

# CRACCUIM

ISSUE 11



THE UNIVERSITY OF AUCKLAND AND AUSA PRESENTS

# STRESS LESS WEEK

28 May - 1 June

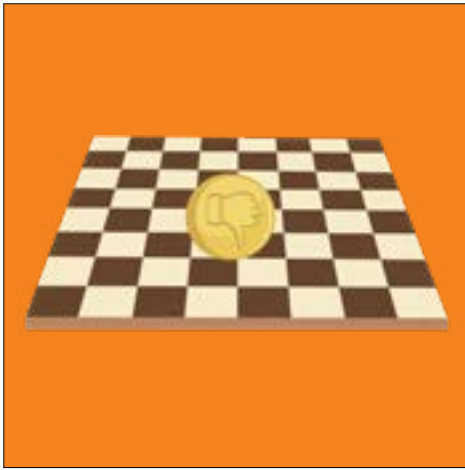
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## EDITORIAL

with Helen Yeung and Jasmin Singh


# HELEN HAS 50+ TABS OPEN




**Helen:** I currently have 50 plus tabs open from dissertation research and have not re-started my laptop since the start of the semester, bad habits? Jasmin has been roasting me for this, NO SHADE. Let me know if I'm not alone though. The year is going by so fast, we're already in May! Both of us recently graduated but the sad ugly truth is that we're still here for postgrad. Besides my pessimism however, welcome to another Craccum friends. This issue is unthemed meaning all content is pretty much unrelated. We're thinking of doing more themes next semester e.g. an animal theme, where I can celebrate my undying love for cats and you could possibly submit a piece on your favourite animal.



**Jasmin:** I personally am a big believer in shutting down my laptop at the end of the day. It seems to be the same concept to me as sleeping, the laptop needs a break too, a refresh to work better the next day. Also, I've had a lot of bad luck with laptops so I take as much care as I can. My life flashes before my eyes when I see: :( Your PC ran into a problem and needs to restart. It's also why most of my work is done exclusively on Google Docs. I've had my laptops crash enough times to feel under confident knowing my work is just on my computer. Basically I'm paranoid and save my work everywhere, it's annoying but a strategy that works.



**Helen:** On a brighter note, I had the best lunch at Chawlas with Jasmin's family last week to celebrate our graduation. We ate so much food that we both zoned out in the car afterwards, Jasmin's dad said it was the high sugar levels, I trust him. Besides that I can't remember anything else happening, either life is flashing before my eyes constantly or I'm just extremely overworked. Getting back to the issue though, I love the community section this week. The interview Emelia did with *Women in Urbanism Aotearoa* in particular, which explores how urban industries are dominated by male structures, highlighting how a serious lack of representation for women has left Māori, Pasifika and migrant women as well as women with disabilities out of the conversation. Another article you should watch out for is Brian's Zuckerberg satire piece on the cyberspace, great read.



**Jasmin:** As Helen said this issue is unthemed which means there's a fun random jumble of things people wanted to write about. One of my favourites this week is Cameron's interview with *KnowYourStuffNZ* which covers drug testing and harm reduction. A lot of us are aware that programs preaching abstinence from drugs and the continued criminalisation have not deterred people from drug taking. It's much better for people to make decisions that are informed to reduce the harm from taking drugs which is what *KnowYourStuffNZ*. It's clearly time to press for change on this matter. Another favourite, is Nam Woon's piece on *Isle of Dogs* which discusses the Orientalist tropes present within Wes Anderson's new film. That's it from us this week, happy reading!

# WORLD NEWS

## States to Remain Committed to Iran Deal after US Withdrawal

BY NATE CARTER

Several heads of state have criticised President Trump's decision to pull out of the Iran nuclear accord, with EU chief Jean-Claude Juncker denouncing the US for turning its back on its allies. Trump announced on Tuesday that the US would no longer be party to the Obama-era agreement and act to reimpose sanctions on Iran, despite attempts by European and Iranian officials to salvage the deal.

"I believe it is wrong to unilaterally tear up the agreement, which was agreed on and which was unanimously approved by the U.N. Security Council," German Chancellor Angela Merkel said, commenting that it "undermines trust in the international order. The comments follow a joint statement released by Chancellor Merkel, French President Emmanuel Macron and British Minister Theresa May declaring that they would remain committed to the agreement.

Concerns have arisen around how the US president's decision contributes to rising tension in a region already fractured by conflict, with both Damascus and Riyadh subject to missile attacks less than 24 hours of Trump's announcement. Experts have cautioned that the move could further isolate Tehran at a time when it is involved in multiple conflicts across the Middle East. ■

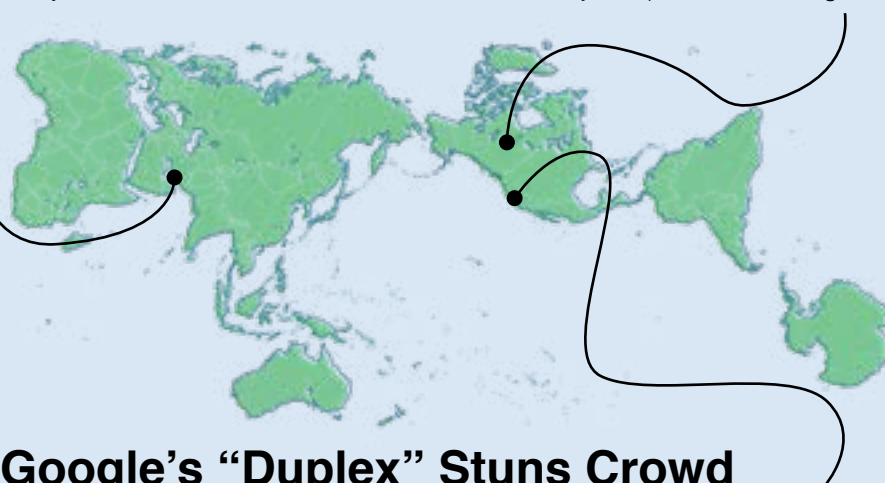
## Canada on track to legalise marijuana this summer

BY MILLI A.

Canada is preparing to legally allow the purchasing of recreational marijuana as late as early September this year, with senators agreeing to hold a final vote by June 7 on Bill C-45. Royal assent would immediately follow, with the public availability of weed for purchase projected to take an additional two to three months.

In response to the announcement, Campaign for Cannabis Amnesty recently launched a petition requesting the government consider pardoning individuals who have been apprehended on possession charges. The group argues that antiquated laws continue to disproportionately affect minority communities and people from poorer socio-economic backgrounds. "White and black communities use cannabis and other drugs at similar rates, but black communities have been disproportionately targeted for police stops, cannabis arrests and incarceration," said Robyn Maynard, author of Policing Black Lives.

Since Prime Minister Justin Trudeau assumed office in 2015 on a political platform promising to legalise cannabis, more than 15,000 people have been convicted over marijuana-related crimes. Charges can affect consideration for state housing, scholarships, and employment opportunities. Trudeau has publicly admitted to smoking marijuana as a sitting Member of Parliament, and disclosed in 2017 that family connections enabled his brother to avoid a marijuana possession charge. ■



## Google's "Duplex" Stuns Crowd at I/O 2018

BY KRISHNA SURESH

The reaching of new technological frontiers was recognised in the past week at the Google I/O annual tech festival for developers. AI and Deep Learning were focal points of the keynote presentation, with the company's CEO Sundar Pichai describing how Google's AI is revolutionising medical diagnosis and treatment, such as in diabetic retinopathy and cardiovascular risks – "quantitatively predicting the chance of readmission, 24 - 48 hours earlier than traditional methods".

The Google Assistant in Android's latest update, has deep set AI integrations in Google Search and Maps, delighting the audience with demos of the Assistant's "visually assistive" functions. The "Continued Conversation" functionality is integrated into the Assistant, which allows the software to discern multiple distinct requests from one continued sentence.

The much anticipated 'Duplex' function was particularly praised for its innovation. It allows the Assistant to make phone calls with contacts on behalf of the user. In a remarkable demonstration, the Assistant called the salon and created the booking with human-like skill, interacting seamlessly with a receiver on the other end of the line.

The company is on track to integrate Assistant into more than 500 million devices worldwide, supporting 30 languages in 80 countries. ■

# Prospects for Restorative Justice

BY OLLIN P. RAYNAUD

Today, one in three girls in New Zealand will be subject to an unwanted sexual experience by the age of 16.1 One in five adult women will experience sexual assault, and that number significantly increases among Maori, Pasifika, immigrant and rainbow communities.<sup>2</sup> Despite how pervasive sexual abuse is, it is still vastly under-reported in the Criminal Justice System. Why? What can be done better? Much of the feminist discourse around protecting victims of sexual assault has focused on making 'prosecutions easier and punishments more severe'. The aim is that, by doing so, society will symbolically show its intolerance for sexual assault and this type of crime will naturally decrease. This view sees punishment as a social symbol. A demonstration of societal intolerance, and an indicator that whatever is being punished is a vile and undignified act. Increasing punishment, it should follow, would show a decrease of social tolerance for sexual assault and therefore should stop people from offending.

While this argument makes sense in a context where gender violence and sexual assault are simply not taken as seriously as other crimes, it poses a conflicting dilemma. If harsher punishment is the solution, why do other crimes – which get comparatively harsher punishments – haven't stopped occurring? And, how does focusing on harsher punishment for perpetrators satisfy victim needs? Some argue that what we need to do to address this dilemma is to 'change lenses' and reconceive not only our notions of justice and punishment, but also our ideas around how to deal with crime and provide victim satisfaction. Restorative Justice may well be a way of addressing the shortfalls of the criminal justice system when it comes to victims of sexual assault.

Restorative Justice (RJ) has multiple

definitions; to keep it simple, I will use Howard Zehr's working definition. For him, RJ must aim to satisfy these three conditions:

1. Put the focus and decision-making power on those affected by the crime.
2. Concentrate on repairing the harm caused by the offence.
3. Attempt to rehabilitate the offender.

Restorative Justice sees things differently compared to retributive justice. It shifts the focus from perpetrator and punishment to concentrate on the victim, the victim's needs and how to best repair the harm. The 'ownership' of the crime is given back to victims, rather than being held by the State, so that they can decide what reparations are needed. Crucial steps of this process are to empower victims to speak of the crime through their own narrative and seek reparations, to empower perpetrators to become better and restore the harm caused, and to empower communities to support both the victim and perpetrator. It is essential to keep in mind that victim's needs change dramatically depending on context, and the type of assault is key to finding effective ways to implement RJ. The main concerns raised have to do with re-victimisation, symbolic lenience, community pressure and burdening victims with decision-making and care. Most of these concerns can be addressed through fine-tuning aspects of RJ in the pre-conferencing stages, where the decisions on which type of RJ – if any – is to be used. Listening to the victim's needs is perhaps the single most important aspect of RJ and the only way through which it can truly be effective.

The hype around the rebirth of RJ can be explained as a result of disillusionment with the Criminal Justice System. Restorative Justice attempts to provide a critical alternative to existing notions of traditional justice. However,

those who have been failed the most by the Criminal Justice System – ethnic minorities – often also fail to be accounted for in RJ. This can be explained in part because most of the literature around RJ comes from white scholars and, while their invaluable contributions have been key to finding alternative ways to justice, some major concerns still exist.

An intersectional approach to RJ can help us examine how power imbalances within communities and across communities can influence the process. Community social norms could enable certain behaviours which allow for power imbalances between survivors and perpetrators. It is essential to maintain awareness of the social imbalances that exist, and when possible, incorporate a transformative approach to effect meaningful change. Alongside race, communities may reinforce male dominance, which may minimise the chances that victims will come forward. They may also not have sufficient resources – knowledge, networks, emotional carers – to take on these processes as is often the case in indigenous communities. Imposing Restorative Justice on communities that are not equipped for or interested in the process may create more harm than good.

Effective, neutral mediators are critical to avoid power imbalances within the conference stage and post conferencing follow-ups will be essential to minimise recidivism and increase reparations. Many findings employed seem to point to greater victim satisfaction when going through a RJ process as opposed to going through the traditional system. However, while this piece is paved with optimism and hope for more effective and constructive paths to restoring balance in society, it is important to remain cautious. Studies in RJ today still focus majorly on juvenile delinquency. Research and implementation on cases of sexual abuse is limited, partial and not fully developed; one must always be aware of the risks of harm to all participants. ■

<sup>1</sup> <https://researchspace.auckland.ac.nz/handle/2292/4673>  
<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pubmed/17875321>  
<http://www.kahukura.co.nz/wp-content/uploads/2015/07/Building-Rainbow-Communities-Free-of-Partner-and-Sexual-Violence-2016.pdf>



# The Windrush Scandal: Institutional Racism married with Governmental Error

BY MILLY SHEED

A political blunder that has hit the United Kingdom only a few weeks ago has forced the British government to apologise and compensate for the unlawful refusal-of-entry, detainment and deportation of descendants of the Windrush generation immigrant workers.

The origins of the Windrush scandal begin at the end of World War II, with Britain's appeal for foreign workers to assist in infrastructure reconstruction and bolster public services.<sup>1</sup> The British Nationality Act 1948 predicated this vast response from the West Indies, as it offered free entry and for all people living in the Commonwealth, conferring citizenship with full rights to work and settle in Britain.<sup>2</sup> Many argue that due to the Windrush workers, as well as countless others who came to Britain after the war, Britain was able to efficiently rebuild its economy and support public initiatives such as the National Health Service.<sup>3</sup>

An increased number of foreign workers residing in the United Kingdom soon generated racial tension in communities, including societal prejudice to non-British born individuals, leading to the famous Notting Hill riots in 1958.<sup>4</sup> The Immigration Act of 1971 was passed to extinguish citizenship rights of the Windrush workers and their families, redefining their right to reside and work in Britain as merely a, "right of abode"; more recently, the 2014 Immigration Act removed protection for Commonwealth citizens who had previ-

ously been exempt from deportation.<sup>5 6</sup>

Fifty years on, the next generation of the Windrush immigrants are now facing threats from the state that their rights to reside in the United Kingdom are illegitimate. Developments in immigration legislation mean that it is not adequate for the Windrush children to remain in the United Kingdom by virtue of their parents and grandparents' citizenship. Those who arrived in the United Kingdom before the 1971 Act was passed were given settlement due to their Commonwealth membership, and did not need documentation to prove their right to residence.<sup>7</sup>

In the revelation of more devastating reports, Minister for Immigration Caroline Nokes admitted that figures as to how many Windrush children have been refused re-entry, detained, or even deported in error are unknown.<sup>8</sup> Findings suggest vital documentation, specifically landing cards, were destroyed by the Home Office in 2010, with members of Parliament continuing to shift blame on which government was responsible for this administrative failing.<sup>9</sup>

How did the government allow this political and constitutional disaster to occur in the first place? Many blame the Conservative government's "hostile environment" policy,<sup>10</sup> implemented by Theresa May when she was Home Secretary in 2012. The policy is a

series of administrative and legislative measures designed to tackle illegal immigration in Britain, encouraging sceptical and threatening assessments by the Home Office designed to deter possible illegal aliens.

Thankfully, in recognition of their errors, the Home Office have introduced policy changes in order to redress the victims of detainment and deportation.<sup>11</sup> Before her resignation, Home Secretary Amber Rudd affirmed in the House her plans to rectify the wrongs made against those of the Windrush generation.<sup>12</sup> She has instituted a task force that will proactively gather the correct documentation required for the Windrush generation to legally reside in Britain, rather than insisting on an unreasonable burden of proof.<sup>13</sup>

The constitutional wrongs done against the Windrush generation and their civil liberties have, arguably, come about due to decades of governmental oversight. There must be a balance struck between battling illegal immigration in Britain, and a respect for those who arrived in pursuit of a better life, and devoted their lives to Britain's cause. Hostile immigration policy requires a re-examination by the government to make room for a people to which modern Britain and its infrastructure, public services and economy will forever be indebted. ■

1 Mike Phillips and Trevor Phillips *Windrush The Irresistible Rise of Multi-Race Britain* (Harper Collins Publishers, London, 1998) at 1; Lucy Rodgers & Maryam Ahmed "Windrush: Who exactly was on board?" (27 April 2018) BBC News <<http://www.bbc.com/news/uk-43808007>>.

2 British Nationality Act 1948, s 4; "Postwar immigration" The National Archives <[http://www.nationalarchives.gov.uk/pathways/citizenship/brave\\_new\\_world/immigration.htm](http://www.nationalarchives.gov.uk/pathways/citizenship/brave_new_world/immigration.htm)>.

3 (23 April 2018) 639 GBPDC HC 619.

4 Ann Stenhouse "What is the Windrush scandal? How the Windrush generation got their name and why many fear deportation" (30 April 2018) The Mirror <<https://www.mirror.co.uk/news/politics/what-windrush-scandal-how-windrush-12383743>>.

5 Immigration Act 1971, s 2(1).

6 Immigration Act 2014, s 1(1).

7 (23 April 2018) 639 GBPDC HC 619.

8 "Windrush detentions: Immigration minister Caroline Nokes" (16 April 2018) BBC News <<http://www.bbc.com/news/av/uk-politics-43784794/windrush-detentions-immigration-minister-caroline-nokes>>.

9 "Windrush: Investigation urged over landing cards" (19 April 2018) BBC News <<http://www.bbc.com/news/uk-politics-43818860>>.

10 (25 April 2018) 639 GBPDC HC 871; Amelia Hill "Hostile environment: the headline Home Office policy tearing families apart" (28 November 2017) The Guardian <<https://www.theguardian.com/uk-news/2017/nov/28/hostile-environment-the-headline-home-office-policy-tearing-families-apart>>.

11 Home Secretary Amber Rudd "Statement on Windrush" (press release, 23 April 2018).

12 (23 April 2018) 639 GBPDC HC 620.

13 (23 April 2018) 639 GBPDC HC 620.

# Hope for a New Malaysia

BY JASMIN SINGH

Over the last two weeks, many of us have seen coverage of the Malaysian elections. This historic win has mainly been covered in Western media with a focus on the fact the Prime Minister Mahathir Mohamad is the oldest elected leader at 92. Previously ruling the country for 22 years from 1981-2003 with this being the first time in Malaysia's history that an opposition party has formed a government.

Myself, like many other Malaysians, am happy that this new day has dawned and proud that we were able to affect change and oust a government we were unhappy with in a peaceful and democratic manner. However, it is important we don't get carried away with our joy as it is vital to consider how and why this change has occurred in the present moment.

Many Malaysians were rightly fed up with the previous ruling coalition *Barisan Nasional* (BN) for doing little to address and remedy the immense corruption that had been occurring under their administration. The last straw being the 2015 allegations of billions of dollars that now ex-Prime Minister Najib Razak had stolen from development fund *1 Malaysia Development Berhad*. This was the main reason that Mahathir, who was previously part of the *United Malays National Organisation* (UMNO) which formed

the majority in the BN ruling coalition, switched sides to battle his previous protege and restore hope in the country.

Mahathir became the head of the Malaysian opposition coalition *Pakatan Harapan* (meaning The Alliance for Hope) with a promise to take down Najib and his corrupt government and gain a royal pardon for previous opposition leader Anwar Ibrahim. Anwar who was jailed by Mahathir during his earlier time as Prime Minister, was again later jailed by Najib, following in the formers footsteps to incarcerate his competition. Anwar has now received a full royal pardon and has been released from jail.

The Mahathir factor is an important once to consider. Many have supported Mahathir due to the economic glory he had helped the country achieve during his time as Prime Minister, seeing him as a more competent leader than Najib. Towards the end of his term Najib was instead seen as a man who had tarnished the reputation of the country internationally.

It's also important to realise that Malaysia is an ethnically divided country with three main ethnic groupings: the Malays, Chinese and Indian, affecting voting outcomes often occurring along racial lines. Mahathir inspired confidence in the Malay majority population, who have

in the past largely voted for the UMNO dominated BN coalition, with confidence that their rights and concerns would not go unheard even if an opposition government was elected, thus pushing forward the victory for *Pakatan Harapan*. Mahathir as such became an incredibly powerful political tool to ensure the historic win of *Pakatan Harapan*.

Despite the happiness for a new era of Malaysian politics, before we get too ahead of ourselves we need to keep an eye on this government led by a man once described as an authoritarian leader. A man who instituted undemocratic policies, who has jailed without trial those who spoke out against him, and has left us all questioning the independence of the judiciary.

We should not forget that it was this man should be recognised for paving the way for the actions of Najib. We also need to bear in mind that just because we have come together to vote in an opposition government for the first time in our history, the ethnic tensions that plagued the country since its inception have not disappeared. We cannot become complacent and need to hold the new government accountable for the promises they have made and ensure that our political engagement does not end with the end of elections. ■

## Racist Posters Around Campus for AUSA By-Election

BY ANONYMOUS WRITER

University of Auckland has long been criticised by students of colour for being a white dominated institution, with experiences of ethnic minorities often placed secondary. For instance, in 2017, the *European Students Association* failed to be removed from campus due to debates over freedom of speech, despite its white nationalism, alleged threats of violence and propagation of racially discriminatory material. While the University often claims that it does not condone 'hateful or discriminatory behaviour', such a club managed to find its way back to the 2018 Club Expo.

However, AUSA's tolerance of racially discriminatory behavior has not been put to an end despite the *European Stu-*

*dent Association's* controversy reached national news outlets. In the recent by-election for Welfare Vice President and Queer Rights Officer, one candidate, Sam Snell, running for the WVP position, has found it presumably humorous to elevate his campaign through creating posters containing highly offensive content to Chinese communities. While one poster displayed their face edited onto a Chinese New Year deity, *Caishen* "God of Wealth", mocking a significant religious and cultural figure of Taoist and Chinese folklore. A second poster displays a claim for 'equity' while appropriating Chinese language as a prop towards their campaign.

This appears extremely ironic as the

candidate embarrassingly highlights their participation in Auckland Action Against Poverty (AAAP) and Unite Union, two organisations which frequently address issues facing marginalised communities in New Zealand. Such a careless mistake and failure on AUSA's end to pick up this imagery spread across the Quad particularly, make us wonder whether candidates are even background checked when applying for elections. Further raising concerns as to how the candidate could possibly represent the student body while carrying racist ideologies.

AUSA has been reached out to for commentary but have not yet provided a formal response. ■







Kīwaha o te wiki  
saying of the week:



# TURITURI, WARAWARA!

ENGLISH: BLAH BLAH BLAH

Example:

Student 1: Bro, I've been telling you all sem,  
Blues are gonna take the championship.

Student 2: Turituri, warawara! Mate you're dreaming.  
*Blab, blab, blab!*



# Round Policies, Square Holes

*An anonymous contributor reviews the roll-out of Labour's new policy.*

Monopoly sucks. It's a game of luck that pretends to be based on skill. Still, everyone seems to love it so I'm forced to play. Sound familiar?

The Labour government, in its few months as the new top player, has been making their moves to correct the inequality issues facing New Zealand. Increased student allowance, reducing net migration, changing the policy targets of the Reserve banks to reduce unemployment - all of these things are well intentions that pave a road to somewhere less savoury. The policies, which want to be progressive, have not-so-obvious consequences that defy their point.

Some may argue of an inherent incompatibility of a left wing government in a capitalist system. How can you be progressive in a system that does not preclude inequality but perpetuates itself through it? Where greed and fear are the primary incentives of most players? This is just how the game works. This is understandably disheartening and frustrating for many. Especially for a generation who grew up through the second worst financial crisis in history

and witnessed first hand how fragile the system is and how damaging it can be when it fails. Take solace in your Sassy Socialist Memes as an outlet for your frustrations but don't hold your breath in expectation of a glorious revolution. To those who work to create equitable outcomes — philanthropists, humanitarians and progressive economists — remember that Marx himself criticised you for securing the continued existence of the bourgeoisie system. That's not going to stop us. But you can't flip the board and give up, because everyone else will still follow the rules.

A selection of Labour's policies try to do this and fall into the trap of assuming that their intention becomes reality. These policies aim to be these progressive beacons yet stumble because of an apparent lack of understanding of the rules. When you increase student allowance in one go, landlords will increase their rent and the money intended for us now lines the pockets of landowners. When you cut down on immigration, you signal yourself as unwelcoming to foreign investment which, for a country who doesn't save, is vital. And when you change the

mechanisms of the Reserve Bank to reduce unemployment there are repercussions too. Indulge this wannabe economist for a second.

Up till now the reserve bank has used the OCR to control inflation levels only. The machinations were fairly simple; when inflation gets too high, increase rates to cool it down and when the economy needs a boost, lower rates so loans are cheaper and people can spend more. With the power of interest rates solely in their hands, the governor of the Reserve Bank arguably has held the most powerful unelected position in New Zealand.

The government's new policy target agreement with the bank mandates "maximum sustainable employment" as well as price levels, be the banks target. Again, well intentioned. The conventional economic rationale is that unemployment and inflation do have a relationship; theoretically, as one goes up the other goes down (in the short run only). While economists are somewhat skeptical of this theory they seem to concur that this will have little effect in the short run with the long run being less certain. In the short run, businesses can take out more loans to hire more people. The Reserve Bank has considered the unemployment rate in its decisions, yet never at the expense of pushing inflation above its target band. In the long run, however, there is no relationship; increasing the amount of money in an economy does not conjure up more jobs. Unemployment levels relate to the age and skills of workers, the needs of a business and the legislation around employment. So when, at this long run stage, the Reserve bank wants to decrease unemployment it will not only fail to do this, but increase inflation. The increased inflation will necessitate higher wages and businesses who

cannot afford this will have to let workers go. Asking the reserve bank to target low unemployment is asking it to make the problem worse.

Monetary policy is an extremely blunt tool to decrease unemployment in the short term and in the long run is at risk of playing out as above. Additionally, increased uncertainty of not knowing which way rates are going because it isn't clear which factor is the bank's primary concern may be poorly received by global markets who will assess New Zealand as a riskier investment. Not to mention the erosion of the bank's independence by placing the Treasury as an (albeit non-voting) member of the new OCR decision-making body, which could potentially be bad for democracy.

Progressive outcomes are possible when the policies are played correctly. Effective policy may at times seem counterintuitive, because they play off the warped incentives of the other players. Labour has been good on the direct one-to-one effect policies. Increasing accessibility to university, building affordable housing, connecting economic hubs to low income areas through infrastructure - these are all good, effective solutions to inequality. But inequality is tough because it'll always be with us; solutions therefore need to understand how others will respond to ensure that the core issue is resolved.

A left wing government may always be somewhat out of place because the other players don't think like them. Therefore its policies need to be economically rational because (just to murder this metaphor completely) even though I hate monopoly, I still play by the rules in order to achieve my objective - to end the game. ■







# Generation Zero and the Zero Carbon Act

**Ellie Craft**, a University of Auckland Alumni discusses her involvement with Generation Zero.

I was inspired to get involved with *Generation Zero* because I had a desire to push NZ to bold climate action through smart and catchy campaigns. When I first joined 6 years ago at Auckland University, I particularly liked how *Generation Zero* did not actively protest. Instead they run campaigns that creatively make people question business as usual. The current state of society is a little concerning. We signed up to the Paris agreement knowing that emissions need to be reduced to zero to keep global warming to well below 2 degrees. New Zealand is a wealthy country, we have commitments under the Paris agreement and on top of that there are studies out there showing that many of the needed solutions exist today. But current carbon emissions in New Zealand are increasing. New Zealand should be actively doing it's part to reduce emissions. I noticed that New Zealand was not doing its part as I got

more involved in *Generation Zero* and politics. As an engineering student I started to question how different transport projects were assessed and why health and environmental factors were not weighed more heavily. I started to wonder why long-term concerns were not addressed efficiently in many local body and governmental issues.

*Generation Zero* is a youth-led organisation that works on climate change policy. We run events, campaigns, submissions, NZ-wide tours and conferences all on creating more awareness of the need to act on climate change and to highlight that solutions exist today. In Auckland we have been big on liveable cities. To work towards liveable cities *Generation Zero* has advocated for sustainable transport and land-use solutions. Some of the work the Auckland team has done in the past is getting

10,000 Aucklanders to support the skypath (a walking and cycling bridge across the Auckland Harbour Bridge) and getting young people to submit on unfriendly policy documents (like the unitary plan) by breaking down policy wonkery into short sentences and graphics.

But what I am most proud of is *Generation Zero's* work on the **Zero Carbon Act**. The Zero Carbon Act is a law that will put New Zealand on track to zero carbon by 2050. Basically it forces the government to make a long-term climate change plan to get us to zero carbon. This is a big deal because, believe it or not, we don't have a plan - our emissions are currently on track to continue increasing! Key elements of the Act are: legally-binding long-term and short-term targets, a climate change commission, an emission reduction plan and an adaptation plan. Fun fact: the UK Climate Change Act had 463 MPs of 466 MPs vote yes to the UK Act. We need similar cross party support in New Zealand to ensure that the Zero Carbon Act, which is based on the UK Act, can effectively hold government to account for the next 30 years and beyond. The Zero Carbon Act is now bigger than *Generation Zero*. The Zero Carbon Act has become a movement and network of people dedicated to getting New Zealand a climate change plan. Our goal as *Generation Zero* is to encourage New Zealanders to express that:

- They are concerned about climate change
- They want a long-term climate plan
- They believe in the Zero Carbon Act

There were so many challenges we came across in developing the Zero Carbon Act. For a start it is a law, and who was ever thought to develop a new law? *Generation Zero* tackled issues relating to the campaign by splitting into groups. One group works on the campaign and public awareness and the other group works with experts to develop Zero Carbon Act policy. If you want to get involved in *Generation Zero* on local campaigns or the Zero Carbon Act movement get in touch. Here are ways that you can help the Zero Carbon Act movement:

- Participating in the Ministry for Environment (MfE) Zero Carbon Act consultation (opening 31 May) through: <https://www.mfe.govt.nz/have-your-say-zero-carbon>
- Contacting/visiting your local MP about the Zero Carbon Act
- Advertising the Zero Carbon Act Movement on social media within your communities

Support for the act can be creative. Whether it be in the consultation, making contact with you MP or on social media - you can show support through photos, videos, written submissions or even through music. People can show support for the Zero Carbon Act movement by making the 0 symbol with their arms and taking a "photo of a photo" with the 0 symbol on a phone. And remember you do not need to be a climate scientist nor a Zero Carbon Act policy nerd. As a member of society you are perfectly qualified to tell your representative (MP), your government (MfE) and your friends that you are concerned about climate change, you want a climate plan and the Zero Carbon Act could be the answer. ■





# Introducing: Women in Urbanism Aotearoa

*Emelia Masari interviews urban enthusiast and advocate, Emma McInnes on the significance of Women in Urbanism Aotearoa.*

## **What was your inspiration behind starting Women in Urbanism Aotearoa?**

Cities have enormous potential. They're meant to be our greatest invention. But cities only work when they are created by everybody for everybody (read Jane Jacobs author of *The Death and Life of Great American Cities* if you need more convincing). The current state of city planning is, well, sexist. What do panels, keynote speakers, managers, senior leaders, boards, and meeting rooms in the urban industries all have in common? A serious lack of representation of women. In Aotearoa, this means women of colour, Māori and Pasifika are especially left out. Women with disabilities are also further marginalised. Instead there's an over representation of men, mostly white and middle-aged, who come from privileged backgrounds who make decisions about our city. In short: we are fed up with the glaring lack of women decision makers in our urban industry.

## **How does this lack of representation directly impact urban structures?**

We in *Women in Urbanism* believe this lack of representation has a direct effect on the urban form of our city. This means roads, endless sprawl etc. City building has just become a competition between men to see who can build the biggest motorway. The biggest size, speed and spend seem to be the only things that have historically mattered to male city planners/engineers/road designers, and especially the men at the top.

## **Why is it important that women are involved in urbanism and planning in communities?**

Because diversity and representation

matters. We can't begin to address the inequalities in our city if only one demographic of person is designing for all the diverse needs of the people in our urban environments.

## **What is the Facebook group Women in Urbanism Aotearoa about and what do you do?**

Women in Urbanism Aotearoa aims to transform our towns and cities into more beautiful, inspiring and inclusive places for everyone by amplifying the voices and actions of all women. We do this through workshops, presentations, guest speaker events, networking events, working as stakeholders on projects and by campaigning. We're focusing on providing a network within the urban industries and hoping that in turn this will grow good urban outcomes for women (and everyone else) in our urban communities. Our Facebook group is primarily used to connect with other women across the urban industries. We have meaningful discussions, we share ideas and share content. We also have meetups around Auckland, where we discuss all things urbanism.

## **What are some of the changes you would make to our current situation?**

It's incredibly hard to limit this to a few things. But:

Safety: We also need to ensure our city is accessible and safe for all users. Studies show women walk more than men in Aotearoa (and they drive less than men in Aotearoa.) But our walking network is terrible (try crossing most Auckland roads if you don't believe me). We'd like to address safety while walking, particularly at night. We'd also like Aotearoa to address a Vision Zero policy - this means roads designed so well that we'll have zero deaths.

Mobility and access: Cars can be a burden on people. Especially when you're not in a position to pay for the petrol, parking and ongoing maintenance and road costs - or the costs to your health from being so car dependent. So we'd ensure our public transport network was quality, serving off peak commuters, not just those who commute 9-5 hours. We'd also complete our cycling network. In cities where there is protected cycling infrastructure and slow speeds on streets, women cycle more than men.

Housing: Warm and dry homes for women in our areas where there is highest deprivation. Homes for Māori women and women of colour, women with disabilities, elderly women and children. New housing should also be built around our rapid transit network, giving women more transport choice.

## **What are we currently doing well in Auckland? How do you think that we can continue to foster positive change?**

We're kinda doing alright with piecing a cycling network together. And the placemaking we're attempting to do is alright. But it's slow progress. Auckland often asks for feedback on plans. People should get involved and submit on these issues. Make sure the Council hears from you about the things you want and need from your city, young people always get left out of this conversation. And the decisions the Council makes affect your everyday experiences of living in Auckland (like when your bus runs late and you're late to work or your lecture, the Council needs to hear this from you). ■

**IF YOU WANT TO GET INVOLVED IN WOMEN IN URBANISM AOTEAROA, THEIR EMAIL IS: WOMENINURBANISMNZ@GMAIL.COM**

**IF YOU'RE INTERESTED IN CITIES, CLIMATE CHANGE AND SUSTAINABILITY, HERE ARE SOME OTHER GROUPS TO CHECK OUT: GENERATION ZERO, BIKE AUCKLAND, GREATER AUCKLAND.**



# Capitalism, the Handmaiden of the Patriarchy

**Alex Sims** discusses the rise of capitalism and its contribution to gender inequality, in particular the gap in wages and employment opportunities between men and women in Europe.

The rise of capitalism is intrinsically linked to contemporary inequality between men and women in the workforce. It is assumed that women are gaining increasing job equality to men, when in reality the disparity between wages and employment opportunities remains unequal. The average income of women, compared to men, in effectively all countries that print wage earnings categorized by sex, are considerably lower. I will focus on the wage gaps and job opportunities between men and women in Europe, looking specifically at Italy. I argue that the patriarchal values embedded in capitalism largely influence how the system functions, leading to unequal opportunities for women which are reflected in their wages and their chances of gaining higher positions within their chosen career.

"The subordination of women within

the conventional nuclear family, the subordination of women in the labour market, and the needs of capitalism are thus intimately linked".<sup>1</sup> Due to capitalism's reliance on unpaid labour carried out by women, they experience huge limitations in advancement within employment. The Global Financial crisis provides a useful insight into the male-centered ideas fixed within the financial capitalist world. The domination of men in the labour market, particularly in high-level management jobs, highlights the difficulty women experience entering these positions.

Capitalism is dominated by male ideas around the management and control of production, reducing women's chances of being on equal terms to men in the employment world. Capitalism is a system centered on the idea of private

control over the market, encouraging growth, profit and continuous development.<sup>2</sup> The focus of the economy on the growth of capital has moved the economy into the financial sector, where continuous accumulation of wealth can take place.

Universal discrimination against women within the capitalist world can be described as a key characteristic of capitalism.<sup>3</sup> Several aspects of the capitalist system can be seen as continuing the lower status of women within the market. These include, the expectation of women to ensure the family unit is taken care of, reinforcing the role of childcare and domestic labour. These roles do not provide women with a source from which to ac-

<sup>1</sup> Moroney, J. (1979). Do Women Earn Less Under Capitalism. *The Economic Journal*, 89(355), 601-613. doi: 10.2307/2231870

<sup>2</sup> Annesley, C., Scheele, A. (2011). Gender, Capitalism and Economic Crisis: Impact and Responses. *Journal of Contemporary European Studies*, 19(3), 335-347. doi: 10.1080/14782804.2011.610604.

<sup>3</sup> Moroney.

cumulate wealth, which is the key way of gaining prestige and control in the capitalist world. These key messages of increasing wealth enforced in capitalism transfer the control of production to men, reducing women's chances of being on an equal status to men within the working world.<sup>4</sup>

Capitalism is not a social structure, however it has developed in differing ways in numerous countries. Private ownership of production, control over wage-labour and the nuclear family structure, are vital to the success of capitalism.<sup>5</sup> All these aspects of capitalism are detrimental to women's ability to reach these high power roles. The dominant patriarchal nature of the finance sector originated from capitalist civil society and social structures that were founded on gender inequality. As a result, the prominent absence of women in high management roles enables men to control the capitalist world without interference to the founding principles capitalism is based on.<sup>6</sup> This is represented in Italy where the income women have gained while maintaining the family shows a clear divide between the opportunities men have in comparison to women in terms of employment.<sup>7</sup>

Capitalism relies on unpaid work, traditionally done by women, which contributes to an increase in gender inequality within the labour market. Unpaid labour involves the caring of others within the family, which has been treated as a natural activity for women rather than a tool of capitalism.<sup>8</sup> Unpaid labour is not advantageous to capitalism in terms of creating profit; it reduces the worth of women's work capacity, therefore preventing them from being completely incorporated into the working world.<sup>9</sup> Women are being taken advantage of by what Karl Marx defines as capital.<sup>10</sup>

Women continue to do the majority of unpaid labour, hugely benefiting

the capitalist system, as they do not receive pay for this labour. In 2006 in Italy, women between the ages of 20 to 74 performed 5 hours and 20 minutes of domestic work on average in a 7 hour, 12 minutes workday, in comparison to Italian men who did 1 hour, 35 minutes.<sup>11</sup>

The nonexistent salary of the housewife within the capitalist system conceals her real economic position.<sup>12</sup> If the domestic labour carried out were obtained through the market, the worth of labour power would increase, regardless of the time it took to complete having not changed.<sup>13</sup> In this sense capitalism benefits more by having women as wage workers and domestic workers in the world today because of the downward pressure it forces on their wage within a two-income family, since one wage is not supporting the whole family.<sup>14</sup> The impact of limited state support for the domestic work of women affects working women in Europe as it effects their rate of employment, as many women cannot dedicate more of their time to paid work.<sup>15</sup> The absence of support in the capitalist world reflects Italy's employment of women. In 2000 the female employment rate was a mere 30.6 percent.<sup>16</sup>

The Global Financial Crisis of 2007-2008 exposed the prevailing male-centered roles embedded in the capitalist world, founded in the rise of capitalism. The economic crisis emphasized the influential role of the dominance of men and patriarchal customs in the capitalist systems.<sup>17</sup> It also enables a critique around the scarcity of women in management positions, which in turn raises the question of why women are largely excluded from high position roles in large companies and investment banks. The FTSE represents the 100 companies on the London Stock Exchange with the highest market wealth accumulation. In the United Kingdom 12.5% of the directors in FTSE 100 companies are women, while

21% have no women on their boards.<sup>18</sup>

Men dominate the labour market, particularly the financial sector, preventing women from acquiring management positions due to the continuing capitalist limitations placed on women in the labour market. In Germany women account for just 21 out of 833 employees on management boards of the Top 200 German companies.<sup>19</sup> Within the public and private services women also experience high pay gaps in Italy. In 2004 in permanent full-time jobs women earned on average €18, 961 while men earned €27, 267.<sup>20</sup>

The false notion that women are gaining equal employment opportunities to men is an important social issue to address. The increase of employment for women is represented mainly in part-time work and work in the service sector, which highlights an inequality and absence of women in higher management roles. The problem stems from the rise of capitalism, which promoted a patriarchal centered finance world and encouraged the advancement of men, especially in high-power jobs.

The introduction of industrial capitalism hugely changed the household economy, encouraging men's work in the capitalist world, while women remained centered around the wellbeing of the family.<sup>21</sup> This article is limited to the extent that my focus was on Europe. In the developing world, women would experience capitalism differently. Another limitation is that the majority of the articles I analyzed were written by women and often argued from a feminist perspective. The important social implications of my findings, particularly on women, emphasize the struggle of being on equal terms to men when applying for jobs or gaining higher roles. Finally, single mothers experience an even harder challenge in performing unpaid domestic labour, caring for children and seeking employment opportunities. ■

4 Ibid.

5 Ibid.

6 Annesley & Scheele.

7 Toffanin, T. (2011). The Role of Neoliberal Capitalism in Reproducing Gender Inequality in Italy. *Journal of Contemporary European Studies*, 19(3), 379-392. Retrieved from <http://dx.doi.org/10.1080/14782804.2011.610607>

8 Holmstrom, N. (1981). "Women's Work," *The Family and Capitalism. Science and Society*, 45(2), 186-211. Retrieved from <http://www.jstor.org.ezproxy.auckland.ac.nz>

9 Ibid.

10 Ibid.

11 Toffanin.

12 Holmstrom.

13 Ibid.

14 Ibid.

15 Mandel, H., Shalev, M. (2009). Gender, Class and Varieties of Capitalism. *Social Politics: International Studies in Gender, State and Society*, 16(2), 161-181. Retrieved from <http://muse.jhu.edu.ezproxy.auckland.ac.nz/>

16 Toffanin.

17 Annesley & Scheele.

18 Ibid.

19 Ibid.

20 Toffanin.

21 Aronson, N. (1980). *Working up an Appetite: A Woman's Conflict: The Special Relationship Between Women and Food*. New Jersey, United States of America: Prentice Hall.







# Chemical weapons and deterrence

**Daniel Gambitsis** analyses the role of deterrence in the international community's response to the use of chemical weapons during the Syrian Civil War

This article consists of my notes from the guest lecture on the 28<sup>th</sup> of March by Wyn Bowen, Head of the School of Security Studies at King's College London, entitled "*Somewhere over the red line: international efforts to prevent chemical weapons use in Syria.*" I have briefly mentioned the recent events in 2018 which have only emphasised the failure of American-led efforts at deterrence in Syria.

## Deterrence

In security studies there is a concept of deterrence. This is a threat-based approach to convince an actor not to do something, in order to prevent conflict. The subject of deterrence can always claim plausible deniability, of course, given that there is no way to determine whether the deterrence worked.

Credible deterrence requires:

- A commitment to do something
- A communication of this commitment to the other side
- The capability to back up your communications
- The will to back it up

Coercive diplomacy is also about changing behaviour, via threat-based diplomacy which aims to induce a change in behaviour with threats of physical use of force. Threats often combined with incentives. The coerced party has limited scope for plausible deniability.

## Obama's red line

President Obama drew a "red line" in August 2012. There had been repeated low-level chemical weapons use from 2012-2013, and in August 2013 the massive Ghouta attack occurred. There was no military response from the West, which should

have reduced the credibility of subsequent coercive threats. Yet in September 2013, the USA partnered with Russia to convince Syria to sign the Chemical Weapons Convention. As we know in retrospect, Syrian President Bashar Al-Assad either didn't give up his entire arsenal or made a new one. In April 2017 there was a big sarin attack.

First, Professor Bowen considered the key issues influencing Obama's thinking on the "red line". There was a concern that chemical weapons would spread to non-state actors such as Hezbollah, and that they would be used again in Syria. There had earlier been a concern that Gadhafi would employ chemical weapons against rebels during the Libyan unrest. There was, additionally, the ever-present concern about Iran's nuclear programme. Overall, Obama's priority was addressing weapons of mass destruction.

**"Coercive diplomacy is also about changing behaviour, via threat-based diplomacy which aims to induce a change in behaviour with threats of physical use of force. Threats often combined with incentives."**

Obama came to rue his red line, and the damage to the USA's already sullied reputation it caused when he appeared not to follow through on it. It was an unscripted statement made during a press conference. In spite of this, the President and others subsequently repeated the red line. It was widely interpreted as a deterrent threat. It changed the entire conversation concerning Syria.

A key question concerning Obama's red line is, was it a credible threat? Deterrence depends significantly on credibility, and the failure to deter the Ghouta attack has been attributed to a lack of credibility by the media and America's allies. The commitment was made by Obama and reinforced. America's capacity to back up the threat was never doubted. Moreover, the USA and Obama's administration had a strong track record of military action to secure US foreign policy, such as the surge of troops in Afghanistan in 2009 and the expansion of drone strikes. Finally, the credibility was reinforced by the cost to Obama's credibility should he not pull through on his red line.

On the other hand, several factors undermined the credibility of the red line. It was articulated in an unscripted and vague manner, and there was a subsequent backpedalling and tardiness in confirming the use of chemical weapons by the Obama administration. Furthermore, this was not deterrence against a direct threat to the USA, and it was offered to a civilian population rather than an ally. Obama's

**“On the other hand, several factors undermined the credibility of the red line. It was articulated in an unscripted and vague manner, and there was a subsequent backpedalling and tardiness in confirming the use of chemical weapons by the Obama administration.”**

anti-interventionist leanings were well known, given his awareness of Bush's legacy and the intelligence failures which had justified the Iraq invasion (concerning the alleged existence of weapons of mass destruction). Under Obama the USA had a more cautious foreign policy characterised by restraint with the use of military force, a pivot away from the Middle East and Europe to Asia, an emphasis on diplomacy, and a shift to domestic issues. Finally, this was “only” a low-level use of chemical weapons.

Overall, concluded Professor Bowen, while there was uncertainty around Obama's resolve, the threat was plausibly credible.

## Assad's point of view

It is equally important to understand the rationale of a regime to justify the use of chemical weapons, because credibility isn't everything when it comes to deterrence. Coercive outcomes are multi-causal. Chemical weapons were perceived by the Assad regime to hold military value in the conflict, as they thought they could get away with it. Assad seemed to exploit the uncertainty about Obama's threshold for action. Up till that point, the civil war was in stalemate, and it was hugely draining on both sides. Assad's forces were tired and running out of conventional options. Ghouta was a persistent existential threat, right next to Damascus. Syria has a history of not complying with its international commitments, such as its clandestine nuclear activities. Given the USA's end-goal of regime change, there was no assurance for Assad that even if he did comply with the red line he would remain in power.

## Faltering resolve

The USA and its allies looked set for action in August 2013. Then several setbacks occurred. The United Kingdom's House of Commons voted against action. Obama would secure no assistance from British Prime Minister David Cameron, in the first of Cameron's misjudgements concerning which way the wind was blowing when it came to significant votes. Then Obama committed the USA to military strike dependant on Congressional authorisation. There was a widespread view that the Obama administration blinked on the use of force. It tried to co-opt Congress to bolster its position and share the blame for inaction if no response eventuated. The USA needed to demonstrate resolve or else their credibility could be significantly undermined, and the erosion of the norm of the non-use of chemical weapon might continue unabated with a proliferation of chemical weapons use.

## Negotiating Syrian Disarmament

In September 2013 Russian President Putin met Obama and Putin raised the possibility of disarma-

ment. Syria accepted the proposal, with non-intervention as the assurance. For Putin it was imperative to avoid American intervention in Syria. Russia had extensive interests at play: a naval base, a foothold and influence in the Middle East, its credibility in protecting its allies, a concern to avoid the spread of democratising revolutions and a concern to protect its arms market. There was a lot at stake for Assad: taking intervention off the table, ensuring Russian support for the regime's long-term survival, securing a degree of international legitimacy by destroying their chemical weapons stockpile, and losing its strategic deterrent (notably against Israel). The subsequent Russian intervention in Syria in 2015 has indefinitely swung the war in Assad's favour, and it is not improbable that this support was part of Russia's bait for Syria to renounce chemical weapons.

## Deterrence fails

There was, seemingly, a distinction between Assad's declared chemical weapons arsenal and his actual arsenal. From 2014, low scale chlorine attacks occurred. In 2015 the United Nations Security Council Resolution 2209 condemned the Syrian use of chlorine and signalled their intention to use force in the event of reoccurrence. Even Russia and China, long-standing opponents to foreign intervention, voted in favour.

In 2017, the American Ambassador stated that America's priority is no longer getting Assad out of power. Was it a coincidence that then there was on 4 April 2017 Sarin attack leaving more than 70 people dead? In response the USA launched missiles at the airbase from which the attack probably occurred and imposed sanctions.

Why did Syria employ chemical weapons again?

Assad may have been testing the new President Trump's resolve and pushing the boundaries of international tolerance. The Assad regime had a renewed sense of confidence after Russia's 2015 intervention. At this point in the lecture Professor Bowen suggested that deterrence had strengthened under Trump thus far, possibly influenced by his tough approach to Syria (this was prior to the unprecedented overtures made by the North and South Korean leaders more recently).

In April 2018 the Douma chemical attack occurred, killing at least 70 people. The Syrian rebels controlling Douma surrendered almost instantly. Following UN Security Council deadlock and Russian and Syrian denials, the USA, UK and France carried out a series of military strikes against government sites. Whether this will deter further attacks remain to be seen, as the Syrian Civil War seems to be wrapping up, with the moderate Syrian rebels overpowered beyond hope. Perhaps Assad could win at this point even without any further resort to chemical weapons.

What can we learn from the failure of deterrence in Syria, according to Professor Bowen? For dictatorships, regime survival is paramount. External deterrent threats will likely be discounted if complying puts the regime at risk. This is why you cannot look at credibility alone. Credible assurances of regime survival are key to coercive success – the Russian involvement in negotiations to remove chemicals was the assurance Syria needed. Conversely, too much assurance of regime survival may undermine deterrent threats. President Trump's deterrence will not depend on credibility alone, so while the recent strikes show resolve, the Assad regime will be considering many more factors than American threats alone. ■



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EXCUSE ME

FELLOW HUMANS...

WHILE I LUBRICATE  
MY INTERNAL ORGANS

# I AM MARK ZUCKERBURG, AND THIS MESSAGE WILL SELF DESTRUCT IN 5 SECONDS

BY BRIAN GU

To my own disappointment, I make a very poor effort in keeping up with the latest memes. I'm still trying to wrap my head around the sheer brilliance of the Walmart yodelling kid, so I had unwisely assumed that there was nothing atypical of the Zuckerberg senate hearings. But after finally giving in to the headlines, I decided to check out Mark's performance, and boy was I rewarded. Loaded with the charisma of a brick, the emotive range of another brick, and the elegant charm of those same bricks, the CEO of Facebook made an appearance so un-newsworthy that it, in itself, became newsworthy, and led the few who dared to question to ask: who faced the senate, Mr. Zuckerberg or a certain Mark Zuckerbot?

Watching ~~Lark Sucklebird~~ Mark Zuckerberg, a man who puts his thoughts into words about as smoothly as sandpaper, sit non-emotive and wide-eyed made the whole ordeal feel more like a nature documentary than a senate hearing. Conducting himself as professional, courteous and careful, he is an impending figure in the senate chamber, although it is only because the Zuckerbot 5000 brought along a booster cushion to prop himself up on, in doing so ironically sinking to new lows.

But perhaps what elevates this debacle to the talk of the internet are the members of the senate themselves – a hoard of confused, middle-aged balding men, whom in the last five years have likely all wound up starring in life insurance infomercials.

However, these less than tech-savvy senators still push Zuckerberg for the hard answers as to why the personal data of millions was compromised. The senate hearing concerns the unravelling, highly-controversial Cambridge Analytica scandal, which has seen more coverage than Shadows in the pages of Craccum in recent weeks. The public outcry and diving stock prices have landed the CEO of Facebook in the face of public scrutiny, and discussion has been called upon of the ethics and standards for the

protection of consumer information. "We didn't take a broad enough view of our responsibility," an apologetic ~~Mary-Ann Zuckburger~~ Mark Zuckerberg admits. "And that was a big mistake. It was my mistake, and I'm sorry."

The dramatic climax of the senate hearing comes when Senator Ed Markey confronts him with the question, "Would you support a privacy bill of rights for kids?" With Zuckerberg stumbling over his words like a bomb disposal unit in a minefield, giving almost everything but a satisfactory yes or no answer, his finely-knit facade crumbles. It becomes evident that the creator of Facebook hasn't prioritized consumer privacy to the standard that would be expected of the international service he provides.

However, don't let this rare occurrence distract you from the fact that ~~Marked-Zueehini~~ Mark Zuckerberg is no stranger to controversy, choosing never to leave the hard questions unanswered. One courageous Facebook user once dared to tackle the one unasked question on everyone's mind: "Mark, are the allegations true that you are secretly a lizard?" Zuckerberg read the question with mild amusement (and a notable hint of nervousness). "I'm going to have to go with no, on that," he deliberates. "No, I am not a lizard. But keep the high-quality comments coming in, please."

The level of control that Zuckerberg has over the virtual world is unparalleled. Facebook essentially has the ability to sweep control of my virtual profile right out from under me. What's crazier is that

this is a right I have granted them. Since we are a generation privileged with such unprecedented access to ground-breaking information and communication systems, it is too often that we undervalue the price we pay to access them. But at the age of eleven, two years before I even had the right to use Facebook, how was I ever to recognise I was entering the playground of corporate bullies – where I as a person was near insignificant to the business model?

A business model. What ~~Miss-Teen-Luxembourg~~ Mark Zuckerberg insists that his networking site is not. Senator Bill Nelson notes that the COO of Facebook Sheryl Sandberg made an appearance on 'the Today Show' suggesting an option to pay for an ad-free service, which would likely land the Zuck in a cash-cow, in time for Christmas. Zuckerberg responds to the senator's accusations with the blatantly rehearsed line, "We think offering an ad-supported service is most aligned with our mission to connect everyone in the world." Yet the evidence is damning and crystal-clear; watching Zuckerberg dodge Sen. Nelson's line of questioning so unconfidently that I'm surprised he didn't short circuit made me think it also became clear to the world then.

Yet the potential to abuse my privacy through Facebook storing my personal data frightens me a lot less than it should. Should I feel violated that Facebook has full access to my private details? Maybe some of you reading this already feel this way. Although I am also sure an equal portion have a just as carefree an attitude towards this revelation as I do. Perhaps because I had given up my privacy in the virtual world so long ago, it is something I too often undervalue.

So that's the truth; I don't fear any revelations of the Cambridge Analytica scandal. I mean, why should I worry about undermining my personal data, when Facebook does enough mining for the rest of us. What's my biggest fear right now? It's that if ~~Jesse-Eisenberg~~ Mark Zuckerberg ever catches wind of this article, he'll roll his laser-targeting eyes in my direction. Thus, before all the readers of Craccum Magazine, I would like to make the declaration to Mark: "Please don't". Seriously, I'll do anything. You want viral video content? I'll hit up my local Four Square and yodel just for you." ■

ANY SPELLING INCONSISTENCIES OF ZUCK MARKERBERG'S NAME ARE PURELY ACCIDENTAL, AND THE AUTHOR OF THIS PIECE HAS MADE EVERY POSSIBLE EFFORT TO CORRECT THEM.



## REVIEWS



### Dope.

REVIEW BY MYLES ANDERSON



dope. is about dope. It's about family, drug culture, relationships, addiction, and chromesthesia. It's a play that weaves its story around all these topics with a humour that complements the depth of its subject matter. Set on an ordinary day in a house on the North Shore, dope. follows a few ordinary kids trying to smoke weed for the first time, an older stoner sister, and the parents all of them are trying to avoid.

The performance shines in its moments of quiet wondering and simple conversation. In this regard Alice Pearce excels as the older sister struggling with a drug habit and the disapproval it brings from her parents. On the other hand, her younger brother (Miles Ford) has never smoked weed before and is terrified throughout the play of his parents finding out he plans to. This family dynamic, complete with a cop-father (Steven Cyprian), is what drives the story of dope. It plays alongside an exploration of drug culture in Auckland that examines the nature of weed as an illegal, yet relatively common drug. The play thrives in the normalcy of it all while bringing new importance to the everyday through topical issues we can all relate to.

Despite being driven by a straightforward plot, dope. draws importance from the moments where it forgoes story in the name of exploration. The older sister sitting in a car with her dealer chatting about drug experiences or on an awkward tinder date discussing addiction provide an everyday setting to explore deeper personal issues and the benefits of sharing thoughts. In this way dope. uses the backdrop of drug culture as a vehicle to explore substances in hookup culture, conflicting loyalties of parents, and racial privilege in an Auckland setting. It's able to balance these nuanced subjects with teen hijinks and jokes about how hard it is to roll a joint. Overall, a little rough around the edges, but the experimental elements turned the experience into something entirely novel. ■



### Giddy

COMEDY FEST REVIEW BY LILY HOLLOWAY



It was a great privilege to be able to attend Leon Wadham's Giddy. Wadham does not hold back with the excruciating cringe, involving even the most reluctant back-seater in his world of overly-sexual ducks and the true New Zealand sex-god that is Bunnings Warehouse. The bare and dark studio at the Basement theatre provides no hiding place for either the audience or performer. Giddy is a fast-paced modern cross-section of life's ups and downs, embarrassments and heartaches.

Quick changes in ridiculous scenario sketches, absolute unashamed idiocracy and the ever-crucial self-deprecation allow for an immensely powerful juxtaposition when, at unexpected moments, Wadham sheds insight on heartbreak and loneliness. At moments, the sketch is profound in a raw way that makes the audience want to reach out and give the funny-man a hug. It is the first comedic experience that has succeeded in making me cry, and not out of laughter.

Giddy is excellent in this way, Wadham's analysis of the mundane and everyday reveals a refreshing new side to both the comic and the pathetic that fills our lives. The comedy is accentuated by the superb use of pathos, and as a result Wadham presents his character as multi-dimensional and, most importantly, relatable.

Not only did Giddy exceed my expectations, the show left me teetering on the edge of my second-hand embarrassment threshold. The comedic g-spot, if you will. The show had a distinct flow, great pacing and a satisfying conclusion. Wadham was met with uproarious laughter (including a bit of knee-slapping from my dad) throughout his performance and received a well-deserved standing ovation at the end.

Giddy is a harrowing and hilarious comedy that has been written and acted excellently. Leon Wadham is the kind of performer you want to be your friend, in the hopes that some of his confidence might rub off on you. ■



### Mamma Mia

REVIEW OF THE MOTHER'S DAY SING-ALONG SCREENING  
BY MARY GWENDOLON



In the episode of 30 Rock titled "Mamma Mia", Liz Lemon describes the movie Mamma Mia as a "songsation" and a "madcap musical romp dot dot dot fun dot dot dot good". Liz Lemon was correct to do so.

Mamma Mia is a musical following three groups of three straight white people as they prepare for a wedding and deal with their relationship hoopla. The first group of three consists of Amanda Seyfried (the bride) and her friends, the second group is her single mother (Meryl Streep) and her mother's friends, and the third is made up of Amanda Seyfried's three possible fathers whom she has never met but has rashly invited to her wedding. In 2008 when this movie came out, I wasn't aware enough to be disturbed by the extreme heterosexuality and gender-role-enforcing-ness of the movie, but I now am, and it was fairly disturbing. The revelation that one of the characters is gay towards the end of the film only really serves to remind you how straight every other person is. On the other hand though, the three groups of three things makes the movie extremely mathematically pleasing.

As someone who usually spends a lot of energy trying not to sing in public, I found it difficult to sing along to the movie. The karaoke words were on the screen, I could hear the people behind me singing, and yet I expected security personnel to appear at any moment to scold me. I did sing the whole time, but I was constantly fearful of scolding. The crowd was fairly tame at the Sunday afternoon session, only really letting loose for the scandalous number in which the ageing male stars of the film dance around in revealing glittery bodysuits. Perhaps a more raucous group would have made me feel more at ease.

My mum did have fun though, and I did too, so I guess it all worked out in the end. ■





## Tranquility Base Hotel & Casino

Arctic Monkeys

ALBUM REVIEW BY KAT TOKAREVA



Five years after the release of their incredibly commercially successful record *AM*, the Arctic Monkeys have returned with their sixth studio album *Tranquility Base Hotel & Casino*. A concept album that transports you to a 1970s run-down hotel on the moon, *TBHC* subverts the mainstream accessibility and radio friendliness of its predecessor by taking a risk with a dramatic change of direction that will be divisive among fans.

Departing from the catchy refrains, hooks, and guitar heavy hits that are associated with the band's work, *TBHC* is a lounge/space pop album with influences of jazz. The tracks seem to bleed into one another with a steady tonal continuity, full of slow-paced rich instrumentation. Turner's lyrics have a bluntness and an observational quality reminiscent of 2006's *WPSIATWIN*, though the stories of drunken nights in Sheffield have been replaced with commentary on science fiction, technology and politics. He moves away from complex metaphors and into a simpler, more personal style resembling a stream of consciousness. At times however, this does tip over into rambling.

The line "I just wanted to be one of The Strokes" boldly launches us into the introspective album opener 'Star Treatment' which explores ideas of fame. The title track is a bass heavy one in which Turner both advertises his lunar hotel and somehow manages to pull off the lyric "moon's side boob". 'Four out of Five' is the standout of the album. It has a killer riff, a faster pace, and is also the most reminiscent of the Monkey's previous works. The album closes with 'The Ultracheese', a melancholic, stripped-back ballad "I've done some things that I shouldn't have done/ But I haven't stopped loving you once" akin to *AM*'s 'No.1 Party Anthem'.

This is an album that requires you to put away your expectations and listen to it multiple times. It's a grower and it's beautiful if you give it a chance and appreciate it for what it is. ■



## The Guernsey Literary and Potato Peel Society

FILM REVIEW BY AMANDA NAUDE



The thing that is so charming about "The Guernsey Literary and Potato Peel Society", is that it belongs to a fading genre of warm, nostalgic films that have character. How rare it is to come across a war-related film in today's age, that has such a gentle way of conveying the loss and tragedy that follows any war. Set in the aftermath of World War II, the story follows a young writer who travels to Guernsey to write a book on a literary society's experiences during the war.

Juliet Ashton is introduced to us as an intelligent, restless young author who appears to be discontent with her seemingly perfect life. She yearns to write something serious, and inspiration arrives in the form of a letter from Dawsey Adams – a member of the Guernsey Literary and Potato Peel Society. Through their correspondence, we discover that the society formed as a cover for breaking curfew during the German occupation. Questions consume Juliet's mind, who then impulsively travels to Guernsey to discover the stories behind the society. Elegant shots of the Channel Island follow, and we are transported worlds away.

We learn more from the society's past each time Juliet hassles the members for answers. The integrated flashbacks beg the question: where is Elizabeth, the founder of the society? The secrets behind the society's past changes Juliet and challenges the audience to review their lives in the light of the wars that have been endured. At times the film gets ahead of itself, assuming that we as an audience have picked up on the subtler details, yet this never takes away from the intriguing story, nor the colorful characters we meet along the way.

One must not be put off by the mouthful that is the title of this film. Beautifully shot with a thoughtful script and a high feel good factor, this film is easy to enjoy and highly recommended. Grab a tissue though, because this one's a bit of a tear jerker. ■



## Truth or Dare

FILM REVIEW BY DENISHA CHETTY



If you are looking for a movie to finally give you a scare and leave you with some slightly interesting and tormenting nightmares look no further than *Pretty Little Liars*' Lucy Hales' new project *Truth or Dare*. Without a doubt, this movie will leave you too scared to ever play the common drinking game 'Truth or Dare' ever again. The story is based on your typical group of friends that start a game during spring break in Mexico, which then follows them home and haunts them in their day-to-day life.

Knowing very little about the movie itself, I went in thinking that it would not quite live up to the major horrors that were released in the past few years, but the story managed to leave me interested and on the edge of my seat for a number of reasons.

Firstly, it is one of the only movies I have seen in a while that manages to mix thriller, gore, possession and demons in an artsy and modern manner that gives every audience member a taste of what they came for.

Although there was a lot of back and forth with regards to the legend behind the possession of the game, it was easy to follow the characters' backstories and keep in tune with the storyline.

Between the haunting smiling faces and the quick turn of events, the movie is not something that you could easily predict which is what I enjoyed the most. The only thing lacking from this movie is proper explanation of the demons involved and the reasoning people have to do certain things within the game, so in that sense it becomes a little unrealistic.

This movie is definitely something I have been encouraging and recommending to anyone that has asked me what movies to watch, therefore without a doubt I would tell you to go check it out and be prepared for some screams and shocks. ■



# Orientalism and the Isle of Dogs

**Nam Woon Kim** explores representation of people of colour and the dynamics behind Wes Anderson's *Isle of Dogs*.

After a month of patiently waiting for its release on our shores, last week I saw Wes Anderson's latest animated feature *Isle of Dogs*. Set in Japan twenty years into the future where the fictional city of Megasaki has exiled all dogs to 'Trash Island' following the outbreak of a canine disease, the film follows young Atari's journey to find his four-legged companion. The conversation online was already in full swing when I offered to write about this movie framed around culture. Most PoC voices were critical and I wanted to see the film for myself before casting judgement. Having gotten the chance to do so, *Isle of Dogs* often treads the line of doing poorly to just okay.

The characters drew my attention the most and in some ways it's a continuation of past Western-cinema that has stumbled when using Japan as a

backdrop for its stories. Although these stories tend to be white, to its credit the primary agent of the narrative is Japanese. Atari's actions earn the film's happy ending and his centrality to what unfolds should not be downplayed. Anderson also made the deliberate decision to leave a significant portion of the Japanese dialogue untranslated on top of including a generous amount of it. This decision serves its purpose well as a dynamic framing device for the narrative and it's a bold decision that pays off in this regard. Because of this, however, viewers not fluent in Japanese are left with the English-dubbed dogs and a foreign exchange student as audience surrogates. To an extent this creates some distance against the setting and otherizes its people in their own home. These narrative anchors being not Japanese is not innately a bad thing, but it does demand some sensitivity which is often not achieved.

Tracey Walker, the student-turned-social activist visiting from Ohio, has drawn the most scrutiny and not undeservedly so. She serves as the audience surrogate on Megasaki City while the events over on the titular island unfold in parallel. And as far as her role in the plot goes, she leads the youth movement against the Kobayashi dynasty responsible for exiling dogs while uncovering the truth behind the convenient passing of a political rival/scientist who found a cure for the canine disease. Consequently, Walker contains strong echoes of the tired white saviour trope. Burdened with the task of rescuing people of colour from their problems, white saviours are a herald of progress and represent the potential the PoC have to “civillisation”. To be clear, she’s not exactly the perfect archetype as it is Atari who ultimately changes the mayor’s mind and saves the day. But, given how she is framed in context of the film’s themes of rebellion and social justice it is a description that fits for most of her time on screen.

For starters she’s the only actual *character* among the students with most of them disappearing after their brief introduction until gathering behind her in the climactic march to city hall. More than just a surrogate for Megasaki City itself, she effectively represents the youth movement and is depicted as the radical driving force necessary to stir up social unrest and challenge the status quo. Her peers aren’t given the same opportunity and voice and the resistance she leads becomes something of a personal crusade to battle an apathetic society. Tracey’s characterization does contain an element of know-it-all obsessiveness as opposed to pure egalitarianism, but her goal to bring justice is sincere and only she can achieve it. Leaning so heavily on Tracey to deliver the film’s critique on authoritarianism and xenophobia undermines the agency of Japanese people in this film. It also comes at the cost of reinforcing stereotypes of Asian passiveness. The height of this is seen when Tracey confronts the depressed scientists who have given up their resistance against the political establishment. She literally slaps one of them in a crass call to action. What Tracey represents, in a vacuum, is admirable but her portrayal as the white outsider who has the necessary bravado to do what must be done is regressive.

The other audience surrogate, the dogs coded white-American from their names and voice talent, have a headscratcher of a faux pas during the film’s climactic showdown where they are rallied up and sent to extermination camps. This development is over as quickly as it happens, but the specific imagery used here is striking when you consider the 1960’s Japanese aesthetic evoked by the film and the U.S. internment camps which targeted Japanese-Americans during WWII. It’s an awkward juxtaposition that makes white-Americans the victims of a policy they used to oppress minorities. Because it wasn’t a particularly effective way of ramping up

the tension anyway it’s not that big of a problem but it’s still something that sticks out.

As a final note, there’s plenty also that could be said about Anderson’s vision of Japan as a whole. On one hand, it’s a carefully curated collection of icons and symbols that seem to favour style over substance from the Western imagination. Is there a reason the film had to be set in and crafted around Japan? On the other hand, Kunichi Nomura, whom contributed to the script, commented on how he collaborated with Anderson to ensure a level of authenticity. And with the respectable Japanese voice-cast, he wasn’t the only one working behind the scenes with a connection to the setting. These considerations approach an area of discussion I feel more comfortable listening in on than contributing to as someone who isn’t Japanese, and I think that’s okay to acknowledge. In any case, *Isle of Dogs* is another safe, American film that parades around its cultural inspirations without bothering to go deeper into these. Despite Anderson’s sincere eye-to-detail, he offers little to appreciate or consider beneath the surface of the cultural artefacts used. His love of Japan does not extend beyond using it as the latest play-thing for his trademark cinematic style. *Isle of Dogs* therefore does more to sustain antiquated Western views of Japan than combat it; little is done to challenge the problematic mould of past films like *Lost in Translation* and *Enter the Void* which perpetuate racist representations of Japan. If Anderson’s treatment of PoC culture in his other work bothered you then this one isn’t likely to win you over. ■

**“Because of this, however, viewers not fluent in Japanese are left with the English-dubbed dogs and a foreign exchange student as audience surrogates. To an extent this creates some distance against the setting and otherizes its people in their own home.”**





# Up Up, Down Down – An Insight Into Video Gaming Culture

**Brian Gu** ponders the downsides of professional gaming, with the expert opinion of Dr. Yuri Seo, Senior Lecturer of Marketing.

If you haven't heard of *Fortnite*, *League of Legends*, *Overwatch* or *Hearthstone* before, then surely without exaggeration, you must be living under a rock. I can imagine you'd be quite comfortable; adequate shelter from direct sunlight, 24-hour warmth. Also, it's a lot cheaper than the halls, that's for sure. It wouldn't be great if you were claustrophobic though (to be honest, neither would the halls), but that's irrelevant. If at this point you're thinking "I relate because I live underneath a rock!", then luckily someone has slotted this issue of *Craccum* through the crevice, and you've picked it up for me to teach you a bit about gaming culture.

Having owned every Playstation console since the brand's inception, clocked countless games over long, drawn-out franchises, and accumulated hundreds of hours on *League of Legends*, I feel I have pain-stakingly earned my right to a PhD in video game culture. On that note, I will be talking to someone with an actual doctorate, researching consumerism in the video gaming market, so stay tuned! But for me, video gaming remains only a hobby, and it appears I'm not alone.

According to a 2016 Digital New Zealand report,<sup>1</sup> 67% of our national population play video games. This number is equally gender-distributed, with 48% of gamers being female. Perhaps the most surpris-

ing statistic is that 76% of these players are aged 18 or over, proving that gaming is not only for the youth. So why is it that video gaming is truly the hobby for everyone?

Well, for starters, I believe being good at video games is overrated. Yes, I know it's what someone bad at it would say and yes, I'm terrible at video games, but that's besides the point. For most hobbies, it would be fair to assume that the more skill or potential you have, the more time you're inclined to invest. However, for gaming this often isn't the case, and I can tell you from frustrating experience that having the strategical awareness of a tree doesn't stop a *whole lot* of gamers.

The way I see it is that the experience of gaming is optimized when it is shared with others. That's why Youtubers like Pewdiepie and Markiplier have risen to internet darlings, despite the complaint of the naysayers: "What's so fun about watching someone else play when you could do it yourself?" Rather tragically, these same bordering-elderly people likely think a PlayStation disc is compatible with their PC. Still, let their grandkids try explaining to them that, their intuition notwithstanding, gaming has evolved into a tool for interaction and socialization. When people ask me why it takes two to play a single-player game, I tell them "you don't need to be at the wheel to be a fan of motorsport." I've never actually said that before, I just thought of that analogy and I'm quite

<sup>1</sup><http://www.igea.net/wp-content/uploads/2015/09/Digital-New-Zealand-2016-DNZ16.pdf>

proud of myself.

Growing up, what consistently was one of the highlights of my week would be lugging my heavy PlayStation 2 console to meet my best friends and playing classic games late into the night. Now, these guys are definitely not what you'd call console gamers, in fact (quite horrifically), the closest they've ever come to it is Wii Sports. So, when it comes to introducing them to PlayStation gems like *Crash Bandicoot*, *Tekken* and *Ratchet & Clank*, the unique experience that console gaming provides is foreign to them. Yet some of our greatest memories are owed to that battered machine. I recall we were so horrendously bad, that we never unlocked the final level of that *Crash Bandicoot* game. A year ago, I went back in attempt to conquer that dreaded game and bring closure to my childhood. Eventually, I ended up unlocking that final level, in what I can only describe as one of the happiest moments of my life.

Up to this point, I imagine you'd have realised that playing with friends isn't enough alone to make gaming an appealing hobby. "Why do people play single-player games then?", you might ask. "Why not buy board games, or a pool table?" The gam-

ing culture is built upon an even greater mix of incentives. I had the opportunity to sit down with Dr. Yuri Seo, senior lecturer of Marketing, to talk over consumer behaviour in the video gaming market and the curious mix of factors that make video games so appealing.

Dr. Seo professes that he is quite an avid gamer himself and recalls with fondness his days of the *Warcraft III* grind with my brother. He talks with excitement of Blizzard, *Dota* and Valve. When I ask him to clarify, he responds disappointedly; "You're not a gamer are you...?" It doesn't help when I explain to him my plans of arguing that mastering video games is overrated. He gives me a chuckle signalling pity and amusement.

The gaming industry has transformed immeasurably since Dr. Seo first took to his computer. "Game developers have a bigger responsibility to cultivate interest and fandom," he recognizes. "Back then, the primary aim was just to create a 'good' game. Now, there's a vocal fanbase to cater for, expecting narrative progression and franchise authenticity among other things."

Dr. Seo's research explores the depth of narrative in computer game consumption. It points towards how many of the narratives in successful, mainstream projects resembled the archetypal plot of the hero's journey. "In *Warcraft*, you create your hero, you level him up and control his actions," Dr. Seo notes. "In this sense, the player is provided with a level of emotional investment." And it is this emotional investment which manages to draw their players back. "Companies design the game in specific ways to create a narrative for the player to buy into," Dr. Seo notes.

In this multi-billion-dollar industry, it undoubtedly hosts a competitive atmosphere of game developers racing to crack the code to an appealing, enjoyable, widespread game; whether that be through original ideas or leeching other developers' intellectual property. Dr. Seo points towards the ongoing lawsuits between Valve and Blizzard towards the rights to the game *Dota*. "Guinsoo (real name Steve Feak) decided to create a custom modification on Warcraft's servers, which offered the player a diverse, unique

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style of gameplay. Warcraft had nothing protecting their rights to the concept, so Valve collaborated with Guinsoo to redevelop the 'Dota' mod into their own game." Having grown in popularity to accommodating several hundreds of thousands of concurrent players, the game's fanbase has properly exploded, and with it the potential revenue Guinsoo's game would have provided Blizzard. "The loss by Blizzard is incalculable," Dr. Seo acknowledges.

In fact, building a fanbase around a video game often goes beyond a single entry, or even franchise. "If you look at the commodities that Disney offers; Disneyland, Disney films, Disney games, they all work towards creating a franchise that further pushes their product to fans. And today you will even see games merging together; characters in Blizzard's multiple games making appearances in other games. And this is all towards building an integrated network."

Dr. Seo also relates the evolution in video gaming to a growing consciousness in consumer behaviour. Highly successful games in recent times, such as *Fortnite* and *League of Legends*, treat their players to a diverse palette in playstyles. "People are looking to purchase products which offer them add-ons, expansions," he notes. "That's where MMO [*massively multiplayer online games*] games come in."

Being a full-time lecturer, it seems now that whenever Dr. Seo sits himself in front of his computer screen, it is never for gaming. However, he doesn't lose his passion for the topic, and soon our conversation manages to spiral into an argument over which *Final Fantasy* instalment is the best; Dr. Seo says 7 while I insist it is 10.

There is plenty more depth in the evocative narrative of a game than we might realise at surface level. Sure, you're forced to learn it's mechanics, but in doing so, the game rewards you with a heavy emotional impact. Perhaps it's a level of excitement that supporting an underdog sports team might generate, but this will never manage to deliver as consistently and satisfactorily as a video game can.

This does force a rift through the gaming community, however. People who feel comfortable labelling themselves as 'gamers' press developers for more

**"This does force a rift through the gaming community, however. People who feel comfortable labelling themselves as 'gamers' press developers for more challenging and demanding content, leaving the casual gamer behind in their tracks."**

challenging and demanding content, leaving the casual gamer behind in their tracks. And that's why more and more of my friends are leaving their console behind. It's no longer become something they can just pick up and play without focus anymore. My Playstation sits deserted on my desk, in my room, adjacent my study space. My last recorded activity was one month ago.

Maybe it does pay to be good at video games then. Sadly, for me I don't think it's much of a choice. I will admit though, for some people the ability to play at a high skill cap appeals to them. Perhaps they have someone to impress, someone to improve with, or maybe just time on their hands. Right now, I'm quite stuck in Silver<sup>2</sup> on League of Legends.<sup>2</sup> Admittedly, it's quite embarrassing when most of my friends are Gold and Platinum.

If anyone in our readership is willing to carry me out of Silver, that would be very much appreciated. In fact, I'll give you a shout out in my next feature. My ign is soryuju.<sup>3</sup> ■

**MANY THANKS TO DR. YURI SEO FOR OFFERING HIS TIME AND EXPERTISE TO THIS ARTICLE.**

<sup>2</sup> The ranking system in League of Legends goes Bronze, Silver, Gold, Platinum... etc. For comparison, almost 70% of the player base are in Silver or below.

<sup>3</sup> Abbreviation for "in-game name".



## HARM REDUCTION

# Harm Reduction: An Interview With Knowyourstuffnz

*Cameron Leakey talks to the Director of KnowYourStuffNZ Wendy Allison about New Zealand's current drug laws.*

In February, 13 festival-goers at *Electric Avenue*, a music festival in Christchurch, were hospitalized following their ingestion of bad batch of ecstasy<sup>1</sup>. Following this, news broke that the highly potent opioid fentanyl had been discovered in a tested substance at an undisclosed music festival in February<sup>2</sup>. Last week, Massey High School received media coverage for distributing a brochure that gave information on the discrete use of methamphetamine. Recent discussions around drugs have featured quite regularly in our local media, bringing the issue of drug testing at festivals to the forefront of public discussion.

I spoke with Director of KnowYourStuffNZ Wendy Allison about her work as a drug policy advocate, including her involvement in practical drug testing. Wendy pioneered KnowYourStuffNZ in response to growing concerns surrounding drugs at festivals, and the absence of testing services for festival-goers. KnowYourStuffNZ operate in conjunction with the New Zealand Drug

Foundation, providing discrete drug testing for events. Patrons in possession of recreational drugs can visit a testing tent and provide a sample of their substance to be tested via reagent testing and spectrometry; the compounds present in the sample and their respective percentages are determined. The tested sample is destroyed, and patrons can make an informed choice to take the drug if they choose with information provided about the substance.

At no point does KnowYourStuffNZ have possession, nor do they promote or encourage the use of drugs, which allows KnowYourStuffNZ to work around the legal challenges of drug testing. Present legislation in effect, specifically the Misuse of Drugs Act 1975, allows that 'no person shall procure or have in his possession, or consume, smoke, or otherwise use, any controlled drug'.<sup>3</sup> Section twelve of the legislation also makes it an offense for any person to knowingly permit any premise to be used for the consumption of illegal substances.<sup>4</sup>

KnowYourStuffNZ's operation is at the discretion of the police, as well as festival owners; requiring they knowingly break the law. This is something that KnowYourStuffNZ would like to see changed. "It is ridiculous that a festival can be held and everyone – festival-goers, media, promoters, even the police – know that drugs are being consumed and yet the promoters have to pretend that it is not happening." Wendy believes that a 'head-in-the-sand' approach to drugs that suggests people will not use drugs because they are illegal is not working. More drug users are trying new substances, with rates of drug overdose increasing.<sup>5</sup>

Because KnowYourStuffNZ works within a grey area of the law, they have limitations to the services they can provide. They cannot currently publicise their presence at events; they operate simply by word-of-mouth. If able to operate legally, they could work in partnership with police and alert authorities to bad batches of narcotics circulating at festivals, as well as test for more substances due to better visibility. Current legislation

<sup>1</sup> <https://www.stuff.co.nz/national/crime/102261484/brown-sugar-drug-found-to-be-responsible-for-putting-13-people-in-christchurch-hospital-after-music-festival>

<sup>2</sup> [https://www.nzherald.co.nz/nz/news/article.cfm?c\\_id=1&objectid=12017099](https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12017099)

<sup>3</sup> <http://www.legislation.govt.nz/act/public/1975/0116/latest/whole.html>

<sup>4</sup> <http://www.legislation.govt.nz/act/public/1975/0116/latest/whole.html>

<sup>5</sup> <https://www.massey.ac.nz/massey/fms/Colleges/College%20of%20Humanities%20and%20Social%20Sciences/Shore/reports/IDMS%202014%20Final%20Report.pdf?38B9C25FBFC4F517CCB03BCA4C7CF64A>

means that KnowYourStuffNZ could never operate at high profile festivals, such as Rhythm and Vines. High levels of media scrutiny would put drug testing organisations at risk if they were discovered, with festival promoters liable. In such an instance, media attention would likely force the police to prosecute. KnowYourStuffNZ do not speak to police, “the police are only doing their job, the issue is with the legislation and this is where changes need to be effected – with the law”.

KnowYourStuffNZ have been testing at festivals for three years now. MDMA is the drug that is most commonly tested for. “The majority of illicit drugs are imported from overseas and subsequently the quality varies year-to-year, batch-to-batch.” Wendy notes that pressed pills resurged in popularity again last summer. “The pills are mostly of the same batch, colour and imprint, indicating a large shipment flooded the country.” When KnowYourStuffNZ test for MDMA, they cannot tell a person potency of the substance; the technology indicates simply which compounds are present and in what percentage. A 400mg pill of MDMA that contains approximately 50% of MDMA contains approximately 200mg for example.

A dose of MDMA is usually 100mg but this depends on the metabolism and weight of the individual.<sup>6</sup> Last summer, KnowYourStuffNZ found that pills often contained 200mg, twice the usual dose. “Patrons who had their pills tested were mostly pleased to find they only needed to take half a pill and subsequently they didn’t have the side effects associated with taking twice the dose,” Wendy says. Taking too much MDMA is part of where trouble arises. Because illicit substances are sold in an unregulated market, there is no quality assurance or control, consumers have no way of knowing how much MDMA they are taking, leading to potential for increased risk of adverse effects. Further, KnowYourStuffNZ have identified that substances sold as MDMA sometimes instead contain another drug. Cathinones, often known as bath salts, are mostly commonly used instead of MDMA. N-ethyl-pentone was the compound found most commonly in New Zealand. N-ethyl-pentone doesn’t provide users with that ‘loved up, empathic’ feel that MDMA does, which prompts users to take more of the drug. Because the usual dose of n-ethyl-pentone is 30mg, users already take 3 times more than they should. Combined with the fact users don’t achieve the same ‘buzz’, users often take extra and overdose very easily.

Fentanyl was found for the first time in New Zealand in an Opioid sample tested at an unnamed festival in February. Fentanyl is a synthetic opioid that is 100x more potent than morphine and extremely easy to overdose on. Wendy says that fentanyl has been found at the border for the last two to three years, and

6 <https://rollsafe.org/mdma-dosage/>

## “It is ridiculous that a festival can be held and everyone – festival-goers, media, promoters, even the police – know that drugs are being consumed and yet the promoters have to pretend that it is not happening.”

while KnowYourStuffNZ alerted the public via the media, there is no formal warning system in place to alert opioid users of this potential risk. Opioids remain a growing issue in New Zealand, with one-person lost per week to opioid overdose.

Harm Reduction is defined as ‘a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use’. Harm reduction is a principle that encompasses social justice for drug users as well as allowing provisions for safe drug use.<sup>7</sup> Harm reduction acknowledges that programmes promoting abstaining from all drug use are not effective in stopping all individuals from using illicit substances. People are going to make their own choices regardless, and the right information, support and equipment is essential to reducing the possible harms involved. Some harm reduction programs are already being run in New Zealand, such as the The New Zealand Needle Exchange.<sup>8</sup> Beginning in 1988, the program was the first of its kind in the world and its operation has meant that New Zealand has maintained low rates of diseases spread by sharing contaminated needles.<sup>9</sup> An opioid substitution therapy programme that has been running for over forty years also exists for dependent users.<sup>10</sup>

Conservative organisations often suggest that KnowYourStuffNZ are promoting the use of illegal substances and that providing testing services and access to safe injecting equipment allows ‘immoral’ behavior like drug taking to continue. Wendy disputes this. “Testing only allows people more control of what they’re taking rather than promoting them to actually take a drug”. KnowYourStuff are adamant that they are allowing users to make an informed choice to take or not take their drugs, and to understand any associated risks.

In Portugal, drugs have been essentially ‘decriminalized’ since 2001.<sup>11</sup> Recreational

drugs are still illegal however the offence is no longer a criminal one, rather it is administrative. The removal of criminal charges for personal drug users has been highly effective.<sup>12</sup> Offenders are now evaluated for rehabilitation rather than penal punishment, with significant decreases in social issues including drug related crimes and overdoses.<sup>13</sup>

Wendy would like to see changes to the Misuse of Drugs Act 1975, commenting that “The Misuse of Drugs Act is bullshit”. She notes New Zealand ought to be taking an evidenced-based approach to rebuilding drug legislation, outlining three key changes to be made:

- Adjust the current act to make harm reduction services fit and able for purpose.
- Decriminalize all drugs.
- Completely review the Act and make changes that are consistent with evidence.

Times have changed; the knowledge and ideals we hold around drugs are different than those of the 70s. Wendy believes that the illegal status of recreational substances causes the largest amount of harm – evidence confirms that it is difficult to separate the harm from the substance with the harm that results from its legal status.<sup>14</sup> “The law is over forty-five years old. It is no longer fit for purpose. We have had forty-five years of a punitive approach to drugs. There is more harm, and more money spent on enforcing these laws. And we have no results for it”.

I ask Wendy if she has any advice for Craccum readers. “Firstly, if it’s not tested, it is an unknown substance, treat it as such. Secondly, if it’s an unknown substance that you’re still going to take, take a fraction, wait an hour before you take anymore. Thirdly, don’t stick substances up your nose, it’s a faster way to die.” ■

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12 <https://www.unodc.org/documents/ungass2016/Contributions/Civil/Transform-Drug-Policy-Foundation/Drug-decriminalisation-in-Portugal.pdf>

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## HOLLYWOOD

Each week **Lachlan Mitchell**, glorified tabloid writer, tries to cover up that he is blatantly copying Vanity Fair.



# Muriel Heslop, We Love You

When I first saw *Muriel's Wedding* two or three years ago, it really hit hard – and for all the right reasons. It's a beautiful story, really. It's as much about abuse and the struggle with self-worth as it is a celebration of female solidarity, kitsch and the joy of self-expression. It's a character study of what loneliness does to people, and how the various characters either break out from it or succumb to it. Luckily, it's not all doom and gloom. Not in the slightest – this was the year of *Priscilla, Queen of the Desert*, people. It's a very funny and uniquely Australian movie. But it does not let you have those good feelings without putting you through the wringer first. It would not let you listen to the then-unthinkable ABBA soundtrack (this was 1994) without putting a gun to your head beforehand.

It's about Muriel Heslop, a girl from the fictional Porpoise Spit who is desperate to be married in order to fill the numerous voids in her life. At the beginning of the movie, her only 'friends' loathe her, she has no social or work prospects, and she's addicted to ABBA. Contrary to what *Mamma Mia* would have you believe, it took nearly two decades after ABBA's disbanding for their songs to have the pop culture standing they do today. Back at the time of this movie, anything disco and disco-adjacent was considered vomit-worthy. I always thought Muriel was amazing for this, but I digress. We can see that Muriel is not only considered a loser by social standards, she's considered a loser by the very culture she surrounds herself with. The movie begins with her hilariously arrested for stealing a then-fashionable leopard print halter top. But her father, a corrupt political figure with his own inadequacies, bails her out and emotionally bullies her as he is shown to do with his whole family. While physically I was removed from the setting of early '90s Australia, the titular character could not have hit my heart more than it did. The heart-warming and simultaneously soul-crushing story of Muriel Heslop embodied every struggle I was going through at the time.

Life wasn't exactly pretty. At the time I watched *Muriel's Wedding*, I was many things, very little of which I liked. I had dropped out of university following a mental breakdown and a subsequent suicide attempt, my body issues were spiralling and social contact was at a minimum, occasionally peaking at absolute zero for up to a week at a time. Isolation and, indeed, mental hell. It took forever to find a minimum wage job and while home life wasn't something out of Les Mis, it wasn't the kind of supportive environment you would

want for someone trying to find their feet after slipping so many times. This is the kind of environment that Muriel finds herself in at the start of the movie, though I stress the different causes and consequences. While it ends on a good note, she goes through an ABBA-backed journey that would make *The Divine Comedy* seem like a mere drive to McDonald's. However, I won't spoil all the juicy bits. You should watch and find out for yourself.

But as I said, it's not all doom and gloom. For neither of us, really. By the end of the movie, Muriel proves to the world and the audience itself that she's actually a pretty cool person. But more than that, she shows that she doesn't *need* to prove that. She figures out what self-love is. Muriel Heslop, through her own strength, manages to leave the pit of loneliness. It's a triumph that is guaranteed to put a smile on your face by the time 'Dancing Queen' comes blaring out of the screen before the credits roll.

But contrary to what we're told so often about self-love, it is not solely through her own efforts. Love is not something born out of a vacuum – it is not something that simply materialises when we want it to. It is cruel to advertise the idea of self-respect as being entirely formed by you. A lot of tears, a lot of *my* tears, would have been avoided that way if it were remotely true. If we were to magically summon self-respect just because we wanted to, it wouldn't be the trial and tribulation that it really is. Knowing what self-love is something that is learned from other people. Not only that, knowing how to apply self-love is something you learn along the way. It's just as much a communal effort, regardless of what your own definition of community is, as it is your own efforts. This is what Muriel learns throughout her journey. She didn't come from a background of self-respect, but she learned to find it in the people that chose to respect her. She learned to empathise with herself and figure out that loneliness doesn't have to be a pit, it can be a guiding force to something better.

I still struggle with this, whether it be on a daily basis; a weekly basis; or in better times, a monthly basis. Self-loathing does not go away easily, particularly when mental health is a permanent struggle. But that's okay. The beauty of *Muriel's Wedding* is that self-love is something that it takes time to learn. The other beauty is ABBA. ■



## ECCENTRIC LIFE ADVICE

Each week **Astrid Crosland** provides instructions on how to improve your life in some small, but important ways.



# 11. How to Choose a Familiar

While human connections are an important part of emotional wellbeing, there is true happiness to be found in the joyful expressions of an animal companion. Whether you are treating them to their favourite dinner, watching them sleep, or kissing their little feet, caring for another living being is a rewarding experience that builds empathy and responsibility. Choosing the right pet for you can be a complicated decision and should involve a number of considerations, including the financial associations of animal rearing, the provision of appropriate housing for the species you prefer, and the particular and individualised needs of each animal.

All familiars require an investment of time and the amount of time you are willing to dedicated to your companions wellbeing should dictate the type of animal you. While some species are known for being relatively independent, even the most aloof of cats need to be ruffled behind the ears once in a while. Dogs especially require outside exercise for their mental wellbeing, new stimuli allow them to exercise

their brains and reduce stress. Rats adore sitting on shoulders and playing games of hide and seek in long hair. Birds require near constant stimulation and become extremely upset when ignored for extended periods.

If you are looking for a part-time familiar, consider installing a birdbath outside a window you frequently use. The shallow pool of water will provide refreshment for a number of creatures, some of whom may sing for you as a token of their appreciation. Alternatively, consider volunteering to do some conservation work, even if you end up picking garbage out of a stream all day, you may induce favour from the local frogs and eels. If you are lucky enough to travel through an area of bush, you may notice the little chirps of a Piwakawaka, or Fantail, especially if you use the same route regularly at the same time of day. Look for the distinctive beady eyes and white eyebrows and offer a few bars of a new tune, your little spy may pick them up! ■



## ROAD TO #FITSP0

Each week our resident hedonist **Saia Halatanu** explores the unfamiliar world of health and wellness for your entertainment and his own longevity.



# Reality Check

It's been over a week now. I haven't been to the gym, the quality of my food intake has slipped and I've smoked more cigarettes in a few days than I usually would in a week. With the onslaught of uni work really beginning to set in, my road to #fitspo has taken a turn for the convenient. As I write this I've been sat at this desk studying and working on assignments for the past 12 hours. I've been surviving on pies, bags of chips, skittles and a payload of very large, high-powered energy drinks. I feel, as I consume them, they are simultaneously consuming me. Every couple of hours, I relieve the monotonous reading and writing by stepping outside and puffing on a couple of gaspers. A kink has developed in the lower half of my back, I'm entirely unsure if I've been able to retain anything that I've just studied and I begin to accept it. This is my life now.

In the weeks since I've started this journey it's only now that the gulf between expectation and reality has become clear to me. In my former #fitspo days (last week) I would usually be in the gym getting my weights in, instead I am currently on the brink of a mental breakdown at the hands of Rene Descarte.

I've come to accept that the attempts I've made at any sort of #fitspo upkeep over the past week have been nothing but superficial. I had planned to go to the gym everyday and tried to ensure this by packing my gym clothes and taking them with me to uni. But, once there, I became so overwhelmed with how much I didn't know about what I was doing with my classes, that my allocated gym time turned into "when the hell did we learn about that? I need to fuckin' catch up" time.

My healthy meal plan which usually meant cooking lunch the night before and making time to go to the supermarket has now turned into googling salmon recipes, making a shopping list and then driving to McDonalds because "what I really need is something quick and convenient so I can use the remaining time to stay up all night to prepare an oral presentation" - that I decided not to go to because I'm absolutely terrified of public speaking.

Asking for my whereabouts, my boxing trainer received the following message from me: "Sorry bro, I can't make it. Up to my eyes in uni work. I'll be there next time though." I wasn't there next time. Or the time after that.

The thing about living healthy is that there is no real end goal or destination and it isn't an object. It's not somewhere you

can go to and stay and it isn't something that you just go and get and keep forever. Rather, it's an active pursuit which takes maintenance and commitment. Furthermore, it takes time - something which is difficult to produce.

In my many years on this planet, time-management has not been amongst my stronger skills. University has crystalised this for me. And attempting to add a further regiment of health and wellbeing has thrown me into a place that I am, in no small part, unfamiliar with. When I first undertook the idea of this journey to #fitspo, I knew that attempting to juggle the load would be hard. I was surprised to find that, in the beginning anyway, allocating time for my #fitspo tasks, allowed me to schedule my time. And for a brief period, it was enjoyable to have a timetable which I could stick to and order my day with. My flaw however, is my attitude is stuck in 'laid-back mode' and so if things begin to derail, I often am unable to respond with any urgency. That is to say, that my natural tendency to approach tasks in a calm and relaxed (too relaxed according to some) manner, seems to stick around even when things become chaotic.

Haven't eaten all day and need some energy? Meh, it's cool. Haven't been to the gym in a week and feeling like shit? Oh well, it's cool. Can you feel the cancer as you inhale that tobacco? Could be worse, it's cool.

I guess I've always sort of known this about myself, but it seems that this road to #fitspo has, by consequence, made it more explicit. It is funny to note that although this journey was aimed at my physical health, it's now forced me to think about my attitude also.

Although it's only been a week, I've started to feel the retrograde effects of it all, too. I'm back to having those high spikes in energy followed by the soul-draining crash. I feel much weaker and, it could just be me but, in my judgement, I look deflated. And although the wheezing noise hasn't returned to accompany my walk, I'm definitely feeling short of breath.

If I'm completely honest, I know I could, with some effort, probably fit it all nicely into my day, however, it's much easier to blame uni for taking up all my workout time instead of myself for wasting so much time watching funny instagram videos like the one of the guy who tries to bench-press more than he can handle and farts #hahaha. ■

# HOROSCOPES

Our local oracles **Annalise Boland** & **Bianca D'Souza** have studied the stars this week and provided us with predictions for our future. Stay tuned for a weekly update on your stars.



## ARIES

MARCH 21-APRIL 19

Aries, you may lose your cool this week and feel the urge to make impulsive decisions in tense situations. This could do more harm than good! Remember to practice mindfulness and take in how you feel and process it in your own time. There is no rush to make amends with those who have hurt you because you should focus your attention on your feelings right now and let go when you're ready.



## TAURUS

APRIL 20-MAY 20

Taurus, it is your natural instinct for you to take longer than the other star signs to fully commit to a relationship however you cannot keep holding those you care about at an arm's length. Be brave and let your guard down this week as conflicts are due to arise because of your lack of commitment. Remember not to rely on others in order to feel fulfilled as you are more than enough and are able to take charge of your own happiness.



## GEMINI

MAY 21-JUNE 20

This week may make you feel more alone as tensions are running high at home therefore your safe space is no longer as comforting. Gemini, in moments of loneliness it is important to communicate those feelings to those closest to you. Communication will be a key factor for you this week as it will help you overcome disruptions to your routine that may throw you off balance.



## CANCER

JUNE 21-JULY 22

Although the week may start off on a low it doesn't have to end on one. As a Cancer, your emotions are always heightened and you may find yourself in a slump. The key to overcoming a slump is finding a good balance between rejuvenating yourself and also putting yourself out there to experience new things. The worst thing you can do is give up and pass up opportunities that will engage you and get you out of your own negative headspace.



## LEO

JULY 23-AUGUST 22

You may find yourself in a little trouble this week as some people aren't used to your brutal honesty. Try to be a bit softer with those new to your inner circle as you get to know them on a deeper level. Now is a good time to focus on your work ethic as a raise or promotion may be around the corner if you continue to prove yourself! The extra hours you have been putting in will pay off!



## VIRGO

AUGUST 23-SEPTEMBER 22

Dear Virgo, you need to stop pursuing friends that do not put in the same time and effort you do! You should carefully consider new tasks before agreeing to take it on as you will overburden yourself and as a result your work will suffer. You will be hot in demand this week as word has spread about you being a great asset and brilliant strategist. Don't let it all go to your head!



## LIBRA

SEPTEMBER 23-OCTOBER 22

You may be struggling with some tricky situations at the moment, Libra. Although you may want to stand your ground and fight, you need to realise that you don't always have to be right in every situation. Instead, be confident in things you do know and try to determine what is more important to you. Put this angry, frustrated energy you've been having lately to good use - find out why you are so frustrated with the situation and use this as a tool to finding out more about yourself.



## SCORPIO

OCTOBER 23-NOVEMBER 21

You have been getting more confident lately which is really great! After a tough start you the year you are finally getting back into your own groove - and other people are starting to notice. Try to put all your energy into continuing to improve yourself as there will be nothing but benefits for your efforts. Don't be afraid to be more comfortable around new people as well - this is an added bonus to your newly-found confidence.



## SAGITTARIUS

NOVEMBER 22-DECEMBER 21

Now is the perfect time to get a handle on your work-life balance. Don't over commit to projects when you're already feeling overwhelmed as it is. Trust in your abilities to produce work that you are proud of without exhausting yourself. Remember to lean on your friends if you need extra support - that's what they're there for.



## CAPRICORN

DECEMBER 22-JANUARY 19

Although you've been stressed out a lot lately, it is important to remember that how you treat yourself is a step below how you treat others. Try hanging out with your friends without checking your phone or worrying about how much work you should be doing before you get too burnt out. Try to get more carried away than usual without feeling guilty. Working hard doesn't mean you should deprive yourself of happiness.



## AQUARIUS

JANUARY 20 TO FEBRUARY 18

Your life has been getting more clarity lately, dear Aquarius. Everyday your own personal goals are becoming so close you can taste it. If you are still afraid to take the last step, just think of how far you have come so far. Don't worry about what others will think or if you are scared to fail. Everyday is a new day to start again.



## PISCES

FEBRUARY 19 TO MARCH 20

Now is an extremely important time to draw boundaries and prioritise yourself and your needs. It can be scary to be assertive, but surround yourself with supportive friends and family and you will eventually get the respect you deserve. Keep up this practice and you will become more resilient than ever. Because you are so kind people find it easy to walk all over you - remember to always put your own happiness before others, even if it means an awkward situation might occur.



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