OUR PEOPLE | OUR STORIES | OUR SUCCESSES

Dedicated to Len Charles "Horatio Oscar" Vidgen: DAD may you always catch your wave. Your loving son, Ben



ART | ADVENTURE | CREATIVE TOURISM



2023 ELECTION SPECIAL

THE A-Z OF NZ POLITICSBEN VIDGEN

THE MAGIC OF HONEY BEES ENZBEE HONEY & HERBS

A MODERN TAKE ON SUPERFOODS REVITE CAFE





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COVER ART BY DEAN RAYBOULD

SOUTHLAND



ISOBEL WEAVING STUDIO: Located in Colac Bay on the Southern Scenic Route, my weaving studio offers a variety of handwoven items. Tuition in weaving is also available. I use wool, silk, cotton, mohair, and alpaca to make a variety of things on my loom, including scarves, bush shirts, jackets, jerseys, woolly hats, gloves and rugs. I have been weaving for 40 years and have had the studio open to the public for over 20 years. I am the secretary and a life member of Creative Fibre Southland.

Q 4 Colac Bay Road, COLAC BAY **(**03) 234 8414



RED DOOR:

At the Red Door we have a large range of giftware, stationery, toys, jewellery and a huge range of clothing including Helga May, Stella & Gemma, Betty Basics, Brave & True, The Shanty and many more

Q 4 Colac Bay Road, COLAC BAY **(**03) 234 8414



OTAGO



JITSU: Located in the heart of the city, The Jitsu is Dunedin's original Japanese restaurant. Jizo is the perfect destination for any occasion, whether an intimate dinner for two or a large group celebration, either an intimate dinner for two or a large group celebration.

Krto & Vegan menu available. Jizo's mission is to recreate Japan's unique flavors using local ingredients and with a modern twist. The Jitsu is a large restaurant, great for large groups, but its popularity can make it hard to get into so booking in advance is recommended.

Known for its quick and efficient, friendly service, ultra-fresh ingredients, creativity and approachable price point, Jitsu is one of Dunedin's restaurants that cannot and should not be overlooked.

♀ 135 Stuart St. DUNEDIN **(**03) 470 1155



ETRUSCO: Etrusco at the Savoy is both fully licensed (with an extensive cellar wine list) + BYO. Etrusco at the Savoy has been one of the city's most well-established, popular Italian restaurants for 20 years.

Owner-operated, with authentic Italian heritage. So come on up enjoy a wide range of tasty pasta dishes and pizzas or complement your meal with delicious Italian-style breads, antipasto and salads. Then top it off with Italy's famous sweets: tiramisu, gelato and more. From the menu of traditional Tuscan favourites, your meals are accompanied by a well-matched wine list

Let us share our knowledge and love for Italian wine and cuisine. Mangiare benissimo

- Open 7 days 5:30pm till late
- The Savoy Building 8A Moray Place, DUNEDIN
- (03) 477-3737

CLASSIFIED ADVERTISING OAMARU



WAITAKI TRADERS:

Buver Sellers Traders of Second Hand Furniture Antique & General Household items, kooky curios and eclectic collectibles. Waitaki Traders specialise in estate clearances so please talk to us about our service.

SAT 10am - 4pm SUN 10am -2pm **9** 166 Thames Street OAMARU **433 8275**

POSHTEL:

An uncommon place 5 Star Accommodation:a short walk to cafes, bars, the historic precinct, Steam Punk HQ and the Alps to Ocean Cycle Trail, Oamaru Poshtel is a newly created SteamPunk/Kiwana Boutique Hotel Designed by Carter Smith Architecture + Interiors. each room creates a distinct atmosphere all its own. Together they combine to create a myriad of interwoven stories, a collection of art and objects that provide guests with a truly unique NZ experience. Custom made for the discerning traveller who's looking for good value but also a sophisticated and unique place to stay. 15 rooms with a mix of suites, superior king and deluxe rooms, providing various combinations with adjoining rooms for groups or families, each designed with a distinct and memorable aesthetic in mind. Guests have access to a shared dining space surrounded in the private art collection of owners Phillip and Jacqui McNicholl. The perfect hotel from which secret agents, time travellers and er tourist can explore Oamaru and the surrounding district.

9 126 Thames St. OAMARU **4** 03 434 8888 / 027 252 2233 www.poshtel.com

SHORT BLACK CAFE:

Fair trade organic coffee, breakfast lunch, sweet and savvy cabinet food, plus catering offered

Q 45 Thames Street OAMARU **** 03 346406

ART ON THAMES:

In the Heart of Oamaru's main street. Stocking beautiful things made & created in New Zealand. Curated with a fabulous focus on Pop modern and contemporary art. A great place to find something a bit exotic without having to sacrifice quality in the process.

Q 34 Thames Street OAMARU

EMPIRE BACKPACKERS:

The Empire Strikes back with this carefully restored 1867 hotel in the heart of historic Oamaru free WiFi, shared lounge with a roaring fire in winter . 2 communal kitchens. Free car park at the back and free street night parking at the front. Bike and luggage storage. Coin-operated laundry. May the Force be with you.

9 13 Thames Street OAMARU **** 03 434 3446

STAR & GARTER RESTAURANT:

Oamaru oldest existing restaurant offering light and sunny Kiwi delights from it's blue cod to lamb shanks - a great selection of new Zealand wines and beers located on the edge of the Victorian Historic Precinct.

9 Itchen Street OAMARU **434 5246**

THE FLYING PENGUIN:

Jute coffee sack tote and shopping bags, doorstops, cat cushions, and draught stoppers. Coast rocker penguins, Monkey fist rope doorstops, dog/cat toys, brass bell & bead dangles, illumination mandalas, window decals, incense, flags, pre-loved jigsaw puzzles games & children's books. Stockist of Tama Vale goat milk soap (palm oil free)

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Q 4 Itchen, OAMARU **Q** 0274 169 709

STEAMPUNK HQ:

Holding the line in the multiverse against interdimensional forces via an impressive homage to Steam Punk and Contemporary art located in Oamaru, a town once in its own right that could claim the title of having being a Victorian Silicon Valley. Today Waitaki is home to New Dawn Aerospace Low Earth Orbit shuttle program and before that the real life great 'AirShip scare of 1909' (which is just begging to have a craft beer named after it), one of the first locations in New Zealand to receives electricity, with links to the doomed Captain Robert Falcon Scott Antarctic Expedition, the revolutionary development of refrigeration and the evolutionary famous Kiwi No. 8 barb wire and neighbouring Timaru's own Richard Pearce the world's first motor powered aviator (yes you heard that right). A collection of retro-futuristic sci-fi art, movies, sculpture and sound. Making yesterday's tomorrow come alive today.

♀ I Itchen St, OAMARU **4** 03 523 9006



OAMARU AUTO MUSEUM:

Boasting over 30 vehicles from Vintage and Classic to Historic Motorsport, this motoring museum, in the heart of Oamaru's Historic Precinct, is a must visit for all petrol and gear head enthusiasts. Our motoring past on show including Historic Motorsport vehicle and memorabilia. Another great testimony to Oamaru's legendary legacy as developer of technology and horsepower.

⊙ Open 7 days **♥** The Woolstore Complex, OAMARU

HARBOUR STREET **COLLECTIVE CAFE:**

Great coffee, funky atmosphere offering a lovely breakfast lunch or cabinet food! You can choose to sit at tables or lounge on a sofa or armchair as you can play a board game. Or browse our art and other sweet treats, gimcracks, geegaws and keep sacks. Out the back there is a full scale adventure playground for the kids. Host regular events

⊙ Open Monday - Friday: 7.00 am - 6.00 pm Saturday - Sunday: 8.30 am - 6.00 pm **9** 8 Harbour Street OAMARU **434 3246**

THE GRAIN STORY ART GALLERY:

Located in the magnificent ambience in Oamaru's Victorian Historic Precinct, its curator the internationally renown artist. Donna Demente has curated unique and original artworks that helped place Omaru on the tourist map. A cross between Salvadore Dali living rooms and Dumble doors (Harry Potter) office featuring many local and national artists. Make sure you have plenty of time on hand to explore this magical secret garden. Situated on Harbour Street, this gallery is accessible and is open on all days of the week between 10 am and 4 pm.

DON'T GET CAUGHT OUT

EPI EMERGENCY WATER CONTAINERS AVAILABLE AT MITRE 10 & STORAGE BOX

In the event of a disaster, or in dry weather and droughts, you need approximately 6 litres per person per day for three days. Emergency Water Containers (20L Cube Jerrycans) are available in NZ. You must have 1 per person or for a family or flat of four you need 4. Simple.







CRAFTWORK BREWERY:

Handcrafted Belgian style ales. A small idiosyncratic award winning Belgian-style nano brewery.

- **♀** 10 Harbour Street, OAMARU
- **4** 03 523 9008
- www.hampdenhotelmurchison.co.nz



STITCH ON TYNE:

Sstocking 100% cotton fabrics, and needles craft supplies, books and tools.

♀ 7 Tyne St, OAMARU **❖** 03 434 0251

Penguin Entertainment Club:

Where you can do the Monster Mash, the Penguin Dance, Rock around the Robot, or do the steampunk boogie to some great visiting and local bands. Jam nights 8pm every 2nd Friday & Last Friday each month member free & their invited guest \$5.00. Membership signup or renewal can be done on the night Victorian Historic Precinct. Visit us on facebook.

SLIGHTLY FOXED BOOKS

An iconic Oamaru institution selling quality books on all subjects including New Zealand local history, modern first editions. The shop radiates Victoriana with stone walls, wooden floor, sash windows, sofas, tables and chairs of the era, complete with a nurturing pot belly stove. Prices range from \$NZ3 to \$NZ1500, covering recently published to antiquarian, common-place to rare and collectable. Proprietor Kahren Thompson (and her stylie sidekick 'Indiana' Phil), wear Victorian era clothing and sales are entered into a spring-back ledger with a fountain pen. All purchases come wrapped in sensible brown paper, tied with string, to the soothing tunes of jazz or classical music played upon a gramophone..Shop motto "I would be most content if my children grew up to be the kind of people who think interior decorating consists mostly of building enough bookshelves." Anna

⊙ Open 7 days♥ 11 Tyne Street, OAMARU



ALBANNACH CRAFTS

Traditional hand stitched leather work.

Modern leather goods & custom orders,
repairs and restoration specialist "Where you
find quality, you will find the craftsman" [R.
Brault]

♥ 9 Tyne Street, OAMARU■ albannach_craft_studio● www.albannachcrafts.co.nz

ROSE'S GENERAL STORE:

Independent distributor of Rawleigh's. Also stockist of Confectionery, Tea Thief teas, Local preserves & spreads, Cycle & Penny Farthing parts, Pepper & Me, and eco friendly goods. . A little store, with a big heart, where you never know what you will find. An old fashioned store filled with products from around NZ, and some from further afield. Many of our items will conjure up memories from your childhood.

♀ 5 Tyne Street OAMARU **♣** 03 434 0403



BUILDING RETRO ROBOTS:

Martin Horspool Oamaru's version of Iron Man presents www.buggyrobot.com info@buggy robot.com Robot based Sculptures, T-shirts, Painting and other goodies. A shop so cool it will blow your mind "Danger Danger Will Robinson." In the Heart of Oamaru's main street. Stocking beautiful things made & created in New Zealand. Curated with a fabulous focus on Pop modern and contemporary art. A great place to find something a bit exotic without having to sacrifice quality in the process.

⊙ Open 7 days, 9.30am – 4.30pm♥ 6A Harbour St OAMARU



Studio Realm:

Miss Purple & her Studio Realm hosts an eclectic range of art, attire and effects! Victorian enthusiasts and Steampunks alike will find something appealing in this fantastic shop!

Miss Purple is a school-bus driver by day and steampunk queen by night. She was introduced to steampunk at a ball in 2011, and as she drove home to Cheviot with cheeks sore from grinning, she knew she had found her place.

9 Harbour Street, OAMARU
 0274 855 060





And open 7 days a week

9 Itchen Street, Oamaru 203 434 5246



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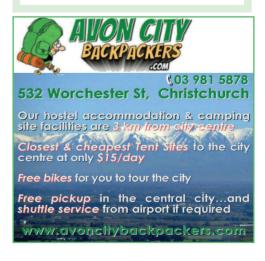


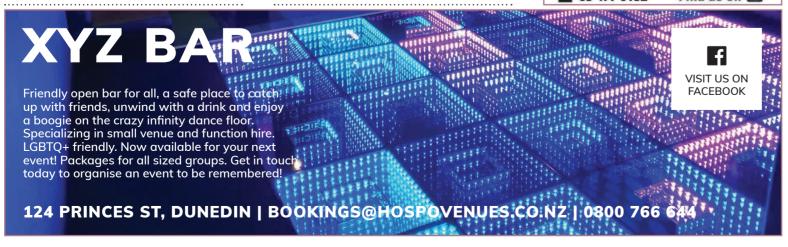
BLACK SHEEP TRADING:

Black Sheep is a specialist e-scooter and e-bike retailer in Christchurch. We offer high-end products, expert advice and a comprehensive electric scooter and bike maintenance and repair service.

- **Q** 152 Hazeldean road, CHRISTCHURCH
- (03) 662 9162
- blacksheeptrading.co.nz
- @ BlacksheeptradingItd







WEST COAST



FAT PIPPI PIZZAS: The locals love our pizzas, as do visitors. We know you will love our pizzas as will. Fat Pipi is open 5 nights a week and for lunches on Wednesday to Sunday during the summer months. We have indoor/outdoor dining, Dine in with us, take your pizza/pasta back home, to your motel, camper van or just wander back to the beach and eat it while watching the sunset. Our pizzas are made fresh each day. Choose from our extensive menu including vegetarian, gluten free, options. Try our house special whitebait pizza. Today, people come from around the globe to try Fat Pipi Pizzas. The Maori meaning for Hokitika is 'a place to return' and we believe you will want to return time, and time, again after trying us too. Check out our Facebook page for current opening hours

♀ 89 Revell Street, HOKITIKA

3 755 6373

Scan the QR code to visit us on Facebook



SNAKEBITE BREWERY:

The emphasis on the food at Snake Bite Brewery is on simplicity and freshness. Vegetables are sourced from the greengrocers and our own organic garden. South East Asian eating is usually a family get together, where meals are a shared occasion, so it is suggested that you each choose a dish, include some fresh vegetables such as delicious asparagus or pak choi, and of course rice; and delight in trying several different tastes and textures, exquisite sauces, and unusual fresh flavours. Honest, authentic and affordable — our aim is to compliment the real taste of Asia with some of the exciting NZ Craft Beers that are brewed with passion in a relaxed and casual

Q 28 Main Rd, FRANZ JOSEF GLACIER

03 752 0234

Scan the QR code to visit our website



THE A-Z OF NZ POLITICS in a post truth world,

in the era of 4th Industrial Revolution (Aka NZ Today According to Trev), what defines and shapes New Zealand Politics.

Jokers to the left of me fools to the right here I am stuck in the middle". **Stealers Wheel. 1973**

3 WATERS is a topic as toxic as the depleted uranium rounds being lobbed around the food basket of Europe these days. Another subject which politicians, on both sides of the Wasp Factory, play loose and fast on. In 2010 Rodney Hide introduced the Local Government Amendment Act 2002 Amendment Bill Minister (now a DJ on VOICE OF FREEDOM/ Groundswell/ Trumpalooza aka Reality Radio) which opened the gates to water privatisation. Greens and Labour opposed the deal. Fast forward 12 years Labour/Greens passed the 2020 public reforms bill allowing government public policy and private partnership to build on Rodney Hide's 2010 legislation (aimed at local council) and private contracts of public tenders will be extended for an unlimited period with a single minister approval and zero input from the public. 3 Waters is basically Hides Bill on Crack.

7 ELECTIONS an unproven CONSPIRACY THEORY of the early 2000's that claims the New Zealand Business Round Table (New Zealand Institute) was working with AI and database engineers to unroll a sophisticated algorithm tool to manipulate voters. 7 Elections remains the stuff of folklore and rabbit holes right up there with Lady Di death in a tunnel and Elvis' alien love children.

However increasingly we are seeing in New Zealand politics the presence of firms Cambridge Analytics (Bad Boys of Brexit') contracted with NZ First, to use AI to manipulate voters (Newshub 8/7/2020). The National Party has also been busted using artificial intelligence to generate fake people in their attack advertisements. In 2023 the Ministry of Business, Innovation and Employment contracted Cobwebs Technologies to infiltrate and spy on activists. Cobweb boast they have already rigged 26 elections using AI and sophisticated social engineering techniques, since 2019-20. Cobweb is not the only one spinning webs of deceit. The Libertarian orientated NZPP/Advance second in command Michael Stace, a former American spook, (found to be wooing both the reactionary radical left and radical right) CV lists him as an IT Social media warfare specialist. While IT Social warfare methods were used by QAnon promoter Jim Watkins to build thousands of fake profiles, AI generated chat bots, plus an army of both ex-pseudo intelligence and military types plus civilians, trained in intelligence collection and distribution, to spread disinformation and to gas light genuine alternative media and mimic grass roots politics. When Watkins is not spreading the word that Trump will stop the pedos he can be found setting up domains promoting dark porn (i.e we are not talking 3o-yearold cheerleaders). Watkins is the Sound of Sleaze. Meanwhile, as part of a collaborative project between Victoria University of Wellington, technology company Touchtech and technology entrepreneur Nick Gerritsen (a former young Nat whose best friend is former corporate spin doctor James Shaw of the Green Party) created SAM in 2017. SAM is short for Semantic Analysis Machine. SAM pedals as the first AI (Artificial Intelligence) politician. SAM is an extremely sophisticated analytical tool which has the stated goal of "learning about and representing the views of New Zealanders" That is it wants to be able to predict our behavior. For our own good of course.

ACCOUNTABILITY is essential to any system of fair government. If you have accountability, any form of ideology is far likely to succeed in the goal of achieving fair and representative government. Without it all systems, regardless of ideology (or wing types) will lack genuine sustainability and are doomed as sure as Peter Dunne's fashion look.

AI (ARTIFICIAL INTELLIGENCE) Like all tools it is neither good or bad. Its character and purpose is defined by the permutation of its written code. Basically, imagine if permutations are written by Voldemort or Dumbledore to estimate whether you end up with a WW3 causing Skynet or Kit (the friendly wise cracking crime busting black Trans Am of the TV series Knight Rider). Currently AI permutation is the domain of social media platforms, bureaucrats, the military industrial complex and ...shudder ...banks So draw your own conclusion which is the most likely outcome of this brave new normal.

ALGORITHM "The algorithm has primacy over media ... over each of us, and it controls what we do" stated Harvard Law School democracy ethicist Tristan Harris. Algorithmic regulation is supposed to be a system of governance where more exact data, collected from citizens via their smart devices and computers, is used to more efficiently organize human life as a collective. Instead thru absence of accountability and transparency it has become a blatant tool of corporate kleptocracy. As they say in the movie TEAM America "Bad LN.T.E.L.L.G.E.N.C.E"

ANARCHY An anarchist is an advocate of anarchy whose exact definition is usually chaos. There are however three loose types of standard anarchists. The control freaks who wear all the cliche designer custom and ultra expensive feral attire and they vote. So not in fact an anarchist but a gas lighter. When this version says they're anarchists actually they mean they consider anyone who does not agree with their view a facist and "daddies paying for me to go to Ibiza first class if I pass my finals."

Type two: Does not vote and thinks voting BS. In the words of comedian George Carlin "if voting changed anything it would be illegal."

Type three the crypto anarchist in fact does not want anarchy but are full blown sociopaths who really just want the right to peddle dark web pornos, traffic meth, while funding coups against democratic nations (preferably rich in bitcoin metals). Sometimes also known as libertarian or ACT voters.

AOTEAROA Governor Grey first heard the term in 1845. While an Auckland's War Memorial Museum displays a flag that was captured by colonial troops from King Taawhiao's men in the Hunua Ranges in 1863, during the early phase of the Waikato War. The flag is emblazoned with the name Aotearoa. When Taawhiao founded his own bank, he called it Te Peeke o Aotearoa. In saying that it was pushed by Governor Grey to PR his racist 'noble savage' myth which was social engineered to facilitate a land grab by colonial kleptocrats. The idea was that separate hapu all answered to a single hierarchy (what became known as Iwi) and the Crown need only deal with Iwi chiefs. Some Māori were, according to Grey's pitch, more pakeha than others. More significantly (from a legal point) Aotearoa is absent from Treaty of Waitangi of 1840 and the gazette declaration of nationhood of 1835 (which recognised the power of hapu as well as rangatira). So an official name change may create significant legal consequences in terms of treaties accord and legislation domestically and internationally.

ARDERN, JACINDA Prime Minister Ardern graduated from the University of Waikato with a Bachelor of Communication Studies in Politics and Public Relations. A career otherwise known as spin doctoring.

Post-university, she worked as an adviser in the office of then-Prime Minister Helen Clark. In 2005 she went to London and worked in the Government Cabinet Office of British Prime Minister Tony Blair as an Assistant Director for the Better Regulations Executive in the Department for Business and Enterprise. B&Es primary job was to promote B&D in the form of UK's PM Tony Blair's version of the New Zealand Rogernomics NEOLIBERAL reforms known as 'The Third Way'. Basically, it promoted a corporate takeover of public assets. Ardern also sat on a review of Policing in England and Wales. The latter overseen by OLDBOY Blair's chief burier of dead bodies Sir Ronnie Flangan. The review was sparked by Operation Tiberius which was an official internal Metropolitan Police investigation into OLDBOY driven corruption, commissioned in October 2001 it was leaked to The Independent newspaper

in 2014. In 2008 at age 28 she entered Labour as an unelected MP, its youngest member. Within 10 years Labours OLD BOYS would make her Labours chief sock puppet. In 2023 PM minister Jacinda Ardern revealed her post parliament job. A new Harvard University post where she would specialise in technology governance. Aka online censorship. Her father is a former senior police officer, OLDBOY and generous donor to the National Party. Her Uncle Ian is senior Mormon (incidentally one of the biggest investors in AI and big pharma) and her sister Louise is a former big pharma lobbyist who now works in IT Security promoting AI governance.

BANK PROFITS After-tax profits of the 4 biggest Australian-owned banks in NZ - ANZ, ASB, Bank of NZ and Westpac - have risen to over \$6 billion. That's over \$16m a day, \$680,000 an hour, \$11,000 a minute, \$180 a second. Meanwhile no one wants to remove the GST off vegetables so ordinary people can afford to eat too.

BLUE PILL VS RED PILL The cute notion that mainstream left wing parties are at their core different from mainstream right-wing parties. People who actually believe this fair story need to be strapped into a chair and made to watch, with eyes taped wide open' the documentary Someone Else Country which reviews the impact of the Chicago School of Economics on NZ Democracy under Labour Rogernomics and National's similar free market orientated Ruthonomics.

BOOMERS VS MILLENNIALS reactionary right wing Boomer bigots like to bleat on about the dumbing down of the social media addicted reactionary "wwoke" millennials. All the while missing the point that Millennials did not write the present curriculum or invent corporate mass media platforms. Boomers did that.

CABINET The average kiwi today can not name the majority of our current cabinet just its figureheads. Such is the power of the CARGO CULT OF POPU(BANA-LITY which focuses on brands & populist leaders alone who have turned modern politics into who's the coolest kids on the playground.

CANCEL CULTURE The two-left wing, right wing, arms of Cancel Culture seek to be a BBQ Fork of intimidation where the public are the sausage. Both collectively create an anti-culture which prevents actual non polarised public discussion as cancel culture empowers the school yard bullies on both sides of the playground. Do yourself a favor and self-cancel today.

CARGO CULT OF PERSON(B)ANALITY $Love\ em$ or hate em when you think the bucks stop with the pop clown of the days you just being conned by a smooth criminal. For this very reason Trump in fact was an excellent president. Well he is if we use the guide on Cargo Cult politics offered by satirist Douglas Adams, in the Hitchhiker's Guide to the Galaxy. When evaluating the presidency of the fictional Zaphod Beeblebrox Douglas wrote "The President in particular is very much a figurehead — he wields no real power whatsoever. He is apparently chosen by the government, but the qualities he is required to display are not those of leadership but those of finely judged outrage. For this reason, the President is always a controversial choice, always an infuriating but fascinating character. His job is not to wield power but to draw attention away from it. On those criteria Zaphod Beeblebrox is one of the most successful Presidents the Galaxy has ever had — he has already spent two of his ten presidential years in prison for fraud."



CASCADE EFFECT The key goal of MOCKTIVI\$M: A cascade effect is an inevitable chain of events due to an act affecting first the ecosystems-fringe before impacting to the rest of the ecosystem. The idea, in politics, is to generate fake gra\$\$root\$ movements using well-funded platforms (that rort elections spending caps), engage in algorithmic manipulation and database marketing. This can be used in a tight election to trigger a cascade effect. One that targets primarily swing voters - voters who traditionally don't decide who to vote until the last two weeks of an election.

CHECKS AND BALANCES -- a system that allows each branch of a government to amend or veto acts of another branch so as to prevent any one branch from having too much power or zero ACCOUNTABILITY. While there has been much gnashing of the teeth from the reactionary left and right on Co-Governance. Both parties again miss the point. Namely the Silence of the Lambs otherwise known as the government and the opposition joint refusal to address what Checks and Balance would exist in Co-Governance to ensure both arms of government were held accountable. To date both Labour and National have failed to publish their response to the 2013 panel into Constitutional Reform. This is despite having been requested to do so by the Union of Civil Liberties on three

CIVICS the study of government and civil liberties. Much like the right to vote, no confidence and chemistry in schools was deemed far too dangerous by the Boomer era Chicago School of Economics' ZOMBIE ZAMPOLITS and was removed from curriculum and electoral education process.

CLIMATE CHANGE Regardless of cause it is happening. The question now remains what the response will be? So far, it's taxes that punish those who did not make the poop while the corporates who did can fly off to climate conferences in Learjets and hang out with NAZIS, despots and corporate kleptocrats. Those who got rich mostly by poisoning the world with nukes, fast food, pesticide, and shitty computing software monopolies. Also known as putting the junkies in charge of the medicine cabinet. And a pretty rubbish form of environmentalism when all is said and done.

COLLECTIVISM Power by the people for the people. Ideologies like socialism cease to be socialism when there no collective, just an inner party. During the 1980s most of New Zealand political parties, encouraged by the NEW ZEALAND INSTITUTE, tore up their charter's so party policy would not be decided by the collective party members at AGM (as use to be the custom) and it would instead be made up instead by the inner party faithful. Which in real terms means a



bunch of spin doctors, lawyers (Oh so so so many lawyers) and Corporate apparatchiks. Most of whom went to the same private OLDBOY schools together and are on a sabbatical to secure free air fares and corporate global world domination on their way up the sociopathic DAVOS style ladder of success.

CO-GOVERNANCE (HE PUA PUA) Jack Vowles, Professor of Māori Studies Victoria, thinks that part of the reason reactionary left wing and right-wing parties "can waltz around using the expression Co Governance to spin and counter spin with ease is because "it isn't easy to understand in the first place" And thus can be made to fit what you want your chosen echo-chamber to believe it means. Vowles notes knee-jerk reactionaries on partisan grounds are not conducive to informed public debate". Amen.

Vowles notes on the joint RED PILL BLUE PILL con-job that Labour and National Government's failure to publicly respond to the 2013 constitutional panel's recommendations. "If the government is serious about He Puapua, it will explain its own position more fully, and if it wishes to pursue that agenda, or significant parts of it, it should set up the framework for a further constitutional debate to which all New Zealanders can contribute. Otherwise, reinforced by other developments within government, and driven by conservative opinion leaders, more and more people will come to suspect that radical change is being covertly pursued behind the scenes in the absence of public consultation. Such concerns will not be good for the current government, or for confidence in politicians and in the political process in general. In short Vowles accuse both Labour and National of using Co Governance to drive polarisation that destabilises society for the worse". Again Amen.

COMMON LAW is the bedrock upon which the constitutional power WESTMINSTER palace (which should never be confused with, yet always is with Buckingham Palace the home of inbreed corgis and pedophile loving parasites) is built upon. The paradox of Common Law is that while it forms the constitutional backbone of most Commonwealth countries, few including an increasingly dumbed down court system, have the education to really understand it. Common Law, however, is not a get out of jail card. It must be used in accordance not just with (human) rights but our obligations to follow citizens. That means in plain speak don't be a dick. In the twenty years I have covered this issue I have only met a handful of folks who genuinely know their common law Kung Fu. And maybe I know two people who have successfully used it without punching themselves in the face in the New Zealand courtroom.

DAVO5 Where New Zealand politicians go to take their orders (i mean be enlightened) by billionaires. Davos is a good example of why stakeholder capitalism's interest in CLIMATE CHANGE is like inviting the Khemer Rouge's death squad of the year to a conference on peace and harmony and justice. Davos style "sustainability" comes with \$US43 hot dogs, \$10,000 hotel rooms, and an armada of carbon guzzling private planes.

DEMOCRACY RIP The demise of civil liberties, habeas corpus, civic education, offset by crony capitalism and tax write off lobbying, (dressed up as benevolent charity work) has seen wealth shrink 90% of the world's wealth in the hands of just 10% to .1% controlling more than 50% of the planet's assets. This signala the largest transfer of world wealth within just thirty years.

Send flowers and condolences to c/o Mr. Julian Assange Prisoner #A9379AY HMP Belmarsh Western Way London SE28 oEB United Kingdom.

DISINFORMATION Also known as Propaganda, Spin, Counter Spin, Manufacturing Dissent, Public Relations, Mass Marketing, and Communications. In the words of the immortal Bill Hicks, if you work in any of the above forms of marketing or advertising, "do the world a favour and kill yourself."

ELECTORAL LAWS Labour's Three Waters legislation was passed in Parliament, although without the controversial entrenchment provision against privatisation. Entrenchment means that a particular law is passed by a super majority [of votes in parliament] and can only be modified later on by that super majority - in New Zealand

that figure is 75 percent to entrench the law and 75 percent later to modify the law (Electoral Act 1956). Yeahs sound really evil. The other case where entrenchment is 'discussed' in New Zealand politics was in the formation of the Bill of Rights Act which passed in 1990 (and defines Human rights under the 1954 NY Convention model) we ended up with is the New Zealand Bill of Rights Act, which is ultimately ordinary law, not particularly special in terms of the power it has over the law - so it's not supreme law and it's not entrenched. However, the older New Zealand Bill of Rights 1688 forbids parliament from empowering itself (see Fitzgerald vs Muldoon 1975) as is the proven case of the 1986 Constitutional Act and the 2004 Supreme Court Act where the 75% rule was ignored.

The Declaration of Inconsistency Act, currently before parliament means future challenges to possible government breaches of human rights will be overseen by a handpicked panel of government yes men. A direct confrontation of New Zealand English statues which while not entrenched are written with entrenchment clauses.

ELECTRICITY COSTS Nearly 50% of New Zealand electricity is now owned by overseas investors- nuff said.

FACISM Chief characteristics of fascism, be it left- or right-wing fascism, include the collaboration of the state with the private sector usually via the creation of a twotier society in which second tier citizens wages and rights are frozen to the benefit of the state's corporate sugar daddies in questions. Other common themes among fascist movements include increased authoritarianism, increased polarising nationalism (including racial and ideological nationalism), hierarchy of citizens and escalating elitism, and enhanced militarism and decline of civil liberties and an absence of accountability & transparency. In a fascist world the word of law becomes increasingly fluid and interpreted by the victor. The fascist often speaks about their rights but denies the rights of others. American revolutionary Thomas Pain notes "he that would make his own liberty secure, must guard even his enemy from oppression; for if he violates this duty, he establishes a precedent that will reach to himself". As they say on the poop deck 'we all swing together or we all hang together.'

FARMERSON TREV An ordinary kiwi whose mum was the great great daughter of a Māori slave and whose dad came from a long line of racist colonial rapists who descended originally from Ghengis Khan and Moorish Raiders. Trev grew up on a farm in Southland land and lives in Epsom today... well on the fringes of Epsom in a house his wife dad brought back in the day of Dawn Raids and the 1/4-acre kingdom. He is fed up with the reactionary left and right telling him how to live and what his moral standards should be. He is not anti-rainbow or particularly pro rainbow and wonders what is wrong with a world where you can love or bang consensually who you like without it being any one business or a big deal. He knows the issues that are important to him are not important to others, but he lies awake at night thinking how close we are to being wiped out by our own greed and inability to see other people's point of view. He loves trees but he is buggered as to how billionaires saying 'Do as we say. Not as we do' will fix the planet. Especially as they shoot off into space in a carbon gobbling spaceship all funded by Pentagoi mega dollars to build new weapons of mass destruction and mass distraction. All of course made of rare metals that need to be dug out of the bottom of fragile ecosystems or in pits using sustainable child slave labor. Not that he is anti-mining or anti drilling, but he wonders if we mine our own mines, instead of letting in foreign investors, if we could make more money and put food on the table, without having to open up so many mines or risk workers' safety. He does not watch TV, having put a boot in the TV screen long ago (which he reckons is the best thing he has done in ages). He has two sons. The oldest is Bobby who wears his hat back to front. Bobby never reads but watches YouTube all day long and thus thinks the reptiles caused the mud flood and Trump will drain the swamp. His other son calls her-self Lucy. Lucy also doesn't read and identifies as a lesbian cat. Admittedly this has saved him a small fortune in groceries. Neither of his sons know who Chelsea Manning is or who Julian Assange is. His

WEST COAST

TEAPOT COTTAGE
Disconnect from the Modern
World in our charming
1950s "Grandma's" Cottage
a "living museum" of life
from a simpley erg





WILDSIDE LODGE Cosy and romantic upcycled tiny house on same property, the cottage was uniquely handcrafted from native and recycled

Both have stunning views, and neither has WIFI or Cell phone reception. So ~ TURN OFF YOUR DEVICES! Spin some vinyl on the record player, or Soak under the stars in a fire bath or natural hot springs nearby. Guided fishing available.

HARIHARI BOOK through BOOKABACH.



ABEL TASMAN



M.A.D. LOVE BOAT: Welcome all on board the M.A.D. LOVE Boat the Safe Heavenly Haven. While its "Captain" Nanga media profile is as some one trying to navigate a path to justice (or at the very least sparking non violent dialogue on the question what is justice)M.A.D. LOVE Boat offers a relaxing atmosphere to socialise. Offering three interesting art galleries and cafe along with the Nourishing Beauty Gardens and Temple with children play area, putting green and games. Organic grown food. MAD is a member of the Arts & Health Educational & Charitable Trust in 2012 involved in Healing Arts Festivals and Love Vibration Festivals

- **♀** 7 Tasman Street, COLLINGWOOD
- 0211076312
- Scan the QR code to visit us on Facebook



PAPER NAUTILUS CAFE: Welcome to Paper Nautilus Cafe, a unique and cozy cafe that offers a variety of coffee and Japanese food. Whether you're in the mood for Japanese food like sushi or donburi, or Italian panini, or sweets, you'll find something to satisfy your taste buds. You can also try our German style syphon coffee brewed with precision and care in an authentic way. And don't forget to check out the steampunk artworks all made by the owner himself. Paper Nautilus Cafe is more than just a cafe, it's a place where you can enjoy delicious food and drinks, admire creative art, and relax in a friendly atmosphere.

- **♀** 178 High Street, MOTUEKA
- **03 528 8090**
- Scan the QR code to visit us on Facebook

ABEL TASMAN



ROCK FELLAH:

Just a few of the rocks you will find at Rock Fella. Margarites, NZ Jasper's, fossil rocks, fossilised coral, quartz, copper and chromite, garnets. Our onsite workshop produces a range of unique jewellery, carvings, and gifts.

Come create your own special piece, our comprehensive workshop contains EVERYTHING you need. From concept to final piece we will work beside you through every step of the process and assist when needed. Even bring in a stone special to you and if it is suitable we will work with it.

The Rock Fellah is passionate about rocks and would love the opportunity to share this passion with you, so make sure you visit next time you're in Motueka and get rocked.

- **♀** 9/400 High Street, PORT MOTUEKA
- **Q** 022 137 4574
- Scan the QR code to visit our website



THE CHANGING ROOM:

The Changing Room is a part of the Hardy Street quarter, housing Nelson boutique shops, galleries, fashion and cuisine, offering a wide range of award winning professional hairdressing services in a fun relaxed environment. So whether you need that power haircut for the big job (or big day), or you want the million dollar look, or just a tidy up and the basics, Changing Room has the cutting edge technology for the hair job in question. 'Walks-ins' are welcome but bookings are advised for the big jobs

- **Q** 272 Hardy Street, NELSON
- Scan the QR code to visit us on Facebook



Whether you're a local, or just passing through our piece of paradise en route to Abel Tasman, Fern Motueka! A proper pint poured at a Sprig + Fern Tavern is an experience like no other. Real beer, real pints, real people, no compromises.

- **♀** Wallace St, MOTUEKA
- **** 03 528 4684
- Scan the QR code to visit us on Facebook





granddad picks on his kids all day long and calls them wimpy millennials who would not have survived the landing of Normandy. His father served in the war as an expert piano tuner and the closest he got to Normandy was the Normandy dairy in South Taranaki. Trev has no problems with either of his kid's choices (hey it is their lives) and is proud of both of them. Yet he has zero confidence in any of the parties left or right and would if he could VOTE NO CONFIDENCE. Trev dreams sometimes of the party's slogan Don't vote for me I haven't got a clue.

FOOD SECURITY Food price inflation is at its highest level in 36 years. Nuff said.

GREEN-WASHING Greenwashing is the process of conveying a false impression, or misleading information, about how a company's products are environmentally sound. A good example of green-washing is that while the IPCC talks up nuclear power as a form of clean energy the word military and war are not mentioned once in the 3000page document. Nothing says sustainability as a thermonuclear detonation. Then there is Black Rocks' \$2billion pledge to New Zealand renewable resources. Ecofuek or resources for war toys.

HATE SPEECH In George Orwell's dystopian novel Nineteen Eighty-Four (1949), Newspeak is the fictional language of Oceania, a totalitarian superstate. At the time of writing NZ legislation already prohibited acts such as incitement. However proposed hate laws will permit the upper caste of society to control lower caste members of the societal hierarchy (also called the 'progressive stack'). A control tool employed so that the less privileged and oppressed, those with a lesser social credit score, may not in any negative form; of spoken, written, physical (from a blatant full-frontal offense to the mildest form of "microaggression") critic their 'betters' without being subject to penalties of hate speech". These will be issued by the authorities with little recourse to defend the charge. And considering it will be the state who upholds these laws, it would be hate speech to criticize the state itself. Or critique anything it's involved with in any way, even in thought. You would think making sure citizens had a quid in their back pocket would be easier to incentivise than a punitive approach. Proposed Hate laws go against the Bill of Rights 1688 to quote the parliament's own website.; "The right to freedom of speech is recognised by the Bill of Rights 1688, an English law that is still in force in New Zealand and is part of the foundation of our parliamentary democracy.'

HEALTH Play any game (which as a fullyfledged nerd I have) that mimics the rise and fall of society you will find the winner is usually the chap who put his money into hospitals and education. It's never the dick who spends his cash on guns and secret policemen. Sadly, since 1986, both Health and Education have continued to plummet under National and Labour led governments. While defence spending not only increases ut now funds an ever-expanding army of rent-a-goons/semi-privatised spooks which have popped up in virtually every government agency you care to name (these days including immigration and even the Department of Conservation).

HIPKINS, CHRIS AKA the 'Babyface Assassin' formerly a criminologist who went to work for climate villains Shell Todd. This is before being the de facto minder for Jacinda Ardern as she worked as Neo Liberal spin doctor for Tony Blair's legalised gangsterism helping sell the UK version of Rogernomics.

IDENTITY POLITICS is politics based on a particular identity, such as race, nationality, religion, gender, sexual orientation, social background, social class. The issue is not that Identity politics is not important or a valid discussion but as the "Left wing" UK Guardian headlined, in a rare example (these days) of self-awareness; 'Why identity politics benefits the right more than the left'. It allows NEOLIBERALISM to sell polarising snake oil that promises corporatized liberalism with coke and fries on the side.

IMAGE LAUNDERING Any attempt to use IDENTITY POLITICS or liberal causes as a human shield to deflect from the state or corporate social and economic failings. Ultimately a form of gas lighting in that long term action of the said image launder ultimately hurt the very folk their branding says they seek to represent.

JENNINGS, STEPHEN Joined the NZ Initiative. Possibly the most important and least known kiwi on New Zealand's political landscape. As a treasury official played a key role in 80s Rogernomics privatisation shenighans. In late 90s exported the NZ Experiment To Russia and helped a little no one called Vladimir Putin become a big swinging dick in Russia. Today Jennings is now selling NZ Experiment and debt servitude to Africa on behalf of the same Chinese and US corporations who post the USSR own 71% of the arable land of Ukraine (and a similar proportion of most of the former USSR land and critical infrastructure).

LUXTON, CHRISTOPHER 8 Minutes into an ANZ and Air New Zealand (Directors include of course John Key and Chris Luxton) sponsored \$1000 a plate event, to meet Obama Barack on his pro TPPA tour, Luxton in 2017 was introduced "as New Zealand's next Prime Minister." It is sufficient to say that this ex Burger flipper, who failed to ever turn a profit for any company he worked for, lacks a personality of his own. Luxton's key task will in probability be to act as a one hit toxic chalice PM. The schmuck who does all the jobs knows what one else wants to do. At least not by anyone who wants the job long term. Unlike the media groomed populist Shonkey Donkey and Horse Face Spin Doctor Supremo Luxton is not as polished and instead is built to specifically absorb Molotovs and antitank weapons. Buckle up boys and girls if this meathead gets in (and he probably will be part of the next junta) you better start stockpiling lots and lots of bottom lubricant.

MMP A form of governance that Big Business feigned they hated. All the while loving, behind closed doors, that MMP opened the doors to cheque book politics.

MOCKTIVI\$M The funding of fake grassroots movements via political lobbyists and marketing specialists via the funding of third party platforms which also permit political parties to circumnavigate spending caps on advertising. Organisations and Oligarchs, including the New Zealand Institute (formerly the New Zealand Business Roundtable), Federated Farmers and Big Pharma, have used Mocktivi\$m to control and manipulate both left wing and right wing mainstream parties. So as to create artificial CASCADE EFFECTS to swing tight elections and manipulate the democratic process.

NEOLIBERALISM "The sad thing is that neither the neo-Fascists (orthodox right) nor the neoliberals (orthodox left in a post gos world) have too much deep love of poor and working people across race, gender, and nation, and very few of them are committed to democratic processes all the way down" stated prominent anarchist Cornel West.

NEWSBOMBING Lie, lie and lie again. Tell a lie enough times it doesn't matter whether it's true. And of course, when you control the majority of online print and digital media you control the volume switch - he who bombs the loudest wins.

NY ACCORDS VS WESTMINSTER NY Accords is a system of arbitration established 1954 for the purpose of creating international arbitration. Defines human rights and indigenous sovereignty as only having the rights the shareholder gives it. This is verse Westminster the constitutional foundation of the United Kingdom nation states and their colonies which recognise the inalienable rights of sovereign individuals and indigenous nations.See Bill of Rights 1688 vs Bill of Rights 1990.

OLD BOYS NETWORK Has various names ranging from old school tie alumni to (insert tin foil conspiracy club of choice). But basically, any system of boomer hierarchy that enables or entrenches institutionalised cronyism.

RACISM: Regionally you could boil this down to ethnic disputes. Or look at who funded the political violence behind ethnic disputes in Fiji, Solomons, Vanuatu, PNG in the past three decades. Namely foreign investors with their eye on mining and forestry resources.

REAL INDY MEDIA Don't want your vote, don't wanna sell you crappy coffee mugs and deep sea mined bitcoin. No political or institutional affiliations. No sugar daddy. Just a pain in the ass who lives to bait the left and right.

REPUBLICANISM All the mainstream and minority parties (with deep pockets) left and right want republicanism, but none explain how their version of Republicanism won't turn out like Fiji. A nation ruled by the gun and the ambitions of few partnered up with Timber and Mining goons and their banana republic henchmen thugs.

ROGERNOMICS ECONOMIC: philiosphy which saw middle class "chardonay socialists" embrace capitalism as long as their was craft beer and a green peace sticker on your SUV.



Named after Labours 1980s 4th government finance minister Sir Roger Douglas, a former marxist activist who post parliament became a banker 1000% - a Lennist Chicago School of Economics Zombie Zampolit zealot. Founded the Act Party. Oh the irony.

SOCIAL ENGINEERING: once spies were cool, professional and polite - all the while having a plan to kill everyone in the room in a daring feat of physical prowess using a martini stick and olive. Now the new kind of spy holds a degree in motivational psychology or social engineering and does more damage in a day (to paraphrase Q) than 007 would do in a year before their first cup of Earl Gray. All by simply knowing how to use a laptop to get inside of folks heads and mess with them.

THE NEW ZEALAND INITIATIVE was launched in 2012 after the merger of the Business Roundtable and the New Zealand Institute with an agenda of promoting pro-market economic and social policy. It calls itself a nonpartisan think tank which means it changes spot as opportunity presents itself. Basically, equal opportunity nepotism. During covid strongly NZI backed compulsory vaccination. Post 2020 it now claims, in the lead up to an election, the government overstepped it's authority. NZI is the king of gas lighting.

TRANSHUMANISM Outside the polarising and repugnant world where the issue is just legitimizing homophobia, trans-humanism has important legal issues. Namely regarding the legal issue of defining human rights. The issue here is summed up during the abolishment of slavery and slaves (formerly recognised as chattels were given rights), in the USA. This is when an opportunist politician and corporate monopolist Roscoe Conkling manipulated the Fourteenth Amendment and said legal protections granted to people should also apply to corporations. In a sane world where people acted and talked to each other as adults, we would jointly look to find ways in which existing rights aimed to protect the Trans community are not manipulated for commercial exploitation, Conkling style, by the introduction of new genders and identity laws not covered in the preexisting charters and treaties. But we will probably just have a reactionary left right childish toxic bun fight instead as we argue over whether it was a good idea for Kiwi Banks to make a transgender Kiwi of the year. All the while no one, especially the corporate media, asked Kiwi bank how much money they have invested in Credit Suisse exactly?

VOICE OF FREEDOM aka Trumpalooza. A MOCKTIVI\$M movement which seeks to induce a cascade effect for team BLUE PILL in the vein Labour (RED PILL) gaslighted the Anti TPPA movement (and remember it was Labour who introduced the TPPA to begin with). Most VOF are like most anti TPPA normal citizens who love their country. Sadly, the same cannot be said for the manipulative leadership of either hijacked issue.

ZAMPOLIT ZOMBIES Those sleepwalking 'Awake' and 'Woke' fools who think they need a leader to vote for. Aka a lynch mob easily manipulated by tribal narrow mindedness. Yet if no one follows no one rules. And who needs a leader anyway when what we really need is community. Time for an evolution not a revolution, which is just repeating the same old toxic cycle.

ZEALANDIA Another local issue of immense importance which no one pays attention to as we bicker amongst ourselves on issues excessively influenced by folk not actually living in Aotearoa New Zealand.

2008: NZ extended the Economic Exclusion Zone from 200km around New Zealand to an area reaching from the Deep Sub Antarctic to the Tongan Continental shelf and halfway to Chile and Australia. 94% of Aotearoa now under water.

2017: The above area is recognised internationally as a new continent called Zealandia. Zealandia has one of the highest concentrations of rare minerals and metals on the planet and is worth trillions. This fact has massive social political ramifications for this country. Yet no politicians, left or right, is talking about what this means for the average kiwis goal of having a roof over their head, food in their tum and ideally to live in a community where you don't feel disempowered. Are yah getting it yet?

By Ben Vidgen, BA Political Science

THE MAGIC OF HONEY

Bees go way back in our history. Poets have raved about them and people have worshipped them. They are special for their ability to communicate within their colony, navigate, and for their ability to read the seasons and pollinate fruit, flowers and vegetables, which we rely on to survive."

Tarren Ensbee loves his bees and works hard to keep them happy

In 1983 Warren, who was now living in Nelson, was given a swarm. Eventually his "hobby" became a full-time job. Today Warren has 40 hives all over Nelson and the West Coast producing a variety of quality bush and Manuka honey plus beech honeydew. This is in addition to Warren growing herbs which Warren uses in the 3C's Healing Ointment he and his partner, Nina Carpenter developed. Flavour is infused into these balms through the honey to provide hints of lavender, lemon balm, rosemary or sage. "Honey has amazing medicinal qualities" says Warren— who keep his his own hav fever under control through "the magic that occurs by eating honey" which Warren credits for "boosting his immunity to local allergens.'

ENZBEE herbal honey sells between \$5.50 and \$8, is great on toast and as a "pick-me-up", or used in drinks. Warren also sells bush honeys, but does not blend these, preferring "to keep them separate so people can taste the distinct flavours". ENZBEE honey comes in glass jars which Warren is happy to accept for recycling. Warren invites all who pass his stall to stop and taste "the best honey in Nelson."

Warren can be located at the Farmer's Market (held at Kirby Lane 105 Bridge Street Nelson), on a Wednesday, the Motueka markets on a Sunday and the Nelson Markets at Montgomery Square on a Saturday.

♀ ENZBEE Honey & Herbs, NELSON **3** 545 6288

Le Café

hot too.

ensure freshness.

classic cuisines.

dietary requirements.



And its not just the food that

sizzle at Le Cafe. Our Live music is

e Café make a point of using seasonal

produce locally made, farmed, grown,

caught. Whenever possible Le Cafe

sources spray free, free range organic food.

Special focus on fresh locally landed,

hand selected fish to minimize transport and

Within that frame we intend to remain

transparent in our approach by writing

simple menus that reflect the traditions of

Send us an e-mail about the current

menus as they are frequently changed! We

can tailor make most things to suit your

A MODERN TAKE ON SUPERFOODS

Revite Cafe creates an increasing range of nutritious, plant-based food, at a democratic price. Come visit us in the arcade by New World in sunny Motueka for vegan, vegetarian, and allergy friendly fare inspired by the ancient principles of Ayurveda and with a modern take on superfoods.

ARM FRESH: Healthy soil creates delicious, nutritious produce and we are proud to support local organic farmers, such as Vedic Organics, as much as possible. The basis principals of our menu are to use fresh, locally sourced ingredients and to

avoid overly processed food.
D'HONDT AND SONS SUPER FOODS: Revite Cafe is the home of local superfoods business D'Hondt and Sons.

For over 10 years Michel D'Hondt has been researching how best to get nutrients into our diet. His answer to has been to develop a range of nutrient a range of nutrient rich fermented superfoods, such as turmeric, ginger, pollen and chili which are stored in honey and salt. Check out our hemp milk chai, using bio-fermented turmeric and ginger a range of nutrient rich fermented superfoods, such as turmeric, ginger, pollen and chili which are stored in honey and salt. Check out our hemp milk chai, using bio-fermented turmeric and ginger in raw Nelson honey, or our wellness tea, with fermented cayenne, ginger and turmeric root.

Revite Cafe is a venue for a diverse range of community events such as our monthly art exhibition, open acoustic music evenings, DJ events, workshop and speakers.

Dine-in or takeaway for all. Check our website for our Summer hours.

- ⊙ Open 7 days, 9am 5pm
- **♀** In the Arcade @ 265 High Street, MOTUEKA
- **3** 528 7840
- Visit us on Facebook and Instagram
- revite.nz



LE CAFÉ

SOME OF OUR UPCOMING GIGS

HOLLIE SMITH, NZ SOLO TOUR

NOVEMBER 17/9

JUN SANDEKS & BAND, UK/NZ

BEN SALTER, AUSTRALIA (DELANEY'S MATE)

GOOD HABITS UK

FEBRUARY 2

BIDIBIDS, AFTERNOON/KOHA SHOW

FEBRUARY 4 **MISHRA**

FERRUARY 17

SHAUN KIRK, AUSTRALIA

This list is incomplete so visit our Facebook and Instagram pages for updates

- **⊙** Open 7 Days
- **♀** 12-14 London Quay, PICTON
- 03 573 5588
- Visit us on Facebook and Instagram
- lecafepicton.co.nz

ABEL TASMAN



HOTEL MOTUEKA:

The Hotel Motueka doesn't have it all. For example it has no yuppies, wowsers or wet blankets. It doesn't serve Quiche and Vegans probably will be offended. It does however have great pub food, live music with a legendary Sunday Jam session. It has pokies, pool tables, darts and other sporting and streamed events. It's got awesome wines & cold beer. It' has excellent pub accommodation at affordable prices. Our staff don't bite (that often... and if they do you probably had it coming) and the locals are friendly and welcoming. And most importantly it has a Vincent - one third The Gentlemen, one third The Minder and one Third Harry's Bar. In short the Hotel Motueka is an old school bar big on service, big on character and big in heart. So come on down and visit us - there alway's always plenty of room at the Hotel Motueka.

- **♀** 77 High Street, MOTUEKA 0800 400 600
- Scan the QR code to visit us on Facebook



ECLECTIC ANTIQUES CENTRE:

an important part of the 'Hardy Street Quarter' (a mixture of boutique local businesses, art shops, wine bar, restaurants). Ecletic id famous for its stunning window displays that always show off a mixture of furniture, china, glassware, jewellery, vintage clothing, rustic and industrial curios, from many eras just to name a few. Eccletic's rabbit warren of so many eras is treasure sourced through the front door from local Nelsonians, auctions ,estate sales, and also stock picked from America. The shop focuses on the interesting and unusual to constantly replenish the shop collection and update the front window. Eclectic antique Centre has become a popular destination stop for tourists ,collectors ,connoisseurs ,interior designers and bargain hunters

TOP PRICES PAID FOR GOLD & SILVER. Estate jewellery, worn out and broken gold pieces of jewellery.

- **Q** 254 Hardy St, NELSON
- 03 548 3940
- Scan the QR code to visit our website



ATLANTIS BACKPACKERS:

Atlantis Backpackers is a few minutes walk from Picton Waterfront a lively, lovely, little lodge that caters to the needs of the adventurous soul (without burning you) with a genuine care and passion for travelers and their guest. Atlantis is proud to cater to the multitude of travelers who come to visit the marvels of Marlborough. It offers dorm beds to private doubles and twin rooms and delightfully retro two bedroom motel units. Atlantis offers an extensive range of home comforts. Free breakfast, free dessert, free movies and free pick up from the Ferry. They also provide an extensive range of bookings for the wonders that are available exclusively to this magic corner of New Zealand.

- **♀** London Quay 42, PICTON
- **0800 423 676**
- Scan the QR code to visit our website





DEADLINE

REPORT

WITH INVESTIGATIVE RESEACHER & AUTHOR

BEN VIDGEN+ GUESTS

EVERY SUNDAY 1PM



FreshFM represents the many voices of our community. We provide a plotform for people to have a voice and to reach their communities. We are a chantitable trust funded by grants, donoctions and spansarship. You can get involved by making a radio show, sponsoring a show or donating. Interested in making a radio show? Talk to one of our friendly staff members! Interested in making a radio show? Talk to one of our friendly staff members! To make a donation, make a county deposit to Niss 33546 043443 000. Thank you! To sponsor a show, discuss your options with Mart, Pania or Chrisaie To sponsor a show, discuss your options with Mart, Pania or Chrisaie

THE DEADLINE REPORT AIRS SUNDAY
AFTERNOONS AT 1:00PM AND REPLAY'S
FRIDAY NIGHTS AT 7.00PM

FRESHFM IS A COMMUNITY ACCESS
STATION, PRODUCING CONTENT MADE
BY, FOR AND ABOUT PEOPLE ACROSS TE
TAUIHU THE TOP OF THE SOUTH.

Our programme makers are passionate people who give their own time to make radio programmes that reflect the life stream of our community.

Some of our great shows include:

THE DEADLINE REPORT - Ben Vidgen Investigates: Investigative journalist and author Ben Vidgen's show offers quality alternative media backed by quality documented information on the issues not hitting the headlines, but that should be. A double shot of reality, always educational if never pretty.

The Deadline Report airs Sunday afternoons at 1.00pm and replays Friday nights at 7.00pm.

equal. There are some under privileged films that weren't fortunate enough to get decent funding, talented cast and crew, or a coherent story. People call these films "bad films". But can a film be truly bad? It's not the film's fault. It's a label society has put on these films.

Go on a Rad Bad Films dumpster dive with Blenheim comedy duo Chris Lippiatt and Todd Hopkins, every Friday at 6.00pm.

WHAT MY MUM DIDN'T TELL ME: Julie Allain is 33, French and not ready to be called Madame. Finding herself uneducated in what it means to be a woman, she seeks out caring, honest people to share their knowledge with her - to tell her what her Mum didn't tell her.

What My Mum Didn't Tell Me airs on FreshFM at 3.00pm every Sunday with a new episode every fortnight.

LISTEN TO FRESHFM VIA OUR WEBSITE FRESHFMN.NET, DOWNLOAD THE ACCESSMEDIA APP, OR LISTEN TO PODCASTS OF OUR SHOWS ANYTIME VIA YOUR FAVOURITE PODCASTING APP.

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arrrr me hearties, I be (aptain (ornflakes – the corniest, flakiest space pirate ever to sail



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