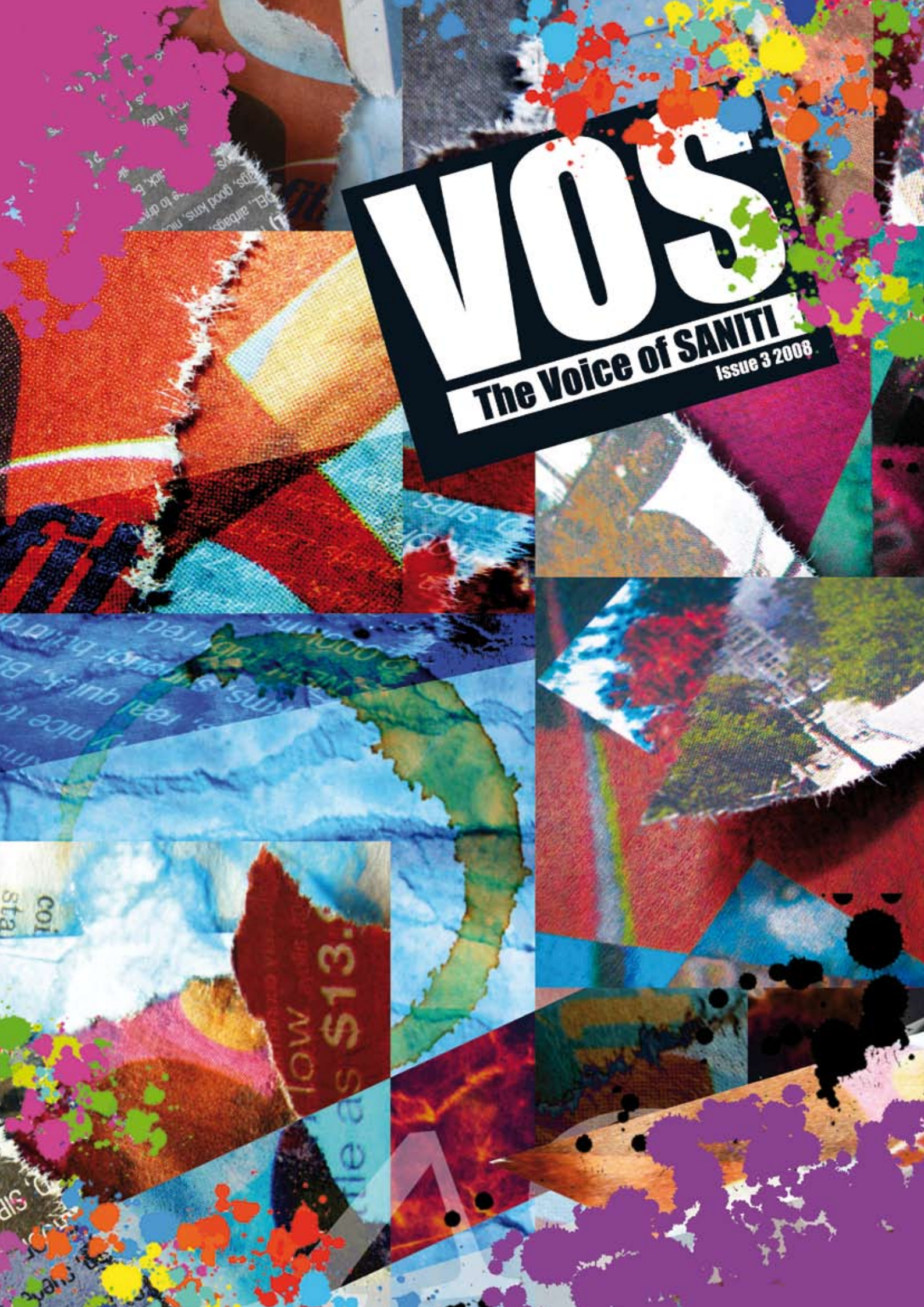


# VOS

The Voice of SANIT

Issue 3 2008





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# Vos

Voice of SANITI

## Magazine of the Student Association of NMIT

### People Who Did Stuff

Fraser Heal  
Louise Gould  
Alison Horn  
Hayden Campbell  
Neil Hodgson  
L.L.S Staff  
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## Da Prez Sez

Hello my beautiful people, Kay here, the acting President of SANITI. The past Prez had to leave for personal reasons. We wish Clare Caron all the best for the future (refer to news section in this issue). The reshuffling of the SANITI governance is going well and preparations are being made for the end of year graduation functions. So here I am, your acting President until otherwise escorted off the premises or I spontaneously combust!

A bit about me: I'm a full-time art student, film and video art is my forte. A Nelson chick who loves pina colada and margaritas! Not to mention Vitawheat crackers, fridge poetry and Hayden Campbell. Feel free to come and visit or chat to me on campus.



Well, it's almost the end of another year... can you believe it?! 2009 is on its way! All the best for those students studying for exams. Eat right, sleep right... go hard! Congratulations to everyone graduating! You legends!

Merry Christmas and have a primo summer! Wear sunscreen, especially if you're heading up to the Kapiti Coast!

*Karyn Fisk*

Peace out,  
The Prez

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## SANITI EXEC RESHUFFLES

SANITI President Clare Carron has resigned her position due to family reasons. Clare stated:

"Although I have thoroughly enjoyed working with the executive, staff, and student members of SANITI. I have found my position as President quite challenging at times when combined with the needs of a young family. I value the experience I have received at SANITI. I'm confident that it will be very useful to me in my career. I appreciate having had the opportunity to work with so many dedicated and terrific people."

Clare will be missed at SANITI and around the NMIT Nelson campus. SANITI wishes Clare well with her future endeavours.



## MEET THE STAND-IN PRESIDENT

Vice President Karyn Fisk is to the fill the position vacated by the departure of former president Clare Carron. Nominations are now open for SANITI Prez - see page seven of this issue! Pictured: Kay (left) and friend.



## SHANE GRAHAM MOVES ON

Former Head of Te Tari Maori and Program Leader for Health and Social Services, Shane Graham has stepped down from his roles at NMIT.

Shane's student focus and leadership roles will be genuinely missed by Students and Staff and Executive at SANITI. We wish him all the best for his future.

## NEW HEAD OF MAORI EDUCATION

Paul Jason (P.J.) Devonshire (pictured) has been appointed the Director of Maori Education at NMIT. Mr Devonshire has most recently been Kaitohutohu/Grants and Programmes Advisor for the JR McKenzie Trust in Wellington. The position Mr Devonshire fills was created after an amalgamation of Maori Liason and Head of School for Te Tari Maori. He will be welcomed onto Nelson Campus on November 4. With staff turnover, questions have been raised as to whether NMIT has effectively meet its Tiriti o Waitangi obligations. It is hoped that this appointment will lead to a period of functional stability.



Responding to questions about the turmoil surrounding NMIT's Tiriti obligations, acting CEO Caroline Seelig stated to VOS that "Whilst the logistics were initially a bit of a struggle, I'm not aware of any criticism from students, Heads of School or Academic Board".

## ACKNOWLEDGEMENT

VOS has been asked to print some corrections to an article featured in Issue 2 2008 in the news article entitled "NMIT's Treaty Troubles" by Shane Graham/Head of School Kaiwhakahaere Te Tari Māori/School of Māori Studies at NMIT:

- The Director of Māori Education position had not been appointed therefore cannot be vacated.
- The Kaiwhakahaere/Head of School of Te Tari Māori/School of Māori Studies was on extended sick leave, during this period of time Te Tiriti o Waitangi contracted tutors from Ngāruawāhia not Wellington had been organised.

VOS would also like to acknowledge that The Treaty of Waitangi is not the only founding document of New Zealand. Te Tiriti o Waitangi and the Declaration of Independence helped shape our beautiful country.

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# EVENTS EVENTS EVENTS EVENTS EVENTS

## MOON FESTIVAL

On Monday the 15<sup>th</sup> of September approximately two hundred students on the Nelson campus enjoyed a great night of cultural celebration.

The Moon Festival is a mid-autumnal Chinese festival. SANITI Exec members with the help of Student Services and other students used the event to get people of many cultures together and celebrate their differences. Plenty of food was on hand. The audience was treated to a variety of performances that included Arabian and Indian traditional dance, Tai Chi and breakdancing. A hilarious game had contestants butting heads and racing each other in sacks.

SANITI and NMIT Student Services sponsorship the event and ASB came to the party and provided spot prizes - thanks ASB!



## MARLBOROUGH INTERNATIONAL DAY

During September the delightful aroma of dozens of international culinary dishes wafted through the centre quad of the Marlborough campus as students celebrated International Day. The campus swelled to capacity as the Woodbourne Aviation Engineering Students came along to sample the food and enjoy the festivities. Thanks to NMIT for supplying the food, which SANITI staff cooked.



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# SANITI EVENTS

## THURSDAYS IN BLACK 'DAY OF ACTION!'



'Thursdays In Black' is a nationwide day where people wear black to promote a world without rape and violence. It is a student initiated awareness day promoted on campuses throughout the country.

The 31<sup>st</sup> of July was the 'Thursdays In Black Day of Action'. SANITI Exec and Staff gave out free lollies and held a competition for petrol vouchers and movie tickets for those who dressed in black. Expect to see regular 'Thursdays In Black' action on Nelson and Marlborough Campuses in 2009.

T-shirts are available for purchase at the SANITI office.

## FREE HEALTH CHECKS

SANITI and NMIT held their annual Free Health Checks during August on the Nelson Campus. Fifty students got their glucose, cholesterol and blood pressure checked by NMIT Health Nurse Alison Horn. Students also took advantage of this great service with other general healthcare checks and advice.

Alison stated that overall, the general health of students was good. There was a good awareness of things like weight management and exercise, although some students were unaware that their weight could create health issues. As expected, there were some students with high cholesterol levels. All could be fixed with lifestyle changes.

### And In Other Health News...

Some students on prescribed medication that needs to be self-administered by injection, such as diabetics or Hep A are welcome to use the Health Centre to do this and will find a used needle container available.

The **free** HPV vaccination programme is now underway. This is a course of three injections given over a six month period to women born in 1990 and 1991. The HPV (Human Papillomavirus) is very common with four out of five sexually active people infected at some time during their lives. This virus has been identified as the most common cause of cervical cancer which kills over 60 people per year. Students who already have a GP should call and make an appointment for their vaccinations.

Those who want to find a GP can visit the Health Centre as the nurse has a list of GPs currently taking on new patients. Students who don't have a GP can also get this vaccination from the Duty GP Service at 96 Waimea Rd Nelson phone 546 8881 or from the Independent Nursing Service at 18 Nile St Nelson phone 546 8155.

**For more advice contact  
the NMIT Health Centre ph 804 and ask to speak to Alison.**

## MID-YEAR ORIENTATION IN MARLBOROUGH AND NELSON



A good old SANITI BBQ greeted new Marlborarians and Nelsonians to a new semester in mid-July. On the Marlborough Campus, the rain cleared enabling Blenheimites tucked into the yummy fish donated by Sealord. The Woodbourne boyz made the trip which bolstered the numbers.

## WANT TO SEE MORE PICS OF OUR EVENTS?

## CHECK OUT THE SANITI WEBSITE!



SANITI has a great website which contains all the info you need to know about who we are and what we do. There is also information that will help students out when dealing with Studylink and WINZ.

**[www.saniti.org.nz](http://www.saniti.org.nz)**

# AN EXCITING JOB OPPORTUNITY FOR 2009!

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**CLOSES 7<sup>th</sup> November 2008.**

*Come into SANITI for a job description  
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Email: [studentsupporthelp@nmit.ac.nz](mailto:studentsupporthelp@nmit.ac.nz)

**Marlborough Campus - Student Support 'J' Block**

Phone: 0800 222 443

Email: [jennyoswald@nmit.ac.nz](mailto:jennyoswald@nmit.ac.nz)

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*We're looking forward  
to meeting you!*



# EXAMS AND HOW TO SURVIVE THEM

**VOS calls for reinforcements to help you guys with the final push to overcome exams and assignments. The awesome staff at Learning Support and Student Services have come up with these easy steps to help you come out victors.**

## TIME MANAGEMENT

- Do a monthly calendar
- Do a weekly calendar
- Include everything, e.g. meals, outings, rest, deadlines, study hours, class time etc.
- Cover a two to three week period up to exams
- Keep to your plan and start now!



## STUDY ENVIRONMENT

- Needs to be quiet, warm, well ventilated and roomy
- Low music, if preferred
- Take short breaks
- Try to keep it free from distractions like TVs.



## REVISION

- Consider your learning style
- Check course outlines
- Check outcomes and what you have already covered in assignments
- Go over notes, texts etc.
- Summarise each topic to a page using mindmaps, flowcharts, mnemonics, bullet points
- Do practice questions and time your answers



## EXAM DAY

- Recheck time and place
- Bring all equipment and ID
- Arrive early, deep breathe to relax
- Read exam before starting
- Read instructions carefully and highlight key points
- Plan time for each question and how to answer (easiest ones first)
- Check answers at end, if time allows



## CHECK EXAM DETAILS

- When it is, where, length, percentage of total mark, what to take in
- Type of questions e.g. problems, multichoice, short answer, essay
- Where to get previous tests
- What will be covered
- Listen to your tutor!



## SLEEP: ONE OF THE KEYS TO SURVIVING EXAM STRESS.

Recent studies show that sleep deprivation lowers the immune response making it easier to get sick. Here are some tips to help you get a decent nights sleep and be on top of your game.

**Relax before you go to bed:** Avoid working late or watching exciting entertainment. Make your bedroom a place of rest. Learn a progressive relaxation technique or a relaxing breathing exercise. Listen to soothing music, take a warm bath or make your self a warm drink - not coffee or tea!

### Plan sleep and rest

Avoid sleeping during the day as this makes it harder to sleep at night. Try to keep to a routine. Check out the 'Sleeping Well' info card available from Prices Pharmacy on Hardy Street.

### Fresh Air and Exercise

Get outside, go for a walk on the beach or ride a bike; get away from the books for a while to reset your brain. 30 minutes a day is good. Preferably outside in bright light and fresh air. This will help your body produce melatonin, which helps the sleep cycle.

## THINGS TO WATCH

**Avoid sick people:** try a salt gargle if you think you're coming down with something.

**Your Diet:** To help you sleep, avoid eating a large meal, spicy food or chocolate 2-3 hrs before going to bed. Remember fruit and vegies are much better for you than junk food. Go for slow release whole foods rather than snacking on junk.

**Alcohol:** Avoid alcohol, especially early in the evening, as it may make you restless half way through the night. Studying or sitting an exam on a hang-over means that you are not at your best. Save it for the celebration after you have finished!

**Have Fun:** Relaxation is crucial to stop you from turning into a stress bunny. Part of this is organisation, but make time for yourself everyday and do something you enjoy. Use your time wisely. If you have an hour at the end of the evening, have a bath or read a book rather than watch telly or play computer games.

**If you need more information or help with preparing yourself for exams and assignments - visit the Learning Support in the Library or call them on 03 546 9175 ext 780.**

**Student Health Nurse Alison Horn is in Nelson Campus Student Centre ext 804**

**Special thanks to the 2nd Year Nursing Students who highlighted the need for information on sleep deprivation.**



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# SANITI POLITICAL FORUM

In case you haven't noticed, it's election time again. In August SANITI sat down local Nelson candidates Labour's Associate Education Spokeswoman Hon Maryan Street and Former Education Minister National's Hon Dr Nick Smith and asked them the hard questions... or rather stood them up in front of a crowd of rowdy students. That's right, we made politicians answer questions. SANITI Executive Member Loise Gould covers the event.

## Let's start with the big one: a student allowance for everyone, regardless of how much their parents earn.

Unfortunately, Dr Smith had to point out that National hadn't released much of their education policies at the time. He did state that the allowance system is a "dog's breakfast". This all sounded promising until Dr Smith mentioned that National's first priority is the economy; supporting students is well down the list. At the moment, limited funding means that only those able to prove they come from a low or middle income family can get any form of Student Allowance.

The amount your parent/s earn determines how much of the allowance, if any, you can get. This all works on the theory that parents who are better off are able and willing to support their kids while studying until they're 24.

Maryan Street pointed out that the Labour-led government has made great strides in making allowances more accessible. She gave little away regarding Labour's plans of introducing a Universal Student Allowance, rather saying that it was worth investigating.

## What about New Zealand's huge student loan debt and the obvious fact that students and ex-students are in serious financial trouble?

Ms Street reminded us all that Labour removed interest on student loans and this has brought down the average time it takes to repay loans to less than six years. The rate that the so far \$10 billion student debt is growing has also slowed. The main message was: we're working on it. Dr Smith reiterated National's plans to give all ex-students who repay more than the compulsory amount a 10% 'bonus' write off. Under a National-led government all doctors, nurses, teachers and engineers who stayed in New Zealand after qualified will have much of their loan written off.

## Now that we've covered how we're paying for our studies, how about how we're going to look after our kids – especially our under-tuos?

Labour plans to continue funding Working for Families to supplement incomes, and push more money into early childhood education. Dr Smith reminded us of National's plans to slash bureaucracy in areas such as childcare, thus bringing down costs. He did not mention any funding increases in this area.



**Maryan Street**

Then we turned Dr Smith and Ms Street over to students to ask their hard questions. The bad news – sorry guys, neither Dr Smith nor Ms Street announced any plans to reduce tax on petrol, or fresh fruit and vegetables so it's belt tightening for us for a while more. No announcements about scholarships for International Students studying in areas where New Zealand has shortages either. A lot was said about the value of International Students to the education sector. It is an unacknowledged, but well known fact, that International Students are a much needed income source. Dr Smith made a point of saying Kiwi students are the priority. Beyond education issues, Dr Smith received a lot more questions than Ms Street. Questions like where does the National party stand on Māori seats in parliament? His reply: Māori seats will not be removed until Māori themselves are happy for them to be removed and decide to do so.



**Nick Smith**

According to Dr Smith, Nelson's future lies in Adventure Tourism. National plans to open up National Parks and conservation areas to tourism-based businesses – but not to industries like mining.

Just so you know where we stand, SANITI does not endorse any specific political parties. We promote the importance of education as a whole and fight for better financial support for students. We do promote discussion on issues such as the Universal Student Allowance, and will always support policies that make student lives better.

So what do you think? Who would you rather see in parliament advocating for our region? For that matter, who would you rather see as part of our government? Get informed (political parties do have websites), get out there and vote! You never know, it could all be decided on that one Nelson vote....

# GET OUT THERE AND VOTE!

**The 8<sup>th</sup> of November is the election date and gives New Zealanders a chance for their voice to be heard.**

Education is a crucial election issue that has repercussions that will effect students and the general public for years to come. Education will help the country grow, economically and culturally - everyone gains from education. So get informed and vote for a more supportive education system!

An advertisement for Aviation Careers. It features a large commercial airplane flying through a blue sky with white clouds. In the bottom right corner, there is a photo of a young woman and a young man, both wearing pilot headsets and smiling. Below the image, the website address "WWW.AVIATIONCAREERS.CO.NZ" is written in large, bold, black capital letters.

**WWW.AVIATIONCAREERS.CO.NZ**



# AVIATION BUS TRIP



## Student Ben Langley gives a run down of a SANITI sponsored bus trip

On Friday 19th September at the Fox and Ferret Pub in Riccarton students from the International Aviation Academy in Christchurch gathered for what is becoming somewhat of a student tradition down here - The Mystery Bus Trip.

With four intakes a year, the trip creates the ideal opportunity for new students to mingle with old and see each other outside of the shirt and tie enclose of the Academy. A 'formal wear' theme was bandied around but discarded in favour of more casual attire - Jason Snow's tight white Jeans in a league of their own!

In true pilot form everyone turned up early so the bus only left 25 minutes late. In good spirits we headed straight for the height of Christchurch's night life - The Clocktower Hornby. A highlight there being another bus trip 'party' all dressed as pirates, prostitutes and wannabe pilots, which was worth a chuckle.

With death metal raging in the background, the students kickstarted their night of joy. Well, *most* of the students' night of joy! Drawn to the pokies like a bird through a jet engine Decklan was the first hapless victim to miss the sound of the horn and was, alas, stranded in the Clocktower for the next two hours as the rest of us cut and ran for more familiar surroundings and THE WARRIORS PLAY THE ROOSTERS! (What a game by the way).

The next four stops were a blur of pool, dancing, drinking and merriment. Though to be fair, everyone was well behaved and there were no incidents to tell.

After getting cleaned up at pool in practically every pub, we finished up in town at 'The Strip': Oxford Terrace. With good intentions we called the crowd and headed for the nearest establishment, managing to lose half of them in various different directions. So us oldies cut our losses and headed for KFC and a taxi.

All and all a great night - a huge thank you to Hayden and the crew at SANITI for helping make this trip possible. This will be the last social do for me unfortunately as I will be finishing up soon but long may they continue!

# ADULT LEARNERS WEEK



Picture attached: from left – Ivan Miller , Anne Barrer (nominator), Tracey Eising, Jillian Redwood (Nominator)- Carole Crawford absent.

The efforts, achievements and contributions of adult learners, educators and training providers throughout New Zealand and the world were celebrated on Marlborough Campus during September's International Adult Learners Week.

The week was established in New Zealand in 1998 to raise the profile of adult learning through out the community. NMIT has celebrated the week each year since its introduction. NMIT Marlborough Marketing Administrator Joanna May believes it is a fantastic chance to celebrate adult learners both at NMIT and in the community.

This year two NMIT two staff members and a student were presented with Adult Learners Awards for the Marlborough community at an awards breakfast held on Tuesday September 9:

## Tracey Eising

### Full time Business Administration Student NMIT Marlborough Campus

Tracey has had a number of life's hurdles thrown at her including breast cancer and personal challenges. Tracey, who graduates at the end of this year is gaining the confidence and enjoys the class atmosphere and the challenges that it brings. Tracey says "I was worried I would be the oldest in the class and as it turns out I am 3rd to youngest!"

## Carole Crawford

### "Exceptional Adult Educator" Award.

Carol is programme co-ordinator of the Foundation Skills Programme at the Marlborough campus. She manages the supported learning courses and the 'Step Up' employment skills programme. Carole also teaches on the Bachelor of Commerce and Certificate in Adult teaching programmes.

## Ivan Miller

### "Outstanding Adult Learner" Award.

Ivan came back to studying to enrol on the Level 4 Art & Design Programme. He completed that then decided to continue with his studies on Level 5 studying image processing. This year he achieved an A in the creative writing course, which he done via video link. This year he also took on the position of part time art technician; sharing his passion and love for creatively with the students. He also has begun the certificate in adult teaching and has moved into a small teaching role.

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# CREATIVE WRITING COMPETITION

A creative writing competition was held for NMIT students in the beginning of October. Entries were grouped into English as a first language and English as another language. SANITI and NMIT Student Services sponsored \$100 for each group. And the winners are...

## SUMMER IN TOKYO, 1979

Yoko Uehara, ESOL

It is the summer holiday and I am seven. I get up quite early before my alarm clock goes off. Cicadas in the persimmon tree in the garden are already making a racket. Bright pink flowers of a crape myrtle tree are nodding in the humid summer breeze. Buds on water lilies on the small pond are about to open. In the middle of the garden, there is a vinyl swimming pool, big enough for about four or five kids. As soon as I have finished breakfast, I jump in the water with my younger sister, Naoko.

The house, which our family lives in, is in a suburban area of Tokyo but, unlike the typical houses built in this city, it has a large garden. There are many kinds of plants, such as grape vines, peach trees, Japanese wisteria, wild berries, tulips and crocus. All of these emphasize the beauty of the four seasons in the garden throughout the year. I used to think that I would live there until I died and that the peacefulness in the garden would surround me forever. But this summer holiday, I know that I will have to leave the house soon. Over the winding noise of the cicadas, Naoko's happy splashes in the pool glitter in the sun.

The sentence was handed down four months ago, one night in March. I woke up the middle of the night to go to toilet. My parents still stayed up, talking. A large meaningless doodle was on the table. Father told me that this was the draft of our new house. I claimed that I didn't need a new house, but they didn't listen to me.

'Lunch is ready!' screams mother to us in the pool. Drying my body with a bath towel, I find two white T-shirts with flower patterns and shorts for us in the basket.

'Mum, I want to wear the dress. You know, the purple stripy one with frills around the shoulders'

'No, the dress isn't here anymore. Put the T-shirt and the shorts on.'

'Gone? Why?' I cry.

'It got a bit too small for you, Yoko.' Pouting my lips, I reluctantly put on the clothes.

Somen and some condiments are on the table in the living room. Somen is a kind of traditional Japanese string-thin noodle, usually eaten in summer by dipping in cold soup with things like chopped spring onion, nori (seaweed paper), Japanese herbs or finely chopped cucumber. Mother often serves it for lunch during summer since it is so easy to prepare. Slurping somen, I notice that the living room has become a little bigger. Actually, it is just that there is less stuff in the room.

The white water lilies blooming on the pond come into my sight when I turn my head towards the garden. I didn't notice that they have opened. I silently stare at them until a white goddess mirages from the stagnation.

## HOME TO ROOST

Carol Cromie, Domestic

Since you ask, what I'm doing up here is building myself a nest. I'm fabricating it out of feathers of tui and pukeko, twigs of ngaio and pretty blond fringes of toi toi. The look I'm after is New Urban. Kiwiana Meets Eagle's Nest. The feathers will give it colour and texture and warmth, and the sticks will give it structure. I've got some horsehair stashed around here somewhere to bind it all together. I'll tether it to the branches with this here supplejack for durability.

Learnt how to make one of these from my mother. She used to build a new one each year. Kept eggs in hers, but I don't see why I shouldn't make mine a more permanent residence. It's nice to have a sense of belonging. And it's not as if I don't come from round here.

The host tree – you can tell I know what I'm talking about – must be big and strong because I'm a lot heavier than the average bird. It needs to be evergreen, for year-round privacy and shelter from the elements. You don't want to wake up one autumn morning to find your curtains gone.

This tree is right in town, and so tall it'll be like an inner-city penthouse with water views. I'll have a letterbox at ground level with my name and address: B. Bird, The Peak, Nikau Heights. It'll have a sign reading Rats Out and there'll be another notice higher up stating Down With Cuckoos. That should about cover the security aspect.

Well, hello again. And since you ask, it all went to plan, but for a slight oversight that turned into a catalytic nightmare. I completed my new pied-a-terre in the grand old tree that had been minding its business for years or so on the corner of Hardy and Collingwood. And I'd no sooner settled in when a freak, a freak – let's just call it a storm – blew through and down we went.

I say 'we' because I wasn't the only occupant, as it turned out. I knew about the old rat holed up in the letterbox – I'd felt sorry for him and let him stay on for the time being until he could get into dementia care. But news to me were the squatters on the Mid-Levels: an extended family of new-immigrant spiders fresh off the boat. Illegals. We made an unlikely tenants' advocacy group, but we banded together to try to halt the wanton destruction, sadly to no avail. Our edifice lay there, and got the chop. We residents were up in arms. Our pictures were in the paper, though, and on Mainland TV. And of course on YouTube. So now it's back to the drawing board. I'm thinking something rural, maybe out Orinoco way. I can already picture the architectural style I'm after: Rustic Chic Meets Country Life.



Thanks to all those that entered and special thanks to Cliff Fell, Pandora Percy-Lourie, Drake Chamberlain and Jin Chen for their awesome judging skills.

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# TECH TALK

## NEW BUILDINGS ON NELSON CAMPUS

### ARTS AND MEDIA

In July Prime Minister Helen Clark came onto the Nelson Campus and announced government funding for an \$8 million 'Arts and Media' building. This is fantastic news for all arts and media students and staff, who are spread all over campus in old and semi-permanent buildings.

The new building is still in the conceptual stage, with construction likely to start late 2009 with the completion date late 2010. It is to be located beside the new Hospitality and Tourism building on the Nile Street side of campus.

Arts and Media are expecting a huge jump in student numbers as they expand their current diploma to degree status. Programmes are currently intertwined and will be phased in progressively over the next few years.

Due to the nature of incorporating such diverse requirements and environments, there may possibly need to be the continued use of some current buildings such as V Block (Video Production) and the Nelson School of Music.

The space needs to have kilns, darkrooms, computer labs, music rooms, and have public and restricted areas. It needs to be accessible and functional. The Arts and Media School want to employ a melting pot approach for all arts and media students to cohabit and feed off each other. For example, a video-maker may employ the skills of other students to create music, costumes, sets, props. The building wants to inspire students by surrounding them in each others art.

Suzie Peacock, Head of School for Arts and Media, is excited by the challenge. She is passionate about the possibilities the building presents and remembers when it was being dreamed about as far back as when she was a student in the 1970's.

Four architects have been short-listed for the job. A competition has been organised for architects to develop genuinely innovative ideas that use wood in large multilevel structures by the Ministry of Agriculture and Forestry and the Timber Design Society. The building will also be as environmental friendly as practically possible with function paramount and design a close second.

Ms Peacock was thankful for the role of MP Maryann Street for her support for NMIT in securing the funding for the building.

This new building shows a commitment to arts and media at NMIT and provides an exciting boost to students and staff alike.

### HOSPITALITY AND TOURISM

A brand new three story building housing 'Tourism Hospitality and Wellbeing' is about to be completed on Nelson Campus.

First imagined back in 1993, the building will move students from prefabs, make-shift classrooms and kitchens into modern, specifically designed facilities.



The building will contain a new stylish restaurant and bar plus three kitchens for catering: a training kitchen, a production kitchen for the restaurant and a dedicated pastry/cold kitchen. It will also have a 'Latte Lab' and bar for cocktail mixology. Hairdressing will get two modern salons. A new salon for the Beauty Therapy is also on the second floor. Adventure Tourism will also be in the building with students being able to abseil down from the roof. Staff will be accommodated on the second floor with great views providing a distraction in the eighty seat lecture theatre on the third story.

The restaurant on the first floor will feature local seasonal dishes. It will also incorporate cooking ideology and art and culture that are uniquely Nelson. A garden is hoped to be built with produce used in the restaurant. Students will be able to smell and taste such things as gooseberries from the garden aiding wine appreciation.

The aim is for the restaurant to be a stand-alone commercial entity with professional chefs and staff meaning students can experience the industry in the real world.

While the building has been delayed by a month or more, it is set for completion in late 2008 and will be ready for action at the start of 2009.

### STUDENT CENTRE UPGRADE

The Nelson Campus Student Centre is about to get a well deserved refurbishment. While at the time of writing the plans were still being drawn up, the alterations will focus on access into and around the inside of the building and modernising the interior.

Efforts are also being made to address the multi-purpose nature of the Student Lounge which is increasingly being used as a conference area. The main Student Services office will be removed and a new offices constructed along the Library side of the building.

The reconfiguration will reduce the traffic flow through the Student Lounge. Doors may also

be placed between the Lounge and Atrium. Students will be glad to learn that the number of microwaves will be doubled and the student kitchen area will also be improved.

The cafe frontage will receive a face-lift and the rest of the cafeteria will be repainted and cosmetic changes made to modernise it. The games area will also be modernised with a 'lean-to'.

The furniture issue will be addressed and will either be recovered if it can be to be sustainable and save money or be replaced.

The refurbishment will start at the end of the year with the aim of most of the construction being completed by the start of term 2009.



The Cafe in the Nelson Campus Student Centre



## NMIT ARTS STUDENTS HIT WELLINGTON

At the beginning of semester one seven art students decided to make artistic garments to complete an assignment and enter the World Of Wearable Art competition. Of these seven lovely ladies two garments by level six students, Steph and Sandy made it past preliminaries and into the final show! Costume tutor Lindy also had a garment accepted.

The good news didn't stop there! Ingrid, a level seven student, had made a garment but could no longer enter it due to receiving a job behind the scenes at WOW. Congrats to Ingrid!!!

In September a dozen costume students and tutors went to Wellington to see the WOW show. The visit included the costume departments of Massey University, the New Zealand Royal ballet and Toi Whakaari, The New Zealand School of Dance and Drama. The students also enjoyed an exhibitions at the City Gallery, The New Dowse Gallery and the Art and Culture Museum. Featured below are New Zealand Royal ballet costume department.

It was an eye opening trip and very inspiring to get the chance to witness first hand the active industry of costume and textiles. The students came away buzzing and ready to start on their next garments.



## DANIEL ALLEN - PHOTOGRAPHER

**Daniel Allen is a Nelson-based photographer who has built his career up each step at a time. Dan has an portfolio, including local and national businesses and magazines. He regularly travels the South Island for editorial clients and is currently working on a project for Saatchi and Saatchi. VOS chief rubbish bin emptier Fraser Heal caught up with Dan who offers some sage advice for students wanting to get into the photography business.**



Dan is one of those lucky sods who knows what he wanted to do at a young age. Having received his first camera at the ripe old age of nine, Dan built his first darkroom at eleven. Even for someone who started so young Dan still exudes excitement and enthusiasm about photography "I just love it! I am 100% committed to it". But things have not always been this way. English-born Dan's party-boy lifestyle got the better of him at a young age and he was subsequently thrown out of college at the age of 17. Dan travelled the globe until settling down in little old Nelson after for the birth of his first child. It was then "the switch flicked" and Dan started taking his photography seriously. Having never studied art at school, nor having any formal photographic qualifications, Dan has built himself up to become one of New Zealand's most promising photography talents.

While not discounting the value of a qualification, Dan is a firm believer in experience and attitude. "I learnt from every job I ever did and I am still learning now and that's a buzz. I started at the bottom. I worked for free and worked other jobs to enable me to get the knowledge base I now have... I've knocked on a million doors, but I haven't had to approach anyone for work in three years".

Having experienced the digital revolution, Dan warns up and coming photographers of the natural inclination towards an over-reliance on the image manipulation program Photoshop. "It is a great tool but you have to start with a well composed, well lit image before you start tweaking it. If an image is over exposed, for example, you'll never get those pixels back." Dan states that knowing how to use a lighting kit is crucial to getting a good image. "Experiment - but always learn from your mistakes".

In regards to developing a personal artistic style in commercial photography, Dan thinks that you firstly have to ensure that the client gets what they are after. "Once you have established a good reputation and have a solid foundation you can experiment more and develop your own artistic take on things".

Dan is quick to emphasise the point that being a self-employed photographer means putting businesses first. "Cashflow is absolutely crucial. I have been working on projects worth tens of thousands of dollars yet didn't have the cash to by a bottle of milk". He has an accountant, lawyer and business advisor whom he meets regularly to make business and strategic plans.

Technically, Dan thinks getting a good SLR camera body is a good starting point. With good cameras and lenses becoming cheaper, you can improve your kit as you progress.

Anyone wanting to start their own business in any field can learn and take heart from the success of people like Dan. It is through hard work - he works on average 60 hours a week - determination, enthusiasm and the thirst to learn that Dan is in the position he is in.





# ENVIRONMENTALISM FOR THE REST OF US

VOS FLYS IN THE FACE OF FATALISM AND TAKES A POSITIVE SLANT ON SAVING OURSELVES

**Being an environmentally aware need not mean eating lentils, going bare-foot or retreating to cave. There are simple things that do make a difference that will also save you money and improve your health and that of our planet.**

Increasingly, people are feeling a sense of doom and gloom regarding the state of the world... credit crises, petrol price increases, global warming. It often seems that these things are so out of our control that we can't make any contribution to improving the situation; so we give up trying. If massive countries around the world are burning more and more coal, why should we make an effort to drive our cars less?

The simple answer is that regardless of what others do, we can always contribute to make things better. Living everyday with a pessimistic outlook will quickly wear you down and turn you into a hardened cynic. Even the smallest effort can make you fitter, happier, healthier and wealthier – AND make the world a better place.

It often seems that only the rich can take effective action to reduce greenhouse gas emissions. We are told that to save the planet, and therefore ourselves, we must buy a hybrid car, energy-efficient appliances, solar water heaters, heat pumps... buy, buy, buy!! Einstein said "We cannot solve our problems with the same thinking we used when we created them"? It is ironic that we are told to buy more when it is the production of what we buy that is causing the problem to start with.

Many people feel that the best way to tackle many of the biggest issues we face today, such as peak oil, climate change and global financial insecurity, is to slow down – take a breather, simplify, re-localise. Simple actions you can do to reduce greenhouse gas emissions won't

just benefit the climate – they'll save you money, make you fitter and healthier, and improve the local economy.

**Transport is the number two emitter of greenhouse gases in New Zealand and number one in Nelson.** The best thing you can do is bike or walk to work/school. Try carpooling or catching the bus - you will make a difference straight-away.

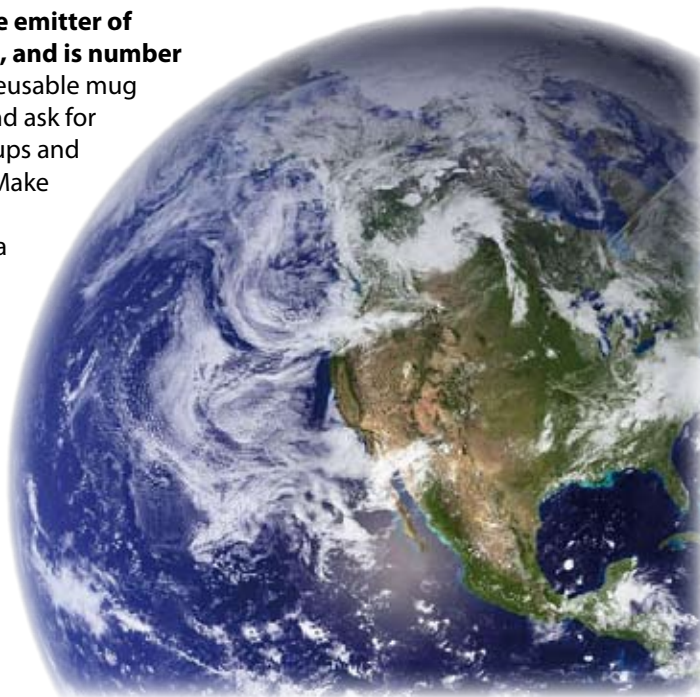
**Electricity is the number three emitter of greenhouse gases in NZ.** Rather than turning on the heater when it gets cold, dress appropriately for the weather. Put on a jersey and slippers. Replace your lightbulbs with energy-efficient compact fluorescents. Block draughts with curtains and 'door snakes'. If you're renting, ask your landlord to insulate the hot water cylinder, if not the whole house! Have shorter showers; this will not only save you big bucks on your electricity bill but with lower rainfall more electricity is coming from heavily polluting coal.

**Waste is the number five emitter of greenhouse gases in NZ, and is number three in Nelson.** Take a reusable mug when you buy coffee – and ask for a discount as takeaway cups and lids cost about 40 cents. Make a compost bin from free wood pallets and attend a free composting course run by the Nelson City Council. Recycle as much as you can as it's free, whereas rubbish bags cost. Start a small vegetable garden for all that compost you'll be making – grow some fresh and free vegetables. Attend a free gardening courses.

**Agriculture is the**

**number one emitter of greenhouse gases in NZ,** but most of our meat and milk is exported. This raises moral issues when considering China's pollution comes from production of goods they export to the world, as well as Australia's mining exports. Home-grown and local foods use much fewer resources to produce so, apart from growing your own, look for local products made from local ingredients. Support the Farmers Market and the Nelson Saturday Market. Try eating less meat and dairy. Start with a meat-free meal once a week and gradually ease yourself down to one or two a week.

Earth will still be here once we are gone. It is the habitat of the human race that we should be concerned for. By making lifestyle changes we can improve our own lives one at a time.



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# VOS TO DRINK?

With Nelson wine guru Neil Hodgson.

## Marlborough Wine Tasting

In early October SANITI Distant Campus Co-ordinator Hayden Campbell and I spent a few hours with a group of budding winemakers at the Marlborough campus tasting wine and having a bit of fun with a wine aroma sensory set. What a great bunch of people. There are 25 students that have come from all corners of the globe. They have embraced the Kiwi lifestyle while immersing themselves in learning about making great wine.

The course adds a lot of value to Marlborough and New Zealand, not just because of the skills these people are learning but for the cultural diversity and life experiences they bring with them.

We were there to taste wine and have a bit of fun so I sourced a dozen bottles of fine aromatic style wine from winemakers in the Nelson and Marlborough regions. We started by trying a few new release sauvignon blancs then compared those with a couple of sauvignons from last year.

Everything was very orderly and under control at this stage and the students had all been scoring the wines as they would in a wine competition. Some of the scoring was more than just a little tough as the students set a high standard from the start.

After the sauvignons we moved on to rieslings, then pinot gris and finally gewürztraminer. After a couple of hours of taking this little exercise seriously we had some fun with the sensory kit. This is a set of little bottles that contain essential oils with aromas normally found in many wines. Guessing the aromas sounds quite simple but when you have to pick between lemon, orange, grapefruit and lime it gets a little tricky. The group worked in pairs to try to decide the aroma they had been given. Get it wrong and the game is

over. Get it right and you are still in the running for a prize – wine of course.

With the serious and fun bits over we enjoyed the wines as drinks rather than something to taste. We decided to make this a regular event. I guess students look for any excuse to have a free drink but these guys have the perfect one – they need to hone their tasting skills for their course.



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# the anonymous cafe reviewer

Well this time I thought I would roam Nelson looking for cafés I never usually go to, or cafés some one has recommended or wanted to find out about.

## Bar Delicious

**Impressions:** Metropolitan style, warm wood panelling and designer fittings create a clean, cool and urban interior. Upstairs and downstairs dining. They use Toxic coffee beans and pour a reasonable coffee but my one disgruntlement is they don't pour a double shot as standard. This makes my latte cost \$4.60! I think this is a sneaky way to charge more for your coffee.

## Delicious

**Impressions:** A Deli café feel with a global basket of gourmet foods.

As the name might tell you this café is run by the same people that own the Bardelicious and the coffee is the same; Toxic fair-trade beans make a reasonable coffee but again you must pay extra to get a double shot (because I am told that most people prefer weak coffee!) Again, my latte cost \$4.60. There is however a great range of wholesome deli food to eat in or takeaway, including salads, gourmet sandwiches, wheat-free, gluten-free food and decadent sweet treats.

## The Beach Cafe

**Impressions:** A great place to stop and enjoy for its location and its food, coffee and wireless internet. Their coffee roast is Pomeroy's and (Wahoo!) they

pour doubles as standard. It's a great coffee too, with my latte costing \$4.00.

This is a wonderful spot for many different kinds of people. With a playground for parents to observe their kids while they have coffee, wireless internet for those that want to work or just come to enjoy the beach. On the other hand, the food - while really good - is a bit pricey for students

## Liquid

Centrally in Bridge Street, Liquid has a great outdoor courtyard while inside there is stylish seating. Liquid uses Kush's free-trade organic beans. Because I've always thought of Liquid as bar, this was my first coffee there and I was pleasantly surprised with a very good brew. It is strong, as doubles are poured as standard, but with that great smooth texture that comes from perfectly frothed milk. I will be coming back even with my latte costing \$4.50.

## Vanilla Cafe

A little further down Bridge Street in the old Knightbridge building is the Vanilla Café. A small café with a through-way to Montgomery Square Market. They apply Sublime coffee beans to make an O.K latte but again I have to pay extra for the double shot with the final cost being \$4.30.

If you have any recommendations or feedback please contact me at:

[anonymouscafeviewer@bigfoot.com](mailto:anonymouscafeviewer@bigfoot.com)



## The Ticket Slapper



### IN THIS ISSUE THE SLAPPER BATS HER HEAVILY MADE-UP EYELASHES UPON THE PIXAR FLICK WALL-E AND SHE LIKES WHAT SHE SEES...

Okay, alright. Like most people who seek varying forms of entertainment (well, really!) I look for a number of things; boxes to tick, if you will. When it comes to movies foremost on my list are;

- Presented in an enjoyable way
- With actors I like/fancy/possibly want to marry (yes Brad, I'm still waiting...)
- With a well-crafted and engaging story
- Doesn't blow its proverbial load in the first three seconds, leaving me unfulfilled
- A story that moves me (not to a toilet to be sick or to a therapist for counseling)

Naturally, I am willing to accept a combination of the above. It's usually reasonably hard to impress me with all these qualifiers. The only studio that routinely seems to give me bang for my buck is Pixar, their latest and arguably greatest offering being WALL-E.

Set in the distant future, planet earth has abandoned humanities need to consume having choked it with garbage. The clean up job has been left in the hands of robots, namely WALL E (short for Waste Allocation Lift Loader, Earth-Class). WALL E is the last working or cleaning robot left, and after centuries of keeping at his job something surprising happens. WALL E has developed a personality!



He does the things most of us do, keeps down a job, collects nick nacks, looks after a pet and more basically yearns for a partner. Enter EVE (short for Extra-terrestrial Vegetation Evaluator). The adventure that evolves from this contact is without a doubt one of the most engaging I've ever seen.

If you saw the trailers, you could be forgiven for thinking it's aimed at children. One of Pixar's greatest strength seems to be its ability to fashion stories that appeal across all ages. As we've come to expect with Pixar the movie is full subtle jokes and odes to other movies.

What struck me the most about this film was the ability of the characters to convey emotion with very little, in most cases no spoken language. It's mostly shown with basic eye movement and expression as well as a smattering of body language, no mean feat in a robot.

Regardless of what you normally enjoy in cinema, WALL E is not to be missed. Period.

## 4.5 Slappas outta five!!





# a student nurses life

I distinctly remember the day I announced to my family and friends that I had signed up for the NMIT Bachelor of Nursing programme. I had expected fanfare and congratulations. Instead I received raised eyebrows and comments of "are you... sure?"; and "but you're a radio announcer – what do you know about surgery and keeping uniforms crisp and white?"

However, I was determined, and days later I sat expectantly in class, awaiting my first anatomy and physiology lecture. Needless to say, the further down the academic track I got, the more my enthusiasm waned. Granted it was naive to think by entering a degree programme I'd simply add some homework to my busy work/solo mum/cooking/house cleaning schedule. Studying healthcare at level 7 is pretty intense stuff – it makes a B.A. look like NCEA. The assignments, exams and practice placements piled one atop the other, and come second year I was edging closer to mental ill-health. After every class I'd wander home in a daze, thinking - should I happen to see a police car I might be tempted to steal it, drive to Natureland and let all the animals out, then drive into the ocean with my seatbelt on and the windows down. Don't get me wrong - it wasn't just the pressure of the course work that was prompting my desperate, psychotic

thoughts. In fact, there was barely any time to consider APA referencing, annotated bibliographies and pharmacology Power Point presentations.

The inordinate amount of paperwork from WINZ was almost a full-time job in itself. In order to receive a Training Incentive Allowance, I'm required to fill out 14 different forms, make four appointments a month with my case manager to prove I'm actually studying and get my course provider, doctor and childcare centre to fill out forms quarterly. Four times a year, I'm required to write a short essay on my reasons for wanting to study, my reasons for needing childcare, and I must provide receipts for where I spend my benefit money. Also, cap-in-hand, I have to regularly fill out forms to receive an accommodation supplement and special benefit. I must provide copies of all my identification and IRD number, explain why my child's father has refused to sign her birth certificate, and what I am doing about it legally to ensure the government receives its child support payments (which I'll never personally see). Every few months, my case manager is changed so I don't form a relationship with them and receive my entitlements properly. At this point I must reveal my life story all over again, re-write the essays, fill out the forms and explain why I am a solo mother

when presumably many other mothers can keep their baby daddies, why I failed to gain a degree straight from high school, and justify my weekly expenditure.

Over the course of three years at nursing school, I've been referred to Budget Advice twice as apparently every solo mum should be able to live on a total of \$72 a week after rent. My childcare payments have been cut off seven times! I've had six different case managers, three different counsellors, made 237 calls to the WINZ call center, and my case manager has threatened to cut off my benefit if I didn't get a part-time job in addition to the full-time class study, clinical placements, assignments, exams, motherhood and housekeeping.

In 13 months, twelve days and six hours, providing I manage to navigate the same amount of time through the soul-destroying benefit system - I'll have a degree and I'll have sat state final exams! I will then be a full-fledged nurse with all the rights and respect that entails. I'll have a generous pay packet, decent hours, a structured lifestyle for my little girl and a rich, charming doctor husband. Failing all that, Nelson Police will be down one traffic vehicle and Natureland won't have to worry about closing its doors for good ever again. As for the actual nursing degree? I'm ace-ing my mental health papers....



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