



OCD

PTSD

PANIC DISORDER

ANXIETY

Salient.

vol. 77 issue 22 the mental health issue

SCHIZOPHRENIA

EATING DISORDERS

DEPRESSION

BIPOLAR DISORDER

STRESS

DEMENTIA

SUICIDE

DEPRESSION

ANXIETY

POSTNATAL DEPRESSION

DEPRESSION

ANXIETY



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on the cover

WEIR HOUSE RESIDENTS, 1982. ILLNESSES ASCRIBED ARE INDICATIVE OF GENERAL TRENDS IN NEW ZEALAND AND DO NOT REFLECT THE ACTUAL MENTAL WELLBEING OF THOSE INDIVIDUALS. THANKS TO THE J.C. BEAGLEHOLE ROOM IN THE LIBRARY FOR PERMISSION TO USE THIS PHOTO.

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www.salient.org.nz

41 per cent of us will experience a mental illness while at university. Mental health and wellbeing is something we need to talk about, which is why we made this issue.

Mental health is deeply personal. It affects people in different ways and for different reasons. And the ways individuals cope are specific to them. That's why we wanted to focus on people's personal stories in this issue.

Cam: I've experienced depression and anxiety. I think it's a control thing. Not being able to control what other people think about me, not being able to choose who is at the party. The thing I can control is whether I leave the house or not. So sometimes I don't. The other thing is perfectionism: if I do something, I want it to be the best thing in the world. When I can't do that, I'd rather not do anything. So sometimes I don't.

Duncan: For me, issues often stem from me projecting the worst thoughts onto people. Assuming that they are malicious or that they will notice flaws in me. I lose confidence in myself, what people think about me, everything I am and everything I am doing. I too quickly allow myself to toil in unhealthy thoughts.

One thing we've both realised is that there are ways to deal with our feelings. These strategies aren't necessarily there to 'cure' us. They're not there to make things 'normal' again. They're simply there to make things better.

Cam: I try to catch myself when I feel like I'm on a downward slide, take a few deep breaths, and remember that right now it's all a bit much, but longer-term, it will be okay. I also have this policy of non-zero days: it doesn't matter if I spend most of the day in bed, so long as I get one thing achieved.

It doesn't have to be a big thing; just something, anything.

Duncan: I try to channel and push through my head positive thoughts. I have to keep repeating in my head that I am amazing and that my negative thoughts are just Projections and Assumptions about other people. I have to work to move away from my default thoughts.

Cam: I try to talk to friends about how I'm feeling, even though I'm not very good at it. I like to listen to how my friends are feeling. It's nice to know that even though everyone seems like they're so much more together than me, actually, we're all just walking around trying to make sense of it all.

Duncan: Further to that, I like to talk to my friends to take my mind away from my mind: to just relax and forget for a bit.

Cam: As much as I hate it, getting out of the house and exercising really affects my mood: I can deal with thoughts while I'm running, or I can forget about my problems and focus on how beautiful the day is.

Duncan: I like exercise as an outlet and as a way to feel like I have a semblance of control over my life. I also like beating Cam at tennis, a lot.

Cam: I like to talk to a therapist, because speaking feelings out loud makes them more manageable than when they're just shitty thoughts that go round and round in my head.

Duncan: I found that talking to a therapist helped. I appreciated

having some external professional who was not my friend to validate my issues as genuine and not trivial.

Cam: When I hit rock bottom last year, I sought help from doctors and took medication for a couple of months. I found that it worked as a stopgap and numbed my feelings. My highs weren't as high anymore, but my lows weren't as low and that's what mattered. It worked for me because it gave me room to deal with my shit without the intense feelings clouding my thoughts.

Duncan: I haven't tried medication yet. Maybe there have been times that I should have, but for whatever reason, I have not. Instead, I have found having a bath, a block of chocolate and watching *Notting Hill* or reading has helped. In particular, an article 'This Is Water' by David Foster Wallace has, for me, changed the way that I think about my mental-health issues.

Cam: Finally, I try to remember that it's actually a good thing for me to be sad or anxious or angry sometimes, so long as it's not all the time. They're human feelings that shouldn't be suppressed or

ignored. But if they're out of control for me, then I need to seek help from others.

Duncan: But I also feel that dealing with my mental-health issues does not mean that I have to become someone who expresses my feelings to everyone. There are some times when I will say 'Yes, I am perfect', when in fact, 'No, I am shit'. There are some people that I will talk to about my feelings and there are some people that I won't, and that's cool too.

As a country, we need to talk about our mental-health issues. But it can be scary to engage in a conversation because of the intense personal feelings involved. The content in this issue is pretty harrowing and might be traumatic for some.

If there is an emergency and you feel you or someone else is at risk of harm: phone 111 OR go to your nearest Hospital Emergency Department OR phone your local DHB Mental Health Crisis Team (Wellington's is (04) 494 9169). There is a detailed list of the help that is available to you on page 38.

LOVE,

D & M *Jachin* *Camara*

DUNCAN & CAM



Letters

Letter of the Week

I hate you. Yes, you. You heard me. Assignment, I hate you. I have no desire to complete you. Yet I must. You bitch. Right now I'd rather be doing something else, anything else. But no. You bug me with you desire for attention and completion. I want to ignore you. You hold the fucking power and that's what's torturous here. You look at me with your words, staring at me, knowing that if you are not completed, I get marked down which could mean a whole bunch of other shit going wrong in the future, like not being able to get into that course I really want. Fuck you. I wish I could just do the course and not do you. The course is cool, the course is awesome. You are not. Don't look at me like that. All high and mighty. You'll fucking get done. You will be handed in. So you can wipe that fucking smirk off. Don't you dare think about getting me anything below a C. And I sure as fuck don't deserve a D. At least, not your pathetic fucking D. You are going to be bright and cheerful for the markers. The markers aren't going to see what a horrible dickface you are and they're going to think I'm the smartest, most creative person in the fucking world. They are going to fall in love with you (and by association, me), and they're going to be brainwashed by my awesome use of words and they are going to give me, at least, some sort of B. You are a mere mode of transporting my totally awesome ideas, nothing more. Capisce? I still hate you. By God, do I hate you with a burning passion that will burn in the fiery depths of hell for all fucking eternity. But you're not going to win. Fuck no. Fuck you. I'm better than you.

Think Outside the Boxes

Dear Salient.
I can't handle the crossword situation any longer. I need the answers to the 12 issues that are answer-less. I love the salient. I arranged the covers nicely across my bedroom wall. Could you just pretty please make one page of crossword answers? Then you would never have a crossword complaint again.

Well you probably would, but hey, one thing at a time. I do all your "making-words-from-a-box-full-of-letters" thing in French (don't tell anyone). Is there any reason the middle letter is coloured in? Can you use it twice? That's probably asking too much.
Sorry.
You're great.
Crossword complainer.

FREE COFFEE!

Are you angry, elated or apathetic about Salient? Send us a letter of less than 250 words to editor@salient.org.nz. Pseudonyms are fine, but all letters must include your real name, address and telephone number. These will not be printed. Letters will not be corrected for spelling or grammar. The Editors reserve the right to edit, abridge or decline any letters. The letter of the week wins a coffee from Vic Books.

His Name is Lars and He Is Taken

Shoutout to the hotty at VicBooks with the tattoos and the slicked back receding hair and the smile and the banter and the mad barista skills. I'd have your babies.

The best Clark Since Helen

All I can say is thank fuck. Soooooo glad VUWSA cut away the dead wood officially known as NZUSA and is soul searching for a better investment instead of buying into so-called premiums of failed promises. The Union are a fucking write-off; bunch of tossers where the cost far outweighed the benefit from a redundant system. Our esteemed President Sonya 'Common-sense' Clark has once again seriously listened to student's voices and put their needs first to deliver the goods (yes I fangirl over her, but fuck off haters). Hopefully VUWSA will put the energy, money and resources into alternatives. Time to advance our interests and transfer the balance.

Yours,
All Failures Accounted 4

All About the Bass

Trout Mass-Poisoned in New Zealand
The Graf Boys
New Zealand has some of the best trout fishing in the world! Every year thousands of international visitors wade pristine rivers in search of the freshwater game fish. Large brown trout abound some back-country streams, and feisty rainbows reach weights of double figures in many regions. But there's a problem facing New Zealand fishing, and it's toxic, very toxic. The Department of Conservation is using helicopters to aerially spread the deadly pesticide 1080 poison across

large areas of New Zealand's forests and streams. The poison is targeted at introduced possums, bush rats and mice, but many other animals, birds and insects are killed, including deer.

The poison contaminates the food chain, and in a rare admission last week, the Department of Conservation is warning fishermen to avoid eating their catch, despite paying for the privilege. If fishermen catch trout in poisoned areas, and there's many, the Department is suggesting that the trout be released, because of the risk of contamination. But the problem is more complex than the Department of Conservation is letting on. This video clip <http://youtu.be/0Uf2wBprSw0> shows that the poisoning of New Zealand's trout goes much further than a few pesky mice! Other videos covering the poisoning operations around New Zealand can be viewed at www.youtube.com/thegrafboys.

Turning Water Into Whine

Hi Spaylient
I was thinking about Otago Uni's ban on pornos on university computers, and of course Victoria's. Otago's rationale appeared to be that they were doing so in order to aid student learning. I scoff at this idea, because the statistics cited clearly indicate that they are doing so as a cost-cutting measure. I wonder, though, if all file-sharing was included in that statistic? But that's none of my business. Might I suggest, though, if universities really value student learning to such a high degree, that they install more drinking fountains on campus? A properly hydrated student population would be wonderful, even if it came at some cost to the reckless, profiteering h2go retailers.
Yours sincerely,
Hector the Hustler

Quiz Questions

1. True or false: the Aotearoa Legalise Cannabis Party won a greater percentage of the party vote than Peter Dunne's United Future did at the recent election (based on provisional results).
2. In the famous book by Maurice Sendak, where does Max go after his parents send him to bed without supper?
3. The capital cities of Liberia, Nicaragua and Oman all start with what letter?
4. Who won golf's Ryder Cup last month: Europe or the United States?
5. What city is the recent TV series *Broad City* set in?
6. What is the main colour of the sky in the background of *The Scream*, the iconic painting by Edvard Munch?
7. Who was reelected Prime Minister of Fiji late last month after his party won almost 60 per cent of the vote?
8. Who played Lily, a ballet dancer who portrays the Black Swan in *Swan Lake*, in the 2010 film *Black Swan*?
9. *Arepa*, *kulcha* and *matzo* are examples from around the world of which type of food?
10. As well as legalising consensual sexual activities between men, the Homosexual Law Reform Act 1986 also legalised which activity for heterosexuals in New Zealand?

Council Elections 2014 Election by the students

ELECTION OF ONE MEMBER OF THE UNIVERSITY COUNCIL BY THE STUDENTS

Nominations for the election of a student member to the University Council closed on Wednesday 24 September at 5pm. Four nominations were received.

THE CANDIDATES FOR THIS ELECTION ARE:

Stella **BLAKE-KELLY** Ben **MROWINSKY**
Avril **GILLAN** Elijah **PUE**

An election will be conducted electronically and the candidates will be elected according to the votes cast by the single transferable vote (STV) system.

All students are included on the Student Roll and are eligible to vote in the election. The Student Roll will close at 5 pm on **Thursday 2 October**.

Profiles for the candidates are available on the University Website www.victoria.ac.nz/about/governance/council/elections

ELECTRONIC VOTING

Voting instructions will be sent in early October to students at their preferred University email address. Students are invited to cast their votes once they receive voting documents, before the closing of the polls.

The polls will close at 5pm on **Wednesday 15 October 2014**.

The voting site is an external site on a secure server owned by electionz.com, which the University has contracted to handle the voting process. Voters will be able to view profiles of the candidates and information on the voting procedure on the Electionz.com website before submitting their vote.

Read about the Council on the University's website at www.victoria.ac.nz/about/governance/council

These elections are governed by the Council Election Statute. For more information contact:

Caroline Ward
Secretary to Council and Returning Officer
caroline.ward@vuw.ac.nz
04-463 5196



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1. True 2. Where the Wild Things Are. 3. M?
- (Monrovia, Managua and Muscat) 4. Europe 5. New York City 6. Orange 7. Frank Balmimarama 8. Mila Kunis 9. Bread 10. Anal sex

PEOPLE OF LAST WEEK

MASS ACTS OF CIVIL DISOBEDIENCE IN HONG KONG WERE MET WITH A SHOCKING AND SWIFT RESPONSE FROM POLICE LAST WEEK. TENS OF THOUSANDS OF PROTESTERS OCCUPIED THE CENTRAL CITY, CLOSING IT DOWN. THE PROTESTS ARE ABOUT THE FUTURE OF HONG KONG'S DEMOCRACY: IN 1997, IT WAS RETURNED TO CHINA AFTER OVER 150 YEARS OF BRITISH RULE. UNDER THE 'ONE COUNTRY, TWO SYSTEMS' ARRANGEMENT, HONG KONG HAS A DIFFERENT SET OF RULES FROM MAINLAND CHINA, AND IS MOSTLY AUTONOMOUS. CHINA PROMISED TO ALLOW THE PEOPLE OF HONG KONG TO VOTE FOR THEIR OWN LEADER, KNOWN AS THE CHIEF EXECUTIVE, IN 2017; IN RECENT MONTHS, BEIJING HAS INDICATED THAT IT MAY RENEGE ON THE PROMISE. THIS PROTEST IS IMPORTANT BECAUSE IT IS ALL ABOUT THE FUTURE OF DEMOCRACY AND FREEDOM IN HONG KONG AND CHINA MORE GENERALLY.

BY THE NUMBERS

2047

THE NUMBER OF PEOPLE WHO RECEIVED ELECTROCONVULSIVE THERAPY TREATMENT IN NEW ZEALAND BETWEEN 2010 AND 2011.

1

THE NUMBER OF PEOPLE IN THE US WHO HAVE BEEN DIAGNOSED WITH EBOLA.

36,000

THE NUMBER OF PEOPLE WHO DIE EACH YEAR FROM INFLUENZA IN THE UNITED STATES.

11,939

THE NUMBER OF CALLS TO NEW ZEALAND POLICE CONCERNING ATTEMPTED OR THREATENED SUICIDE LAST YEAR.

48

THE NUMBER OF DAYS EACH YEAR THAT INMATES IN SOME BRAZILIAN PRISONS CAN HAVE TAKEN OFF THEIR SENTENCE FOR READING 12 BOOKS THAT YEAR.

800,000

THE NUMBER OF PEOPLE IN THE WORLD WHO COMMIT SUICIDE EACH YEAR.





NEWS

KEEN EYE FOR NEWS? SEND ANY TIPS, LEADS OR GOSSIP TO
NEWS@SALIENT.ORG.NZ



VUWSA CHOOSES CHOICE

AND I GOT APPOINTED TO PUBS COMM

by Sophie Boot

VUWSA is officially pro-choice, following last week's AGM in the Hub.

The AGM was held on Level 1 of the Hub at 1 pm on 30 September, and reached quorum of 100 with the promise of pizza luring students in.

The roll of officers, apologies and minutes of the 2013 AGM passed without controversy.

Outgoing VUWSA President Sonya Clark then ran through the VUWSA half-year work reports (reviewed earlier this year by *Salient*), as well as highlights of the year, such as the Fairer Fares and Rental Warrants of Fitness campaigns.

Clark also ran through the statement of accounts, including the budget which shows VUWSA as having a surplus. VUWSA ran deficits in 2012 and 2013.

Students in attendance raised questions as to how VUWSA had a surplus. Clark said the surplus was due to VUWSA budgeting for spending which it has ended up delaying this year.

Another student also asked about student consultation with respect to VUWSA's recent withdrawal from NZUSA.

Incoming VUWSA president Rick Zwaan said VUWSA would continue to have a strong presence on student issues nationally, and that consultation would be a key part of that.

Next was discussion of VUWSA's constitutional amendments. The first amendment makes it so students only have to sign up once to VUWSA rather than renewing every year. Students will still be able to withdraw their membership at any time,

and will still be able to get a wall planner and diary at the beginning of every year.

The second amendment changes the way the president resigns. Now the president must give notice of resignation to their executive, not just to themselves. *Salient* does not anticipate a resignation this year, but this seems like a sensible change.

The third amendment changed leftover gendered pronouns in the constitution which were missed last year.

The meeting then moved to the referendum initiated by the Women's Group. The motion was that VUWSA supports and recognises the importance of access to safe, free and legal abortion, and that pregnant persons should have complete autonomy over their bodies to make a choice without bias, stigma or pressure from external parties.

Speakers then spoke for and against the motion. Students speaking against the motion voiced concerns about groups

who are opposed to abortion feeling alienated from VUWSA if it publicly supports access to abortion, and questioned whether VUWSA should involve itself in social issues.

However, the majority of speakers argued that the motion was supportive of whatever choice people wished to make, and that VUWSA has historically taken stances on social issues, such as marriage equality in 2013.

The vote was then conducted by secret ballot at audience request. 91 students voted in favour of the motion, 19 against and ten abstained.

In a Special General Meeting conducted in conjunction with the AGM while votes on the referendum were being counted, *Salient* News Editor Sophie Boot was elected to Publications Committee, which oversees the functioning of *Salient*.

Both meetings then concluded with the much-anticipated arrival of pizza.

UNI COUNCIL ELECTIONS

The voting for 2015's student representative on University Council takes place from Wednesday 8–15 October. The University Council is the governing body of the University, and currently has 20 members, two of whom are student representatives – one elected by students, and one from VUWSA. Steven Joyce's reforms to the makeup of university councils may shrink the Council to 12, and the University has indicated one student-elected representative would remain. The Council decides on University planning, budgets, student consultation and, importantly, it sets your fees every year. The student University Council representative is one of the most important links between students and University management. This week, *Salient* talked to the three candidates vying for your vote.



ELIJAH PUA

What do you see as the role of the student-elected representative on Uni Council?

Now that National's back in, you don't know how secure the seat is. In the meantime, I'm going to focus on things that I can do now. At the end of the day, you represent students and you present to Council what students want, in the best interests of students. We need consultation with students in the two, three weeks after the election to gauge what students need from University Council. Some people don't know what University Council is, so I think some educational presence needs to happen as well. That's what

I've been getting from people I've been talking to, especially first-years – "What's University Council?", "Who's the VUWSA President?", sometimes. We need to consult with the students, and ensure that students know the importance of this democratic process within the University.

What experience do you have at the higher levels of University management?

Currently, I'm President of Ngāi Tauira, the Māori Students' Association. We've presented at University Council, but Ngāi Tauira can take credit for that, I can't personally take credit for that. We meet regularly with

the PVC (Pro Vice-Chancellor) Māori, and we're about to meet with the Vice-Chancellor, Professor Guilford. We were also present at the Fees Forum, with VC Guilford, and Chancellor McKinnon was there. We also had a meeting with Professor Guilford about the Strategic Plan, where we indicated we'd be interested in the implementation process of that. Personally, I presented at my local council numerous times when I was living at home, however many years ago that was.

How do you see yourself working with the VUWSA Representative at Council?

I think it's a given that the VUWSA President and the Uni Council rep need to have a good ongoing relationship, a constructive relationship whereby they know each other's grounds. The ability to have free and frank discussion, to be upfront and honest with each other, is very important

for this. I've had experiences with Rick in my presidential role currently where we have had that good relationship, we know what each other does, we meet regularly in terms of my presidential role. I think we've got good grounds to work on.

Why should students vote for you?

In Māori tikanga, we don't usually talk ourselves up, but what I will say is: vote for me, because I want to do what you want me to do. It's not about what I want, it's up to the students. I don't have any problems with the current rep, but I've only seen him a couple of times: I'm not really sure what he does. I represent students; I've seen the VUWSA Pres everywhere talking to students. I want to be the voice and the face of the University where I can listen, talk, discuss, do stuff for students. I don't want to tell you how good I am at what I do, I want to do things for students.



STELLA BLAKE-KELLY

What do you see as the role of the student-elected representative on Uni Council?

The University Council is ultimately responsible for the long-term strategic direction of Victoria – much like a school’s Board of Trustees. There are a lot of competing interests and roles of a university, and the composition of the Council reflects that. Representatives range from academic staff and alumni, to Business New Zealand and Ministerial Appointees – and, of course, students. With all these voices competing for what they think should be a priority, the role of the student representative is pretty similar to what being a student is all about: asking questions. This means making sure the University justifies – and is held accountable for – the decisions it makes, because, as we’ve seen, students’ education and experience unfortunately aren’t always the priority for the institution.

A priority for me will be questioning the academic quality students are receiving for the continual fee increases. If a student submitted an essay comprised solely of the conclusion, it would fail. Yet every year when the University proposes fee increases without a single explanation of how it will directly lead to a better education, it passes. It might be good. It might be bad. The University shouldn’t be afraid to at least ask the question.

What experience do

you have at the higher levels of University management?

With so many competing interests and voices around the table at University Council, in order to be effective, the student representative needs to comprehensively understand the University’s governance structures – that is, how each of those interests relates to one another. I’ve spent three years observing and reporting on University Council meetings for *Salient*, and building working relationships with a number of Student Representatives on there. As such, I have a sound understanding of the way it operates and will be able to work within those structures to effect change from day one.

How do you see yourself working with the VUWSA Representative at Council?

I think a lot more can be achieved if the VUWSA President and Student Representative work together, as has been demonstrated by the working relationships I’ve seen over the past few years while reporting on Council for *Salient*. But with VUWSA being so financially reliant on the University, it is important for the Student Rep to be independent, and be conscious of the needs of all students, not just that of the Students’ Association.

Why should students vote for you?

As the only candidate who has attended University Council

meetings, I have the most experience and institutional knowledge, meaning I can be an effective representative from day one. You should vote for me because of this, and because I really want Victoria to be the best university in the country. This means making sure our lecturers are great, that campus is

vibrant – and, most importantly, that our experience here is memorable. I’m really grateful for the opportunities I’ve had here, and I want all future and current students to feel like their time at Victoria was worth their loan too.



BEN MROWINSKI

What do you see as the role of the student-elected representative on Uni Council?

For me, it’s about helping students out, especially financially. One thing is lowering fees; another that I want to focus on is lowering printing costs. Universities like Massey, their first few weeks of printing is free. That’s one of the things I want to focus on doing.

What experience do you have at the higher levels of University management?

My degree at the moment involves working with different schools and different government departments to do research and improve different systems, so I’m used to working in those sorts of areas.

How do you see yourself working with the VUWSA Representative at Council?

I’ve met him before, and I think it’s really good there are two representatives. It’s good to have two different voices to represent the student voice. VUWSA works quite directly with

students; they’ve got their own funding. It’s good to have their voice on Council so we can work together and improve important things like lowering fees, because it’s set to go up again. Year after year it’s going to keep going up; it’s alright at the moment because it’s on our loan, but once we have to start paying it back, you notice the difference.

Why should students vote for you?

As I’ve been saying, fees are the biggest issue, but I also want to help students save money by getting free printing, because it’s quite a big cost for some students, like Law students. It would be good to have that going on during the year. My goal is to get more funding for students: it would be good to get more funding for clubs so that students are benefitting from the money they’re putting into the University. We’ve got our student Levy fees and our fees itself, then we’ve got our support services like financial support and the learning centre. It would be good to have more of the money we’re putting in benefitting students more than just the University.

COED CODING CRACKED

NERD101 EVENT A SUCCESS

By Simon Dennis

Two Victoria University students have set up an intensive two-day workshop designed to help students break into the rapidly growing technology industry.

Ben Guerin and Dylan Buckley started CodeSmashers, which is run over a weekend and introduces participants to the basics of writing HTML and CSS code. The workshop is hosted on the top floor of the Majestic Centre, the highest point in the city.

Guerin said the workshop was aimed at making coding more accessible.

“You have the choice of throwing money and time at a Computer Science degree, or you teach yourself and lose motivation quickly. There are thousands of high-paying jobs out there for skilled programmers going unfilled, so clearly the current system isn't working.”

CodeSmashers recently hosted their first sold-out workshop event.

One attendee posted on the CodeSmashers Twitter account: “[thank you] @CodeSmashers for a great learning weekend! Went from zero to...something. And there was a view!”

Guerin said the response to the first workshop had been “outstanding”, and tickets for the second were rapidly selling out.

“We've been blown away at how quickly people have been picking up web design at our workshops, going from no knowledge to a beautiful, fully responsive site over a weekend.”

“We have had a much higher number of girls come to our workshops than the industry average, and an age range of 13–35. I think this reflects the fact

that anyone can learn code: it's just a matter of teaching them in the right way and having a bit of fun while doing it.”

After the workshop, there is also a way for the class to continue to build on their knowledge with CodeSmashers' online collaborative HackSpace.

Attendees also get the opportunity to upload their finished projects to the CodeSmashers web servers for free.

The workshops are also accessible to a lot of people, with a laptop and power cord the only requirements for the two days. The fee for the course is \$199.00.

The next workshop with seats available runs from 11–12 October.

LAND OF MILK AND HONEY

UNIVERSITY SPENDING AT MILK AND HONEY RACKING UP THOUSANDS (YOU'RE STILL NOT ALLOWED IN)

By Alice Peacock

From January to August of 2014, University-funded staff spending at Victoria's Milk and Honey totalled an estimated \$79,564.

This anticipates a full-year expenditure similar to that of 2013, which was estimated to total a whopping \$164,089. The figure for 2012 was \$105,478.

Both years also saw student fees increase by the set Maxima of four per cent, a percentage increase once again expected for the 2015 academic year.

This sum is solely the amount spent on the staff tab, which is reserved for staff spending in the capacity of meetings, events, and hosting guests to the University. According to a University spokesperson, this includes visitors from within

New Zealand and overseas, research partners, students, and other stakeholders.

Staff are deterred from milking the privilege of on-account expenditure by the provision of University guidelines for suitable staff spending on food and beverages. It is specified that meetings must see expenditure ‘appropriate’ to the nature and purpose of the occasion in question. These guidelines largely leave this determination up to the school or individual involved.

With the yearly balance of spending, recent concerns have been raised as to the definition of ‘appropriate’. Spending is, however, checked regularly by Victoria's finance department to ensure adherence to these

guidelines.

VUWSA President Sonya Clark has expressed her concern as to the level of this area of University spending, as well as Victoria's growing faculty behind it.

“If that figure doesn't include catering ... that seems like a lot of money to spend on lunch. But with about 2000 staff, it works out at about \$80 per person, which is each staff member hosting a guest twice a year. I'm more concerned that the number seems to be rising”.

Upon Milk and Honey's opening back in 2011, students voiced annoyance at the exclusivity of the establishment to staff and postgraduate students. One particularly peeved undergraduate student Ben Deeble had expressed his hope that “it doesn't receive

any support from VUWSA or anything that my money goes to”.

The 23 per cent of University funding derived from student fees does, however, theoretically contribute to the food and beverages purchased by staff on this tab.

Individual faculty members have denied benefiting food- or beverage-wise from staff accounts. It leaves it likely that meetings of this nature would largely involve administrative staff and guests, as well as accounting for larger events such as farewells or end-of-year functions. The University has declined to comment on the specifics of this spending.

The University does not fund any other account for staff at any other food and beverage place on its campuses.

HEAD TO HEAD: SHOULD VIC CLOSE THE MAORI BUSINESS PROGRAMME?

By Professor Bob Buckle, Pro Vice-Chancellor and Dean of Commerce

FOR The decision to consider closing the Māori Business programme at Victoria Business School was not made lightly, and follows an extensive period of consultation and review of the programme.

As a result of ongoing low enrolments in Māori Business papers and discussions with the teaching staff, Head of School of Management and the Faculty Management Team, the Victoria Business School Faculty Board agreed in 2012 to close enrolments to the Māori Business major but to continue to accept enrolments in the minor. Arrangements were made to ensure students could complete programmes of study. Following further review and continued low enrolments during 2013 and 2014, the University's Senior Leadership Team and the Victoria Business School Faculty Board agreed in September to circulate and begin consultation on a proposal to close the programme.

The closure of a programme is not unusual. We often consider and try new ideas. If they don't achieve our objectives, we reassess. For example, recently, the Business School reassessed the Bachelor of Business and Information Studies and, in light of student demand and overlapping course material, the Faculty decided to close that degree. Change enables us to be innovative, to adapt to new information, and to be responsive and meet the changing needs of our students and stakeholders.

Victoria Business School has experienced continuous growth in Māori student enrolments in recent years. The number of Māori students as a proportion of total domestic students enrolled in Commerce at VBS has increased

from seven per cent in 2000 to over ten per cent in 2014. That is, Māori student enrolments have grown faster than enrolments of other New Zealand students in a Faculty which is on a growth curve.

However, in contrast, enrolments in the Māori Business programme never reached levels comparable to those in other programmes and have steadily declined during the last decade.

Victoria Business School is committed to improving the learning experience and outcomes for Māori students. A range of initiatives designed to achieve these objectives have been introduced in recent years, leading to a significant improvement in Māori student success in Commerce programmes.

Tē Kawa a Māui (TKAM) offers a major in Māori Resource Management, alongside other courses, that covers material similar to that offered by some courses in the Māori Business programme. Commerce students have the opportunity to include TKAM courses in their BCom degree and can complete an outside minor or outside major in related topics as part of their degree.

If the Māori Business programme does close, a significant proportion of the resources which have supported the programme will be redirected into activities that can further improve the academic performance of Māori students studying Commerce, and other initiatives that can help advance Māori economic development. This process will involve consultation with stakeholders to identify appropriate ways to do this.

by Rāwinia Thompson, Vice-President (Academic), VUWSA

AGAINST

When I was in Year 9 at high school, my parents encouraged me to take up Te Reo Māori. Instead, I chose to learn Latin, a centuries-dead language that I perceived to be more relevant and valuable to me in my prospective career as a lawyer. I was a white-on-the-inside, slightly pretentious urban Māori girl, and looking back, I can see how far I've come in realising the importance of Māoritanga not only in my own life but in New Zealand. But this isn't about me – it's about what's at stake should the Māori Business programme cease to be offered by the Business School here at Victoria.

In coming to the decision to close the programme, the Faculty of Commerce employed a cost-benefit analysis that weighed declining enrolment numbers and profit-loss too heavily against the almost unquantifiable benefits of an education in Māori Business. There may not be thousands of students flocking to Māori Business, but the transformational effect of education in this area can have far-reaching benefits, not only for the students of the programme, but also for their whānau and communities. All things that matter aren't necessarily those which can be measured.

This decision calls into question the way we determine the worth of the courses we offer here at Victoria. Is it all about enrolment numbers, and retention and completion rates to impress the Tertiary Education Commission? Is it about meeting the bottom line and turning a profit? Māori Business students will know that the Māori business

model employs a quadruple bottom line, where social, cultural and environmental concerns are equally as important as making ca\$h money. Perhaps an education in Māori Business would be useful for University management.

Fact: numbers of Māori students enrolling and completing qualifications in the Faculty of Commerce have skyrocketed in recent years. The Faculty should be commended for implementing a number of teaching and learning initiatives that have seen Māori students succeeding. However, it is important to differentiate between Māori students succeeding as Māori, and Māori students succeeding as Pākehā. These students may be excelling in Economics, Finance, Management and Commercial Law, but do they appreciate the Māori way of doing things? Or are they like my Year 9 self, succeeding as Pākehā?

This isn't just 'reverse racism' or 'bleeding-heart liberal stuff', either. The Māori economy is booming in the post-settlement era, providing a market for Māori Business graduates valued in the billions of dollars. Research in the area of Māori Business is also lacking, so there is a huge scope for graduates who wish to take either a professional or academic pathway.

The proposal to close the Māori Business programme will come before the University's Academic Board this month. I look forward to the robust debate, and raising questions of how this proposal fits with the University's own strategic plan and commitment to the Treaty of Waitangi.



CAMPUS DIGEST

NEW HEAD OF FACULTY

Professor Jennifer Windsor from the University of Minnesota has been appointed to lead the faculties of Humanities and Social Sciences and Education. Professor Windsor is currently the Associate Dean for Undergraduate Programmes and a member of the senior leadership team in the College of Liberal Arts at the University of Minnesota, a position she has held for the past six years. In this role, she oversees all aspects of undergraduate education for the College, which has 14,000 undergraduate students. A professor of speech-language-hearing sciences, she studied a Bachelor of Applied Science at Cumberland College of Health Sciences in Australia before embarking on a Master's and then PhD study at Purdue University in the US. Professor Windsor will take up the role of Pro Vice-Chancellor and Dean of Humanities and Social Sciences and Pro Vice-Chancellor of Education on 20 January 2015.

LECTURER GETS FELLOWSHIP

Dr Jonathan Halpert, a lecturer in Victoria's School of Chemical and Physical Sciences and an associate investigator at the MacDiarmid Institute for Advanced Materials and Nanotechnology, has received funding of up to \$800,000 over five years to support his research into solar cells and LEDs (light-emitting diodes). The Fellowships, announced by Minister of Science and Innovation Steven Joyce, support and foster the development of future leaders in the New Zealand science and innovation system by encouraging their career development and enabling them to establish a solid track record for future research. Dr Halpert joins five other MacDiarmid Institute investigators to be awarded a Rutherford Discovery Fellowship in the five-year history of the scheme. He follows in the footsteps of Dr Eric Le Ru (Victoria University of Wellington), Dr Martin Allen (University of Canterbury), Dr Tim Woodfield (University of Otago), Dr Justin Hodgkiss (Victoria University of Wellington) and Dr Geoff Wilmott (the University of Auckland).

UNDERGRADS SUCCESSFUL

Research by three Victoria University of Wellington undergraduate students has been published in *Biotechnology Letters*, a highly ranked international peer-reviewed journal. As part of a supervised programme of study, Madeleine Parker, Kate Walmsley and Jack Sissons, each in the final year of a Bachelor of Science majoring in Biotechnology, worked to develop an efficient system to help scientists artificially evolve enzymes in the lab. The original idea for this work was developed by Victoria PhD graduate Dr Gareth Prosser. Jack, Madeleine and Kate performed the key proof-of-concept experiments to validate Dr Prosser's idea under the supervision of Dr David Ackerley, Biotechnology Programme Director, and Dr Elsie Williams, a postdoctoral fellow in the School of Biological Sciences.

"It is rare for undergraduate research to be published at all, let alone in a well-regarded journal like *Biotechnology Letters*," says Dr Ackerley. "Kate, Jack and Madeleine worked hard and intelligently on this project, and really deserve their success."

ipredict



NEXT NZ GENERAL ELECTION TO BE HELD IN 2017.

88%



GRANT ROBERTSON TO BE NEXT LABOUR PARTY LEADER.

76%



PAULA BENNETT TO BE NEXT NATIONAL PARTY LEADER.

33%



JUDITH COLLINS TO BE APPOINTED TO CABINET BEFORE THE NEXT GENERAL ELECTION.

62%

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NEWS OF THE WORLD

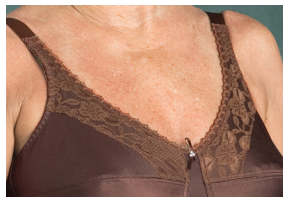


BLOOD, SWEAT AND... BLOOD.

In China's Zhejiang province, parents can donate blood to earn their children extra points for their high-school entrance exam. Four litres of donated blood will get your child one extra point; six litres adds two points; and eight litres, three. Four litres is a lot of blood for one point in a test with a total of 580 points. The human body only has about five litres of blood, and the average adult donating half a litre twice a year would take four years to bump up their child's score by that one point. But every point matters – especially when students can earn up to 30 points extra if they are an ethnic minority or their parents are disabled veterans. And some of the 580 points come from performance in athletic competitions.

It is hoped the programme will help build blood supplies. In China, donations have been scarce, perhaps due to lingering fears following an HIV

scandal in Henan province in the 1990s, where tens of thousands of farmers contracted HIV/AIDS from improper needle care and blood collection – as well as cultural beliefs that giving blood saps a person's *qi* (or 'vital energy'). To encourage donations, China enacted its blood-donation law in 1998 – which "encourages healthy citizens from 18 to 55 years of age to donate blood voluntarily." Still, in 2011, less than one per cent of China's population donated blood.



JUST GO FOR A RUN.

Bras, underwear and leggings infused with caffeine and sold as weight-loss aids are not effective, and the companies that sold them have agreed to refund money to customers and pull their ads. The Federal Trade Commission said Wacoal America and Norm Thompson Outfitters, which sold the caffeinated underwear, were accused of deceptive advertising for claiming their product would cause the wearer to lose weight and have less cellulite.

In the case of Oregon-based Norm Thompson, the company sold clothing made with Lytess brand fabric infused with caffeine which, the company said, would break down fat. "Slimming and firming results are visible in under a month," the company said in one advertisement the Commission quoted in its complaint.

Wacoal America, based in New Jersey, also advertised that its clothing had microcapsules with caffeine, vitamin E and other chemicals that it said led to weight loss. In one ad, it cited the "revolutionary iPant new shapewear that works with your body to eliminate cellulite," the FTC said.

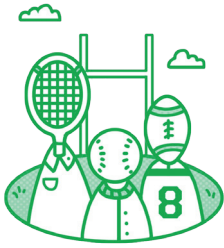
In both cases, the companies did not have evidence to back up their claims that the clothing would lead to substantial weight loss, the FTC said in the complaints.



ITEETHH

California will fund teledentistry services for its

poorest citizens through its state insurance program, Medi-Cal. Hygienists and certain assistants will be able to perform certain procedures without onsite supervision by a dentist – deciding what X-rays to take, for instance, or installing temporary fillings that help prevent decay. The hygienists and other workers will consult with a dentist remotely, sharing records online but will refer a person directly to a dentist if more sophisticated procedures are needed. The idea is to deploy hygienists and dental assistants to schools, nursing homes and other community organisations where underserved populations gather. Advocates say that will ease transportation, financial, language and cultural barriers that typically keep people from accessing treatment. Telemedicine in general has been gaining traction, thanks in part to an increasing number of small internet-enabled medical devices and consumer health trackers, as well as growing interest among venture capitalists. The federal Affordable Care Act has emphasised the use of digital technologies to improve care and cut costs.



Sports Banter

Sonny Bill Williams – Love Him or Hate Him, He’s Too Good to Say No to

by **Ollie Ritchie**

A hhh, the SBW debate. How this has lingered around the New Zealand sporting public for the last few years now. Ever since he made his New Zealand rugby debut for Canterbury back in 2010, there has been much to talk about.

From Canterbury to the All Blacks, to the Crusaders, back into the All Blacks, to boxing, to the Chiefs, temporarily back into the All Blacks, to the Roosters, to the Kiwis (controversially), back again for the Roosters, and now to Counties Manukau and back into the All Blacks, one would imagine. God, it is certainly easy to see why so many people hate him. Oh, and a bit more boxing in there as well.

That is a lot of moving around for any sportsman, let alone one playing two of the most gruelling sports in the world in rugby and rugby league. To his credit, he appears as eager as anything to turn out for Counties Manukau in an NPC debut for his mate Tana Umaga’s team that will take place against Auckland next week. That will get him back into the swing of the 15-man

game ahead of a tour to Chicago and Britain with the All Blacks to re-immense himself in their ways, a sensible move given the limited test opportunities between now and next year’s World Cup.

And while that is the right move for SBW in order to hone his skill set before he pulls on the black jersey again, there are still so many haters out there that don’t think he deserves one. Why? He hasn’t earned one. And these haters have a fair point too. Does this undermine what it means to be an All Black, and how hard those guys work in order to have that opportunity to wear the black jersey?

Yeah, yeah it probably does, actually. Take Ryan Crotty for example. A true example of working hard to earn the black jersey. He started with his club rugby at the New Brighton club in Christchurch. He then made the move up to NPC footy with Canterbury, eventually getting his chance with the Crusaders – this was somewhat hindered for a season due to none other than Sonny Bill himself occupying the Crusaders number-12 jersey, and then as Sonny Bill headed north to the Chiefs, Crotty got his best chance yet to impress the All Blacks selectors. He would, however, have to wait until 2013 to wear the black jersey for the first time. But when he got that chance, he took it with both hands. He is now shaping as a genuine contender for the All Blacks first-choice second-five. That is what a true All Black does, in a lot of people’s opinions. That is not, however, what Sonny Bill did. And that’s why a lot

of people dislike him. They feel he chases the money, rather than staying loyal to

those who have given him so many opportunities. Which I suppose he does. However, at the end of the day, loyalty and money aside, Sonny Bill is too good for the All Blacks selectors to say no to. His ability to change a game with a freakish offload is something we have never seen before, and when he gets back into the flow of rugby union, he will be as important to the All Blacks’ World Cup defence as anyone else.

It’s no coincidence that his work ethic and commitment to his teams led to his first seasons at the Chiefs and the Roosters ending in titles. Neither of these teams were rated as title hopefuls until he arrived, and his influence rubbed off on other players, all of whom credit Sonny Bill with the change in their attitudes.

And you can expect SBW to give that same commitment to the All Blacks. He will want nothing less than to regain the coveted Rugby World Cup in England in 2015, and you can expect to see him play like it as well. He’ll give everything for the jersey, and with a guy as freakish as Sonny Bill playing with that attitude, that can only be a good thing for New Zealand rugby.





The Bone Zone

With Cupie Hoodwink

Hey Cupie. I've been on a few outings with a nice young lady, and I don't know what our relationship is. Are we dating? Are we friends? What would you recommend I do? Do I straight up ask her?

Spring is upon us, and with it, the first wee buds of young love have blossomed! Or have they? While the first few weeks of a new relationship can be the most exhilarating ones, they can also be the most confusing. Especially when you're not even sure what you *are* yet. You are both dipping your toes in each other's pools at the moment, and while the desire to know when you'll be able to dive in can be overwhelming, a part of you isn't sure if you even want to get wet.

Metaphors aside, I fortunately have some more concrete advice for dealing with your present conundrum. First things first, do you know what you would ideally like from the relationship? Seeing as you've contacted *Salient's* resident sexpert about the matter, I'm going to put my money on romance, but regardless, having some idea of what you're looking for (dating, casual, friends with benefits, long-term etc) will

come in handy if you do start asking the big questions down the line. That said, I do think that a lot of people place far too much importance on labels – especially in the early stages of the relationship. If you're both having fun at the moment, what's the rush? The best relationships, in my experience, develop of their own accord – the fact that it has a label is never the maker or breaker.

Before resorting to 'straight up asking', look to the relationship for clues: What kinds of 'outings' are you going on – classic date vibes or group hangouts? How often do you talk to her, and what tone does she use with you – all day everyday blowy-kiss-emoji-filled, or more along the lines of how you'd chat with your other friends? Do you know if she's seeing or interested in other people? Does she even swing your way? If it's still unclear after all of that, chances are she just might not be sure how she feels about you yet, in which case there's no harm in just enjoying each other's company and seeing where things end up.

That said, as a female with a lot of male friends, when I was single and thus without the 'boyfriend buffer', I found making the

boundaries of my intentions clear to some guys quite a challenge. On the one hand, it feels presumptuous to explicitly state it; on the other, it felt unfair to leave the matter unaddressed if they were bargaining for something more. Instead, I resorted to calling them 'pal' or 'bud' at every available opportunity until they got the message. In hindsight, it would have been a lot easier if they had just asked if I was keen, rather than me having to sound like I was impersonating a Little League coach from a feel-good '90s film for weeks on end. If you do end up asking her outright, be chill about it, and graciously accept her answer. Even if you want something more from the relationship, don't make it a weird ultimatum-type situation; her friendship is not a consolation prize. If the 'worst' outcome is that she just wants to be friends, that sounds like a win-win you've got on your hands.

Take it easy, bud!
Cupie xx

Is there any advice you can give me on how to keep the sexual intimacy alive in a long distant relationship?

With the end of semester breathing down our necks, it's that time of year when hearts will inevitably be broken as we all leave Wellington for brighter futures... or just to live rent-free with our parents over summer. If you're thinking of doing long-distance, or long-D, as I fondly call it, you're gonna have to find new ways to stoke the fire when you're miles apart.

This is where technology can be both your friend and foe. As the likes of Vanessa Hudgens and J-Law have taught us, sexy pixxx can go very wrong very quick. Sure, there are the Kim

Kardashians of this world who manage to turn leaks into a lucrative lifestyle, but they are the exception, not the rule. That being the case, if you're going to send nudes, nip- or dick-picks, be smart about it. Keep them limited to Snapchat, and have a 'No Screenshots No Excuses' rule.

But unless you're someone who really gets off to static images, nudie snaps aren't that much fun anyway. If you want to more accurately reenact your intimate moments, phone or Skype sex is going to be your best bet. It can be hard to get used to talking dirty when you're used to just getting on and doing it, but the premise is the same. Start by describing the same things you would be doing if you were together – little kisses on their neck, rubbing your hands all over their body – rather than jumping straight into the hot and heavy. This way both of you can get more comfortable with dirty talk as you get more turned on.

Light that fire,
Cupie xx

Tip of the Week:

So here we are, in the penultimate week of the year, and just like sex with a nervous dude, the end has come way faster than I was expecting it to. As next week is *Salient's* annual Opinion issue, I'll be too busy dropping some high-concentrate sex-positive real talk to produce a regular column, so this is it for hard-and-fast sex advice in the pages of *Salient* this year. Fortunately for you, however, I'll still be active on ye olde Ask.fm over summer. I've got a backlog of questions to attend to once I'm done with uni for the year, and am always open to more, so whether it's big or small, love or sexetera related – hit me up: ask.fm/cupiehoodwink xx

TODAYS CHECKLIST

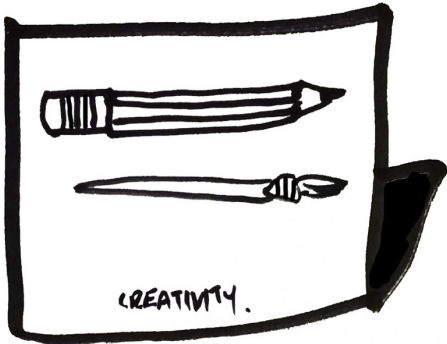
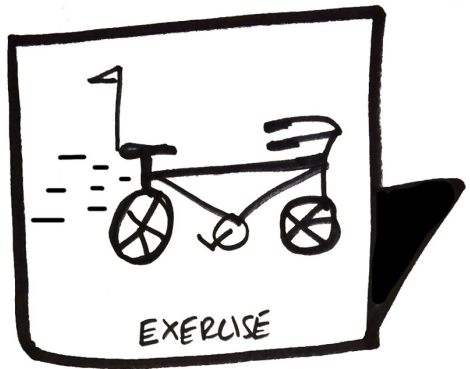
- BE NICE.
- WORK HARD.
- EAT HEALTHY
- HAVE FUN.

(REPEAT DAILY)

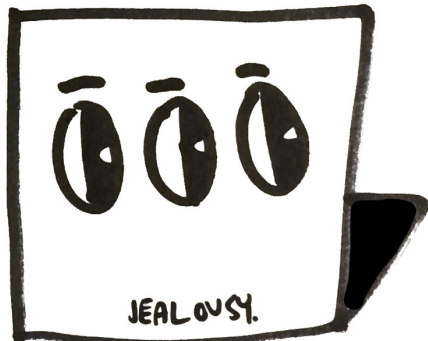
BMD



USE REGULARLY:



USE RARELY:



MENTAL-HEALTH PROBLEMS: WHAT TO LOOK OUT FOR, AND HOW TO HELP YOURSELF AND OTHERS

by Joanna Tennant

Mental Health Coordinator Student Counselling Service

Q: What are the signs that someone may be becoming mentally unwell?

A: Basically, any marked deterioration in a person's usual mood, thinking, manner or behaviour is a sign that they probably need help. This might include:

- Being unable to manage things they are usually able to do
- Loss of enjoyment or interest
- Social withdrawal
- Loss of motivation, concentration, initiative
- Irritability or anger
- Constant low mood, sadness, negative thinking
- Self-harm
- Severe anxiety
- Suicidal or homicidal thoughts
- Significant changes to sleeping or eating patterns
- Rapid or dramatic mood swings
- A deterioration in personal hygiene
- Irrational and obsessive behaviours
- A sense of unreality or disconnection
- Unusual or exaggerated beliefs in their personal powers – irrational 'magical' thinking
- Exaggerated fear or suspicion of other people
- Unusual or increased

levels of aggressive or violent behaviour

- Hearing or seeing things that others aren't aware of.

It's important to note that these changes don't necessarily mean that someone is seriously ill – but they do mean that talking to a professional is probably a good idea.

Q: So if I, or someone I know, is showing some of these signs, where can I get help?

A: Monday to Friday during work hours, you can make an appointment at Student Counselling, or Student Health.

- If it feels urgent – or if there is suicidal or homicidal thinking, and therefore a possible safety risk – it's important to act immediately. Go to Mauri Ora reception and ask for an emergency appointment with the Duty counsellor or doctor – you will be seen the same day.
- For urgent help 24/7, phone Te Haika on **0800 745477**, for advice, support, and access to the mental-health crisis team (CATT).

Q: What else is helpful?

A: Apart from professional

help and advice, there are some simple things which help maintain wellbeing and are especially important when you're feeling low:

- Self-care: maintaining a balance in your life, including social contact, leisure time, exercise, a good diet, and enough sleep.
- Avoid self-medicating with alcohol or drugs.
- There are some useful self-help programmes available: one we are currently recommending to students is <https://www.thedesk.org.au/>

Q: How can I support a friend who's unwell?

A: The basic principle here is to offer a level of non-judgmental support which you can sustain, without taking responsibility for the other person, or trying to rescue them, and without becoming exhausted and frustrated yourself. Points to remember:

- You are their friend, not their therapist: support them to get professional help.
- Where possible, encourage them to follow any suggestions, safety or wellness plan, medication etc from the professional/s they are seeing, and encourage them to keep

appointments. But don't nag them, or make it your responsibility!

- Suggest ordinary fun things to do together, stay optimistic and cheerful, and limit the time you spend listening to their problems.
- Don't take on the job of keeping them safe. If you or they are concerned about their safety, this is a job for the professionals.
- If you are concerned about their safety, contact the crisis services yourself even if they are refusing to (see above for how to do this). Remember that confidentiality takes second place to safety, and it's better to have an angry friend than a dead one.
- Make sure you look after your own life: you need to keep up with your study, see your other friends, maintain your interests and activities. Your life matters too.
- You may need some support for yourself – consider coming to talk to the Duty counsellor or making an appointment for yourself. Being around someone who is depressed or otherwise unwell can be difficult and tiring.

MENTAL ILLNESS IS A PART OF LIFE: LET'S TALK ABOUT IT

by Brontë Jefferies

Brontë is an Honours student in Cultural Anthropology and has been researching children's experiences of parental mental illness in New Zealand. She founded Mind Space, which is a peer support group for students dealing with someone else's mental health or addiction issues here at Vic. Check it out: <https://www.facebook.com/mindspaceatvictoria>

One in four people

in New Zealand are likely to experience a mental illness. One in every five families have a parent with a mental illness or addiction. And university students have lower levels of wellbeing compared to the rest of the population (Tertiary Health Survey, 2013), so it is quite likely you know or care for someone who is experiencing mental illness (MI). It doesn't just affect the diagnosed person. People aren't immune from their loved ones' mental illness and addiction. It can be hard watching your loved one experience MI, especially in our society where we are still pretty weird and discriminatory about it.

MI is caused by both biological and social occurrences. A medicalised approach focusses on biological or neurological chemical imbalances, but this is inseparable from people's day-to-day experiences. So when people are dealing with major upheaval and stressful life circumstances, they can become 'at risk' of having 'low wellbeing' or mental illness. It is something we can't really get away from. It's a part of life, so we might as well talk about it!

The World Health

Organisation approaches mental illness with a healthy-versus-unhealthy continuum. In our neoliberal society, "[m]

ental health is more than the mere lack of mental disorders" (WHO, 2009). Today, the 'ideal' body is in "[a] state of complete physical, mental and social wellbeing" (WHO, 2009), and 'normal health' encapsulates feelings of wellbeing and general success, including emotional and financial independence (Rose, 2001, 2007).

In contrast, mental illness is described as an experience when people become unable to "recognise their abilities, cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their communities" (WHO, 2009). This is a pretty specific understanding of health, so over time, feelings of sadness or grief in the West have become medicalised experiences, which means more and more people are diagnosed with mental-illness labels. It is to consider what effects these health and illness labels have on individuals as they ultimately divide people into boxes of the 'healthy-normal' or the 'ill-other'.

Labelling and stigma

Historically contingent ideas of MI have generated some very harmful and stigmatising stereotypes which are pervasive today. Even though we have got All Blacks on television saying they get depression, there are still

major challenges that come with getting a mental-illness label. Nine out of ten people with mental-health problems feel discriminated against in their daily engagements with people. They are often restricted from employment, social groups, familial roles, or even have their children taken out of their care (Appleton, 2000; Gladstone et al, 2011). This is seriously problematic.

Once you get a particular illness label that has negative connotations of deviance and difference, you can be othered. Being othered means you're put in a box separate from 'the normals', and once you have been labelled as something outside of being 'normal', people can legitimately reject, avoid or dehumanise you.

Dehumanisation is a process where you stop thinking about people as people but rather as something separate and different from you. Individuals and their families experiencing MI often talk how labels affect them, and how society often boxes them into a group distinct from 'everyday-normal people' unworthy of our love and time. These ideas can be internalised by the 'othered' person who may then 'accept' and 'normalise' the negative ideas about them. This can only exacerbate the problem.

Discrimination and stigma is unfair, and can make things so much harder for everyone. It makes it harder to talk about,

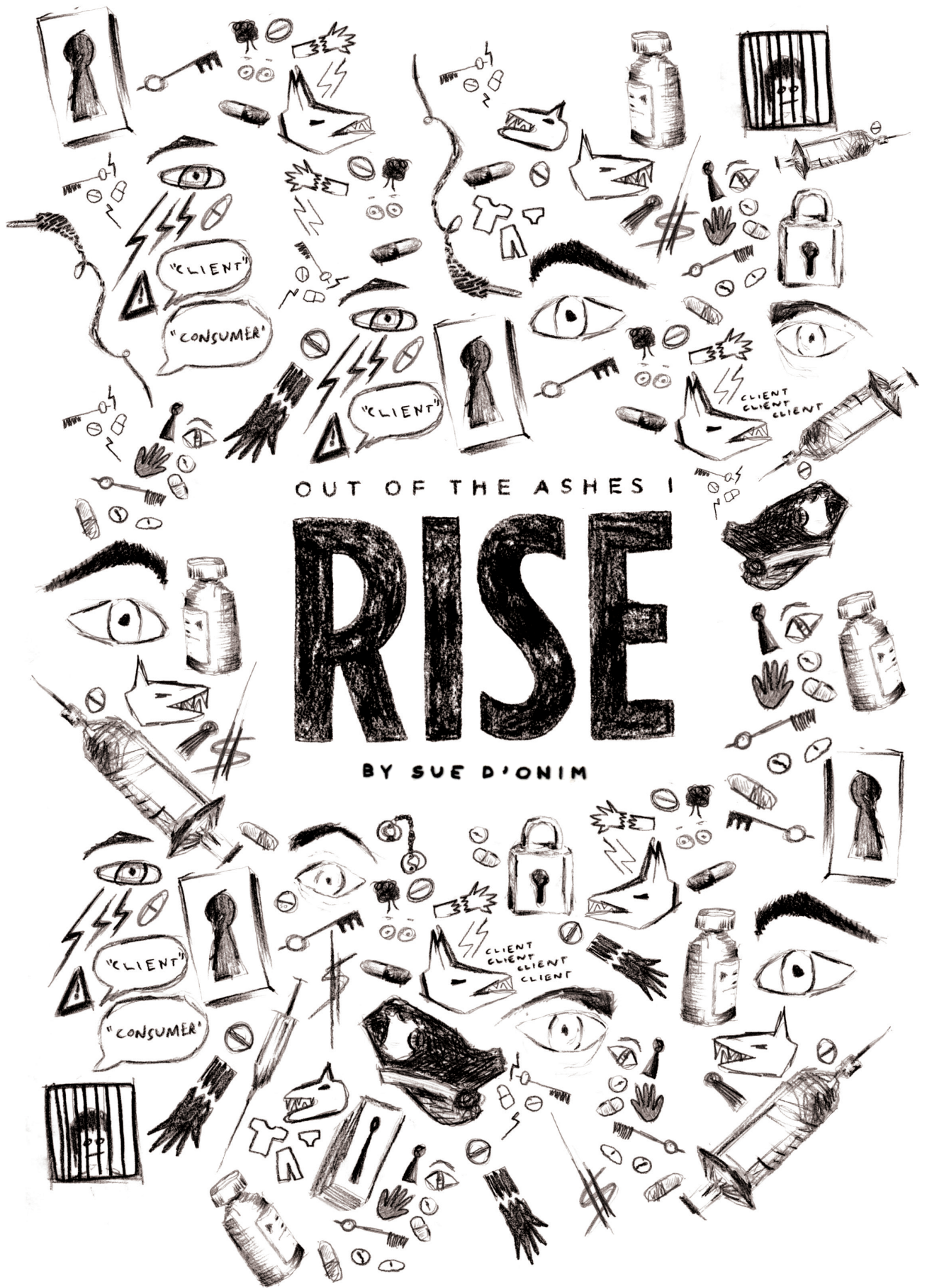
cope with, seek support and normalise mental illness. In reflection of her parent's mental illness, a seven-year-old said, "...actually, it is other people's reactions that is the biggest problem". This is a sad reality, but it also leaves us with power. We can do something about it by rethinking how we approach it.

Words are important and labels bear a lot of meaning.

Medicalised labels of illness can strip people of their social history and undermine their personhood. So when we say things like "Oh, he's a schizophrenic", we make it possible to other them. And forget he is a person too, someone's son, brother, father or friend who happens to EXPERIENCE schizophrenia. No one says "Oh, he's a prostate cancer": we say he *has* cancer, which maintains his personhood. He isn't cancer. It is just something he experiences. Rethinking how you talk about it can avoid othering practices. Please don't render y/our loved ones down to their illness label, because they are more than that!

You can challenge stigma

by talking about it, and thinking kindness and compassion. Imagine if the boot was on the other foot... Be kind and stay kind, but always put yourself and your wellbeing first. Chur for reading!



OUT OF THE ASHES I

RISE

BY SUE D'ONIM

It was never meant to be me. My life was mapped out. Go straight from high school to university, graduate with top marks, have a high-powered career. I was the smart one, the successful one. Not the crazy one. Success for me was meant to be winning prizes, not merely getting out of bed in the morning. Hospitals were for the screw-ups that nobody wanted, the nut-jobs. They weren't for people like me. And yet, on a Monday at the start of December 2012, a few days after my final NCEA exam, I found myself being shown to my new room in the loony bin. The nurses took all of the drawstrings out of my clothing. "What, you aren't going to take my shoelaces?" I joked. "We'd better take those too," a nurse replied. It would seem joking about shoelaces in a psychiatric ward is similar to joking about bombs in an airport.

My introduction to mental-health services, in the form of being admitted to a general adult psychiatric ward, was certainly a shock (which is also an amusing pun about the ECT I later had). There were a lot of difficult experiences in hospital. Something I found especially hard was that the things I was experiencing weren't supposed to happen to people like me. Here I was, my high school's resident overachiever, the one voted "most likely to be Prime Minister", being pinned down and injected in the butt with drugs.

Of all the things I saw and experienced while a compulsory psychiatric inpatient, it was my time at a private hospital in Dunedin that was the hardest. In a lot of ways, it was nice not to be

locked up anymore – I had just spent a few months in a locked ward before arriving. However, the clinic was not secure, and wasn't equipped to deal with people who were acutely unwell. This meant that when it was unsafe to keep a person there, they were transferred temporarily to the local locked hospital, until it was safe for them to return. This happened to me on several occasions throughout my stay. The third time was the worst.

I had stopped taking my medication a few days earlier. I hadn't slept since I stopped taking it and I knew I didn't need to: I felt fantastic. Everything just seemed to make sense. I was joking around with a couple of people I was friendly with when another person overheard something I said. She told me it was inappropriate. We started to argue and I wouldn't let it go, not even when she stopped engaging with me. I went to the computer room, printed off a quote by Stephen Fry about people who take offence and pinned it to the notice board. Then I stormed off, down the road. I was bulletproof and nothing could hurt me; I could jump off a car-park building and be fine, which was exactly where I was headed. It was a strange feeling, something I'd never really felt before. Sleep deprivation does weird things to your mind.

I became aware I was being followed by staff that had seen me leave, so I veered into an area of bush and climbed a small tree. I had a stick to fend them off. The police must have been called because a police dog found me and barked to let the officers know where I was. They came and yanked my stick off me. One of them climbed the tree and

ONCE IN THE POLICE CAR, THE RIDE TO THE LOCKED HOSPITAL WAS SHORT. I WAS TO BE PUT IN SECLUSION, WHICH IS LIKE THE PSYCHIATRIC VERSION OF SOLITARY CONFINEMENT. THE SECLUSION ROOMS IN THE GENERAL WARD WERE FULL, SO I WAS PUT IN ONE ON THE FORENSIC WARD, WHICH HOUSES CRIMINALS.

lifted me down. I was dragged back to the police car. The dog wouldn't stop barking. I didn't go quietly: I kicked them and tried to bite them. The police were restraining me, holding each arm in a wristlock, which is a "pain-compliance hold" – your wrists are twisted in such a way that if you resist, it hurts, and they can twist them even further so it hurts more. It felt like they were going to break.

Once in the police car, the ride to the locked hospital was short. I was to be put in seclusion, which is like the psychiatric version of solitary confinement. The seclusion rooms in the general ward were full, so I was put in one on the forensic ward, which

houses criminals. The room was small and smelt of urine, clearly not properly hosed out between "clients". I have always hated how they call us "clients" or "consumers", as though we have a choice in the matter. There were a lot of people in the room with me – nurses, police officers, and a psychiatrist. They asked a lot of questions but I couldn't find the words to speak. My head and legs were being held so I couldn't bite or kick anyone. I was pinned down, and my clothing was forcibly removed: all of it, even my underwear. I closed my eyes while they did it. Then I was thrown to the floor so I was lying face down, and my arms were pinned behind my back. Everyone who had been in the



room with me hurried out and locked the door.

I was naked and alone. The room had nothing in it other than a blanket and a cardboard bowl to use as a toilet. There was no bed or mattress or pillow. The door had a small window on it so staff could come and peer in at me from time to time, like I was a zoo animal. I needed to pee, but fuck them: I wouldn't piss in their stupid cardboard bowl. I pissed on the floor. No wonder the seclusion rooms always smelt of urine.

It was cold. The blanket they had given me was small, stiff and heavy, designed so it would be virtually impossible to tear or roll it and strangle yourself. This also meant it wasn't an ideal candidate for wrapping around me like a makeshift sleeping bag. All of the surfaces in the room were linoleum. Lying on the linoleum with the blanket over me was uncomfortable because it was cold and hard against my back. On the other hand, lying on top of the blanket meant the person doing checks would see me naked, and it also didn't provide any warmth. I tried to use the cardboard bowl as a pillow, but it only made things more uncomfortable.

I had no way of keeping time, and it seemed to pass incredibly slowly. The lights were always on, all night; there was no way to turn them off. I tried covering my face with the blanket to block them out. A person checking on me through the window called out that if I didn't uncover my face, the blanket would be taken off me. I wouldn't have slept even if I was in a more comfortable place

and the lights were off. Going through withdrawal from sleeping pills has always left me unable to sleep for a few days. There are not many things more frustrating than being so tired but unable to fall asleep. I had broadly calmed down after an hour or two. I did not feel invincible anymore. The way I was treated made me feel small, powerless, and like an animal.

I was in seclusion for close to 24 hours. The next day, my psychiatrist and the head nurse from the private hospital came to talk to me. They said I could get out of seclusion and go back to the clinic with them if I agreed to start taking my medication again. Honestly, at that point I would have agreed to anything to get out of there. Anyone would.

Seclusion is meant to be a last resort. A psychiatrist must approve it and it has to be reported. I was secluded in Dunedin. Dunedin is part of the Southern District Health Board, which has a rate of seclusion more than three times that of the rest of the country. And the rate reported is probably not even close to the actual rate. Loopholes enable them to get around reporting it. Their favourite trick is to put you in the seclusion room but not lock the door. You are told that if you try to leave the room, they will put you back in it and lock the door. Effectively you are secluded, but they don't have to officially report it.

Being secluded is incredibly dehumanising and happens far too often. During the experience I described, I was a risk to myself, but I was not dangerous to other

people. Sure, I fought back when I was being restrained, but anyone would: it is terrifying. The risk I posed to myself could have been managed in the general area of the locked ward, with a watch. A 'watch' is where a staff member watches you and remains within an arm's length of you at all times. This in itself is unpleasant, but not nearly as unpleasant as being in seclusion.

So why put people through something so distressing when there are better alternatives? The answer is very simple: it's cheaper. And that isn't just a conspiracy theory. In a 2013 *Otago Daily Times* article, the mental-health director of the Southern District Health Board is quoted as saying, in relation to why the DHB secluded so many people, "Unfortunately, interventions that will reduce seclusion rates are likely to be expensive." There is a price on human dignity, and it's a price that DHBs and the Government are unwilling to pay. Mental health isn't an issue with an abundance of political capital, and it doesn't get the money it needs.

What happened to me in that particular incident was not the proper procedure to be followed. You are meant to be given a hospital gown to wear (made of the same stiff material as the blanket), and a mattress and pillow, which is the procedure that was followed on the other occasions I was there. But hospital staff can usually get away with doing what they want to mental-health patients. Because who's going to believe us over them? We're the crazy ones; they're the 'professionals'.

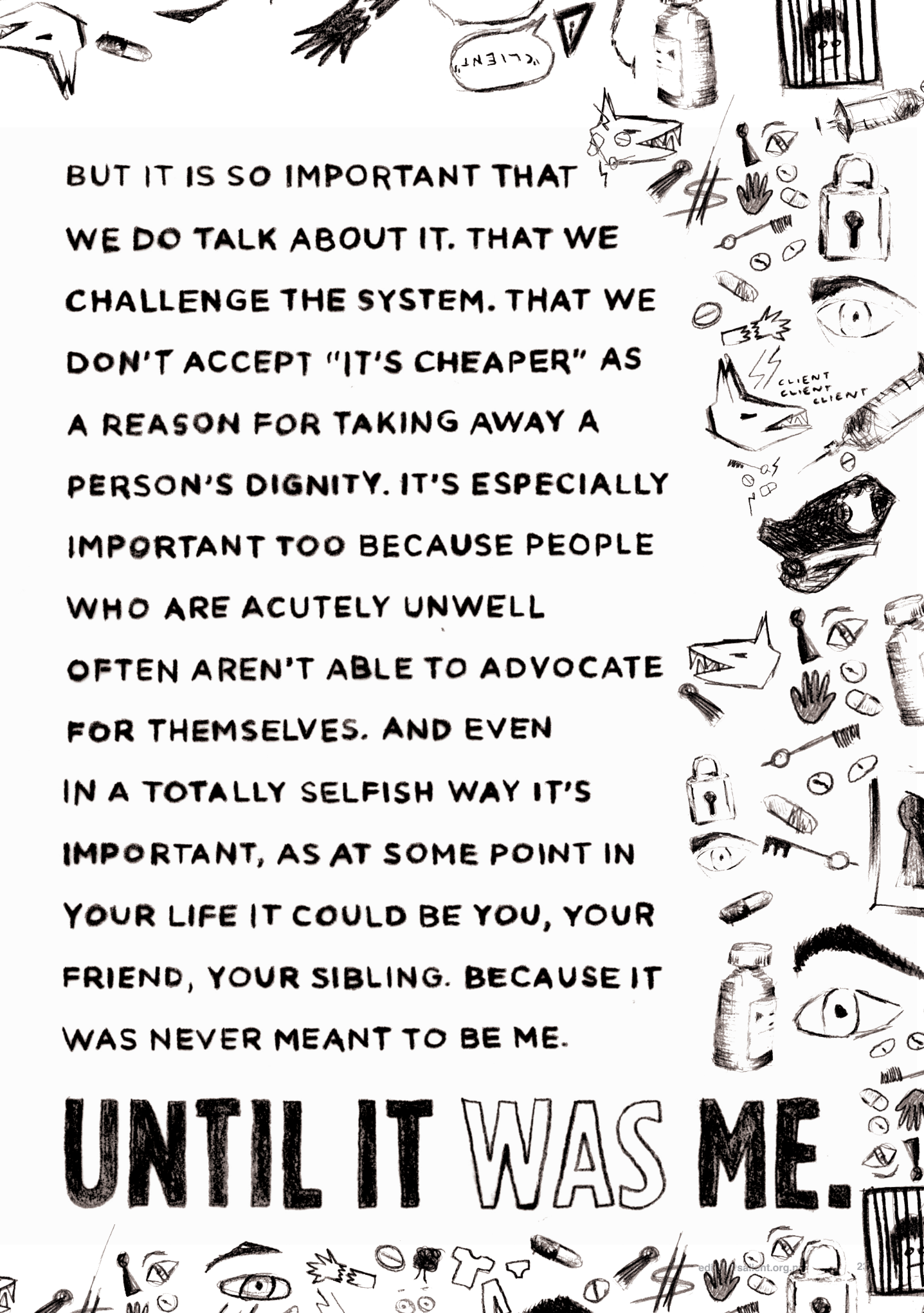
Although so many people experience mental-health problems at some point in their lives, we don't talk about it much. And a lot of the discussion about it focusses on the more socially acceptable, even 'desirable', aspects of, for example, depression – dark, tortured, nihilistic souls. You don't often hear about things like not showering or brushing your teeth for over a week because you can't bring yourself to get out of bed. And we never seem to talk about how we treat people with mental illnesses who aren't capable of making their own decisions. I'm not angry with people for this. I too had no idea about the things that actually happen to psychiatric patients until they happened to me.

I think maybe the reason people don't talk about it is because mental illness doesn't just happen to the stereotypical drug-addicted homeless guy you see begging on the street everyday. And if it can happen to people like me, it could happen to them too. They could be the ones who find themselves locked in a bare room, naked, pissing on the floor.

But it is so important that we do talk about it. That we challenge the system. That we don't accept "it's cheaper" as a reason for taking away a person's dignity. It's especially important too because people who are acutely unwell often aren't able to advocate for themselves. And even in a totally selfish way it's important, as at some point in your life it could be you, your friend, your sibling. Because it was never meant to be me. Until it was me.

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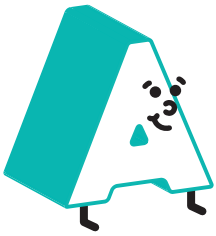


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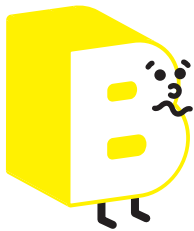
A-Z OF FLUCTUATION

BY HILARY BEATTIE
AKA XANAX WARRIOR PRINCESS

(OR, HOW TO MAKE TWENTY-SIX POINTS WITHOUT HAVING TO STRING THEM TOGETHER: IF I MANAGE THAT IT'S AN ADDED BONUS)



n alphabet makes sense as the structure for this, my justification goes, because it is in order, but it is not really in order.



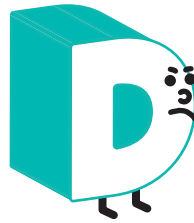
ecause YOU are in order, but sometimes you are not really in order.



ognitive behavioural therapy is, I think, the most often practiced – it looks at how you think and how you act. But there are many different kinds of therapy. I've

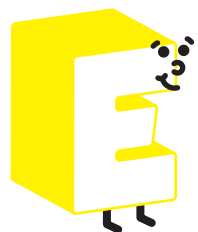
gone and seen a psychologist on and off for the last few years, since this point a few years ago at which mental health for me became

something of a daily lottery. This weird alphabet thing is me trying to reiterate that it's something to be open to, should you find yourself in more than just a low point.



istressingly enough, it's never obvious how the session environment will strike you on any particular day. Sometimes you go in there relatively chirpy.

Other times, you are dealing with the Mind Fog, and you must part the Mind Fog to get any thoughts from your brain to your mouth. There are also those times you are mired in Mind Concrete and you are pretty much a cinder block that people keep trying to interact with. Fair warning: sometimes you cry. An ab workout for the best of us.



ngagement with mental health is something you don't really do until you need to. No one is good enough at forward planning that

they know they'll spend May through October unable to do much, or that they'll be into someone and then spend four times the length of their attachment in a grieving process, or that something awful will happen to someone they love. The first time you hit a lower low than ever before, it's sort of a mystery what you should do about it.

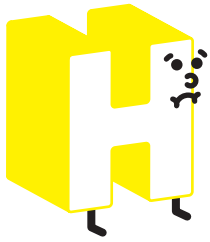


oremost among the misconceptions is that therapy means you're weak or can't 'harden up' by yourself. I cannot state more strongly that these are not true. I reckon you're weaker if you don't acknowledge your weaknesses.



ranted, you'd be forgiven for thinking that *surely* you can just talk to your pals or parents about stuff that bothers you. To an extent this is true, but they often don't know the right language. They don't always react

that helpfully. They have their own feelings and relationships and ways of thinking, and sometimes it's not the best stuff for you to hear when you feel like a damp sock.

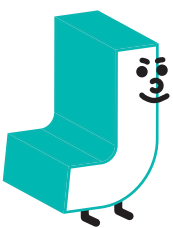


earing from your friends or parents – by way of an example – that “They were depressed once” and “They just got over it, they didn’t take antidepressants or go and see a counsellor” is their experience, not yours. It makes me mad when people say that, like, if I took advantage of both, are they saying they’re somehow stronger than me? Eff that. We had different experiences, I end up telling myself (albeit with clenched fists).

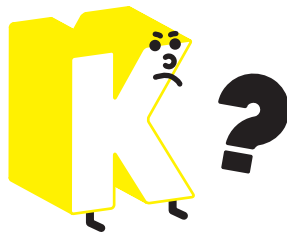
It’s not an instant fix. Which seems like a drawback, because we like instant results. There are some improvements you begin to see quicker than others – identifying certain thoughts as toxic and trying to dispel them becomes habitual, for example. You entertain more and more the thought that if your emotions aren’t trivial to you, then maybe that means they’re not trivial at all. (Sometimes you need someone to tell you that your emotions are not trivial.) Longer-term, you remember how much worse you have been and the ways you’re more aware of yourself now. This doesn’t sound like a plus! But it is.



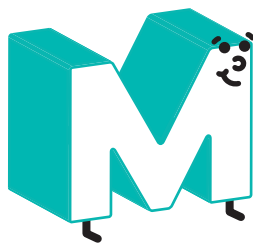
ust therapy, nothing else, isn’t necessarily going to be all it takes – therapy works in tandem with medication, or exercise, or Colin Firth. Doctors might be more inclined to suggest that you team whatever else you do with medication, because it’s their prerogative to get you feeling better as soon as possible. Medication doesn’t necessarily equip you with tools for dealing with how you might react to or think about a particular situation. Don’t get me wrong: I’m



so for it I’m basically five it, it’s just not that preventative.



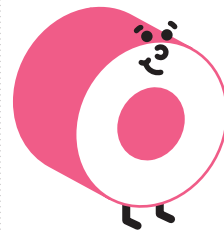
aw students are often reminded to look after themselves because of research indicating high incidence of anxiety and depression among them and in the legal profession generally. They’re lucky that their professional bodies are working to address this. But I reckon all study is generally stressful as shit. Surely there’s a high incidence of anxiety and depression across faculties? You’re spending a lot of time worrying about not being good enough, or other people being better than you, or whether you will meet some threshold. Never let Law students tell you they have it harder than you.



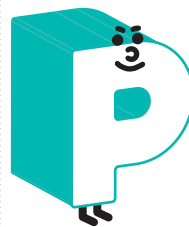
aybe your worry is along the lines of, what if everyone found this out about me? Your mental health doesn’t have to be this public thing that other people know the ins and outs of. I don’t reckon you should be particularly hesitant to share some detail with those close to you, but that’s just me. Parents can be conservative about it – a bit put out that “No one in the family has ever needed this before, are you sure you can’t work through it on your own?” “Do we not talk to you enough?” Friends can be confused about what it means or feel awkward about it. You could not tell them. You could even try to change their perception!



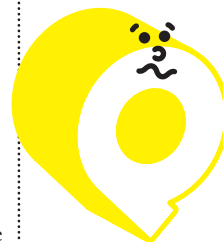
or do you have to be someone who externalises their emotions all the time, to get something out of a course of therapy. It’s not about ‘getting in touch with your feelings’ or becoming a better communicator. It’s more: you have these thoughts that are bad, or that have this negative effect on you, or that stop you from doing things. Channelling these thoughts into something else, removing the distortions, is something you can only really do by yourself anyway.



r you can be someone who consistently blurts their guts out, and talking to a therapist comes naturally because talking about your feelings is easy. That’s cool too. The point is, all different kinds of people can feel bad and can gain something from talking to someone who knows how to talk to people that are feeling bad.



rozac Efron is an idea for a band name that I came up with while writing this. Which is why, in all likelihood, I will never be given any responsibility in any field.



uickly, before I get serious again – I tried pretty hard to formulate a gag about the effect of mental-health issues on a relationship being shrinkage all round. I am sorry. Nicola Braid did a way better job (see page 30).





**REALISTICALLY,
THERE IS**



SO LITTLE



TIME



UGH



important serious-at-the-end-type upswing: I didn't want this to get all "Sense of an Ending book review", but sometimes you have this idea that things

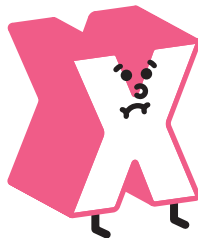
in the past happened a certain way. And that's the way they happened, because they didn't bloody happen any other way (I'm not a History major). Then all of a sudden, one day, you realise that it's completely possible and in fact more likely that they happened another way.



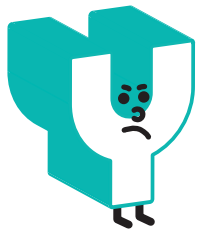
that I have taken from therapy is some variation on the previous point: that I have a brain that

takes things that happen and distorts them a bit. I cleverly convince myself they mean something and then I all but set that in stone. I am working on changing this. It is hard.

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eric (adj; of an environment or habitat: containing little moisture, very dry.) My apologies if this page has got a little xeric. Xeriously. Xery xeric xndeed.



you can't be happy all the time. No one is. But you shouldn't have to be unhappy all the time.



is not an appropriate letter with which to begin a closing sentence. I will just repeat that you don't deserve to be unhappy, friend.

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TWO YEARS AGO, ALMOST TO THE DAY, I HIT – CAREENED INTO, REALLY – WHAT I RETROACTIVELY KNOW WAS MY ‘ROCK BOTTOM’. I WAS WALKING DOWN ADELAIDE RD AT 10.30 IN THE EVENING AND I’D ONLY JUST GOT OUT OF BED, BECAUSE I KNEW I HAD TO. IT WAS RAINING AND I WAS CRYING. I’D JUST BEEN DIAGNOSED WITH A MENTAL ILLNESS AND WAS ON MY WAY TO PICK UP MY FIRST PACKET OF MEDICATION FROM THE ALL-NIGHT PHARMACY, AND I COULDN’T STOP MYSELF FROM THINKING: “HOW HAS IT COME TO THIS?” OR, TO INVOKE RENOWNED SAD-FUCK LEONARD COHEN, “WHERE ARE YOU NOW, GOLDEN BOY / WHERE IS YOUR GOLDEN TOUCH?”

New Zealand has a ‘high’ prevalence of mental-health disorders. The most common is ‘anxiety disorders’, which usually manifest themselves as either generalised anxiety disorder, obsessive–compulsive disorder or panic disorder, all of which are pretty nasty. That is closely followed by depression, dependency problems and bipolar disorder. Schizophrenia, psychosis and eating disorders are less common, and occur at a rate consistent with worldwide levels. It’s anxiety and depressive disorders that we supposedly excel at, with the second-highest rate of incidence in both conditions in the First World. Māori and Pasifika people and men in the 16–24 age bracket are at especially high risk. We really put the OCD in OECD.

These findings, however, should probably be measured with a hefty side of salt. The problem with gauging mental illness accurately is the many misconceptions and taboos surrounding it. Mental illness is chronically under-represented. It might just be that NZ has a more representative way of compiling the data than other countries. Though not scientifically verified (yet), I’ve thought for a while that everyone goes through mental duress at some stage of their lives. We expect our bodies to get fluey every now and then, and our sinuses clogged. Why not extend the same fallibility to our brain chemistry as well?



The first couple of weeks post-diagnosis were beyond rough, as the diary I decided to keep at the time can attest. Here, have an

unsolicited excerpt, I insist: “For me, [my mental illness] is seeing photos of you before IT happened and mentally captioning them: ‘Philip McSweeney, pictured here in happier times’. The happier times, you assume, are irrecoverable and committed only to the past. [My mental illness] is the horrific moment when you show someone a video you think is funny and they don’t laugh, not even a titter, but it’s spread out perpetually and permeates your every waking moment”. I read it now and think “Oh my god, 14-year-old poetry corner much”, but I was aware of how melodramatic it was at the time too and that just makes it worse, in many ways, knowing how stupid and pathetic you’re being but not being able to divert your piece-of-shit brain away from anything else except ‘the terror’, and honestly, the saccharine is so, so much better than the alternative.

Two years on, and I bracket my life into periods pre- and post-diagnosis. I still unconsciously position myself closest to a door in a room, and make mental notes of exit routes so that if I need to, I can escape. It hasn’t gone away. It waxes and wanes. Some days are fine. Some are great. Some are dreadful. This is normal. This is fine.



New Zealand also has a problem with sufferers with ‘unmet needs’, or people who do not – or cannot – access the treatment they require. This predictably affects the poor, those with ‘lower educational attainment’, Māori, Pasifika and Asian minorities at greater levels, but it occurs at all strata of society. According to one estimate, only 39 per cent

of people with a mental disorder consult medical services. The Mental Health Foundation ascribes this to the patients themselves and the continued stigma surrounding mental health: “the most common reason for delaying seeking help, stopping treatment or not seeking health were attitudinal”. The fault is imputed onto sufferers rather than the people in a position to help. But is this an adequate reason, or just equivocation? Few ever discuss health professionals themselves in the context of unmet mental needs; are they free from culpability? It’s convenient for them to blame stigma, but if this doesn’t address the deficiencies on their part, it’s a cop-out.



I wouldn’t be so callous or hubristic as to say that the health system failed me, but I don’t think it did right by me either. The first time I went to a GP, I was allotted with something much less serious than what I suffered from. The second time, it was something much more. The third was not quite ‘just right’, as I’ve discovered one-and-a-bit years later, but was at least vaguely close. Here’s where the structural problems come in: after requesting my medical record, I discovered that the first doctor that I saw had actually written that, in his professional opinion, I had a mental illness, but for reasons I don’t know, he decided not to broach it with me. It was sheer bloody-minded obstinance that got me the treatment I needed at the time: three doctor’s appointments later and I had a prescription for some pills, but no strategy.



Positioning the issue of people not reaching out to mental health as a patient issue is internequine. It attributes responsibility to a vulnerable populace, but it also doesn’t challenge the current effectiveness of our health services. Without this critique, mental-health services are doomed to the status quo, and the status quo is clearly failing. A recent study of mental health in New Zealand claims that the best way of treating mental-health issues is, quite simply, “quality and quantity of treatment uniquely relevant to the individual’s disorder”. An average appointment with a GP costs around \$80, unless you can afford insurance or jump through the energy- and time-draining hoops that might afford you government subsidisation. Meetings with specialists are even more expenny. The Wellington anxiety clinic charges about \$180 per meeting, and applying for government funding is no walk in the park – especially with cutbacks to WINZ services being rolled out under National’s auspices. This is all assuming you get a referral from your GP in the first place, of course. Some may diagnose you incorrectly; some may give you pills to patch, but not address, the issue. And it’s all very well to say the New Zealand health sector is overburdened, but these structural failings are occurring at the expense of people’s mental health and livelihoods – according to one study, three per cent of the population per year are so debilitated by their mental health that they cannot work or function.



When people ask me what having my mental disorder is like, the

first word that comes to mind isn’t ‘sadness’ or ‘despondency’ but ‘terror’. Actually, this is a fitting point at which to segue. What people don’t get about mental illness, I think, is that when you’re suffering, your measure of time becomes shot to shit. You start living in hour-long, minute-long, second-long increments, hoping that you don’t dwell on IT too much or that you don’t have an -episode- or whatever. The largest unit of time you’re capable of processing is a week, maybe a month at a stretch. Another thing: when people with mental illness say they can’t get out of the bed, can’t get out of the house, it’s not that they really really don’t want to or that they can’t be bothered or whatever. They Actually Cannot Leave The House. Last quick observation: when you’re mentally unwell, you learn the value of escapism viscerally. An episode of *Futurama*, a leisurely incognito porn sesh / cheeky mastie, a favourite book, a Spotify playlist called ‘depressing songs’ to commiserate with and Dr Feelgood to try to snap you out of it – in vain but for moments, maybe, but those moments *fucking count*.



Identifying exactly where mental-health services are going wrong is difficult because the whole concept of ‘treating’ mental illness is fraught. Most of the articles surrounding pills like Prozac, Zoloft, fluoxetine et al position themselves as polemics, jeremiads, or sermons bemoaning ‘over-diagnosis’ or ‘pill-popping teenagers’ without attempting to integrate much nuance (here’s looking at you, *New Zealand Listener*. Honey, you are no *New Yorker*.) It’s incontrovertible that antidepressants, and especially

those of the SSRI variety, have risen to levels of ubiquity. You are almost guaranteed to know someone on them: at one gathering of old friends, we were all shocked to discover that we were all on the same prescription. In a way, our society has embraced better living through chemistry. The genuine worry is that it reaches an extent where regular-ol' sadness or life-pain is pathologised and pills are prescribed superfluously. In the words of researcher Katherine Sharpe, "to live in America today is to be invited, again and again, to ask ourselves whether our problems are symptoms". In the face of corporate, medical conglomerate interests, over-prescribing could be a genuine problem.

But does this really matter? At its simplest level: if taking a pill helps ameliorate symptoms, who has the right to give a fuck? Regardless of whether or not you need the medication or just get a boost from it (a pretty thin line to draw, in truth), if it helps it helps. Being depressed, anxious, mood-swingy is miserable. There's a pill for it. There's a weird societal perception, maybe a vestigial organ from times of Judeo-Christian directives, that there is nobility in suffering; or that to achieve and accomplish, first you must suffer, masochistically take the faecal matter life heaps upon you, and retain a stiff upper lip throughout. This is bullshit. Yes, diagnoses of mental illness keep rising; if it's helping people in need, who cares a fig?

Medical practitioners occupy a weird space when it comes to stuff like this. Many are wary of prescribing pills based on the lambasting they get when they do, or take conservative mindsets with them into their practice,

allocating antidepressants only for 'severe cases'. On the other hand, some GPs will hand them out like piquant-tasting candy without recommending other courses of action that need to be taken concurrently with medication. Antidepressants are shown to be exponentially more effective when used in conjunction with CBT (hey, that's a column in our magazine!), therapy, counselling, or other one-on-one and group sessions. Pills can abate symptoms, but do not tackle underlying frameworks or issues at play.



Unfortunately, as I mentioned earlier, this period of healing takes time: the stats say at least 12 weeks. Time for a mentally unwell person, as I mentioned earlier, is perceived in a vastly different way, making the remission period a veritable lifetime. There are responsibilities in everyday life that cannot be put off either, like work, chores, bill payments, schooling, socialising. Processing these and trying to get well is a nigh-on insurmountable task. Perhaps what we need is a more compassionate framework when it comes to mental-illness sufferers encoded into law and societal norms.



When antidepressants work, the most common response –

according to doctors and health companies – is "Thank God, I finally feel like myself again". I don't want to diminish the experiences of those who do feel like that, but it does beg the question: what exactly is 'myself'? We represent periods of mental illness as blips on the radar of life, weird anomalies that are at odds with your well and happy self. What, then, of people who have been on antidepressants for the majority of their lives – what selfhood are they allowed? In the process of preventing my illness from defining me, am I supposed to excise its importance in my life entirely? I think often about how my mental illness has developed me as a person. Some will be the source of endless, unverifiable conjecture: is the reason I'm attracted to strange, melodyless music because I find comfort in having my brain chemistry communicated in the abstract? Others are less opaque. When I'm well, I feel brave and proud and warm and loved. When I'm not, I have ways of coping. I feel emotionally equipped to deal with others. I have more of an insight into compassion, having seen it in its purest form extended towards me countless times. We need to restructure the way we approach mental illness if we are going to get any closer to treating it effectively.

And if your mental illness doesn't improve? There is nothing wrong with that. Do not feel as though

you've failed anyone, least of all yourself. You do you and fuck the rest. Platitudes about it 'getting better' are not misplaced. Do whatever you need.

Finally: if you don't have a mental illness, what should you do? If they need space to be alone, for the love of all holy deities let them have it. If they need you, listen to them and commiserate. Don't use words like 'depression', 'schizo', 'bipolar' and 'OCD' flippantly, as it minimises the struggle of the sufferers (and why would you say 'OCD' when the word 'persnickety' exists, honestly, ya jabroni). And consider it a learning experience. The value of seeing the way that others struggle with pretty horrific feelings (whether they're medicatin' or not) is tremendous. And if you do have an illness: accept that other people have their own shit, and if people do want to break off relationships and friendships, that's tough, but 100 per cent their prerogative. Remember, though, that support is always there somewhere. Find media that makes you feel comfortable – my go-tos are *Cannery Row*, *Bitch Ass Darius*' *Follow the Sound*, and *Gilmore Girls* (newly streaming on Netflix ayyy) – pick your own. Most importantly, love and appreciate yourself as you are, you majestic thing, because you are worthy and wonderful and special. It's hard. It's kinda nice. It's vital. Best of luck out there. Keep it tight.

IN THE PROCESS OF PREVENTING MY ILLNESS FROM DEFINING ME, AM I SUPPOSED TO EXCISE ITS IMPORTANCE IN MY LIFE ENTIRELY? I THINK OFTEN ABOUT HOW MY MENTAL ILLNESS HAS DEVELOPED ME AS A PERSON.



IT'S NOT YOU, IT'S ME...

KINDA.

BY
NICOLA
BRAID

When my boyfriend and I had been dating for about two months, I did what I'd been dreading. I anxiety-ed in front of him. He told me his grades and I absolutely panicked. I suddenly realised I wasn't as smart as he thought I was, as I thought I was; in the space of that moment, I became utterly ashamed of myself. My chest tightened with increasing disappointment and I hyperventilated for the next quarter of an hour. Shortly later, I was huddled on my balcony in the cool night with my head in my hands, heaving desperately. My boyfriend was rubbing my back politely and saying kind things nervously at me. Anxiety hasn't ruined this relationship (he still rubs my back really politely), but it's fucked things up in the past. I haven't done stupid things for love but I've done ridiculous things for anxiety.

Anxiety is the most common mental illness, with one in four New Zealanders experiencing anxiety, panic attacks and phobias in their lifetime; it's a chemical imbalance in your brain that causes stress or unease in reaction to situations, thoughts, and just about everything else you can fucking imagine. Anxiety has a biological purpose – it's

there to motivate you in times of danger – but if you don't have control of it, it's goddamn awful.

According to Dr Susanne Lawrence, "*anxiety is characterised by feelings of apprehension and worry, spontaneous panic attacks, irritability, poor sleeping, avoiding and poor concentration*". But this is about experience more than it is science. Anxiety is depression's hyperactive younger sister that wants to be just like him. She bases herself in self-hatred, paranoia, and assumptions about the way people think.

Of course, you can't feel like this without it affecting the way you relate to others. Yes, we've reached the point where our society no longer stigmatises mental illness like it used to – but what does all this mean for day-to-day interactions and those that are much more important? What does all this mean for how we love people and how we let people love us?

There are a lot of us. Knowing what it's like to struggle with mental health and the guilt, pride and self-doubt that accompanies it, I would never presume to truly understand someone else's experiences. Relationships, too, are inherently subjective and personal, so I wanted to talk

RELATIONSHIPS CAN PROVIDE A PARTICULARLY VOLATILE OR UNSTABLE ENVIRONMENT FOR MENTAL HEALTH. THEY MIGHT CALM YOU DOWN AND HELP YOU CONCENTRATE ON HOW GREAT BEING IN LOVE IS, OR THEY MIGHT DREDGE UP AND MAGNIFY EXISTING ANXIETIES. HELL, THEY MIGHT EVEN DO BOTH.

to other people about their experiences as well. After some fretting and a nervous exchange of messages, I sat down with Lola and Simon, who have had similar feelings. For Lola, anxiety means “*you can be having the best time but you know there’s going to be a crash.*” Simon says, on the other hand, that it’s more about control: the need to control thoughts and emotions that he finds overwhelming.

Relationships can provide a particularly volatile or unstable environment for mental health. They might calm you down and help you concentrate on how great being in love is, or they might dredge up and magnify existing anxieties. Hell, they might even do both.

For one thing, you have someone that loves you, right? I never feel like it’s *fair* to be so damn worried all the time. *How dare you take more from the people who love you?* For Lola too, relationships can make her feel selfish – as if her self-esteem is tied to the identity of her relationship: “*I need more affirmation because my mind can GO somewhere... What I’m going to need in a relationship is too much to put on someone... I don’t think it’s ever going to match up.*”

You begin to lose sight of rationality. Simon’s anxiety became intrinsically linked with his girlfriend, and he found himself taking her offhand comments as a sign she was leaving. He struggled with the blurred lines between rationality and irrationality: “*I used the word irrational a lot to justify myself, as if to say these thoughts are irrational but this isn’t the real me.*”

The point is that it’s everywhere. I wanted to say something structured about the way that anxiety makes things difficult, but anxiety doesn’t follow normal rules. Anxiety is the antithesis of structure; it doesn’t follow stable patterns. Anxiety lurks and it gnaws and it waits and it pounces. But there are some things that can help us. We learn what we need from each other, and we help where we can.

The first time I went for dinner with my boyfriend’s parents, I was so nervous. *Who was going to pay? If I got the steak would they think I was being presumptuous? If I got the steak and they weren’t paying, would I be able to afford it? Shit, the fish doesn’t look too bad either...* My boyfriend could see I was anxious and advised me diplomatically to hurry up and order the damn steak. His

mum admonished him and I blushed. She didn’t understand (and how could she have) that this wasn’t our first rodeo. We’ve looked at menus before and I’ve told him what I need from him; he understands that it’s not the decision but the deciding.

Simon acknowledges practical steps like going to counselling with his partner would have helped, but notes: “*I wish I had realised that inner strength and confidence is the most important part, and that a partner is just a positive ‘addition’... In a perfect scenario, I would have realised it didn’t work, but I’m such a romantic I would fight for anything I loved and meant a lot to me; the relationship was going to continue until it couldn’t... I wouldn’t really have done anything differently.*”

Lola also acknowledged the importance of self-respect for anyone in a relationship. “*Fundamentally, if you’re not getting what you need to, really think about whether it’s doing it for you... If you’re crying when someone tells you that you deserve to be happy, you’re probably not happy.*” The problems are complicated as all hell, but the solutions can be surprisingly simple: work together and keep trying.

And what about those that love us? It might seem obvious, but you can’t stop people worrying by telling them to stop worrying. Without perpetuating anxious thoughts, talk to your partners about their anxieties. For partners, it is important to phrase issues that you might be having gently, without blame. Talk to them about what makes them better and what makes them worse, and take an active role in their mental health. Lord knows they’d do it for you. For me, it means actively acknowledging that I’m having a ‘bad brain day’ and then understanding that I’m probably not going to be super-rational or decisive today.

You will never be able to ‘fix’ someone, and people don’t need to be fixed. Remind yourself that there are lots of different ways that people are limited by their shit. Maybe you need to find different ways to do things, but don’t all couples have to find their own rhythm?

Love isn’t all kissing in the rain, Merlot and electricity. It involves changing dynamics: libido, children, sexuality, exes and student-poverty. Mental health is just another factor. Yes, anxiety *might* mean you’re not very ‘good’ at love for a while; yes, anxiety *might* mean that you are a little difficult to be around sometimes. But it’s worth it. One day, you’ll get a partner that doesn’t get put off by your late-night balcony-heaving, that rubs your back politely – a partner that sits down next to you while you write an article, that explains to you that you can write it, that it’s not going to be too hard, or too scary, and that they are proud of you.

IF YOU’RE HAVING TROUBLE WITH ANXIETY, VISIT PHOBIC.ORG.NZ ; IF YOU NEED URGENT HELP, CALL 0800 14 ANXIETY (0800 14 269 4389).



WHEN THE SUPPORTER NEEDS SUPPORTING

BY CHARLOTTE DOYLE

The support you provide someone who is suffering from depression is invaluable. No one person, however, can provide a 'cure'; it is important to realise that the most positive way to contribute to someone else's wellbeing is to look after your own. Sometimes, being the confidant or support base for someone suffering from depression, an illness you may not understand (or understand too well), becomes overwhelming. To feel out of your depth is in no way to fail as a friend, and there is a point where it can become necessary to step back and seek external help. In all circumstances, looking after yourself is the ultimate form of support you can offer.

I sat down to chat with Gerard Hoffman, Manager of the Counselling Services at Student Health, and Rachel Riedel, a Wellbeing Educator, about depression myths, 'courageous conversations' and empathy. They described seeing many students worried about struggling friends who get into 'binds' about how to help them. Often, people are paralysed by a natural desire to remain confidential out of respect for the friendship, yet do not have the experience or expertise to deal with the situation. The very act of confiding in someone presumes the information will remain private, which of course it should be. It is also far from an easy confession, with the stigma of depression being a failure of positive attitude or character. However, as Gerard points out, and my personal history has proven, the belief that it is not your place to ask for external help can be highly

detrimental and even very dangerous.

The detail can be terrifying. Information you never want someone you immensely care about to carry around with them or have to reveal to you. Gerard recommends that as soon as you start to worry about the friend beyond the time you spend with them, then seek external help. That doesn't mean chatting to a mutual friend over a coffee about how to 'deal' with someone, but to take advantage of Student Health beyond needing validation of your below-average cold. Using the counselling services they provide doesn't need to be premised upon an issue you are experiencing yourself, but can entirely be to seek guidance on how to help someone else. The beauty of taking this step is also that, the professionals assure me, any information revealed remains entirely anonymous, and the wishes of the other person will also be respected at all times. As almost mature and responsible adults, it is trusted that we students can make

informed decisions... once we have the requisite information to do so.

When in a supportive relationship with someone who is depressed, whether in a spooning-at-night sense or being that person who listens, it becomes very difficult to distance yourself. It is also somewhat inevitable to take reactions to efforts to help extremely personally. When trying to have a 'courageous conversation' in order to work out what's going on or how to help, the reaction may be hurtful or an outright rejection. Rachel points out that it's important to remember that depression is an unhealthy state of mind with an inability to think rationally. These conversations are never easy, and when someone else's self-esteem is failing them, an awareness for other people's often slips. If I had known that the insipid comments were simply a reflection of some much deeper insecurity, my own self-confidence would have survived, making me better at

alleviating the broader problem. I needed a space to hear an objective opinion.

The reality is that we are young students, not trained counsellors, and depression is a serious condition which is impossible to 'snap' out of. The professionals are skilled at providing clarity. If you have never experienced depression yourself, it can be a very difficult thing to comprehend when it manifests itself in someone close to you, so having a grasp of what are appropriate choices of language or approaches is transformative. Using words like 'mentally unwell' or 'depression' to the person, for example, are poisonous. Instead, attempt a more neutral approach with phrases such as 'Are you okay?' or 'You don't seem to have been yourself recently'. Even if the response is negative, the hint that something seems wrong will trigger a reflective thought-process for that person. BUT, as Gerard points out, human beings just don't attract simple answers, especially when shrouded by depression, so try not to expect a clear-cut solution.

Hindsight is a twisted thing. With hindsight, I should have told someone the things my friend was telling me. But with hindsight, I also wouldn't have withdrawn so abruptly from the friendship as a knee-jerk reaction to realising it was pulling me down. Care and empathy does not need to be mistaken as powerlessness or a sense of total responsibility. It is not selfish to step back out of a need to take care of yourself, and in the long term, it is the right decision. Just being there, to listen and empathise, is more important than you could probably ever know.



Conspiracy Corner

“Final Brain-Dump”

By Incognito Montoya

Shortly before the magazine went to print last week, *Salient* received this encrypted message from *Incognito Montoya*. It arrived as an ordinary parcel, wrapped in a riddle wrapped in an enigma wrapped in tinfoil. The decrypted message reads as follows:

Dear *Salient*, eclectic readers, and whatever government schmo is tapping the website,

If you are reading this, it means they found me. The black helicopters are circling, the sensory-deprivation chamber is being prepped, and soon, I will face reprogramming, courtesy of the newly elected government (you had ONE job, citizenry!).

This is my last column as a free man, or, provided my escape route isn't clogged, the last column I will write under this alias. But that's a matter for another Wu-Tang name generator. These may be my last non-slogan words, and I'd like to use them to say some thanks, farewells and summations.

Firstly, to the brave men and women at *Salient* who risked Room 101 for printing my words: you guys were super-chill, and I have the utmost hopes for you and your careers. To the scurvy

dogs at Pirate Bay: thank you for harbouring me; so long and thanks for all the rum. To El Conspirador, who still owes me a mojito. And to DJ2Spooky: you know who you are, for inspiring me to take my words to the press.

If I had to do it all again, would I have made the same decisions? I realised that partway through the year, my focus turned to clandestine facts and fancies instead of the usual fodder of lizard-men and nuclear arms bringing about Armageddon via giant scaly monsters (note to self: see shrink about a reptile dysfunction). I find there is a difference between a conspiracy and a conspiracy *theory*, but perhaps I'm just a hopeless semantic. You know who actually invented the term 'conspiracy theorist'? Richard Nixon, to discredit people who talked about the all-too-real Watergate scandal.

Meaning that if someone calls you a conspiracy theorist, it just means you're on to something. So, thanks Nixon, I guess. But you're still a Dick.

And most importantly, thank you to the readers of this column. You were the good ones. Remember, being paranoid just means you know too much about what's actually happening. Like the Trans-Pacific Partnership. Seriously, look that shit up. Has the potential to cripple the entire country, and no amount of tinfoil is going to save you.

And there you have it. No more Games. No more Research. No more Hacking. No more Sneaking. No more Running. I say to thee, arm yourself with Knowledge for the fight to come. This could be it. Behold, my last piece of Free Will and Testimony. If they catch me. If.



Weird Internet Shit

By Henry Cooke

There is nothing like a weekday sunrise in the middle of summer. Everywhere is empty but lit, like an apocalypse but with street-cleaners. In the summer between 2006 and 2007, we used to lie in the middle of Ghuznee St for minutes at a time, cracking shitty jokes about our obituaries and hearing our laughter echo. Then

we would go home and sleep. We had been playing video games all night.

The first time I saw a sunrise from inside *World of Warcraft* felt amazing. Three of my friends were just starting to fall asleep in my bedroom behind me, their game of *UT* finally forgotten, but one of them got up to see the polygons change colour. He was soon hooked too.

I'm not quite decided on video games. On the one hand, they're some of the best tools of narrative ever produced, a medium that is evolving like crazy, a medium capable of letting people unwind and fulfilling people emotionally. On the other, I lost around nine months of my life to *WoW*, and I got off *_easy_*

When you're really into doing 'one thing' online, it can easily eat up your life. I was still going

to school, still drinking with my friends, still spending around the same amount of time online as any teenager was in 2007 – but it was all *WoW*, all the time. At school, I was talking about it with my 'WoW friends', at home I was just getting through whatever else was in the way of more *WoW*. I was getting over my first big breakup, Wellington was rainy, and half of my friends started playing too, but this was horrible.

As is reddit, but I feel for the people in some of the micro-communities. On 'NoWoW', people recount their years-long stories with the game, stories of ignored spouses, lost jobs and anxious parents. Like most communities for people at their rock bottom (remember *CuteDeadGuys*? What a fun year!), everyone on NoWoW is supportive, understanding, even to those with neglected children. In fact, stay-at-home mums seem especially

susceptible: “I played all night, took my son to school in the morning, got a few hours of sleep while he was at school, and played all night again.”

Of course, *WoW* is just a more potent example. Anything can consume you; anything can make you stay up all night. The internet makes obsession easy, makes falling into your own personalised clock and world a breeze. That obsession – whether it manifest itself in 35 browser tabs or a whole season of *Gilmore Girls* or a sunrise in a virtual world – it feels like nothing else. The trick is in keeping it from being a crutch, in keeping it as a fun activity rather than something you need to do before you sleep. When someone figures that out, they should let me know.

It's been a privilege to rant about the internet at you this year, especially with someone as talented as Philip. <3



Meals and Feels

Asparagus and fennel risotto

by Eve Kennedy

Risotto is relatively speedy, and best of all, often only one-pot. Being the flat cook means I hardly ever do dishes (score), but if I'm cooking for one or two, I'll make this if I'm too lazy to put dishes in a dishwasher (side note: thoroughly recommend renting a flat with a dishwasher).

Method:

Thinly slice the fennel bulbs and the leek. Fry on a med-high heat in a large frying pan (I use a wok when I'm cooking for lots of people). After 2 minutes, add the crushed garlic cloves and stir. Continue cooking until the fennel and leek have gone soft and are starting to brown. Add the rice and stir gently until the rice softens but doesn't brown. Add the wine and simmer it off until the alcohol has boiled off. Gradually add the stock cubes dissolved in 3 cups of water in boiling water.

Meanwhile, blanch the asparagus in a large frying pan with 4 cm of boiling water in the bottom until just tender. Take the asparagus out and place it in a bowl of iced water without discarding the asparagus pot water. Add the asparagus water to the risotto.

Stir the risotto frequently until the liquid is absorbed and the rice is soft. Season with salt and pepper, add the butter and the parmesan, and stir through.

I served my risotto with parsnip crisps and an orange, fennel and feta salad.

Recipe:

Serves four for a main

2 medium fennel bulbs
1 bunch of asparagus
2 stock cubes (I use vegetarian chicken stock)
1 ½ cups Arborio or Carnaroli rice
4 tablespoons butter
3 tablespoons olive oil
2 garlic cloves, crushed
Half a medium leek
¼ cup white wine
5 tablespoons parmesan, grated



In Review:

House of Dumplings

I have a public-service announcement to make: there's now a dumpling shop opened in Wellington. I've long lamented the lack of vegetarian dumplings in this fair city, so you can imagine my excitement when I found out that House of Dumplings had opened on Taranaki St. Being a bit of a dumpling fiend – and having very strong opinions on the best places to bulk-purchase dumplings (it's Haere Mai, the ones in the orange packet, and they're nicest when covered with soy sauce and ground cashews, then pan-fried in peanut oil) – I was eager to see if these measured up.

The look of the shop was certainly appealing. Although small, it is decidedly cute. There's a lot of wood, jam-jars of flowers, and a kitchen-cabinet-type display behind the counter, cluttered quaintly with bottle of sauces, flowers, and pans. It's everything you want your kitchen to be, but then substantially hipper. It's fundamentally a takeaway place: don't go here if you're looking

for something more lingering.

I ordered six dumplings (\$2 each) and a scoop of rice (\$2): four 'Japanese Six Mushroom' ones, then one each of a 'Spinach Tofu Bok Choi' and a 'Red Cabbage and Spiced Potato', because I love you all and was doing research for you. I definitely enjoyed the mushroom one, although the pastry lost texture quickly. The filling was meaty and tasty, as you expect in a mushroom dumpling. The red cabbage and spiced potato mix was nice, but felt out of place in a dumpling, while the tofu one was too plain for my liking.

I left House of Dumplings with slightly mixed feelings. The shop was cute, and I'm thrilled it's there. At the same time, I was disappointed by the dumplings themselves, and I felt they weren't worth their price tag. Still, the place is very new, and has a lot of potential. With more attention to the flavours of the dumplings, and perhaps lowering their prices, they'd have a winner.





CBT

by Jane T

This installment of CBT was brought to you by **How Good I Am.**

CBT is hard work.

I'm walking down the steps and my mind is like *your walk is wrong. Your walk is wrong, and weird.* I'm walking down the steps and I'm like *I am going to consider this thought and conclude that it does not deserve*

to inhabit my head. Stop. I'm in the library lift and my mind is like remember? My mind is like remember??? And then I am like stop. Look at how many floors there are, let's count them. Go away. I'm eating eggs and my mind is like imagine if everyone knew how obsessed you are with yourself. I'm eating eggs and I'm like stop, terrible little thought, and I'm like wow, I'm working so well. CBT, look at me.

But now I'm waiting for the bus and my phone is dead and I have no music so my thoughts are like *LOL isn't it hilarious how you've spent over a year working to render your cognitive pathways less 'distorted' and yet sometimes you still cannot walk through a room without analysing your gait and you cannot eat eggs without considering your juvenile thirst for external recognition, and you cannot receive a message from a friend at a particular time of day*

without reflecting on the reasons why they may not love you this week. You cannot wait in the line at the supermarket without thinking about how boring you are. I'm trying to do CBT work but my thoughts are like it's cute how you cannot go to sleep when you are in fact very tired as you are wondering who hates you. And my thoughts keep on coming and they are like it is hilarious how on this night you'll probably wake up four hours later due to some infantile nightmare you had about some obviously repressed whatever memory and the next morning while you're waiting for your coffee at a gross Mojo or somewhere you will laugh at this, because you cannot take yourself seriously. CBT, look at me. I'm thinking that CBT tells us a lot but it does not tell us how hard it is. I'm thinking this is hard work and it's okay to not be good at it always. I'm thinking that CBT work may eventually make our

heads hate themselves less but we need to remember that working on the problems in our heads should not just be the work of individuals. CBT, look at all of us.

I'm thinking now about the little room I built in my head this year that is furnished with nice thoughts about myself. I'm thinking that I'm very happy about this, because that was hard to do. I'm thinking that at the start of the year when I suggested that I should have more thoughts which are really just me singing Rihanna love-song lyrics to myself, in my head, that this was a good idea. I know that if I am going to continue work like CBT, I am going to need to know that the one I am thinking about always is me. Even if my thoughts are still sometimes bad, always I am good.

CBT is hard work.



Māori Matters

Nā Geneveine Wilson

Te Whare Tapa Whā has always been the go-to model to symbolise the four dimensions of Māori wellbeing. The stability of the whareniui is dependent on the balance of taha tinana (physical), taha whānau (family/social), taha hinengaro (mental), and wairua (spiritual). Much like the whareniui, kapa haka

is a holistic representation of wellness.

You have rōpū like Te Mātārae I Ōrehu who aim to be in peak physical condition in order to emulate the supposed form of our toa, from a world where only the fit and strong survived. Of course, kapa haka is not just about chicken and kumara salad, six-packs and complicated choreography. Across the motu, rōpū are congregating to use their tinana through activities such as HakaFit and Kaumātua kapa haka.

These group activities are perfect environments for creating a sense of belonging. Through participating in kapa haka, you get to engage with others, building a relationship that lasts longer than your bracket. The rōpū

quickly acts like a whānau as everyone pushes one another to broaden their limits. The social environment is safe and comfortable: there is plenty of āwhina and tautoko as everyone works together, like whānau.

Whānau challenge one another and keep each other safe. Arguably, physical security assists hinengaro if we follow Maslow's model, highlighting the need for physiological, safety and social needs to be met before esteem and self-actualisation can be met. Kapa haka recovery programmes have been used as a forum for tangata whaiora to engage in a kaupapa Māori setting as alternative inpatient care. Participants have often expressed the positive effects it has had on their taha hinengaro, through the

inclusiveness and the safety provided by the group.

Items within the bracket hold levels of spiritual essence, projected by each kaihaka. Through the kupu and actions within the waiata, the rōpū expresses their wairua and pays homage to people of their choice and often those who have gone before. The wairua found in kapa haka is evidence of the engagement with culture, tradition and language. Connectedness with these aspects of Māoridom is vital to upholding ones taha wairua.

Kapa haka is an example of how balance is emphasised in a single activity. Te Whare Tapa Whā extends further than having balance in one activity: it is holistic. After all, a whare is only as strong as its weakest wall. Mauri tū, mauri ora!



Sonya Says

by Sonya Clark

VUWSA President

One uni holiday back in second year, I was randomly placed next to a girl on a flight from Auckland to Wellington. I recognised her from my Religious Studies class and started to chat. This girl was bubbly, open, and full of personality, and an active contributor in every class I went to. We struck up a conversation, and have been close friends ever since. Recently we were reminiscing, and she thanked me for starting a conversation with her on the plane.

A pretty normal story of friendship, but one thing shocked me. This bubbly, wonderful person said that I was the first and *only* friend she had made at university. It got me thinking how I knew of other students who felt they had made very few genuine connections with other people in their time at Victoria. The University's annual survey shows that around *half* of students don't feel connected to the University. That's a really shocking number, and makes me pretty sad.

We are part of the University community – *we are the University* – and in this university are thousands of individual people. There's been a lot of discussion about how connection is crucial for good mental health. Something that contributes to

poor mental wellbeing is not feeling connected to the people around us or feeling part of a community. It can be pretty easy, in a place this big, to feel isolated and alone in a crowd.

Last week, the University Council passed a new strategic plan 2015–2019, with some great things in it for students. To significantly improve the student experience so that it is the best in the country was identified as one of the top three priorities in the plan, with a specific priority around connecting students to each other and the University. I'm really proud to have been a part of this change.

We all agree that there needs to be more counsellors. We all agree that directing resources to the most at-risk students is important too. These things are tangible. But how does a university actually go about increasing the opportunities for people to make meaningful friendships with each other?

I know that there will be a lot of thinking about what the University can do to increase connection. What if schools held regular staff–student drinks – for undergraduate as well as postgraduate students? Having a common room makes a difference too. Campus Coaches is pretty cool, and tutorials can help, but some tutors don't even try an awkward icebreaker. While we're pondering about how to do good things right across the University, look to yourself. What can you do, today, to connect with other students and staff? What about the University? If we want to improve the mental health of individuals, then fostering belonging is a part of the solution.

Sonya Clark
VUWSA President
M: 027 563 6986 | DDI: (04) 463 6986
| E: sonya.clark@vuw.ac.nz | W: www.vuwsa.org.nz



Exec Column

by Stephanie Gregor

Wellbeing and Sustainability Officer

Mental health is a real issue for all too many people at this university. According to the Student Experience Survey, 45 per cent of us have poor or very poor mental wellbeing.

I am one of that 45 per cent. When I was 18, I was diagnosed with depression and some weird form of psychosis (they're not really sure what). For a long time, this made me feel really isolated and weird, and it was hard to get support in a Hall environment where I was meeting new people all the time and didn't have an established support network. I was dealing with lots of new feelings and didn't have anyone to talk to about them – that was very difficult to deal with.

Since leaving the Hall, although things haven't gotten better, I've found myself more capable of dealing with it. I have fantastic flatmates and wonderful friends, which means that I have people to talk to about things that are going on with me, or to just hang out and talk shit with if that's what I need.

Surviving day to day is hard, but sometimes that's all you can do,

and that's okay. You can find yourself in dark places, and that's okay too. There are so many people out there who are able to help you, and lots of them are at Victoria. The team at Health and Counselling are great, and there to help if things get really bad.

If things aren't super-bad and you just need some community and friendship, then VUWSA is pretty legit. Stress Free Study Week is just around the corner and a great way to hang out with other people, and there are also puppies, so that's a good time all round. The pressures of jobs and being a student, and just life, really, are pretty intense, and this can be a good way to unwind.

Remember, uni is not everything. It's not the entire world. There are things beyond uni, and there are also things that are way more important than a grade – like your wellness. Do things that make you happy, and if nothing makes you happy, do things that make you less sad. Things will be alright in the end; at least, I really hope so.

Stephanie Gregor
Wellbeing and Sustainability Officer
www.vuwsa.org.nz



Shirt & Sweet

with Eleanor Merton

Your weekly column on how to be annoyed but still cute

Fuck, like not being fine is so not shirt or sweet. Why can't everyone just be all good, you know? No, I'm kidding: that was a joke. This is a funny column, right? RIGHT? VALIDATE ME I AM VERY INSECURE THERE ARE A LOT OF THINGS DUE RIGHT NOW. But honestly, the point is that it's actually so easy to

not be fine. The economy is going to shit because capitalism (duh), election results were v stressful, it's crunch time all up in academia and basicness is rife. Mental health among Millennials is notoriously bad. How are we meant to learn:

How to be okay

When we're immersed in a 24/7 media culture that is either dragging us through near-continuous exposure to horrific events or pulling the fluff over our eyes with stories about ugly McDonald's burgers with the only middle ground being irrelevant stories about Taylor Swift's weak-at-best feminism defending Emma Watson's far from game-changing (but probably bleakly necessary) feminism. The contrast between the horror and the fluff is an interesting and, if you'll

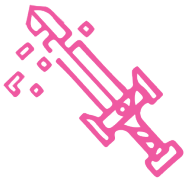
allow a bit of melodrama (you will), sinister parallel to what pseudoscience communities internet-wide have to say about the widening gap between the realities of what Millennials can achieve (horror) and what they have been taught to want (Fluff. Fluffy. Fluffy cats. Fluffy internet cats. Fluffy internet cats doing funny things).

To be sure, it's tough, and although mental-illness rates do seem to have an interesting social context, the reality is that mental health is a deeply personal and variable beast. I am not even a Psychology student, let alone a psychologist (declined entry to PSYC122 because I applied too late), and so I'm not gonna talk any more about mental health. I am, however, a firm believer in the positive mental effects of the sweet-and-shirty lifestyle. This is why you must honour yourself. Your body is a temple.

A bigger, fancier, more gilded temple than anyone else's, with more mosaics and incense and flowers. But, like, maybe keep your deities on the down-low.

Temples have excellent acoustics, and you should never underestimate the healing power of a hearty scream when confronted by the void/exams/basic people who don't understand what's good for them like you do/your finite existence/the finite existence of our planet.

Scream loud and scream strong. Be angry and sad and downtrodden, but know that you aren't fucking 'broken'. You don't need fixing. You don't need romanticising. You just need to always buy cans with pull-tabs on top. I promise you, if you try to open a can with a thing that isn't a can-opener, you WILL NOT BE OKAY so just don't.



Articulated Splines

by Carlo Salizzo

To date, I have received very little hate mail for this column. Actually, it's none. Either you guys aren't reading this, or you aren't motivated enough. Or maybe it's because my wonderful editors have not seen fit to forward it to me. Though, to be honest, the

major reason is probably that I haven't really covered any ground that hasn't been pre-treaded by the major gaming sites.

Those sites have, of late, been raving about the new kid on the block: *Shadow of Mordor*. It's basically Batman's *Arkham* series meets CS: *Lord of the Rings*, and it's drawing rave reviews. The basic game is not all that original, but it's what's layered on top of that well-executed formula that really makes the game pop. The mechanics may be Gotham-esque, but the driving force of the gameplay is the Nemesis system, which brings your stealth-em-up and hack'n'slash skills to a finely tuned point. It's a constantly shifting network of bad guys that reacts to your actions – you might take out the Big Bad on

day one, and find out that there's a different bloke there by day 74. So it's basically *XCOM* in reverse. I don't have the space to discuss the game in depth, but, suffice to say, it's a hell of a good romp (with spiffy production values to boot). Not bad for a 32 GB download, I might add.

What matters to me is the fact that it's the first game I've played that I feel can properly be characterised as 'next-gen'. The whole game just sings, to the point that it feels like a wholly different experience. It's the vanguard of a new era, and I for one welcome it.

The interesting comparison, then, is with the game I like to see as the rearguard of last-gen: *Grand Theft Auto V*. It was great, don't

get me wrong, but it was a lot of stuff we've seen before, only turned up to 11. There weren't a whole lot of moments that made you gasp at the pure innovation, just the scale. Fundamentally, it wasn't all that different from *San Andreas*, but it was a hell of a swansong to the last decade in gaming. I mean, I'll definitely be picking up the PC version for the multiplayer and improvements over my PS3 version, but it'll be almost like buying a tombstone. Meet the new boss – thanks to the Nemesis system, it's quantifiably different to the old boss.

Since this is my last column, why don't you add me on Steam? My ID is 'sacredsnowhawk'. That is not an invitation for hate mail.

There Is Help Available

I f there is an emergency and you feel you or someone else is at risk of harm:

Phone 111 OR Go to your nearest Hospital Emergency Department OR Phone your local DHB Mental Health Crisis Team Capital & Coast Wellington: (04) 494 9169

Here are some support services for people experiencing mental illness. Check them out:

Helplines:

- The Depression Helpline (0800 111 757)
- Healthline (0800 611 116)
- Lifeline (0800 543 354)
- Samaritans (0800 726 666)
- Youthline (0800 376 633)
- Alcohol Drug Helpline (0800 787 797)
- 24-hour Phobic Phone Line (0800 14 ANXIETY)

Student Health Service

– The University healthcare provider.
(04) 463 5308

Atareira – An independent organisation that offers support, education and advocacy for families of people with any major mental illness.
<http://atareira.org.nz/>

CCDHB Mental Health Family Advisors – Reducing

the burden for people who are supporting someone who is experiencing mental illness.
<http://mentalhealthservices.org.nz/page/94-home+family>

Youthline – Youth information and counselling service.
<http://www.youthline.co.nz/>

Skylight – Helping young people deal with change, loss and grief.
<http://skylight.org.nz/>

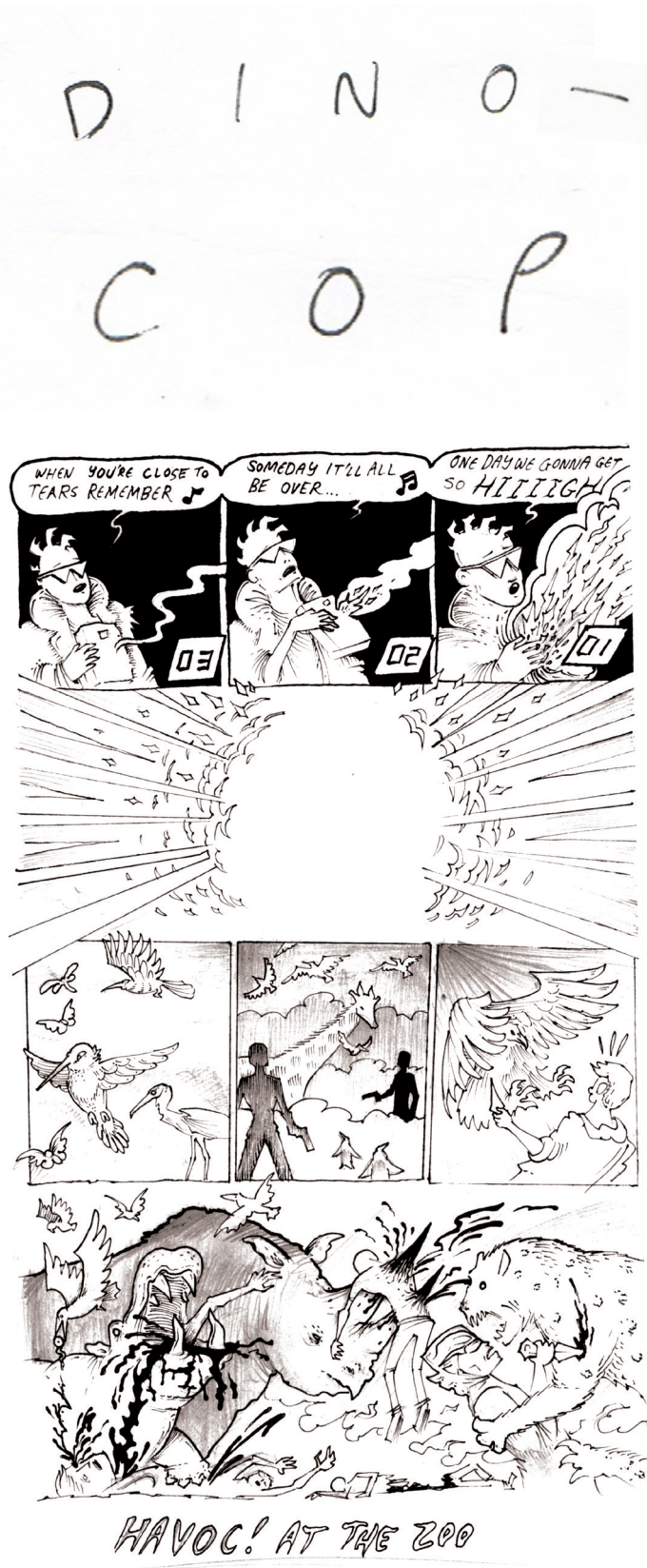
Mental Health Foundation – Research and information; advocacy and policy development.
<http://www.mentalhealth.org.nz/page/5-Home>

Lifeline Aotearoa – Free, professional and confidential telephone counselling service.
http://www.lifeline.org.nz/corp_Home_378_2001.aspx

The Lowdown – Helping young people deal with their own or a loved one's depression.
<http://www.thelowdown.co.nz/home/>

Wellington Mental Health Consumers Union Inc – Offering advocacy and support.
(04) 801 7769

Mind Space – An innovative peer support group for students dealing with a loved one's mental illness or addiction.
mindspaceatvic@gmail.com



2013 was a banner year for albums. Yeezus. Modern Vampires. Nothing Was the Same. 2014 feels like more of a single year, so far at least – so here's five albums and ten songs (in no order).

by Henry Cooke

Top Ten Songs

TY Dollar \$ign – 'Or Nah (Remix feat. The Weeknd & Wiz Khalifa)

What a disgusting fucking song. The Weeknd makes 'Or Nah', lecherously asking us about our sexual limits in the first verse and then padding the rest of the song with his OxyContin-sweet voice.

Nicki Minaj – 'Anaconda'

Yes, we know you prefer 'rap-Nicki', we know you have an *opinion* about the video, but Nicki doesn't give a fuck about your opinion; hell, she doesn't even care about DRAKE'S opinion. Pop song of the year: fuck 'Fancy'.

MAS YSA – 'Shame'

MAS YSA is clearly getting over something, reeling us into some kind of breakdown/epiphany of whispered lyrics and broken yelling, complete with synths that feel like skyscrapers jumping up and down.

Hundred Waters – 'Murmurs'

Some lyrics reveal themselves over time as smart; some lyrics just immediately take you over. "I wish you could see what I see", when finally stuttered out over a wall of watery synths during 'Murmurs', is in the latter camp.

Sophie – 'Lemonade'

Halfway through 'Lemonade', after a trap-buildup of stuttered lyrics and watery pops, everything changes. Suddenly we're in a K-pop song, a glittering surface of saccharine vocals and hyperactive synths. Then all the heaviness works its way back in. Song of the year.

Rustie – 'Attak (feat. Danny Brown)'

Making Danny Brown lose his breath is tricky, but Rustie manages it, and man is it fun. An apt title.

Grimes – 'Go'

I don't care if Rihanna rejected this, I don't care if Grimes-purists are worrying about it being too fun, I don't care that Grimes apparently threw away the rest of album this was on – this is everything a party song should be.

AG Cook – 'Keri Baby (feat. Hannah Diamond)'

The more I listen to PC Music, the more I'm convinced that their music is coming back to us through a temporal rift from 2024. 'Keri Baby' is a perfect slice of their insane aesthetic, and the kind of thing that almost makes the phrase 'post-ironic' okay.

A Sunny Day in Glasgow – 'Bye Bye Big Ocean (The End)'

For a song that starts with a wall of noise that once literally knocked me off my feet, 'Bye Bye Big Ocean' is surprisingly sweet. This is a song of parts, of soaring choruses, urgent noise, and tender breakdowns. A journey.

Drake – '0 to 100 / The Catch Up'

That beat, Jesus Christ. It's just two notes, a few drums, a haunting melody somewhere off in the distance, and Drake having a whole lot of fun on top of it. Braggadocio-Drake remains the best Drake, by an inch, but this song shows both of his sides perfectly. Being humble don't work as well as being prepared.

Ryan Hemsworth – 'Snow in Newark (feat. Dawn Golden)'

Nobody makes you feel empty and vulnerable like Ryan. Everything here – the long-distance lyrics, the assortment of warm instruments, the echoing vocal samples – everything combines to completely take your feelings over. This is the kind of song the repeat button was made for.

Top Ten Albums

Modern Baseball – 'You're Gonna Miss It All'

Modern Baseball are young enough to make you jealous, young enough to still put a song called 'Your Graduation' on their sophomore (literally) album, young enough to take a pop-punk song through three soaring movements, young enough to end a song with a mumbled request to have dinner with someone, and I fucking love it.

Perfect Pussy – 'Say Yes to Love'

Since when did we give up? Since when did we say yes to love? Nobody felt as angry as Perfect Pussy this year, as urgent. If you really want to lose yourself in redemptive rage, to become part of a wall of noise much larger than yourself, this album is perfect.

FKA Twigs – 'LP1'

You've never had sex this good.

Lykke Li – 'I Never Learn'

A perfectly controlled collection of ballads, a tour de force in minimal songwriting and a ridiculous vocal range. This album feels like sitting on a beach with your best friend at 5 am while they talk over a huge problem with you, but in a good way (promise).

YG – 'My Crazy Life'

YG's debut will fall off year-end hip-hop lists once Nicki and Kanye and Kendrick drop their new stuff, but it'll be a shame. This collection of relentless hooks and storytelling verses is exactly the kind of shit every afternoon drive requires, even if you can't sing along to the chorus of the lead single.

Best Films of 2014 (so far)

Film review by Charlotte Doyle



theme with *What We Do in the Shadows* was a highly positive addition to the New Zealand cinemascap (and Wellington landscape) this year. For Victoria students, it was particularly special with its nostalgic footage of The Big K.

Richard Linklater. The film *Boyhood* scored 100% on Rotten Tomatoes and was praised by Peter Bradshaw (*The Guardian*) as one of the greatest films of the decade. The successful achievement of the ambitious goal to create a film over 12 years is enough in itself, and a touching storyline makes it a poignant addition to the director's collection of challenging independent films.

A new direction for Scarlett Johansson. With leading roles in *Under the Skin* and *Lucy*, she pushed her acting repertoire into darker territory yet simultaneously proved to continue to be horrendously attractive even as the voice of a computer in *Her*. Multitalented.

Full of innovation... Someone thought it would be a good idea to transform the classic computer game *Tetris* into a blockbuster film. The excitement is building, yet the teaser trailer does not provide nearly as much light relief as the game. Not sure of its chances to be a winner. *The Lego Movie* has set the standards quite high with animating colourful blocks. It sets an interesting precedent, however. *Candy Crush the Movie: Level 1* as the ultimate interactive experience requiring the audience to pay a little extra when in need of top-ups, and with never-ending 'sequels'; it could happen.

This film year was...
Action-packed. Hollywood is money-hungry and thinks generic action films are the golden answer of how to make billions. *Captain America, The Hunger Games, X-Men: Days of Future Past, The Amazing Spider-Man 2, The Expendables 3, Transformers, Divergent, Guardians of the Galaxy, Edge of Tomorrow, Teenage Mutant Ninja Turtles* (since when were they still a thing?), *Dawn of the Planet of the Apes, Hercules* and *Godzilla*. Inundate audiences with blockbusters featuring the same dramatic soundtrack... who wouldn't repeatedly invest in that

type of experience?
Thrilling. *Predestination* was a mindfuck. 5 stars. Better than *Inception*.
Healthy for Seth Rogen in alleviating confusion with Jonah Hill (22 Jump Street) and boosting the sex appeal of Zac Efron (Bad Neighbours).
Falling flat on musicals. This was a lacklustre year for films of song and dance, with none particularly singing out to audiences. Unless your profound love for Ricky Gervais transcends the plot of *Muppets Most Wanted*. Then

again, perhaps it's wise to avoid bias as *One Direction: Where We Are – The Concert Film* was released, which some may consider heaven-ordained. *Jersey Boys*, directed by Clint Eastwood, also had a fantastic finale, sparking addictions to the song 'What a Night' for one viewer in particular. Has anyone thought of a musical modern-day Western... there's an undervalued market.
Postman Pat: The Movie happened.
New Zealand's claim to the vampire. Taika Waititi's Kiwi twist on the recurring vampire

***Jersey Boys*, directed by Clint Eastwood, also had a fantastic finale, sparking addictions to the song 'What a Night' for one viewer in particular. Has anyone thought of a musical modern-day Western... there's an undervalued market.**



Best New Zealand Books of 2014 (so far)

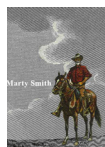
by Nina Powles,
Ben Speak
and David Williams



Lamplighter, Kerry Donovan Brown

Lamplighter has been called a

'crossover' novel complex enough for adults and teens alike, but I think that's a bit condescending, as if all YA books must be 'easy'. *Lamplighter* is never easy. It goes far deeper than your average coming-of-age and coming-out tale. It asks questions about fear, identity and prejudice. It invents a richly layered alternate universe. And it grapples with darkness in a compelling and beautiful way that's rarely been done in New Zealand fiction for young adults before. It feels like it could be the first in a series – let's hope it is.



Horse with Hat, Marty Smith

This book won Marty Smith the Best First Book

Award for poetry at the NZ Post Book Awards last month. It's well deserved; I knew as soon as I read it that these poems would stick with me. Her poems trace footprints of family history

(or should I say hoofprints?) and childhood memories with measured force and beautiful poetics. Her images are raw and intense, often giving the impression of standing by the side of the road when a car swooshes past and shakes the air in front of your face, tipping you backwards. This is a gutsy book of poems that deserves to be read.



Where the Rekohu Bone Sings, Tina Makereti

Tina Makereti currently teaches a new creative-writing workshop for Māori and Pasifika writers at the IIML. Her critically acclaimed debut novel lives up to her brilliant short-story collection, *Once Upon a Time in Aotearoa*. It traces the stories of two young couples: one in the 1880s in the Marlborough Sounds, one in the 21st century. The mythic and the domestic collide, as do different kinds of identity: what does it mean to be Pākehā, Māori and Moriori across generational, cultural and geographical divides? As well as a terrific story, the historical aspects are especially compelling.



Rough on Women, Dame Margaret Sparrow

"Stories of the

women who died are important because otherwise their voices remain silent." This account of abortion in 19th-century New Zealand is pieced together from newspaper clippings, advertisements, diaries, letters, court reports, catalogued objects and photographs. This evidence unearths the silenced voices of women who underwent abortions at a time when it was dangerous, inaccessible, and rarely spoken of. Margaret Sparrow writes factually and simply, making for a quick read. *Rough on Women* is an essential addition to the study of New Zealand history. It's a reminder of how far we've come in terms of women's reproductive rights, but also that the fight's not over yet.



Puna Wai Kōrero: An Anthology of Māori Poetry in English, edited by Robert Sullivan and Reina Whaitiri

This recently released anthology is the first of its kind. It collects new poets, old poets, Māori poets in New Zealand, and Māori poets abroad. Famous prose writers feature, such as Keri Hulme and Witi Ihimaera, as well as accomplished poets Hinemoana Baker and Apirana Taylor. In subject, voice and poetic form, the poems are diverse and surprising. Hopefully, this book marks the beginning of more Māori voices included in English-

literature courses at schools and universities, and a greater understanding of the importance of poetry in historical and contemporary Māori culture.



Incomplete Works, Dylan Horrocks

This beautiful collection of comics draws

from Horrocks' 30-ish years of writing. It's a collection full of stunned pauses that leave you marvelling at how well-crafted the thing is. It moves through scratchy zines, the angularly surreal, and ending somewhere in the not-too-distant future, with an illustrated diary entry in part documenting the writing of an upcoming graphic novel. *Incomplete Works* is not only a great introduction to Horrocks' writing but to New Zealand comics as a whole.

The Inequality Debate, Max Rashbrooke

Max Rashbrooke's slender yet well-researched book

lays bare the global problem of income inequality, confirming that New Zealand is one of the OECD's worst offenders. It makes for grim reading. Of the 2.9 million working adults in New Zealand, just 29,000 control 16 per cent of the country's combined wealth. Rashbrooke breaks down what income inequality actually is and how the world and New Zealand has descended into such an unequal quagmire. *The Inequality Debate* is fascinating and horrifying. Published as part of Bridget Williams Books' BWB Texts series, it's so short that you've got no excuse.

The Year in Art Crime

by Simon Gennard



Art is robust. We've spent at least the last century declaring it dead and yet here it is, making a lot of money, alienating the masses, wearing black and scowling. Perhaps, then, it is a matter of strategy. Art can't be killed by a manifesto, or the undermining of the fetishised object: its death may, just maybe, be brought about by small gestures. This is a feeble conceit, but we go to print in a few hours and as I write this I am lying on my back on a bloodstained leather recliner and a large, hairy man is tattooing the words 'I HAVE GIVEN UP' across my forehead. So, without further ado, I present to you a short list of tiny chinks in the very sturdy armour of cultural hegemony, a few triumphant acts of iconoclasm in the service of a revolution no one is really interested in.

- In February, Máximo Caminero, a Florida artist, destroyed a painted Ai Weiwei vase (valued at \$1 million) on display at the Pérez Art Museum Miami. Caminero said the vandalism was an act of protest against the museum's neglect of local artists in favour of blockbuster names. Behind the installation of vases was a set of three photographs depicting Weiwei holding and then dropping a Ming-dynasty vase. Caminero said any symbolism was unintended.
- Also in February, a cleaner at the Flip Project Space in southern Italy accidentally threw away a Sala

Murat piece. Security guards noticed several items were missing from the installation, which was comprised of pieces of newspaper and cookie-cutters, and reported to gallery administration. BBC News quoted the city's marketing commissioner as saying, "It's clear the cleaning person did not realise she had thrown away two works and their value. But this is all about the artists who have been able to better interpret the meaning of contemporary art, which is to interact with the environment... In any case, the insurance will cover the damages caused."

- On 9 March, criminal charges were filed against El Salvadoran artist Víctor "Crack" Rodríguez for a performance piece in which he is seen eating a ballot paper. No subsequent information about the charges has been published since late March, but if Rodríguez is convicted, he could face up to six years in jail.
- A 61-year-old man in Kingscliff, Australia led police on a 300 m chase on a toy scooter after spray-painting the words "Dumb Cops" and "Kinky Boyz Rule", as well as other illegible slogans, on the local police station. The man managed to injure two police officers during the altercation. A police representative was quoted as saying, "It's not our usual type of graffiti suspect, at that age."
- The Louvre's Tuileries Garden is infested with rats. Administrators blamed the infestation on litter left by picnicking tourists. Poison has been

left in the Garden since July to try to combat the rodent problem, but rat sympathisers have been, for months, removing it.

- In August, Canadian performance artist Istvan Kantor smeared his own blood on the walls of the Whitney Museum where a Jeff Koons retrospective was taking place. The museum was promptly closed for cleaning and Kantor sent to a psychiatric institution for evaluation. Kantor, who is a member of the Neoist movement, has engaged in interventionist performance pieces since the 1970s. In 2004, he threw a vial of his blood at a Paul McCarthy sculpture in Berlin.
- In September, a nine-foot-tall statue of a bright-red-skinned, particularly well endowed Satan posed in a devil-horn salute was, ahem, erected in a park in Vancouver. The statue, which was visible from the main commuter line of Vancouver's SkyTrain, was promptly removed as it was "not officially commissioned by the city". As yet, no one has taken responsibility for the piece.
- A Utah man charged with vandalising a Banksy was last month ordered to pay a US\$13,000 fine or face jail time. The Banksy murals, which were painted illegally on private property in 2010, were encased in Plexiglas by the city to preserve them. The money is intended to cover the cost of restoring the paintings, and to replace the Plexiglas.

Year in Review: Theatre

Review by David Williams

All year, Rose and I have brought you news, reviews and interviews about theatre in Wellington. To fill the gaping hole in your brain that will be empty once *Salient's* What's On page is no longer, here are four events to keep you company over the summer months.

The Two Noble Kinsmen

Between 7 and 11 October, Victoria University's THEA301 class will undertake a production of William Shakespeare and John Fletcher's *The Two Noble Kinsmen*.

The little-known play, which is loosely based on *A Knight's Tale* by Chaucer, is about two cousins, Palamon and Arcite, who fall in love at first sight with the fair lady Emilia. The pair's friendship is tested when it is decided they must fight to the death for the love of Emilia. Meanwhile, the daughter of a Jailer falls in love with one of the cousins, Palamon, but loses herself in the woods in the fight to allure her man. In the end, one man gets his bride, but is there really a winner?

The Two Noble Kinsmen will be directed by Lori Leigh, who wrote the excellent *Revelations* which premiered at BATS Theatre earlier in the year. This production of *The Two Noble Kinsmen* will be part of Shakespeare's Globe Centre New Zealand's 2014 Shakespeare

Lives, a celebration of the 450th anniversary of Shakespeare's birth including performances of the entire canon filmed for YouTube.

To book, email theatre@vuw.ac.nz 7–11 October, 7 pm at Studio 77. \$8 unwaged, \$15 waged.

Summer Shakespeare

Every summer in the Wellington Botanic Gardens, Victoria University stages a production of a Shakespeare play. While many of you might have seen the *Sons of Anarchy* version of *Macbeth* this year or the *Anthony and Cleopatra* last year, next year's Summer Shakespeare will literally be a once-in-a-century event. *Timon of Athens* has not been produced in New Zealand for 150 years. The last full production of it in New Zealand was at the Princess Theatre in Dunedin in 1865.

Directed by the Toi Whakaari's head of directing Bret Adams, *Timon of Athens* ranks as one of the more obscure plays in Shakespeare's canon. The story tells the tale of a man who lives a life of opulence, hosting lavish parties and mingling with Athens' elite and privileged. But the moment his cash runs out, his wealthy friends all turn their backs on him. Exchanging the comforts of the city for the harsh realities of the wilderness, Timon is forced to confront some harsh truths about humanity.

The show will open on 13 February 2015. For more information about Summer Shakespeare, visit their website summershakespeare.co.nz.

New Zealand Fringe Festival

Wellington is home to New Zealand's finest fringe festival. Fringe is a four-week event encompassing comedians, theatre-makers, artists, musicians and dancers coming together to showcase their work. It is a perfect launching pad for young artists of any discipline. There are no limits in the New Zealand Fringe Festival. You're welcome to create anything.

Wellington truly comes alive during the Fringe as there are events almost every night. It's cheap for audience members as well. 50 per cent of the shows at the 2014 Fringe Festival were either free or koha. So you have no excuses.

The 2014 festival was the biggest yet, attracting 120 acts not just from around the country but from across the world. Last year's Tiki Tour Award Winner *The Bookbinder* has been truly inspiring. They are currently at Melbourne Fringe after performing to SOLD-OUT audiences in Sydney Fringe.

Registrations close on 8 October, and for more information, visit their website fringe.co.nz.

BATS Theatre Flies Home

In 2012, BATS Theatre faced an uncertain future. The original owners of their Kent Tce building decided to sell up, and, unable to raise the cash to buy the building, they were faced with closure.

Luckily, thanks to Peter Jackson, the building was salvaged. However, while their original Kent Tce home was undergoing earthquake strengthening, BATS has been located out of site at the former location of The Big Kumara on Dixon St.

In late November, they will finally move back to a brand-new and refurbished theatre space. Thanks to a generous crowdfunding campaign which raised over \$6000 more than their \$25,000 target, their new building will contain a newly refurbished black box theatre space, a new performance space upstairs, a new bar and foyer, office, green room and dressing-room spaces.

My Accomplice will be christening the newly reopened BATS Theatre on 22 November with their commission STAB show.

BATS Theatre is a Wellington cultural treasure that we came very close to losing a few years ago. I urge you all to support the new venue so it can maintain the resources to foster new and emerging talent.

Some Shows to Watch

By Michael Graham

Orders from on high to produce something along the lines of a 'Best Of' playlist for TV. I don't know much about TV, so thought we could just have some shows in here that you might like to watch at some point, or not, even though some of them aren't that recent. In no particular order:

Broad City: Just in case you haven't seen this already. Pretty funny. Skirts the line between being nicely comedic and a little bit far-fetched. There are actually some sinister little jokes regarding sinister men, I thought, which got serious. And they smoke a lot of weed – if you don't like that, then don't worry about this show. Further, it's a good example of American humour hitting its stride a little more than usual. Briskness, or something. This one's also quite cool in terms of editing and sound, too. Anyway, that should be enough for what seems to be quite a popular show.

Rick and Morty: Lots of people have probably seen this already, too. But anyway, animated sitcom which aired on Cartoon Network last year. It's created in part by Dan Harmon, the

dude who also did *Community*. However, if you're one of the many people who kind of hated *Community*, don't fear. This cartoon is quite different. Premise is your usual family setup, except instead of a talking dog or alien or Kenny or whatever, there's this grandfather, Rick, who is sort of like an alcoholic super scientist. Rick and his grandson Morty have adventures. It's one of the most creative things I've seen in a while. And some of the jokes about the state of affairs in our communities at the moment are actually just ruthless. But good. Additionally, the writing is some of the best you'll come across. It's odd watching an animated sitcom that manages to do dialogue in a very uncontrived way. Another word for that would be authentic, I guess, but I try to stay away from that one as much as possible. Moving on.

True Detective: Just watch it.

Transparent: Not really sure about this one. I've just watched the pilot episode and it looks like it could be okay. It's a sitcom, so again, the family themes. But this time, the father is transgender, and so I assume most of the action of the show is built around

the way that fact affects the lives of this woman's children, friends and her ex-wife. For once, it looks like the transgender stuff is gonna be handled well and with empathy instead of it being framed as otherness. But I've only seen one episode. Worth a watch. Also, it looks like this might be slightly different from a genre perspective, because despite being given the sitcom format (20-min eps), there's clearly a wider narrative forming and so each episode is dependant on the last, instead of being standalone, as a sitcom typically would be. Interesting.

The Affair: This one hasn't actually aired yet. But it's got Dominic West from *The Wire* and also Ruth Wilson from *Luther*. It could be good, it could be bad, but I'm gonna see what it's about on 12 October.

Fargo: I'm sure lots of you have seen this. I actually don't have much time for it, personally, but there's a lot of hype and so I'm sure it's worth the watch. Especially if you're into the original film. The show doesn't really seem to have quite the same individuality of the film, and that's not really all so surprising

given the Coen Bros don't write this (though they are executive-producing, which is a trendy thing to do at the moment). However, the show does retain the quirkiness of its namesake, and that's something you might enjoy. Also a good one if you're a fan of Martin Freeman or Billy Bob Thornton.

Sherlock: If you haven't seen this, you live in a rock, or whatever that saying is.

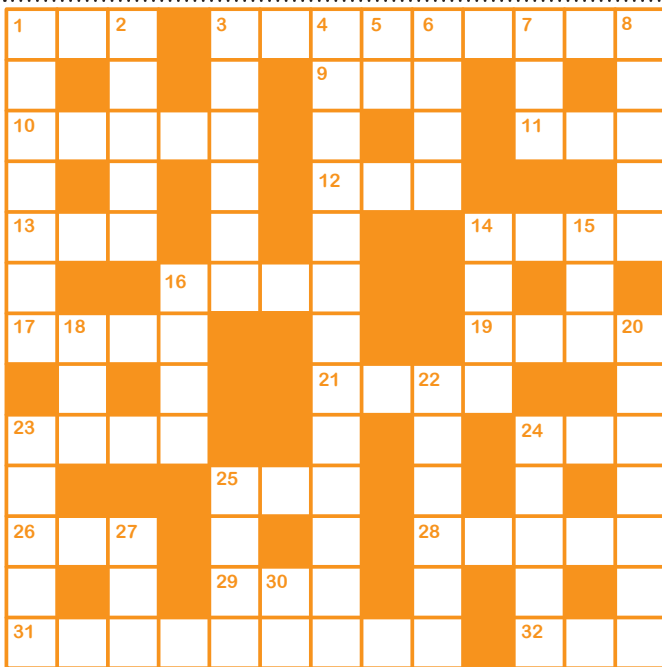
Girls: Again, just watch it.

House of Cards: I thought the second season got a little bit out of hand myself, though other people vehemently argue it's totally in keeping with the narrative arc that we've been working towards since episode one. If you haven't seen the first season, definitely watch that. Interesting show in that they release a season at a time. Think it was the first show to do this.

To leave you with some sparkling conversation: dogs can't watch TV; Western Australia is 3.6 times larger than Texas and has only eight Domino's Pizzas; and hot water freezes faster than cold.



Puzzles



ACROSS

1. where you can buy me a drink
3. what the scarlet letter stood for, unfaithful
9. neither here ___ there
10. ebony and _____
11. pirates have this for a leg
12. ___ of the closet
13. ___ the season
14. heaven's gate was one of these
16. hamburger meat
17. ___ against the machine
19. remove excess
21. flushed; "___ cheeks"
23. exploited, taken advantage of
24. device that blows air
25. this caused the princess not to sleep
26. princeton yale and harvard are in this league
28. lucky people
29. doesn't mix with water
31. accessories, supplies, tools
32. unlocks the door)

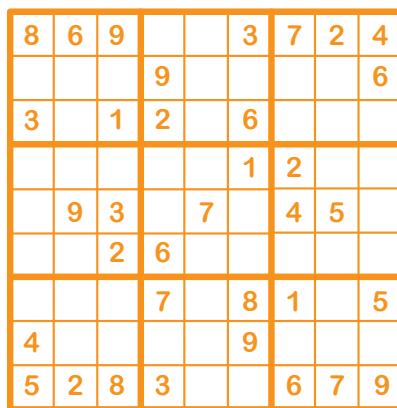
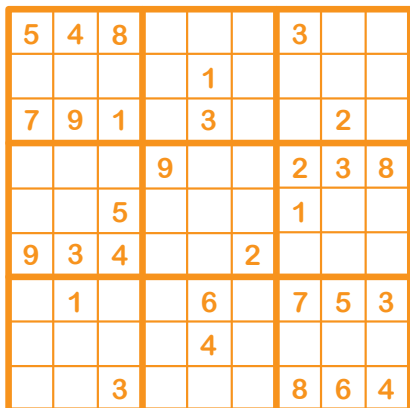
DOWN

1. _____ in the sun - violent femmes
2. underground part of a plant
3. any person
4. causing anxiety, not comfort
5. Jennifer Lopez, aka J-__
6. between a walk and a canter
7. tear apart
8. your other left
14. sex and the _____
15. hawaiian flower wreath
16. curve, flex
18. donkey, jack
20. twelve times a year
22. person who gets pleasure from your pain
23. secreted by the kidneys
24. search a person
25. ____, ____, fizz, fizz, oh what a relief it is!
27. not me
30. i am

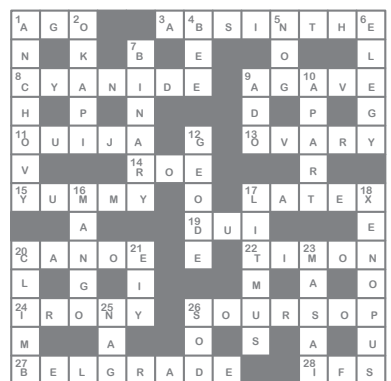
A	O	B
M	L	D
N	A	I

Target

- 0-15 words: aw :(
- 16-25 words: fine
- 26-35 words: learned
- 35+ words: winner



Last week's answers



notices

Wellington Anxiety Specialists

Are you experiencing exam stress and sleepless nights? Are you taking your stress out on alcohol? Wellington Anxiety Specialists can help you reduce your anxiety, fears, and phobias. Check out our website for details (www.w-a-s.co.nz) or give our friendly staff a call on (04) 386 3861.

Youth for UN Women Aotearoa NZ

To celebrate International Day of the Girl 2014, Youth for UN Women NZ and the Daya Trust bring *I Am A Girl* by Australian filmmaker Rebecca Barry. This feature-length documentary tells the story of six girls coming of age. Feminism may have sought a better and fairer world for women, but the reality is that young girls make up almost a quarter of the world's population, yet still face the greatest discrimination of any group on the planet.

There will be two fundraising movie-screening events. A student screening held on 15 October, at the Memorial Theatre, Kelburn Campus. Tickets are \$10. The public screening will be held on 25 October, at the New Zealand Film and Television School. This screening will have a panel discussion, raffles and a photographer. Tickets are \$30. More information and ticketing can be found at: dayatrust.com/i-am-a-girl-comes-to-new-zealand

Vic OE - Vic Student Exchange Programme

Deadline for Tri 2, 2015 exchanges is 1 December. Why not study overseas as part of your degree? Study in English, earn Vic credit, get StudyLink and grants, explore the world! Weekly seminars on Wednesdays, Level 2, Easterfield Building,

12.50 pm
Website: <http://victoria.ac.nz/exchange>
Visit us: Level 2, Easterfield Building
Drop-in hours: Mon–Wed 1–3 pm, Thurs & Fri 10 am – 12 pm

Careers and Jobs

Applications closing soon...
Organisations: Closing Date
Department of Conservation: 6 Oct
EY: 6 Oct
Izon Science : 6 Oct
New Zealand Productivity Commission: 8 Oct
Ossis : 10 Oct
Spark Dental Technology : 10 Oct
Westpac Group: 10 Oct
Heinz Wattie's : 12 Oct
Bluelab Corporation : 15 Oct
Aviat Networks: 17 Oct
Taranaki Bio Extracts: 20 Oct
Alltech: 31 Oct
McKesson New Zealand: 1 Nov
Torque IT Solutions: 2 Nov
MetOcean Solutions: 15 Nov
Vensa Health: 15 Nov
MetOcean Solutions: 18 Nov
Milford Asset Management: 19 Nov
Pacific Door Systems: 1 Dec
Magritek: 2 Dec
Pacific Door Systems: 5 Dec
Check details on CareerHub: www.victoria.ac.nz/careerhub

Buddy Programme

International Buddy Programme applications for Trimester 1, 2015, are now open!
Volunteer to help a new international student settle into Vic and Wellington life, while also engaging with other local and international students on campus!

- Build international friendships!
- Attend IBP Events!
- Earn VILP and VPA Points!

For more information about IBP and to register, please visit our website: <http://www.victoria.ac.nz/international/buddy>

Toastmasters

Get into the swing with Victoria

University Toastmasters!
Do you wish to:
- Become an eloquent public speaker?
- Become an inspirational leader?
- Have fun while learning serious skills?
Then Victoria University Toastmasters is the place for you! Come learn in a friendly, supportive and stimulating environment.
We meet every Wednesday from 12–1 pm in SUB219.
All welcome.

Amnesty International

Do you like free fries? Do you also like free people? Amnesty International on Campus is having an end-of-year letter-writing night at The Hunter Lounge. Come write a letter to help someone who has been unjustly imprisoned overseas. Don't have time to write a letter? We have pre-written letters and petitions that take only a second to sign! Come and drop in – the fries will be on us.

LOL World Championship Viewing Party

Wellington has a chance to get in on the action! Join hundreds of gamers at a live viewing party right here in the heart of Wellington at Paramount cinema, with tickets starting at only \$7!
Thanks to Aspect of Gaming and Victoria University's Engineering Club for putting this event on!
Event Details:
Paramount Cinema
19 October, 5 pm till late
Live tournament coverage on the main cinema screen!
Mini convention
Retro arcade gallery
Cosplay Competition
Prizes from Steelseries NZ and Riot Games
1v1 Tournament
And lots more!
Head over to www.facebook.com/ApogiNZ to grab your ticket today!

Victoria Ancient Theatre Society (VATS) Presents Sophocles' Antigone

Formed this year, VATS is a student-driven group with the goal of producing a classical play each year. For our inaugural production, we are proud to present Sophocles' famed *Antigone*, featuring a new translation from the Greek by Victoria's own Dr Simon Perris.
Directed by Theatre student Jess Old and featuring a cast of current Victoria students, VATS' *Antigone* is a modern take on one of classical literature's finest plays. The perils of power and the unbreakable bond of family clash with devastating results. Performed in the 77 Fairlie Tce Theatre, this is a must-see for classics- and drama-lovers alike.
Performance dates: 16, 17 and 18 October.
Venue: 77 Fairlie Tce
Start Time: 7.30 pm
Tickets: \$8/\$5 for waged/unwaged, email antigonebookings@gmail.com to reserve with payment made on performance nights at the door.

BATS Theatre Presents: TUT

After tragedy strikes her home, Poss finds herself in the tomb of temperamental ancient Egyptian pharaoh, Tutankhamun. *TUT* is an enchanting encounter between an eternally brooding teenage pharaoh and an ebulliently naïve, if somewhat lost, possum.
"...a magical-realist style, transporting our imaginations to luminous places, and suddenly grounding us with visceral, stark imagery... lo-fi, lots of fun". — *The Lumière Reader*
"A whimsical response to one of humankind's eternal questions... [TUT] suggests a fine creative mind is at work" — *Theatreview*
\$10 student special on Wednesday 15 October! Email book@bats.co.nz or come to the Box Office on the night with your student ID.

contributors

EDITORS: DUNCAN McLACHLAN & CAMERON PRICE
DESIGNER: IMOGEN TEMM
NEWS EDITOR: SOPHIE BOOT
CREATIVE EDITOR: CHLOE DAVIES
CHIEF SUB-EDITOR: NICK FARGHER
DISTRIBUTOR: JOE MORRIS
FEATURE WRITER: PHILIP MCSWEENEY (CHIEF), PENNY GAULT,
WEB EDITOR: DEXTER EDWARDS
NEWS INTERNS: SIMON DENNIS, STEPH TRENGROVE

ARTS EDITORS:
NINA POWLES (BOOKS), CHARLOTTE DOYLE (FILM),
HENRY COOKE (MUSIC), DAVID WILLIAMS (THEATRE), SIMON
GENNARD (VISUAL ARTS), MICHAEL GRAHAM (TELEVISION)

COLUMN ILLUSTRATIONS: PHOEBE MORRIS

GENERAL CONTRIBUTORS:

STELLA BLAKE-KELLY, NICOLA BRAID, SONYA CLARK, MADELEINE
FOREMAN, STEPHANIE GREGOR, BRONTË JEFFERIES, EVE KENNEDY,
MOLLY MCCARTHY, ELEANOR MERTON, GUS MITCHELL, BEN
MROWINSKI, ALICE PEACOCK, ELIJAH PUE, OLLIE RITCHIE, ZOE
RUSSELL, CARLO SALIZZO, BEN SPEAK, JOANNA TENNANT, RĀWINIA
THOMPSON, JULIA WELLS, GENEVEINE WILSON

contributor of the week

EVERYONE WHO SHARED THEIR STORIES

ADVERTISING MANAGER
TIM WILSON
SALES@VUWSA.ORG.NZ
(04) 463 6982

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A Faculty of Law LLM Award is worth up to \$25,000 if awarded to a student paying international fees and up to \$15,000 for a student paying domestic fees.

Applications close 1 November for students commencing study in semester one 2015.

Time constraints can be one of the biggest deterrents to further study. This is why our postgraduate programme offers a wide range of intensive courses and has been structured to allow you to begin your postgraduate studies any time in the academic year.

For more information on the application process and how to apply visit:

www.law.auckland.ac.nz/llm-awards or email postgradlaw@auckland.ac.nz

*QS World University Rankings by Subject 2014

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