

LINCOLN UNIVERSITY STUDENTS ASSOCIATION

RAM!

MAGAZINE

THE
CULTURE
ISSUE

ISSUE 03

MAY 2022

HARATUA



& hitch

present..

HITCH TO UNI WEEK



HITCH TO UNI THROUGHOUT THE WEEK OF 16 MAY TO WIN PRIZES. ENTER A TEAM OR CLUB AND COMPETE TO WIN MORE PRIZES



**SCAN
TO SIGN UP**

**WIN
\$600
WORTH OF
PRIZES!**

www.hitcharide.co.nz/signup



Words from the Editor.

Kia ora! I hope you've had a relaxing, fun break, enjoying what you love to do.

This term should hopefully feel more normal; seeing your mates on campus, no more scanning in, utilising campus' facilities, and did I mention EVENTS?! Now that we can, we have literally put on RESTART a day after Term 2 starts. An outdoor music gig outside Mrs O's on the sunken lawn. If that's not dedication, what is. Be sure to check it out on the back page, bring your mates and come along - door sales will be available but best to jump online so you don't miss out.

Since we're starting Term 2 afresh and getting life back normal, let's take a moment to reassess our life and ourselves. Are we being the best person we can be, to ourselves, others and the environment around us? Are we contributing the good and removing the bad for future generations ahead. Whatever this may look like to you, remember this will only work if we work together.

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

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lusa.org.nz



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MEET THE 2022 LUSA EXECUTIVE



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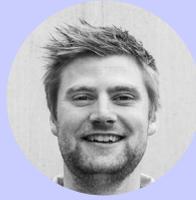
GENERAL REP
KATE
SMITSTRA



INTERNATIONAL
REP
SEBRINA
SAMANTHA
SMALLING



POSTGRADUATE
REP
TASH
SMITH



Jeremy Kilgour

President

It is hard to believe that it is term two already! Term one flew by super quick. Let's hope that covid stays away and we can have a somewhat normal rest of the year (fingers crossed). Not going to lie, life at university has been pretty shit during term one, with many students isolating and events canceled, ruining the social experience. Term two should hopefully be a lot better with LUSA running an event or two and clubs becoming more active. I have said this before and I'll say it again – if you haven't already, join a club, you won't regret it! Visit LUSA's website for all our clubs and the club's details.

Over the last month or so I have attended many meetings (It sounds boring and sometimes it is) particularly aimed at covid; how we can make the student experience better and discussions with the vaccine mandate. Other meetings I have attended have been related to academia, the learn/Akoraka site, along with some other interesting meetings looking at the future of future leaders and sports at Lincoln University. I am the chair of the Campus Service Council. This council sets the student service levy. This fee is discussed more in the article on page 18. It is currently set at \$850 for full-time students and I want to know your thoughts on how much you pay, and whether you would be happy to pay more for more services.

I have been in discussions with the proctor and affected students around the racist video that has been circulating. This is unacceptable

behavior and LUSA does not condone any type of racist or discriminatory behavior. We recognize, support, appreciate, and celebrate the diversity we have, and we want students to be proud of where they are from, how they have been brought up, and how their brain thinks. We respect that everyone is unique, and every student deserves to be treated equally in an inclusive environment. What can you do to help? Be an upstander, not a bystander - If someone is being discriminatory, call them out and stop it. Report issues to the proctor at proctor@lincoln.ac.nz

Do you not like what LUSA is doing? Or just want a rant? You can let me know via email or through anonymous forms. LUSA has an anonymous form so you can have a rant at LUSA while being completely anonymous! The form is on the homepage of our website. Remember, you pay LUSA, so you have every right to question what we do. You can also attend our executive meetings. Our next two meetings are on the 3rd of May and the 24th of May. If you wish to attend, let me know.

That's it from me. I hope you have a great term two. I am open to any student input and feedback, either come into the office, email me, or chuck something in an anonymous form.

Kia kaha!
president@lusa.org.nz



KATE SMITSTRA

GENERAL REPRESENTATIVE

Kia Ora,

My name is Kate Smitstra I'm in my fourth year studying a Bachelor of Agricultural Science. I am 21 years old and come from the mighty Waikato.

I am super excited to be working along side the LUSA team as a general rep for 2022.

I have a farming background, and am hugely passionate about New Zealand's primary industries, which was my main driver for coming to study at Lincoln University. When I'm not head down, backside up in the books, you'll find me tramping/hunting in the alps, discovering new huts, adventuring with mates, or working on the farm.

My first three years at Lincoln University have undoubtedly been three of the best years of my life, and I want to make sure other students have the same awesome experience as I've had.

As a LUSA General Rep, I am super pumped to be able to help make your Uni experience this year one to remember, whether it be more student events, supporting clubs and club activities, or freebies!

I have found university to be an amazing environment to meet new people and connect with others who have a range of different backgrounds to me. I am extremely social and love nothing more than a good chin wag with new or familiar faces.

If you see me around, don't be afraid to come say 'Hi' and have a yarn!



TASH SMITH

POSTGRADUATE REPRESENTATIVE

Elo, I thought I'd introduce myself,

I'm Tash, the new Postgrad Rep.

I'm here to help and keen to hear from Postgrads and any mature students. My hope is to encourage more engagement between Postgrads and mature students, with more students connecting and creating great friendships and networking across all faculties.

I'm keen to try to help resolve any issues you may have at uni, but also, I'm super keen to hear from fellow Postgrads and mature students what events you'd like LUSA to put on for you.

I've heard from many Postgrads that last year's cocktail event was a blast and people are keen to do that again but is there anything else? Is there interest in a weekly walking group around campus or off campus, quiz night teams, pizza evenings, morning tea... I'm keen to hear your thoughts?

There has been a conversation raised around computer access at uni, this is also a topic I'd like to get your thoughts on. What can be done to help you, for your device needs while studying. My role is to advocate for Postgrads, and I'd love to hear from you and try to help where I can.

My email is Tash.Smith@lincolnuni.ac.nz

Look forward to hearing from you.



MAY 8, 2022

RUN FOR THOSE WHO CAN'T

TOGETHER AT THE SAME TIME ALL OVER THE WORLD

JOIN US NOW



Club yarn!

by the LUSS Executive; Kaitlin, Julie,
Lucy, Louisa, Sherry, Nicole and Amy



The LUSS was formed by like-minded students who believe that soil is vital for our existence. For most of us, our first time learning about soil was in the second semester of first year (SOSC 106). If you were a kid who collected cool looking rocks you would have found this fascinating.

For some of us, this was an introduction we needed to open up a vast field of study.

The LUSS brings people together to share knowledge and learnings about soil. This club connects people from beginners to soil experts through events during the year: This year we kicked off with a meet and greet BBQ outside Grounded on the 29th of March.

This was a great opportunity for a chat and snag.

On the 10th of May, we are planning a career evening with people from many different areas. We hope to have guests from Agrimag, PGG, Ravensdown, Landcare and many more. We hope that students can learn from the guest speakers and do some networking.

On the 16th of May, we will be doing a tour of Ravensdown. Fertiliser is vital for soil nutrition and an understanding of soil is vital for any fertiliser company. This tour will give people interested in working for Ravensdown the opportunity to network and discuss what the job entails.

On the 28th of July, the annual quiz night will be held. This is an excellent opportunity for a fun night with prizes up for grabs. Don't worry if your soil knowledge is limited, this event has something to offer everyone.

Lock in the dates and we hope to see you there!



Want to hone your investment skills?



Join our MarketWatch Competition

Further information will be announced in May



Join **NOW**

<https://investmentclub.getqpay.com>



Lincoln University Investment Club

@lincolnuniversityinvestmentclub · Social Club

Follow our Facebook page for more info

It's **FREE!**
Amazing Prizes!



GUN STORAGE

Do you own a gun and live on campus?

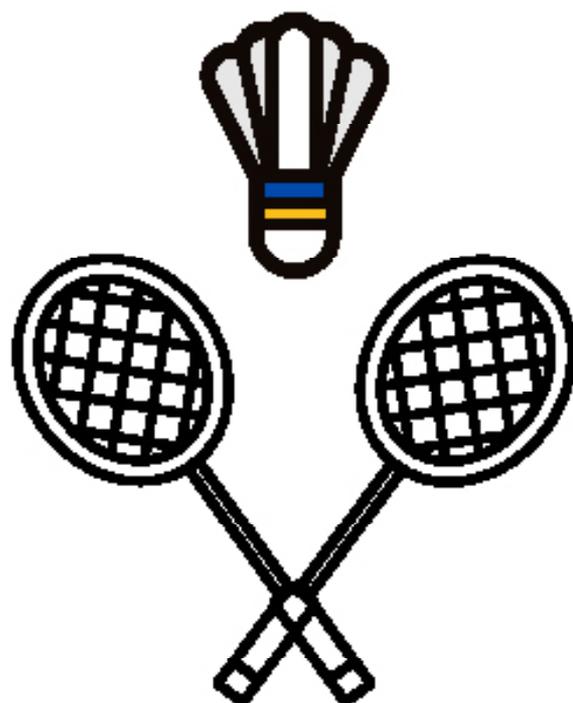
There is now a storage facility, so you can store your gun legally!

It is illegal and against the University's rules to store firearms in vehicles and rooms. If you plan to have firearms onsite with you while you study, make sure you store them legally!



For more info email acom@lincoln.ac.nz
or your Student President: president@lusa.org.nz

ALL WELCOME



BADMINTON

**EVERY MONDAY 2.30-5 PM
LU GYM SPORTS HALL**

BYO RACKET!
LIMITED AVAILABILITY ON SITE



**ANY QUERIES? CONTACT
INTERNATIONALCULTURAL.SOCIETY
@LINCOLN.AC.NZ**



Club yarn!

by the LU International & Cultural Society team

Kia ora!

We hope your term break went well! And yes, we know how busy the term gets from now onwards! But Team LUICS (International & Cultural Soc) has been very busy over the break; running meetings, planning events, but most importantly, re-forming the executive committee. LUICS exec is now fully reconstructed.

We are proud to announce our 2022 Exec:

President: Sahiti Peddisetti

Vice-President: Dewi (Kat) Soegiarto

Secretary: Johanna Cao

Treasurer: Bailey Faass

General Rep: Anup Neupane

With 70+ club members (2022 only), LUICS is looking forward to conducting fun events throughout the year that encourage all LU students and staff to participate, and we aim to spread cultural awareness while celebrating the diversity at LU.

Alright, now! Let's get to the spicy part (very much pun intended!). LUICS is thrilled to announce our upcoming events for the remainder of the sem.

SPICY NOODLE CHALLENGE

Do you have what it takes to be the champion of our challenge? This is your chance to prove your spice tolerance!

3 Rounds (1x spicy, 2x spicy, and 3x spicy)

When? Friday, 20th May 11.30am

Where? Forbes Lawn

WIN \$150+ worth of prizes

See the poster for more information

LUICS BADMINTON

Calling all BADMINTON enthusiasts!
We welcome all ages, abilities, and levels.
Just turn up! (Also open to non-LUICS members)

**Happening every Monday, 2.30pm - 5pm,
LU Gym, Sports Hall**

Note: Limited badminton rackets available, please bring your own if possible

RAMADAN

Assalamu Alaikum dear Muslim brothers and sisters! LUICS wish our Muslim whānau an Eid Mubarak! As the holy month of Ramadan has just ended, we are sending you thoughts of prosperity for Eid, and we hope that this Eid brings you all the happiness and festivity. On this note, we would like to mention LUMA, the LU Muslim Association. The friendly team at LUMA is here for the Muslim students and staff at LU. If you are interested in joining, please get in touch with the team.

Do these events and announcements sound fun, and wanna participate, please get in touch with us at **InternationalCultural.Society@lincoln.ac.nz**.

To register as a member, please go to LUSA's Club Directory webpage and sign up via QPay.

(Bonus: by signing up, you get an exclusive LUICS x Chai-time Discount!).

We would also like to take this opportunity to thank the LUSA staff for all their hard work. Huge shoutout to Britney (LUSA Events and Club Coordinator) for always supporting our team and guiding us in the right direction! We also appreciate all our well-wishers and club members who make the club possible. Thank you all.

We promise, we are here to make the uni life enjoyable, so, please reach out to us if you need support in any form, we're very lucky to have an amazing well-being team at LU.

Stay safe and warm, and we look forward to seeing you at the Spicy Noodle Challenge!

Yours faithfully,
Team LUICS

**OPEN TO ALL
STUDENTS AND STAFF**

SPICY NOODLE CHALLENGE

**PRIZES WORTH
\$150++ TO BE WON**

ENTRY FEE:

\$4 NON MEMBER

\$2 MEMBER

FREE CLUB MEMBERSHIP SIGN UP!

**FRIDAY, 20 MAY 2022
FORBES LAWN 11.30 AM**

TICKETS



MEMBERSHIP





Marissa shredding in Japan

THE NEXT GEN OF FEMALE SHREDDERS

LSD GETS THE SCOOP ON JESS HOTTER'S THOUGHTS ON WHAT'S TO COME

Here at the Lincoln Snow Department (LSD), we are really passionate about fostering the next generation of female shredders in what has been a predominantly male dominated sport. 51% of our club is comprised of females and we want to make sure that everyone gets the most out of the sport that we love.

At the 1924 Winter Olympics there were only 11 female athletes out of a pool of 248, all competing in the figure skating category. Fast forward to present day and things have changed drastically. More women (especially kiwi women) are competing on the world stage in snow sports. But of course, there are still barriers. Women's representation in snow sports media is only just picking up in recent years but if you watch a modern ski edit you

will still notice the athletes are mostly men.

Recently we got in touch with Jess Hotter. She has just been crowned the best female freeride skier in the world after winning the overall title on the 2022 Freeride World Tour (FWT). If you are still not sure who she is, you better have a quick look on YouTube because she is a certified badass.

So, we slid into her DM's on Instagram and were lucky enough to have her take some time out of her busy schedule to answer a few of our burning questions (thanks Jess!). We were really keen to get to know a little bit about her, as well as find out her perspective on women in snow sports in recent times.



Club yarn!

by Marissa McDonald & Luke Richards

Q: What is your après ski drink of choice?

A: Honestly, it's usually kombucha for me! Then I can drive down from the hill no worries.

Q: I bet you've answered this a lot recently but, how does it feel to have just won the Freeride World Tour?

A: It hasn't quite sunk in yet. I don't think it will until I get a hug from mum and dad!

Q: What motivated you to get into snow sports in the first place?

A: I grew up on Ruapehu so you could say I've been into snow sports since I was 4. I have loved it ever since I was a kid. It didn't matter how rough the weather was, I was always keen to be skiing.

Q: It has been great to see the extremely high calibre of the women's skiing and snow sports in general, not only in the FWT but also the recent Olympics. What are your thoughts on what is in store for the future?

A: I think there is a super bright future for women's snow sports! Everyone has been working so hard to push themselves and now we are seeing the fruits of their labour. I feel like we are slowly breaking down gender barriers and our own internalised misogyny which I have found is a huge barrier to overcome myself. I can't wait to see what the next generation of ladies gets up to because they are coming out swinging!

Q: Do you have any tips for young women that are passionate about skiing and want to take things to the next level?

A: My tips would be that if you're even considering taking skiing to the next level, just go for it. Give it a go. You'll never know until you try. Whether it's in competing or putting more time into pushing yourself on the snow, it doesn't matter. I still regret not going ahead and trying competing earlier. Who knows where it would have taken me had I actually done my first comp at the age of 18! I am stoked I gave it a go in the end.



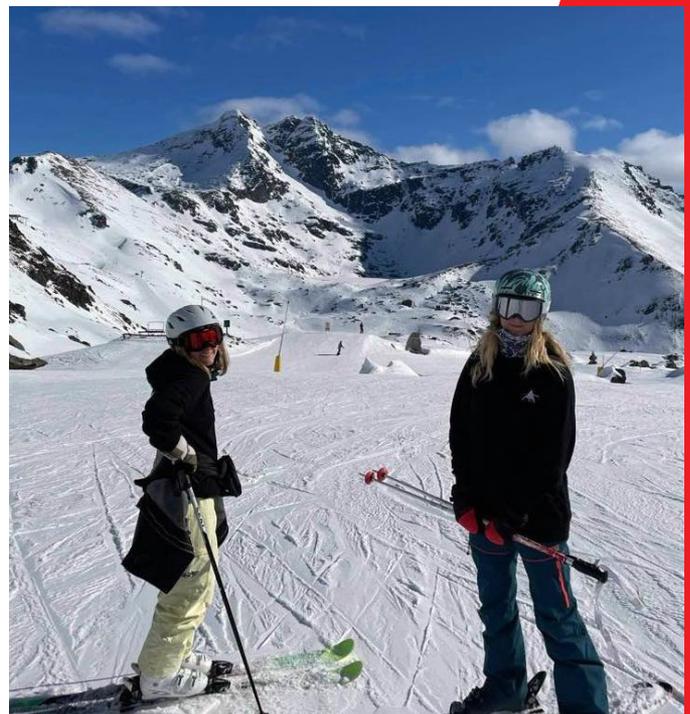
Marissa's pond skim



Baby Gabby on the slopes



Marissa with her skis on pack



Gabby and Stella at the Remarkables

Well, you heard it here first, just give it a crack! If you are looking to have a go this winter, no matter what your experience levels, we would love for you to join us.

We will be running learner's days for our members to get everyone started on their snow sports journeys. If you would like to become a member you can find signups via our linktree in our **Instagram** bio **@lsd.snow**. We will also be running fun events in the lead up to the season so be sure to give us a follow so you don't miss them!



DRUGS



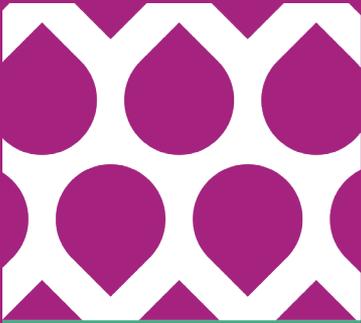
Knowing your shit when it comes to the drugs out there, how to handle them, their side effects and what to do if your shit hits the fan, can be a matter of life or death these days.

The NZ Drug Foundation website has a detailed Drug Index, which gives you straight up, clear info about drugs and their effects.

WWW.DRUGFOUNDATION.ORG.NZ

On the next couple of pages is some honest info about some of the current drugs you may come into contact with.

If you are concerned about your own drinking or drug taking, or if you're concerned about a mates, you can contact the Alcohol Drug Helpline on text 8681, 24 hours a day, 7 days a week.



GHB / GBL



Āta haere i a koe e hōpara I te ao
Take care as you explore the world

Be safer when using by:

- > Taking a smaller amount to avoid overdose
- > Taking with you the amount that you want to use
- > Talking about consent with your partner and practising safe sex
- > Not mixing with alcohol or other depressants
- > Avoid taking more, and if you do, waiting at least an hour for the effects to kick in
- > Using drug checking services
- > Assuming you have GBL if you don't know what you have

Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

During use, it can make you feel:

High Relaxed	Drowsy Groggy
Confident Sexually aroused	Disorientated Uncoordinated
	Nauseous Blurred vision Passing out
	Seizures Death

Afterward, signs of a comedown can be:

Issues sleeping

Low mood

Anxiety

Paranoia

Headaches

Feeling very hot or very cold

This may last 24 hours

During use, it can make you feel:

High Relaxed	Drowsy Groggy
Confident Sexually aroused	Disorientated Uncoordinated
	Nauseous Blurred vision Passing out
	Seizures Death

Afterward, signs of a comedown can be:

Issues sleeping

Low mood

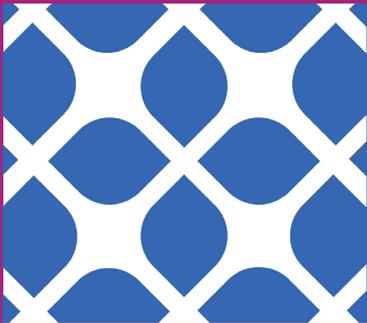
Anxiety

Paranoia

Headaches

Feeling very hot or very cold

This may last 24 hours



SYNTHETIC CANNABINOIDS



Āta haere i a koe e hōpara I te ao
Take care as you explore the world

Be safer when using by:

- > Avoiding using alone - have a sober person around you when you use
- > Only using small amounts
- > Stopping if you feel unwell, uncomfortable, or nervous
- > Only taking with you the amount that you want to use
- > Avoiding mixing with alcohol, medication, or other drugs
- > Avoiding use while pregnant

Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

During use, it can make you feel:

Relaxed Energetic and talkative Euphoric	Nauseous Hungry Dizzy
	Anxious Drowsy Groggy Confused
	Chest pain Passing out Psychosis
	Seizures Death

Afterward, signs of a comedown can be:

Feeling anxious

Low mood

Irritability

Body aches

Strong cravings

Paranoia

Upset stomach

How long this lasts depends on the type of synthetic cannabinoid used and how much was taken

During use, it can make you feel:

Relaxed Energetic and talkative Euphoric	Nauseous Hungry Dizzy
	Anxious Drowsy Groggy Confused
	Chest pain Passing out Psychosis
	Seizures Death

Afterward, signs of a comedown can be:

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Low mood

Irritability

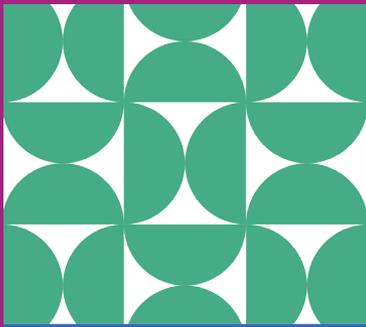
Body aches

Strong cravings

Paranoia

Upset stomach

How long this lasts depends on the type of synthetic cannabinoid used and how much was taken



KETAMINE



Āta haere i a koe e hōpara i te ao
Take care as you explore the world

Be safer when using by:

- > Starting with a lower dose
- > Avoiding mixing with alcohol and other depressants
- > Use drug checking services to make sure it isn't a different drug
- > If snorting, using a clean straw and surface and taking breaks to give your nose time to recover
- > Only taking with you the amount that you want to use

Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

During use, it can make you feel:

Relaxed	Increased heart rate
Euphoric	Nauseous
Changes in perception	

Tingling / numbness	Anxious
Sensations of floating	Detached from reality
	Difficulty speaking
	Slowed breathing

Sick / vomiting
Unable to control your body movements
Psychosis
Seizures

Afterward, signs of a comedown can be:

- Aches and pains
- Sweating
- Irritability
- Low mood / anxiety
- Feeling uncoordinated/disorientated
- Mild memory loss
- A sense of impending doom
- Difficulty urinating / urinating a lot

This may last several days

During use, it can make you feel:

Relaxed	Increased heart rate
Euphoric	Nauseous
Changes in perception	

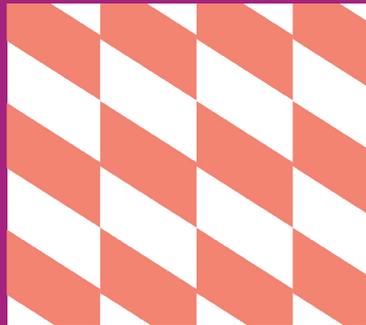
Tingling / numbness	Anxious
Sensations of floating	Detached from reality
	Difficulty speaking
	Slowed breathing

Sick / vomiting
Unable to control your body movements
Psychosis
Seizures

Afterward, signs of a comedown can be:

- Aches and pains
- Sweating
- Irritability
- Low mood / anxiety
- Feeling uncoordinated/disorientated
- Mild memory loss
- A sense of impending doom
- Difficulty urinating / urinating a lot

This may last several days



SYNTHETIC CATHINONES



Āta haere i a koe e hōpara i te ao
Take care as you explore the world

Be safer when using by:

- > Swallowing instead of snorting
- > Taking a smaller amount
- > Avoiding taking more, and if you do, waiting at least an hour for the effects to kick in
- > Using drug checking services
- > Using with people who could help if something went wrong
- > Only taking with you the amount that you want to use
- > Avoiding use while pregnant

Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

During use, it can make you feel:

Euphoric	Rapid heartbeat
Energetic	Hot / dehydrated

Closer to people	Grinding teeth
Socially confident	Difficulty urinating

Sick / vomiting
Agitated / aggressive
Paranoid / anxious

Seizures
Violent
Death

Afterward, signs of a comedown can be:

- Low mood / anxiety
- Aggression or anger
- Difficulty sleeping
- Feeling sick
- Paranoia
- Difficulty moving
- Hallucinations

This can last from several hours to 1 week

During use, it can make you feel:

Euphoric	Rapid heartbeat
Energetic	Hot / dehydrated

Closer to people	Grinding teeth
Socially confident	Difficulty urinating

Sick / vomiting
Agitated / aggressive
Paranoid / anxious

Seizures
Violent
Death

Afterward, signs of a comedown can be:

- Low mood / anxiety
- Aggression or anger
- Difficulty sleeping
- Feeling sick
- Paranoia
- Difficulty moving
- Hallucinations

This can last from several hours to 1 week

WHAT IS THE STUDENT SERVICES FEE?

What is the Student Services Fee (SSF)?

Many students don't even know they pay this fee but if you check your Uni invoices, you will see you are being charged a SSF each time you enrol. This is a fee the University charges to help fund services offered to students to support the non-academic elements of student life. All Universities in Aotearoa charge this fee and follow a framework from the Ministry of Education to ensure a fair and consistent approach to SSF administration.

What does the SSF pay for?

There are categories determined by the Ministry of Education that universities must use the fund for. The Lincoln University Campus Services Council (which has Te Awhioraki, LUSA and LU representation) meets each year to determine how much funding goes towards each category. Some funding goes to Te Awhioraki and LUSA, and some to the University. The previous page shows the categories and how we distribute the funds at Lincoln.

Why do I have to pay for services I don't use?

If we didn't have this funding model, LUSA and the University would not be able to offer services that support important aspects of student life. The SSF pays for, or supplements services students have consistently told us are important, such as health & counselling, financial

help, clubs and employability.

Funding is distributed across many services, and we do not expect you'll use every one of these services during your time at Lincoln – whether you use them or not, is your choice.

A fee that Uni charges to help fund services offered to students to support the non-academic elements of student life.

Do I have a say on how funds from the SSF are distributed?

Students can provide feedback on the SSF any time to the LUSA president on president@lusa.org.nz. Te Awhioraki, LUSA and LU work together each year to consult with students around the Fee by conducting surveys or student forums. This feedback is taking into consideration by the Campus Service Council when they set the Fee for the following year.

In April 2021 we conducted a survey and here's what students told us:

- Top 5 most important services: Subsidised healthcare, Whare Hākinakina LU Gym, Counselling, LUSA events and LTL Careers & Employability
- Whare Hākinakina LU Gym

rated highest for satisfaction of service

- Consultation is important. Many students didn't know about the SSF and wanted better communication about the fund.

Changes were made in response to student feedback:

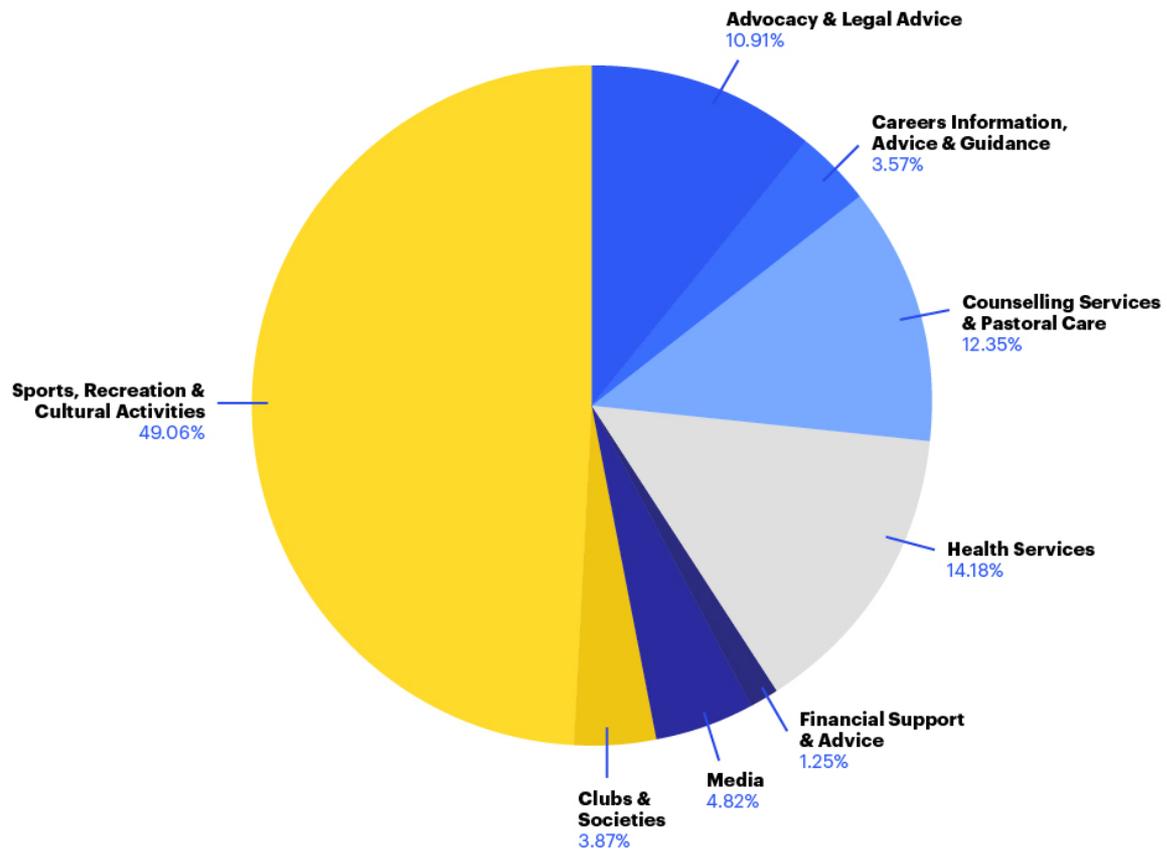
- Online students now pay a reduced fee
- Increase in communication and information about the SSF
- Additional counsellor in Student Health
- Increased visibility of well-being contacts on Akoraka Learn and around campus
- More LUSA events to support different age groups and celebrate diversity
- Te Awhioraki Tumuaki now has pay parity with the LUSA president

Who can I contact if I have questions about the SSF?

Talk to your LUSA President (president@lusa.org.nz) or Dr Hamish Cochrane, Director of Student Admin & Student Health (hamish.cochrane@lincoln.ac.nz).

For more about the Fee, including how much you are charged, go to: lincoln.ac.nz/student-services-fee

STUDENT SERVICES FEE



MINISTRY CATEGORY	TE AWHIORAKI, LUSA AND LU SERVICES
Advocacy & Legal Advice	LUSA Advocacy & Support
Careers Information, Advice & Guidance	LU Career Centre
Counselling Services & Pastoral Care	Student Health Counselling Services LUSA Advocacy & Support
Employment Information	LU Career Centre
Health Services	Subsidised Student Healthcare
Financial Support & Advice	LUSA Financial Assistance Fund LUSA Childcare Subsidy
Media	LUSA, Te Awhioraki & Clubs Communications e.g. RAM, Social Media, Print & Websites
Clubs & Societies	LUSA Clubs Admin & Facilities Support
Sports, Recreation & Cultural Activities	LUSA Events e.g. Clubs Market, O'Week Te Awhioraki Activities Whare Hākinakina LU Gym

Celebrating Diversity

Ramadan

DID YOU KNOW:

Islam is the world's second-largest religion, with more than two billion followers or 24.9% of the world's population.

SO WHAT DO WE BELIEVE IN?

- The existence of One God—Allah
- The existence of all angles of God
- The revealed books of Allah and that Al-Quran is the last revealed and only one left in it's revealed state
- All the prophets and messengers of Allah, including Adam, Noah, Abraham, Moses, David, Jesus and Muhammad
- The hereafter—life after death
- Fate and destiny—freedom of choice, but determined result

DID YOU KNOW:

Islam believe in one and only God called Allah, and Prophet Muhammad (SAW) as the last God's messenger, which previous messengers including Prophet Adam, Ibrahim (Abraham), Musa (Moses), Isa (Jesus) and others. The fundamental concept of Islam is its law embraces the total way of life commanded by God. Holy Book called Quran is the central religious text of Islam and believe as words from God.

YOU MAY HAVE HEARD OF RAMADAN, BUT DID YOU KNOW:

It is named after the 9th month in the Islamic calendar, which follows lunar time. The total days vary from 29–30 depending on the age of the moon. Ramadan is the most sacred month of the year for Muslims.



FIVE PILLARS OF ISLAM

1. The Declaration of faith (syahadah)
2. Obligatory prayers (Sholat) five times each day
3. Fasting (shaum) in Ramadan
4. Zakat, an obligatory tax or "poor-due"
5. The pilgrimage (hajj) to Mecca





SO, WHAT DO MUSLIMS DO DURING RAMADAN?

Abstain from eating, drinking, and sexual activities (for married people) from dawn until sun set each day.



ZAKAT AL-FITR:

Also known as the 'Alms of the Human Creation', this obligatory tax is paid by all Muslims by the end of Ramadan, regardless of age or gender.

The donation or money is given to the poor.



WORKING WITH MUSLIM COLLEAGUES DURING RAMADAN

- Be understanding that this is a special month.
- Try not to invite your colleague to have lunch, or schedule meetings after 5pm. Consider fasting times when making plans.
- Greeting colleagues by saying 'Ramadan Mubarak' (Blessed Ramadan) is polite and shows support.
- Be aware that it is common for Muslims to take annual leave during the final week of Ramadan. This is like their Christmas!



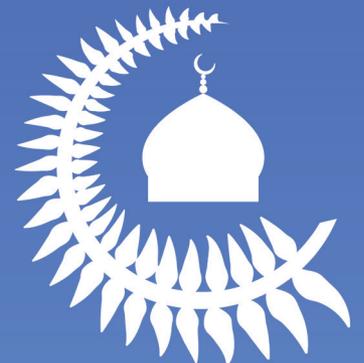
BUT, WHY?

Ramadan is a time of spiritual discipline, of deep contemplation of one's relationship with God, prayer, generosity, and study of Quran. It encourages self-control and empathy, while also focusing on the physical and mental health—a form of "detox".



EID AL-FITR:

At the end of Ramadan everyone celebrates with a festival to end the fast! This occurs on the day following a new moon. On this day, Muslims will perform a morning prayer, then gather with family and friends to celebrate their fast.



LUMA

LINCOLN UNIVERSITY
MUSLIM ASSOCIATION

Celebrating Diversity

Recipes to Try Before You Die

AFGHANI - Borani Kadoo



Ingredients

4 tbsp olive oil
4 medium zucchini - cut into slices
1 tsp turmeric powder
1 tsp paprika
3 tomatoes (peeled & chopped)
2 garlic cloves
salt & pepper

For the yoghurt sauce

2 tbsp Greek style yoghurt (plain)
1 garlic clove (minced)
¼ tsp salt

Other Ingredients

2 tsp dried mint
½ lemon (juice of)
Extra virgin olive oil (for drizzling)

Instructions

Heat olive oil in a deep frying pan over a moderate heat. Fry zucchini slices for 5-6 minutes until browned both sides. Remove to a bowl. Add turmeric, paprika, and garlic to the pan and fry for 10 seconds, then add the tomatoes. Stir well to combine. Add ½ cup water, bring to a simmer and cook gently for 10 minutes (uncovered) until soft and reduced.

Return the zucchini to the pan and season with salt & pepper. Cook for another 5 minutes, uncovered. Mash a few of the zucchini slices with a fork. Remove from the heat and cool to room temperature.

To make the yoghurt sauce

Whisk together yoghurt, garlic, and salt. Add 1-2 tbsp water to thin out the sauce a little.

Arrange the salad

Arrange the cooled zucchini/tomato mix on a serving platter and drizzle over all the yoghurt sauce. Generously sprinkle over the dried mint and a little lemon juice along with a healthy glug of extra virgin olive oil.

Serve with flatbreads to dip and scoop up the salad.

ARGENTINIA - Chimichurri Sauce with Steak



Ingredients

1/2 cup fresh flat-leaf parsley
1 tbsp red wine vinegar
3 garlic cloves
1 tbsp dried oregano leaves
1 tbsp fresh oregano leaves
1 tsp mild red pepper flakes
1 cup extra virgin olive oil
Salt & pepper

Instructions

In a food processor, blend all the ingredients together until very finely combined. Decant into a bowl, cover with plastic wrap and leave at room temperature to develop in flavour for an hour. Serve drizzled over meat. It works wonderfully with a steak, obviously but will also marry well with other meats and poultry and even seafood.

If you don't eat all the Chimichurri in one sitting, use it within a day or so as a marinade for another meat.

MALAYSIA - Fish Curry



Ingredients

For the curry powder

- 1 tsp chilli powder
- 2 tsp paprika
- 1 tsp coriander powder
- 1 tsp cumin powder
- ½ tsp turmeric

For the onion paste

- 1 onion (peeled and sliced)
- 4 garlic cloves (peeled)
- 4 slices ginger
- 2 lemongrass stalks (white parts only, sliced) (keep the stalks)
- 1 tsp shrimp paste

Other ingredients

- 4 tbsp vegetable oil
- 2 stems curry leaves (fresh)
- 2 cinnamon sticks
- 3 star anise
- 2 cups vegetable stock (or chicken)
- 2 tsp tamarind concentrate (diluted with 2 tbsp water)
- 4 kaffir lime leaves
- 3 slices galangal (fresh)
- 2 cups coconut milk
- 2 lb firm white fish (skin off)
- 4 cubes tofu
- 2 cups cooked long beans
- 2 tomatoes (chopped)
- 1 tsp salt
- 1 tsp sugar
- ½ tsp white pepper

Instructions

Mix the chilli powder, paprika, coriander powder, cumin powder and turmeric with about 1/3 cup water until smooth. Set aside.

Using a food processor blend together the onion, garlic, ginger, lemongrass, shrimp paste into a smooth paste. Set aside.

Heat the oil in a wok or large saucepan over a moderate heat until hot.

Add the curry leaves and let them splutter briefly before adding the curry paste. Cook this gently for about 4-5

minutes (be careful to not have the pan too hot as you'll burn the spices). Add the onion paste and stir well. Stir in the cinnamon and star anise. Cook this paste gently for another 5 minutes. You should have a nice separation of oil around the paste. Pour in the stock, tamarind, lime leaves, galangal and lemongrass stalks and bring to a simmer. Gently simmer the sauce for 10 minutes - a gentle bubble of a simmer.

Pour in the coconut milk and stir well. Gently slide in the fish followed by the tofu. Let this cook for 4-5 minutes until the fish is cooked through.

Remove from the heat and carefully stir in the beans and tomatoes. Serve hot!

Serve with jasmine rice to help soak up the plentiful sauce, but you can also serve with Malaysian roti breads - you can find those in the frozen section of most Asian supermarkets.

THAILAND - Bangkok G&T



Ingredients

- 20 Thai basil leaves
- 2 oz gin
- 1 oz lemon juice
- 1 oz simple syrup
- 8 oz tonic water
- ice

Instructions

Add the basil leaves, gin, lemon juice and simple syrup to a cocktail shaker and using a muddler, muddle the leaves to break up a little. Strain the liquid into a high ball glass filled with ice. Some of the smaller pieces of basil will escape but that's OK. Top up the glass with tonic water.

RAM Recommendations!

Culture Edition

Eat



**Water Drop
Vegetarian Café**
2 Harakeke Street,
Riccarton
@waterdropchch

An awesome vegetarian restaurant in Riccarton offering a great range of tasty Asian fusion and traditional Chinese vegetarian meals in a relaxed environment. The meals are very filling and well-priced. It is also attached to the Buddhist temple and has strong Buddhist influence on the food. Highly recommend going here, as I know I will be going back.

Shop



Kosco
*Multiple locations –
Riccarton is best!*

One of the biggest Asian supermarkets in Christchurch with a wide range of foods, including Chinese, Japanese, Korean, Thai, Taiwanese, and Malaysian. It is more focused towards Korean; however, prices are competitive and cheaper to that of New World and the likes with greater Asian ingredient range. It also has a vast range of frozen goods with significantly better frozen dumplings and instant noodle ranges. It has been an essential grocery stop for me for years and I highly recommend people go.

Drink



Rascal
225A High Street, Central
City
@rascalonhigh

Rascal is a cafe by day and experimental cocktail and wine bar by night. Hot on sustainability, their peach liqueur is made from foraged peaches, their strawberry cocktail is topped with rose petals from a nearby garden and their seasonal menu is stacked with local produce.

Celebrating Diversity

The Intersection of Culture and Food

To me food is the quintessential way to explore and understand a culture; it is an expression and celebration of history, tradition, religion, trial-and-error, the people, and the land.

Most culture's food developed through times of hardship, understanding, and experience, leading to the development of unique flavour profiles and dishes; with the interplay between cultures where food is the great connector. Food began as a means to survive slowly over time becoming wants and experiences; nowadays food is moving towards evoking the past, present, and future through memories and senses. Within many new world countries, food has fallen away from tradition and the knowledge it holds into an age of convenience, quickness, and inexpensive quality. This is heavily seen within countries like the US, New Zealand, and Australia, especially in younger generations; this can be accredited to the lack of exposure to international cuisines in childhood and adolescence. As can be seen by the surprising amount of LU students who find sushi to be bizarre, out there, and an oddity, which shouldn't be the case due to sushi having become a social food cornerstone in many western countries.

The general stereotype of what euro-kiwi- and English-centric cuisine are along the lines of bland and technically simple in comparison to other cuisines; however, it is important to note that the likes of butter chicken and many other 'Indian curry' dishes are of British origin (thanks colonisation). Further so what can be seen within an insight to the typical Lincoln students' diet isn't really that exciting either, with many students being hyper fixated on meat and, if including, three vegetables (the stereotypical meat and three veg meal with one of those being a carb). Now don't get me wrong, this isn't necessarily bad, nutritionally you are technically getting what you need, it's just not that exciting. But it is kind of sad when you see undergrads turn down free food because there are only vegetarian options left, which honestly blows my mind as in all honesty vegetarian food is delicious and has a more solid

foundation within cuisines. Coinciding with this, the exploration and understanding of spices are poor with many finding the likes of cumin, coriander, and the plethora of other spices, to be too much for them or too spicy/hot.

But aside from that little rant, the university is the time that you should be exploring and developing your culinary experience and exploring different cuisines. It really doesn't cost that much, with most cuisines having the fairly similar staple ingredients and the internet having every recipe imaginable, it's time to start cooking new dishes. It doesn't need to be anything advanced really and it could be as simple as changing the seasoning ingredients for a simple dish, such as scrambled eggs. I personally recommend starting with the basics of different cuisines, expanding from there, and incorporating at least one new dish a week if possible. And as always when using a new recipe: Read over it first!

It is the easiest way to avoid mistakes and to actually know what you are doing.

Here are some easy basics to start with that are also inexpensive:

- **Shakshouka** – A sauce-poached egg Maghrebi dish (The Maghreb - Northwest Africa)
- **Wonton Soup** – is pretty self-explanatory and is found in many Asian cuisines so take your pick be it Thai to Chinese.
- **Japanese Curry** – a heartwarming classic
- **Pasta** – many types of pasta don't require a machine, with some only needing a knife to make the shape, and the dough is easy to make.
- **Empanada** – a baked or fried-filled pastry of Spanish origin and great bulk food for lunches.
- **Ratatouille** – a classic French dish, typically served as a side. My go-to recipe is (fromachefskitchen.com/ratatouille/#recipe)

- **Dhal** – a quick easy dish made from dried, split pulses.
- **Jamaican jerk seasoning** – jerk is a style of cooking native to Jamaica where a spice mix is used as a dry rub or marinade.
- **Moa Fa'asaina** – a Samoan chicken dish with coconut rice.

Most of these are easily adaptable to include different proteins or flavour profiles.

While expanding your culinary experience won't really make you hyper-aware of the various cultures, it is a step in the journey that could lead you to want to learn more about a culture. It isn't till you truly dive into exploring and understanding a culture that the connection and influence of food become evident. I don't expect anyone to start exploring the intersectionality of what is gastronomy and what it means for people, but simply expanding the range of ingredients and techniques, you know, will greatly improve your cooking.

TV Shows & Book Recommendations on Culture & Food:

- **Street Food Asia** (*Netflix*)
- **Street Food Latin America** (*Netflix*)
- **Chef's Table** (*Netflix*)
- **Chef's Table: BBQ** (*Netflix*)
- **Ugly Delicious** (*Netflix*)
- **Salt Fat Acid Heat** (*Netflix & Book*)
- **Gastrophysics by Charles Spence** (*Book*)

ENERGY POVERTY - YOUR EXPERIENCES

Last summer a survey was undertaken with tertiary students to explore their experiences of energy poverty. Several students' associations helped distribute the survey, and recently the findings were published we'd like to share some of the key results with you!

Tertiary students are more than twice as likely than the general population to report mould larger than an A4 sheet of paper (35% vs 17%) or dampness (49% vs 22%) in their home.

Māori students (47%) and students with long term health concerns or disability (49%) reported even higher rates of visible mould in their homes.

More than two thirds (67%) of students could see their breath inside their home – twice as high as renters and over 5x that for homeowners across NZ – and almost four out of five students (79%) had experienced shivering inside their home.

Almost two thirds (65%) often or always felt cold inside their homes, and almost three quarters (74%) cut back on using heating to save money.

One in 8 Māori students (12.5%), and one in 25 students overall (4.3%) had their electricity disconnected or ran out of prepaid electricity credit because their household could not afford to pay the energy bill – more than six times the national rate of disconnection for nonpayment.

Only 7% of students had contacted StudyLink for help with electricity or gas bills, and of those who did not, 92% were unaware that StudyLink can provide students with a grant of up to \$200 to help with outstanding power bills or reconnecting supply, and 45% said they may have used this assistance if they had known.

Energy poverty significantly impacted students' mental health and their ability to carry out daily activities, with almost half (48.9%) reporting experiencing four or more negative wellbeing indicators of nine measured.

Students have lower life satisfaction than similar age groups across Aotearoa, with only 57% of students reporting being at least 70% satisfied



with their life in general compared to around 82% of people aged between 15 and 35 years old across Aotearoa.

The findings of this study are concerning, particularly for students identifying as Māori, or living with long-term disabilities or health concerns. Experiencing energy poverty restricts daily activities and hinders access to essentials. While students are acutely aware of the adverse effect on their physical and mental health due to energy poverty, available support is either limited or inaccessible and poorly communicated to those who could benefit from it.

Based on this study, we argue that although recent regulations to improve the energy efficiency of private rental housing are expected to have a positive impact, further policies to reduce energy poverty could be targeted to support tertiary students in New Zealand.

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Holiday Horoscopes



Taurus

April 20 – May 20

You Bulls are rigid and don't like to be inconvenienced and we know it takes a lot of energy for you to break your routine and actually go on vacation. But like a freight train, once this earth sign gets moving, you're unstoppable. That's why an outdoorsy (but not too wild) destination like Vancouver is perfect. It's easily accessible and you can hunker down in a five-star hotel while still taking advantage of everything the ultra-green metropolis has to offer.



Gemini

May 21 – June 20

This mutable air sign is always thinking, thinking, thinking. That's why Edinburgh—with its "remarkable cultural depth" - is the perfect match for this intellectually curious sign. You tend to prioritize experiences over material things, so a thoughtfully designed, centrally located, and budget-conscious Airbnb would suit you just fine, while you soak up the rich European history.



Cancer

June 21 – July 22

You need a great hotel, but good food is equally important. That's why you're drawn to an epicurean getaway like Blackberry Mountain in Walland, Tennessee. After a busy day of hiking, fly fishing, or testing your balance during a paddleboard yoga session, Cancer can tuck into a seasonally inspired Southern meal at one of the restaurants, with warm hospitality and extraordinary food and drink.



Leo

July 23 – August 22

Because Leos appreciate over-the-top experiences, you'd love to see the Taj Mahal, which was built as a monument to love by Emperor Shah Jahan in memory of his wife Mumtaz Mahal.



Virgo

August 23 – September 22

Virgos like things neat and clean. You crave structure and are uncomfortable in messy situations. You're also a mutable earth sign, which means you go with the flow." Acadia National Park in Maine offers both, semi-tamed wilderness, with well-constructed paths for easier hiking and biking. Virgo will be smitten by the stellar sunrises too.



Libra

September 23 – October 22

A cardinal air sign, ruled by Venus and drawn to all things beauty and art. Enter Provence, with its breathtaking fields of lavender, Impressionistic hilltop villages, and glasses brimming with the finest rosé. This is a very Libran-type society with good food and gracious service. Revel in cultural pleasures, and see life as a canvas waiting to be painted!



Scorpio

October 23 – November 21

It's been a difficult couple of years for everyone, But Scorpio, perhaps more than other signs, needs a renewal. You're constantly listening to everyone else's problems, that's why heading to a place beyond compare: the Grand Canyon, will allow you to get inspired by being in the presence of something greater than yourselves. A natural wonder like the Grand Canyon will humbles you and help you recalibrate.



Sagittarius

November 22 – December 21

You love to travel and are always on the hunt for your next adventure. A safari to Kruger National Park in South Africa, will rejuvenate that wild streak in the presence of animals and birds, heeling your spirit and deepen your connection with self.



Capricorn

December 22 – January 19

Whilst not as flashy as Leo, you're still climbers-socially and financially, so, chartering a yacht in the Caribbean, Mediterranean, or other beachy idyll will be perfect. Naturally a serious earth sign, you'll want to feel like the master of you own destiny, so be sure to charter your own ship!



Aquarius

January 20 – February 18

You're a deep and eclectic thinker, who prize inventiveness and want to understand the forces that drive creation. You also tend to be humanitarian, keen to change the world for the better. A journey to the heart of the Ecuadorian Amazon would be eye opening as you're intrigued by other people's lives and spirituality and would want to educate yourself about the oil, mining, and logging industries threatening sacred jungle land and communities.



Pisces

February 19 – March 20

You're naturally drawn to watery destinations-the farther flung, the better. The Seychelles, a small island nation about 1,000 miles off the coast of East Africa, checks all the right boxes: A remote ecological paradise with a host of wildlife and non-motorised water sports to experience.



Aries

March 21 – April 19

Your electric personality bursts with a lot of energy. You crave a variety of things to do because you're easily bored. Fortunately, there are scores of diversions to keep Aries travelers entertained in Thailand. We understand you appreciate the finer things in life, so be sure to splurge on a fancy room at some stage and try some swanky cocktail bars and dreamy riverside pools. While Aries will get lit up by a frenetic city like Bangkok, you'll also need to retreat and renew in places like Chiang Mai.

Time wasters!

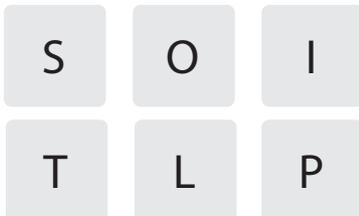
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WORD-BUILDER

How many words of three or more letters, including plurals, can you make from the six letters, using each letter only once? No foreign words or words beginning with a capital are allowed.



TRAVEL RIDDLES

1. I am a ship that can be made to ride the greatest waves. I am not built by objects, but built by minds. What am I?
2. There is a house. One enters it blind and comes out seeing. What is it?
3. What has to be broken before you can use it?
4. What month of the year has 28 days?
5. What is full of holes but still holds water?
6. What question can you never answer yes to?
7. What is always in front of you but can't be seen?
8. What goes up but never comes down?
9. What gets wet while drying?
10. The more of this there is, the less you see. What is it?

Goals:

Meh, Alright—3 Bloody Excellent—5 Outta This World—9

Meme Madness

Leg hair: moves ever so slightly
My brain:



The Kardashians are celebrating their 20th season...



If you've never seen a single episode, give yourself a pat on the back!

I might be a weed smoker, but if I see a stray dog I pick it up and take it home



Horse Pretends To Be Dead Every Time Someone Tries To Ride It.

bit.ly/2MZ1SJ6



 thal
@bigthaly

Me when I get asked to go on top



Got high at last night and saw David Groll on my kettle



6am after pulling an all-nighter



11am



Girls be like "hes my world" Sis this is your fourth world in two months. What you tryna do...build a solar system?

www.facebook.com/ChoiceOneBro



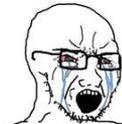
Pretending to be a sophisticated, tea-drinking adult while in a zoom meeting, when really...



 cesar
@proxactears

anyone else whisper "what the fuck" to themselves at least 96 times a day or is it just me

Airbnb



NOOOOO!!!! YOU LEFT GARBAGE IN THE GARBAGE CAN YOU WILL BE GETTING A ONE STAR REVIEW!!!!

Hotels



Just make sure to leave by 11. If not that's fine

Welcome to plastic surgery addicts anonymous. I see a few new faces here this week and I must say I'm disappointed.



R18

RE START 04.05.22

7PM-11PM

SUNKEN LAWN & MRS O'S

SUUNE // PONZ
ROLLESTXN AVE
THE BUTCHER

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DOOR SALES:

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SA** Lincoln University Students' Association