abortion, drug use and divorce. In short, he's a conservative with a capital KKK - the kind of politician who doesn't believe his country will be safe until it's been legislated back into the 18th Century. He's now also the subject of a human rights investigation launched by the International Criminal Court (ICC).

The charges stem from Duterte's notorious war on drugs - a violent crackdown on the Philippines' illegal drug industry which began

in 2016. The war, according to some human rights organisations, has seen more than 13,000 people killed, both for buying and supplying drugs. This high headcount has largely been spurred on by Duterte himself, who has actively advocated for a 'shoot first, don't ask questions later' approach to apprehending criminals. In fact, in one speech, Duterte even said he would personally pardon any police officer that was caught breaking the law in an attempt to kill drug users. Many in the Philippines have complained of the high number of extrajudicial (read: super fucking illegal) killings, and witnesses have testified to innocent men, women and children being shot by police for no other reason than arguing with officers.

But even outside the war on drugs, Dodgy Duterte has had a chequered history as leader of the Philippines. He's done too many controversial things to list them all here, but here's a brief rundown of Duterte's Greatest Hits:

- He once warned journalists that he would assassinate them if they spoke out against him.
- He has admitted to having had criminals executed without trial during his time as

Mayor of Davao.

- When asked to comment on the 1989 rape of an Australian missionary, he was quoted as saying that he had wished he had been allowed to go first.

Seriously, if you're ever bored on a Sunday arvo, just google "Duterte quotes". There are dozens of goodies, but my personal favourite remains the one in which he likens himself to Hitler.

So, with all that said, it's somewhat unsurprising that the ICC is currently investigating him. Even less surprising is Duterte's response. Just last Wednesday he announced plans to withdraw the Philippines from the International Criminal Court, which would effectively mean that the ICC would be unable to prosecute him so long as he stays in the country. Almost immediately, the ICC hit back. There's a clause in the agreement, they said, which means that withdrawals only take effect a year after they are asked for. It's unclear as of yet whether or not the ICC will be able to exercise that clause, but one thing is clear: Rodrigo Duterte is an asshole. He's a killer, a bigot, and a dickhead, and he deserves everything he's about to get from the ICC. ■

How to make money out of poverty: A lesson from Auckland University's Commerce Student Association

BY RUSHIKA BHATNAGAR

Disclaimer: This piece has also been cross-published on political blog The Commentator NZ.

Beggars are the latest fashion trend and you would know that had you attended, or seen photos of, the University of Auckland's Commerce Student Association (AUCA) stein last Tuesday titled: 'Beggars and Ballers.'

With nearly 24,000 homeless in Auckland and a further 45 million under the poverty line around the globe, it should not take a genius, let alone a tertiary student attending New Zealand's best business school, to understand why this party theme might have been inappropriate and insensitive. As Auckland Action Against Poverty (AAAP) Coordinator, Ricardo Menendez March put it, "AUCA's backward and classist stein is symptomatic of years of welfare reform by successive governments, aimed at portraying poor people as lazy and the source of unemployment. Great parties don't have to come at the expense of our most vulnerable and already marginalised."

Seeing the photos released afterward, it's mind

blowing that not once during the planning, advertising, or executing of this event did even ONE person on the AUCA executive committee think they might be crossing a line by organising a night surrounding the theme of poverty. An excerpt from their Facebook page advertising the event even reads, "if you want to live that beggar lifestyle chuck on some rags." **Poverty is not a costume.** An employee from the Ministry of Health quotes, "we are dealing day in and day out with a huge volume of issues due to homelessness in New Zealand and working really hard to come up with solutions and to see AUCA create a stein about this is appalling." I wonder how they judged the best dressed costume, did they have the "dirtiest" clothes on? Did they hold the quirkiest sign begging for money? Or was it simply that they "looked homeless"?

Poverty is not just living in rags. Poverty is sleeping on the streets. Poverty is living alone in fear and without food for days. **Poverty is 22,000 children dying every day due to homelessness and lack of food and water.** This is common knowledge for all of us and at

this stage it's not about being politically correct, it's about having at least over a teaspoon of sympathy, if not empathy, for people that are living without the privilege of a roof over their head and proper meal to eat.

To you I ask: stand up for those who cannot stand for themselves. Put morals before making money.

To those who attended the stein I ask: next time you dress as a beggar and walk down Auckland's Queen St, have the courage to look a homeless person in the eye and explain to them why you thought this was a fun theme idea.

To AUCA I ask: why did you think this was a good idea? And if your eyes are finally open then I hope you have the decency to make a public apology- it won't cost you even a dollar of the hundreds you made on the night. ■

SUPERMASSIVE BLACK HOLE

Sneh Patel commemorates the life of Stephen Hawking and his contributions to scientific research.

Disclaimer: This is not a reference to the 2006 hit song by Muse.

On the 14th of March, Professor Stephen Hawking passed away in his Cambridge home. Hawking was a brilliant scientist and celebrity who spent his adult life wheelchair bound and unable to speak after being diagnosed with motor neuron disease in 1963. For those who haven't seen a Theory of Everything (which I highly recommend that you do), let me take you through a brief history of Hawking's life and research.

Stephen William Hawking was born on the 8th of January 1942, exactly 300 years after the death of Galileo Galilei. Hawking showed an interest for mathematics as he grew up, but this wasn't offered at University College when he was in undergraduate studies. Instead, he decided to study physics. Hawking estimated that he studied about 1000 hours in his undergraduate years, which comes down to an average two hours per day. In 1962, Hawking started postgraduate research at the University of Cambridge and this is where he met Jane Wilde, the woman he would later marry in 1965.

Shortly after his 21st birthday, Hawking learnt he had motor neuron disease (also known as ALS) after becoming increasingly clumsy throughout the past year. He was given a two-year life expectancy, but eventually returned to his work when doctors realised his disease was progressing much slower than expected. He obtained a PhD for his thesis titled '*Properties of Expanding Universes*' in 1965. This work was inspired by Roger Penrose's theorem of a space-time singularity in the centre of black holes, with Hawking applying this idea to the universe as a whole. His PhD thesis became available online late last year, with Hawking saying "I

hope to inspire people around the world to look up at the stars and not down at their feet; to wonder about our place in the universe and to try and make sense of the cosmos. Anyone, anywhere in the world should have free, unhindered access to not just my research, but to the research of every great and enquiring mind across the spectrum of human understanding."

In 1966, Hawking's essay titled 'Singularities and the Geometry of Space-Time' won him the prestigious Adams prize. Hawking worked with Penrose from 1970 on unifying the theories behind general relativity and quantum theory. These were two opposing schools of thought: where general relativity discussed larger objects such as planets and stars, quantum mechanics focuses on the smallest objects such as protons and electrons. Unfortunately, the two theories contradict, with physicists failing to find a universal theory that could be applied to everything. Hawking's work, published in 1974, changed this.

"He came to believe that the universe had no boundaries, and that the way in which the universe began was determined by the laws of science."

Hawking focused his research around black holes, places in space where the gravitational pull is so strong that not even light can get out. He looked at it on a small scale, working on how particles interacted at the boundary of the black hole, at the edge of its gravitational pull. Quantum mechanics tells us that the vacuum of space isn't entirely empty, with particles constantly appearing and disappearing from the void. These particles appear as a pair, one with positive energy and one with negative. If the black hole is pulling in the negative particle, the positive will be pushed away from the black hole into space. This led to the discovery that black holes are not completely black, and that they are emitting a 'Hawking radiation'. Since the particle entering the black hole has a negative energy, it causes the black hole to shrink over time and with energy continually leaking out, at some point the black hole should evaporate and disappear. Before Hawking, black holes were thought to suck in anything and everything that got too close. This contradicted the second law of thermodynamics that states that the total entropy of an isolated system can never decrease. By emitting radiation, they are in fact increasing the entropy of the system and the laws of thermodynamics are obeyed.

Hawking's career was focused around finding a unifying theory in physics, a "theory of everything". He came to believe that the universe had no boundaries, and that the way in which the universe began was determined by the laws of science. *"This complete set of laws can give us answers to questions like how did the universe begin, where is it going and will it have an end? If so, how will it end? If we find the answers to these questions, we really shall know the mind of God."*

Hawking earned several prestigious awards and honours over his 56-year career. He was one of the youngest scientists to become a Fellow of the Royal Society in 1974. He is the recipient of the Wolf Foundation prize (1988), Copley Medal (2006) and Fundamental Physics prize (2013). He has also been awarded Commander of the Most Excellent Order of the British Empire (1982), Companion of Honour (1989) and Presidential Medal of Freedom (2009). It is said that he was to be knighted in the 1990s, but he turned it down due to the issues he had with the lack of government funding towards science and research at the time.

"Stephen Hawking lived a very rich and full life, and there is no doubt that his legacy will carry on for years to come."

Hawking held special interest in space travel, believing that humans needed to venture out into space in order to survive should some unnatural disaster occur. He believed that *"life on earth was at an ever-increasing risk of being wiped out by a disaster such as sudden nuclear war, a genetically engineered virus, or other dangers. I think the human race has no future if it doesn't go into space. I therefore want to encourage public interest in space."* Upon hearing this, Sir Richard Branson organised for Hawking to travel on board his "vomit comet".

Hawking often used his celebrity status to bring science to a wider audience in this way, publishing several books, including his bestseller *A Brief History of Time*, and several children's books with his daughter, Lucy. He also appeared in popular media often, either through physical appearance or by lending his synthesised voice. He featured in episodes of *Star Trek: The Next Generation*, *The Simpsons*, *Futurama* and *The Big Bang Theory*. Shortly before his death, Hawking guest starred on Neil deGrasse Tyson's *Startalk* and an episode of *The Hitchhiker's Guide to the Galaxy*.

Although confined to a wheelchair, it is important to note that Hawking did not see himself as limited by his disability. *"My advice to other disabled people would be to concentrate on things your disability doesn't prevent you doing well, and don't regret things it interferes with. Don't be disabled in spirit, as well as physically."* Stephen Hawking lived a very rich and full life, and there is no doubt that his legacy will carry on for years to come. ■

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Who is KiwiHarvest?

Milly Athy-Timmins and **Emelia Masari** had the opportunity to speak with **Andy Boor** from KiwiHarvest.

Walking into Goodman's business park in Ellerslie, you will find a bunch of bright green shipping containers situated in the carpark. KiwiHarvest's new permanent office and warehouse space has been situated here for just over a year, after moving around in temporary and donated locations since establishing themselves in Auckland, in 2015. KiwiHarvest started off in Dunedin under the name Foodshare. However, upon moving to Auckland, the renaming took place after buddying up with sister organisation OzHarvest in Australia.

The name KiwiHarvest may ring a bell, as Subway partnered up with KiwiHarvest last year for World Sandwich Day on November 3rd. This meant that for every sub you bought, not only did you get another free one, but you were also helping donate a meal to charity.

Food waste is a massive problem in New Zealand, as tonnes of food is thrown out when still perfectly edible. KiwiHarvest work with growers, wholesalers, supermarkets, bakeries, cafes, and restaurants to gather food that would otherwise be wasted. They then deliver this food to communities and social service agencies. As many social agencies require food, having KiwiHarvest provide food for free not only saves the community partners thousands of dollars a year, it also allows these agencies to put their focus and energy in delivering their core social services.

In total KiwiHarvest have saved 1415100 kilos of food for their 215 recipient charities, since starting in Dunedin in 2012. Saving this food from decomposing in landfill means a reduction of 5,660,400 tonnes CO2e. This amount of food is equivalent to 4,043,143 meals that the recipient agencies have been able to provide for their clients, thanks to KiwiHarvest.

The new warehouse now includes a fridge and a freezer which allows KiwiHarvest to provide more meat and produce, which would otherwise spoil very fast. Mostly fresh produce is collected by the drivers as many other organisations such as City Mission cover other fronts such as dried food and cans. However, companies such as Just Juice sometimes make large donations.

Food from supermarkets are usually collected when packaged, two days before the date of expiry. Produce such as bananas are collect-

ed when food sellers such as supermarkets, feel they can no longer sell it based on its appearance but it is still edible.

As the services of Fair Food cover West Auckland, KiwiHarvest covers largely South, Central, and East Auckland, as well as the North Shore. Some of the work they do aside from collecting foods from supermarkets and wholesalers, include work with schools and corporations. KiwiHarvest have started visiting high schools to raise awareness around food waste. They also run team building exercises for corporations such as cooking for a cause, where a team will come in to help create prepared meals.

We were able to sit down and have a chat to Andy Boor, one of the employees at KiwiHarvest who not only shed some insight on the work they do but also what inspired him to join this organisation.

ANDY BOOR: My personal food rescue journey began back in the UK, where I'm from, when I first started to learn about the amount of food that is wasted along the supply chain. Think about a banana grower in Ecuador or the Philippines spending months growing bananas, which are then picked, wrapped in plastic, transported across the world, delivered to a supermarket, sit on the supermarket shelf for a week, and then are dumped into landfill as soon as they start to go spotty, despite the fact they are still perfectly edible. This still blows my mind when I think about it, and is a huge waste of the time, fuel, and other resources used by the process, that humanity and the earth cannot afford.

After working for FoodCycle in the UK for three years, I moved to Auckland and got in touch with KiwiHarvest to see how I could help here - unfortunately, food waste is a truly global problem. It's a cruel irony that in every country in the world, there are people who cannot afford to eat properly, at the same time as there is good food going in the bin. It only makes sense that once we have resolved to save this food from the bin, we make it available to those who need it most.

So What can we do to help KiwiHarvest and reduce food waste?

ANDY BOOR: The support for food rescue from New Zealand industry is widespread, and growing rapidly; food businesses would always prefer to avoid wasting food if they can help it. The only barrier to KiwiHarvest rescuing all the food that could be available to us is capacity - the biggest thing we need is investment in our infrastructure to enable us to meet the demand!

On an individual level, the first thing we can all do is to be conscious of our own food waste at home, and plan our shopping and eating habits better to minimise that. Beyond that, get involved with your local food rescue organisation, whether that is by volunteering your time, or making a monthly financial contribution or fundraising yourself to support our running costs.

KiwiHarvest is a charity, and relies largely on donations for organisational funding, office spaces and food. They work on providing equal service to their community partners. Andy spoke of KiwiHarvest wanting to expand further to reach more organisations and collect more food. However what organisations receive changes daily, depending on what produce has been donated that day. This is also limited as KiwiHarvest currently only has 2 vans, and is in the process of getting their third van. The small number of vans presents capacity issues not only in collecting and serving the whole of Auckland, but also for those wanting to get onboard and volunteer. ■



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I Moustache You a Question

Lily Holloway interviews **Deanna Yang** on cookies, cookies, cookies!

Where do you go out to eat when you aren't living, breathing, eating cookies?

I actually eat a lot of Chinese food – I'm Singaporean-Chinese – and I love vegetables. Any stir-fry or Chinese vegetable dish. I always go out to noodle bars for dumplings too.

Any place in particular that you really love?

I frequent Eden Noodles quite a lot.

Who or what is your food inspiration?

There's this guy called Dominique Ansel with an amazing Instagram and stores in Tokyo and L.A. I really love his work, it's always really creative and a lot of people end up copying his ideas because he is at the forefront of the game. We both see it as important to have fun in your work environment, be quirky and push the boundaries. He's a great inspiration.

After the rent drama of 2016, the public really pulled together to save your store. Why do you think Moustache has such a cult following?

From the start we've always been really genuine and tried not to put on a front. I think a lot of people came together because they related to us. We are more than just a business with no face to it – we have a real human element.

Being an entrepreneur, manager and employer is hard work. What makes Moustache worth all of the stress, hustle and bustle?

I started Moustache because I was really passionate about the product and the brand, not because it seemed like a money-maker. It has been something I have wanted to do since I was eight years old. I think anything worth doing in life is always going to have ups and downs. There have been a lot of pick-ups for Moustache, but at the end of the day, I tell myself to enjoy, not just to endure.

Which cookie creates the biggest fanatics?

Our craziest cookie is probably our giant MallowPuff cookie. Every time we release it people just go nuts. We had the Mega-Puff treasure hunt go absolutely viral.

I had two friends have a falling out over the Mega-Puff hunt. It's serious stuff.

What kind of thought goes into creating your recipes?

I find that you can't really get cookies like ours in New Zealand. Before Moustache became an idea, I couldn't find a cookie that had that little bit of crunch on the outside but was soft and chewy on the inside. New Zealand has a lot of the harder, crunchier biscuits. That's why I really wanted to create these recipes. We are quite a simple shop – just milk and cookies – we are always creative, but we want to get the basics right.

Is it hard to stay true to that simplicity?

Yeah, because a lot of people want us to deviate from what we currently do. For example, people are always wanting us to do the hard shortbread cookies and pipe them with designs like the company logo. It's just not what we really do. It's important to realise where you stand on things because you're always going to have people ask you to do that and do this when we can't actually do everything. If you spread yourself too thin you're just going to stress yourself out.

Why does NZ-made/free-range matter when you choose ingredients?

From the start we've always wanted to use more quality ingredients. We use free-range eggs, Whitaker's chocolate and premium NZ Dutch cocoa. All of our ingredients are locally sourced. But with the world getting so much closer with online shopping, we'd really like to stay with New Zealand-sourced but also explore what we can do with interesting over-

seas products. You do have to maintain that careful balance between having quality and staying interesting.

Why is customer service important to the food industry, and what does good customer service look like?

People are actually quite forgiving when something goes wrong, but if it does go wrong and you have someone that gives bad customer service or treats you badly you really don't forget that. Good customer service is absolutely crucial to connect with a customer in a way that goes further than the exchange of goods or services. Moustache has always been about the experience as opposed to being a cash-cow. I want people to come to Moustache and be excited for the whole experience. So, for us, customer service has to lead the way.

Moustache has done lots of pro-bono baking: cookies for kiwis in need, SPCA 'Cookie for a Can', helping Women's Refuge and Starship. why is giving back to the community so important?

We are a pretty small business so the amount that we can give is not as much as I would like. I used to beat myself up over that like, "we should be doing more!" I realised, though, that no matter how small you are you can still do your part. So, I have tried to make it a part of our everyday lives at Moustache to at least try to think of ways to give back to the community, even if it a few boxes of cookies might seem trivial. Business is all about people. You have to share! Otherwise you risk turning into a corporate cog just trying to get people's money.

You just finished the Mo-Bus tour and Lantern Festival, what is next for the Mo-Bus?

We've been travelling a lot. It has been awesome getting to see fans who don't live in Auckland but who still supported and backed us during 2016 when we lost our store. I was really grateful for the people who hadn't even been to Moustache supporting us. I wanted to go around and thank everybody and let them have the experience as well. Unfortunately, I think travelling so much has taken its toll on my personal life. It's good to come home and get that stability back. There's no place like home! We have a few plans for the bus this year, but we are thinking something a bit more permanent. I really want to focus on new products, not necessarily cookies but products like the cookie butter and cookie candle that were really popular over Christmas. This year is a year of creation.

Is it hard making time to be young and have fun when you are also a business boss?

I think everybody has their own stuff going on, no matter what you do. It's about prioritizing what's actually important. So, no matter how hard work gets, I always make time for my family and my friends. It's hard though because often my personal health gets left at the bottom of the pile. I'm hoping that this year that will change! I am really trying to achieve a healthy balance. As much as I love and am passionate about Moustache, work isn't everything. We put so much emphasis on work and careers sometimes when living in the moment and being yourself is equally as important.

How do you spend your down time?

I've actually been doing pole fitness classes. I grew up as a bit of a tom-boy with three older brothers, rolling in the mud and that sort of thing. I never really was confident in my femininity, so I wanted to take up something that would help me express it. Getting both a fitness and dance element into my day has been really cool. Other than that, I like to read. Oh! And hang out with my cat Benedict Cumbercat.

What TV shows, music and video games are you enjoying currently?

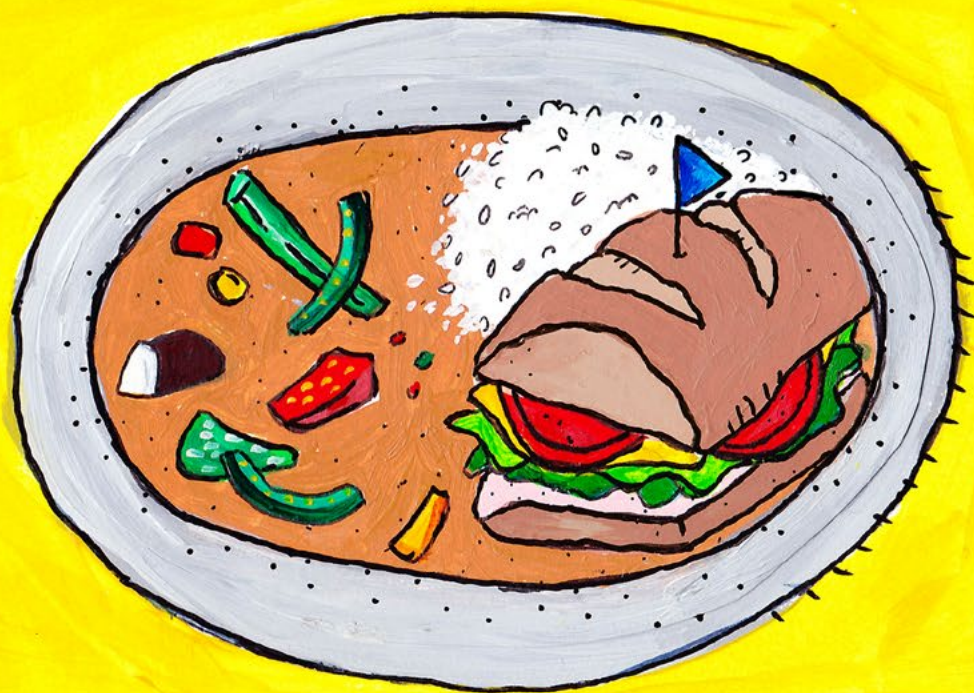
I have a highly addictive personality. I didn't try coffee until I opened Moustache at 21 years old because I knew I would get addicted. So, I am veeeery careful with games on my phone. I absolutely loved Pokémon as a kid but have not let myself even touch Pokémon Go because I knew I would become obsessed. I tend to keep TV shows and games to a minimum because of this reason. I just like them too much! I'm very much all or nothing.

Is the Cookie Monster your inspiration?

Haha, no. I've always had an affinity with cats. It's not that they're my inspiration exactly, it's more that I strive to be more like them. Cats have this aloofness to them and are so good at what they do – agile badasses who own you more than you own them. It's good to have that confidence and not take things too seriously.

What's next for Deanna Yang? What's next for Moustache?

This year is about creation. I used to be so hard on myself with creating – like with my blog making little cents, because I'm so hypercritical of any work I produce. Any writing, any photos, any videos, any content, it always has to be perfect. I guess I am slowly realizing that you can't create good content without creating bad content and it's not always going to be perfect. ■



Chop, Mix, Blend, Assimilate

Janna Tay discusses the concept of “assimilation food”, her upbringing and the whiteness of Asian fusion trends.

Four in the afternoon and my mum is standing on a stool in the kitchen, peering into the pressure cooker. “How long should I leave this for?” She’s browning beef cubes with tomato paste and paprika for a goulash. These items are all strange to her, cookware and spices she never knew growing up. But like any new recipe she tries, it’s never faithful. This iteration will be served on rice and eaten with fresh chili sliced into light soy sauce.

This is just one of the many foods we’ve picked up since moving to New Zealand from Malaysia when I was four years old. These forays into Western tastes, however, all end up a little mangled. Sandwiches were filled with leftover curry chicken. Chicken was roasted with five-spice powder. Before Bill English, my mum was putting tinned spaghetti on home-made pizza bases because someone had taught her to put spaghetti and baked beans on toast, so surely the concept could be expanded to pizza. Or, if the spaghetti were genuine pasta, it was made with mince and Hoisin sauce. Food is something of a language—we speak only what we have known, and there is a gap in our tongues when it comes to cheese, dried herbs, pan-fried steak.

Soleil Ho calls it “assimilation food”. This is the kind of food made to “close the gap between homes”. It’s when an old way of life doesn’t stretch far enough, and so we have to patch the holes with whatever we can scrounge from our new surroundings. Sometimes we mimic new tastes, like spaghetti, but pull it back to something familiar though unexpected, like Hoisin sauce. Other times, we try to recreate old dishes but lack the right ingredients. And so we substitute them with what we can find here, resulting in proxy versions of traditional fare.

For food is a way to belong. It’s a social marker, an indication of status and lifestyle. It’s our history and memories - we cannot escape the tastes ingrained in us from childhood, the dishes that speak of the hands that raised us. It is perhaps the most private public thing: what we allow into our bodies and what we keep out. And if what you and I ingest is similar, then maybe on some level there is a part of us that is the same. As a child, lunch was a source of great anxiety. I was fixated on eating like white kids. I wanted sandwiches and chip packets, not rice, not weird snacks from the Asian supermarket. But my mum never quite got the hang of sandwich

mechanics, and they were often too dry because savoury spreads don't feature in our culture. We're a people of sauce; we dip things. Rami Malek recalls asking his mother to make him peanut butter and jelly sandwiches instead of ones filled with salami, feta cheese, and olives. She said, "Why would you wanna eat that shit?"

To be clear, this isn't the same as fusion food. It's not the food you'll find in "Asian fusion" restaurants popping up all around the CBD and the inner-city suburbs. It isn't the same as "modernising" and blending the flavours of Asia. Fusion is delicious, sure. It's even exciting to see the flavours I know suddenly available everywhere. But it's strange to have a white waiter come around and ask if we're familiar with "how things work" before explaining the concept of "sharing". This, as explained, gives us the chance to sample a range of dishes. Sharing is currently all the rage. It's also how we always eat in my culture, everyone reaching for dishes in the middle, serving others before they serve themselves. It's not about sampling—life is just communal. These explanations are likely little more than good customer service, but symbolically it feels like these restaurants have repackaged the culture as if to say, *This is what's acceptable and valuable, nothing else*. What stings about "Asian fusion" is that the food I've been ashamed of has become trendy because it's been translated by white chefs into a currency that it's now cool to buy into. It's the currency of worldliness and globalisation, the upper-class Contiki tour of Asia, an Asia figured within the prism of the white gaze.

Economically, the people to whom this heritage belongs are not the ones who benefit. To Westerners, "authentic" Asian food is street food. The 2014 documentary, *The Search for General Tso*, makes the point that Chinese restaurant owners adapted their dishes to American tastes. "General Tso's Chicken" is not a dish that exists in China or amongst the Chinese diaspora. It's assimilation food. Chinese restaurants throughout American history adapted to Western tastes to stay alive in the face of overt racism. But Chinese food, like most ethnic food, is relatively cheap, and there is an expectation that it remains that way. The best Thai, Indian, and Japanese restaurants in the inner city will generally cost you less than European or higher-end Asian fusion restaurants. There is "a downward appreciation", in Peter Kwong's words. Ethnic labour is not valued to the same degree as white labour, and "fine-dining" is almost exclusively Western.

Even where there appears to be great respect for ethnic food, there seems to be little regard for the underlying culture. One of the great joys of my life is Masterchef Australia. It has, however, had dishes such as "Asian-inspired salad" which reduce Asia, in all its vastness, to a soy sauce and fish

sauce dressing. Judges praised a contestant for "modernising" Filipino food after worrying he would remain too traditional, while awarding high marks to an Australian contestant cooking a "classic" French dish. Canon French dishes, like coq au vin, like beef bourguignon, are praised for faithful renderings, and many a successful competitor has constantly cooked minor variations on the Australian "meat-and-three-veg". Yet complex ethnic dishes receive doubts about whether they are "current" enough, and people of colour who continually cook from their cuisine are criticised for lacking versatility. But what is in question is not ability or creativity. Rather, the demand is for something exotic yet recognisable - something palatable that a Western audience can be thrilled by and yet still accept.

And the desire for familiarity is the same desire that immigrants have. Anyone in a foreign land will try to make things seem more like "home". Where fusion food comes from a place of privilege, assimilation food comes from a place of survival. You might wonder about fusion restaurants run by chefs to whom those cuisines belong, such as Eddie Huang's Baohaus in New York City. The difference with Huang's reinvention of Chinese-Taiwanese food is that he's sharing his story and what he grew up with, having worked as a kid in his father's steakhouse in the American South. It's a reclamation. The difference lies in the power dynamic of who is doing the mixing.

For the mixing is, itself, a loss. While as a child I resented my parents' halfway creations as a failure to assimilate more totally, the loss I feel now is that of authenticity and the failure to more purely preserve our culture. As a diasporic person for whom photos and names and stories are rare, food is one of the few things to cling to. Durga Chew-Bose describes the "restlessness" of being first-generation, of how we build our connection to our histories through pictures, visits, and food. We gather echoes of those tastes and they are not entirely ours, but we understand them. First-generation kids, Chew-Bose writes, are "the personification of *déjà vu*".

Assimilation food is the lived metaphor of first-generation kids: chopping, changing, acquiescing to the taste of one's surroundings, never fully able to find the past or to escape it. Like those dishes, Ho asks how far we can stretch without losing the original soul. But why should we desire to escape? The upbringing is written in the body - I crave now spice and sambal, noodles and rice. And what's the use in seeking a past that can't be recovered? There is power in who we are now, in bringing together many disparates. We're writing new histories in the way we eat and nourish ourselves. There is no true authenticity but our own. A faithlessness to all recipes except the new ones we write. ■

What's it like being an immigrant Chef?

Han Li asks Chef Wang from Chef Wang's Xi'an Food in Auckland central.

It starts with the dough, shaped into a plump ball and kneaded to give it strength. One roll on each side with a rolling pin and it flattens into a rectangle. The dough is then picked up at the ends and swung up and down in a parabola, gravity helping it stretch longer and longer. The chef's hands come together and loop around the dough, joining the ends and pulling them apart again. A noodle starts to form. This continues for some time before the noodles are slapped against the bench with a *bang*, keeping them from sticking together. Finally, they end up in the boiling water. These are hand pulled noodles, one of the many dishes cooked at Chef Wang's Xi'an Food.

Chef Wang is different to most migrant chefs. Now 51, he has been a chef since he was 15 years old. Chinese cuisine is extraordinarily diverse, each of its regions has its own tastes and characteristics. Wang has expertise in many of them, reeling off an impressive list of areas that he has worked at while in China. He came here 9 years ago, first working as a hotel cook in Rotorua before moving to Auckland and starting Chef Wang's Xi'an Food in Queen's Court opposite the Town Hall. His experience showed. The hand pulled noodles I had there were springy and flavourful, better than most I've had in Auckland. But they weren't the same as China.

Recently, while trying to cram my dissertation in one month, I ate a lot at restaurants run by immigrants like Wang. One thing on my mind whenever I ate was why Asian food was just not as good here (I had recently spent 4 months in Hong Kong). I ended up on two hypotheses: either the ingredients were not good enough, or the technique of the chefs were not good enough. Wang had his own thoughts.

He thinks it is mostly technique. The flavour of food is a combination of a place's culture and essence, and this is essential for getting an authentic taste. Most migrant chefs do not understand the essence of the food. He thought this was because a lot are not trained in the culinary arts but are instead forced into running restaurants because they couldn't find other jobs.

This seemed crazy to me. More than half of restaurants fail after three years. Starting a restaurant seems to be the last thing a person struggling for employment should attempt. But Wang thought otherwise. When you are a migrant, he says, you sometimes have no choice. In this context, starting a restaurant was a "safe" move, compared to being jobless or labouring at someone else's restaurant.



What about the ingredients though? Well, there are differences here compared to China. For example, Wang says that spring onions here taste different (because of the soil), while climatic conditions (e.g humidity) change the taste of a dish as well. It seems like my dream of eating food which tastes the same

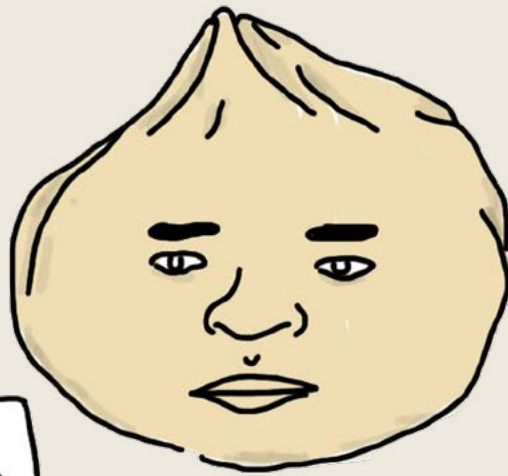
as those in China is unlikely to come true.

And of course, I had to ask what he thought about New Zealand, a country he came to just to have a look around but ended up staying in. "It's hard work. I work longer hours here than in China. But China is messy. People can mess with you. The work is harder here but life is more predictable". To me, this mentality seems to sum up the attitude of most migrants to New Zealand, ready to work hard and appreciative of what the country offers. (The same traits also sometimes lead to their exploitation by employers).

People can be passionate about food. No one likes having a bad meal. However, I have nothing but support for migrants trying to run restaurant's here, even the mediocre ones. Many are stuck in difficult situations by virtue of their minority status. They have to cater to both western and ethnic tastes, but don't have the required skin colour or accent to run a "fusion" restaurant that allows them to charge higher prices. Perhaps being stuck in this culinary no man's land is the reason many serve up bland dishes, with Wang admitting that he "tones down the flavour" for white customers out of fear that the real thing would be too strong for them.

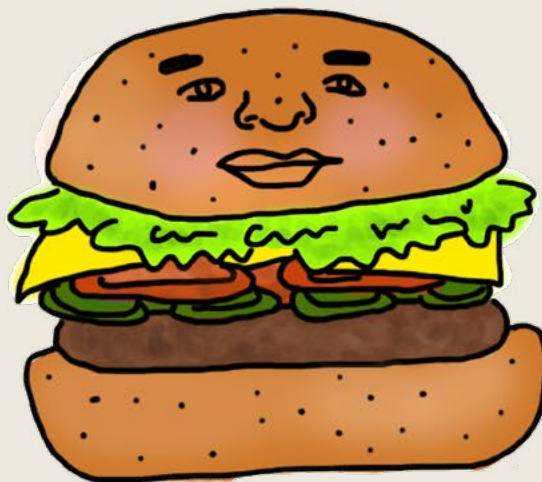
Wang dreams of creating his own chain of restaurants and food products. He is also looking for an apprentice chef. Until then though, he will continue working 12-hour days, 7 days a week at the food court. As I left, another customer dropped by and ordered noodles. The rhythmic *bang* of the dough filled the air as the cooking process started again. ■

YOU CAN TRY CHEF WANG'S NOODLES FOR YOURSELF AT SHOP 53, QUEENS COURT, 368 QUEEN STREET.



Example 1:
BAD CHINESE FOOD

minor face
Surgery!



Example 2:
Good Chinese food

“ Fusion food makes me feel so ethnic! ”

Food Travel Show on a Budget: A Non-Physical Journey of the Cultural Appropriation of Ethnic Foods

Emily Yi discusses fusion restaurants and the arguments of cultural appropriation.

Growing up as a Chinese kid in late 90's, early 2000's Auckland, I ate some great Chinese food. Whether that was somewhere on Dominion Road, or institutions like Sun World Millennium in Newmarket, some of my dearest childhood memories were spent there. Most of them were Cantonese restaurants, with the occasional Shanghai or Sichuan cuisine place scattered between. Now, Auckland not only boasts an array of Chinese restaurants but has recently increased in the number of fusion eateries. From experience, some of them are good, others not so much.

In theory, I should like fusion restaurants. Fusion cuisine, when done well, reflects the multiculturalism and diversity which is characteristic of Auckland. In a way, it reflects what I grew up eating, all in one menu. It can be exciting, innovative, and at times satiates my need to eat "something Asian - good Asian food, but not what I eat at home, something new". Not only that, the Auckland food scene has influences from America with more Mexican, barbeque, and Californian places popping up over the city. There also seems to be a growing number of South American food that is hitting this side of the Pacific. Exciting stuff, I know. Yet in the past few years I find myself feeling uneasy when I think about Asian fusion.

There is a sense of cultural appropriation that pervades these fusion restaurants. That statement itself does not explain why I feel weird eating yet another hoisin sauce overloaded bao, nor why there is discourse around the subject. What does cultural appropriation of 'ethnic' food mean? Where do the boundaries between natural integration and reckless adoption get drawn? These are not straightforward questions to answer, and everybody has an opinion.

Turns out, people do have opinions:

"I thought it might be, like, cooking or eating or [what-ever] food without acknowledging or understanding the plight of that minority and the complex power structures that come with the systematic oppression of the minority group by white people, and that obviously the majority group is fetishising/eroticising the minority group's culture." - M.L.

"Apparently [the food] is meant to be Turkish fusion. I got the mushroom tabbouleh. And I got it, and it wasn't tabbouleh. It was mushrooms with a bit of parsley - so they called it tabbouleh. It's not tabbouleh ... Why call it tabbouleh? I'm not mad about it but it's false advertising. Also, the price is high as shit" - F.A.

"That the problem with fusion food is not strictly an objection to cultural exchange or assimilation, rather the callous use of an ethnic groups culture and cuisine to sell food."

"I guess in the cultural appropriation of food, people are either using stereotypes to sell, OR not giving any acknowledgement towards the culture/ethnic group it came from." - G.B.

"We get so much shit for eating our own food like at schools and stuff. Pretty sure it has something to do with why I struggle to eat a packed lunch, and then the same white people who made it hell for us in school rave about dumplings." - A.Z.

"So, you mean fusion restaurants? If I took my mum to White + Wong's or Blue Breeze Inn she would flip her shit" - B.S.

These statements point towards some big issues. That the problem with fusion food is not strictly an objection to cultural exchange or assimilation, rather the callous use of an ethnic groups culture and cuisine to sell food. That certain establishments are not putting out a menu from a place of experience, rather out of following trends.

There seems to be unease about the use of 'ethnic' cuisine terms to spice up, I only mean that figuratively, the menu. Recently, Christchurch restaurant Bamboozle was condemned by Race Relations Commissioner Dame Susan Devoy for having a menu that used a mocking 'Asian' accent to name dishes. The restaurant has menu names like "chirri an garrik prawn dumpring". Which is, in English, minus the terrible attempt at an 'Asian' accent, "chilli and garlic prawn dumpling". The owner defended this aspect of the restaurant by saying how part of the success of the business was because of the humour used. Apparently, making customers laugh at the expense of being culturally insensitive is what doing good business is. Being a fusion restaurant, Bamboozle uses the fact as permission to use 'Asian' jokes as a selling point, and they are not the only ones doing it.

Even up in the cosmopolitan City of Sails, a place aptly named "White + Wong's" sits near the dock against giant international cruise liners. Without even touching upon the menu, the name itself warrants a discussion.

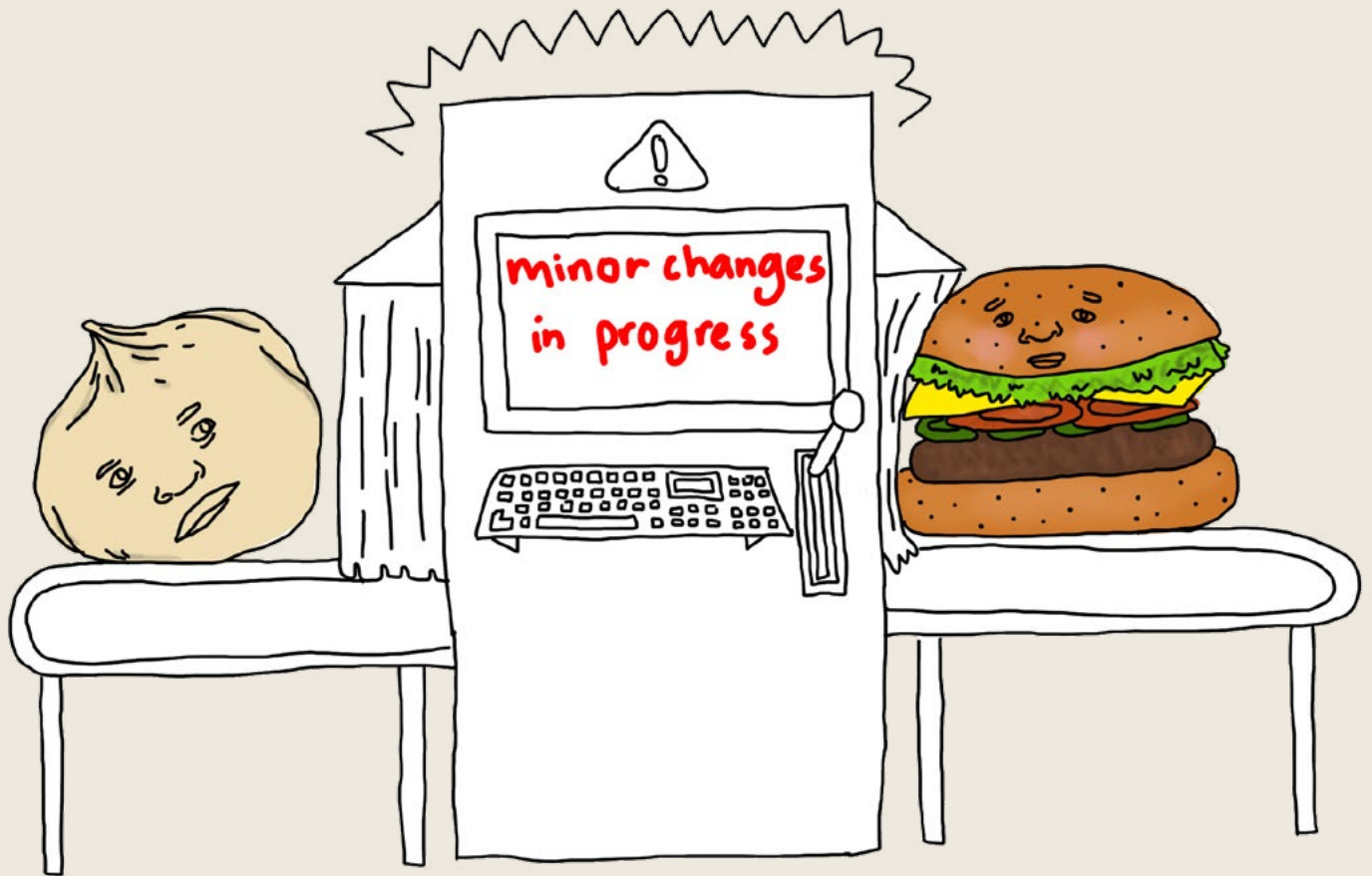
"A cheeky poke at an overused playground insult, because it's fine when businesses can use racial degradations as long as they know that they are doing it."

Giving them the benefit of the doubt, it seems to be a self-aware joke of a name. A cheeky poke at an overused playground insult, because it's fine when businesses can use racial degradations as long as they know that they are doing it. Right? It is attitudes like this that translate into a glowing neon white name that does not bring resolve to the feelings of racism in the food scene. That Asian food is seen as something to be commodified, not to be treated with dignity. That having an "eclectic menu" of Asian food is fine, even though there is the tendency to homogenise any cuisine with soy sauce and ginger into the same thing. Although the venue manager may be an Asian woman, Sonya Chan, it does not make the name excusable. Whether or not the name is okay, the connotations behind it almost sums up the feelings that underpins this article. That "White" is right, and "Wong" is wrong. Only in a food context of course.

These trends that restaurants are following are off the back of years of 'ethnic' cuisines being ridiculed and treated lesser than. Growing up, a lot of people were bullied over having 'ethnic' food. Dog eating comments aside, I have had friends recall asking their mums to stop packing rice and instead peanut butter sandwiches. Another who "just wanted to eat what the white kids had". There are people who to this day, still feel uncomfortable about bringing packed lunch because of the torment they went through in primary school. It is almost a shared childhood experience to have felt shame and embarrassment over eating food that was different. Although being made fun of for bringing rice for lunch is not something that necessarily continues into adulthood, the feelings of being 'other' still hold true.

Beyond that, only certain foods are accepted today. Dumplings and baos, totally in. I have never seen a collective group of people froth at the mouth for dumplings until the day it was announced that Barilla would be putting up shop in the quad. Baos seem to be popping up on menus across the isthmus. The idea that it is the alternative, more trendy version of a burger is used well as a marketing tool. It is welcoming to see a greater acceptance towards these traditional types of food. To be able to have some dumplings or a bao when going out to eat is comforting. It is hopeful to see that change is possible when people open up to new tastes and smell, that maybe there is more to be shared. However, it is still a long road to resolving the racial tensions that make acceptance of the 'other' difficult.

To take a walk on the other side, there is chicken feet. Often used as an option in every game of "would you rather", and in recent times elevated into James Corden's late night game show. Chicken feet is on the whole considered disgusting, gross, and definitely not in. It makes sense, dumplings and baos are approachable carb pockets. They are easy to eat, customisable for a variety of tastes, and most importantly, boneless. Chicken feet is well, the feet of a chicken, and difficult to approach. No amount of sauce can



"Fusion foodinator 3000"

cover up the fact that it is a gelatinous, bone filled, chicken skin bag. Again, it is not about whether the food is good or not, but when acceptance of 'ethnic' food by the majority seems to be the proxy for worth, it brings about an unsettling feeling. Maybe that's why I so fervently eat my beloved chicken skin bags during yumcha, to take back the allocation of worth.

Not all fusion restaurants are bad. Among them, Simon Lee, owner of Major Sprout, and other popular eateries boasts multiple fusion menus. Fortunately none of them use shit puns to try to sell \$10 baskets of dimsum. Instead, they have a mixture of Korean inspired dishes with your classic Kiwi brunch favourites. It is worth noting that the owner's ethnicity does not necessarily have to do with level of acceptance. It is much easier to see a Korean owner running a Korean restaurant as authentic, compared to someone who is not. However, having an owner or chef not be from that cuisine's country, is not independently an issue. As long as the chef has trained and is experienced, it is hard to label their intentions as callous or insensitive. Maybe they lack the first-hand experience growing up in the culture but it varies so much with skill and passion. It seems divisive to try to segregate the cooking of food by the ethnicity of the chef. No one should be held back from cooking a certain kind of food, but it is important to have consideration about identity and food.

As much as the issue is not the chef, the issue is

also not with fusion restaurants in and of themselves, but the racism in our society that has not been addressed. When suddenly it becomes profitable to sell the foods once laughed at, that they become accepted. That the value of food is more when it is pitched as "modern", "fusion", "eclectic", somewhat more 'white adjacent', a sense of exoticism but only to dip your feet into without actually eating feet. The realisation that when you have a menu with both European and Asian influence that you can cover more than one group of customers. The end goal being to make money rather than considering the implications of food and business practice.

It seems that what frustrates people is this sense of cheapening culture with no real understanding of the food and where it's from. It is a sensitive topic when food is being sold off as something trendy, on the back of growing up with ridicule over eating the same 'ethnic' food. This is not to say that restaurants have the intent to incite these attitudes or to make business from it. Clearly that would not be fiscally sound, but more importantly, there should be an awareness that this is the food landscape. That food means a lot to people, and can bring forth many thoughts and feelings - which is the very thing that brings restaurateurs and chefs together with their patrons. Ultimately, there is no clear cut "White" or "Wong" (the joke had to be made) over what fusion food should be, but the feelings of injustices need to be understood, recognised, and hopefully reconciled. ■

REVIEWS



Love, Simon

FILM REVIEW BY BELLE HULLON



The premise of this movie had already sold me. A gay teen coming out movie? YAY representation and progress!

Blurbs described it as a coming out story about a high schooler who falls in love with an anonymous schoolmate online. As the movie progresses, we see him struggle with words, blackmailed into manipulating his friends to keep his secret, and in the end watching with bated breath to see if he gets his happy ending.

And sure enough, it did not disappoint. Nick Robinson did well commanding the screen in every scene; he didn't have a loud persona - he had a heavy one. In one scene, his mother Emily (Jennifer Gardner) says 'It's like you've been holding your breath,' and it sums up how well Nick portrayed Simon's struggle with his sexuality. He always seems to have something just under the surface, from the very first scene.

Katherine Langford plays Leah, his best friend from childhood however she didn't seem to shine in this film. Her talent didn't come through in the role as a pining best friend, with her screen presence falling just a little behind everyone else.

The movie itself broke and healed my heart over and over. It held my emotions in its hands. When Simon's dad (Josh Duhamel) had his big scene and broke down, it was the most vulnerable, painful joy a movie could have made me experience. Where every other movie gives us a heteronormative happy ending, LGBT folk got a happy ending in the allies the movie showed us (come through, Mr. Worth and Ms. Albright! Stand up to those bullies!) and in the way it showcased the struggle to embrace your sexuality even when you're surrounded by positive support.

Here's to a new era of inclusive, diverse cinema. Love, Simon has most definitely done well in helping pave the way. ■



Red Sparrow

FILM REVIEW BY PATRICK YAM



Jennifer Lawrence stars in yet another film that barely crosses over into mediocrity. Shame, since she's proved that she can act. It's ironic that a movie about seduction should fail to seduce its own audience.

On the surface, the film is gorgeously sadistic, following Dominika Egorova after her ballet career goes kaput. Coerced by her Putin-look-alike uncle, she becomes a spy trained in sexual manipulation - a Red Sparrow (how edgy). What follows are an elaborate mess of events that leaves the audience in perpetual suspense, eventually giving over to boredom.

For one thing, the film tries hard to paint Lawrence's character as a bombshell. The writers didn't seem to grasp the 'show don't tell' concept. Characters comment exhaustively on how different Dominika is, how special she is, etc. *We get that she's hot*, I wanted to yell out, in futile hope that the flimsy characters could hear.

Morality is also given the hot-potato treatment, tossed about wildly for no purpose whatsoever. You'd think there would be commentary on the weaponization of sex. Instead, the only thing of note is, 'American government good, Russian government bad.' Russian politicians are portrayed mercilessly - which is, historically, mostly true. Conversely, the American government appears infinitely more humane. Joel Edgerton's character, the handsome but otherwise flaccid CIA agent Nash, promises Dominika that America won't push her to atrocity, unlike her motherland. This is funny, keeping in mind literally everything America has done to other nations over the years.

Despite managing to enlist an ensemble cast, despite Lawrence and Edgerton's efforts (though great separately, their chemistry was lacklustre), the film fails to elicit more than a dry laugh or a disconcerted twinge at its violence. This is a passably-exciting, visceral thrill that peaks during Dominika's Red Sparrow training, and proceeds to wind down afterwards. It's not a compelling spy thriller - don't be fooled by the long runtime and sleek cinematography. ■



Jessica Jones Season Two

REVIEW BY LILY HOLLOWAY



When I was asked to do this review, I was pretty stoked. Not only do I get to write about one of my favourite TV series but I am also now able to justify my Netflix binge. Win, win!

The first thing to note is that this series is notably easier to watch than the first instalment, which was not afraid to dive head-first into gruesome explorations of rape, trauma and having your bodily autonomy stripped away. In season two, hero and private investigator Jessica Jones is still dealing with the aftermath of season one. Her trauma is not magically resolved which is a refreshing representation.

Big kudos to the producers for responding to the #metoo movement by not only including content exploring the inherently sexually predatory aspects of the industry, but also by having EVERY EPISODE directed by a woman. Women's issues demonstrated by women creators? Who would have thought such a thing could be possible, let alone so kick-ass?

Unfortunately, plot-wise the season was a large step-down. While the first season had a focussed trajectory, this season seemed really disjointed. There were some quite intriguing sub-plots but as a whole the show was all over the place, as if they changed their mind as to the direction half-way through. Without the enthralling talent of David Tennant as Kilgrave and no true 'big bad' to replace him to constitute the underlying series arc, the series climax comes too late and is largely unsatisfying. The concluding episode is frustrating and does a poor job of captivating the audience for potential future seasons.

Also, more ethnic representation please? Season two adds quite a number of new white characters to the table, and while we still have the character of Malcolm (Eka Darville), the love interest (J. R. Ramirez) and the brief appearance of P.I Pryce (Terry Chen), there are no women of colour in lead or supporting roles.

Jessica Jones, the alcoholic P.I anti-hero with superhuman strength will always captivate me. Please don't take that for granted in season three. ■



All The Things I Never Said

Pale Waves

MUSIC REVIEW BY CHRIS WONG



At first look, Pale Waves frontwoman Heather Baron-Gracie can be a striking figure. With her short raven locks, heavily applied eyeliner, Doc Martens and all-black fits, one would expect her to play gothic rock similar to Bauhaus or Siouxsie and the Banshees. However Baron-Gracie and her band play a surprisingly upbeat yet melodramatic brand of John Hughes 80s-inspired indie pop, which is put on full display on their debut EP *All The Things I Never Said*.

Sounding not unlike The 1975 or The Cure at their most cheerful, parallels are bound to be drawn between these bands. And with their first two singles being produced by The 1975's Matty Healy and George Daniel these similarities come as no surprise. However while they aren't the most original band out there, Pale Waves do execute their sound rather well, with the EP being full of killer melancholy bops. Infectious earworms and early fan favourites "The Tide" and "Heavenly" are remnants of older demos which have been given a makeover and are now fully spruced up, however they still retain their youthful drive and energy, with "The Tide" being particularly noteworthy as the first song the band ever wrote together.

Opener and lead single "New Years Eve" has Baron-Gracie reminiscing about a particularly emotional New Years Eve, where the last thing she wants is to be left alone; while "My Obsession" strikes right at the emotional core dealing with love and grief with Baron-Gracie describing it as her favourite track, as well as a particularly complex one inspired by her grandad coping with the loss of her grandma.

All The Things I Never Said is a promising debut from a band full of potential, who sound completely comfortable in their ballpark, however they may need to experiment and diversify their sound if they want to continue to keep it fresh. ■



Twin Fantasy (Face to Face)

Car Seat Headrest

MUSIC REVIEW BY OSCAR ZAMBUTO



The timid and sexually confused Will Toledo decided on the name Car Seat Headrest as he initially recorded albums in his car for privacy, choosing the headrest as a symbol of his own isolation – a recurring theme of his.

In 2011, Toledo released a lo-fi modern cult classic, *Twin Fantasy*. This year's album *Twin Fantasy (Face to Face)* is a re-work of this album, albeit with full instrumentation and a cleaner, hi-fi production. The themes of the original album, including homosexuality and depression, were judged "an event too momentous for the medium assigned to record it", explaining its re-recording.

The album starts with the crescendoing "My Boy (Twin Fantasy)", which leads into the epic "Beach Life-In-Death" which explores themes of unrequited love and depression – cheery subjects that any listener of this band will be familiar with. Toledo bemoans that he 'pretended that [he] was drunk when [he] came out to [his] friends'. After the interlude "Stop Smoking, Sober to Death" has the catchiest hook of the album, while "Nervous Young Inhumans" and "Bodys" are very electronically influenced. "Cute Thing" is possibly the most Weezer-esque song I've ever heard, although it does have the classic Toledo tinge of awkward self-deprecation: 'Come visit Kansas for a week of debauchery, songs and high fives and weird sex'. In "High to Death", Toledo perhaps surprisingly reveals 'I don't wanna die', while Famous Prophets (Stars), is what "Bohemian Rhapsody" would've been if Freddie Mercury were homosexual and depressed. Wait... what?

Toledo laments that he is 'stuck in a body, stuck in a mind'; however, the album concludes with *Twin Fantasy (Those Boys)*, in which Toledo affirms that 'This is the end of the song, and it is just a song... These are only lyrics now'.

Toledo effectively tells his audience that, after seven years, his words have been desensitised by experience, and stand alone in time – by using the majority of the 2011 lyrics, he paradoxically suggests that he has moved on. ■



King Krule

GIG REVIEW BY MYLES ANDERSON



Twenty-three year old Archy Marshall recently made his way to Auckland to perform under his moniker King Krule as part of the city's arts festival. With rain pelting down in the early Monday evening, the vibe seemed decidedly sober as we headed towards Silo Park. After a short line with other poncho/parka/trash bag-clad fans, we emerged in the fenced off stage area. Krule eased us into the performance through his slower, more ethereal tunes which drifted along with our stresses into the deep cloudy sky. Over the next few minutes he built tempo through more rockabilly songs like 'Dum Surfer' and 'Lizard State' until it seemed the only place to go was up.

Then he grabbed the microphone and announced they were going to take it down a notch.

While counteracting an audience in the middle of getting hyped may seem self-destructive, Krule had us in the palm of his hands. Over the next half hour he wooed us with a mix of songs emphasising his jazz and soulful influences. Amelia Murray of Fazerdaze came out to sing a dreamy version of 'Bermondsey Bosom', and Krule even played an unreleased song. Near the end the crowd was imbued with a new energy unapparent earlier in the night. Krule had saved his best for last and blasted out some of his biggest hits 'Baby Blue' and 'Easy Easy' to wrap things up. The crowd was jumping and people were up on shoulders, an enthusiasm that rivalled many bigger acts I'd seen previously at Laneway. The show finished off with a well-deserved encore of 'Out Getting Ribs'.

There were no corny callouts to the city or clichéd crowd pleasers to be had through the night. Instead, Krule let his enigmatic stage presence, easy joking with the crowd and special additions make the show into a wholly unexpected delight. Not bad for a rainy Monday night. ■



The Broke Student's Guide to Not Starving

Belle Hullon teaches fellow Craccum readers how to make the essential student meals that aren't instant noodles.

Are you really tired of Indomie for dinner? Me too. Are you really broke? Yeah, me too. Did you spend your afternoons watching Nickelodeon while your parents cooked dinner, therefore leaving yourself ignorant about the art of cooking? Me t- yeah nah, I actually paid attention. So here are some of the basics you can get yourself stuck into, in the hope that when you're hungry, 2 minute noodles isn't your only option. You're welcome.

I like to have a few basics up my sleeve, like Mac and Cheese, minestrone soup, fried rice and a basic olive oil/garlic pasta dish. All four are easily adaptable to whatever you have in the fridge, or can be eaten plain when the pantry is looking bare. Along with that, enjoy some basic technical skills surrounding the all-holy sacred

potatoes that I have provided.

Mac and Cheese

The *ultimate* comfort food. Rory Gilmore's first hangover food. The big daddy of basic recipes. Here you go.

You'll need: *Packet of pasta - macaroni is ideal but can be an alternative if you're a rebel, Butter, Plain flour, Milk, Cheese (grated), Salt and pepper, Dried or fresh parsley, finely chopped), Ingredient of your choice as a filling.*

To make:

1. Boil macaroni. As a general rule, one cup per person/serving.
2. To make the roux, melt a tablespoon of butter in a saucepan. Slowly sprinkle in some plain flour, mixing continuously until you form a paste.

3. Add milk slowly, about half a cup. Keep stirring.
4. When the mixture starts to thicken, add in a cup of grated cheese.
5. Add salt and pepper, some parsley.
6. Pour over cooked macaroni
7. To dress it up, add some bacon (just cut up a few strips and fry until crispy) or any other ingredient. In the past I've added chicken (dice it up, cook on medium heat until it's white all the way through), green beans, mushrooms and broccoli.

PRO TIP #1: IF YOU'RE NOT CONFIDENT ABOUT MAKING A ROUX (MIXING FLOUR INTO BUTTER CAN GO WRONG VERY QUICKLY), STIR THE FLOUR INTO THE MILK BEFOREHAND INSTEAD.

Fried Rice

You'll need: *Rice, Cooking oil, Ginger and Garlic, Soy Sauce, Spices (cayenne pepper, cumin, paprika, curry powder or any combination), Salt and Pepper, Ingredients of your choice (beef strips, chicken, corn, peas, cauliflower, broccoli, carrot), An egg*

To make:

1. Cook rice (Rice Cookers are \$15 from Kmart, invest in your dreams)
2. In a wok or large pan, heat a tablespoon of oil on low, and add a teaspoon of minced ginger and garlic each.
3. Depending on what ingredients you choose, add them in by time it takes to cook. Meat takes longer than vegetables.
4. Pick your flavours. I like to add a teaspoon of soy sauce and some cayenne pepper to mine, but if you prefer you could do curry powder, paprika, cumin or all of the above if you're a wild child. Play around with flavours until you decide what suits you best.
5. Once all the ingredients are cooked, break an egg into the pan and scramble it with the other ingredients into a chow mein.
6. Chuck the cooked rice into the pan. Add salt and pepper. Sorted.

Pasta Aglio E Olio

You'll need: *Spaghetti, Olive oil, Garlic, Salt and pepper, Chilli flakes, Fresh parsley (optional), Ingredients of your choice (I like to add prawns, okra or mushrooms)*

To make:

1. Put spaghetti on to boil
2. Heat a healthy splash of olive oil on medium. Chuck in thinly sliced garlic, frying until it starts to get crispy.
3. Add chilli flakes (go easy, half a teaspoon is enough for any badass - you can always add more later). If adding any extra ingredients, add them now as well.
4. Pour in about a half cup of the water from the boiling pasta into the pan of oil and garlic. Trust me on this.
5. Once the liquid has reduced, toss the spaghetti into the pan to finish cooking.
6. Add salt and pepper and finely chopped fresh parsley.

Minestrone Soup

You'll need: *An onion, Garlic, Can of diced tomatoes, Can of chickpeas, 4 cups stock (I use veggie), A carrot (diced), A potato (diced), Courgette, Dried oregano, Salt and Pepper*

To make:

1. Saute the onions until soft and add garlic.

2. Add the tomatoes, chickpeas, stock, vegetables and oregano.
3. Simmer for 30 minutes, by which point the potatoes should be soft (give it an extra five minutes if not)
4. Serve with bread, over orzo pasta or by itself.

PRO TIP #2: BEANS ON TOAST IS A CHEAP BUT FILLING MEAL WHEN YOU'RE IN A CRUNCH. IF YOU DON'T LIKE THE TOMATO SAUCE BAKED BEANS COMES IN, TRY ADDING CHEESE TO IT AS YOU HEAT IT! GAME CHANGER.

Potatoes

Potatoes are life-giving, in my books. They're cheap. They're filling. They're bloody delicious. They're also versatile. Here are a few tips on how to make full use of the bag you picked up at Pak'n'Save last week.

Roast potatoes: Cut potatoes into cubes. Chuck them into a large mixing bowl and add olive oil, basil, some garlic and salt and pepper. If you're into spice, add chili flakes.

Pop them into a preheated oven (200°C) and roast for 20 minutes, and then flip and roast for a further 20 minutes.

Mashed potatoes: The secret to great mashed potatoes is to heat a pat of butter and some milk over low heat before pouring it over potatoes to be mashed. Add salt, pepper, and some dried parsley for perfect mashed potatoes every time. ■





Tunes For An Appetite

Alisha Siraj tunes up the magazine with a food playlist to fix your hunger.

Music and food, two great pleasures of the world, could you ask for a better duo? With lunch around the corner or perhaps a cheeky snack break, music is a great way to get you hyped before you indulge your craving.

Whether it be artists using classic dishes as metaphors for the deeper things in life, or simply paying homage to their greatness, here are some gustatory tunes to get you in the mood for food.

The Supremes: Buttered Popcorn

So this song essentially describes a guy with a deep infatuation with buttered popcorn. It's a fairly upbeat melody for someone who eats it for breakfast, lunch and dinner - but it'll surely make you want to go to the movies and enjoy a nice bucket of buttery popcorn.

Jack Johnson: Banana Pancakes

Banana pancakes may sound good for any occasion, but especially good in the morning with your loved ones and a lot of maple syrup!

Weezer: Pork and Beans

The whole point of this song is Weezer urging listeners to be themselves and do their own thing, even if they enjoy a very weird combination of food: Pork and Beans, with a side of candy, because why not?

"Weird Al" Yankovic: Taco Grande

This is truly everything you want out of a song about Mexican food. Plus, tacos, need I say more?

Shwayze: Corona and lime

For the beer lovers out there - this song is an ode to finding that special someone who matches you as well as a cold Corona and lime wedge.

Homeboy Sandman: Fat Belly

This song is for when you want to escape post-meal guilt, have a listen to appreciate great foods of all variations, from kettle-cooked potato chips to jars of olives, appreciate your belly!

Amadou and Mariam: Senegal fast food

The great thing about food is that it connects us to people and cultures all over the world. I've never had Senegal fast food but this French tune made me pretty keen to try it. Anyone willing to start something up in Auckland?

Jimmy Castor: Southern Fried Frijoles

There aren't any lyrics to this per se, but could I imagine myself cooking southern fried frijoles to this tune? 100x yes.

Charles Mingus: Eat that Chicken!

I'm going to throw this one out there because of the good jazz vibes and the fact that it really happily encourages you to "eat that chicken pie!"

A Tribe Called Quest: Ham N Eggs

If you're a Dr. Seuss Fan, this is an upbeat variation to the classic 'Green Eggs and Ham' storyline. The singers clearly do not like Ham N Eggs as they're 'high in cholesterol' but they do enjoy beef jerky, slim jims and gummy bears.

If you're still famished and need some good food vibes, there are tons of playlists on Spotify for all peculiar cravings from mayonnaise to oreos to chilli con carne. ■



Just Add a DASH

Janice Lee, student dietician, discusses healthy eating and how we can lower our daily salt intake.

Every now and then new fad diets pop up telling us how they are supposedly good for our health. “Eat heaps of this and that but don’t eat that...” We’re all pretty confused about what we should and shouldn’t eat. Some diets are expensive and unrealistic for poor students (like me). Is there a way to make both our body and wallet happy?

The U.S. News and World Report has named DASH diet (Dietary Approaches to Stop Hypertension Diet) as the best overall diet for 8 consecutive years. You may ask, what makes DASH diet so special and why did it take the top glory among other diets?

About 1 in 3 adult New Zealanders have hypertension aka high blood pressure and it is proven to be a major risk factor that can lead to health concerns, including heart problems and stroke. Further, hypertension can start at a young age so it is also an issue we should be more aware of!

What is the DASH diet? What do you eat on the DASH diet?

The DASH diet was originally targeted at people aiming to lower their blood pressure and reduce the cardiovascular risk. It sounds complex, but it’s actually just a healthy eating pattern and easy to ease into. It emphasizes:

- Eating fruits, veggies, nuts and whole grains
- Eating fish, poultry and fat-free or low-fat dairy products
- Limiting food high in saturated fat or total fat e.g. fatty meat
- Limiting sugar and sweets
- Avoiding trans-fat found in processed food
- Lowering sodium (salt) intake

* Daily calories intake depends on age and activity level. Find out your appropriate intake goal by professional consultation!

Once you know your goal, just follow the guidelines to put different food on your plate and watch out for your sodium intake. The perk of DASH diet is that you can eat nutritious food without necessarily cutting out certain items.

Dave Monro, R.D. of the New Zealand Heart Foundation tells us that **“Salt is our forgotten killer.”** Kiwis are consuming too much sodium per day, which may increase our risk for cardiovascular disease.

To this extent, the DASH diet emphasizes low sodium intake, but reducing it may be tricky. The upper limit of sodium intake is 2300mg per day. For people at risk (those with hypertension or diabetes), a lower sodium goal (1500mg) is needed. 2300mg seems to be a big number but do you know that a teaspoon of table salt already

SCIENCE

contributes to 2325.5mg of sodium? Also, around 75% of sodium comes from food processing, meaning that we are taking quite a lot of sodium without noticing.

Tips for reducing sodium intake:

1. Say goodbye to instant food and start embracing fresh unprocessed food
2. Use spices and herbs instead of salt to add flavours
3. Remove salt from the table
4. Try avoiding canned food and processed meat such as bacon, ham and luncheon meat
5. Eat fresh fruit and vegetables as they are low in sodium

What are the benefits?

Reduced blood pressure: About one in three adult New Zealanders has high blood pressure and it is proven to be associated with cardiovascular risk. High salt intake is one of the main contributors. Basically, when our body has excess sodium (for example, if you were to eat heaps of salty potato chips), it needs more fluid for dilution – but this increases the workload for the heart and pressure on blood vessels. Gradually, high blood pressure may lead to severe outcomes such as stroke or heart attack. Multiple studies have shown that the effect of low sodium diet on lowering blood pressure in people with and without hypertension¹².

Lower cholesterol: Another study also showed reduction of very-low-density lipoprotein cholesterol levels (VLDL), the 'bad' cholesterol, in patients having DASH diet comparing to the control diet³. There

1 Saneeli, P., A. Salehi-Abargouei, A. Esmailzadeh, and L. Azadbakht. 2014. "Influence Of Dietary Approaches To Stop Hypertension (DASH) Diet On Blood Pressure: A Systematic Review And Meta-Analysis On Randomized Controlled Trials". *Nutrition, Metabolism And Cardiovascular Diseases* 24 (12): 1253-1261. doi:10.1016/j.numecd.2014.06.008.

2 Blumenthal, James A. 2010. "Effects Of The DASH Diet Alone And In Combination With Exercise And Weight Loss On Blood Pressure And Cardiovascular Biomarkers In Men And Women With High Blood Pressure". *Archives Of Internal Medicine* 170 (2): 126. doi:10.1001/archinternmed.2009.470.

3 Asemi, Zatollah, Mansoor Samimi, Zohreh Tabassi, Hossein Shakeri, Sima-Sadat Sabihi, and

Food Group	Number of Servings			Sample Servings of Food
	1600kcal Diet	2000kcal Diet	2600kcal Diet	
Grains and grain products	6 per day	6-8 per day	10-11 per day	1 slice of bread ½ cup of cooked pasta
Vegetables	3-4 per day	4-5 per day	5-6 per day	1 cup of raw green leafy vegetables ½ cup of cooked vegetables
Fruit	4 per day	4-5 per day	5-6 per day	1 medium fruit ½ cup of fruit juice
Fat-free or low-fat dairy	2-3 per day	2-3 per day	3 per day	1 cup of trim milk 1 cup of yoghurt
Meat, poultry, fish	3-4 or less per day	6 or less per day	6 per day	1 oz cooked lean meats, skinless poultry, or fish 1 egg (but not more than 4 per week)
Nuts, seeds, beans	3-4 per week	4-5 per week	1 per day	1/3 cup of nuts ½ cup of cooked beans
Added fats and oils	2 per day	2-3 per day	3 per day	1 teaspoon of vegetable oil 1 tablespoon of low-fat mayonnaise
Sweets and added sugars	3 or less per week	5 or less per week	2 or less per day	1 tablespoon of sugar 1 tablespoon of jam

DASH DIET – NUMBER OF SERVINGS IN DIFFERENT CALORIES DIET

is evidence proving the association of total cholesterol level with vascular mortality.

Healthy weight maintenance: The diet encourages eating more vegetables and fruit which are generally low in calories. By reducing consumption of red meats, sodium, saturated and trans-fats, dieters may also slim down by enforcing a healthy eating pattern.

Some tips to get your started:

You don't have to start by removing all salt and adding heaps of veggies to your diet all at once. You can start adding just one more vegetable or fruit serving to your meal and gradually move your way up. If you eat too much fibre suddenly, you might experience bowel issues (which is the very last thing we want!). Since red meat consumption is reduced, dieters (especially females) should make sure they receive enough iron from vegetables such as spinach and chickpeas, as red meat is originally a rich iron source.

Fresh fruit and vegetables are not that wallet-friendly. Try going to farmers

markets or even the pop-up fresh fruit and veges store in the Quad brought over by UOA SC to get some cheaper vegetables! Fresh food is likely to be more expensive than processed food but think about it, all these efforts will pay off gradually.

Breaking up with things you love is hard. 3-minute noodles and canned soup are the soulmates of university students but for the sake of our health, maybe it's time to part our ways. You may miss the butter popcorn and salty potato chips for a while but your taste bud will eventually adjust. Once you get used to it, it is actually difficult to eat food like chips again because they taste way too salty. Start removing salt from the table and using herbs and spices while cooking to create your masterpiece!

The success of this diet comes from whether you adhere to it. You may find it annoying to make lifestyle changes at first but they will eventually become lifelong habits that benefit your health. It's not just about following the latest trend of dieting but a healthy eating pattern. So, is it worth the time and effort to live a healthier life? ■

Ahmad Esmailzadeh. 2014. "Effects Of DASH Diet On Lipid Profiles And Biomarkers Of Oxidative Stress In Overweight And Obese Women With Polycystic Ovary Syndrome: A Randomized Clinical Trial". *Nutrition* 30 (11-12): 1287-1293. doi:10.1016/j.nut.2014.03.008.

ECCENTRIC LIFE ADVICE

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



Five: How to Attend a Dinner Party

The first step is always to RSVP in a timely manner. Three days after receiving the invitation is commendable, up to a week is acceptable. Your host will appreciate this greatly and this will be reflected in the quality of the entertainment. If there is a sudden change in your circumstances or omens, please send apologies to the host.

I have always been told it is bad luck to cross a threshold for the first time without a gift. For a casual dinner, you might offer to bring something to share; desserts or drinks are often appreciated. In this case where you are told not to bring anything, a small gift to the host may be appropriate. This may be as simple or ornate as a hand-written thank you note. Cut flowers may vex the host, as they require a vase, arrangement, and the host may feel obligated to put them on display. It is worth checking what the recipient likes if you intend to bring a consumable gift.

Once you have arrived, thank the host for inviting you and present the gift. Make light conversation at least until everyone has arrived, as it is much harder to catch someone up on an interesting conversation than dull niceties. If the host looks flustered, approach them quietly and offer to refresh drinks while they have a moment to themselves. It is a gesture that also gives you an excuse to bail out of a difficult conversation - simply excuse oneself to the other side of the room where the empty glasses are.

Table manners are far too diverse and culturally specific for me to give a single outline of acceptable behaviour. Look to your host for your cues and follow their example. However, I've made it a point never to dine with company that would ostracise me for using the wrong fork, drinking from the wrong glass, or making the wrong conversation.

If still in doubt, suggest a favourite restaurant instead. ■

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.



universitysport.auckland.ac.nz

The next step on my rocky road to #fitspo was to visit the University of Auckland Recreation Centre. Apparent from my doctors visit that my health was in sub-par condition, I came to see just how bad it really was. The short answer is, well, pretty dire. The long answer is as follows:

Monday I visited the gym on a introduction consultation. I'd been there once before and only visited some dark corner to do some training for a sports club that I joined for no good reason I can think of other than I wasn't in possession of my body at the time. That had been three years ago and walking in now, I couldn't recognise where exactly that dark corner was. This wasn't helped by the fact that the university gym is surprisingly large and well facilitated, its actually fairly difficult to get a true impression of the quality of they gym from the outside of the building. From Symonds Street it looks, in all honesty, somewhat derelict and ramshackle, inside however, it spirals down several floors and includes dance and aerobics studios, cardio equipment, a weights floor, heavy bags for boxing and even a large climbing wall. Anyway, my immediate objective was to get a truer sense of the state of my physiology thus revealing pragmatic goals and a practical tactic with which to achieve these goals.

The first trainer I would talk to was James who would be my gym tour guide, general querier and blood-pressure-taker. Now I had previously measured my blood pressure at the doctors and already knew that it was high but for some reason, maybe because James was in the business of looking after fitness junkies all day, I began to feel the embarrassment that was imminent. And as nice as he was trying to be, his face justified my embarrassment. Looking at the digital screen which showed my blood pressure and simultaneously trying to keep his eyes from popping out of his head, he uttered "ahhh... we can work on that." This was a better reaction than the "how are you alive?" I expected after reading a blood pressure measurement of 147/99 so I commend him on his professionalism. In any case, we hashed out what my general goals were and scheduled me in for a body composition test with another trainer Zahi which, according to the website, "involves a restricted ISAK profile (skin folds, girth and bone breadth measurements)" and "is best suited to those with specific training goals as you can monitor changes in body composition."

Still uneasy about how lofty my blood pressure was, I was expecting my appointment with Zahi to go much the same way. As I arrived he was talking to gym nutritionist Emma and just before we started measuring how sickly I was she asked if she could sit in on our consultation. "Sure", I said suspiciously beginning to wonder if she was there by coincidence or if this was some sort of intervention by the universe. Was my health really so poor that God decided to just start sending people to help me? In any case, the body composition test was simple enough: pinching and poking my stored energy reserves (at least they have the decency to call these skin-folds, the reality it seems, to me at least, that the measurements are actually of one's rolls), Zahi would take some measurements in certain

areas of the body and make some calculations that would tell us my body's composition. Other than this, I was measured for height and weight - which would determine my body mass index - and guided towards more specific goals which would be determined by my body composition. Now, I can't really remember the specific numbers (I am expecting an email) but I was informed by both Zahi and Emma that my BMI was normal enough - 184 cm and 80 kg - and that my muscle make up was in decent state - I lean slightly towards mesomorph than ectomorph. My fat composition, however, was pretty high - I'm waaaaay in the endomorph range than any other - learning this that infuriating term "skinny-fat" intruded my thoughts again.

Following these revelations, Emma offered to sit down with me to talk about my nutrition (I really do think that she's some form of angel sent to stop me from meeting my ead too early). We talked about how exercise alone was not going to suffice and that in order to really give this whole #fitspo thing a good go I might want to consider changing my eating habits too. She asked me to do two things: 1) keep a diary of my daily diet and 2) note how much alcohol I was drinking (I'm still struggling to see the difference in the two questions?). She also noted that now we knew my body composition, we could identify more specific goals and better tailor a work out regime to reach these objectives. Zahi suggested trying to change my body composition by increasing my muscle and decreasing my fat - this would be achieved by lifting weights and doing cardio. I also wanted to increase my strength and fitness which would come as a consequence of the aforementioned. This all sounded good and well in theory but, looking around the gym, hearing the panting and grunting noises, I shuddered at actually having to workout. Attempting to stand still as Zahi took my measurements was sweat inducing enough. In any case, we decided to book me in for another appointment to elaborate more on my diet and exercise. As it currently stands my diet and exercise plan looks like this:

To do:

- Take note of my diet and alcohol intake
- Baseline Fitness and Strength test to determine workout programme

Specific goals:

- Change my body composition: Increase Muscle, Decrease Fat

Note: Although this appears like a small list, I am assured that it would grow and become more specific as time went on and my work out capacity became known. ■

If you want to start your own #fitspo journey make sure you get in contact with the team at the UoA Recreation Centre

17 SYMONDS STREET, AUCKLAND, NEW ZEALAND
WWW.UNIVERSITYSPORT.AUCKLAND.AC.NZ
HTTPS://WWW.FACEBOOK.COM/UOARECREATIONCENTRE/
09-373 7599

PRUNE JUICE

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



Part two: Being Desired

Little Sherry: Quiet, really shy. Teacher's pet. Reads Harry Potter and the Goblet of Fire in one sitting. Loves roast chicken drumsticks and seaweed soup. Wears hair in two pigtails with pink and purple hair baubles. Blue (fake) Crocs.

I'd always compare myself to the other girls in my primary school. They were confident, and I was not. My parents worked the immigrants 9-5, which was more like a 7-10. I was home alone from a really young age. I was one of five Asian kids in my school and I spent a lot of time in my head. I spent a lot of time looking in the mirror.

I'd get crushes on boys in my class, and I'd never talk to them. How could I? I was internalising and parroting messages from both Eastern and Western standards that I wasn't beautiful. I wasn't good enough. My hair was straight and black, my eyes are brown and small, my nose bridge is flat, I wear glasses. My family said I was fat, but I wasn't curvy and fit like the Hollywood hourglass. Why would boys like me? Why do I desire the approval of men so intently?

Surprisingly my sexuality crisis in high school wasn't on my sexuality, I was very much comfortable with my bisexuality, attracted to people not their gender thing. I could give a less of a fuck in getting my knickers over twist over that.

Rather, I was losing my shit every other week because I thought the whole school thought I was a lesbian. (I don't blame them, I'd only dated girls so far, I lead the rainbow diversity group, I had bathroom sex with girls, I felt my gf up in the middle of biology, regardless bi-erasure is still problematic!!) And if everyone thought I was a lesbian then boys wouldn't even be attracted to me. And that destroyed my self-esteem. Some weird thing in which I desired the approval of white men to give me the demarcation of 'desirable.' I even concocted a 'Gossip Girl' worthy plan, I was going to fake date my male best friend, and he was going to publically break up with me just so everyone could see that YES LOOK SHE DOES LIKE MEN TOO. Thank god, I didn't succumb to that.

"Asian girls all look the same, flat face, flat chest, flat ass." ♥

When I had sleepover with my friends in primary school, we'd watch romcoms. And the sweet white Amanda Seyfield, Rachel McAdams, Jennifer Grey always end up

with the Ryan Reynolds, Patrick Swayze, and something something Francis-john-smith-williams-generica white man. The images I'd seen of Asian women in media were either non-existent, the dorky best friend, or sexual objects. Example: The Asian segment on Porn Hub. Because you want Asian girls when it's a genre you can consume. To those who have always found themselves represented in the mainstream, the lack of may seem incredibly subtle: *everyday racism, stop making a big deal of it!! Just get over it.*

But when a little boy slanted his eyes with his fingers and yelled "ching chong shut up," at me in primary school, or when I'd read volumes of Creme, Girlfriend, Woman's Day and Cosmo; and there were barely any Asian models and the make-up tutorials were bullshit for my face and skin tone and the successful, empowered woman on billboards were all white and when I go to town, men ask me "Where are you from? No I mean where are you really from? Konnichiwa? Ni hao!!"

All that is a giant fuck you.

I spent so much of teenage years doing everything to not look like a 'typical Asian.' Whatever the fuck that meant. I wanted to play jazz piano not classical, I wanted to row not play badminton. I took social sciences instead of science. I was excused, welcomed because I was a "cool Asian." Even today, a friend of mine, remarked "Omg, I totally forget that you are Chinese. Like when I talk to you, you're so..." "-White washed?" "No, like Kiwi." As if the two were mutually exclusive. I think what she meant was that I wasn't a FOB, I wasn't ESOL, I wasn't INTERNATIONAL. My North Shore girl drawl and my English name has privileged me. I've been trained to smile and laugh when someone 'forgets I'm Asian,' because it's a compliment. Yeah, it's a compliment, right? I've always wanted to fit in. But my ethnicity is erased: my culture, background and struggle, when you accept me on the condition of assimilation. When I am desirable, but in a certain way.



(I understand I've simplified my discussion of beauty standards to Pakeha and Asian, ignoring Maori/pacific islander and other ethnic group, but my experience growing up on the shore was very much dominated by these two ethnic groups) ■

GUEST COLUMN

Our guest column writer **Sarah Tribble** talks about asexuality and dating.



Ace-ing The Dating Game

This week, I want to talk about dating, but first, in my own defense: one might argue that I, a serial monogamist who has had exactly one (1) serious boyfriend, am unequipped to discuss dating in any serious capacity. To which my response would be: shut up! Leave me alone! I've successfully bullshitted my way through enough essays to give talking about casual dating a solid try, even if I am completely unqualified to do so.

As I said, this week's point of interest is dating -- more specifically, how dating works when you're asexual. One of the more frequently asked questions I receive about asexuality is whether or not asexual people can, or want to, date and be in relationships. Confusion around the subject makes sense. Socially, dating and sex are seen as two halves of the same whole; sex is an integral part of dating, and to most people, having a healthy, active sexual relationship is an important part of what they are looking for in a partner. So if you are asexual and thus uninterested in sex, are you also uninterested in dating? The answer is no. Being uninterested in dating and in forming romantic relationships is called 'aromanticism', which is not something I can speak about on a personal level because I am as far from aromantic as it is possible to get (ya girl loves love, y'all), but I can disclaim with confidence that asexuality and aromanticism are unrelated. Asexuality concerns your sexual orientation; aromanticism concerns your romantic orientation, and these two spectrums do not intersect.

But I digress. Dating is a high stakes game. Putting yourself out there, being vulnerable -- these things require courage no matter how you identify, but the odds are even less in your favour when you're asexual. In my experience, there are two main reasons for this. The first: if you don't know that you're asexual, dating gets really confusing. The second: if no one else knows about asexuality, dating gets really awkward.

How, you might ask, can one not know that they're asexual? I blame it on public school health classes. The only reason I ever learned what 'asexual' meant was because I, like every other teenage girl in 2012, signed up for a Tumblr account. For all its flaws and melodrama, Tumblr has a reputation for inclusivity, which is how I stumbled upon asexuality and gradually learned what it is, and how directly relevant it is to my life. I was about 17 when this happened, but until this point, I had been boy crazy for as long as I could remember. Yet at the same time, I had a reputation for balking when boys got too close -- part of the problem being

generalised anxiety about dating and putting myself out there, but most of it being my asexuality, and my failure to identify it. I wanted to fall in love *so bad*, but love comes with carnal commitments of which I was terrified. I was obsessed with the theory of dating, but in practise, it was horrifying. Once I had sussed out my sexuality and spent time coming to terms with it, my fear of being in close contact with boys magically evaporated. Coincidence? I think not.

This segues nicely into my second point: dating gets awkward *real* fast if the person across the table from you has never heard of asexuality. When your sexuality is so uncommon and so unheard of, it takes considerable bravery and faith to put yourself out there, because dating becomes a constant coming out process. In order to establish honest and receptive communication with a potential partner, you have to tell them how you identify. Coming out is so personal, but the selectivity of it is stripped away in dating, because like it or not, asexuality changes things. It complicates relationships. It requires you to be prepared to educate at all times, because asexuality may be the 1%, but that doesn't mean that the other 99% has to bend over backwards to be accommodating to your preferences -- wanting to have a sexual relationship with a partner is valid, too. It gets discouraging when you realise how many rejections you may have to face. It gets *awkward* when people react badly -- as you may recall, when I came out to my first boyfriend (our one-month-long relationship barely even registers in my memory, hence it being ignored in my opening statement), he responded, "Wow, that's weird!", and he did it with a cheerful, oblivious smile on his face. He didn't even realise how awful a thing that was to say to someone, and although that was nearly three years ago and I've well moved on from it, I like to think of it as a reminder for why I write about asexuality so often.

The dating world can be scary for asexual people. No one knows about asexuality, which complicates dating on both a personal and a social level, and that's why I value this temporary space I've been given here at Craccum so highly: the more people I can educate now, the less other people will have to educate in the future. Dating doesn't have to be the extra level of nightmarish that it is for we asexuals. My dream is that some day, dating will be just as much of a nightmare for asexual people as it is for everyone else. Isn't that the best kind of equality? The kind where we are all suffering together? ■



auckland university students' association

Hello!

Crazy that it is almost mid semester break and we are a quarter of the way through lectures for the year already!

This week AUSA is running a series of Easter egg hunts at various campuses. This involves AUSA both handing out Easter eggs at lunchtime and having them hidden around the place. On Monday, we are handing out Easter eggs at Epsom campus, as well as having Easter eggs hidden there. On Wednesday, we have our Annual General Meeting at the city campus, where we are handing out free hot cross buns, Easter eggs and prizes. Finally, on Thursday we are handing out Easter eggs at Grafton along with having eggs hidden around the campus.

We hope you have a lovely Easter break!

See you again soon,

Your President, Anna

 Kīwaha o te wiki
saying of the week: 

KARAWHIUA MAI

ENGLISH: BRING IT ON!

Example:
Student 1: Hey, are you keen to go to spookers with me and my friends tonight?
Student 2: Karawhiua mai! (Bring it on!)

SHADOWS O SHADOWS COCKTAIL JARS FOR DAYS

Once more we dive head on into the wonderous world of Shadows. There is so much to review in this magical bar and we want you to come on the ride with us. This week cocktail jars are the name of the game.* For only \$8 a piece and \$6 during Happy Hour (9-11pm) you can be transported to a tropical isle or at the very least have a smashing night.

Massive thanks to Danica, Matt and all the good folk that keep Shadows pumping- we are but mere mortals before you.

Blue Pill (the blue one)

TASTE: Like powerade when you are still pissed in the morning.

WOW FACTOR: refreshing, uncomplicated.

SITUATION: Like the adult version of a Traffic Light, strong Cobb and Co. nostalgia.

LAST REMARKS: The drink you stole from your older siblings at parties you never went to.

Matrix (the green one)

TASTE: Reminds me of my trip to the Caribbean- saucy, full of regret, yet oh so much fun.

WOW FACTOR: Looks like dishwashing liquid, tastes nothing like that

SITUATION: If pure Midori is too much for you go for this.

LAST REMARKS: tastes like the days of fake IDs

Red Pill (the red one)

TASTE: The hot new take on the Vodka Cranberry.

WOW FACTOR: nice and tart. like you after a couple of these

SITUATION: If you don't have a super sweet tooth this is ideal.

LAST REMARKS: The grown up older sister of Shadows

Deja Vu (the yellow one)

TASTE: A little bit of wrong. Nicely summery.

WOW FACTOR: you would definitely go back for more

SITUATION: A taste of Rarotonga, like a evening on the beach.

LAST REMARKS: Fruity and fun. Like a drunk Aunt at a party

*we drank too many and forgot to give them number rankings



#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, i'm a first year and i've been taking Biosci 107 a.k.a the most dreadful paper at university. I received a C+ in the test and I don't even know what i'm going to do with my life. I had planned on being a doctor saving lives but now I have to reconsider and move to a profession saving pennies instead. Can you please help me? -Dreadfully probably not going to be a Doctor

A. Wowee that is less than ideal. On the flipside, you are not without options! If you are feeling unhappy with your grade and it is not a final grade (which cannot be changed or appealed unfortunately) - one of your options is to appeal it. While i'm not saying this will give you the A+ you may have wanted, there may be wriggle room on the grade (if you had any circumstances that may have hindered your performance in the test) and at the Advocacy office we can help you work through that.

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.

Q. Last weekend my boyfriend broke up with me and I am #devastated. We spent 2 amazing years together and now he wants to kick me out ASAP even though I'm paying rent - he was my entire world and I have nowhere else to go! What can I do?? - Salty Stevie

A. Ouch. That sounds rough. First of all, I can't give you tips on getting your man back but I can tell you that you may be able to take action at either the Tenancy Tribunal or the Disputes Tribunal depending on who you were paying your money to. If you were a tenant listed on the tenancy agreement you may want to go to tenancy mediation, buuut if you were flatmate the disputes tribunal #rip

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.

Banter n' Beyond
presents

SOCIAL GAMES NIGHT

6-9pm @ Tuesday,
27th March

Pat Hanan Room (207.501)
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Play games including Undercover, Charades,
Pictionary, and Heads Up to relieve
stress and HAVE FUN!



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GAMES



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GIVEAWAYS

**WEDNESDAY 28TH MARCH
1PM IN THE QUAD**



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experience**

**BE INTO WIN A
\$200 SHADOWS
VOUCHER!**

AGENDA FOR THE AUSA AUTUMN GENERAL MEETING TO BE HELD ON WEDNESDAY 28 MARCH 2018 AT 1PM IN THE STUDENT UNION QUAD

1. PRESENT:

2. APOLOGIES:

3. ABSENT:

4. MEETING OPENED:

5. LEAVE:

6. MINUTES OF THE PREVIOUS MEETING:

CHAIR

THAT the Minutes of the Special General Meeting held on 16 March 2018 be received and adopted as a true and accurate record.

7. ADOPTION OF ANNUAL ACCOUNTS:

CHAIR

THAT the AUSA audited accounts as at 31 December 2016 be received and adopted. (Available for viewing on the AUSA website)

8. HONORARY SOLICITOR APPOINTMENT:

CHAIR

THAT Wells & Co be appointed as the main AUSA Honorary Solicitor.

9. AUDITORS APPOINTMENT:

CHAIR

THAT Walker Wayland be appointed as the AUSA External Auditors for non-consolidated accounts.

CHAIR

THAT Walker Wayland be appointed as the AUSA External Auditors for consolidated accounts.

CHAIR

THAT Grant Thornton be appointed as the AUSA Internal Auditors.

10. DECLARATION OF ELECTION OF THE 2018 OFFICERS, PORTFOLIO HOLDERS & CRACCUM EDITOR

CHAIR

THAT the results for the 2018 Officers, Portfolio holders and Craccum Editor be adopted.

President	Anna Cusack
Administrative Vice-President	Anand Rama
Education Vice-President	Jessica Palairot
Welfare Vice-President	Isabel Holm
Treasurer	Platon Loukoianov
Culture and Communications Officer	Caitlin Watters
Environmental Affairs Officer	Alexandra de Guzman
Grafton Representative	Jessica Jones
International Students Officer	Anis Azizi
Political Engagement Officer	George Barton
Queer Rights Officer	Isabella Francis
Student Engagement Officer	Emily McDonald
Womens' Rights Officer	Jennifer Muhl & Ngaire Smith
Craccum Editor	Jasmin Kaur Banwait Minderjit Singh & Helen Yeung

11. CONSTITUTIONAL CHANGES

Management Of Clubs

CHAIR

THAT the following changes be made to the Constitution:

THAT Rules 49-52 be deleted.

THAT Rule 47 be amended to read:

"47. Official Recognition of Student Groups

The recognition of a student group will be conducted by the Clubs Support Committee. Any underlying policies, procedures, terms of reference or similar documents must be approved and passed by an Executive motion. Any such policy or procedure, however described, must be consistent with the Rules and objects of the Association"

THAT Rule 48 be amended to read:

"48. Association Will Not Support Student Bodies and Groups that Are Not Officially Recognised

No body or group of students may receive a grant from Association funds, and the Association will not support the granting of any funds intended for the improvement of students' experiences and the furthering of students' interests unless that body or group is recognised by the Association."

THAT the content of the Fifth Schedule be deleted.

Changing the Women's Rights Officer to an Individual Position (not a collective)

CHAIR

THAT the following changes be made to the Constitution:

THAT Rule 27(iv)(f) be amended to read:

"Women's Rights Officer (who shall be a woman member)"

THAT the position Women's Rights Officer be removed from Rule 28(i) as it is no longer a collective.

Changing the Title of Treasurer to Finance Vice-President

CHAIR

THAT the AUSA Officer title "Treasurer" be changed to "Finance Vice-President" AND THAT the Constitution be updated with this change wherever the title "Treasurer" appears.

12. GENERAL BUSINESS

Changing the Pay Structure of the Officers

CHAIR

THAT as of 1 April 2018, AUSA change the weekly honoraria of its Executive members to \$18 before tax:

- President – the sum equivalent to 40 hours;
- Officers – the sum equivalent to 20 hours;
- Portfolio holders – the sum equivalent up to 10 hours.

13. MEETING CLOSED:

HOROSCOPES

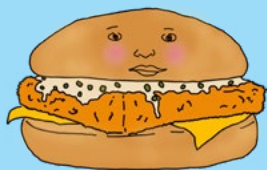
Our local oracles **Annalise Boland** & **Bianca D'Souza** have studied the stars this week and provided us with predictions for our future. Stay tuned for a weekly update on your stars.



ARIES

MARCH 21-APRIL 19

Is actually being mean but everyone thinks they're joking
Never studies for exams but somehow always does okay
Goes a little too hard at parties
Spends too much time on social media



TAURUS

APRIL 20-MAY 20

Best taste in perfumes
Will judge you
Is always kinda sick
Has a vast knowledge of the Kardashians



GEMINI

MAY 21-JUNE 20

Strong interest in horror movies
Should probably be in therapy
Wishes their life was a sports anime
Usually the hottest in the friend group



CANCER

JUNE 21-JULY 22

Makes the best spotify playlists
Knows a little too much information about serial killers
Has angst-cried to My Chemical Romance at one point in their life



LEO

JULY 23-AUGUST 22

Doesn't speak to anyone for three months and then acts like nothing is weird
Always remembers sweet facts about you
Gives terrible life advice
Supports your weird interests



VIRGO

AUGUST 23-SEPTEMBER 22

Wants everyone to tell them how hot they are at all times
Can't sleep before 2am
Barely functioning
Life of the party



LIBRA

SEPTEMBER 23-OCTOBER 22

Coexists peacefully with everyone
The friend you didn't know you needed
First one to crack under too much pressure
Has to be surrounded by people at all times



SCORPIO

OCTOBER 23-NOVEMBER 21

Everyone's best friend until you piss them off
Tries too hard to be cool
The most independent in the friend group
Silent crier



SAGITTARIUS

NOVEMBER 22-DECEMBER 21

Lies awake at night listening to Lana del Rey
Enthusiastic about plans but will bail later
Positive vibes only™
Best motivational speaker but can't take their own advice



CAPRICORN

DECEMBER 22-JANUARY 19

Acts brave but is actually the most scared of everything
Secretive but appears like an open book
Stresses unnecessarily about everything
Will only strive for the best for themselves



AQUARIUS

JANUARY 20 TO FEBRUARY 18

Watched one nature documentary and now they are trying to make the world a better place
Uses hobbies as a way of over-compensating for their lack of a personality
Always gets their work done on time
Too curious for their own good



PISCES

FEBRUARY 19 TO MARCH 20

Everybody loves them but they don't love you
Acts over-confident but lowkey needs love and reassurance
Salty
Tweets like nobody's business

THE PEOPLE TO SUPPORT (AND LOVE).

Editors

Helen Yeung and Jasmin Singh

Designer

Nick Withers and Daphne Zheng

Section Editors

Community Editor

Emelia Masari

Arts & Lifestyle Editors

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Shadows "Contributor of the Week"

Sneh Patel

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The articles and opinions contained within this magazine are not necessarily those of the staff, AUSA or printers.



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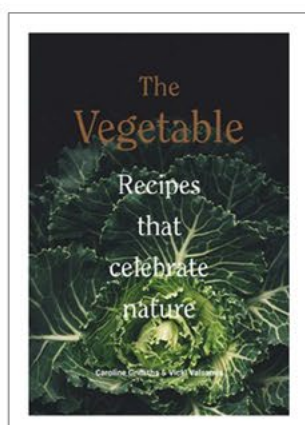
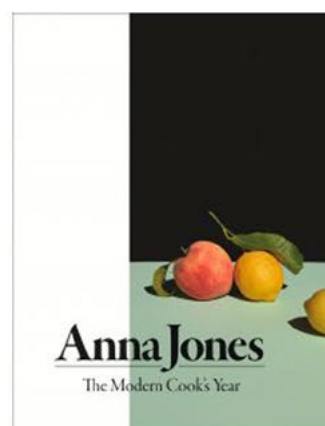
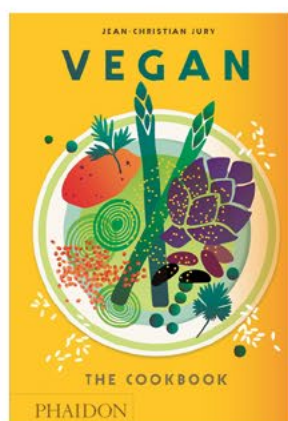
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