

ISSUE Whā
May/Mātahi-ā-te-tau

2021

RAM

MAGAZINE



Hunting Club

4WD Trip and the Duck Calling Competition.

Public Transport Sux!

Our submission of Public Transport findings to E Can.

Being Vulnerable Test

Questions to encourage mutual vulnerability to foster closeness.



WITH OUR NEW ARMY
OFFICER SCHOLARSHIPS



ARMY SCHOLARSHIPS

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WORDS FROM THE EDITOR



JULIA WILLS
comms@lusa.org.nz

Welcome to the first printed issue of RAM since this time last year!

We tried to save planet and go fully online but the content dried up and noone was reading poor lil' RAM.

We now hope you appreciate this mag in your hands a bit more and want your 5 seconds of fame by contributing!

One thing to mark in your calendar is of course exams...but to help you out, we have 'Study Break Wellness Meals' every day the week, from the 8th of June. So, grab yourself a free coffee from Grounded Cafe when you bring your valid LU Student ID, to keep you trucking.

Enjoy the rest of term, snuggle up and lock in that study, because with this weather outside, there's nothing better to do than rug up and hit the books.

Keep up to Date...Follow our Socials!



lusa.nz



studentsatlincoln



lusa_nz

YOUR EXEC



Gregory Fleming Prez

Kia ora koutou,
Heck, we are almost halfway through the year, and I can taste the mid-year break!
It has been a busy term, with Graduation last Friday. It was a wonderful day of celebrating the mahi the class of 2020 and 2021 did to get their qualifications. It was an extraordinary achievement, considering these were the cohorts that went through March 15th and COVID-19. Congratulations to you all, it was well deserved.

I have also been working behind the scenes to get a rainbow crossing on campus...and the paint has arrived, so watch this space... #lincolnisagaymecca
In this issue, the results of the public transport survey are published, alongside LUSA's submission to Environment Canterbury to make public transport affordable and accessible for students.

The Tumuaki and I also spent the day in Wellington with other Student Presidents and Tumuakis submitting to the Ministry of Education on the Pastoral and Wellbeing Care Code.

I would like to take the time to acknowledge the passing of Bernadette Mani who led the Postgraduate team in Student Admin. She was a life-loving

person, who deeply cared and advocated for students. She touched the lives of hundreds if not thousands of students during her 27 years at Lincoln University. She will be greatly missed by the Lincoln Whānau.



Becky Rickard Vice Prez

Well, well, well what a week it has been and its only Monday. Nothing beats pulling an all nighter (6am isn't too early for a red bull, is it? #notsponsored)
It was a dusty Sunday morning after the Speed Shear and then finishing my PFS report, (basically a big report combining all the reports you were given in Management in 1st and 2nd year and it's all on you to ask the questions). I then went to print out my 57-page report but a big thanks to the printer which printed it double sided the first time! After printing it again, I finally managed to hand it in, and now can now crack on with my other billion reports!
It was awesome to see everyone at The Grouse for the Speed Shear (be sure to read all about it further on in RAM), and a big shout out to Lincoln Young Farmers Club for another smashing event! A few glasses will need to be reordered after the night...

It's been a great few weeks as your VP and is always good to have a yarn about what you would like to see during your

time at Uni. So, drop me a line at becky.rickard@lincolnuni.ac.nz and we can get some ideas brewing. For the time being, my caffeine consumption will remain high, sleep low and good quality yarns constant. Also, if you haven't already – make sure you're on the LUSA Noticeboard Facebook page.



Johanna Cao Secretary

Hope everyone's back into the swing of things with the life of drinking, safe sex and of course the dreadful assignment.

This RAM is once again printed, so I hope you're flicking through, and enjoying the crisp printed pages.

This month we had Graduation and I hope many of you had a good time catching up with your peers again and didn't freeze, all dressed up with those chilly winds!

I hope you all got involved in the many events LUSA put on like Pink Shirt Day and Gumboot Friday.

If you're anything like me, you'll be scrambling to get those last-minute assignments in on time and to finish with a drink! Stress is something that is a part of my life and many others, so remember to take a deep breath and take a break. Many people are going through the same thing. You're not alone.

ISSUE Whā



Rob Earl General Rep

Hi All,
Hope you're well. I have been busy with assignment deadlines, so I hate to think about how busy all you have been.

We had mental health awareness week not that long ago, so I hope you took some time to read the information set up in the library, on ways to help with your wellbeing. If not, at the very least, I hope you took some time to acknowledge how well you are doing and that even though it's bloody cold right now, it's one day closer to summer, and we will be back to tan lines and cold beers in no time.

The Wellbeing team have been busy organising events and things for you, so keep an eye out on the LUSA Comms platforms for details on that. LUSA and Lincoln provide a multitude of support from financial hardship, foodbanks to mental health services, so if you need anything or are unsure about something, remember to pop in and have a yarn with LUSA, as we are here to support you - the students! LUSA is located on the bottom floor of Forbes, right by the door as you walk in, or the wellbeing team is on the top floor of Hudson Hall. Just follow the signs up the stairs.

If there is anything you would like to see on campus regarding wellbeing programs or support, please let us know as we are here for you and love a chat.



Jay Mckendry General Rep

Hey all, it's an excessively busy time for all of us and deadlines, stress, and insomnia are on the rise.

So, I thought I would remind you all to take a break. I know Uni can be hella stress but don't let it damage your health. An increase in stress can bring about physical illness such as colds. It is extremely important to rest, get plenty of sleep, eat well and treat yourself.

Have half a day off, do something that isn't Uni, like the markets. I recommend Green Lane Markets, go give them a follow on Insta! Go out for dinner, something good though! I recommend The Station, a Korean Restaurant with unlimited Korean BBQ for \$28! Mumbaiwala, has amazing Indian, Eden Alley, yummy Korean, Smokey T's BBQ, American Style BBQ, Kenji, Japanese and Pom's Thai, at the Saturday CHCH Farmers' Market. (see previous RAM issue for more details).

On a side note, it is extremely important to maintain a healthy diet and whilst it might seem bizarre, a good diet affects mental health. Many studies over the past years have shown that gut microbiota can positively impact mental health; so, a diet of maccas and such isn't great for the microbes and can easily cause stress, depression, and anxiety to rise.

So do remember to not push

yourself too hard, take a break and breathe. We are nearly through Sem 1. Bring on exams and all the best with your studies!

Jay (he/him)

Red Bull
CAMPUS CLUTCH
MILORANT

THE OCEANIA KNOCKOUT
WHO WILL BE CROWNED THE OCEANIC CHAMPIONS?

TUNE IN AND SUPPORT TEAM NEW ZEALAND

SAT 5TH JUNE 2021

FROM 7PM

HOW TO WATCH

RED BULL NEW ZEALAND

[REDBULL.CO.NZ/CAMPUSCLUTCHSTREAM](https://redbull.co.nz/campusclutchstream)

AOC | steelseries | HULU



- Grounded Café - NEW OPENING HOURS

**The Café is now open
later on:**

**Monday's, Wednesday's
and Thursday's**

8:00am - 5.30pm

**Exciting new offers,
deals and hot meals of
the week!**

YOUR EXEC



Laura Muckle
General Rep

Tēnā koutou katoa!

Keep up the good mahi team, you've almost made it through the first semester! Make sure you're looking after yourselves and checking in with your mates. End of semester assignments and exams can be stressful so don't hesitate to reach out to LUSA, the Wellbeing team or anybody on campus if you need some help. The best of luck and remember holidays are just around the corner! Don't forget World Environment Day is coming up too. Get out in nature and celebrate our beautiful Papatūānuku!



Maui Duley
Tumuaki

Kia Ora Folks,

Long-time no see.

I don't want to drag this out, so I'm just gonna keep this short so that you don't have to read what I have to say!

Hope you guys do well during the upcoming exam; and as usual, drink plenty of water, eat snacks, and study smart not hard.

Peace out guys x



Findal Probest
Postgrad Rep

Hello reader!

Your Postgrad Rep here...I don't have too much news for you, but I have been very busy with thesis writing and LUSA commitments. I nearly burnt out at the end of April, so I took a week off to see my parents in Golden Bay. I really enjoyed turning off my phone and just slowing right down. I even managed to read a book in 3 days!

There is a huge importance of doing 'nothing'. Even for a few minutes a day! Focus on your breathing, clear your mind and the science is undeniable.

The 4th cool outdoor spot I would like to share with you is Mt Oxford. It is about an hour's drive from Lincoln and there is a loop track that reaches the summit. This takes you through gorgeous beech forest and the beautiful three-tier Ryde waterfall!





Samantha Smalling International Rep

Kia ora everyone.

I am Sebrena Samantha Smalling, as many of you would already know. Thank you for your support thus far. Now is the time to ensure that international students are well represented and surely this is my priority.

I am now setting up a student committee of 6 students who will join in making our plans work

better. This committee is a voluntary position that will comprise of students that represents our diverse university. Together we will host events, build stronger support system for our students to make our community thrive.

If you would like to be a member of this committee or have any questions or concerns send me an email at sebrena.smalling@lincolnuni.ac.nz

We will be hosting a High Tea on Thursday June 3rd at 11:00am till 1:00 pm. Please come along and bring a friend.

See ya there!

Breeding: Sexy or Reckless?



The act of unprotected sex is risky enough without the threat of pregnancy or catching something more than feelings.

But for many, the opportunity to be bred by an intermit lover is a risk some think is worth taking. For those unaware of this bedroom activity, breeding is the ejaculation into another without the use of a condom and the sheer thought of this act derives pleasure for both consenting parties. Not surprisingly, the origins of this act and terminology originated from none other than the gay community.

From bears to twinks and bears in twinks, it is now something straight couples have adopted too. The ability to 'get off' your significant other and or you're not so significant other by having them release inside you, rivals our inner most fancies. However, even though gone are days of kissing strangers in clubs and bars, is it still socially responsible to fulfil this kink?

The answer to this question depends on what side of the medical aisle you sit on. Some say yes, some say no, but those who participate in this act will usually scream YESSSSSS!!!



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GRADUATE
CAREER
PROGRAMME
2022

Same old to Something new.

Whether you've got a solid life plan or only a faint idea, Silver Fern Farms can help you get there. Join our Graduate Career Programme today.

Apply online.

careers.silverfern farms.com



Relaxation & Mindfulness practice with Jayne from Wellbeing

IS YOUR HEAD BUSY WITH LOTS OF THOUGHTS? WOULD LIKE TO LEARN HOW TO CREATE SOME SPACE AND SOME QUIETNESS?

DURING THE SESSIONS WE WILL INVESTIGATE VARIOUS TECHNIQUES, SUCH AS, BREATHING PRACTICES, GUIDED IMAGERY, LABELLING, AND BODY SCANS.

THESE ARE INTENDED TO RELAX THE BODY AND MIND TO HELP US TO MANAGE OUR DAILY TASKS.

ALL WELCOME

WELLNESS ROOM STUDIO 2 UPSTAIRS
IN LU GYM

MONDAY AND THURSDAY
1.15PM-1.45PM

FOR YOUR COMFORT BRING A CUSHION AND BLANKET FOR YOUR SITTING OR LYING POSITION.



LAYLA: RESIDENT THERAPY DOG

Layla is our resident therapy dog and you can find her on campus, on Tuesday's and Thursday's in the Student Health building or outside Hudson in the rose bushes fetching her favourite toys.

Layla was originally a rescue dog, and all she needed was some love and affection to become the true dog she always was...

A calm dog in the office but energetic outside when she loves to roll around in the grass.

If you need a cuddle or to run your fingers through something soft, she's the perfect animal for that and loves any attention given to her.

So pop in and give Layla some pats!



WIN

Get some good telly in your life with this SmartVU dongle (RRP \$149).



Turns your TV into a Smart TV that streams Freeview & a bunch of other stuff too!

To enter: Message us on the Freeview NZ Facebook page & tell us what show you're currently loving with the hashtag #GETSMART.



YOUR YARN



Anxiety Angst

It's coming up to exam period and the only word which best explains this time of semester is stress.

It is something everyone has, to varying degrees, and should be talked about and acknowledged.

On a greater level of stress, anxiety attacks are something many people and I experience. But, for most people, those who do and don't experience them, the first thing that comes to mind is the hyperventilating and rocking back and forth. But that's not the only form of attack and understanding the way that your own and other's anxiety work, will normalise the conversation, reduce stigma and could possibly help calm a person faster.

Tips for Coping with Anxiety



forms of anxiety:

- **Hypersensitivity** to change, chaos or disorder
- **Sensory overload** (be it smell, taste, light, etc.)
- **Fast-talking, stumbling with words, stuttering.** Almost like a miscommunication between your brain and mouth.
- **Silence** – not wanting to talk or deal with anyone
- **Unpredictable** bouts of irritability or rage
- **Zoning out** – staring off into the distance unfocused and stillness

It is important to note that these are only some forms and does not encompass them all.

For me, it changes between different forms.

My most common and recent attack presented as 'zoning out'; I disengage with everything around me, including my hearing decreasing, a looming sensation of unpleasant discomfort and a "meh" feeling. There is a sense of stillness and, commonly, if at night, my mind goes blank and my eyes will tear up, but I won't feel sad or the likes, just that blank feeling of not understanding why.

Again, it is important to note that it is different for everyone. Similarly, the way people deal with it also varies; be it stress baking, eating, gym workouts or using other escape mechanisms.

What I find useful is to let it out or redirect it in a healthy way. Be it talking, writing, reading, baking, exercising, anything! Taking the time to have a break and process it, will aid greatly in letting

pressure and stress go.

Do not let it build up as it can cause you to crash and trust me that is exhausting both mentally and physically.

There are also great services on campus including counselling, Student Health and the Wellbeing team who are happy to talk (located top floor of Hudson). And if there's something you need help with the team at LUSA will do their utmost to help or direct you to the people who can help the best!

So, look after yourself and remember to take care.



#PinkShirtDayNZ

Students and staff really got into the spirit of #PinkShirtDayNZ - the global anti-bullying campaign that celebrates diversity and creates environments where all people can feel safe, valued, and respected.

Staff members came together for a delicious morning tea of pink cupcakes and heard from our Wellbeing Advisor, Jayne Smith as she shared her insights about the significance of Pink Shirt Day.

Meanwhile, we (LUSA) are served up donuts, candy

floss and good vibes in Grounded and awarded LU merch spot prizes to those wearing pink.

An awesome group of students and staff met outside the iconic Ivey building for some group photos, to show their commitment to the cause.

Kōrero mai, kōrero atu, mauri tū, mauri ora – speak up, stand together, stop bullying!

#SayNoToBullying

PINK
SHIRT
DAY '21



Wellbeing Guide

For all students: who to talk to and how they can help you do well at Lincoln University.

ACADEMIC WELLBEING

Learning, Teaching & Library | FREE

Location: Ground floor, Library **Website:** <https://ltl.lincoln.ac.nz/>

Here to help you with study techniques, disability support, finding resources, strengthening your writing, managing your research, referencing, data management, and developing your career. Workshops and individual advice.

Learning, writing & research skills: Caitriona Cameron (caitriona.cameron@lincoln.ac.nz), Craig Nicholson (craig.nicholson@lincoln.ac.nz)

Information skills: Hadrian Taylor (hadrian.taylor@lincoln.ac.nz)

Maths and Stats: Dean O'Connell (dean.oconnell@lincoln.ac.nz)

Peer Assisted Study Sessions

(PASS) | FREE

Whether you are a top performer or could use some improvement, you will benefit from attending PASS. An opportunity to work together on study material in a relaxed environment where you can meet other classmates.

Pass Coordinator: Craig Nicholson **Email:** craig.nicholson@lincoln.ac.nz

Careers and Employment | FREE

Assistance with career direction, skills identification, CVs, application letters, psychometric testing, interviews, labour market information and further study. **Contact:** Michelle Ash **Email:** michelle.ash@lincoln.ac.nz

Inclusive Education | FREE

If you have an illness, injury or disability, contact the Inclusive Education team.

Contact: Rosemarie Richardson or Jo Wager

Phone: +64 3 423 0089 **Email:** inclusive@lincoln.ac.nz

MENTAL & EMOTIONAL WELLBEING

Student Health & Support; Counselling

Brief intervention mental health support and counselling to LU students.

Phone: +64 3 325 3835 **Location:** Hudson, ground floor

On-call Wellbeing Support and Sexual Harm Response & Prevention (SHRP) | FREE

Wellbeing Support Advisor P: 021 589 475

E: wellbeing.support@lincoln.ac.nz Available: 8.30am – 5pm weekdays

Urgent only: 5pm – 9pm weekdays 8.30am – 9pm weekends/holidays

Need to Talk service free text or call 1737

Thursdays in Black | FREE

Promotes conversation and raises awareness of sexual violence. Trained students run fortnightly discussions to offer a safe way for sexual violence survivors to come forward.

When: Thursdays 12-2pm **Location:** Library, front foyer

SPIRITUAL WELLBEING / IDENTITY

Chaplains Connect | FREE

Provide pastoral care, supporting the emotional wellbeing of students and staff. They can also advocate for you and help with non-medical aegrotats.

Contact: Rev Victoria Askin

Phone: 03 423 0514 or 021 335 168 **Email:** chaplains@lincoln.ac.nz

Location: Hudson, ground floor, rm 002

Lincoln University Masala and prayer room | FREE

See Muslim Association, contact via LUSA Clubs Directory

Lincoln University Christian Fellowship | FREE

All welcome to be part of our community. **Contact:** Marion Dumaine (027 342 6747)

Meeting: Wed, 1pm in Te Whare for a free lunch, bible message & fun together

Pastoral Care and Advice to Māori Students | FREE

Provides advice and support to Māori students.

Contact: Keruby loane **Phone:** +64 3 423 0407

Email: Keruby.loane@lincoln.ac.nz

Pastoral Care and Advice to Pasifika Students | FREE

Provides advice and support to Pacific Island students.

Contact: Keruby loane **Phone:** +64 3 423 0407

Email: Keruby.loane@lincoln.ac.nz

SPACE | FREE

For LGBTQIA* students to socialise, meet like-minded students and get advice/support. **Email:** SPACE@lusa.org.nz

SOCIAL WELLBEING

LUSA | FREE

Find out about clubs to join, events at LU, help or advice, and more.

Location: ground floor of Forbes

When: Weekdays 9.00am–3.00pm (Unless by appointment)

Phone: 03 423 0578 **Email:** info@lusa.org.nz

Facebook: @studentsatlincoln

Instagram & Snapchat: lusa.nz

#lusanz #ourlincoln #heartlu #lincolnuniversitynz

Te Awhioraki: Māori Students' Association | FREE

Te Awhioraki represents all Māori students on campus; providing social, cultural and academic support. It also organises social events, wananga, and workshops to support and enhance Māori identity on campus.

Te Awhioraki provides a strong voice for Māori issues.

Email: teawhioraki@lincolnuni.ac.nz

The LU Pacific Islands Students' Association (LUPISA)

LUPISA provides social, cultural and academic assistance and organises social events and workshops to support the Pasifika identity on campus. See www.lusa.org.nz/lupisa for club details.

PHYSICAL WELLBEING

Lincoln University Gym | membership covered by student services fee

Recreational activities including student training and fitness, group exercise, cardio and weights, outdoor activities, social sport and more.

Phone: +64 3 423 0550 **Email:** recsuper@lincoln.ac.nz

Location: Calder drive

Student Health & Support | \$

Doctors, nurses, counsellors, clinical psychologist, dietician providing confidential medical care to all Lincoln University students.

Phone: +64 3 325 3835 **Location:** Hudson, ground floor

Lincoln University Food Bank | FREE

Sometimes life throws you off and you can't afford food. LU Chaplains, Student Health & the Wellbeing Team have joined forces to help you out. If you're in need, please register by emailing:

Contact: chaplains@lincoln.ac.nz or wellbeingassistant@lincoln.ac.nz

GENERAL GOOD TO KNOW

Student Administration and Student Finance—FREE

Scholarships, tuition fees, course advice, visas, enrolment, exchanges.

Location: Forbes, Ground floor **Email:** enrol@lincoln.ac.nz

International Student Advisors—FREE

Denise Hannam and Denise Pelvin are our two international advisors who provide support and advice for international students.

Email: internationaladvisors@lincoln.ac.nz

LUSA Student Advice and Support—FREE

We all need someone who can support us. Our advocacy service is informal, professional and confidential; 100% independent from the University, which means the advice we provide you will always be in your best interest.

Student Advocacy & Voice Co-ordinator: Kate Lindsay

Phone: +64 3 423 0582 **Email:** students@lusa.org.nz

Financial Assistance Fund

LUSA and LU provide an emergency Hardship Fund to assist students who are struggling financially due to unforeseen and unexpected circumstances. You can visit LUSA to have a chat about it, or email.

Email: SAS@LUSA.org.nz

EMERGENCIES

Call 111 for fire, ambulance, or police or go to your nearest hospital emergency department

Campus Security 24 hours | 0800 545 388 or 027 483 3013

SAFELU app, download from your app store, and put notifications on

Mental Health Crisis Team | FREE Christchurch: 0800 920 092

Need to talk? | FREE call or text 1737 anytime support trained counsellor.

Lifeline | FREE 0800 543 354 or free text 4357 (HELP)

Youth helpline, counselling, support and youth development services.

Youthline | FREE: 0800 376 633 TEXT (free): 234

Speak to a counsellor 24/7

Safe to Talk | FREE: 0800 044 334 sexual harm helpline

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

STUDY BREAK WELLNESS MEALS

TUESDAY 8TH JUNE - FRIDAY 11TH JUNE

THE MENU

MON **07**
JUNE **QUEEN'S BIRTHDAY**
LUSA IS CLOSED

TUE **08**
JUNE **CHICKEN, PULLED PORK OR
THAI TOFU WRAP**
⌚ 12.30pm-gone 📍 Grounded

WED **09**
JUNE **CHEESE ROLLS**
⌚ 12.30pm-gone 📍 Grounded

THU **10**
JUNE **SOUP AND BREAD**
⌚ 12.30pm-gone 📍 Grounded

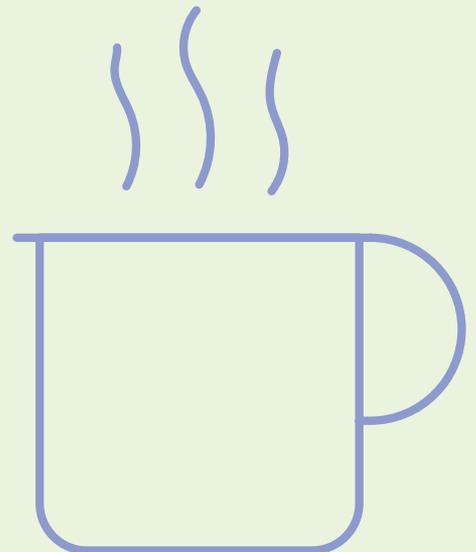
FRI **11**
JUNE **CHICKEN, PULLED PORK OR
VEGGIE PINWHEEL SAMMIES**
⌚ 12.30pm-gone 📍 Grounded

FREE COFFEE* FROM GROUNDED

Tuesday 7th-Friday 11th June

Grab yourself a free coffee from Grounded
Cafe when you bring your own mug.

**Must bring your own mug and show valid
Lincoln Uni Student ID to redeem.*



REVIEWS

LOCATION

Lincoln Wetlands **790 Ellesmere Road**

Located out the other side of Lincoln to Uni, the Wetlands are a great short walk. If you'd like a longer walk then continue along the Rail Trail path for a while. Nice and easy and takes about 30 minutes.

FOOD



Dalante - Artisan Mediterranean Bakery **4.4 Eastfield Drive, Lincoln**

A newly opened Bakery which I have found to be amazing. Not only do they have amazing breads (especially the bagels), but their pizzas and falafel are so damn good! So, if you ever need a good feed in Lincoln, Dalante is the place to go and at a great price!

DRINK



Gin Gin - Cocktail Bar **4 New Regent Street**

If you love gin, cocktails and/or a great night out, Gin Gin is a great choice. With a great range of cocktails and a great gin menu, there is literally a drink for everyone.

ALCOHOL - GIN

I go by 4sec pour for 2 ounces - **1 ounce = 30ml**

Gin Sling

1 1/2 ounce Gin	In a cocktail shaker, filled with ice, pour in gin, vermouth, lemon juice, simple syrup and bitters.
1 ounce sweet vermouth	
1 ounce simple syrup	
1 dash aromatic bitters	Shake well.
3-4 ounce soda water	Strain into collins glss with fresh ice.
3-4 ounce lemon juice	
Lemon twist	Top with soda, warnish with lemon twirl.

Rosemary Grapefruit Martini

1 1/2 ounce Gin
1 1/2 ounce Grapefruit Juice
1/4 ounce simple syrup
x2 Rosemary sprig

Save 1 sprig of rosemary for garnish.

Combine ingredients in a shaker with ice.

Shake till well chilled.

Double strain into a martini glass (or glass...)

Garnish with rosemary sprig.

Recommended Gins:

Malfy Lemon

Malfy Blood Orange



RAM RECIPE

WINTER WARMER VEGETARIAN LASAGNE

I am of the school of thought that a meat lasagna is far, far inferior to a vegetarian. For its balance, simplicity, and complexity of flavour development and profile.

So, here's my easy to do feast vegetarian lasagna recipe.

P.S. Keep in mind that sometimes I end up making an additional smaller lasagna due to the quantity of vegetables I cook.

The vegetable quantities and types change every time I make this, but I aim for $\frac{3}{4}$ of a 10L pot filled with chopped veg which typically involves:

- x2-3 Purple Kumara
- 1/3 - 1/2 Pumpkin (skin removed)
- x1 Broccoli (including stalk)
- 1/2 Swede
- x2-3 Parsnip
- x4/5 Yams (more if you want them)
- x10 Brussel sprouts (halved or quartered)
- x1 Cauliflower (including stalk)
- x2 Vegetable Stock Cubes
- Salt

Chop veg to be roughly even in size (with pumpkin a little bigger). Put veg into a 10L pot and cover with water (so that the veg is only just covered). Add veg stock cubes and 3 pinches of salt (a pinch with three fingers, not two). Put at a medium/high temperature until boiling then lower temperature to medium. Cook until tender. Once vegetables are cooked, drain liquid into a bowl (set liquid aside to save as Vege Stock to freeze)

Turn the oven on to 180°C, to preheat the oven.

While the veg are cooking, in another small/medium saucepan make a bechamel (white cheese sauce).

General rule of thumb is 1:1:10 ratio, butter: flour: milk. For lasagna, I do 60g:60g:600ml plus cheese.

Bechamel Sauce:

Melt butter in small saucepan over a med/low heat.

Stir in the flour and cook until bubbling, stirring continuously.

Remove from heat and slowly add milk, stirring constantly. Return to heat and cook, stirring till sauce thickens.

Fold in the cheese (as much as you want - up to 500g) I do ricotta, but cheddar works fine and cook for another 2mins until it has melted, then season with salt and pepper to taste.

Set aside until assembly time.

- x1L Tomato Pasta Sauce (store bought)
- In a large oven dish layer, the tomato pasta sauce.
- Follow with a layer of lasagna sheets (Barilla is a great brand and no pre-cooking required)
- Add 1/3 of the bechamel and spread across the pasta.
- Follow with a generous layer of vegetables, then the sauce.

Repeat the tomato pasta sauce, lasagna sheets, bechamel and vege until gone and you're finishing off with little bit the remaining 1/3 bechamel.

If you love cheese like me, grate more cheese on top and chuck it into the pre-heated oven.

Cook the lasagna till the top is golden brown and a knife can easily slide down into the middle of the lasagna.



HUNTING CLUB

4WD TRIP

Ashdon Reid

The Lincoln University Hunting Club have had a busy semester so far. We went on our first 4WD trip and held the duck calling competition.

Upcoming events include:

WALLABY TRIP - 22nd-23rd May

4WD TRIP - August

Have a read of what happened on our previous trips!

Lincoln University's Hunting Club had their first trip for 2021 up the Macaulay River on the 13th and 14th of March.

The annual 4WD Trip is becoming a staple event of the Club and continues to attract more trucks and students each year. This year we had 16 trucks in convoy and just under 50 students.

The day started with leaving Lincoln at 7:30am, followed by a stop at the iconic Fairlie Bakehouse.

After stopping to air-down at the base on Lilybank Road, the convoy began the 20km journey up the riverbed to Macaulay Hut. With crisp, clear skies and still conditions the hunters were keen to get onto the tops and spot some Tahr. Parties set off from multiple points along the journey to the hut, in search of a trophy and that night's dinner.

That night at the hut, after all had returned from a rather successful day of gathering, a few cold ones were cracked, and stories exchanged with everyone getting to know each other a little better.

The following day we packed up the Hut and pointed the 4WD's back down the river.

A few stops were made along the way to drive the hill climbs and bog holes, with many wanting to display their 'rigs' capabilities.

Overall, it was a successful trip, and the club would like to thank all who attended for making it a fantastic weekend!





DUCK CALLING COMPETITION

Fergus Lee

The Lincoln University Hunting Club got off to a flying start this term with its annual Duck Calling Competition fundraiser at the Famous Grouse, which took place on the 28th of April.

The club was very grateful to be able to have the competition this year, as last year it was unfortunately cancelled due to Covid-19.

The competition had 4 different categories to compete in - Mallard, Paradise Duck, Goose, and the most popular category - Human Chicken.

We were especially grateful to have such amazing sponsors who generously donated their products to be given away as prizes to the top 3 callers in each category. These sponsors included; Shooter Supplies, Skeleton Optics, Roaring Wild NZ, Fish & Game NZ, Victory Knives NZ, and The Famous Grouse Hotel. We are also very grateful to our two judges, Hayden Roberts and Jarrad Mehlhopt.

who listened in carefully to every call.

With over 30 different people signing up for the competition, it was a fun night for all contestants and very entertaining for the spectators watching.

Overall, the night was a great success, and the Club would like to thank all the sponsors, judges and the contestants who contributed to the Club's fundraiser and we look forward to seeing you all at the next Club meeting!





2020 SPEED SHEAR

Isabelle Keeling

Saturday the 15th May saw the Famous Grouse Hotel filled with students, shearers, and anyone keen for a great night out ready for the 2021 Lincoln Young Farmers Speed Shear.

There were three categories within the event: clean, senior, and open. The senior and open categories are won on the fastest successful time; and clean on the best sheep in under two minutes. It was awesome to see fifteen entries in the clean shear, and nine entries in senior and open.

We were lucky to have witnessed some impressive shearing, with the winning time for open being less than 25 seconds. That's right folks, in the time it'll take you to read this article, the guys and gals on the stand might've already shorn two sheep!

CATEGORIES:

Clean, Senior and Open

The Senior and Open categories are won on the fastest successful time; and Clean on the best sheep in under two minutes.



While Lincoln Young Farmers have run this annual event five times, COVID-19 proved too much of a challenge in 2020 and we were forced to cancel the event. So, for 2021 we came back

stronger than ever and were keen to make this the best yet. We found a higher stage this year, which meant the spectators had premium viewing; and the tunes kept both the shearers and spectators in a great mood all evening.



ISSUE Whā

We had several prizes to give away and auction off, we'd like to thank all our sponsors, as well as everyone that came to bid on an item or two. Of course, a massive thank you and congratulations to all those that competed in the event. It was great to see some talented Lincoln students on the stand, and even better to hear their support in the crowd. If our initial counting is correct, we've doubled

the profits of any previous LYFC Speed Shear - the night was a complete success! The money from fundraisers such as this go towards our trips away and other activities, such as the First Aid Professional Development Day we currently have in the works. If you have any questions about getting involved in the club or events, feel free to contact any Lincoln Young Farmers Members and you'll be provided with some great yarns.



CLUB NEWS



Lincoln Environmental Sustainability Society

- Are you passionate about environmental sustainability?
- Do you have a vision for making our campus a more sustainable place?

Jump on the opportunity to become the next president of LESS!

A club with the mission of educating on environmental issues and working towards making Lincoln University a more sustainable place.

Contact LESS@lincoln.ac.nz for more details!

2022 FACULTY CLUBS

LUSA Clubs are looking to set up a Club for each faculty next year and we need your help!

**MUST HAVE THE
FOLLOWING ATTRIBUTES:**

GOOD AT SPINNING A YARN

LIKES TO BE SOCIAL

**HAVE A LITTLE BIT OF SPARE TIME
(doesn't have to be much)**

DECENT ORGANISATIONAL SKILLS

**KEEN TO MAKE MORE FUN STUFF
HAPPEN AT LU**

*If this sounds like you, email Brit at
clubs@lisa.org.nz*



LU Young Farmers Overnighter

By Brittney Matthews

On Friday 19th March, 34 Lincoln Young Farmers set out bright and early for a weekend of fun and shenagagins...

First, we visited Te Maina Angus stud, where we were able to learn a bit about breeding and how they run their farm. We were given a farm tour which showed us the tourism side of the business at Matai Peak, which is very impressive to say the least. It is not a Lincoln Young Farmers trip without a quick boat race to finish off the first part of the trip where the brothers of Te Mania faced off with each other to scull for the finish.

We then headed to Hapuku Deer Farm North of Kaikoura where we learnt about the deer industry and got to see some yearling deer. Before the night was out, we ended the day in true Young Farmers spirit, where we hooked into some initiatives, which involved little clothes and a large amount of port. It's also not a Young Farmers Trip without a little bit of action; dancing and singing around a fire - Rumor has it, that some members might have spent some time in the deer crush before joining us all in the wool shed



for a few hours' sleep!

The next morning, we headed out to Bonavaree where we were fortunate enough to meet Doug Avery and listen about his struggles that he faced on his own farm 7 years ago. Doug was able to tell us how to be a resilient farmer and how to help other fellow farmers.

Doug's inspiring message to all of us was to build resilience through the three main pillars:

- Financial
- Environmental
- Social

These three main pillars helped him through his depression and helped him get to where he is today, speaking about how to be resilient within the rural industry.

Spending most of the day with Doug was very inspiring and this was something that all the members who went on the trip have valued. We were all very impressed and fortunate to have met Doug.

We then headed to North Blenheim or "BOOM TOWN BABAY!!!" as some

might call it. for a wild night on the town. Some pre'd a little too hard and didn't quite make it to the pub, while some freshers thought it was a great idea to go swimming in a potent river.

All in all, it was a great night, and the locals were happy to see 30 plus young farmers swarm the dance floor for a large chunk of the night.

The next morning 34 dusty young farmers piled into McDonalds to try and cure the hangover before heading to the salt works, where we were able to listen, see and taste the salt they made and learn about the natural production of salt - something away from farming but we all enjoyed what they had to say.

From there we made the journey back to Lincoln, where a few enjoyed some roadie, although some thought port wasn't quite hitting the spot and gave Jager a go!

I would like to thank the Lincoln Young Farmers exec team for organizing such an amazing weekend. This was a very inspiring weekend that all of us on the trip will remember for a long time!



Cancellation of Rā Whakamana

Anonymous



I want to preface this by saying that I really, truly hope that everyone enjoyed graduation, and the events you may have attended for it. I hope those of you, yet to complete your studies are brimming with anticipation at the thought of finishing uni and celebrating that incredible achievement with your friends, family, and peers.

I wonder how many students have even heard of Rā Whakamana? It's a bit of a worry that many people aren't even aware that we have a ceremony for Māori graduates and their whānau, typically on the Saturday after the mainstream graduation ceremonies. Although I'm not graduating just yet, I was gutted to learn that Rā Whakamana was cancelled this year, just a few days before it should have happened. I know there are reasons, like budget constraints and low attendance, but those reasons shouldn't be enough to warrant its cancellation.

Māori or not, most people struggle at university in some way. It's hard work, but hard work I wouldn't mind. It's the cumulative negative effects on my wellbeing, the fact that for the first time in my life I experience crippling anxiety, the fact that by my third year I could regularly schedule when I would hit burnout (spoiler: about every 6 weeks). For me, some of that is accounted for by the regular burdens of student life; insecure income, highly variable schedules, bottlenecks of deadlines...but it's exacerbated by my involvement in advocacy and policy areas of university life.

Until a couple of months ago, I was involved in Te Awhioraki, which has been an incredible experience filled with learning. It was also a massive burden. You might rearrange your entire schedule, skip shifts at work and miss classes to make it to a meeting where you represent student voice, only to find that they've postponed the meeting the day of. If the meeting goes ahead, you might participate only to find that other attendees make you feel unwelcome, or give feedback privately, that you are too active in the meeting. After a meeting, I can't say I can recall changes resulting from the feedback I've given. It's disheartening work.

As a Māori student on this campus, I have often felt like my lecturers and peers don't see or

appreciate me for the whole of me. Some lecturers aren't culturally competent, and I don't believe many understand that "academic debate" on issues that affect Māori are emotionally draining for their Māori students.

While I was never looking to gain an additional major or minor in Māori Studies, I have tried my best to take every paper on offer, for both my professional and personal development. But I find these classes under-supported, under-advertised and therefore under-utilised. They're often timetabled to clash with mandatory courses or cancelled due to lack of resources. It's disappointing from a student perspective, as somebody who's trying to access quality education, but it's also disheartening to see a university that claims bicultural at its heart but doesn't prioritise the delivery of high-quality Māori Studies courses.

Te Whare Wānaka o Aoraki, Lincoln University, is a Treaty partner, but their actions regarding these classes don't reflect it. As Māori, it's distressing to feel as though your university belittles your history and culture through its everyday actions, to the point that I have struggled with whether LU is the place for me. When I raised these whakaaro and feelings within the appropriate faculty, rather than hearing the concerns, I was told that maybe Lincoln isn't the place for me.

If you're still reading, bravo. It's been a stream of consciousness, but I'm getting there. I guess it was long-winded, but my personal experiences of LU, impact whether I would even want to come back for graduation at all. Previously, I felt that I was only interested in coming for Rā Whakamana and sharing that with my family. But if Rā Whakamana can be cancelled a few days out because of low numbers of RSVP's, why would I take the trouble to book flights and accommodation to come back for a ceremony that may not happen?

The cancellation of Rā Whakamana, for me, is just another way that the University makes me feel like I don't belong here, like I'm not valued here. Whakamana means to empower, and the cancellation of a ceremony to celebrate the accomplishments of Māori academics are the exact opposite of whakamana.

Why would I want to be at, or return to a place that doesn't value me?

Public Transport Sux.

[words from the Prez]



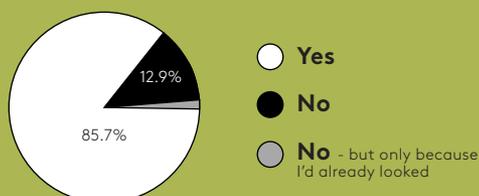
A couple of weeks ago, Maui, Johanna and I headed to Environment Canterbury to submit our Public Transport findings.

We understood the mahi that had gone into preparing E Can's Long-Term Plan, and in consultation with our student body, LUSA identified that public transport is a major issue for tertiary students in Canterbury, especially Lincoln University students.

We presented these recommendations based on your feedback.

When you 1st learnt there was no tertiary bus discount, did it surprise you?

70 responses



**CONGRATULATIONS - Alistair Adam
Winner of the \$50 Prezzie Card for
taking the survey. Pop into LUSA to grab it.**

Offer a student discount on fares

Students based in Auckland, Wellington and Dunedin are eligible for a 25-35% discount on an adult fare. In Ōtautahi and Central Canterbury, there is no discount offered for students. Although some students live close to Lincoln University, many live in Rolleston and throughout Ōtautahi.

The cost of transport is a significant cost to the majority of students at LU. A student discount for public transport would ease the financial pressure on them and increase their well-being. Furthermore, it would reduce the carbon footprint of students commuting between Ōtautahi and Lincoln.

Waving multi-zone fares for LU students

A LU student living in Ōtautahi or Prebbleton are required to pay a Zone 2 fare. Using a metro card, commuting between Lincoln and Ōtautahi, increases the fare from \$2.65 to \$3.85. A trip from the South-West Ōtautahi or Prebbleton to Lincoln is 45% more expensive than a longer trip e.g. Yaldhurst to Lyttleton/Sumner.

Waving multi-zone fares would be more equitable for LU students, and encourage students to sustainably commute.

Increase offered routes between Ōtautahi and Lincoln

Accessibility of public transport between Ōtautahi and Lincoln largely varies by where in the city a student lives. Students who do not live centrally have much longer commuting times between Ōtautahi and Lincoln. For example, using public transport from Somerfield/Spreydon to Lincoln takes 1.5 hours and 2 busses. The same trip takes 20 minutes by car or 1 hour by bike.

Reducing the commute time by offering more routes would encourage students to take the bus.

BLINDED BY... THE LACK OF LIGHT

Disappointed Student

It's 7 o'clock at night and the air is crisp and chilly, with only the warmth of the libraries orange lights to guide me back to the Union car park. Suddenly there's only the pitch-black night to surround the pedestrians walking back to their cars, with lights only seen flickering in the distance.

Lincoln University has a problem; there is no lighting at night.

As a person who unfortunately does not have night vision and tends to trip on thin air, this seems like a personal attack. The last time I checked, it was pitch black at 6:06pm. After the timetable change this year, I have one class (cry me a river) that ends at 6:00pm. Walking to my car in the dark at night for me is super creepy.

The lighting to the Orchard carpark is abysmal, and for such a small and compact campus, one would think it would be easy and efficient to light up. Unfortunately, I am not the only one who feels this way.

Parking close to Forbes at night, (not just because there is no lighting across the lawn) is unfortunately becoming very common. Plus, there is a huge overflow of car parks. I find it interesting how there is a facilities management team on campus who have apparently never stayed campus past 6pm to get an idea of this situation.

The fact of the matter is, that it's unsafe and makes people feel anxious and afraid. I cannot speak for everyone, but walking alone at night when it is dark and I cannot see my surroundings is not exactly a hobby of mine, yes, there is a single campus security guard that could escort you, but what if they are busy or can't cycle fast enough if you get into some serious trouble?

Feeling like such an inconvenience to anyone if something went slightly wrong for a mere 200-meter walk to my car...I wonder how hard it would be to install solar panel lighting? Can it be that hard considering Forbes lights up like a damn beacon?

Leaving campus on Wednesday around 9pm is even more fun - trying to dodge freshers being both tragically drunk and bloody moving targets in the pitch black (20 point for a mullet).

How could one possibly solve this very difficult issue of lack of visibility at night? We could somehow try to change the earth's rotation to have no dark hours. Another possibility would be to install small caves where glowworms could light the way, although this may take years to build the right ecosystem and conditions. I know...perhaps we could install some fucking lights!

Sincerely,
Disappointed.

By Dawn Hopkins

Being Vulnerable Test

Are you willing to be Vulnerable? Test it!

Being vulnerable these days can seem very daunting...

The questions below aim to encourage mutual vulnerability to foster closeness. They're aimed at modern love; however, I think these questions could be discussed between any two people looking to become closer. It could be your partner? Best friend? Flat mate? Sibling? Tinder date? Or even a Stranger?

"One key pattern associated with the development of a close relationship among peers is sustained, escalating, reciprocal, personal self-disclosure."

~ Mandy Len Catron

Set 1.

- Given the choice of anyone in the world, whom would you want as a dinner guest?
- Would you like to be famous? In what way?
- Before making a telephone call, do you ever rehearse what you are going to say? Why?
- What would constitute a "perfect" day for you?
- When did you last sing to yourself? To someone else?
- If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
- Do you have a secret hunch about how you will die?
- Name three things you and your partner appear to have in common.
- For what in your life do you feel most grateful?
- If you could change anything about the way you were raised, what would it be?
- Take four minutes and tell your partner your life story in as much detail as possible.
- If you could wake up tomorrow having gained any one quality or ability, what would it be?

Set 2.

- If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
- Is there something that you've dreamed of doing for a long time? Why haven't you done it?
- What is the greatest accomplishment of your life?
- What do you value most in a friendship?
- What is your most treasured memory?
- What is your most terrible memory?
- If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
- What does friendship mean to you?
- What roles do love, and affection play in your life?
- Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
- How close and warm is your family? Do you feel your childhood was happier than most other people's?
- How do you feel about your relationship with your mother?



Set 3.

- Make three true "we" statements each. For instance, "We are both in this room feeling ... "
- Complete this sentence: "I wish I had someone with whom I could share..." "
- If you were going to become a close friend with your partner, please share what would be important for him/her to know.
- Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
- Share with your partner an embarrassing moment in your life.
- When did you last cry in front of another person? By yourself?
- Tell your partner something that you like about them already.
- What, if anything, is too serious to be joked about?
- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
- Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- Of all the people in your family, whose death would you find most disturbing? Why?
- Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect to you how you seem to be feeling about the problem you have chosen.



World Environment Day

Coming up on June 5th is World Environment Day. A United Nations Day dedicated to celebrating Papatūānuku, our environment and the mahi being put in around the world to protect the planet. This year the United Nations have declared the beginning of the decade on Ecosystem Restoration. Healthy ecosystems are incredibly important to sustaining life on earth and protecting our environment from significant harm.

An eco-system comprises all the living organisms and the interactions among them and with their surroundings in each place. They exist at all scales, from a grain of soil to the entire planet, and include forests, rivers, wetlands, grasslands, estuaries, and coral reefs. Cities and farmlands contain important human-modified ecosystems.

Farmlands are arguably one of our most vital ecosystems, providing billions of people with a stable food source so, this World Environment Day we should take the time to shine the light on agriculture. Soil is the foundation of agriculture and is fundamental to producing the food we all eat. Farmers work hard to protect this ecosystem to ensure they can grow crops and support

their livestock. Many people highlight an 'urban-rural divide' which we see all around New Zealand, mostly due to a lack of understanding.

New Zealand farmers and agribusiness companies are putting in some great mahi to understand and work with their changing environment. It is well and truly time to change the perception of the relationship between farmers and the environment. While there is a lot of mahi to be done, good progress is already happening and has been happening for some time

Farming practices are evolving, with an increase in practices such as developing farm environment plans, exploring changes in livestock diet to reduce emissions, improving water consumption with precision irrigation, increasing the already significant focus and education on soil health and fertility, riparian planting, reduced tillage, and so many more. This is only scratching the surface.

Take this opportunity, as budding agriculturalists, to spread the good word and share your knowledge. It is a time to celebrate successes and there are so many successes in the agricultural

industry.

I encourage you to do your own research and celebrate what is possible and what is already being achieved.

Get out there, get informed and get involved this World Environment Day and Decade!

How to join:

#generationrestoration

ACTIONS

Start your own on-the-ground initiative, join an existing restoration or conservation effort, or help build an alliance to give a bigger boost to nature's comeback.

CHOICES

Change your behaviour and spending to shrink your local and global environmental footprint and divert resources toward companies and activities that bring back nature instead of harming it. Encourage others around you to do the same.

VOICES

Make your voice and ideas count in debates about how to manage your local environment, and about how we can make our societies and economies fairer and more sustainable. Press decision makers to do the right thing.



WHITE MALE THOUGHTS ON KINDNESS AND RESPECT

I am not a victim. I am usually not the target.

According to someone's opinion a cis, straight, white man cannot truly connect to the discriminatory experiences that many students live through. I fully support this. I've got no idea the challenges many people face daily. I have travelled a bit in the world, I have friends from many diverse cultures, and I try to be always respectful. Yet how do I show my support for friends and strangers who deal with discrimination, racism, sexism and more?

The current socio-political climate is very hostile toward anyone and everyone. Cancel culture is rife, with any divergent opinions quashed. This is bad. It is detrimental to connectedness and therefore undermines one of our most basic human needs, true social connection.

With so many people these days communicating through their phones, connection is not being made.

We're clever creatures, us humans. We've created incredible things in our time here and for the most part we are inherently 'good'. But we can make no replacement for

a hug, a smile, a kind ear, or a good discussion!

These days, writing can be very dangerous. Even these words I type can be misinterpreted and offend someone. It is not my intention to do so, but once I release my words into the ether, I cannot control how people interact with them.

Too often this is what triggers people on Twitter and all the other social platforms.

My suggestion to alleviate this is threefold: when writing, consider what others will think when reading it; when reading, consider what the writer was trying to articulate; and maybe don't write it. Say it in person, so you can watch the reaction and apologise/justify/argue/change the statement. This would avert a lot of issues people have these days.

I believe it is crucial for EVERYONE, not just those who are introspective enough to question their position in the hierarchy that media has placed us in, to be compassionate and at the very least, empathetic.

Overt racism and the like are not

everywhere, but when it pops up, we ALL need to smash it immediately. There is no other way to effectively deal with it.

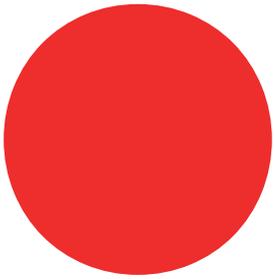
But the bigger problem is subtle, small judgements that many people don't notice. Many people DO notice them however and can be severely affected by them. This is little statements. A weird look. An offhand comment. Please think about what you say. And the best part is we don't have to be perfect! The world is better off with ten imperfect people who are trying, then one perfect person and nine who don't want to try.

We crucially need to connect on a much more genuine level than we are currently. Sharing a meal, going for a walk together or even arguing about a contentious point are all super underrated! I have reached out to friends who I am not close to, invited them to dinner and talked about all sorts of things! I learned a lot and enjoyed it too. You don't have to, but I recommend stepping out and interacting with more people. The more diverse your groups, the more diverse your knowledge will become.

Student
Job
Search
Taura
Rapu
Mahi

We've already put \$100,000,000 in students' pockets.

Now we're doubling our number of
full-time jobs - available to students,
up to two years after graduation.



Find out more
at sjs.co.nz

FRESHERS

Advice

- Stay in the halls in the weekends and make friends, instead of going home to get your mum to do your washing.
- Start the assignments when the lecturer gives it to you. Lecturers are not scary; they are there to help. Go and pester them, send them emails and ask if you are on the right track. Use the open-door policy we have at Lincoln.
- Get involved in Clubs. Meet people outside of the halls and look up to the older generations in those Clubs.
- Take time for yourself. It's hard with everyone being around if you're in halls but go and get that mani/pedi... or guys whatever floats your boat.
- Live in the moment. Halls goes too fast and then the real dilemma starts (Who and where to flat). More on that in the next issue of RAM.

2ND YEARS

Advice

- Make the most of your flatting experience. If you don't like your flat or flat mates, don't flat there next year!
- Get involved in as much as you can, even though you have an assignment due on the Monday, still go out for that day trip (that's why Red Bull was invented, right?)
- Explore your own backyard. Canterbury has so much to offer along with the rest of the South Island.
- Get out of your comfort zone because before you know it you will be in your last year and you will have missed out on countless opportunities. Join those sub-committees and put your hand up!

TIPS FOR UNI LIFE

All Years

3RD/4TH YEARS

Advice

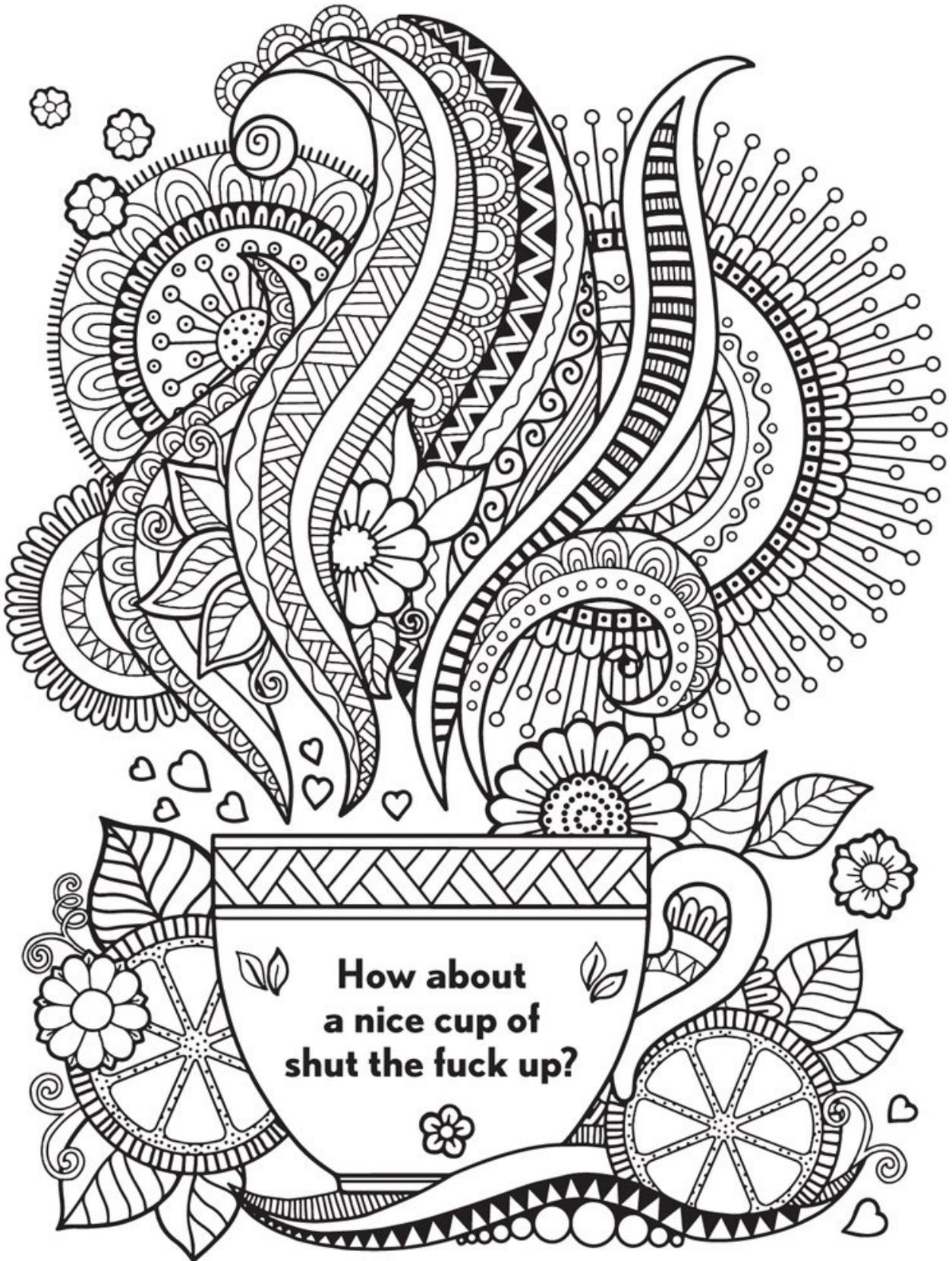
- There is a lot more work to do in these years. Head down, bum up.
- Learn to write your own notes and go to lectures.
- Collab with your mates. Chances are they are struggling just as much as you.
- Approach that cool business that you want to go work for. Give them a call. Send in your CV (get help from the Careers office at Uni) and pester them until you get a job! Chances are, they are going to employ someone who proves to be consistent and persuasive.
- Make time to relax and enjoy life other than the 9-5 grind...wake up, Library, S1, Forbes, C1, hike over to FRC and then home.
- Hit the gym! Get those gains.

POSTGRADS

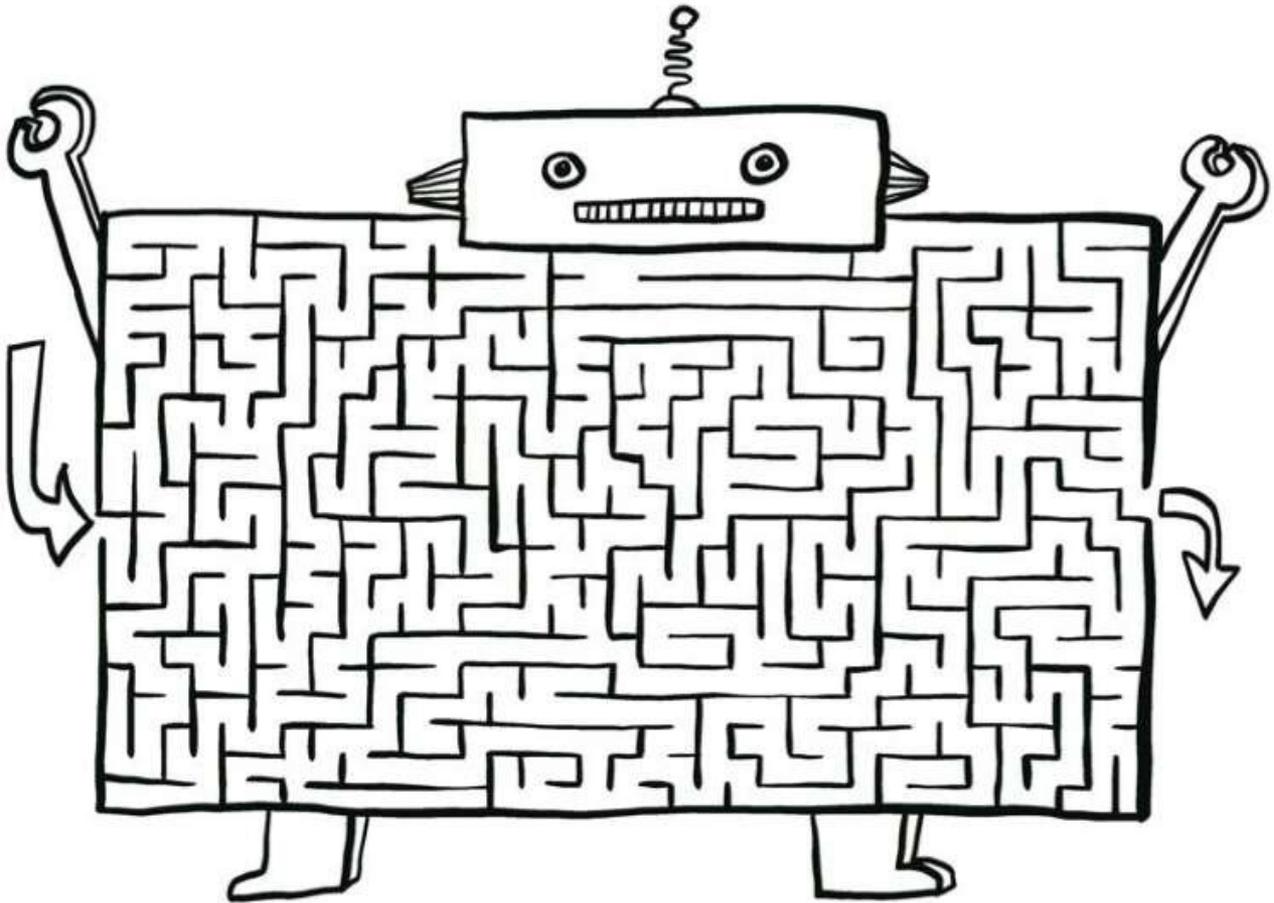
Advice

- Still get involved at Uni. Just because you're not an Undergrad anymore, it doesn't mean you can't come along to LUSA or Club events!
- You're still allowed to spend time doing what you love, other than just your postgrad studies. Get outdoors and let your body see the sun.
- Keep working hard. You're nearly there!

CUP OF TEA?



ESCAPE THE MAZE - DO THE ROBOT



KARONAH MISC LAMBERT

SUDOKU

EASY PEASY

8	7	6	9					
	1			6				
	4		3	5	8			
4						2	1	
	9		5					
	5			4	3	6		
	2	9						8
		4	6	9		1	7	3
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OK

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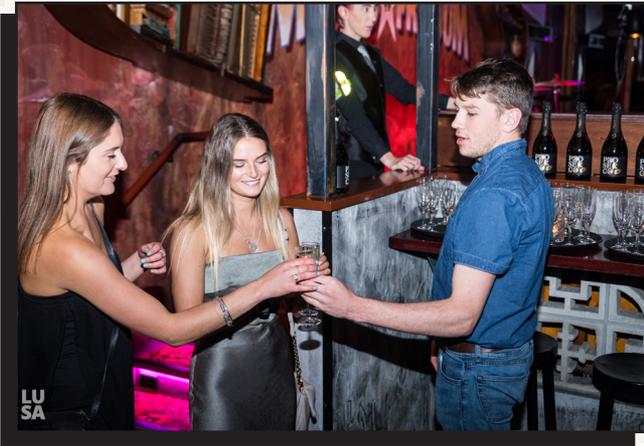
BLOODY HARD

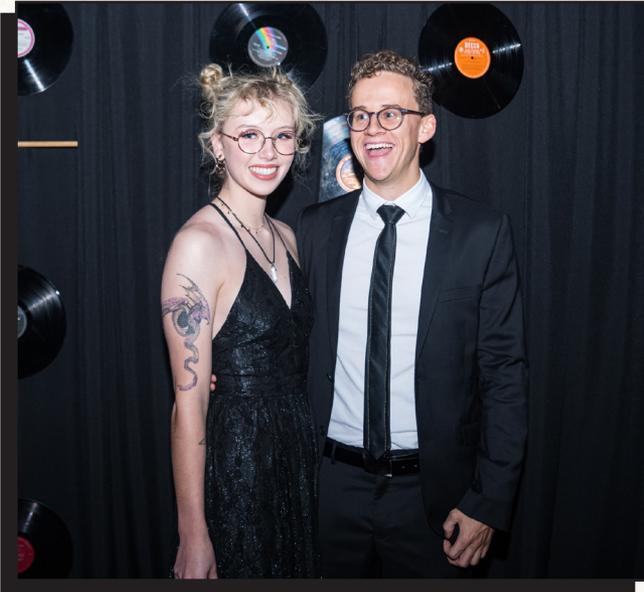
				1				
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A sold-out Grad Ball 2021, saw all you sexy Graduates in your finest, rocking the D-Floor to the epic Prins and her fantastic live band VOXY (shout out to her and her latest single, 'Follow

Me'). Thanks to all who came and celebrated with us. Grad Ball is always so much fun for us and we hope you agree...until next time!





For all 2021 Grad Ball photos check out LUSA on Facebook



Horoscopes

REALLY SHITTY ONES



Gemini
May 21 – June 20

We know you're a quick, intelligent thinker and flexible in your views. You laugh easily and tend to get along with most people. People like you because you are a player. However, you are inclined to expect too much for too little leading friends to conclude that you are cheap.



Cancer
June 21 – July 22

You are sympathetic and understanding to others people's problems and quick to offer help. Because you are easily moved by a sad story, people think you are a sucker. On the other hand, you are always putting things off, and that is why you never get anything done.



Leo
July 23 – August 22

You consider yourself a born leader while others view you as pushy prick. You have a difficult time accepting that your view on everything is not always right. You're a bully by nature and cannot tolerate honest criticism. Your arrogance causes friction with others and as such you will never be a team player.



Virgo

August 23 – September 22

You are the logical type and hate disorder. Most grammar Nazis trolling the Internet are Virgos. The constant nitpicking is sickening to your friends. Try not to fall asleep while making love this week. We know you're cold and unemotional.



Libra

September 23 – October 22

Get creative this week. You're the artistic type and have a difficult time with reality. If you are male, odds are good that you are bisexual or gay. On the other hand, Libra women are considered easy and tend also to be bisexual. Frequent changes of employment are expected this month because of your inability to cope.



Scorpio

October 23 – November

Your shrewd powers in business make others not trust you. You'll achieve the pinnacle of success this week due to your lack of ethics. This will leave you socially awkward, with few friends. In other words, you are the perfect son of a bitch.



Sagittarius

November 22 – December 21

You are optimistic and enthusiastic more than usual this week. Your reckless tendency to rely on luck since you lack talent may get you into trouble. Try not to abuse substances this week. People will laugh at you a great deal because you are always getting screwed. Get used to it.



Capricorn

December 22 – January 19

Your conservativeness makes you afraid of taking risks this week. Try not to be so lazy and actually get off your ass and do something.

Avoid standing still for long periods of time as you may start to attract seagulls.



Aquarius

January 20 – February 18

Your inventive mind and progressiveness will get you in trouble this week. I suggest you try not to make up any stories that you may later try to pass off as reality. Aquarians are inclined to be careless and impractical, often making the same mistakes repeatedly. Something to work on.



Pisces

February 19 – March 20

Your vivid imagination will often lead you to thinking you are being followed. You have minor influence over your associates this week, so don't bother, plus people will resent you for flaunting your power. Your lack of confidence and class are yet to impress people. Find that prowess from within.



Aries

March 21 – April 19

You are the pioneer type and hold others in contempt. You'll feel quick tempered, impatient, and scornful of advice this week. Start applying for management positions this month as you're least likely to care what others think. To be honest most people consider you a prick.



Taurus

April 20 – May 20

Your dogged determination will work like hell this week. Also known as stubbornness and bullheadedness. Find a simple, repetitive task to work on. You will excel at it. If flating is an issue this week, it's because most Taurus' tend to live alone and play with themselves a lot.

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