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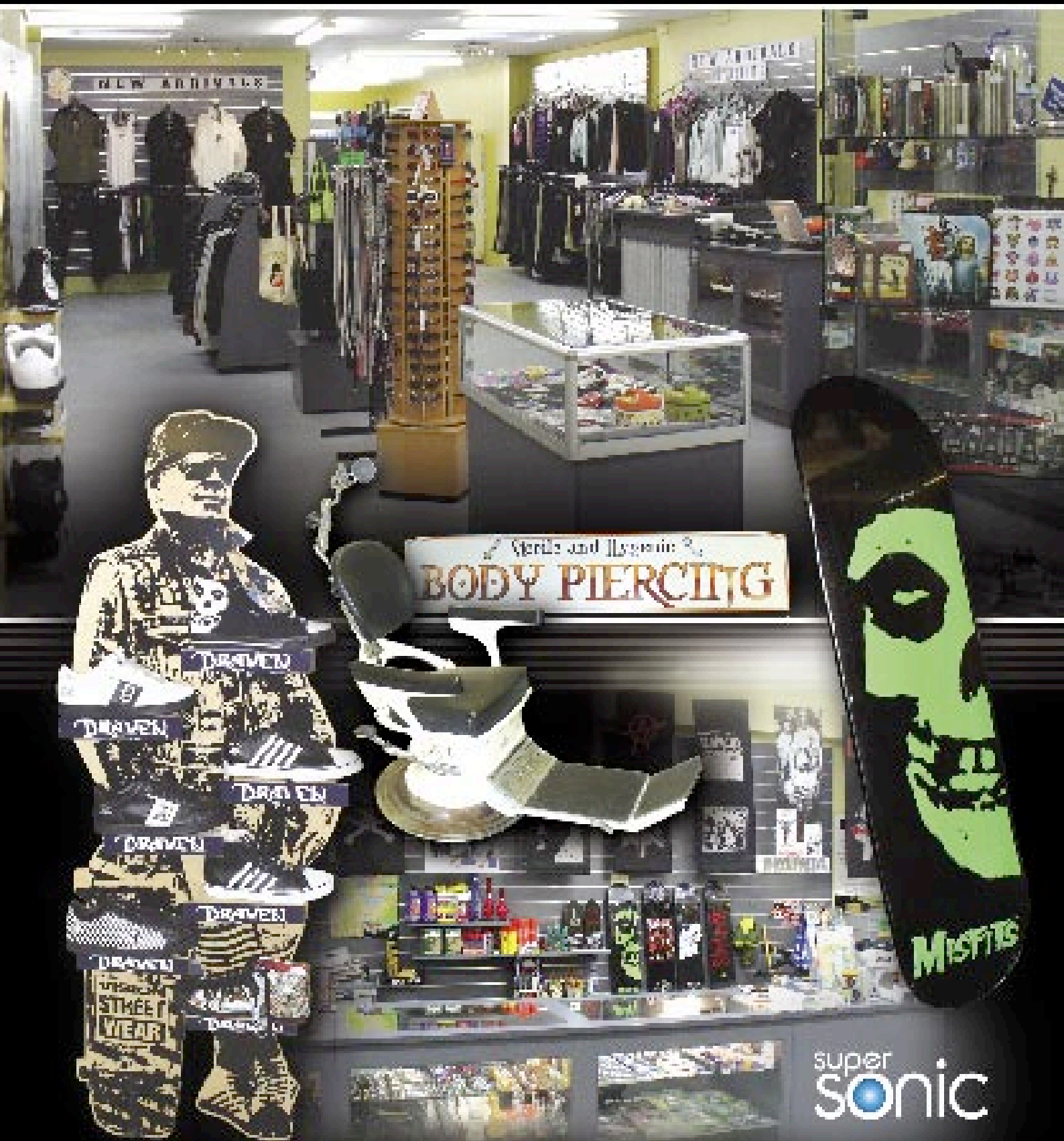
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Voice of SANITI

**Magazine of the Student
Association of NMIT**

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Da Prez Sez...

At the time of print the Tertiary sector still struggles with the many changes it is trying to implement. Fee Course Cost Maxima remains a hotbed of debate, where any increase to student's fees, be it 3.3%, 5% or more, will see money taken away from the student.

The TEC (Tertiary Education Commission) have yet to determine the final stages of the changes to things like funding models, out of region provisions vs. serving the community and leaked reports rumoring that the polytechnic sector is not viable in its current state with talks about the creation of universities of technology.

The three dominant unions in the sector are determining if they amalgamate to form a single, new, tertiary-education-sector union. Association of University Staff (AUS), the Association of Staff in Tertiary Education (ASTE) and the Tertiary Institutions' Allied Staff Association (TIASA) should benefit from the merger.

Finding a stronger more effective voice is important for all and being part of NZUSA

(New Zealand Union of Students) will help SANITI have a greater say on National issues for the good of our SANITI members

Finally jumping to the defence of our southern comrades. "Vast student riot hits New Zealand city", the United States newspaper, Chronicle of Higher Education, described Dunedin as the home of "notorious binge-drinking" This is nothing more than a typical example of the media exploding something out of proportion. Otago Uni has a great saying, Awww...Get over it!!!

Our students have many things to contend with. End of year exams, assignments, summer employment and graduation. Ask for help if you need it, there are people here who can assist, so make the most of the opportunity and SUCCEED!!!

Allan

Allan Bruning Student President



Inside...

**We Visit the Marlborough
Campus...**



Met Some Random Crazy Chefs...



Fly The Friendly Skies...



and We Do Some Couch Surfing!



CELEBRATING 5 YEARS OF SUCCESS!

August was the month of Celebration for SANITI. It marked the fifth year of our existence and what better way to celebrate the occasion than by celebrating students. On the Nelson campus students were treated to 3 days of fun and games finishing with a huge lunchtime party, a cake eating competition and the cutting of our delicious SANITI chocolate birthday cake.



Students flocked to the cake like seagulls to a fish 'n' chip wrapper.



Love the tiara Al, we all thought your cross dressing days were over...



No party is complete without a pass-the-parcel competition.



The No Holds Barred Cake eating Competition was taken out by the man in the green shirt Bruce 'Almighty'.



The SANITI Birthday Cake was over a metre long and big enough to feed over a hundred hungry students.



Paula and Raewyn, Te Tari Maori Students serenade Al with a beautiful rendition of Happy Birthday.



SANITI Execs were on hand to cook up a storm during the birthday



There's nothing like a messy cake eating competition to get the attention of the masses!

MARLBOROUGH CAMPUS



On August 29 the SANITI crew took its birthday celebrations on the road to the Marlborough Campus. NMIT Woodbourne students were also on hand to revel in the celebrations which involved the now infamous cake eating competition!!! The occasion was made extra special by the Association being able to combine SANITI's birthday with the opportunity to celebrate the achievements of Dale Smit an NMIT Marlborough student who will be competing in front of 80,000 people at this years Beijing Special Olympics in October. Dale will compete in the 5000 and 800 metres track and field events in Beijing. In order to get to Beijing Dale needed to raise \$10,000. SANITI was able to contribute towards Dale's success by donating \$100 towards his dream. The team from SANITI wishes Dale all the best for Beijing and we look forward to hearing about all his achievements when he gets back.



Leone from LA's Cafe kindly donated money to Dale. Good on ya Leonie!!



With Woodbourne and Marlborough campuses combining for the celebration there was a bit of a wait for the famous sausage...



The SANITI Prez presents a \$100 donation from the Student Association to Dale.



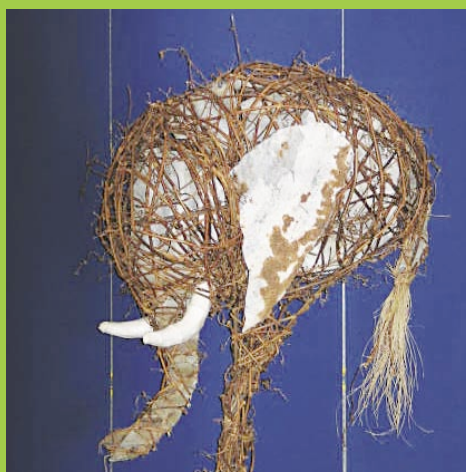
UH OH I think he's had one slice too many!!



No SANITI Birthday is complete without a good old fashioned cake eating competition.



Marlborough Employment Skills students designed and decorated these gumboots for the annual Marlborough garden show.



This fantastic piece of artwork "Heke" was created by former Marlborough Visual Arts student Dion Greer and is now currently on display in the NMIT Foyer on campus.



An Aviation Engineering student lets rip in the cake eating Competition!

VOS ON CAMPUS

BLACKOUT

In support of the mighty All Blacks SANITI and NMIT events staff Blacked Out the Nelson Campus Student Centre. During term time World Cup games were replayed on a big screen at the centre of the big black void. A competition ran throughout September where students who found a hidden Graham Henry Doll went in to the draw to win an official AB's jersey.



GAME OF 4 QUARTERS

In keeping with the sporting themes, SANITI and NMIT pitted students against Tasman's sporting elite in a Game of 2 Halves student style. SANITI Prez Al was the Tony Veitch stand in who pitted the Tasman Tacos against the NMIT Nits. In the end hilarity was the winner even though the Tasman Tacos made mince meat out of the Nits. A big thanks must go out to Tasman Makos players Saul Luamanuvae and Zane Winslade and the Makos Physio Lesley Ede and the Nits Grant, Luke and AJ.



What's this? The Makos are giving away their training secrets.



Yes Luke that's right it is a camera.



Who said NMIT staff have no Style???



The Nits (LtoR) Luke, AJ and Grunter



The Tacos (LtoR) Zane Winslade, Lesley Ede and Saul Luamanuvae



What are these two cooking students up to? And why does one of them have half a watermelon on his head?



Arrrrrrrrrr Some hardy land lovers were spotted on the Nelson Campus celebrating International Talk Like A Pirate Day.

MOON FESTIVAL

On Saturday September 22 NMIT Chinese students and members of the wider Nelson community celebrated the Chinese Moon Festival otherwise known as the Mid Autumn Festival. The Mid Autumn festival is one of the most important traditional Chinese festivals and falls on the 15th day of the eighth lunar month.

It has a history going back more than 2000 years and at festival time people tend to look up at the moon and are reminded not only that it is a time for special celebration but they are also reminded of their relatives and friends wherever they may be. So it is in reminiscence of those far away on this significant night that lends the evening the name "Festival of Reunion."

This year's celebrations were organised by a committee of five Chinese NMIT students. Evan, Felix, YoYo, Jui and Ray along with NMIT Chinese liaison manager Nisa, NMIT Student Services Manager Pandora Percy-Lourie assisted. They provided attendees with a fun filled night to remember.

A big Thanks has to go out to Lee from the NMIT café who worked tirelessly in the kitchen to provide all the yummy Chinese delicacies for everyone to enjoy.



TO RENT OR BUY? WHAT'S BEST FOR STUDENTS?

When you're a student every dollar counts, and when you're flattening the expenses and bills need to be shared out evenly – so is renting your flat's appliances the best way to go?

According to Stu from Mr Rental, the biggest advantages of renting appliances are that you can share the costs of your basic appliances out amongst your flatties at a weekly rate. That way no one person is carrying the cost and when someone moves out, they don't take the flat's gear with them. Any servicing is also covered under the contract and the appliances get updated as needed, so you're not stuck with obsolete stuff.

So what can you expect to pay? The following prices are from Mr Rental Nelson and of course you could divide each amount by the number of people in your flat. For a TV or microwave you'll pay from \$6 a week, washing machines from \$11, and fridges from \$12. They also have stuff like computers, stereos, exercise gear and freeview boxes for those of you in flats with a bit more cash. We reckon those prices aren't too bad especially when shared between a few flatties. Stu's even prepared to give NMIT students a rent 3 get one free student offer. Typically that might mean a fridge, tv and washing machine in your flat for around \$31 a week, plus a microwave, stereo or clothes dryer rental chucked in for free. With keeping your total debt level low a big priority for students, renting appliances might be the safest and most affordable way to go

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WHITE RIBBON DAY

Abuse!!!! We are sick of it, Are you? Julie Smith (pictured), a Social Work student and her friend Renae Milburn, along with some dedicated students and friends have set out to acknowledge that our babies are the most precious taonga we have. They intend to make New Zealand take responsibility for the abuse our children suffer. Come 25 November, 'No More' will be the prevailing message.

Our country, the beautiful green, fresh and picturesque New Zealand/Aotearoa, the land of the long white cloud has gained international notoriety as the land of child beaters and baby abusers. Becoming increasingly sick of being branded with this inglorious title through the cowardly actions of others, cringing at the news reports and media coverage about innocent babies and helpless children falling victim to the senseless tortures of psychopathic neanderthals; adequately blaming stress, pressure, nagging kids, and sickness as their bullshit excuses, I happened upon two young ladies who were out to make a difference and make this nation of ours stand up and take responsibility.

Julie along with Renae cornered me on my journeys around the Nelson campus with an idea and wondered if SANITI could help speak out against the crimes towards children and child abuse and violence. I thought to myself, we are a student association dedicated to the well being of SANITI Members during their time as students and many of our SANITI Members are parents too, so the decision was easy, Heck yeah! They spoke keenly about their ideas, thoughts and their motivation behind wanting to make New Zealand stand up and take responsibility.

"Trying to blame a culture or race or group of people for this problem is not the way to go". And there is truth in the fact that blame is not productive.

I suggested we arranged an interview, and I could publish an article for VOS and put some information on the SANITI website. It would give the White Ribbon March awesome nation wide exposure

Julie is a social work student so I thought that this initiative of theirs was derived from learning's she had happened upon in class. To my surprise the march was an initiative they themselves wanted to drive. "We have had no involvement from NMIT; it was something that we felt needed to be told. A message that we all must be responsible for", remarked the girls.

25 November signifies Men Against Abuse and both Julie and Renae agree that "This is an ideal day to bring to people's attention the fact that we are sick of child abuse", and adding to the significance of the



March they have decided to coin the term "White Ribbon Day". They added "with the 17th of November being Child awareness day the two follow on from each other very well".

I could see that something big was brewing and a few days after our initial contact I received an email from the pair with a check list, giving me a clear break down of the initiatives they had already set in motion. Now more and more people were becoming involved.

In preparation for the march they have been frantically running around the Nelson community seeking sponsorship, help and support from local businesses and organisations.

"The Nelson community has been very supportive and it has totally blown us away how eager organisations are willing to get involved with the March". Julie and Renae have said that Radio Works Nelson have offered \$5000 worth of airtime to promote the March. The Nelson Police have gotten behind them and Ross Leinert has offered to speak. Sonny Alasna will address the crowd and Todd Blackadder is hopefully going to get an All Black to present a speech as well. Local Media guru's Fraser Heal and Hayden Campbell of Duo Media have offered to film and produce an educational DVD of the march.

Julie and Renae have approached Noel Leeming to sponsor prizes, and are encouraging Kindergartens, Kohanga Reo and Primary Schools to participate as well. I suggested that we should send an invitation to NZUSA National Woman's Rights officer, Natalie Absalom to be a guest speaker to which Natalie has graciously accepted.

I could see that all those involved were becoming increasingly passionate about the cause so I asked them what we can expect to happen on the day.

On the 25 November they are planning to send a message to New Zealand, speaking out against child abuse. The congregation will meet outside the CFYS office, Nelson Police buildings on Bridge Street. Lead by the Nelson Pipe Band the progression will march along Bridge Street up Trafalgar Street and halt at the church steps.

Following that they hope to have a free BBQ sizzle, games and prizes, music and entertainment provided by the DARNZ Hip Hop and Salsa crew, a group of local youths aging from 5 to 17 years of age who perform to entertain the crowd.

During the interview I took a step back and wanted to know why they were doing the march? "We heard Christine Rankin say that it was a Maori problem on one of the morning breakfast shows, and we thought that was rubbish. In our opinion it is a New Zealand problem", said Julie and Renae.

Also they feel that children are the best indicators of abuse, as they tend to wear the scars. "If you see or think that something isn't right, then ask. People should be nosy, to a point, when it comes to child safety. If you see kids with lots of bruises, then ask!" stated Julie and Renae. "Julie's mum said, Nosey neighbors can be lifesavers", claims Renae, these sentiments are similar to what's been echoed around the country recently.

It's tremendous to see the amount of work and effort that has gone into getting this important message out to the community and the nation. By taking this march one step further it is becoming a positive reality check, "Its time to take responsibility".

More and more people are offering to help. If you would like to know more or even be there for the march or in the crowd, then let us know.

DATE: 25 November 2007

TIME: 12noon

START: Police buildings, Bridge Street near the court house

PROCESSION: Along Bridge Street and Up Trafalgar Street

VENUE: Church Steps, Nelson

Guest speakers, free BBQ, Music and Entertainment

We all talk about it, lets take action!!!
If you care, be there!!!

Contact Allan Bruning, pres.saniti@xtra.co.nz or Julie Smith at julie-smith@labs.nmit.ac.nz for more information.

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NZALPA INFO

In yet another leap forward and in recognition of the importance of Student pilots in the New Zealand Aviation industry, Student Pilots who complete their CPL (Commercial Pilots License) are now entitled to one year of free Associate membership to the New Zealand Air Line Pilots Association.

NZALPA (New Zealand Airline Pilots Association) is the recognised professional association and trade union for New Zealand pilots and air traffic controllers. NZALPA currently represents more than 1850 members including airline pilots, general aviation/commercial pilots, flight instructors, and over 300 air traffic controllers.

Associate membership entitles students to copies of the NZALPA magazine, the right to attend NZALPA meetings although you can not vote and it also entitles you to access various reports from the Association.

The aim of the membership is to introduce student pilots to the Association so that they can become familiar with the Association and its processes. Once students graduate into their first paid flying job they are then entitled to full NZALPA membership.

Annual full membership fees are 1% (plus GST) of gross taxable income as a Pilot or Air Traffic Controller, plus 0.15% (no GST applicable) as a contribution to the Contingency Fund Trust.

This entitles the member to a host of services including advocacy, representation and the opportunity to sign up for the NZALPA insurance schemes.

For more information go on to the NZALPA website www.nzalpa.org.nz, or email Melissa Harrison Melissa.Harrison@nzalpa.org.nz.

Happy Flying

TONIA TALKS ABOUT STUFF



So you've just got the piece of paper in hand, your hard earned C Category Instructor Rating - So what next?

Five years ago you would have been struggling to find a job but in today's market things are changing. Foreign students have completely changed New Zealand's flight training scene.

Since getting my flight instructors rating two months ago my options were very positive. I chose to move on from my flight training establishment to an academy which only trains foreign students. Although there is the language barrier they are very motivated to get home as fast as possible and therefore study diligently which makes my job easier. After being here for a few months I have not regretted my decision at all.

So for all those prospective C-Cats out there, look around for the job that suits your lifestyle, personality and goals. You do have options - pick a job and enjoy your time instructing. It will teach you lessons you never thought you would ever learn both inside and outside of aviation.

NELSON AERO CLUB GOES CRUISING



On September 8th, Nelson Aero club held their Annual Brass Monkey Fly-In up at Lake Station, a couple of miles west of Lake Rotoiti in the St Arnard National Park.

Most people rocked up on the amazingly, clear Saturday, we all gathered at the field, sat around the bbq, and talked sh** which pilots are so well known for! Some people from further afield than Nelson and Motueka took the opportunity to fly around to view some of the more beautiful areas of the top of the south island such as Karamea, Takaka, and the lakes area itself. There were about thirty aircraft at one stage, including day visitors.

During the day a competition of precision landing was held. A grid with distance markers got set up, the rules read out and points were scored according to how close you were to the aim point on the grass. Two entries were allowed for each club. Both Marlborough and Nelson Aero Clubs got duped for the Brass Monkey Shield by a club from near North Shore up Auckland ways.

After a day of flying competitions and seeing the beautiful sights of Lake Rotoiti and Lake Rotoroa, those who were staying went back to the lodge we had booked and enjoyed a great roast meal and a few beverages (of course).



After watching the All Blacks, we headed off to the lake where four of us stripped off (I had my Boardies prepared) and partook in the annual mid-winter dip in the lake!! Ohh it was cold!! Luckily we had stoked up the fire at the lodge, so thawing out wasn't too much of a problem.

A great weekend was had by all. I can fully recommend getting involved with your local aero club, and attending Fly-in's as they're heaps of fun, and there's really great people to hang with.

NMIT: RESTRUCTURED

With wide reaching funding reforms, a larger than expected budget deficit and dropping student numbers NMIT is being forced to restructure staff and re-evaluate courses.

A recent government 'Statement of Tertiary Education Priorities' (or STEP) has capped funding for student numbers which are to be directly linked to regional industries with a shift "to high quality courses that are good value for taxpayers and students."¹ Courses considered "over funded or lacking in skills based training"² are in the firing line. There is also to be less overlapping of courses offered by NMIT and other Tertiary Education Institutes (TEIs) around NZ, but a greater collaboration to cut costs.

This could be a good move for increasing quality and efficiency. NMIT will no longer be running courses in other regions unless it is a specialist area such as Aviation. This decreases EFTS (Equivalent Full Time Students) but also other TEIs will no longer be able to offer courses NMIT specialise in opening up new possibilities to grow and collaborate.

Since 2001 (its last round of reviews) NMIT aims to make an operating surplus of one million dollars every year and on average it has achieved this goal. In 2007 it appears to have gone pear-shaped blowing out to a \$2.5 million loss. Funding projections are also not looking healthy either. It may appear that NMIT is teetering on the edge of financial ruin but there are several factors in its favour. On the outside, it appears to be debt free and it has also received a \$7.2 million dollar injection to help with this transition. It has a number of established and profitable courses it can rely on and even develop. There are unique opportunities in the Nelson/Tasman and Marlborough regions and NMIT has a number of respected and dedicated staff. The question is can NMIT reform itself quickly and painlessly?

Staff have already experienced some restructuring with upper management receiving a rejig. The feeling is tutors and non-academic staff are next under the microscope. Such uncertainty always causes apprehension in people. An international restructuring company 'IIP' (Investors In People) has been hired to evaluate NMIT's staffing structure. Some staff members have been quizzed about their role in the institution and other such issues. The influence of IIP is uncertain - whether or not a business orientated evaluator can know the 'in and outs' of an education institution is up for debate. Corporate jargon has entered NMIT's staffing lexicon with Deans being replaced by Directors, and Students now referred to as Clients. While names are just names and a students by any other name will smell just as sweet, but it gives an indication of where NMIT is heading. Hopefully students and education will not get overlooked when efforts are focussed on funding.

Semantics aside, at a time when NMIT is gathering its resources, its most valuable resource appear to be quietly fuming at the watercooler. Doug Stevens, recently redundant Dean of Arts and Humanity, is currently taking NMIT to court over such issues. Negotiations with another former Dean, Tony White, are still underway. Normally the first up against the wall are staff whose jobs cannot be tied directly to EFTS or any kind of 'chargeable hour'. There is always the eternal threat of watering down tutors to the point where they are unqualified mouth-pieces teaching from course notes they know little of. This would only devalue NMIT and its certificates, papers and degrees. In an attempt to increase the quality of its product, NMIT may be doing the exact opposite. Whatever NMIT wants to pursue, the quality of its tutors and the happiness of other staff must be paramount.

NMIT has identified its main campuses as needing capital investment: "Ongoing provision of quality training and education is threatened by the poor and deteriorating quality of physical facilities provided on the Nelson campus in particular and the lack of financial resources to fund new strategic initiatives."³ It has already received funding from a Quality Reinvestment Programme (QRP) and construction is about to begin on a three story building replacing prefab classrooms and hospitality based facilities. This part of a perceived \$20m development needed for Nelson campus alone.

Identifying what could happen to specific courses would only be speculation, but there is no doubt going to be a consolidation of some description. A few hints are offered through NMIT's 'Profile 2007-09' available from its website. NMIT feels it can increase its involvement in Agriculture/Horticulture due to local industry demand with business and computer orientated courses also apparently set for a boost of some description. Aviation is also a key area for the future with NMIT playing a major role in nationwide training and is an area which is expected to have future growth. Given Marlborough's dominance in wine production, viticulture is also perceived as an area for strategic development. The Seafood industry employs a large number of people in both the Nelson and Marlborough regions and is an obvious contender for continued development. Current labour shortages are expected to be exacerbated by a skill shortage: With growth projections for NMIT regions being amongst the highest in the country, funding for Trade Training is expected to

remain steady. Steps are being taken to get funding for a comprehensive trades facility for the Marlborough Campus. There are also expected to an increase in tourist numbers resulting in an increase in employment opportunities. Coupled with the fact that tourism brings good money into the country, it appears NMIT is dedicated to Tourism and Hospitality. It has identified potential areas for development and has invested in a new Hospitality building mentioned previously. The Health and Wellbeing programmes (Nursing, Nannying etc) and Business and Computer Technology areas are in a similar position with a projected increase in employment demands with NMIT already implementing various opportunities.

While seen as being integral to the Nelson area specifically, it appears some aspects of the Arts and Media school could be inline for some consolidation. The role of Applied Sciences is uncertain. With such a focus on viticulture and seafood, to name a few, it needs updating to remain relevant. The Diploma in Applied Science has been cut due to insufficient student numbers, this may be temporary but could be a sign of things to come. Student numbers have been falling in Land Based Studies and the Richmond Campus closing down. NMIT is withdrawing from its Wallaceville campus with plans to offer its Animal Care programme at the Blenheim campus. Logistics, Transport and Security courses are being phased out with other TECs offering them. One area having its funding cut are the Adult and Community Education courses, such as community based computing and first aid. NMIT are expecting a likely reduction of over two million dollars which is quite a blow. The NMIT engine room must be working overtime in assessing courses and deciding which ones can provide it with future funding.

While it is easy to criticise from the outside, one must remember that unless there are a bunch of loons in charge, upper level management hold NMIT's interests at heart. A redefining of NMIT's focus towards courses in locally established and growing industries sounds like common-sense. Other such initiatives such as closer relations with other TEIs make for a better education provider. We can only hope that NMIT will come out stronger and that this education sector can enjoy a long period of stability and certainty.

Resources: 'NMIT Profile 2007-2009' Available from Corporate Information section on www.nmit.ac.nz under 'About NMIT'. 1&2 pg11, 3 pg26.

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NMIT STUDENTS ASK OUR RESIDENT HEALTH GURU SOME QUESTIONS

Dip in Visual Arts Student

Q. I'm having trouble sleeping at the moment and I'm a little stressed as well, mostly cause I'm not getting much sleep. What should I do?

A. Quick check:

- Stop drinking caffeinated drinks in the late afternoon
- Get some physical exercise - even if it's just a walk, every day - and aim for early in the day, not in the evening. Physical exercise in the evening will wake you up
- Start to wind down an hour before you want to go to sleep. Pack the books away, read some junk magazines, watch a bit of TV, have a herbal tea.....Then go to bed, telling yourself "I'm going to have a great sleep tonight". Never study in your bed!! Keep your bed for relaxation and fun...

B.COM Student

Q. I've had a cold for a couple of months, it won't go away what should I do?

A. See the health nurse - you may have a secondary infection which really needs to be treated with anti-biotics. You HAVE to rest if you've had a cold this long. Spend at least one weekend sitting (even if you're studying), and blobbing out as much as possible. But get some time when you really do physically rest.

Te Rito o te Reo Student

Q. I don't have enough time in my day for heaps of exercise, are there any small things I can do to stay active?

A. Exercise chunks are fine! Walk to the shops, park the car a little further away so you walk a little distance to NMIT every day. If you walk for 5 minutes at a time, 10 times a day - you're getting exercise without trashing your schedule.

Te Tari Maori Student

Q. I'm not a very heavy smoker but I'd like to quit, what kinda support can I get? I know there's lots for heavy smokers but what about us?

A. Some options:

- You can still call the Quitline: 0800 - 778 - 778. They have advisors, and about a million tips to help quitting!!!
- Start naming a Quit date - the day you're going to stop smoking - it gives you a goal to work for
- Keep your smoking to a designated place at home, and at NMIT - and make sure they are the grottiest parts of the campus and the home! Make your smokefree spaces bigger and bigger - it'll make it easier to give up!
- Work out how much money you spend on cigarettes, and plan to buy something special with that money

• Keep trying to give up - you can get there!!!! There is almost nothing you can do which is more likely to give you good health than quitting smoking - it is soooooo worth giving up!!!

Bachelor in IT Student

Q. Recently I fell over, at the time it didn't really hurt but now it's become painful. Should I go to the doctor?

A. Absolutely!! There can still be treatments, and you need to get this accident registered with ACC in case you have even more complications in the future!

Foundation Studies Student

Q. I've had a cold for at least three weeks and it's not going away. I can't sleep and I'm not interested in eating. What should I do.

A. Go and see the Health Nurse. You may need to have anti-biotics.

Foundation Studies Student

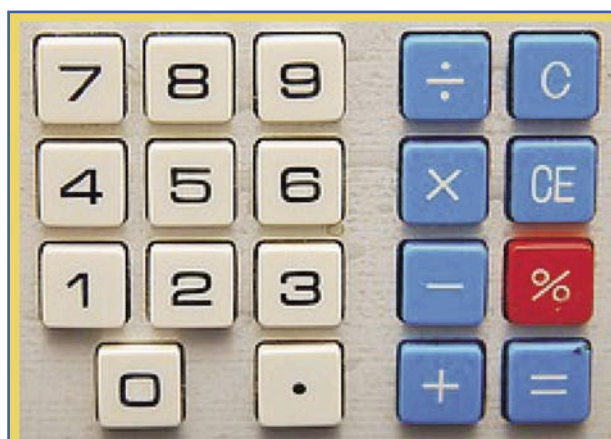
Q. I've got trouble with Hay Fever. No matter what I take it doesn't seem to work. What should I do?

A. Go and see the Health Nurse - there may still be things which you could try. It could also be worth having an allergy test...there may be some foods you could avoid which are making the Hay Fever worse.

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Rae



Aroha



Most people will tell you that there are only two inevitabilities in life. Death is one and taxes are the other. However, for a large portion of us there exists a third. Following a fantastic night of partying, one must pay for the sins of enjoyment by being punished with a hangover. While it's true not everyone gets them, for those who do it's usually enough to make us declare our unending dedication to never drinking again.

Wikipedia, one of the best sites on the net for information had this to say about it:

"A hangover (veisalgia) describes the sum of unpleasant physiological effects following heavy consumption of drugs and liquor, particularly alcoholic beverages."

Sound familiar? Emphasis on the unpleasant! The most common symptoms of a hangover include; headache, nausea, sensitivity to light and noise, lethargy, thirst, dehydration, fatigue, vomiting, diarrhea, weakness, elevated body temperature, hypersalivation, difficulty concentrating, anxiety, irritability, erratic motor functions and trouble sleeping. Many people will also be repulsed by the thought or taste of alcohol during a hangover.

But surely there exists some way to circumvent the cruel hand of fate or at least find a way to survive the oppressive hangover. I asked a few more experienced people how they coped with the gods' punishment on those of us who enjoy a little tippie.

Have something to eat before hitting bars even if it's fatty and deep fried and could possibly see you having a triple by-pass in the years to come. Food absorbs alcohol. This means your good night may last a little longer.

Drink a couple of glasses of water before going out and for good measure drink a couple more over the course of your evening. For those not in the know alcohol is a diuretic, and you need to replace the water it makes you pee out.

Think carefully about what you drink. The general rule is that the darker something is the worse you will feel. Thus red wine, brandy and scotch contribute to angry times more than white wine, gin or vodka.

Cheap is not good, it's just cheap. Cheaper drinks are not as good as you think. They tend to be packed full of all the poisons that give you a hangover. Mental note to self, if I can run a car on it or use it as an industrial cleaner then perhaps I shouldn't drink it.

Hair of the dog does not work. As hard as it is to imagine, having another drink to chase away your hangover will only make it that much worse. And you will have to sober up eventually.

From top:

Sacha; Miso soup and hydrolyte from the chemist for \$2.95

Kevin; Lots of orange juice, water and Panadol

Jessica; drink lots of water and have something to eat & pain relief

Rae; the three P's Panadol, Powerade and a Pie

Aroha; Chi, fried chicken, a sleep and a swim

Coffee will not make it all better. Admittedly there are lots of people out there who frankly only improve after coffee and hundreds more who swear by the headache reducing powers of caffeine. Caffeine, like alcohol is a diuretic, meaning dehydration is a side effect. Like many things (most notably drinking) it may seem like a good idea at the time, but later you may find yourself feeling just as sick.

And remember the best cure for a hangover is moderation the night before.

So after many hours of tireless research and thanks to "soyawanna.com" I present to you a cure for a hangover, as well as some things to keep in mind.

Take 2 aspirins

Take 200mg cysteine (a non-essential amino acid, available at specialty food stores)

Take 600mg vitamin C

Take 1 tablet vitamin B-complex

Mix the following ingredients together in a blender:

1 banana

1 small can V-8

6 large strawberries

2 tablespoons honey

1 cup orange juice

1-2 cups milk (or soy milk), to desired consistency

1/4 tsp. salt

dash of nutmeg

And drink. Quickly. It may seem a touch extreme but frankly anything that stops the sound of the blender is worth it.



VOS TO DRINK?

with local wine guru Neil Hodgson



Summer Wines To Celebrate With

Summer is here, well it seems like it on the day I am writing this and that means end of year exams are just around the corner and it also means that being poor students you will be looking forward to the summer break when you can earn a few bucks to top up the bank balance, forget about study and exams for a few weeks. I am absolutely certain there will be a bit of fun to be had in the next few months.

So let's set a few priorities; firstly you are going to need something to improve the brain power to get you through exam time. I recommend wine. But note there is absolutely no scientific proof that consuming wine makes you smarter but I know that if I drink enough I feel smarter! I can solve the problems of the world, I know the answer to every question, I dance a hell of a lot better and fortunately for all concerned I have never had so much to drink that I think I can sing.

Apparently there are plenty of vegetables that are supposed to improve brain power as well. I don't know which ones but I am told they exist. Let's assume fruit is good for brain power and that means because wine is made from fruit it must be good for the brain – that makes sense doesn't it?

The next priority for most of you will be celebrating exam success and I guess some of you will be just celebrating because you managed to sit through three hours in an exam room and write your name on the top of the paper. Whatever the reason bubbles is the wine for any celebration.

Then it will be end of year party time, then summer party time, then Christmas party time, then New Year's party time, then beach party time, then a final before-back-to-tech party time. Lots of reasons to party in such a short time so here are a couple wines to try this summer.

For great value bubbly you can not go past Lindauer. Brut (dry) Sec (sweet) or rosé (pink) there is a style to suit everyone and you can find it on special for less than \$10 almost everywhere as we get close to Christmas. If you have a job and your budget can run to \$19.95 you could try the Montana Brut Cuvee. Luscious yeasty fruit flavours and a satisfying long, dry finish makes it a stylish wine and exceptionally good value.

Want a barbeque style red? Check out the Aussie reds at the supermarket. I think you should look for something made in South Australia (Barossa, Coonawarra or McLaren Vale). In recent years producers here have not been able to sell their cheaper reds and that is great news for you; there are deals to be had on some fine, fruity, easy drinking reds. You can find plenty for less than \$10.

Good luck for end of year exams, drink heaps of wine and even if it doesn't make you smarter you will think you are.



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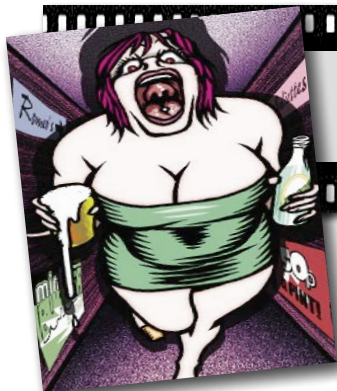


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Re: Views

BY THE ONE AND ONLY ANONYMOUS TICKET SLAPPA!

Couchsurfing, you could be forgiven for thinking this was an amusing euphemism for one of my more endearing habits (although I must admit that's what attracted me to it), Couchsurfing is in fact a free "hospitality service". So how does this work? Well I got to see it in action when couchsurfing came to New Zealand.

Essentially users develop an extensive profile on the website. When you are travelling the world you can sleep on peoples couch for free. Potential hosts can examine your profile and others who have recently hosted you can leave recommendations and comments. A vouching system exists with a credit card option in order to validate your address for increased security. Users of the service are encouraged to be honest as this provides security and promotes trust.

People are also encouraged to exchange a bit of information about themselves and their cultures with each other, the over all vision of couchsurfing being to "Participate in Creating a Better World, One Couch At A Time"

According to a brief run of my eyes over the site there are around two thousand couchsurfers in New Zealand, in terms of worldwide stats the site said:

CouchSurfers	314,078
Successful Surf or Host Experiences	227,312
Friendships Created	273,652
Positive Experiences	399,723
Countries Represented	220
Cities Represented	30,988

In about October of last year on the recommendation of a Nelson couchsurfer, Casey Fenton the founder of couchsurfing brought the couchsurfing collective to Nelson for the summer.

Needless to say little old Nelson didn't really know what had hit it! The collective is made up of skilled individuals from all over the globe. From computer technicians to communications experts and a host of people in between. All of them donate their skills to keep the site going.

All these other things aside couchsurfing is a bit of a life changing experience. How can you not be changed when you have people from other cultures in your life who are keen to learn about you and share their experiences? Easy. You can't, so don't try. If your looking for a cool way to meet people and challenge what you think you know about yourself and the world you live in, give couchsurfing a try.



One surfer had this to say:

"I have met and stayed with some incredible people through CouchSurfing.com. These are warm, friendly local people who a regular tourist would never meet, and their travel experience would be far richer if they had. Besides the obvious benefit of not having to pay for accommodation, CouchSurfing allows travellers to experience a country and its culture from within, instead of just as an observer. Inevitably, a CouchSurfing host will introduce you to his or her friends, and take you to the places that they enjoy. Basically, you can become part of their life for the time you're visiting. I promise your life will be richer through your membership to CouchSurfing."

Steve Savage (Australia)



Three Slappas outta Five



GRADUATE PROFILE

NMIT Nursing Graduate Sean O'Keith talks of his OE in Oz

Taking up a position overseas was an appealing option for my partner and myself. This was to be the beginning of our well-deserved OE. My partner had put up with a lot of stress and selfishness on my behalf while I studied to become a nurse. It is now her time to live her dream.

Leaving the comfort zone of Nelson had its drawbacks. I had established a respectable work ethic working in community mental health while studying nursing in Nelson. This had enabled me to gain experience and familiarity within the local healthcare profession and confidence to excel in my practical studies. However, I felt I needed a new challenge, something that was going to be refreshing, something I couldn't find in New Zealand.

The opportunity to work within a completely different culture was an exciting prospect. This I hoped would be a positive experience and allow me to gain a diverse range of experience that I would possibly be denied if I stayed in New Zealand. Initially the decision to move overseas was quite easy. However I soon realised that our journey began far before we left Nelson. Our friends were aware of our intended move and were very supportive. But leaving them behind proved much harder than I had imagined. Fortunately technology has made keeping in touch very easy. We have several scheduled visits from friends between now and Christmas giving us something to look forward to. The most difficult decision of all was leaving our family behind, especially our two children and grandson. Being so far away from them is always hovering in the back of my mind and never gets any easier. But moving forward with your life usually comes with some sacrifice.

With all that behind us we left New Zealand feeling rather fatigued and emotionally flattened. We arrived in Perth to record high temperatures that were quite overwhelming to say the least. We were then stunned to learn that there was a severe accommodation shortage. When going to a rental inspection there would be up to twenty different potential renters who would enter into bidding wars offering more money than the property was advertised for and up to six months rent in advance. This was demoralising. To make things worse while out looking for a rental we were robbed and had our

complete identity stolen (passports, birth certificates, & drivers licences) along with money clothes and our references, both work and rental. At this point I was very mad and my partner was at breaking point. Once the initial shock and emotional rollercoaster settled down we managed to see the funny side of our situation. This is life and that is why we had chosen to move. It's experiences like these that build character and help you appreciate what you left behind.

I chose to come to Perth and work in Fremantle Hospital due to the program they offered that I believed would meet my needs. It started with a six-week up-skilling program that proved to be of a very high standard. I soon realised that my education in Nelson had provided me with a great advantage over my Australian, English, Asian, and European counterparts. It was great to meet the other graduates from all over Perth. I was able to gauge myself on the international stage and meet some really nice people. This is the only program that combines all the health boards in Western Australia and has proved to be very successful since its inception three years ago. I am now three months into my nurse graduate program and working in Mental Health on an open adult ward. Initially I found the culture within this ward very, very difficult to work within and to some degree it is still very challenging. Oddly enough it is not the mentally unwell patients that are difficult, but the staff. Of course the patients do provide challenges for me but that is why I am here. The staff, well that's another matter. After two weeks on the ward I returned home one evening so fed up with what I saw as intimidating bullying that I was ready to leave. Following a lengthy talk with my partner I returned the next week with a different attitude and have not looked back. I have found many differences between New Zealand and Western Australian (W.A) health care. The most obvious is the health-care system in W.A, which appears to be years behind New Zealand as far as community support is concerned. Once leaving hospital the services available to patients



Sean O'Keith (right) with SANITI Prez Al

are pathetic and very frustrating from my perspective. We have a revolving door policy that means we have patients returning to hospital on a regular basis due to poor coping skills and lack of community support. This is simply an accepted part of this culture.

Nelson can be very proud of their Mental Health Services provided to the community. They have set a standard that leave others such as W.A looking extremely inadequate.

I have two further rotations in my graduate program of four months each. I go to an adult locked ward and then to a geriatric ward giving me a sturdy platform to build my career on. When I finish my graduate program I have been asked by the manager of Mental Health in Fremantle Hospital to apply for a scholarship to study for a Mental Health Practitioner diploma. There are many opportunities offered by the hospital to advance your education. This is always an appealing option for any graduate nurse.

For life experience I believe I have made a very good choice to move overseas. Professionally, New Zealand has as much and probably more to offer. Financially I believe I have lost a lot of money due to selling and relocating. My salary is on par with New Zealand but I have interest accruing on my student loan. The question you have to ask yourself is what do I want from life? And then go out and get it. I wish you all the best in your chosen career.



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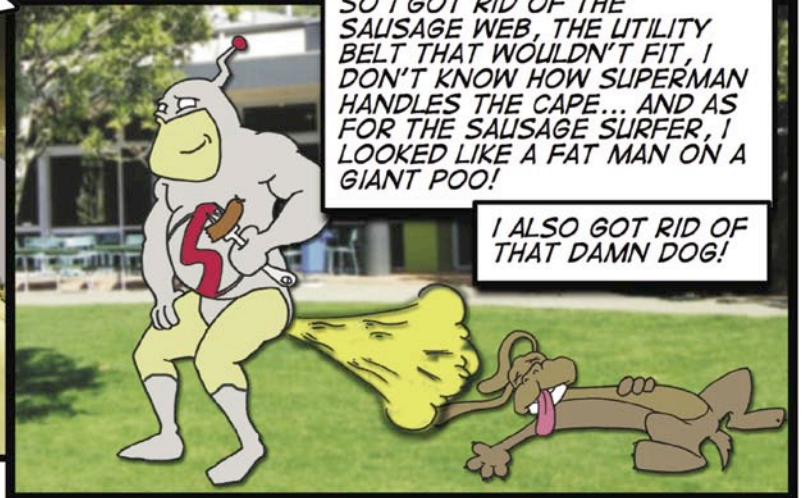
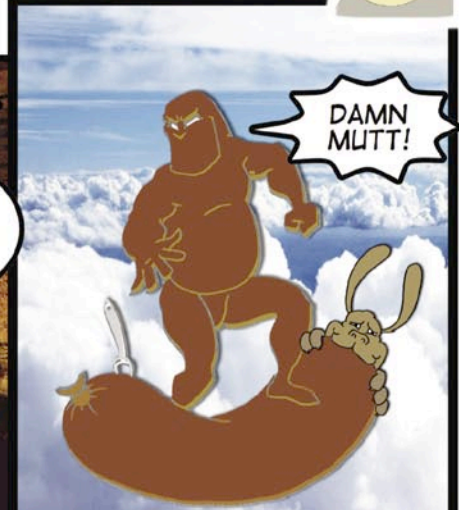
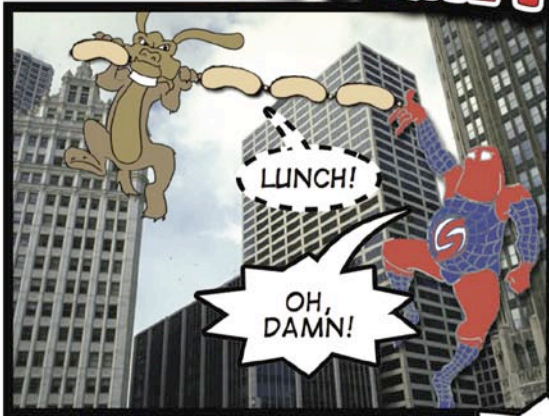
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THE ADVENTURES OF...

CAPTAIN SANITI

I THOUGHT LONG AND HARD ABOUT WHAT WOULD BE THE ULTIMATE SUPER HERO COSTUME. SO I TRIED SOME DIFFERENT COMBINATIONS...



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EL LORDE DE PARADISO

Ever fancied living with exotic strangers from around the world? And having your accommodation managed by a tall, dark and handsome Swedish god? Even perhaps sharing intimate evenings lounging around the open fire sipping cocktails and wine, dining on the delectable bounty's of other countries? If so then read on.

Nestled curiously beside the scenic landscape of Queens's gardens on Hardy Street and sitting no more than a hop-skip and a jump from NMIT Nelson Campus resides a well established and meticulously maintained old style Nelson villa that has been lovingly transformed into a multi-international accommodation facility. In vigilant control and managing this quaint abode is a man of honest integrity, solid reliability, and natural charm who goes by the title of "El Lorde de Paradiso". The man I speak of is Faez Norolla, an international student from Sweden who is studying English and considering nursing. He has taken on the illustrious position of accommodation manager, a role he takes in his stride and dedicates much attention to.

This flat is some what of a haven for International students, I have known of a few students over the years who have had the pleasure of being able to call this tranquil place their home away from home. I set out to uncover the appeal behind this dwelling and what makes it so attractive to our international cousins, apart from having such a sexy and seductively charming accommodation manager.

First off I could think of a number of lucrative reasons why people would want to live here. The one true draw card for this place is the fact that in a matter of 3 minutes you can wake up, shit, shower, and shave and be at Tech ready for your first class. Indeed we all know that sleep is an important component to successful study. For international students one special feature is the ability to mingle with other students from around the globe. Swapping stories from their home land helps keep them sane in a place that is as foreign to them as a monkey is with a pair of chop sticks. But most of all it has to be the price. Compared to boarding and the troubles of renting the price is well positioned to provide the guests with a wide range of comforts and luxuries.

But how about the accommodation itself and how does it stack up against the other student accommodations I have had the pleasure of visiting?

Were there any holes in the floors, walls or ceiling? No. Any piles of garbage stacked up against the back porch wall, broken bottles scattered across the lawn, dead fish in the trees or empty beer can pyramids in the kitchen? Hell no!! Not at this classy pad and not if

Faez has something to say about it! The accommodation has all the necessities anyone could need.

Strolling through the kitchen I was amazed to see how much space one has to swing a dish pan and rustle up culinary delights. Being someone who really enjoys sampling tasty foods the aromas that entered my nostrils as we passed through the kitchen were a joy from heaven that made my mouth dribble.

The lounge was huge, very warm and inviting, right next to the computer with free internet access. Did I mention that there were sky dishes starring up at the Southern sky? Out back is a quiet, secluded court yard with covered seating and a barbeque area and enough room to park two, maybe three cars. No bottle pits; dirty piles of decaying filth or piss anywhere you like attitudes. It's all well looked after under the mindful eye of El Lorde De Paradiso

What can I say? Since reviewing a number of student accommodations I have seen pretty much the worst and the best Nelson has to offer our cash strapped students. Known as 'Hardy 342' I would rate this place very high on the scale in regards to price, service, quality and reputation. And it is Faez's responsibility that all the tenants are made to feel safe and welcome in their home away from home.





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