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Vos

VOICE OF SANITI

The magazine of the Students' Association of NMIT
Issue 2/07

DRINK SPIKING

What It Is and How to Stay Safe


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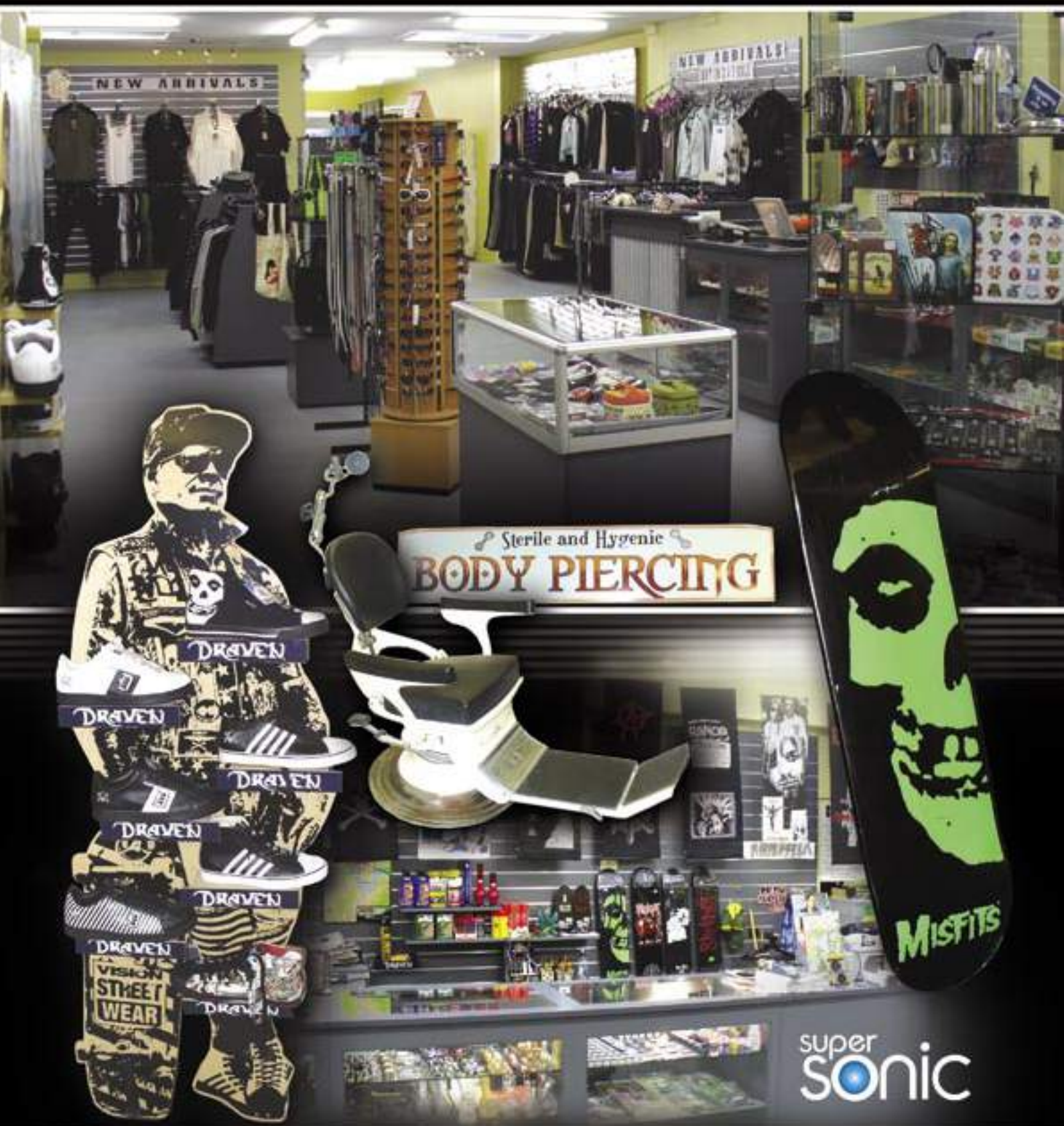
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Vos

Voice of SANITI

**Magazine of the Student
Association of NMIT**

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Apology

Vossip is a fun article. Individuals featured are informed of the articles intent. We apologise for any offence caused in the last edition of VOS.

Da Prez Sez

In this fast evolving world, new avenues and opportunities often arise, and SANITI is always on the lookout for ways to improve and strengthen our services to students. To this end, over the last year the association has investigated the advantages of joining the New Zealand Union of Student Associations - NZUSA. NZUSA is a federation of student associations and is the largest student body in the country. NZUSA advocates for the common and collective concerns of students attending Universities, Colleges of Education, and Polytechnics around the country (that's around 180,000 students in total), and employs a small staff who carry out research and lobbying at a national level. After considerable discussion of the costs and benefits of NZUSA membership, and an examination of the organisation itself, the student vote at the recent AGM was for the association to join NZUSA as an associate member; effective as of mid 2007. Having taken part in the decision process myself, I am confident that membership of NZUSA will bring additional resources and benefits to the association, and strengthen those we already have.

This issue, I also have the pleasure of welcoming the 11 new SANITI

Executives who were voted in at the AGM in April; they will join with four sitting and three returning members to make up the total executive team. See page 5 of this issue for piccies of the full Exec lineup.

My final thought for now relates to the new student debt total of over \$9 billion dollars, and is a concern that I believe affects the whole country. If education is key to the creation of a robust economy and fulfilled society, why do successive governments refuse to support those who commit to the rigors of tertiary study? If it's true that NZ must become a 'knowledge economy' to survive, then shouldn't all students be entitled to a living allowance that is at least equal to the dole?

All the best for term two,

Allan

Student President
SANITI



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VOS On Campus



Student life can't be all books and boring stuff, so when students on Nelson campus get a chance to let their hair down, win a few prizes and risk life and limb just for the hell of it... they really go for it. Orientation week was madness with Wheelie Bin Racing, the Dominos Pizza Scoff Off, Drag Racing and plenty more – plus of course zillions of SANITI sausages to boot. Come March it was time to haul out the crappy accents and silly hats for yet another St Pats themed event. Potato Sack races and the ubiquitous SANITI sausages on green bread totally went off. For more event photos go to www.saniti.org.nz



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SANITI Executive '07

HERE THEY ARE, THE 18 FACES THAT MAKE UP THE SANITI EXECUTIVE

President: Allan Bruning, **Vice Prez:** Jaycob Brown

Distant Campus Execs: Marcus Graham & Tonia Jane (Dip Aviation); & Andrea Johnson (Biz Admin Marlborough).

Nelson-based Execs: Ratu Dawai (Cert Cookery); Michael Harrison (Dip Counselling); Toni Ring, Louise Gould, Mandy Stace & Cath Greep (B Nursing); David Calder & Herb Hesketh (BIT); Kate Bradley & Luke Koefoed (BComm), Pat Ahern (Community Computing); & Maria Scaletti (Dip Social Work).

For profiles on all the execs go to www.saniti.org.nz/executive



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useless in the afternoons**



Drink Spiking

"She's had less than a glass of beer but her arms and legs aren't responding."

Tasteless, Odorless, Colourless... and HERE!

There's a young woman being helped from the bar, she looks completely trashed but is actually alert and thinking clearly. She's had less than a glass of beer but her arms and legs aren't responding. By the time her friend helps her to the car her limbs will hardly move at all and she wonders if she's having a stroke. It's a warm, sunny afternoon in Nelson and she's terrified.

On another night in another city a thirty-something is out for a beer - three and a bit beers actually, but not nearly enough to get shit-faced. Suddenly he starts to feel light-headed, and things are spinning as if he's been partying for hours. He decides to head for home but a few yards down the road from the pub he's viciously attacked and mugged. Struggling to escape, he crashes over a fence and smashes up his leg. At the hospital things are still weird, there are gaps in his memory and no one seems entirely sympathetic. After all - he went out, got pissed, got mugged, and broke his leg - end of story, right?

These incidents are true, and both involved NMIT students who went out for a drink and got more than they bargained for. Drink spiking is a reality, and keeping out of the statistics requires being aware of the risks and signs. Whether for sex, theft, or just for a laugh, drink spikers are looking for potential victims who are: a) less likely to be taking basic precautions and b) less likely to be aware of early warning symptoms.

Opinions vary on just how prevalent drink spiking is and whether or not it's on the rise, but everyone seems to agree on one thing; when people know what to avoid, what to do, and what to look out for they're less likely to be spiked, and more likely to seek help in time if it does happen. Over 60 different drugs are recognised as potential spiking agents and a number of them are scarily available and cheap. On top of that, most are tasteless, odorless and colourless, and are available in drops, powder or pills so small they're virtually impossible to see in a glass. Although the risks associated with drink spiking are many, probably the most worrying is the likelihood that a spiked person may become the victim of a Drug Assisted Sexual Assault (DASA). On top of that, the memory-loss associated with spiking and the speed at which some drugs leave the system mean that it can be hard to assemble sufficient evidence to bring a prosecution, whether or not the victim can identify the other party.

The law states that when someone is drugged, unconscious or incapacitated they are unable to give consent to sex. Sex without consent is a crime but in terms of prosecutions, it's widely accepted that drink spiking and related DASA are under-reported. According to Wayne McCoy of the Nelson CIB, many

victims are either too embarrassed to come forward, or too unsure of what happened to give a clear report to anyone. While not downplaying the legitimacy of drink-spiking claims in any way, Wayne points out that with the various mixes of alcohol, drugs and party pills that some clubbers get into, a sudden, uncharacteristic loss of inhibition, black-outs or memory loss, whether self-induced or otherwise, are not all that uncommon. In particular, Detective Mc Coy cites the combination of certain party-pills and alcohol as being the most unpredictable mix. All the more reason, he says, for drinkers to travel in groups - that way if someone starts to lose it they're not alone. It's important that anyone who seems a bit out of it has someone to get them to a safe place as quickly as possible, and that doesn't mean just telling your mate to head for home or popping them into a cab. A number of victims of DASA had well-intentioned friends who took these steps but it wasn't enough.

It's important to realize too that 'spiking' doesn't always involve drugs. More commonly, alcohol alone is used to get someone into a state of disadvantage. Single drinks that are actually doubles or a constantly refilled glass can easily catch someone unaware - in fact, the use of alcohol is connected with half of all sexual assaults in NZ. Spiking can also be carried out via other carriers than alcohol. Overseas, cigarettes soaked in various substances have recently emerged in date rape offending. When lit, the substance evaporates for inhalation, is absorbed almost immediately into the lungs, and then passes straight into the brain.

Since awareness of drink spiking has increased, a variety of anti-spiking products have come onto the market. Although a number of test kits & various anti-spiking caps have been produced, not all are available in NZ just yet. For example, the 'Spikey' fits into bottle necks to allow a straw only to be inserted - it's widely available in the UK and Oz, but so far, no NZ distributor has been signed up. Available in glow-in-the-dark and neon colours the Spikey can be packed, along with other personal protection products, into handbags and pockets; so expect your mum to be popping a few in with your next condom handout anytime soon. Similar products include the Alcotop (alcotop.co.uk) & Safeflo (safeflo.com.au)

Other anti-spiking products that are available in NZ are based on detection as well as prevention. Drink Spike Detector cards and coasters are available through the NZ Drug Detection Agency (nzdda.co.nz), the credit-card sized tests (pictured on opposite page) cost \$9.95 for a pack of 6 tests.

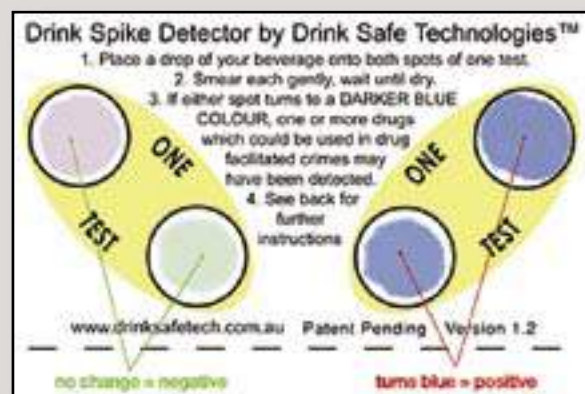




One of the simplest ways to reduce the risk that you'll be spiked is to choose bottles over glasses, and ask to keep the cap. That way, between drinks, you can sit the cap or lid back on the bottle. If bar staff tell you they aren't allowed to give you the cap – that's crap. According to Craig White, Regional Manager for the NZ Hospitality Association (HANZ), under on-licensing requirements bar staff are required to make sure they open all bottled drinks sold but patrons can have the cap if they ask for it. They can even request that their drink be opened in front of them. So, if bar staff refuse to co-operate with either of these measures ask to speak with the duty manager.

One initiative that not only helps to keep patrons safe, but also raises the awareness of not leaving drinks unattended, is the labeling of abandoned drinks in bars. Using hook-on symbols or swizzle stick flags, various groups and bar owners are drawing attention to the risk in a practical way. Customers who leave drinks unattended can return to find them carrying a warning: "This drink may be spiked". The photo shown opposite is from a recent campaign organized by the Victoria University Students' Association and run through eight Wellington bars.

As this article mentioned earlier, no one seems to have definitive evidence as to the actual level of drink spiking in NZ, or what the trend is - but there is complete agreement on one thing – drinkers who take basic precautions like staying with their drinks and not accepting free ones are less attractive to spikers in the first place. Stick with a mate, don't accept free drinks just because you're a broke student, and ask to keep the cap!



"If bar staff tell you they aren't allowed to give you the cap – that's crap."

Effects of Spiking

- Feeling noticeably drunker than you'd expect
- Dizziness or queasiness/nausea
- Drowsiness, confusion, disorientation or loss of consciousness
- Wild behavior, lack of self control, increased confidence
- Problems with co-ordination or partial paralysis

Avoid being Spiked - stay safe tips

- Go for bottles over glasses
- Watch your drink at all times
- Only smoke your own cigarettes
- Stay with a friend
- Watch your drink being opened or poured and ask to keep the cap
- Don't accept drinks from others unless they're a trusted friend
- If you decide to go home with someone let others know – even bar staff
- If you feel dizzy, or drunk after only a few drinks - tell a friend fast



SEE YA PETE

It's not without a small tinge of sadness and the tiniest bit of envy that SANITI bids farewell to Marlborough Campus's Maori Liaison Officer Peter Meihana, who finished up in March. Sadness, because Peter was a great help to SANITI during combined Marlborough campus events and envy, because Pete will spend the next six months travelling around the world! Having just completed his Masters in History through Massey University, Pete is taking a well earned break. When he gets back he'll study full time towards his PHD in Palmy. Haere ra e hoa, we'll miss you.

WOODBOURNE DAYTRIPPERS

The date was 24 March 2007, the location was Havelock, Marlborough Sounds, the weather was perfect as, and the boys from NMIT's Aircraft Maintenance Engineering course were amped! After two long years in Woodbourne the thought of getting out of there seemed worthy of a social event, so a day fishing charter in the Sounds seemed the ideal way to go. From Havelock we motored to a secluded bay in the outer reaches of the sounds and after a couple of hours fishing were rewarded with a nice take of good sized blue cod and one lone snapper. After an onboard bbq lunch, the boys cooled off with a quick swim and even managed to gather a few mussels before it was time to head for home. Needless to say, with all the sun and the excitement of the catch we'd all developed quite a thirst. Luckily, we were well overstocked with beers so we all made a good go of it on the long trip back. As one would imagine, with a boatload of drunken students it wasn't long before the antics started. 'Man overboard!' rang out amidst the laughter and two of NMIT's finest were flailing in the water and quickly disappearing into the distance. After returning to pick the lads up we managed to make it back to Havelock without further incident, but once there pretty much everyone ended up in the drink. And of course, the day wouldn't have been complete without the traditional pub crawl home; half a dozen soaking wet and half-pissed students standing at the bar made for a hell of a sight! Thanks to: Steve for doing the duties as bus driver; Gary Orchard & Pelorus Tours for an absolutely outstanding day out; and SANITI for assisting in the funding of the day. A truly great time was had by all!

Richard Marr

**Certificate in Aircraft Maintenance
Woodbourne**



STUDENT BUSINESS PROFILE

April Burton: Mother, student, businesswoman



April Burton is one busy woman - juggling family life, 3rd year BIT studies, & a zippy little on-line fashion business.

"NODE was developed from my own experience of trying to purchase a well-fitting, comfortable hoodie with an original design - there was just nothing out there," says April. Instead, she and partner Gareth, a graphic designer, decided to launch their own collection. Now April juggles a very busy life indeed. "I organise each day and get stuff done in small chunks until all the requirements are met. Family is always number one, with everything else being organised around what's best for them. An EXCELLENT partner and mother help too!" As April points out, Node really is a family affair. "As a team we developed the style of the women's hoodie; with Gareth creating original patterns from our ideas. At present, I manufacture the fitted hoodies; and for this collection we've outsourced construction of the men's garments and women's tees." An understanding of student budgets has also led Node to offer good old-fashioned 3-month layby.

Check out Node's ad on the left and their designs @

www.jampreserves.com

VOS would also love to profile other NMIT students around the country who're also mixing studies with nursing their own business baby.

Email @ angela.saniti@xtra.co.nz

W

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NMIT students can now spend one semester (and in some cases one year) studying overseas in the USA, Canada, Norway, Sweden, Switzerland or Germany, and get full credit towards their NMIT qualification. Plus, no additional study fees apply. Students can even apply for a government scholarship (up to NZ\$5000 for one year) to fund their travel and living expenses while overseas.

NMIT's exchange agreement with the University of Applied Sciences/ Fachhochschule Kufstein (FHS) in Austria offers B.Com students a fantastic opportunity to spend a full semester in the middle of the Austrian Alps. FHS offers a wide range of business courses taught in English, and the vast majority of staff and students at FHS have excellent English as well. So, while the opportunity to pick up a little German language is there, it's certainly not essential. And as for travel – with Kufstein being right in the heart of Europe, neighbouring countries such as Italy, Switzerland, the Czech Republic and Slovenia are simply a long weekend away.

There's not enough space on this page to write about all of the Study Abroad opportunities available to NMIT students, so if you'd like to know more, contact NMIT International Student Services in the Customer Services area of A block.



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MOTORHEADS

1. What do you drive? 2. Why do you love your wheels?

Chris Schofield (BMETS)

1. 1990 Toyota TERCEL, 1500cc, Diesel Turbo (not sure if it still works though)
2. I got the car free in Dunedin from a mate and it only cost \$50 to get to Nelson.

Donovan Bernard (BMETS)

1. 1993 Honda Integra, 1800cc, V-TEC, subwoofer, Altezza lights, it's mean as
2. I love blasting my sounds with all my hoes and bitches in the back (Yeah right!)

Kate Bradley (Bachelor of Commerce)

1. 1991 Nissan Sentra, not sure of the cc rating but it goes really fast!!
2. Driving with my German student mates to Kaiteiteri, singing and laughing all the way (Ooookaaayy?!?!?)

Todd and Tom (Entry to Automotive Engineering)

1. 1980 Hyundai Pony, 1200cc mini-rocket
2. We're gonna kit it out with a big bore exhaust, Playgirl seat covers, red fluffy dice, Warehouse spinner hubcaps, and a chromed SANITI hood ornament.

Louisa Harris and Reesa Pope (Some kind of Marine studies course)

1. 1984 Mazda 323, Super-doooper power band twin turbo ultra-boost (yeah right)
2. Took it to Phat 07 – we sprayed it pink!

Cath Greep (Bachelor of Nursing)

1. 1995 Toyota Starlet Soleill (Spanish for 'Social person') 1300cc but feels like a Ferrari
2. I love overtaking boy racers in crappy little Subaru WRX's

Tracey Reardon (Bachelor of Nursing)

1. 1991 Mazda Eunos Presso V6 – unknown cc rating but its ok for burnouts!
2. I like cruising with the girls all squashed in the back seat on a Saturday night and driving over bumps so they smack their heads on the roof, ha, ha, ha.

Don MacClennan (Bachelor of Information Technology)

1. AMW Electric scooter, Discovery – Top speed 12km/ph, 40 km battery life with high and low ratio gearing
2. I've heard that trying to run down cats is fun, not that I would do that.

Michael Harrison A.K.A Mr. Stuart Dent (Dip. Counseling)

1. 1978 EC Ford Fairmont, 302 cubic inch 4.9ltr Cleveland motor
2. Still waiting for a great reason to love it, open to suggestions – or offers...

Jesse Hodgson (Engineering BMETS)

1. 1982 Toyota Scarlet, 1300cc racing machine, does 0 – 100kmph in a day
2. My most glorious moment was when I got the wheels spinning on a dry road. Proudest day of my life – bought a tear to my eye.



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BBQ YOU!

At Ardmore we'd all been looking forward to the end of the CPL theory course, not just because it meant that 11 weeks of intense study were over, but also because SANITI and Ardmore had promised to fire up the barbie & shout us a drink or two to celebrate. Well they didn't let us down, Hayden might be SANITI's Distant Campus Support guy but he also does a mean turn as a barbie chef; the famous SANITI sausages were accompanied by steak, bread and sauce as well as an abundance of 'refreshing beverages' provided by Ardmore, (for the first hour anyway).

Everyone was rapt that the course was over so that was the talk of the day... at least until the hoola hoop came out; after that traditional student/instructor rivalry kicked in and the serious :o) competition was underway.

Obviously, the students were superior in the end – what with youth and good looks on our side. The whole event was a good opportunity for everyone to chill out and be thankful that the classroom side of things was basically over, with only the exams left to go. By the time this goes to print, exams will be over, results received and further celebration (or dismay) will no doubt be underway. Cheers SANITI for contributing some funds to help make the bbq go just that little bit further – FREE food always tastes better, especially to poor students!

Joshua Brinkmann
Diploma in Aviation Science
Ardmore Flying School
Auckland



DESTINATION SANITI

Summer's well and truly over and that can only mean one thing – it's nearly time for the world famous (in Nelson) SANITI Student Pilot Conference; that's SSPC to all you acronym obsessed aviation geeks out there! Okay it's not the sharpest of acronyms but one things for sure, SSPC is a fantastic opportunity for NMIT student pilots to get together for an incredibly informative and unique conference.

Last year over 30 NMIT student pilots took part, and this year's conference is going to be bigger and bolder than ever. SSPC 07 (July 5-7) will cover key issues from training as well as answering the all-important questions relating to gaining employment in the aviation industry. However, it won't be all serious issues and information – SANITI takes fun seriously! SSPC 07 will also feature an end of conference extravaganza of jumbo jet proportions. SANITI class reps on all the aviation campuses have already secured places at the conference but you don't have to be a class rep to take part. All you have to do is plan a 'cross-country' and fly yourself and fellow classmates to Nelson. Once you're here SANITI will take care of all your food, accommodation and pretty much everything else. If you're interested in attending, contact Hayden, SANITI's aviation guy at hayden.saniti@xtra.co.nz before the end of May.



WWW.AVIATIONCAREERS.CO.NZ



WHEN THINGS GET YOU DOWN...

...or sometimes there is nothing at all which actually gets us down - we just feel the blues for no reason at all. It might be depression - something which is much, much more common than previously thought.

One of the things about depression is that anyone can be affected - anyone! It can happen at anytime in our lives - from childhood to old age. It happens to men, as well as women. It happens to people when things go really bad, like relationships break up, and it can happen for no obvious reason at all.

And it's not a new thing - for centuries, people have experienced depression. We might talk a bit more about it now - but it's not a new thing. If you look back on what

some people wrote and how they lived their lives, we would now say that they were probably depressed. It's just been around forever.

The first time I saw depression that I recognised, it was my dad. He was a farmer - very independent, resourceful, typical farmer really. Then some things happened that lead to him getting very, very depressed - and he needed help. Fortunately - he did get help - and what a terrific difference it made! One of the saddest things about depression is that too many people, especially young men, don't get help because no one knows they're depressed - they keep it to themselves.

So what to do??

- Talk to someone who can help - Alison Horn is the nurse at NMIT - she's always

ready to talk.

- For free counseling contact Seed on 0508 664 981
- Talk to your family doctor - there are some really great medications for depression now - a few months of tablets can make a huge difference.
- Try to get some exercise - for mild and moderate depression, exercise can be a very effective treatment.
- Be re-assured that you're not the only one. We all know someone who has been depressed, even if they haven't all told you!
- Keep looking for effective help until you find it! Nelson has lots of health professionals and organisations who are ready to help.

STUDENT COUNSELLING SERVICE

Feeling 'rank' or worried about yourself or a friend? - the new student counselling service might be what you need. A company called Seed is contracted by NMIT to provide this service and gives students free access to confidential & independent counsellors & psychologists. It costs you nothing for up to 3 sessions and is available to any student who feels they need it.

So, if you have personal or study stress,

relationship problems, conflict situations, anxiety or depression, grief or loss, addictions or even need budget advice, give them a call on (freephone) 0508 664 981. You'll be asked only a few details over the phone & will be contacted again within 24 hrs for an appointment time within 2 to 3 days. If you feel your situation is more urgent - say so - help can be provided right away and you'll be transferred to a duty counsellor while you

wait. Chinese students can call the Chinese Lifeline service on (freephone) 0800 888 880 if they prefer, and negotiations are under way to establish a service for Maori and Pasifica student needs. Nelson based students can also contact the NMIT campus nurse for assistance. Alison is lovely and always ready to listen. Her extension is 804 and her office is in the student centre. She is on campus between 8.30am and 1pm weekdays.

THANK YOU BLOOD DONORS

Thank you to everyone who donated blood recently, there were 34 of you. Have you ever wondered what happens to your blood after you donate it?

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Suwandee Srisamut may have been in Nelson for seven years, but when it comes to fresh food, the flavours of home are still very close to her heart. Her eyes light up as she talks about the contrasting sweet-bitter of the juicy mangosteen, the heady perfume of mango fresh from the tree, the unmistakable muskiness of the revered durian, and the excitement that accompanies the arrival of the first lychees of the season. It's no wonder that the flavours of Thailand are so admired by other cultures or that Thai food is increasingly the Western takeaway of choice; freshness, zest, speed and variety are the hallmarks of South East Asian street food in general, and it seems, of Thai cuisine in particular.

Arriving in Nelson in 1999 to visit a friend and improve her English and now married to a kiwi, 'Sue' has been an NMIT student for the last four years. Currently she is studying toward the National Certificate in Business Administration. Well known on campus for casually serving up enough steaming hot Pad Thai to satisfy hundreds of starving students in a single sitting, Su has agreed to share her recipe with VOS readers - with just a couple of adaptations to accommodate kiwi ingredients and student budgets.



Sue's Easy Pad Thai

- | | |
|---|-----------------------------------|
| 1 packet rice noodles (the ones that are about the thickness of fettuccini) | 1/2 cup soy sauce |
| 1/2 cup each broccoli, spring onions & carrot sticks | 1 cup commercial tomato sauce |
| 1 tablespoon oil | 3 tablespoons lemon or lime juice |
| 2 cups diced chicken/& or a tin of shrimps (optional) | 2 teaspoons white sugar |
| 4 cups mung beans | 1 teaspoon curry powder |
| 2 eggs, beaten | 2 teaspoons peanut butter |
| 1 tablespoon chopped peanuts | 1 tsp chilli sauce |
| 1 tablespoon chopped unsalted peanuts | |



DIRECTIONS

1. Soak the rice noodles in hot water for 20 minutes. Drain, and set aside.
2. Mix together the soy & tomato sauce, peanut butter, lemon juice, sugar, curry & chilli.
3. Heat the oil in a wok or large frying pan over a medium-high heat.
4. If using diced chicken, fry this for about 5 minutes, or until juices run clear.
5. Add the vegetables and sauté for about 2 minutes.
6. Push everything to one side of the pan and pour the egg into the other side.
7. Stir the egg constantly until firm before mixing into the other cooked ingredients.
8. Add 1/2 the soy mixture to the pan along with the sprouts, noodles & (optional) shrimps.
9. Cook for a couple of minutes, add the remaining liquid and heat through.
10. Serve garnished with spring onions, chopped peanuts and lemon wedges.



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VOS TO DRINK?

with local wine guru Neil Hodgson

Never let it be said that I would intentionally set out to get anyone drunk; if that happens as a side effect of a little learning about wine then so be it!



On a fine and sunny 16th March 10 students a rag tag collection of Nelson students (and a few sneaky folk from the campus caf) part in a beer and wine tasting competition on the lawn outside the SANITI office. There was one very good reason for holding the event outside; contestants were encouraged to throw away unwanted beer or wine after tasting it - and better that happen on the grass than on the floor. I need not have been overly concerned however, only one person actually threw away any alcohol and that was the guy who was driving! (We took his keys off him before we started and if he drank too much he wasn't getting them back.)

The format was quite simple - we served five beers and the contestants had to name each one. Then we served five wines with contestants required to identify each wine's variety, the country or region or origin, and the year the wine was made. I thought the beers would prove hardest to guess because most were quite similar (DB Skippers, DB Draught, Tui, Mac's Gold and Export Gold). Yet while one young lass who professed her love of Mac's Gold proceeded to get it wrong, Kathryn from the Café quietly got four out of five - you have to watch the quiet ones!

Bring on the wines - Waimea Estate's 2005 Sauvignon Blanc, Seifried Estate's 2005 Chardonnay, Waimea Estate's 2005 Pinot Gris, a 2006 Chilean Pinot Noir and a 2003 French Shiraz - all 'brown-bagged' for the occasion. Having sampled the lot young Kathryn miraculously got over her shyness and instead became one of the 'loud ones'. I guess five beers and five wines will do that to you.

As it turned out Kathryn was the star of our tasting event - scoring 13 out of a possible 20. The next best score was a very average 8 while most languished on a paltry 5 out of 20. The International Team were mainly new to New Zealand wine and beer tasting and also only consisted of four members - but still performed admirably, scoring an average of 5 points per team member and having a fine old time getting to know their Kiwi produce. With a little coaching I even think they could take out the café team next time round.

After some fine food from the café and taking part in a sobriety check (playing hacky sack) the driver got his keys back, I packed up the glasses (thanks for not breaking any) and left the contestants to enjoy the prizes - more wine and beer, naturally.

We'll do this again later in the year and I have a few more ideas about providing you with another subject to study at NMIT - wine tasting the fun way. Watch this space.

View more photos at www.saniti.org.nz



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Re: Views

BY THE ONE AND ONLY ANONYMOUS TICKET SLAPPA!

On the Game Again

Fresh (or as fresh as I get) from my telly review of the last issue, I now surrender to the urges of a different beast, namely, the oh so macho world of gaming. Uncovering the rich tapestry of the geeky gaming scene supplied me with a few un-looked for pleasures, not quite as many as 'half price drinks until you pass out night', but hey what's gonna beat that? So in order to keep my 'Girl Who Tries Anything' title, I delved into the history of gaming and then took the 'big boys' for a spin.



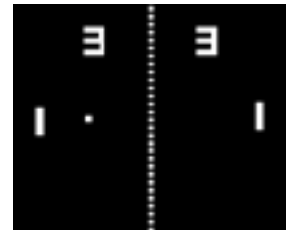
1949 – This was the year that Ralph Baer (the father of gaming) first conceived of the concept of building a TV set with games. Sadly, at the time, his bosses gave the idea the kiss of death - apparently they didn't see any money in it (D'oh!)

1970 – 1989 - In 1974 Atari's 'Pong' (pictured) was unleashed on the world, followed shortly thereafter by the Magnavox Odyssey console – a unit that bore a striking resemblance to my grandmother's respirator. Sadly, however, the once great (for its day) Atari rested on its laurels a little too long and were ill prepared for Nintendo and Sega when they entered the picture in the 80's. From that point, Atari was doomed to be nothing more than a trendy T-shirt logo, no longer the future of gaming but instead a retro relic of gaming's past.



1990 - By this stage the world, with the exception of our friends in Japan, seemed to have woken up to the fact that there was a bit of money to be made out of gaming (No – really?). Sega and Nintendo did pretty well for their day but in the end Nintendo's lack of games stuffed them like the preverbal chook while Sega's marketing for their Dreamcast system was frankly, worse than bad.

1995 – 2000 – When Sony entered the race with their very first playstation the world of gaming was changed forever. Before long, Sega pretty much went the way of Atari before them while Nintendo simply faded into the background for a few years. Sony meanwhile moved on to release the super cool PS2 and super skinny PS1.



2001 – 2007 At the start of the decade the SSD Company offered up XaviXPORT, a new entrant that was said to be both unique and innovative – it wasn't! In fact Sony didn't see any serious competition in the gaming market until Bill Gates' rather wayward child, Microsoft, tired of producing just PC-based games and wanted a piece of the console pie. The resulting 'Xbox' made a rather big splash, with add-ons that included services online.

When it's all said and done, nowadays the gaming market is dominated by just three Titans; Sony (Playstation), Microsoft (Xbox) and the return to cool for Nintendo, the unfortunately titled, Wii. So, here's a run-down of how I see the big three.

Nintendo Wii

A cool look and a cool approach, the Wii looks classy, but just how well does it play? Can one have style and substance? The Wii remote doubles as a one-handed controller that uses a combination of accelerometers and infrared detection to sense its position in 3D space. This allows users to control the game using physical movements as well as traditional button presses. The controller connects to the console using Bluetooth, and features force-feedback, 4KB non-volatile memory (whatever that is, I guess it's a way of charging more) and an internal speaker. Still the arm waving and jumping around required obviously preclude this as a serious choice for moi. Exercise – are you kidding?



TWO SLAPPAS OUTTA FIVE.



Microsoft X-box 360

Except in Japan the console is sold in two different configurations: the Xbox 360 and the Xbox 360 Core System. The Xbox 360 configuration, often referred to as the Premium Edition, includes a hard drive (required for backwards compatibility with original Xbox games), a wireless controller, a headset, an Ethernet cable, an Xbox Live silver subscription, and a component HD AV cable (which can also be used on non-HD TVs). This system is touted as the first total home entertainment system. So what can I say about how it plays? Hmmmm, well Mr Gates you said I would be able to play all my old games but sadly - no. The new 360 will play some of the old games but not all of them, and you have to muck about with downloadable updates off the Net. So Bill – a big raspberry to you!



THREE AND A HALF SLAPPAS OUTTA FIVE.



Playstation 3

Well this was possibly the most keenly awaited console of them all. During its first week of release in the US, PlayStation 3s were being sold on eBay for more than \$2300 USD. Reports of violence surrounding the release of the PS3 included; one customer getting shot; campers robbed at gunpoint; more customers shot in a drive-by; and 60 campers fighting over 10 systems. Talk about a feeding frenzy! As you no doubt realise, I'm not a girl who's easily impressed, however, having test driven this little puppy on a humungous TV, I don't care what anyone says, when it comes to electronics - size does count. To be honest, I was totally unprepared for the sheer quality of the entire presentation, the detail is breathtaking. The PS3 console is also able to play all of the games of its predecessors, and given that it is also network capable, could provide a formidable challenge to the XBOX 360.



FOUR AND A HALF SLAPPAS OUTTA FIVE.



So when all is said and done, I guess my vote for top dog would have to go to Playstation. Of all the consoles available, Playstation is the only one that consistently performs. So, coupled with the huge selection of games available - Sony wins again.

GRADUATE PROFILE

My Journey as a Mature, Expat, Extramural Student in Hong Kong

Terri Vowell: NMIT Counselling Student



What if I can't do this? What if I can't get started? What if I tell someone I have started this 'journey', and then fail – what will they think? What if, what if, what if, what if ...?

In 1993, at the tender age of 43, I embarked on something I had never thought I would or could do, by enrolling as a Massey extramural student to do a BA. However, it was not just as easy as that – I was a NZ expatriate living in Hong Kong – thousands of miles away from the Palmerston North campus and I knew nobody else in HK who was also an extramural student. Self-doubt, lack of self-confidence and a huge fear of failure, I subsequently realised later, are very normal emotions for many students of all ages but particularly for 'mature' students. At the time, I found it all overwhelming! However, I would just like to share with you some of the plusses and minuses of my journey of discovery.

As is common with many mature students, one of my main issues was "how do I write an academic essay?" and "how do I trust using a computer so that I do not lose all my hard work?" My answer was to ask my daughter, who was at the time a student at Canterbury University. It sounded simple enough – "...do the body of your argument first Mum, then do the introduction and conclusion once you have finished" – fine – but how the hell do you write an 'argument' nicely? Boy I had a lot to learn! Learning 'how' to write a half decent essay is not that easy, but I bought any book that I thought would help – despite not being a natural reader. However, over time, by reading the self-help books and taking my tutors' comments on board, I learnt what they did and did not want and gained excellent results.

Despite my kids telling me that I should use the 'all singing, all dancing' computer we had bought for them, and them showing me how to 'save' and use the 'undo' button etc etc, I still didn't trust the computer, so initially chugged along using my 'safe' and 'reliable' old word processor. In fact it was two years before I gingerly started using the computer – but of course I've never looked back. Yes, things did get lost and I did get frustrated at times but every mistake taught me to be more diligent and careful the next time. Eventually I learnt to respect the computer as a fantastic friend and helpful tool and now never use anything else!

The cost of overseas extramural study is huge. Firstly, additional costs are added to the normal fees from the university to cover postage, and then of course I had to pay the costs of sending all of my assignments back by airmail.

Despite being in HK, I also had to meet the same class deadlines; this meant that I had to finish and send off my assignments at least 10-12 days earlier than everyone else, just in case there were postal delays.

Acquiring the course reading resources in HK was virtually impossible, as I was denied access to the university libraries. Prescribed New Zealand texts were never available in HK bookshops, so in order to be able to fully understand and answer the essay questions I always bought everything that was both 'required' and 'recommended' for every paper. Often I didn't need them but I felt I had to have them on hand just in case I got stuck and needed the extra resources to fall back on!

Despite my initial apprehension and self-doubt, at the end of my first year I achieved an 'A+' and an 'A-' and I was hooked! Because I was in a fortunate position that financially I did not need to work, my studies became my all-consuming passion – I just loved it! Time management was something that really was not too much of an issue as I worked solidly most days, researching information thoroughly for each assignment. Being in the Northern hemisphere meant our summer holidays were in the NZ winter and my studies and papers were selected to fit accordingly. I never chose papers that had a compulsory attendance element. Then after 1997 when HK reverted to Chinese rule, foreign students were not permitted to sit international exams in HK anymore, so I chose papers that either had no final exam or had exams on dates that fitted in with visits home to NZ.

Although I had initially thought I was 'on my own', eventually I was contacted to attend a Massey students' get together in Hong Kong. How fantastic! Nobody else was doing the same papers as me, but it was fantastic to be able to ring others to bounce ideas around and be provided with the opportunity to voice and share my particular concerns. Listening to others' success stories was for me, very motivational! Although I never attended even a single lecture at Massey, I found the support of the Massey tutors outstanding! Nothing seemed to be a bother and any questions I emailed were answered promptly. In fact, I felt extremely nurtured throughout the whole experience. My family support was also phenomenal. When I think of all those assignments my poor husband had to read, then re read and re read again as I kept 'gilding the lily', as he called it, just so each assignment was 'perfect' enough to send off. It must have driven him spare!

Despite it not being easy to study when living so far away from NZ and in spite of the extra financial costs incurred, for me the pluses far outweighed the minuses. My fellow Massey students in HK were people I would never have met if I had not been studying. Having the luxury of doing the research for the assignments 'at my own speed', and to fit around my lifestyle, was fantastic. Being able to choose papers that interested me rather than simply being part of a prescribed course was both cathartic and therapeutic, especially as I chose Social Science papers, which helped me understand 'me'.

In 2000, at the age of 50, I proudly graduated at Massey's Albany campus with a BA (Social Science), majoring in Education, with an 'A' average. Now, at the age of 57, I'm enrolled on the NMIT 'Certificate in Counselling' course. Studying within a structured class environment is certainly

different for me, however, my self-confidence and self-esteem is now 180 degrees from where I was when I started my journey of discovery and learning. I am extremely proud of my achievements and think 'if I can do it, anyone can'. I truly believe that we must not let our negative 'what ifs' become a barrier to achieving our goals!



KAINGA ROPIHA FOLLOW UP

Since the article on Ta Moko in the last issue of VOS, Kainga Ropiha has been very busy displaying his talent at various events. He's taken Ta Moko from Te Awhina Marae (Waitangi Day), to the Wild Foods Festival (Hokitika), and even to the top of the Takaka Hill where he tattooed a woman prize winner in the middle of the trance floor. Along the way, Kainga has tattooed people from many cultures and backgrounds, including recently, the editor of MANA magazine. When we interviewed Kainga last he had just begun tattooing Aaron, an ex-army serviceman now working in Iraq. Kainga completed the Ta Moko on Aaron's chest, back and shoulders, with just the leg design remaining to be completed. It's always great to see former NMIT students doing well; using the skills they've acquired through study along with their own natural talent and commitment in order to become successful in their chosen field and communities. SANITI wishes Kainga all the best for the future.

THE ADVENTURES OF CAPTAIN SANITI

...SEEKING HELP TO CARRY THE STUDENT SUPPORT BURDEN CAPTAIN SANITI CALLED IN SOME SUPER-FRIENDS...BUT...

BATGIRL DIDN'T HAVE THE INTELLIGENCE TO CARRY THE BURDEN

WONDER WOMAN DIDN'T WANNA BREAK A NAIL ATTEMPTING THE LIFT

CHIN UP GIRL. WANT A PIECE OF MY SAUSAGE?

PSST, TAKE A BITE OF MY SAUSAGE

I AIN'T GOING NEAR THAT THING!

SOD OFF NODDY

HAWKGIRL GOT FRUSTRATED WITH THE WHOLE THING AND THREW A WOBBLY

WOT EVA LOSER...

WANNA NIBBLE? GO ON, PLEASE.

BUT CAPTAIN SANITI WITH ONLY ONE HAND WHILE EATING A SAUSAGE IS THE ONLY SUPERHERO CAPABLE OF CARRYING THE WEIGHT OF STUDENT ISSUES!

PHEW! THAT'S BETTER I COULDN'T HOLD IT IN ANY LONGER... GOTTA WATCH THOSE SANITI BBQ ONIONS

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Exec Chix on Tour

We've all been on those trips where it's mutually decided that Whatever Goes on Tour, Stays on Tour right? Well, our Wellington mission earlier this summer was one such occasion!

Hey, we're Toni and Kate: Student Executives for your Student Association at NMIT (SANITI). In early February, we headed to Wellington for the NZUSA (New Zealand Union of Student Associations) Conference. This is where all the members of NZUSA come together to discuss issues that affect students nationwide. The conference was on a Friday and Saturday. We rocked into Wellington airport on Friday morning at a time where no sane person should be up, let alone able to concentrate. First up we dashed out for a quick espresso (or five!) before heading in to meet and greet other conference delegates before the planned powhiri. We were welcomed onto the Victoria University campus, and shared some great food while networking with the execs from other student associations around NZ.

From Vic University we all headed down the road and jumped onto a tram to make our next venue. The coffee was well in the blood stream by now and we were pumped to know more about student issues and what NZUSA are doing to help. Ok, that was a little sarcastic but once Joey and Josh (the hotties of NZUSA) explained the student situation in New Zealand, we were all ears. For example, fees at NZ tertiary institutions are going up between 3 & 5% EACH YEAR! This totally shocked us, how is it that fees continue to rise every year? That means it costs mega bucks to study compared to years ago. Yeah we know, inflation and all that, but students seem to be taking the fall in such a huge way!

After teaming up with like-minded students from around the country, we sat in on a couple more sessions to hear about more student issues. Friday night was the so-called 'formal' dinner at the Indian restaurant 'Tulsi'. We rocked up in our hot-as gear to meet the boys who were formally attired in – jeans! The meal was fabulous and after a couple of vinos for valor, everyone soon became great mates.

Saturday's conference day was workshops and a networking lunch. We also learnt about portfolios for student execs. This is where each student exec has a

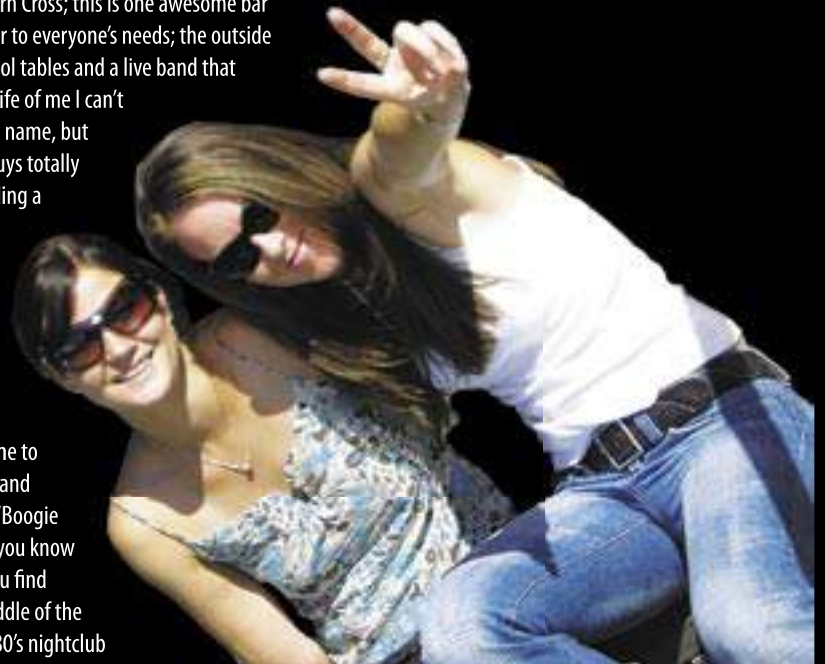
focused area of student interest (like disabilities, gay/lesbian support or Maori). This ensures that the needs of specific groups on campus are catered for.

By the time the conference finished up it was late Saturday afternoon. Knowing we'd both need to find a burst of energy for the night ahead we promptly retired for a nana nap. Pumped and (finally) ready, we hit the Wellington nightlife to show them how us Nelson chicks have fun! First stop – 'The Matterhorn'. To eat at the Matterhorn the student budget needs to be well endowed – so we skipped the eating and had a few drinkies to start the night with style. As it was still early we didn't stay long before heading off to 'Mighty Mighty', which students would be happy to know has friendly (and hot) bar staff who serve the large old school pitchers of cold beer. The atmosphere was fantastic, we met some great locals that gave us a random run down of the history of the X-Air Games that were on that weekend. Although we found this interesting (?) - it really was time to move on. Next stop – The Southern Cross; this is one awesome bar that seems to cater to everyone's needs; the outside lounge bar, the pool tables and a live band that went off. For the life of me I can't tell you the band's name, but there were nine guys totally going for it, including a harmonica player and a trumpet player - CRAZY!! This place was fabulous so we stayed there for a while before deciding it was time to shake our booties and move on down to 'Boogie Wonderland'. But you know how it is, when you find yourself in the middle of the dance floor at an 80's nightclub

getting just a little too John Travoltaish, maybe it's time to head for home.

The next day (Sunday) it was time to cruise home to Nellyville. I rocked up to the airport only to find Toni with a muffin and beer in hand – the girl's a fine example of modern womanhood if ever there was one. We gingerly made our way to the boarding lounge and were called onto the plane. It was then that I noticed Toni had no shoes on – she'd packed them in her bag and said bag of course was now on board our plane along with a heap of passengers all ready to go. The problem was, you're not allowed to fly without shoes. HAHAAH! – Toni's got no shoes on, Toni's got no shoes on! The plane was delayed as airport staff scurried around to find something suitable for Toni's naked tootsies. In the end our crazy exec gal finally boarded the plane sporting a pair of brand spanking new ...jandals!.

Moral of the story; Party all night, wake up dozy, turn up to the airport in bare feet and score free jandals- yay!



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