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WANT TO CONTRIBUTE? WE WOULD LOVE TO HEAR FROM YOU! JUST SEND US AN EMAIL!



Craccing open a fresh can of student media

Surprise! In what is a shock to all of us, Craccum survives yet another semester.

How lovely it is to be back on campus; endless possibilities stand at our feet. Why not take the first moments back to embrace the quiet and stroll through your favourite empty and abandoned hallways. Maybe take a moment of peace before noticing the burgeoning noise of first-year shit chat filling your faculty's overpriced buildings. One could even take it upon themself to study the many strains of mould indigenous to UoA buildings. Take time to settle back into the monotonous grindset, these are the best times of your life.

While we were away it's easy to forget the trials and tribulations of University life, some of us may have even found new happiness. Well, for those of us without the poro to unenroll, *Craccum* is here and ready to deluge you with every minor inconvenience and petty issue we can think of. With the occasional meme.

The start of semester brings new classes, a fresh timetable, and the ability to catch up on those lectures you missed—by which we mean actually going to the first week. And if we could offer you any more advice this week; if you see someone selling paintball tickets, don't buy them! It's scheme week here at UoA and if you don't pay attention you'll find yourself victim to a number of groups. From unscrupulous paintball retailers to "not-cults"; ReOweek is a magical time where everyone is out to get you. Thankfully Craccum isn't everyone and this week we have our crosshairs trained squarely on the Law school instead. (Page 6 btw)

Tired of not being sued we've tried our best to ruffle feathers in a faculty described by some insider sources as "fucking ridiculous." Look forward to a trilogy of bullshit as we couldn't

This one's fizzy

quite fit all allegations into one issue. If you have a faculty in mind that fits the loving epithet above, then send us an email! We've got 12 weeks to go and there's only so much time left to air out all your dirty laundry. This semester also brings us not one, but *two* exciting elections. While the nation decides on its favourite flavour of white man, AUSA will be deciding who has the most friends. That is unless **you** make your voice heard.



So what does the rest of semester hold for us? Well, in Craccum NEWs. we boldly embark on a journey to the future with next week's TECH ISSUE. Tired of sacrificing trees all in the name of a print issue? Well so too was AUSA. In a special paperless edition, TECH ISSUE brings all an opportunity to contemplate our future as digital citizens. TECH ISSUE will be more than just Craccum-but-they-forgotthe-paper; a new format brings new opportunities. We strongly encourage you to watch this space by following @ craccum on instagram and scanning our very safe unmarked QR codes

Take the time to practise your indignant rage ahead of this year's general election as UoA votes on AUSA's next executive team. Nominations for 2024 open on the 17th of this month. On an unrelated note Craccum is currently accepting donations. Teehee.

Here's to a semester where you actually pass all your courses!

U da bomb, barbs,

George & Mairātea





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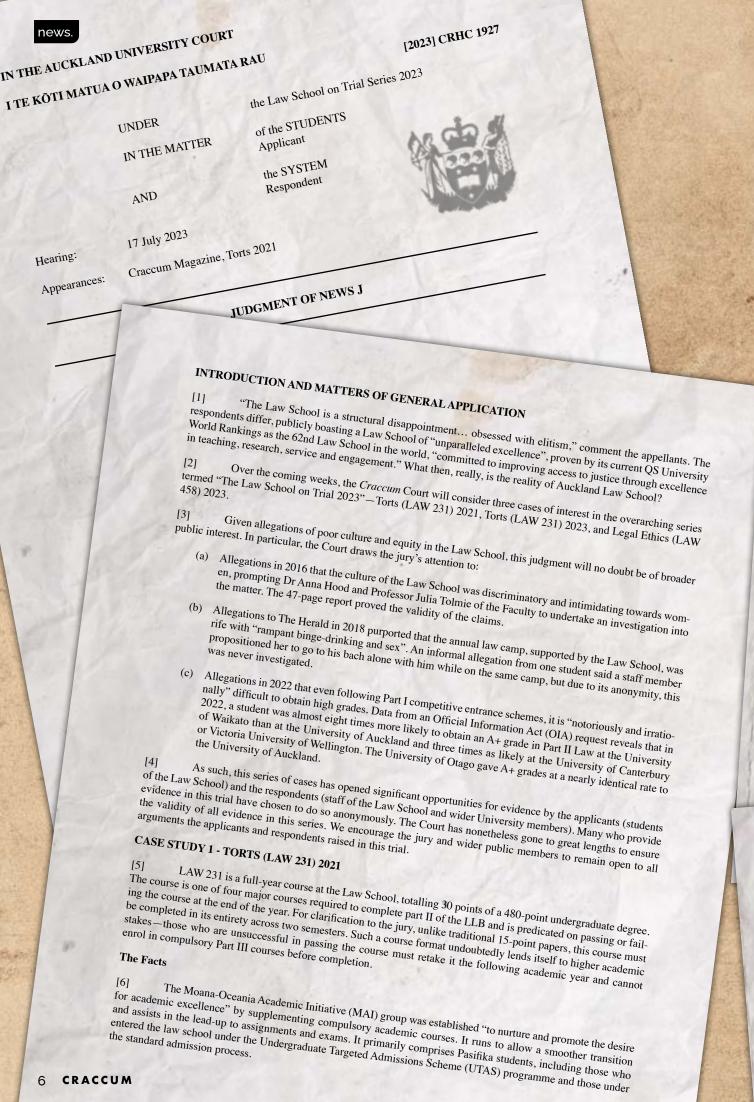
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[7]

In 2021, The MAI Torts group was given an official UoA slide to study for an assignment, and having used content from this slide, they were flagged for plagiarism and academic misconduct. Four women were immediately called into a meeting, and more would follow.

The slides were judged too similar to the assignment, and faculty told students to resubmit due to New Zealand Law Society Council of Legal Education (CLE) requirements. Claims of plagiarism were eventually retracted, but the faculty continued to insist students resubmit the essay-in the middle of the 2021 lockdown. The faculty claimed they had no choice; however, when contacted, the council denied this was true, claiming that UoA faculty made the decision instead. By the time this was discovered, months had passed, too late to resubmit.

The Case for the Applicant

[8]

[9]

The applicants claim that the ordeal led to a greater failure in this class. An OIA request reveals that in the 2021 academic year, there was a pass rate of 88.8% in LAW231, as opposed to 95.4% the year before and 88.1% the following year. In a course of almost 500 students annually, one student represents around 0.2% of the final pass rate. The Law School grading operates on a "grading curve", meaning a certain number of students should receive a certain grade each year. The Court is satisfied that the numbers do not speak to greater fail rates and suggest the course has stuck

However, the Court notes that the request to reveal the ethnicity of each student who did not complete the [10] course was not granted, so it is equally possible that a larger proportion of non-completion was Māori and Pasifika in

The applicants submit that it is unfair to be punished for what is an innocent act. The mistake was the faculty's, but the remedy is demanded of the students. As such, the students feel the process has not progressed in line with natural justice or a sense of fairness. The applicants assert that wider cultural sensitivities were also not apparent in the [12]

The applicants claim that the ordeal shook their confidence and deeply affected them as a vulnerable group. Many students gave evidence that they did not feel they could share this accusation with family and stopped coming to class. Teresa Brown, a concerned student and Aotearoa Legal Union representative, led much of the negotiation witnessing first-hand the "physical and psychological impact." Many were forced to resit the paper the following year, and the "heavy-handed manner" in which the dispute was dealt with left the overall programme, designed to enhance the abilities and outcomes of Maori and Pasifika Students, tainted.

Students submit they were continually moved between different decision-makers, obstructed from the free [13] transfer of information. For each meeting, a new request for information and transcripts was required. Sometimes these

[14]

Although the Deans acknowledged the problem should not have escalated, they made few accommodations. The applicants assert this resulted in their psychological exhaustion. The students involved became tired-they did not want to stand up to an academic head, and without dedicated leaders, they were worn down. Further, they could not have an advocate or present evidence during the process.

The Case for the Respondents

[15]

The respondents submit evidence that a tutor in the MAI programme had discussed the assessment task with students. They assert that this had a twofold effect: first, the desire to have a separate assessment solely the work of students, and second, specific conversations in the misconduct proceedings were left untranscribed when the process was [16]

On wishing to keep the nature of the assessment, the faculty acknowledged the difficulties in creating a new submission for a legal essay. Still, it was believed it would be unfair to compare quiz marks to written work. These courses do not, for example, allow students an aegrotat or compassionate consideration for exams and instead mandate

An allegation was levelled that, in the past, students had misrepresented lecturers' information as their own and had not been punished. This allegation is contrary to the academic misconduct guidelines of the Law School, and

was denied by the faculty.

Finally, in the matter of process, the faculty would like to direct attention to the availability of the Academic Pacific Staff Team through every step of the process. Although individual students were responsible for representing themselves and carrying out the steps, they were available for assistance. Additionally, it is asserted that the process was conducted impartially and independently.

[20] Based on the evidence provided, the jury is directed to give a verdict as to whether the process was procedurally and substantively unjust.

Next Hearing Set: Monday, 31 July, in Issue #15.

news

KERKING TRONK Euro summer (the living out of a bag edition)



If you open up Instagram or Tik Tok, it seems like everyone and their secondcousin flocked to Europe this summer. As a guilty party, it's unfortunate that social media doesn't capture the backpacking lifestyle, in all of its glory and grubbiness, with justice. Living out of a bag for months allows you to simultaneously visit the same places as honeymooners, trust fund babies and rich retired couples, while also opening you up to a new world of feral, pennypinching and low-maintenance type of living. So if you're thinking of planning a budget trip abroad, or trying your hand at backpacking, here's what you can expect:

DECIDING WHAT TO PACK TAKES AS MORE STRATEGISING THAN **PLAYING CHESS**

Especially if you're travelling carryon, every item you squeeze into that bag needs to earn its place. While the thought of bringing cute fits and your nice moisturiser seems great, any extra weight adds up and you'll be wishing you could amputate your shoulders when you have to walk around with your overweight bag under the sweltering hot Italian sun. The bare minimum essentials and items that can serve multiple purposes (e.g using a leather jacket as a raincoat, blanket, makeshift pillow, and picnic blanket) deserve priority. If anything, underpack so you can have room for any souvenirs you might pick up and to avoid racking up a bill at the chiropractors.

EMBRACE THE FERAL-NESS OF THE HOSTEL DORM

If you're travelling on a budget, you'll likely be staying in hostels during your trip. While sharing a room with 13 strangers may seem daunting, or odd, at first the (relatively minor) sacrifices you make in personal privacy, convenience, and comfort is beyond worth it for all the friends you'll make.

Still, that doesn't take away from the fact that living out of a bag and in hostels is hardly the definition of glamorous. Before you check-in, always manifest and pray to the travel gods for a bottom bunk. Your stay is made infinitely better with a bottom bunk. Not only can you avoid constantly climbing up the creaky ladder and precariously rocking the entire bunk in the process, but more importantly, you don't have to be the one subjecting the bottom bunk person to a jumpscare of your toes every morning.

As your bunk is probably the only thing that you don't have to share communally in the hostel, it pays to get creative with making the absolutely most out of the 91 x 188cm space you've been allotted. Your bed isn't just for sleeping in-it's your drying rack for all the socks you washed in the sink with bar soap, or even a DIY changing room (if there's privacy curtains) when the bathrooms are full.

Eventually, the fact that you're sharing your sleeping quarters with complete randoms barely crosses your mind. The ever-present sounds of bags rustling at 5am as people pack up their stuff, snoring, coughing, footsteps of partiers

sneaking in after a night out, becomes ambient noticeable, especially with the help of some trusty earplugs and an eye mask. Same goes with living in a perpetual state of grubbiness—after a few days, it becomes remarkably easier to ignore the weird stains on the bed sheets and wearing the same sweaty, sunscreen-smeared clothing over and over again.

BYO MEDS!

Except for the fortunate few, everyone gets sick at some point in their trip. Travelling really fucks up your immune system—from the beige food diet, the whack sleep schedule, the overconsumption of alcohol, to being constantly surrounded by other travellers infected with the annoyingly persistent hostel cough. Having your own meds means you don't have to drag yourself to the pharmacy when you're on your deathbed and then describe to the staff in detail all of your stomach issues using Google Translate.

THE TOURIST SPOTS ARE INDEED TOURISTY

Europe is a popular bitch and with that comes insane crowds. Places like the Trevi Fountain, the Versailles Palace, and the Louvre are pretty much constantly packed with people in the summer, even if you show up early.



It's not just the touristy spots, the transport connecting people to the touristy locations also gets extremely full and hot. Your face will probably be shoved underneath a moist armpit or two. If you're really lucky like me, you'll even find yourself wrenching your leg out of the train doors after being body slammed by a group of Karens.

GET YOUR PALATE READY FOR HOSTEL CUISINE

Budget backpacking means you'll likely be mostly eating supermarket food and cooking in hostel kitchens. If you thought broke student uni meals were strange, hostel cuisine takes this to a new level. After all, it's hard to be Gordon Ramsay when the "kitchen" ends up being a microwave plonked on a table, or you've only got severely misshapen pans with broken handles at your disposal. Be prepared to survive off some weird, but mostly edible, dinners. And unless you're willing to carry around a salt shaker and a bottle of oil for months, sometimes your food will be appallingly bland if you can't scavenge any in the back of a hostel pantry or off another fellow backpacker.

Luckily, there's a shared etiquette amongst backpackers to never judge whatever people are eating at the dining table. You can only fit so many groceries in your backpack so sometimes dinner will be a packet of Uncle Ben's rice paired with a halfeaten pot of hummus. But don't worry, another traveller will probably tell you, "that looks so good!" as they reluctantly eat their stale bread roll and can of tuna.

WELCOME TO EUROPE, THE LAND DOWN UNDER!

Not sure how or why, but it seems like Europe is invaded by our lovely neighbours across the ditch every single summer. As you stroll leisurely through the cobblestone streets, expect to dodge swarms of mullet and pornstache-donned Australian guys and hear choruses of "oh naurrrs."

BE PREPARED TO BECOME A FULL TIME GEOGRAPHY TEACHER

When you're abroad and meeting people from other places, it quickly becomes apparent how little everyone seems to know about our humble abode. People will ask you, with a straight face, if New Zealand is an English speaking country, or where it is on the map. As an upstanding Kiwi citizen, you will be obliged to present a basic geography lesson and recite some fun facts.

GOTTA COLLECT THEM ALL

As you traverse around, you'll probably collect the different types of scam artists like Pokemon. For the most part, they're mostly harmless (e.g the flower ladies, just walk away from their "free" flower offering), but there are a few that may be more sinister (e.g the men who will try to aggressively shove a friendship bracelet onto your wrist and then demand a 30 euro payment).

SET ASIDE AN EMERGENCY FUND

No matter how much research you think you've done, fuck ups are bound to happen. Don't get cocky because as soon as I did, I missed an entire flight after being held back by security for looking "suspicious."

GUARD YOUR SHIT WITH YOUR LIFE

There's a reason why people are yelling "attenzione pickpocket!" all over Tik Tok, you can never be too careful with your belongings while travelling. Unfortunately, the horror stories of travellers having their entire bag, phone or passport nicked is pretty common. If you're anything like me and it's physically impossible for you to stay awake on public transport, it's worth investing in a small cable lock to help secure your bag to a stable item like a chair, or even yourself, to prevent being stolen from while you're having your third nap of the day.

DON'T EXPECT ANY EXISTENTIAL QUALMS TO BE SOLVED

All that "soul-searching" shit is bullshit and only believed by pretentious travel influencers whose only personality trait is that they've been to 102 countries. You will learn some important life lessons but you will not discover the meaning of life after you see the Eiffel tower.

COPING MECHANISM REVIEWS

In case the first week back to uni is getting you down, here are some tried and tested coping mechanisms courtesy of UoA's very own students.



recommendations for getting through that pesky first week back:

*Names may vary because we want you to remain employable in the future <3



feature.

Starting off strong, Maya^{*} recommends "having a wank and a cry"

Well what else did you expect from an English major? It's giving YA angst. It's giving Lana Del Ray. It's giving 'release' (all pent up frustration before calling StudentHubs because SSO has crashed for the fifth fucking time this week). Since I take my journalistic responsibilities very seriously, I was happy to take Maya's' solution for a test drive.

VERDICT: Truly the OG *self* care. Lets you carve out a portion of your day to light some candles, play some tunes and remind yourself that you can still feel. Extra points if you can multitask and cry during said wank! After all, you're on a tighter schedule these days. A friendly reminder is in order to wash! those! hands! before wiping any tears.

SIDE EFFECTS: in the days following your cry-wank, you may find the sight of tears to be weirdly arousing...probably nothing to worry about though!

9/10. Baby, you're so sexy when you're emo.

Alyssa* manages the first week blues by "listening to 'Punisher' by Phoebe Bridgers on repeat"

So just...all cry/ no wank?

A warning that Bridgers' lyrical genius has the potential to catalyse a full blown existential crisis when used as a coping mechanism. I'm just saying—uni students on the brink of switching majors should not be exposed to lyrics like 'Why would somebody do this on purpose, when they could do something else?' Girl you better stop before I drop out!

SIDE EFFECTS: This coping mechanism may force students to attain an immaculate taste in music!

7/10. Gave me a quarter-life crisis set to a banging soundtrack.

 Ollie's' favourite coping mechanism? "Making custard." Simple! Wholesome! Cottage-core!

OR SO I THOUGHT. The 'simple' two step recipe called for a level of expertise in the kitchen which as it turns out: I simply do not possess. At the end of step two, it was time to accept that no amount of "constant whisking" or "gentle folding" could save my lumpy (slightly burnt) custard. (They told me to keep it at high heat?!)

SIDE EFFECTS: Feeling unprecedented levels of rage for that cottage-whore Ben Michaels from GoodFood BBC. Why categorise a recipe as 'easy' when it actually requires Great British Bake Off extents of tomfoolery??

3/10. Made me feel bad about myself.

4. When it comes to coping, Tahlia* **"uses Instagram as a journal for my intrusive thoughts**"

For all you adrenaline junkies out there, this is the mechanism for you!

Let me tell you: there is something so metal about posting the thoughts that inhabit the darkest corners of one's mind, on what is perhaps, the most inauthentic app in existence. Raw. Real. Liberating. Did my followers form an extreme dislike for the daily update on how my tummy was feeling—as portrayed by differing cat gifs? Sure. Did some of them unfollow me after I posted the take: 'Most white male comedians stop being funny the second you develop critical thinking skills'?? Absolutely. Weed out the pussies early, I say!

SIDE EFFECTS: Self actualization. Nothing is real and we'll all be dead in 80 years anyway. Also your friends will start sending you messages like: "hey...are you okay?" and "How you been doing buddy?". Ignore them. The keyboard is your sword and it's time to get a-typin'.

8/10. My account has been temporarily disabled.

5. Harry's* coping mechanism is **"Ghibli films"**

Who the fuck needs drugs when you have loveable animated creatures and

beautiful hand-drawn scenery?

By age 7, I had determined that if ever 'My Neighbor Totoro' had no fans, it meant that I no longer breathed or walked this earth. Watching Studio Ghibli films now, in my (questionable) adulthood was a warm hug! A return to my girlhood! A steaming bowl of chicken soup for the soul! Except for 'Spirited Away'. That ghost motherfucker is NOT it. What kind of whack, soul-crushing themes are we exploring in this so-called *children's* movie??

SIDE EFFECTS: Hunger. The rich ramen and the honey milk from 'Ponyo' continue to live rent free in my head. Fun fact: Ghibli food looks so delicious because they are inspired by meals creator Hayao Miyazaki makes for himself. As he puts it, "food that is still warm, that looks soft and tender with the flavour showing on the faces of those eating them? No dialogue is needed to convey deliciousness and happiness". Talk your shit Miyazaki!!

11/10. Off to go romanticise my 2 minute noodles.

The coping mechanism Thea* swears by is "asking finance bro's why we can't just print more money".

Anything that helps me cope whilst simultaneously making someone else lose their shit is a win in my books! (I never claimed to be a good person)

VERDICT: Deeply satisfying. You can see the gears being grinded and if you look close enough; the steam, as it threatens to be expelled from the ears of your victim.

SIDE EFFECTS:Having to actually listen to rants about why we can't just print more money.

6/10. I pay to not listen to my uni lectures, why would I listen to a finance bro??

Welcome back to campus! More than anything I hope that this semester will not give you any cause to use these mechanisms. But since that is highly unrealistic, I wish you instead; godspeed and happy, healthy coping! **TOP DEFINITION**

floorcest

Noun - [Floor-cest]

To commit a sexual act with another resident on your floor.

"Didn't you hear? Floor 2 keeps having **floorcest**"



The UoA's Hedonistic Halls of Residence

If you thought putting 30 hormonal teenagers together on a floor sharing *almost* everything would create an abstinent, focused, and mature group of students you must have been either:

a) one of the teenagers parents

or

b) whoever makes the ads for the university's hall of residences.

Either way you have a 95% chance of your child, or ideal resident, not being any of those.

Put a bunch of first years in a room and get them to talk; once they finish rambling non-stop about their old highschool, sex is usually the next big thing they will discuss. First years love to gossip and sex is a drama hot topic in many a first-year dining hall or common room. Between who's hooking up with who and the many cheating scandals that occur, tongues wag and sauce is spilled regularly. Whilst there are often quite a few rumors, they understate the amount of debauchery that occurs at halls.

Whilst some floors can be more restrained than others, such as nonalcohol and gender split floors, most floors will engage in what is viewed as an inevitability; *floorcest*. For those lucky enough to not be aware of this term or witness to the act, please cast your lucky eyes to the dic⁺tionary definition above.

Some floors however take this act and decide to become competitive at it. With Covid, floors were isolated from each other and with clubs closed many residents turned to their neighbor for a 'study break'. "Floorgies" can and have occurred (I don't think I need to explain this one to you) resulting in interesting social situations for the R.A in charge of the floor to manage. It took less than 24 hours after move-in for the first act of floorcest to be committed on the floor I was on and it would be followed by 5 more within the next 3 days.

Often a quick flurry of floorcest occurs as residents get to know each other before the social stigmas around fucking your neighbors set in. After this first period, most floorcest stops except for:

a) couples which have formed

and

b) for random couplings.

Random hookups are the name of the game, with many strange people leaving the floor in the morning still dressed for town. For the non-high school leaver halls however, things couldn't be more different. Sex isn't really a thing in these halls. It may be discussed or even slightly gossiped about in groups but it does

not reach the same level of intensity that it reaches in first-year halls. Academic intensity has taken over and the drama around sex never reaches a higher peak than the stress of studying. With much older students, the majority of which are already in relationships, floorcest and sex doesn't occur much except for random hookups.

Being an R.A surrounded by horny first-years is an interesting experience. If you are an attractive R.A, you may get propositioned or flirted with by residents which results in hilarious situations.

Going out to town as an R.A makes this hazard a little bit more dangerous.

Whilst out in town you may want to meet someone for a stand, or for something more, but you'd prefer that person not to be someone you're paid to look after. Meeting someone your age out in town may, for some R.A's, become a detective game to make sure that your work-life balance isn't about to become a lot more complicated. Though uncommon, some R.A's do sleep with their residents; about one a year who is caught. Most R.A's are already in relationships however or smart enough not to create a larger statistic. Rumors will abound however of R.A's sleeping with their residents, an issue which always creates drama in the hall and R.A team.

Life in the halls is one made of personal exploration and self-growth. Sexual exploration is a large part of the hall and occurs during the first phase of the year and grows as the year progresses on. Away from home with little supervision, quite a few residents explore their sexuality resulting in many surprising floorcest cases. Some of the strongest friendships I've seen formed on my floor were results of sexual exploration between two residents creating close bonds.

Sex from floor to floor, hall to hall, differs widely so take this as one person's view of the hall's hedonism. If you're not at a University Hall of Residence and want to live like a fresher, DON'T hook-up with your neighbor. You'll more than likely succeed and you'll soon come to be familiar with the awkward looks exchanged as a result of such floorcest.

Keep Slaying,

Anonymous Moose :)



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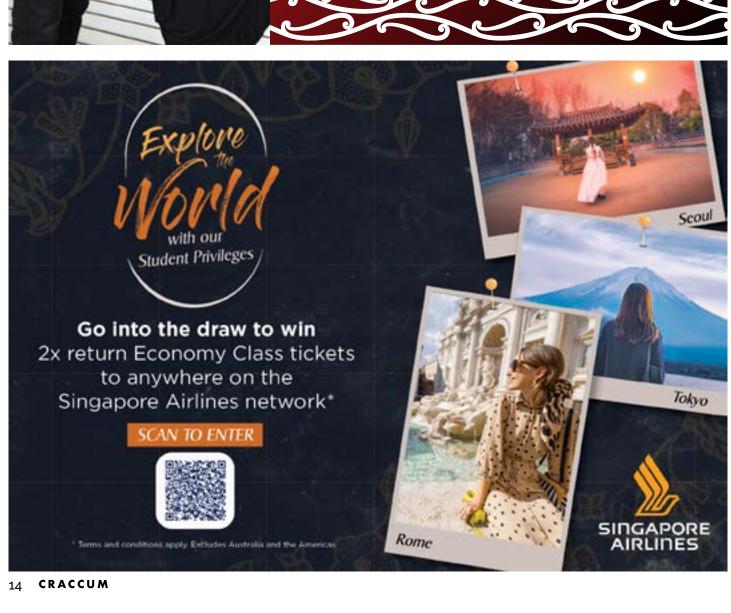
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MY FLAT MATE'S TRYING TO COMMI

"Flat Fiasco: A Comedy of Errors and Burning Pants

Welcome to the wild world of our Mount Eden basement flat; Where everyday life feels like a scene out of a comedy film . From faulty fire alarms to burning pants, our living situation is anything but ordinary. Join us as we recount the epic tale of two flatmates, affectionately nicknamed Dumb and Dumber, and their attempt to turn our humble abode into a fiery spectacle.

Let's begin with our dysfunctional fire alarms. For weeks leading up to the infamous incident, our alarms had a mind of their own. Imagine our surprise when they went off randomly at 2 a.m., 4 a.m., and 6 a.m.. In the end we decided to ditch the alarms, thinking, "Who needs fire safety anyway?" Little did we know a chaos that was about to unfold.



Enter Dumb, who, due to the terrible weather in Auckland and the lack of a drying machine, resorted to hanging his clothes anywhere he could find space. Doors, cabinets, and of course, our hallway lights became impromptu clotheslines. It was on this fateful night that Dumber, in need of a late-night bathroom trip, unwittingly contributed to the impending disaster.

THE BURNING ANTS AND HOODIE

JAKE HARKINS

At 3 a.m., Dumber sleepily stumbled out of bed, flipped on the lights in the hallway, and promptly returned to dreamland without a care in the world. Little did he know that the lights would become the catalyst for the chaos to come. As smoke filled the flat, Dumber hastily woke the rest of us up, yelling "Fire! Get out!" I stumbled blindly through the haze, only to find Dumb and Dumber standing there, watching their pants and hoodie burn with the intensity of a school camp bonfire.

Amidst the chaos, I took matters into my own hands. Armed with a rice bowl and water, I swiftly doused the flames, saving the day from complete disaster. After airing out the smoke-filled house, I returned to bed, hoping that this would be the end of our misadventures.

BOWL

Alas, the comedy of errors continued. When I awoke, I discovered that the hallway light had melted entirely. As it turns out, Dumber had turned on the light at 3 a.m., only to forget about it and go back to sleep. Dumb, in a state of panic upon seeing his flaming pants, attempted to extinguish them by throwing them at the wall, which unsurprisingly, did not work. In a lastditch effort, he flung them onto the lawn, all while yelling "Fire, fire!"

As the smoke cleared, a heated debate ensued among our circle of friends regarding who was at fault and who should foot the bill for the damaged light. Our ever-pretentious law student flatmate even attempted to set up a makeshift court, casting himself as judge. However, unable to reach a consensus, we decided to turn to the public for a final verdict.

YOU BE THE JUDGE

We invite you, dear readers, to weigh in on this comedic calamity. Who should be held liable for the damages? Should it be Dumb, who hung his flammable clothes on the hallway lights? Or perhaps Dumber, who carelessly left the lights on and failed to turn them off? Text your thoughts and cast your vote to 0212252262, and let the public decide.







CLAS103: Greek Mythology

A Theatre again the state of th Have you ever been stuck in an endless, monotone class just wishing it could be mixed with a little... drama? Comedy? Hubris? Through a matryoshka doll of characters, the brilliant showrunner Vincent Andrew-Scammell becomes the bumbling Professor Ross Jacob Livingstone, who inadvertently becomes imbued with the spirits of various ancient gods and heroes to deliver what is guaranteed to be the most engaging Classical Studies lecture you've ever been to. The awkward lecture quickly derails into a highly theatrical odyssey through history, taking us all along for the ride. The audience are disinterested students, the audience is inside the Trojan Horse, the audience are souls waiting to cross the river Styx, the audience are forced to comfort the Minotaur through his vulnerable moments. Despite very little costuming or props, Andrew-Scammell manages to create distinct characterisations for each pantheon to possess Professor Livingstone—polishing this off with a fearless approach to

Takatāpui

This solo show staged by Daley Rangi (Te Atiawa) both stretches and embraces the bounds of oral storytelling. Takatāpui, interlocking poetry and song, is one night told in verse—a reflection, a reminiscing, and a reclaiming of trauma. Rangi is a confident and comforting narrator of their own life, and guided us through the intense tonal shifts of the night with ease. The events are lightened with vivid lyricism, comedic breaks, and naturally, disco. With a sparseness of staging and company, the richness of Rangi's storytelling paints the hour-long runtime with 10 GUIR a much longer staying power. Ephemeral collections of fleeting violence that dance between the existential and the incendiary. It is awe-inspiring to see what one talented artist can achieve with only a bar stool, a table, and a vocal processor—that form is entirely what you make of it. An astonishing sound bath of discomfort, this audience par

letting it all out through the catharsis of poetry and highly-competitive mini games that left most of the audience very frightened of the energy being created. There were also moments of incredible tenderness, and the return performances of some of their greatest hits—a journey of poetic comedy that showed us that maybe the real destination was the complaining about landlords and loud children we did along the way. Because we may be bitches, but we are bitches together. The talk show is a format with endless potential for further development—it's easy to see The Bitching Hour becoming a regular staple of Auckland's live scene in the near future.

The anthology attempting to map our brains through poetry

Poetry is an unending mystery with untraceable edges. It is not a language we think about to communicate science. When we think about breaking down science we think of textbooks, lectures, Crash Course videos. But what about the messy, unknown corners of science? The intricate and deeply emotional experience of brain disease?

Loredana Podolska-Kint believes poetry is the perfect way to tackle this. A final year medical student currently completing her clinical rotations at Whangārei Hospital, her experiences in neurology have inspired The Poetical Lobe Project—an anthology of poetry from those inhabiting the tricky world of brain disease.

"It seemed like the natural thing to do, given that poetry and neurology are two of the things which fascinate me the most. I always want people to give poetry a try, because it has helped me unpack the world around me, and I want it to do that for other people. Asking people to write poetry about the brain can hopefully not only help to raise awareness for brain research in a

Our favourite patients are those who keep singing, Who fight to keep walking, and talking, and dreaming, We hold up the ones whose struggles are scored In a symphony shared with the rest of the ward.

They sing, when their words and worlds are jumbled, When prognoses make the stiffest humble, The pathways of melody lead to lost words, Tuning their thoughts in the medium of birds.

from Reasons To Keep Singing (A poem for stroke patients)



unique way, but also be beneficial to the poets themselves."

Podolska-Kint's time on stroke rotation at Auckland Hospital showed her the need to raise awareness and funding for brain research: "I saw people's lives being utterly changed by guite recent treatments such as stroke clot retrieval. which removes a clot to re-establish blood flow in the brain. It's quite magical to revisit the same person and see how much they have regained after a procedure like that. My own grandparents suffered strokes before these treatments were developed, so I can't help wondering what might have been if that research had been just a few years ahead of itself."

"Attending research talks held by the Centre For Brain Research (CBR) showed me just how intricate, technological, and other-worldly some brain research can be. I couldn't help wondering how many extra people might benefit from these discoveries if the research had more support, both financially and socially. That's why I decided that all royalties

> from the anthology would go straight to the CBR to make a small contribution to the lifechanging work they do."

When not working and studying Loredana teaches kids about poetry, the human body, and the life of a doctor, so her passion lies in combining art and science into new forms of education: "I think the divide between poetry and science has been entrenched for too long, and it is an under-utilised

The Donation Box

(A poem about the Human Brain Bank) A stranger raises a hand, straighter Than ever was mine a larger lecture, To ask another stranger If she will dissect his brain later. She hands him an info pack, Promising to email back, Grateful for his gift to science, How could anyone deny it? I wonder how it feels to hold A numbered brain, see its myths unfold, And wonder if this is the stranger Who once wanted to make the ultimate donation.

means of

science communication. Students often see poetry as "fiction" but there is nothing to say it has to be that way."

Loredana hopes that anyone "with a story to share about the brain" can "make their experiences heard for others to better understand, and find satisfaction in knowing that royalties from the book will directly contribute to research at the CBR."

The Poetical Lobe Project is currently open for submissions from New Zealanders with a connection to the world of neurology; such as patients with neurological conditions, their family members, medical students, doctors, healthcare professionals, researchers, and anyone else with a connection to neurological diseases.

SUBMISSIONS TO THE PROJECT ARE OPEN FROM NOW UNTIL 11:59PM, 31ST OCTOBER 2023, VIA THE GOOGLE FORM: HTTPS://FORMS.GLE/ SXRHHSOPYMZIQCDX8



MOTHER TONGUE

ma i never understood what mother tongue meant until i lost your language and some chapters of myself at the same time i still haven't found them i think they slipped out the crevices that split us the chasms that neither of us had the planks of wood to traverse emptiness leaving us stranded and staring wordless

ma at the bottom of these canyons rushed rivers charging channels of the blood you poured into my veins each drop each cell a cacophony of stories

words never spoken somehow still so loud i listen to them sing me to sleep these sounds somehow familiar and foreign the clamour a lullaby to keep

ma since then we've been staring at each other from across these gaps in memory over

your hand reaching the void for mine to bridge our estranged vernaculars our bellies full of swallowed sentences and mouths empty but for our tongues yours riddled with teeth marks mine stunted in its growth

ma i didn't tell you that the reason i picked french in year 10 wasn't just because of an overexposure to *Barbie: A Fashion Fairytale* at a formative age but because i craved the ability to communicate without the weight of the dictionaries i already held the aeons of lives lived spilling out every time my lips parted i just wanted to tell my own story

ma but a story comes in different languages different sounds and script what if instead of getting lost in translation i could find myself in it i could find you

ma - i think i'm finding your words inside me again just... fragments. at a time. These buttery tones, soothing since before I can remember, Your voice an ayurvedic antiseptic Sometimes stinging (but so healing). This time, I'll be gentle with the mildewed pages, Crammed margin-to-centre-crease with your story, I'll reach back and grab you, Your hands, full of my hands, My prayers full of you.



Harshitha Murthy (she/her) is Very Excited To Be Here. A first year Law/ Arts student majoring in English and French at Waipapa Taumata Rau, she was Massey University Press' Y13 Student Poet Runner-Up for 2022. Harshitha wrote for her local magazine once, aged ten, and has been chasing that high ever since. Her work explores the amalgamation of intersections that create one's identity.

BERGMAN

Finding Home: Bergman's Newest Exhibition and The Representation of Asian Artists



PARIS BLANCHFIELD

Anyone with experience in the art world knows that it's a rocky industry to navigate. Many established artists benefit from pre-existing personal connections and various forms of privilege that allow their careers to progress in a way that's unachievable for most. Essentially, in the art business, getting your work in the public eye is often about who you know. Over the past year, I've witnessed Bergman Gallery actively fighting against these industry practices by hosting a series of exhibitions platforming both established and emerging artists with diverse cultural backgrounds. Their latest exhibition, *A Place to Call Home*, is no exception. Featuring nine contemporary Asian artists currently living in Tāmaki Makaurau, the exhibition tackles ideas surrounding tradition, belonging and how these artists translate ancestral legacies within their own.

Historically, the representation of artists of Asian descent is a weak spot within New Zealand's art world. Even Auckland Art Gallery Toi o Tāmaki took years to expand their collection of Asian art beyond one work by Guy Ngan (which was confined to the Lower Grey Gallery on their ground floor) But the marginalisation of Asian communities obviously goes a lot deeper. A Bergman gallery representative states that,"even as 1/4 of Aucklanders are of Asian descent, cultural institutions, general media and in everyday life, Asians are still generally grouped as 'Other".

A Place to Call Home works against this label of other; using painting, sculpture, ceramics and photography as a means to declare that, to these artists and their communities, New Zealand is home. Upon stepping into Bergman Gallery, you'll be greeted by the work of Tanja McMillan, the artist commonly known as Misery. You might recognise her signature style from the bronze sculptures adorning Karangahape Road or the large-scale murals nestled throughout the city. Tanja's heritage is a rich collage of French Polynesian Tahitian, Hakka Chinese, Australian and NZ Pakeha, which the artist often draws upon throughout her creative process. She has multiple works in the exhibition, each a vibrant collage of vivacious characters and elements from the natural world. Her piece 'Golden Noodle' features human millipede hybrids, sentient mushrooms and tomatoes and playful figures adorned with what appears to be butterfly wings. Her work is kaleidoscopic, almost like a hallucination from an exceptionally good trip. Spilling over with playful exuberance, this work sets the tone for what's yet to come. On an adjacent wall hangs Naomi Azoulay's contribution, her vibrant portrait of Genevieve, a builder from South Auckland. The



of sitters and decolonise art spaces. Notice the attention to detail, the tattoos and the soft draping of fabric. Just around the corner sits the shimmering work of Louie Bretaña. With their heritage stemming from Manila and the Visayan province of

Manila and the Visayan province of Iloilo, Bretaña's work is embedded with rich cultural elements and depicts vibrant imaginings of pre-Christianity Filipino deities. The simple act of walking around these pieces evokes a sense of wonder and captivation; reflective, glittering shapes take new forms as the sun hits them from different angles and transforms them into living beings. However, Bretaña's work is not only beautiful; it reflects a powerful desire for decolonisation and aims towards the platforming of pre-colonial Filipino narratives and mythologies.

Adorning the rest of the room are Rhea Maheshwari's pastel dreamscapes, informed by her Indian/ New Zealand heritage. Each piece glistens with silver leaf, another dynamic work that shifts and morphs as you move around it. The works of brilliant sculptors are also featured. Cindy Huang's floral porcelain works draw attention to the interactions between early Chinese settlers and Maori during Victorian times. Western medicine was often unaffordable, and so Maori communities traded for traditional Chinese medicine. And though I hate using the word 'delight,' there's no other way to describe Yeonjae Choi's works. Each sculpture initially presents as a figure until you look a little closer. Behind their

translucent faces lie mountainscapes which appear hazy and dreamlike due to the nature of the glass, implying the presence of a whole other world inside one's head.

As you make your way into the back room, you'll come face to face with the most-photographed piece in the exhibition; Bev Moon's 'Offering.' The piece resembles a Yum Cha spread with knitted delicacies. Lean in and notice the way carefully crafted prawns are visible underneath the woollen dumpling skins and the expertly constructed dishes of dipping sauces. It speaks to traditions such as food and knitting being passed down through generations and their ability to keep culture alive. A large golden cat sits in the middle of the table, serving as a homage to her father. The piece and features moving eyes that Moon created the mechanics for.

Initially, the artist installed a sensor that allowed the eyes to follow you around the room before deciding it might be too unsettling.

'Offering' speaks not only to the multitalented nature of the artist but to the importance of keeping tradition alive under colonialism.

On the surrounding walls sit works from Luise Fong and Abhi Chinniah. Luise Fong has been a household name for a while now and is known for her distinctive, post-modern style. Her works are up for interpretation; they're beautiful and ambiguous, waiting for viewers to embed them with their own found meaning. Abhi Chinniah's photographs sit on the opposite wall. Taken during lockdown, these works feature migrant and refugee New Zealanders, the type of Kiwis that are not often seen in mainstream media. The images possess an element of liberation, with models in traditional clothing posed against rolling hills and green meadows.

While this exhibition has since ended, Bergman has plenty of equally mesmerising shows on the horizon. Their current showcase, *Te Vaerua O Te Vaine, Our Mother's Hands*, 'speaks to matriarchal intergenerational learning, celebrating women's creativity and skills and passing down wisdom and knowledge from one generation to another.' Featuring five women from across the Pacific, the exhibition is set to be a celebration of cultural identity, heritage and womanhood. The curatorial practices informing Bergman's showcases are something many art galleries should, and need to, learn from. Art holds a unique form of power that allows for storytelling, informing and platforming, and Bergman constantly uses this power to uplift those who are not always offered equal opportunities. If you're an art lover, take the opportunity to support a gallery that works towards uplifting our community and keep tabs on the above artists (not to be cheesy, but it's clear they're all destined for great things.)

TE VAERUA O TE VAINE, OUR MOTHER'S HANDS RUNS FROM 13 JULY - 5 AUGUST, BERGMAN GALLERY



HAPP

THE EROSION OF THRIFTING

When Fast Fashion Usurps Secondhand Sanctuaries

MANY YOU

HIWA PIAHANA

Greetings, esteemed fashion aficionados, for today we embark on a contemplative exploration of the somber decline of thrifting, once a revered refuge of idiosyncratic discoveries and economical sartorial delights. Prepare yourselves for an insightful sojourn into the abyss where thrifting meets its untimely demise, yielding dominion to the realm of fast fashion. Brace your intellect for an introspective examination of the state of our cherished secondhand establishments.

1. AN UNFORTUNATE ODYSSEY IN THE REALM OF THRIFT STORES

Ah, recall, if you will, the halcyon days when thrift stores were veritable realms of unparalleled treasures, waiting to be unearthed by the discerning eye. Regrettably, those days have receded into oblivion. In their stead, we are

greeted by a plethora of insipid textiles and subpar craftsmanship, which somehow pervade every nook and cranny of the thrift store tapestry. It is as if we have unwittingly crossed over into a parallel dimension, where fashion has taken an unanticipated detour into a landscape of banality.

2. ANKO: THE PARODY OF VINTAGE LEGITIMACY

Enter Anko, the emblem of duplicitous pretense elevated to an unprecedented art form. With their offerings masquerading as "vintageinspired," Anko sows seeds of doubt within our discerning minds. Vintage? More akin to a mockery! This insidious Kmart brand has managed to infiltrate thrift stores, leaving no corner unmarred by their polyester-infused monstrosities. Oh, the audacity! Anko, we begrudgingly acknowledge your unparalleled mastery of deception.

3. THE MALADJUSTMENT OF MONETARY WORTH

In yesteryears, thrifting served as a bastion of affordability, a sanctuary for those seeking sartorial alternatives without depleting their coffers. Alas, that utopian vision now crumbles before our disbelieving eyes, replaced by a

05 cs

perverse game of thrift store chance. Desire that slightly blemished t-shirt from a fast fashion conglomerate? Pray, surrender the equivalent of your monthly streaming subscription. And entertain no lofty expectations of uncovering genuine treasures at reasonable prices. The only jewels you shall encounter henceforth reside within the figurative crown of the thrift store cashier, jeering at your despair.

4. THE ENIGMATIC QUEST FOR COVETED GEMS

Recall, if you can, the euphoria of chancing upon that singular article that harmonised with the depths of your being. Prepare yourselves, however, for an unending odyssey, lost within a labyrinth of garments possessing scant semblance of wearability. Amidst the ocean of hastily crafted, massproduced attire, one would deem it a stroke of fortune to encounter an item bereft of neon abominations from the bygone '80s or tattered shirts boasting dubious stains. The delights of sifting through mounds of polyester, indeed!

5. SUSTAINABILITY: A FADING VIRTUE

Thrifting once stood as a paragon of sustainability within the fashion landscape. A haven for eco-conscious individuals, it was an embodiment of the noble pursuit to curtail waste and protect our planet. Yet, as the relentless tide of fast fashion inundates thrift stores, that beacon of sustainability grows dimmer. The racks teem with garments fashioned from inferior materials, their synthetic fibers polluting both our wardrobes and the environment. It feels akin to engaging in a fruitless struggle against a horde of plastic-clad zombies.

6. RISE, O VANGUARD OF STYLE

In the face of this melancholic tableau, let not our spirits wane, my erudite comrades. Together, we shall arise, reclaiming the very essence of thrifting and demonstrating our indomitability in the face of polyester-clad adversaries. Enveloped in the armor of vintage authenticity, let us champion sustainable fashion, advocating for transparency and ethical practices. Through our concerted efforts, we can restore the exalted status of thrifting, celebrating its uniqueness, affordability, and environmental consciousness.

As we bid farewell to the halcyon days of thrifting, let us treasure the sagacity and discernment that accompanied our journey through the tragic erosion of this once-vibrant realm. Though fast fashion infiltrates thrift stores and prices soar to astronomical heights, let us not relinquish our individuality and values. By challenging the established norms, supporting sustainable practices, and embracing our own distinctive styles, we breathe life back into the world of thrifting. Thus, let us forge ahead, heads held high, armed with wisdom and resilience, navigating the labyrinthine paths of thrift store transformation. Onward, my discerning compatriots, for the saga of the eroding thrift store culture continues.

Tell us what you think!

Share your opinions by joining our survey panel and be rewarded with treats and savings from Flybuys.

Plus opt in for our in-person product testing for even more rewards!

JOIN OUR PANEL AND GET REWARDED





Enjoy your chosen reward; Flybuys Points, Pumped Fuel Discounts or New World Dollars.



The Magic of Matariki

Let's take a dive into the magical celebrations taking place all around Auckland for Matariki! Whether you have no idea what the significance of this day is or celebrate it each year, there is truly something for everyone to do, hear, eat or see...



SANSKRUTI BANERJEE

Mānawa maiea te putanga o Matariki Mānawa maiea te ariki o te rangi Mānawa maiea te mātahi o te tau

Hail the rise of Matariki Hail the lord of the sky Hail the New Year

Matariki is the star cluster most commonly known across the world as Pleaides. The cluster is a small part of a much larger constellation of stars called Taurus. These are some of the earliest recorded groups of stars since around 17,000 years ago. A lot of cultures celebrate these stars because they represent planting, harvesting, weather and life. For Māori, they signal the Māori New Year and the appearance of Matariki in the morning sky lets people gather together to celebrate their present, plan ahead for the future and honour those who have passed. Last year Matariki became an official public holiday in Aotearoa.

The history of Matariki

In the past Matariki was a time to acknowledge the dead and release their spirits to become stars. It was a time to be thankful for crops, ngā Atuaand their harvests. A time for all to then bestow these blessings and bounty by sharing them with family members and friends. It represents the beauty of a new year, marks the passage of time and heralds new beginnings.

Each star of Matariki corresponds with a natural domain. Matariki is the star that signifies reflection, hope, our connection to the environment, and the gathering of people. Matariki is also connected to the health and wellbeing of people.

- * Waitī is associated with all fresh water bodies and the food sources that are sustained by those waters.
- * Waitā is associated with the ocean. and food sources within it.
- * Waipuna-ā-rangi is associated with the rain.
- * Tupuānuku is the star associated with everything that grows within the soil to be harvested or gathered for food.
- * Tupuārangi is associated with everything that grows up in the trees: fruits, berries, and birds.
- ★ Ururangi is the star associated with the winds.
- * Pōhutukawa is the star associated with those that have passed on.
- * Hiwa-i-te-rangi is the star associated with granting our wishes, and realising our aspirations for the coming year.

Things you may not know

- ★ This is one of the closest star clusters to earth. A lot of people think Matariki is a constellation, but it is in fact a group of stars close to each other, in this case around 500 stars.
- * Despite being close, if you were to try to drive a car to Matariki at a speed of 100km an hour, you would take 4.8 billion years to arrive!
- * Matariki is not just special in Māori culture but also is celebrated all over the world. In English speaking countries it is called Pleiades, in

Japan it is known as Subaru, Mao in China and Krittika in India.

What's Going On around Auckland?

- * Throughout the week, with a simple Google search (bless the internet) you can find many organisations and places hosting for Matariki; go check out some singing and performances at the Town Hall, Vector Lights at the Auckland Harbour Bridge or Matariki celebrations at Auckland Zoo!!
- * This year Westfield centres also have a range of immersive cultural experiences and activities for you. From a massive telescope to study constellations, to activities for young children like the immersive forest or cultural markets, there truly is something for every member of the family at the malls to explore and see.
- * Alternatively a classic we hope you did is wake up bright and early, take a good ol' hike and sit and watch the constellation itself rise. This is a time to sing songs, play music, come together with some kai and reconnect with your home.
- Some wholesome activities people do is; start to plant a new garden, write down goals and wishes for the upcoming year or cook for their loved ones.
- * These traditions to honour the star cluster for serving us have recently been elevated in Aotearoa, so we hope you celebrated Matariki your way or learnt a little bit more about it's magic through this article.

Lonely Hearts Club

Ever wondered what it's like to be a self produced singer songwriter? This article interviews UoA student Bella Fong about her life, what's coming up and where she gets her inspiration from! Let's dive right into it...

Introducing Isabella, known to friends as Bella. The girl who's constantly humming a tune, has lyrics written on her phone during bus rides back from uni or random words from songs constantly popping into her head. A self created singer, songwriter!

What's your favourite song you've written and why?

'Swimming Lessons' - this song is about that fuzzy stage in a relationship where you like them too much to see them with someone else but oh yeah you're too scared to commit too. Will they, won't they? It's a lot about sitting and waiting or staring anxiously at your phone but then realising they aren't yours anyway. *"I really enjoyed* producing this song and recording all the different instruments that were a part of it. The vibes are cool because it's something different to what I've done before. I am used to piano ballads but I explored the drums and bass more here, so it was super fun to play around with instruments."





SANSKRUTI BANERJEE

What were the behind the scenes of creating a music video like?

Bella said it was a LOT more work than it appears to be because if you envision something it might not turn out the way you thought it would. *"I had to learn how to be adaptive and plan for multiple different outcomes.*" On the day itself, filming was so much fun..."*as an artist, you lose track of yourself as you go through the emotions.*" Bella reminisces on having her friends around her to remind her of what was important, Her two chaotic highlights encapsulated; the fact there was a rain scene with no rain so she had to be hosed down and spending 45 minutes trying to set a flower on fire

What would you say your day in life looks like?

"I think it's about realising moments of struggle will come. No inspiration, blank music sheets and feeling lost. But learning that this is a CONSTANT process of discovery is really important." Some days for Bella have instruments, experimenting and song-writing whereas others might look like listening to other artists, taking a walk with a friend to a coffee-shop or doing something else for inspiration to strike.

Describe your process of inspiration and creativity to me...

Bella said that a lot revolves around the song: while some are inspired by real life people and their situations, others are influenced by the music she listens to or branched from a simple melody. *"Reading has helped me a LOT, to gain story inspiration or vocabulary, I love it."* Music is a form of storytelling so whether it's reading a good book or having a karaoke session with a hairbrush as a mic, Bella continues to explore different avenues to inspire her music.

Favourite artists?

"Taylor Swift because of her lyrics and story-telling, Maisie Peters because her style of music has a very unique and distinct flavour and the Bees Gees - a comfort band I'ved listened to for so long and who's music production and instrumentation I love."

Any last comments?

Bella says she hopes to build more confidence within herself and her music by doing some gigs, getting her music out there and working on releasing her EP. She has been singing since she was really young having been in senior choirs, performances, productions and auditions. On her road to establishing herself as an artist she's shared with us some behind the scenes insight into the good days, the bad days and the betweens. Stream her music to delve into how she sees love stories and the world around her.

BELLA HAS AN E.P COMING OUT VERY SOON IN AUGUST. YOU CAN FIND HER MUSIC ON INSTAGRAM - BELLAASHMUSIC SPOTIFY - BELLA ASH YOUTUBE - BELLA ASH TIKTOK - BELLAASHMUSIC



Buzzles

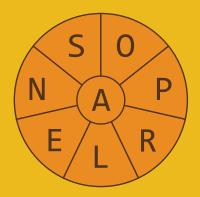
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PROPERTY ARTS PHYSICAL EDUCATION FINEARTS NURSING DANCE STUDIES

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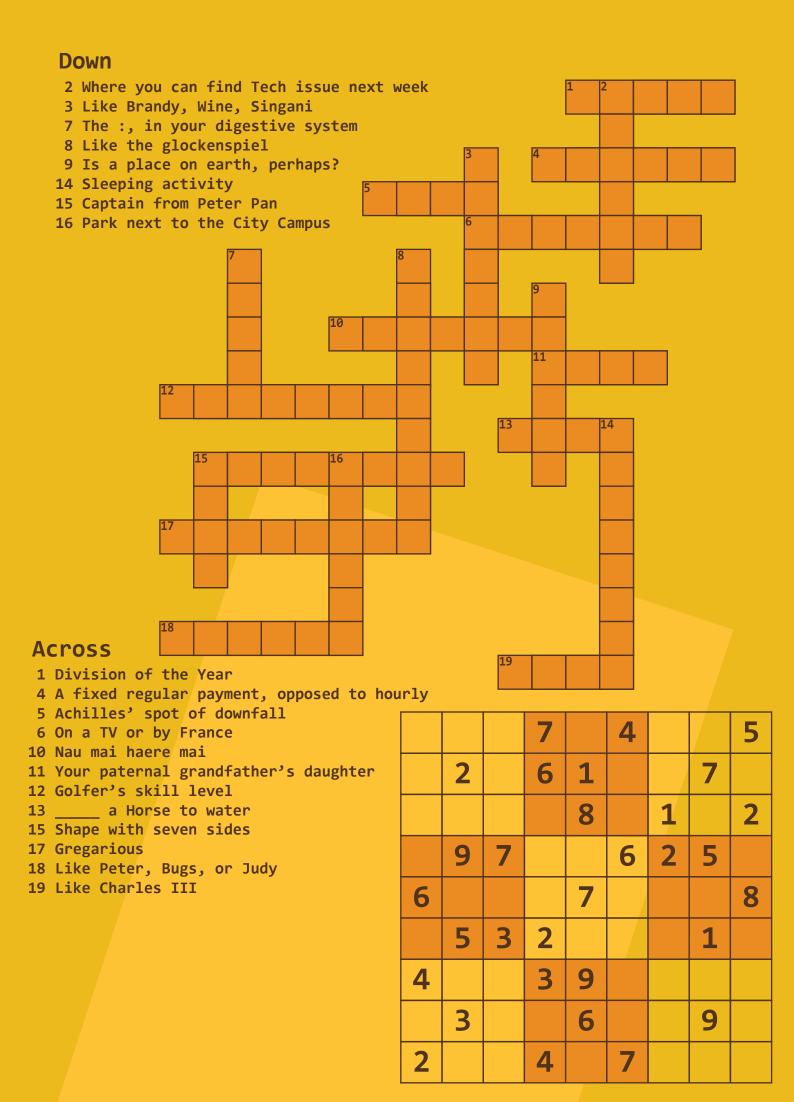
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Thanks for playing - 10 You're pretty clever, you know? - 15 At this point you should find them all - 20 There's still a lot to go - 25

I would call you a genius - 30

You win, I will not push you more - 35



HOROSCOPES

Your July Predictions

CANCER

This month you need to switch up your priorities and start putting yourself first. The waves of July bring new hope in your romantic life. We know your love life is dead but now is the time for you to make a move, shoot your shot and get out of the single pringle life. Take the spotlight, celebrate and get your hands on everything you've ever wanted.



Time for you to get some very well deserved rest, healing and closure. Remember you can't pour from an empty cup and a car can't run with no fuel. Stay charming, and know there has never been a better time this year to recuperate, rest and evolve into setting new intentions.

VIRGO

New connections, opportunities and dreams await you Virgo! Only the best will happen to you because of a cosmic vibe shift in the alignment of your stars. Make sure to be very careful who you're surrounding yourself with because not everyone will want the best.

LIBRA

Work, work, work. You have been consumed in life and work lately but trust when I say it will all pay off. Stability and security matter to you so set a goal that is brave and big and bold. It's the time to make it happen, stay vigilant.

SCORPIO

You need a vacation somewhere nice to escape the chaotic hullabaloo of life. Conversations with the cards can be interesting at this stage, try a tarot reading maybe? Either way if something has to be said, just say it (we know you will anyways).

SAGITTARIUS

Be more decisive about your plans and maybe you can embark on an exciting adventure. It is the perfect opportunity to cut yourself some slack, recognise your efforts and reward yourself. Go treat yourself babes! The momentary peace you get each day from showering won't last forever let me tell you that.

CAPRICORN

It's been rough lately hasn't it? You seem to have had a rather intense start to the month but trust, it will not stay this way. Relationships hold a lot of space in your life right now and you're torn between commitment and personal freedom...perhaps a sticky situationship? My advice is to give someone you care about what they want while valuing what you want as well. And if that doesn't work say farewell and consider replanting newer seeds in your garden.

AQUARIUS

New doors are opening and it is a time to fuel your passions. This month symbolises letting go of the old and embracing the new for you—if it will make you happier in the long run, maybe it's worth investing in now.

PISCES

Everyone wants you, oh my goodness! This is your IT moment, and the month where you get to be the main character. Potential peaks in your love life, the bliss of opportunity and the fun of things looking brighter than they ever have before...enjoy it but don't get too up in the fairies now.

ARIES

KICK OFF with a bold romantic move. Scrap that hesitation and think bigger and better. You deserve to be loved and balancing your life with that may seem scary but go for it! Where there is a will there's a way, may the odds be ever in your favour.

TAURUS

Do you have something you want to scream from the rooftops? Projects are arising, good news is coming your way and you will get all that after some good old rest. Try to renovate the chambers of your life and think about the people who really matter.

GEMINI

Know your worth and march forward! It doesn't matter if someone's said something, the most powerful opinion is YOUR OWN. Seize what excites you and head towards it with determination...it's all part of the process Gemini. We're rooting for you!



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PUT YOURSELF FORWARD TO BE THE VOICE OF STUDENTS ON THE UNIVERSITY COUNCIL AND AUSA EXECUTIVE

> NOMINATIONS WILL BE ACCEPTED FROM MONDAY 17 - FRIDAY 28 JULY



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