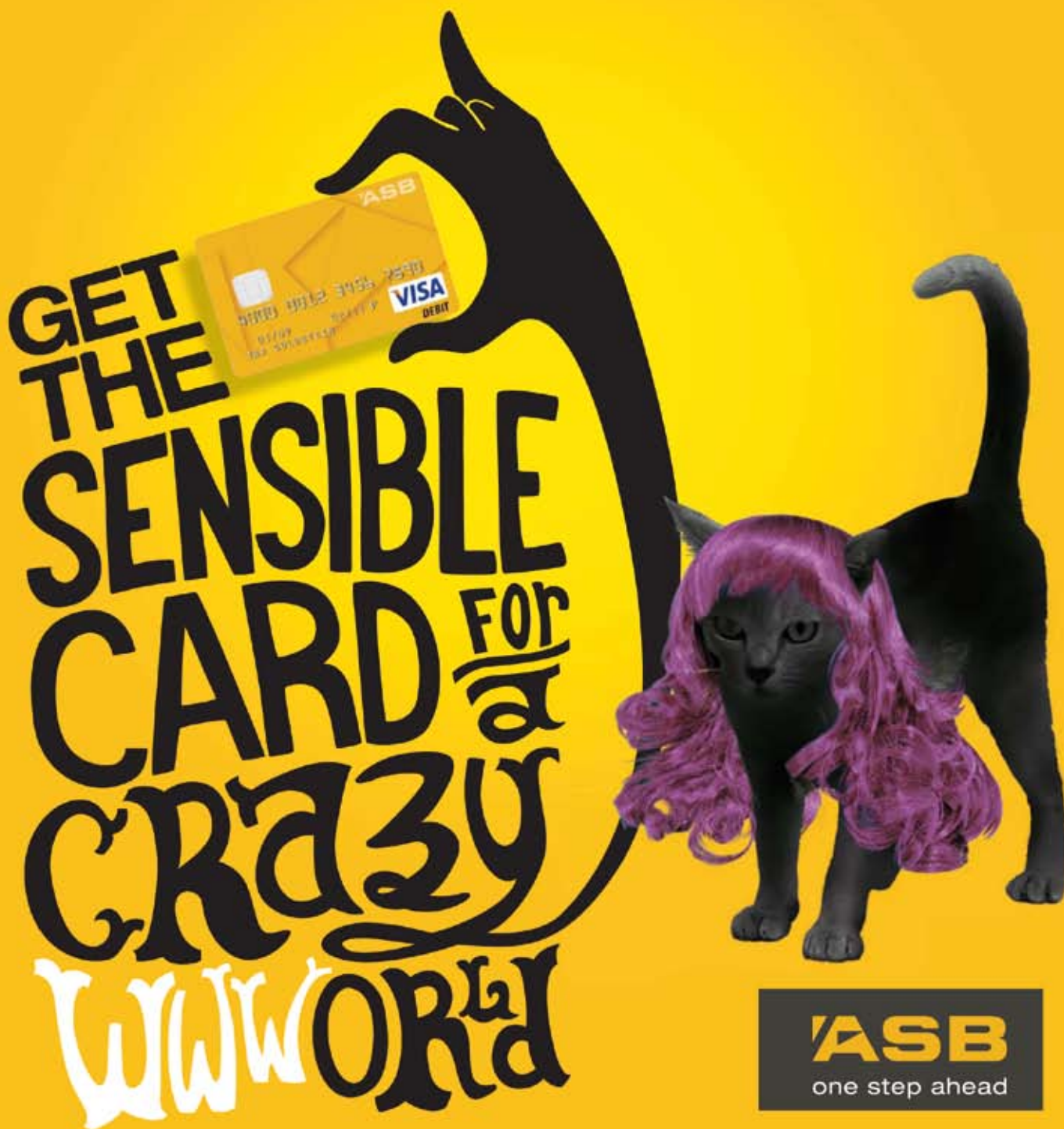


ISSUE 3 • 2009 • FREE

VOS

The Voice of SANITI

*The Summer
Fun Issue*



ASB Visa Debit is a new type of card that works like a credit card but links directly to your normal ASB account. So you can use **your own money** to buy stuff over the phone, all around New Zealand and even overseas. You can also use it online to buy just about anything you like from the worldwide web. That's why we call it the sensible card for a crazy wwworld.

Card fee waived for the first two years on ASB Tertiary accounts.

GET YOUR ASB VISA DEBIT CARD TODAY.

ASB Blenheim Branch

Cnr Market & Charles Streets



(03) 520 9521

ASB Nelson Branch

Cnr Trafalgar & Hardy Streets



(03) 548 7426

ASB Richmond Branch

221 Queen Street



(03) 543 9283

You'll need to link your Visa Debit Card to an eligible ASB account. Services charges and Visa Debit Card Conditions of Use apply. Overseas transaction charges apply. ASB's current Disclosure Statement is available free of charge from any branch of ASB. Tertiary account and Personal Banking Terms and Conditions apply. Account opening criteria apply.

Vos

Voice of SANITI Magazine of the Student Association of NMIT

People Who Did Stuff

Fraser Heal
Rachel Boyack
Hayden Campbell
Pip Bowler
Ticket Slapper
The Annonymous Cafe
Reviewer
Duncan Heal

Special Thanks

Anita Overgaauw
Anya Fedorova

Finance Manager

Alison Hart
saniti@xtra.co.nz

Advertising Manager

Hayden Campbell
hayden.saniti@xtra.co.nz

Voice of S.A.N.I.T.I.

Private Bag 19
322 Hardy St Nelson
Ph. 03 546 2425
Fax. 03 546 2426
saniti@xtra.co.nz
www.saniti.org.nz

DISCLAIMER

VOS is a publication of SANITI (Student Association of Nelson-Marlborough Institute of Technology Inc). SANITI uses due care and diligence in the preparation of VOS but is not responsible or liable for any mistakes, misprints, omissions or typos, whether compiled from information provided, or printed as received. SANITI gives no warranty as to the truth, accuracy or sufficiency of any statement, graphic or photograph and accepts no liability for any loss, which may result from any person relying on such. SANITI reserves the right to refuse any advertising or submission for any reason. The views expressed in VOS are not necessarily those of the association.

Da Prez Sez

Well, we've almost reached the end of another year, and I don't know about you, but for me the year has flown by.

My highlights this year would have to be:

- Sticking up for YOU, the students, at Council, Academic Board, to the media, and various other meetings I go to (luckily, I *like* meetings. Yes, I am weird)
- Attending the SANITI Student Pilot Conference and learning all sorts of crazy things about the aviation industry. Never have I seen an industry with so many acronyms!
- Driving back and forth over the Whangamoa Hills between the Nelson and Marlborough Campus
- Flying a plane briefly on a clear blue day looking out at Mt Ruapehu and Mt Taranaki
- Recording some funky ads with Exec member Mike Vickers at Fresh FM for a Student Job Search campaign
- Eating lots and lots of yummy food at all the great SANITI events
- Attending mid-year Graduation events for Vet Nurses and Trainee Rangers
- Losing to the SANITI staff by rather a large margin at ten pin bowling
- Being locked in my office by Fraser and forced to write Prez columns

Now for some more serious stuff. There is a LOT happening in the tertiary education environment at the moment, and it's affecting us all. You can read more in the "News" section of this edition of VOS, and I encourage you to keep up with the changes through the media.

The biggest change on the cards is a move by the ACT Party to make all student associations voluntary. My personal opinion is that this is not good news. They did it in Australia and many associations went down the toilet, while others lost many of their core services, such as advocacy, welfare, events and clubs. See the News story over the page for more info.

You may ask "where does student association fee I pay to SANITI go?" Who gets it, and what do they do with it. Well here are a few examples:

• **Free Advocacy Service.** This involves the President, the Advocate or another staff member supporting you by attending meetings with groups such as community law, your tutor, WINZ and Studylink. This is what we spend most of our

time on, and at the time of writing we have 45 advocacy cases being worked on. Often students don't realise just how important this service is until they need it.

• **Representation.** We attend many meetings where we stand up for students and what students want and need. These include NMIT Council, Academic Board, meeting the CEO and Directors, lobbying Councils and MPs, and the list goes on.

• **Services.** Jobs, accommodation, general inquiries, a free phone. Quite crucial stuff really.

• **Fun Stuff.** SANITI organises orientation, events with free food, games, prizes, and all the important stuff that makes being a student FUN. Because work without play is a fundamental FAIL.

If you want to have your say about where SANITI is headed in the future, then please come to the Second General Meeting on Tuesday 20th October at 12pm in the Student Lounge, Nelson Campus. There we will pass our Strategic and Operational Plan, Budget and Student Association Fees for 2010.

If you're keen to get REALLY involved then please consider standing for the SANITI Executive. There are four positions for 2010 up for grabs at the SGM. Get in touch with SANITI if you want more info or check out www.saniti.org.nz

So, that's me. Good luck for all your exams and final projects. Remember to study hard, rest lots, get lots of sleep and eat all the right food and all that. A HUGE congratulations to all those who are graduating - I'm looking forward to partying with you!

Cheerio for now,

Rachel

Rach the Prez



In this issue of VOS we focus on summer fun. From food to handy hints to help students come out alive.

SANITI WISHES ALL STUDENTS GOOD LUCK WITH THEIR EXAMS AND A RELAXING SUMMER BREAK!

VSM "DINOSAURIAN"

"This bill is classic 1980s dinosaurian thinking, which this Parliament and this country can well do without." So said Green Party MP Metiria Turei on Wednesday 23 September at the first reading of a private members bill that would see all student associations in New Zealand forced to offer voluntary membership only. The Education (Freedom of Association) Amendment Bill was introduced by ACT founder and MP Sir Roger Douglas, the brainchild of changes to the New Zealand economy in the 80s nicknamed "Rogernomics".

Student associations are opposing the bill, including NZUSA - the New Zealand Union of Students' Associations. The reasons they give to oppose the bill are that student voices would be lost, and key services to support welfare, advocacy and student representation would be under threat.

"Independent representation, advocacy and support, sporting and cultural clubs and social events such as Orientation would all be under threat in the unlikely event that this Bill succeeds, and all in the name of choice - which already exists!" said NZUSA Co-President Sophia Blair.

Asked her opinion on the bill, SANITI President Rachel Boyack had this to say: "I'm for the status quo. Current legislation allows students the choice between a Voluntary or Universal membership structure. It's up to students to choose, not Parliament. Students at NMIT voted for a Universal association in 2002 and they can hold a referendum to change it to Voluntary membership if they so choose."

Similar legislation introduced in Australia saw many student services such as representation, advocacy and clubs lost.

The bill passed its first reading on 23 September, with ACT, National and United Future in favour, and Labour, the Greens, the Maori Party and the Progressives opposed. Consultation and lobbying will take place over the next six months. SANITI will be keeping you all informed of progress and how you can get involved.

T.E.S DRAFT RELEASED

The Minister for Tertiary Education, the Hon Anne Tolley, released the Government's draft Tertiary Education Strategy 2010-2015 on Tuesday 29th September.

The strategy sets the direction for tertiary education in New Zealand, and will influence decisions institutions make about the courses offered, fees charged and resources available.

The draft strategy is now open for consultation, and the final document will be released later this year. "We need the tertiary system to deliver for our young people, to improve education outcomes and achievement and to build a skilled and innovative workforce," said Mrs Tolley.

SANITI President Rachel Boyack believes the strategy is a critical document that has the potential to impact students' lives and their learning significantly.

"Students should be aware of this document, and how it will impact on them and their studies" she said.

The Government is seeking feedback on how it can achieve its priorities for tertiary education. "We want to hear from tertiary providers, students, employers and communities on how the tertiary education system can boost New Zealand's economic prosperity and build a strong society for the future" said Mrs Tolley.

Submissions on the draft strategy close on 6th November 2009. SANITI will be providing feedback on the strategy and is keen to hear students views. Email your feedback to pres.saniti@xtra.co.nz

View the draft strategy at: www.minedu.govt.nz/TertiaryEducationStrategyConsultation

NMIT GOVERNANCE CHANGES

A bill is currently before Parliament that would see Polytechnic Councils significantly reduced, and the majority of Council members appointed by the Minister for Tertiary Education. Written submissions on the Education (Polytechnics) Amendment Bill closed on Wednesday 30th September. Currently, the Councils are comprised of four Ministerial appointments, two Marlborough Reps, three Maori Reps, one EMA Rep, one CTU Rep, two Staff Reps and one Student Rep. The proposed model is four Ministerial appointments, one Academic Board Rep, one Student Rep and the Chief Executive.

NMIT and SANITI have both sent written submissions to Parliament, and share similar concerns with the reduction in council size and community representation.

STOP PRESS: NMIT FEE SETTING

NMIT will set their student fees for 2010 at a meeting of the Council on Tuesday 20 October. Students are encouraged to attend to see how much the institution plans to sting you for your fees next year.

Keep an eye on the SANITI Twitter account for the time and location: http://twitter.com/saniti_nmit

BUDGET RESPONSE

On Monday 10 and Tuesday 11 August, Nelson campus students were treated to free hot chips, and a presentation from the SANITI Exec on how the Government's latest budget will affect them and tertiary education. Students were clear, that they want SANITI to continue lobbying for better funding of tertiary education, so they can have quality courses and lower fees. SANITI agreed to organise a meeting for students with Nelson MP Nick Smith, so keep an eye out for that in the future!



MID-YEAR ORIENTATION

Handbags and sausages greeted students to SANITI's Mid-Year Orientation on the 13th of July. The sausages were for eating and the handbags were the projectiles in the competition. David, Kate, Victor, Julian and Tamika were the brave souls who dressed up, threw the handbags and won a whole swag of prizes from State Cinema and Kudos Food Design.



SENSATIONAL SANITI SOUP SPECTACULAR

As part of its recession plan, SANITI ran a couple of Soup Kitchens over August on the Nelson Campus. The soups were made by NMIT's own Cheffing Students and were a real hit on the brisk winter lunchtimes. Flavours included Thai Curry Pumpkin, Seafood Chowder and Potato and Leek. Thanks again to James and his awesome students. ENZA was also nice enough to donate several boxes of crunchy apples to students through SANITI, cheers ENZA!!



SODDEN SAUSAGE SPECTACULAR

23rd July Woodbourne BBQ

Not even heavy rain could hold SANITI back from putting on a sunny face and holding a BBQ for Woodbourne Base students. To welcome students back for another semester, Student Prez Rachel, Distant Campus Manager Hayden and Events Staff Member Fraser donned raincoats and braved the wind and the rain to sizzle some sausages for some hungry engineers.

SUNNY SAUSAGE SPECTACULAR

6th August Marlborough Orientation

In contrast to the sodden Woodbourne BBQ a few weeks earlier, a beautiful crisp day greeted SANITI staff members Hayden, Fraser and Student Executive Member Lavarna on to Marlborough Campus for a BBQ. Lavarna snuck around the classes with a huge bag of lollies to cater to students sweet teeth.

MORNING TEA MUNCHES

Alongside the SANITI Soup Days on Nelson Campus, SANITI had three morning teas for students (and some sneaky NMIT staff) during September. Each hour we dished up over 100 cups of coffee, tea and milo and a number of platters of fruit, slices and cakes. Special thanks to Nikki and Tasha who helped hand some of the food around campus - awesome guys!



RAMADAN

On Sunday August 23rd at the NMIT student Centre and café approximately 100 people made up of Muslim students, NMIT staff and local residents celebrated the beginning of the Holy Month of Ramadan with a huge and delicious traditional post sunset meal known as Iftar. The event which was the first of its kind to be held at NMIT was organised by Saudi Arabian students studying at NMIT's English Language School as a way to celebrate and share their culture with friends and the Nelson community.

The people in the Ramadan group shot (right) were the main organizers and hosts. From left to right, Naif Al Audah, Samir Al Zoubi, Ahmed Al Dubayyan and Nasser Al Sobia.



INTERNATIONAL SCHOOL END OF TERM KNEES-UP

On Friday 25th September International students from the English Language School enjoyed an end-of-term celebration of epic proportions! Unfortunately, the weather didn't play the game, but luckily the St. John's Church Hall came to the rescue and provided a venue for lunch, music by SANITI Exec member Matua, and Morris Dancing!



Get on the radio — be heard

fresh fm

104.8 Nelson-Tasman • 95.2 Takaka • 89.2 Blenheim

by, for and about the Top of the South

ON AIR

HEALTH CHECKS



During the last two weeks of August NMIT Health Nurse Alison Horn (pictured) performed health checks on 59 students. The checks were funded 2/3 by SANITI & 1/3 by Student Support Services.

Alison checked the student's blood pressure, cholesterol & glucose levels. She also answered general health enquiries and provided information; such as how to find smoking cessation programmes, cervical smears, free dental care for under 18 year olds, the cervical cancer vaccination programme etc. The general health of the students was pretty good. One student was found to have high blood pressure. They visited their doctor the next day and is now on medication.

Several students suffered from hypo-glycaemia, or low blood sugar levels. People likely to suffer from this are slim, active people with a high metabolic rate. Symptoms include nervousness, the shakes, mental confusion caused by low blood sugar levels. Alison states that eating low glycaemic index foods (with a slow energy release such as porridge, pasta, legumes, lentils, most fruits and vegetables but not potatoes.) and eating regularly can generally eliminate these effects. Energy level fluctuations (low blood sugar levels) or "crashing" can be caused by drinking several coffees and/or energy drinks containing caffeine and guarana during the day too. While they appear to pick you up the energy boost is short lived. Alison warns against relying on them during the busy end of year period and is quick to extol the virtues of getting enough sleep (7 to 8 hours on average) eating regularly and well, plus exercising for 30 minutes a day.

Alison is available through Student Support Services to students at the Nelson Campus by calling 5469 175 ex 804, 655 or by email alison.horn@nmit.ac.nz

RANGI HANAGIN

The Staff and students and SANITI would like to acknowledge the passing of a very special member of our community.

Whāea Rangi Hanagin fostered and, in many cases, spearheaded the speaking of Te Reo Māori in the Nelson-Marlborough region for around forty years. The amount of knowledge, wisdom and learning she held made her a Toanga beyond compare.

Rangi's contribution, not only to students but also to the wider community, was immeasurable. Always the champion for Te Ao Māori she set an example we should all strive to meet. She was above all things a teacher, a teacher who loved to share the gift of learning.



Rangi Hanagin (seated) with Tirisa Betham and Sophia Austin

BEN GAASTRA

SANITI received sad news in July, that an Air New Plymouth student pilot killed while flying home was a student of NMIT. Ben Gaastra had completed his commercial pilot's licence and multi-engine instrument rating at Massey University's School of Aviation earlier in 2009 and then transferred to NMIT to do his flight instructor's rating. Ben was due to sit his final instructing test a week after he died.



At Ben's funeral service in New Plymouth it was highlighted how he had a zest for life and trying new things, and a passion for flying. SANITI wishes to express their condolences to the Gaastra family and the students and staff of Air New Plymouth.

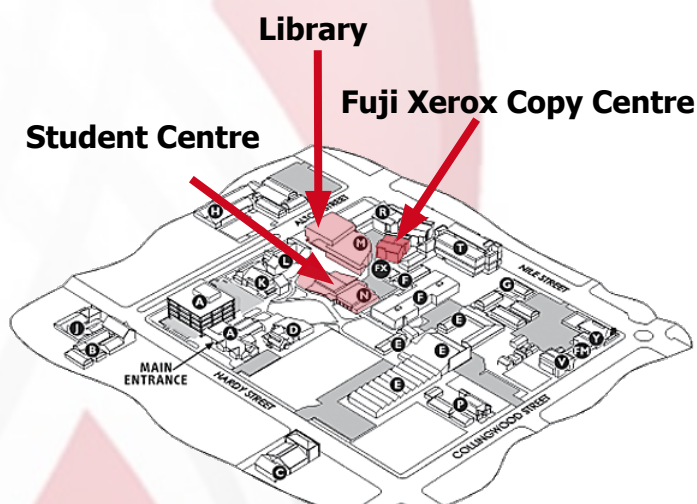
FUJI xerox



Your on campus Copy Centre is NOW located in the centre of NMIT Nelson Campus between the library and the Nursing school.



Neville and Gary are the friendly Fuji Xerox guys.





Stress; it comes with the territory of being a student. As well as the stress from studying and your student loan, you're probably stressing about child care, global warming and house prices, your car failing its warrant and what's on telly tonight. Being an NMIT student, you very well might be experiencing one of the most stressful times in your life - exams!

Stress

The word 'Stress' was first used by psychologists in the 1930's and came into general use 20 years later. Stress can manifest itself in many different ways, from general moodiness, irritability and the inability to relax to physical symptoms like sleep disorders, ulcers, rapid heart rate and depression.

But lets not get bogged down with stress - bugger that - lets focus on ways to destress...

Recreation

Physical activity is a great way to relieve stress... getting some fresh air, get the blood flowing and getting some sunlight, while hanging out with people having fun.

To be considered active, SPARC states that you need to do two and a half hours of physical activity per week. SPARC state that two thirds of adults can consider themselves 'active'. New Zealanders are more active than Australians and Canadians and much more active than Americans and the British. Surprisingly, rugby is not the most popular sporting activity, golf is, followed by tennis, touch rugby, cricket, netball and basketball. It is considered to be beneficial to do shorter bursts of activity more frequently, rather than one or two intense sessions. Being sedentary, or 'inactive' (less than 2.5 hours physical activity per week) is considered to pose serious risks to peoples health and well being. So to get the best out of yourself and be in a good physical and mental shape for your exams, doing a quick 30 minute cycle, jog or work out five or six times a week will pay dividends. It will also help reduce the likelihood of suffering heart disease, which is the leading cause of death in this country, and help you avoid two other health bugbears obesity and type 2 diabetes. Exercise also reduces the chance of developing anxiety and depression.

Happiness

As well as being generally an active bunch, we are also quite a happy bunch. An international study a few years back put little ol' NZ near the top 10% of happy nations, ranking 18th out of 178 countries. Meaning that we are more satisfied with our lives than the Americans, Poms and Australians. New Zealand bucked a trend in another survey of OECD countries that showed a correlation with wealth (GDP) and life satisfaction.

Leisure

Ahh, leisure time, *you* time. Time to do what you want. It can be all too fleeting, especially in New Zealand as we have one of the least amounts of leisure time when compared with simliar countries. With only 18.7% of our time set aside for leisure. This is mainly due to the fact that we are hard working with nearly 15.6% of our time spent in paid employment. Norwegians spend over a quarter of their lives as they please, while Mexicans only 16%. Kiwis do like to sleep a bit more than average, which reduces available time for leisure, when we take this in consideration, we are brought back into line with the rest of the pack.

So what do people like to do? Unsurpsringly, watching the boob tube is the what we like to do. What may surprise you is that we watch the least amount of telly in the OECD! Some may argue that it is due to the dirth of decent TV. Kiwis spend a quarter of their leisure time watching the box nearly half that of top tube watchers Mexico.

The French are famous for sleeping and eating, but Kiwis like them as well, dedicating the second highest amount of leisure time to those two activities.

Sleep

Sleep is very important for general health. The National Sleep Foundation in the U.S. recommends 7-9 hours a night. If you get less than 6 hours sleep you can have problems with memory, alertness, problem solvings, as well as turning into a grumpy sod. The reason why 7 hours is a minimun is that the body needs to reduce its core temperature to a certain level as part of its inner cycle, or circadian clock. This takes 6 hours. To get a good nights' rest you need to work with your circadian clock rather than against it. Having regular sleeping patterns is very important so that your body knows when to release enzymes and hormones enabling you to get a good nights sleep.

Too little sleep has been linked with cadivascular disenease, hypertension and type 2 diabetes. Lack of sleep can also reduce your high level cognitive functions - not good if you are trying to pass your exams! Some people experience a 'post lunch dip', or siesta. This can actually be blamed on the body clock, which functions ideally with two sleeping sessions.

Winter can cause an onset of Seasonal Affective Disorder (with the fitting anogram of SAD), which is a depressive-type mood disorder affecting otherwise healthy people. Symptoms can be sleeping too much, over-eating (especially sugary or starchy 'comfort foods') and an inactive lifestyle

and general depressive-type feelings. In Finland, which is in the Artic Circle and therefore can have very long winters, it is guessed that nearly 10% of the population can experience SAD.

The treatments for SAD are a little odd. Light thearpy, where patients sit infront of a big, bright light for an hour or Simulation, where the lights in

Dawn the patients house are set to a dimmer and timer to graduly brighten over a half hour period to simulate the dawn and help the body reset its circadian patterns.

Another treatement is ionized-air admistration - literally, blowing air in your face. This breath of fresh air is negatively charged causing dirt particles in the air to be attracted to earthed conductors such as walls. While this may cause your walls to get dusty, your lungs will love you for it. Breathing negatively charged air particles can also can lower your heart rate, decrease anxiety and increase the level of oxygen to the brain. This effect is also not only present in air purifiers, but also occurs when you have a shower. Coupled with the relaxing heat from the water and tissue clensing action of the increased bloodflow, baths and showers are beneficial to students.

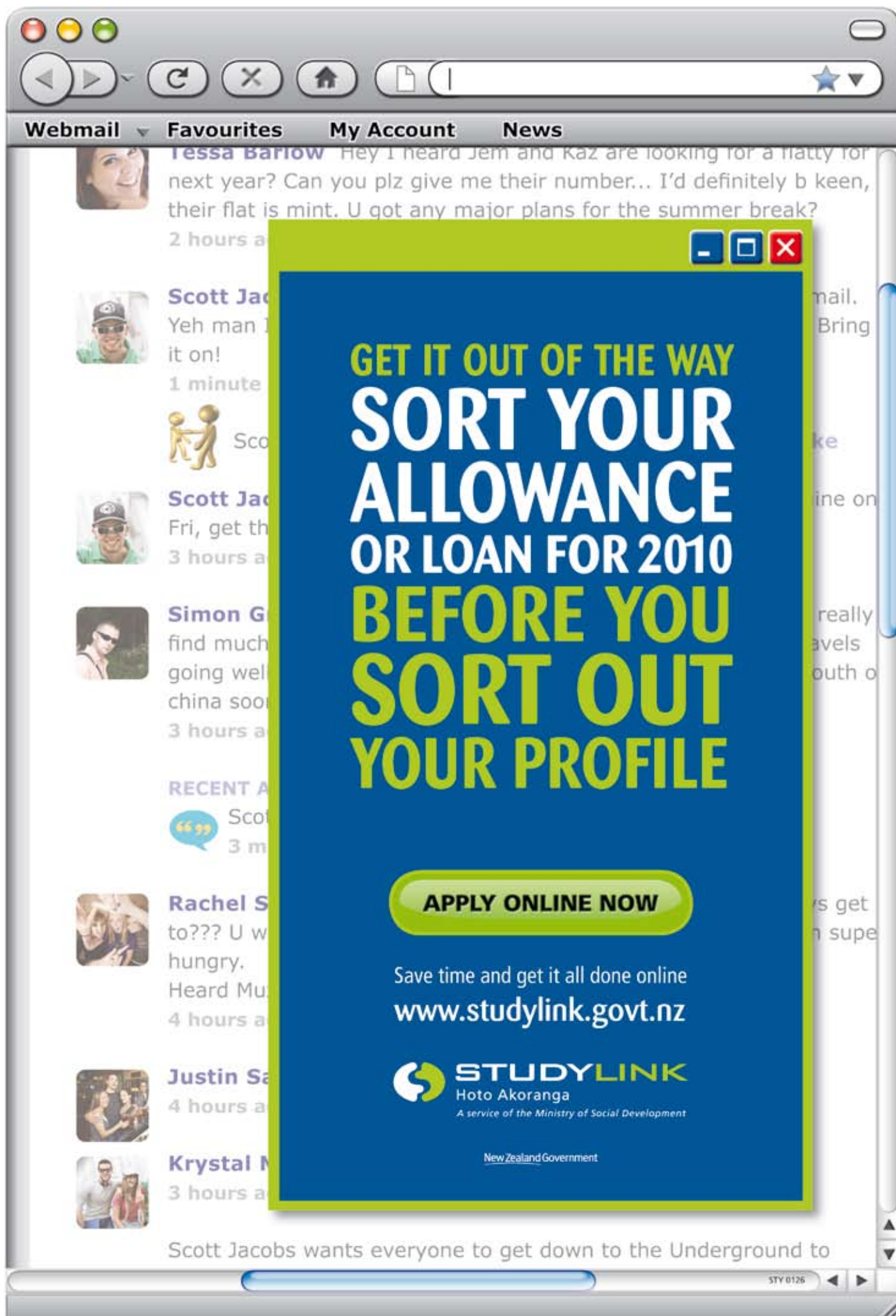
Another way of destressing is meditation. A clearing of the mind, quietening the inner voice, calming the stressed out soul. "Calming the drunken monkey" some say.

While meditation has many uses, such as religious reasons, there appears to be a paradox in some of the descriptions of the states that are achieved. Some say that it is a state of total awareness of the here and now, others feel they transcend to another realm. Either way, whether they are ready to pounce in double quick time or are tripping the light fantastic, they are essentially sitting there doing nothing. Be it with a serene expression on their face and not exuding any stress. The benefits of a micro-pause to calms ones' nerves cannot be underestimated in times of stress.

While, stress is a natural reaction in times of crisis, prolonged exposure to it and it's associated conditions can be very detrimental to your help. The best thing that can be done is take some time out for yourself... and relax; unwind and get some perspective. .. which is hopefully what you have just done.

Good luck with your exams and have a great summer break.

If you get less than 6 hours sleep you can have problems with memory, alertness, problem solvings, as well as turning into a grumpy sod.



PIP'S TIPS

SANITI Advocate Pip Bowler Has Some Hints For Students To Survive Summer

End of Days approach ... not in a cataclysmic way though!! Summer is coming and the end of the NMIT year with it. Time to relaaaaax and spend time with friends and family. There would be nothing worse than EEEEEKKK! your money didn't come through OR you couldn't find a job OR you had a sticky situation with an employer OR....

Here are some tips from our experience to help you. We want you having good times this summer.



Student Allowance/UBSH

- To ensure no nasty surprises when your payments end, if you receive Student Allowance or Student Loan for living costs then you should ensure you know and record the official start and end dates of your NMIT course. Mark this in your diary.
- Apply EARLY and online for Unemployment Benefit Student Hardship (UBSH) if you haven't got a job or other form of income. If you are eligible for a Student Allowance then you should be eligible for UBSH. To receive this you will be expected to be actively job hunting and planning to study full time the following year – see www.studylink.govt.nz
- If you're in hardship and you don't qualify for the Student Allowance you may still be able to get the Unemployment Benefit Student Hardship. You'll need to complete the Additional Hardship section inside the Unemployment Benefit Student Hardship application form.
- Expect to receive a stand down period for all benefits at the beginning and end of the summer break EXCEPT...
- If you have a partner or a child and you're in hardship because your Student Allowance has stopped (and you're waiting for your Unemployment Benefit Student Hardship to start) you may be able to get the Student Allowance Transfer Grant. You need to complete the Extra Help section in the Unemployment Benefit Student Hardship application form.
- If your circumstances change and this affects your income, i.e. your partner loses their job or has hours cut, then inform StudyLink. You may not have been eligible for allowance before but could find you are now. These changes can be made at any time.
- Read all the StudyLink forms thoroughly and do your best to get all pieces of information they require to them as specified. Hopefully you'll find the whole process smoother running this way! If you need help come in and see SANITI.

Studying Over Summer

- If you are studying full time over summer ie summer school or a full calendar year course then you are eligible to still receive student allowance and student loan. You will need to get NMIT to confirm this for StudyLink with a "Verification of Study".

Heading Overseas

- Your Student Loan Interest is recorded on your account and is wiped each year when the loan balance is transferred to IRD on February 28th of the year following study. If you leave the country before or after February 28th for more than 6 months interest will be charged on your account total and will be charged from the date you left NZ. Check www.ird.govt.nz for more details and especially for those planning long overseas trips check out 'Repayment holidays' and the penalties for non-payment.

Handy Hints

- Keep ALL paperwork (forms, letters, and emails) in a folder in case any problems arise. DON'T throw anything away.
- Keep a safe and secure record of any passwords you set up. If you forget or lose it this will slow down your processing time.
- If you are dealing with any government departments (StudyLink, WINZ, Immigration, ACC) take a note of the name of the person you are speaking to, the time and date and also your understanding of what was agreed upon.

Job Hunting

- When you're job hunting register with Student Job Search (www.sjs.co.nz) or contact us for our job file and pointers. We always recommend you look at www.trademe.co.nz and look at some of the big employers around town – supermarkets, Sealords, hospitality, orchards, retailers, fast food stores. Also consider employment agencies who could be good for short term work in your field of study. Check the local newspapers too. The StudyLink website has ideas and links as well.
- Also check out our VOS Issue 2 for the tips on pages 10 and 11 (download VOS2 at www.saniti.org.nz)
- It's a good idea to make a CV template which can be altered to be relevant to the job you're applying for. Make your CV stand out by varying paper quality, layout and format. Also having your photo on your CV can make it more memorable.

SANITI Office

- Also remember that we are here through summer to help if needed. We only close the office from December 23rd 2009 till January 8th 2010.

GOODBYE MAX



One of the longest serving NMIT tutors retired recently. While it is hard to track down how long he was here - he is rumoured to have taught over 5000 students! - his expertise in the Engineering Department will be missed. Max is pictured at his going away BBQ.

AVIATION



Air New Plymouth Dinner

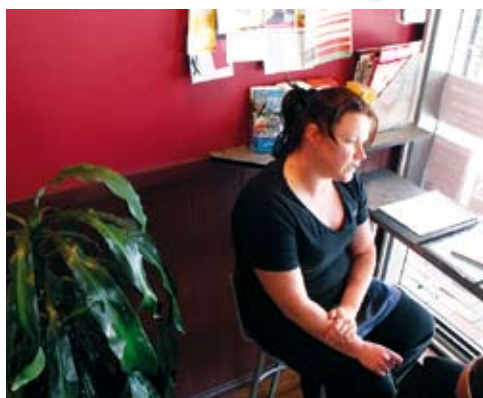
On his latest North Island visit SANITI Distant Campus Manager Hayden had the privilege of partaking in an evening of educated conversation and Indian culinary delights with the students from Air New Plymouth.

New Plymouth was the last stop on the road for Hayden and it was great that he was able to be part of a social occasion with the Air N.P students. The evening began well but started to deteriorate as a few of the students participated in an impromptu "who can handle the hottest chili competition". Several flaming faces and bloodshot eyes later the dinner concluded with a lot of laughs and a lot more water guzzling.



read previous copies of **VOS** at
www.saniti.org.nz

FOOD, FOOD, GLORIOUS FOOD!



With the summer months coming up and of course Graduation parties, VOS caught up with Kudos Food Design owner and chef Kylie Carter to get some food tips

Kudos Food Design the catering specialists and coffee bar are right in the middle of Nelson's Hardy Street. Owner-operator Kylie draws on a myriad of cooking expertise and enterprise when making food. Looking in the food cabinet and perusing the catering menu it's easy to see she loves food from across the spectrum. From the blueberry muffins your mum still makes to Fillet Mignon and other gourmet treats.

It's easy to see Kylie adores cooking; she also loves to give tried and true recipes a new twist through using creativity and imagination. Kylie has a number of steady recipes that have become favorites for many of her customers however she continues to experiment, looking for fresh new and tasty ways to fill her food cabinet.

"It's really satisfying putting the finishing touches and garnish on a platter of food and knowing that people who eat it will love it, it's about that wow factor" she says

Kylie developed her skills over 20 years working in the food industry, part of which was employed as a cook on a fishing vessel for about 8 years.

Her advice to budding chefs and catering enthusiasts is to constantly look for a way to perfect what you're doing, have fun and experiment. Good food is food that evolves.



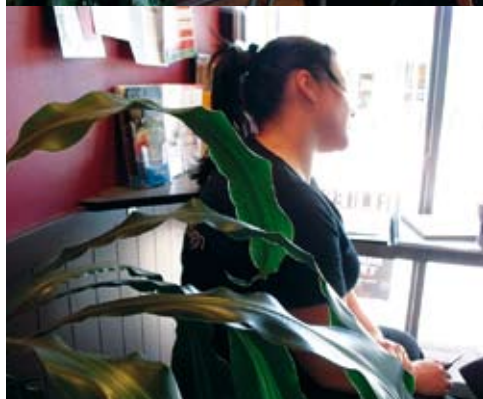
Kudos Roschtis

- Grate vegies like potatoes, pumpkins, zucchini, kumara, add some finely sliced red or spring onion
- Squeeze all the moisture out
- Add salt and pepper
- Mix in eggs (2 per 3 vegies)
- Shallow fry palm sized dollops in a hot pan with oil half way up roshti, do both sides
- Finish off by baking in oven to ensure vegies are cooked
- Drain on paper
- Add toppings like cream cheese, salmon, strawberries (as pictured), or whatever you have around, such as mango and cream cheese with sweet chilli, guacamoli....



Some Summer Ideas

- **Meatballs:** use lean beef mince, add some pesto, cheese, fresh herbs to snaz them up.
- **Corn Fritters:** can of corn, flour, eggs, sweet chilli sauce.
- **Canapes:** slice and toast a french stick, top with cream cheese, chicken and cranberry sauce, or whatever toppings you may have.



better opportunities at WHK

better advice
for a better life

www.whk.co.nz

To find out more information on
joining the WHK team email
employment.nsn@whk.co.nz
T 03 548 2139

- Variety
- Growth
- Promotion
- Training

VOX POPS

VOICE OF THE PEOPLE

EXAM STRESS AND SUMMER FUN



Marion
Library Learning Support Manager

Did you get nervous during exams?
Absolutely! When I had music exams my hands would shake when I played the piano!

How do you like to relax?
Yoga and other relaxation technique such as focused breathing.

What do you have planned for summer?
I have my family coming for Christmas, then more family coming for the Jazz Festival. Then more music at the Tui Folk Festival and then maybe a relaxing trip to Golden Bay.

What would you prefer: a bath with a glass of wine or exercise and a massage?
To be honest, the bath and glass of wine.

What is your ideal New Year's Eve?
Staying with lots of close friends in a big house, going out for dinner and then partying and singing until the small hours.



Zhou Rui
BCom

Did you get nervous during exams?
Yes, I work so hard I don't get enough sleep.

How do you like to relax?
Going to the beach or playing computer games.

What do you have planned for summer?
I'm going back home to China to sleep and eat mum's homemade cooking!

What would you prefer: a bath with a glass of wine or exercise and a massage?
Exercise and a massage.

What is your ideal New Year's Eve?
For Chinese New Years we have a big party. We block off a whole street in the city for ten days and decorate it with flowers. Children get given money, also married people give money to single people!



Eric
Art and Design

Did you get nervous during exams?
As the deadlines get closer, my anxiety increases.

How do you like to relax?
A couple of ways which you probably can't print!

What do you have planned for summer?
Taking the kids on holiday somewhere in the South Island.

What would you prefer: a bath with a glass of wine or exercise and a massage?
The bath and glass of wine.

What is your ideal New Year's Eve?
I was in the middle of London a few years back, I'd like to experience Times Square in New York.



Pip
SANITI Advocate

Did you get nervous during exams?
Duh, yeah!

How do you like to relax?
Vigorous exercise and dancing.

What do you have planned for summer?
Three weddings and lots of beach.

What would you prefer: a bath with a glass of wine or exercise and a massage?
The bath and glass of wine.

What is your ideal New Year's Eve?
I like full-on New Year Eve parties. Lots of loud music, big events so I can really let go.

SUMMER WORD FIND

christmas
presents
eat
swim
sun
fun
lazy
wine
turkey
food

yuletide
sleep
relax
walk
sand
massage
yum
beer
family

D	O	O	F	Y	E	K	R	U	T
F	O	D	W	S	W	I	M	P	P
A	O	F	A	L	A	Z	Y	X	R
M	Y	U	L	E	T	I	D	E	E
I	U	N	K	E	A	T	L	G	S
L	L	E	E	P	A	A	A	A	E
Y	E	E	N	E	X	O	S	S	N
C	H	R	I	S	T	M	A	S	T
F	X	Y	W	U	U	S	N	A	S
B	E	E	R	Y	K	N	D	M	F

GIZMOS



www.gizmos.net.nz

STREETWEAR..SK8BOARDS.. HARDWARE
JEWELLERY & ACCESSORIES..BODYPIERCING..TATTOOING



111 BRIDGE STREET, NELSON **PHONE:** 03 548 4667 **FAX:** 03 548 4630

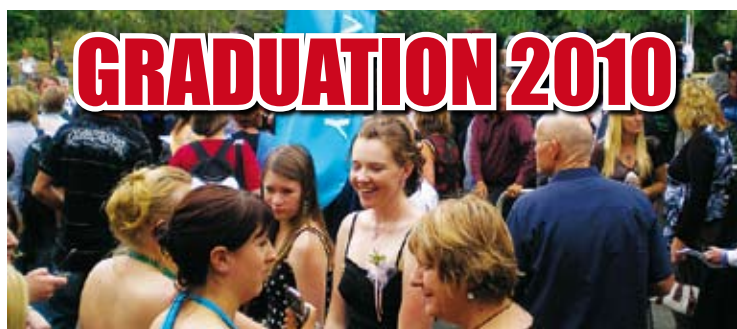
SANITI SECOND GENERAL MEETING

Tuesday 20th October 2009 is the day of the SANITI Second General Meeting. The meeting will be held at 12pm in the Student Lounge on Nelson Campus. The following items will be on the agenda:

- 2010 Strategic and Operational Plan
- 2010 SANITI Budget
- 2010 SANITI Student Fees
- Election of four SANITI Executive Members

Hot food will be provided.

More information is available from the SANITI Office.



Planning is underway for Graduation 2010

- 16th Dec Marlborough
- 17th Dec Te Tari Maori
- 18th Dec Nelson

Don't forget the after parties!

SUMMER EVENTS

Looking for something to do over the summer months?

Read on, dear student, read on...



Nelson Arts Festival Oct 09

Based in Founders Park, The Nelson Arts Festival runs during October and contains performances and seminars based around the performing arts and writers. Visit the website: festivals.nelsoncitycouncil.co.nz/festival-home

Mask Parade 16 Oct 09

The Mask Parade is the high point of a great evening full of free family fun, with music, ferris wheels and food.

Nelson A&P Show 21-22 Nov 09

Held at the Richmond Racing Showgrounds the Nelson Agricultural and Pastoral Show is country fair with lots of food and country-based activities.

Lantern Spectacular 13 Dec 09

The Centre of New Zealand (walk to the end Hardy Street, which NMIT is on, across the bridge) comes alive with light, story-tellers, buskers and more.

Candles by Candlelight 24 Dec 09

Christmas carols will ring out over Nelson from the Cathedral steps.

The Phat 10 29 Dec 09 - 2 Jan 10

100 acts will boom out over the paddocks of Inangahua in a four day party welcoming in the New Year. Tickets will cost you over \$200 and can be bought through www.phatclub.co.nz



Trafalgar Street Countdown 31 Dec

Central Nelson will be packed with party goers New Years. Bands playing were unconfirmed by the council at time of print but it will rock!!

Blenheim News Years Celebration 31 Dec

Music and fireworks will light up central Blenheim.

Jazz & Blues Festival 2-9 Jan 10

The Woolaston Jazzfest cranks up in early January with eight days of Jazz and Blues set in sunny open-air locations. For more info: www.nelsonjazzfest.co.nz

Blues, Brews and BBQ's 6 Feb 10

Held at the A&P Showgrounds in Blenheim, Blues, Brews and BBQ's is a celebration of the traditional Kiwi summer. Don't forget your jandels and sunscreen.

Opera in the Park Feb 13 '10

Held in Tahunanui, this opera spectacular caters for 15,000 people and thanks to BioPaints, it's free!

**Rental Vehicles Of
Quality With Service
And Value**

So Why Would You Go Anywhere Else?

Rent-a-Dent

NELSON: 03 546 9890 nelson@rentadent.co.nz



Savage & Savage
CHARTERED ACCOUNTANTS

Proudly providing financial
management services to
SANITI
Can we help you?

"We talk your language"

www.savage.co.nz info@savage.co.nz Business 03-548-4894

NMIT STUDENT SUPPORT SERVICES

Before it all gets too much,
come and talk to us ...



THE STUDENT SERVICES TEAM IS HERE TO HELP YOU!

WE PROVIDE...

- FREE & confidential support/advice
- Referrals to Health Services & Community Agencies
- Pathways to other NMIT student services
- Access to **FREE** counselling

PHONE, EMAIL OR DROP IN...

Nelson Campus - Student Centre in 'N' Block

Phone: 0800 422 733 (ext 655)

Email: studentsupporthelp@nmit.ac.nz

Marlborough Campus

- Student Support 'J' Block

Phone: 0800 222 443

Email: jennyoswald@nmit.ac.nz



*We're looking forward
to meeting you!*

Joni Aker

STUDENT SUPPORT HELP-DESK CO-ORDINATOR



Based at the front desk of the Student Support area in the Student Centre [N Block], Joni is the person to talk to if you need help or advice to access community services; medical; recreation or cultural information. Joni is keen to assist students with their inquiries and if unable to help, will be able to arrange an appointment with one of the other Student Support Team members or refer you to someone who can help.

Students can also borrow sports equipment e.g. tennis; badminton; volleyball; soccer, rugby and basketballs, from the range available from the Helpdesk in Student Centre.

Contact Joni Aker phone 546 9175 ext 655

joni.aker@nmit.ac.nz

Monday to Friday 8.30am - 4.30pm

WANT TO IMPROVE YOUR GRADES?

COME TO LEARNING SUPPORT @ THE LIBRARY LEARNING CENTRE



GILLIAN

General Study Skills



DIANE

General Study Skills



JACKIE

Computing



MONIQUE

Maths & Science



MARION

Co-ordinator

We will give you one-to-one assistance with your study, and offer support if you have a specific learning need. We work with individuals, groups or classes and, along with the Library staff, can help you find information, search the databases and reference your work.

DON'T WAIT UNTIL YOU'RE IN A PANIC - MAKE AN APPOINTMENT TODAY!

Contact Learning Support 546 9175, ext 672
email: learning.support@nmit.ac.nz





THE ANONYMOUS CAFE REVIEWER

Coffee on the Cheap!

Now last issue my editorial was hijacked, because they wanted to offer a cheaper option for students. So, I've decided how I would help them save money by showing them how to roast beans. I know this sounds daunting, but actually it's pretty easy. Here are some simple instructions to turn Air Popcorn Popper into a coffee roaster (this of course voids the warranty). It's not foolproof and you need to watch it carefully but it does make great coffee beans.

Air Popcorn Popper Method

What You Need: A hot air popcorn popper (use a popper in which the hot air enters the popcorn chamber from side vents only) a big bowl to catch the chaff, a big spoon, a metal colander (or 2, aluminum is best) for cooling, maybe an oven mitt.

Instructions:

- Set up the popper in a ventilated place near a kitchen exhaust fan or window, if possible. It's nice to have strong overhead light so you can look down into the popper chamber to accurately judge the roast as it progresses. Have all your supplies within reach.
- Put the same amount of coffee in the popper that the manufacturer recommends for popcorn. About 4 oz. is the maximum, or 2/3 to 3/4 cup.
- Put the plastic hood (including butter dish) in place, and a large bowl under the chute. We put our popper by the sink so it blows chaff right into the basin. Turn the thing on.
- Watch for fragrant smoke and the "first crack" of the beans in about 3 minutes. Wait another minute, then start to monitor beans closely for desired roast color by lifting out butter dish and looking into popping chamber, or, better yet, by smelling the smoke and listening to the crackling.
- Total time for a lighter roast should be around 4 minutes, full City roast around 5, and darker roasts closer to 6.5 minutes. Roasts develop quickly, so be vigilant. You want to pour the beans out of the popper when they are a tad lighter than the color you desire; since roasting continues until beans are cool. A timer could help you with this.
- Agitate beans in metal colander with a big spoon or toss between 2 colanders until they are warm to your touch. You may need oven mitts for this. You may want to walk out to a porch to aid cooling.
- Coffee should be stored out of direct light (and not in a fridge or freezer) in an airtight glass jar, but with a fresh roast, wait 12 hours to seal the jar tightly; it needs to vent off CO₂.
- Warm, fresh roasted beans are wonderful, but the coffee attains its peak 4 to 24 hours after roasting. If you store it as recommended, we'll call it fresh for 5 days. When you open that jar in the morning, you will know what fresh coffee truly is.
- I HIGHLY recommend this method because it's easy and it produces very even roasts from the light City to the dark French stages. Used poppers can be found in many op shops or Cash Converters. They roast quickly, but usually only 3-4 ounces at a time. But since it's so easy, roasting 2 batches consecutively is not a big deal.

Now I have checked all the roasteries in Nelson and here are the prices:

Pomeroy's Coffee and Tea Company is on the corner of Hardy and Rutherford Streets, and they charge: \$25.00 for a kilo of green beans.

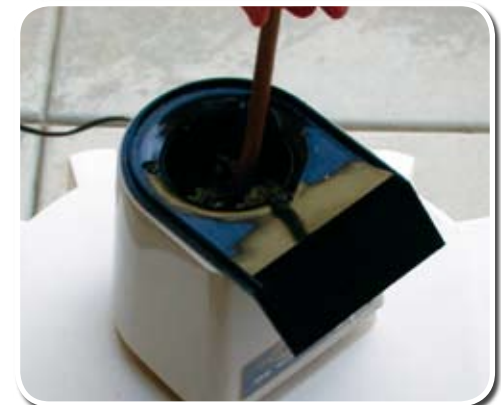
Zumo is on the corner Rutherford Street and Vanguard Street and they charge \$25.00 for a kilo of green beans.

Kush Coffee is on Bridge Street and they charge: \$24.00 for a kilo of green beans.

Sublime is on Haven Road and they charge: \$16.00 for a kilo of green beans.

Espresso Road is online at www.espressoroad.com and they charge from \$15.00-20.00 for a kilo of green beans.

Devine Coffee is in the Wakatu Square and charge \$14.00 for a kilo of green beans.



So that wraps up the Anonymous Cafe Reviewers 'Budget Special' and the column for 2009. See you next year!



fashion island

Welcome To Fashion Island Shopping Centre.

**fashion and lifestyle stores
- where the shopping is easy!**



Entry off Hardy Street next to Morrison St Café

Fashion Island Shopping Centre has 25 of the best fashion and lifestyle stores – from fashion to food, homewares to hairstyles. Fashion Island is the place to shop, eat or simply relax and watch people go by.

Aki Sushi, Amazon, Andrea Biani, Barkers, Colorado, Columbus Coffee, Dotti, Hartleys, Jacqui E, Jay Jays, Just Jeans, Kimberleys, Kooky, Line 7, Living and Giving, Morrison St Café, Portmans, Rodd & Gunn, Rodney Wayne, Staxs, Sunglass Style, The Body Shop, The Lingerie Company, Witchery.

Open every day - Corner Hardy & Morrison Streets Nelson

Phone 03 548 9191

www.fashionisland.co.nz

Student Life

In this edition of VOS we find out from a couple of International students just why they've come here to study wine... is it just the Marlborough Sauvignon Blanc, or perhaps the freezing cold winter that makes Marlborough the ideal place for studying the art and science of wine making?

Anita Overgaauw, originally from The Netherlands, took a rather long-winded route through various countries and careers, before settling on viticulture at NMIT. Here she explains how she got here and how the Marlborough location is helping her gain practical experience in wine making.

In The Netherlands I had a long career in all kind of roles from Office Management to PR, Marketing and Communications. After travelling quite a bit of the world my (now ex) partner and I decided to go for the adventure of immigration. Since we had travelled to New Zealand before and loved the country - especially the people - we went through a one and a half year application process for New Zealand Residency. Finally at the end of 2005 we arrived in Auckland and after travelling a bit we decided to settle in Wellington. Here I did not find what I was looking for - jobs of interest to me were hard to find and so I decided to change careers and started the Diploma in Viticulture and Wine Production at NMIT in Blenheim.

You might ask 'why wine?' Since I wanted to change careers I thought I had to do it in an industry that was growing in New Zealand, to enhance my chances within the job market, as well as study something that I was interested in. It was then easy to get to the wines. Why NMIT? I investigated the several options and the people at NMIT were friendly and helpful during my first contacts and so I arrived in Blenheim in early 2008. Blenheim is a town that is quite multi-cultural these days, which suits me well.

I have been lucky to gain a cadetship at The Crossings Winery and Vineyards in the Awatere Valley, so I can combine my study with all aspects of grape growing and winemaking. So, what I learn in class I can bring into practice the next day and discuss with the winemakers.

In my opinion there could be more opportunities for partnerships between the wine industry and NMIT in the Marlborough region and I would like to encourage both sides to explore possibilities for this.



Like Anita, Anya Fedorova (Russia) is also well versed in higher education. A self-professed "professional student" she also has degrees in teaching, law and an MBA. Here, Anya explains why she chose to study wine making at NMIT and what she's loving about the course.

I chose to study wine making at NMIT because I love New Zealand wines, especially aromatic varieties. It is always good to study in the place that produces the wines that you love to drink and would like to know how to make. Marlborough is the biggest wine producing region in New Zealand, so it seemed logical that the wine school was based in the region promising good links with the industry and job opportunities. The practical approach that NMIT takes at wine production training was also one of the decisive points.

I contacted schools in Canada, USA, Australia, Europe and several schools in New Zealand as well. Though the schools in the US are considered to be the best for wine education, the costs were very high and I could not afford them.

Needless to say New Zealand is one of the most beautiful places in the world, so the idea to combine education with the enjoyment of New Zealand scenery, a good climate and pure air (not polluted like in Moscow or in other big cities) was VERY tempting.

There are two things I enjoy the most about studying wine at NMIT. First is the practical approach. Starting from the first weeks of school we were making our own wines. The whole idea was very scary at the beginning, but it made the whole studying experience more relevant. Plus we made our own

wine that we drank for free, and surprisingly it was not very bad!

During the second year we had our first vintage. It is the most invaluable experience ever. As Tricia Jane (Project Leader) said "no matter what, but you will NEVER forget your first vintage!".

The second thing I love is the cultural diversity - our class has people from all over the world. We almost look like a group from the United Nations when we go out on field trips. It is quite amazing to study and socialise with people from different countries. Hopefully, soon we will all have wineries in different corners of the world - so we can travel to see our friends and to drink their wines!

Of course, there are a couple of challenges to studying in New Zealand. The biggest thing is the cold houses in New Zealand. Though the winters are very mild compared to Russia, the winter life in uninsulated houses without heating is very unpleasant. I can say that I have never been as cold in winters as I was in New Zealand. I was advised to 'toughen up' and to 'embrace the New Zealand way' but even after two winters survived I still refuse to do so.



Anya and Anita presented their stories to local business people at a Chamber of Commerce event at NMIT on Tuesday 18th August.

FREE Lonely Planet London guide when you book a Contiki tour of 10 days or more.



House of Travel Nelson exclusive offer.
Offer expires 15th December 2009

House of Travel Nelson
256 Trafalgar Street • P: 546 8780 • E: nelson@hot.co.nz

HOUSE OF TRAVEL

So. Tomorrow. Starting first thing will be my day of health, rest and relaxation. Normally for me the two are complete opposites; I find healthy things (dieting, vegetables, exercise and most notably sobriety) highly stressful. Anyway let's give it a go. After all I am the girl who tries anything once or twice and on occasion three times. One Healthy activity followed but a relaxing activity (not alcohol related. sadly) and then something restful. Should be a breeze. Hopefully not in lycra.

D-day

7am – Gym

Why did I say I'd do this? Is this even a time? What do people do at this time of the morning? Apparently sparkly things are not for exercise. I mean to prove differently.

7.15am – Walk to Gym

Strangely, still having fantasies about being in bed. So much so, that I don't remember the trip to the gym. Let's hope the whole experience is like this.

7.30am- 8.30am – The Work Out

Being the organised girl I am, I already have a programme given to me by a dubious gym bunny/Satan's not so little helper. The programme focuses on Cardio (not an Italian gigolo. again sadly) running (or in my case walking in a way that appears to be running), biking and weights. What happens next really wasn't pretty (leg warmers and sweat bands aside) for me, Satan's helper or anyone turned in my direction, I will however summarise. There was sweating, sobbing, tears and ugly recriminations/outbursts (me) followed by encouragement, extortion, bullying and the exercise of superhuman patience (him). Well, the rest is best left unsaid. Tips for the Gym, as per the suggestions of Satan's helper:

- Make your goals achievable and realistic
- Wear comfortable clothes/ stuff you can sweat in
- Regular focused low impact exercise is more beneficial than sporadic hard-out
- Take a water bottle and drink regularly
- Crying in front of other gym users reduces ones cool-o-meter

8.45am – The Long, Long, Long Walk home

I never realised just how many muscles are used in this particular movement, how many hundreds of muscles. All of them complaining.

9.00am – Lying On Bed

Already thinking about falling off the wagon (I've only been on the wagon for two hours) and flagging the whole lot, there's a particularly seductive packet of chocolate biscuits in the kitchen, calling my name. Loudly.

9.05am – Still Lying On Bed

Still thinking about bickies but am having shower instead. Maybe I can eat bickies in shower. No. No bickies.

9.10am – Shower

Hot water is a total balm after the gym; actually

today I am really enjoying it. Not sure if that's exercise related. After my work-out it seems much better.

9.40am – Breakfast

In line with my healthy schedule, breakfast is now a large spirulina smoothie, wholemeal toast with peanut butter and a banana. Let's get this over with.

No marg or butter put peanut butter on first and then slice banana on top. I'm not really sure whether combining the peanut butter and banana is such a cracker idea.

Spirulina looks like a dark green gunge that grows on the bottom of a pond, certainly not something you should think about drinking. In actuality, Spirulina is the common name given to two types of Cyanobacteria or blue green algae that grows in ponds. Working on the premise that yucky looking stuff is good for you, this should work magic:

- 1 ripe banana, peeled
- 225g can crushed pineapple in juice or other fruit
- 1 cup coconut cream
- 2 teaspoons Spirulina Powder
- Orange Juice
- Blended in a food processor.

9.50am - Later Surprisingly

I found it delicious! Really. And it's good for you Snap!!

So there's the healthy part done! Although I'm totally stuffed from the gym, simple things have become much more satisfying and painful. Bending over for instance, for any reason The call of chocolate biscuits is not quite so loud. However the nap I plan on taking will be heavenly. All things consider it wasn't as bad as I thought.

1ish

Woke up from the nap feeling fantastic if some what a bit rubbery and sore, and also very thirsty. Never mind, my next appointment is with a friend who is a massage therapist. Hooray.

2.00pm – Arrive at place

My friend works out of her house, the space is set up for the massage with relaxing hippy music plucking away in the background and small frangipani/lavender candle scenting the air.

2.05pm – Interview

At this stage I thought it was pretty much strip and ham on the slab, however Jazz does an interview with her clients in which she checks on any medical issues which might effect the session as well as mixing up massage oil for you.

2.25pm – Massage

I hadn't realised what an art form massage is. My friend has always been a pretty easy going but not particularly assertive person. Watching her adopt her "professional persona" was impressive. Jazz is quite a slight person, but she seems to have the hands of a rugby player. Tips for a massage (as per the masseurs suggestions). Shop around; find someone you can connect with. If you're there for a specific

purpose make sure you talk about that. If you have an injury, disclose it. If the pressure doesn't suit you ask for more or less.

The massage was fantastic, after the gym this morning it was just what my body needed. There were a lot of aches and pains I hadn't noticed until they were gone.

Costs of a massage can vary depending on the qualifications of the person and the type of massage they offer; average would be around \$40.00 to \$60.00 dollars.

5.00pm – International Film Festival

So far things have been good, although at this stage of the day I'm starting to feel a little bit tired, stay awake must stay awake. So its time put on something flashy and questionable, climb into a pair of heels that have been banned by the U.N. Slap on my war paint and go out.

Next up is a movie at the film festival, which plays at the Nelson cinema from early September to early October. The festival brings together a myriad of movies from all round the globe. My choices are;

Max and Mary – a claymation movie about a true story pen-pal friendship between Mary, a chubby lonely 8-year-old girl in Melbourne, Australia, and Max, a 44-year-old, severely obese, atheistic, Jewish man with Asperger syndrome who lives in New York.

Departures - A story from Japan of a cellist whose orchestra goes bust and after selling his Cello he moves back to his home town and looks for a job. He answers an ad in the paper thinking it's for a travel agent and suddenly finds himself employed as a funeral assistant.

Dead Snow - Norwegian splatter movie about Nazi zombies brutalizing Norwegian teenagers. No, really.

My favourite was Max and Mary, as it turns out it had bit of stellar cast. Older Mary is voiced by Toni Collette, Max by Philip Seymour Hoffman, and Eric Bana as Nick Popodopoulos. The narrator is Barry Humphries. Initially when watching this movie, because of its medium (claymation) it's easy to take it not quite so seriously. In actuality the movie tells an amazing story of two very different people who united by their loneliness who reaches across an epic distance. The story contains some very dark themes of neglect, suicide, depression, extreme anxiety, social stigma and institutionalism. I found this story incredibly moving and at times laugh out loud. The trials of Mary and Max as they face everyday life are at times very sad and very funny. Max and Mary has easily been the best movie I've seen in ages.

6.30 – Home James

Suddenly I am channelling my grandmother, the world is a loud, annoying and cold place populated by far too many noisy teenagers. I've dragged myself in the door and am laying face down on the couch without taking off my Un torture devices. Or jacket. All I want to do now is go to my warm, soft and happy bed. I've had a great day but nana needs to have a cup of tea and lie down, I haven't been to bed this early since I was twelve. Bummer.

SHARK club

\$16 STUDENT SPECIAL
2 x 1 Litre Jugs
2 special shooters

**FREE POOL
EVERYDAY
5-7PM**

NMIT Student ID
& 18+ ID Essential

132-136 BRIDGE ST - WWW.SHARKCLUB.CO.NZ



contemporary food in a stylish atmosphere

Go Straight to Plan B



Lunch / Platters / Dinner / Cocktails / Coffee / Conversation
visit us online: www.gotoplanb.co.nz

7 Alma Lane, Buxton Carpark, Nelson. ph 03 - 546 6479

www.thp.co.nz/5C1832

TXT 3 m8s

get them to text **'SWEET AS'**

plus **your name** to **027 300 7466**

Get 4wks FREE*

\$18/wk (cheap as)

no joining fee (coz u can)

no contract (coz u DW1)

RUUP4IT?

*Come in + sign up = 4wks free (Students only, bring ID)

DeViNE

HEALTH + FITNESS

feel the difference

Warehouse/Countdown Carpark, Nelson

Tel: 539 0348 | devinefitness.co.nz