UC GO CANTERBURY

2020 Yearbook











Messages

Advice

Organise your flat group early in the year so you're not rushed later!

Plan ahead, give everything a go, join clubs (& actually go to the events), make new friends, look after yourself, revise early, stay positive, take breaks, go to lectures, study hard, play hard, ask your mum to send you baking

– Steph Maritz

Hard work but have fun – Josh Bedonia

Set up rosters and systems before you get into your flat!

– Georgia Ford

Understand how you learn and use that to your advantage when studying.

Learn to cook! It's not too late to do so, and you might find that you enjoy it so much that you won't mind cooking for your flatmates all the time

- William Huang
- Study tip Keep a to do list for weekly assessments – or set reminders on your phone the day before it's due! Study tip -
- Prioritize the right things. Going out a night before a test is a horrible idea
- Life Hack Get a door hanging clothes rack, then hang it over your heater! This way the clothes don't touch the heater, and dry overnight!
 - Tiana Fisk

Don't fall behind on lectures, they're a pain to catch up on - Satwik Meravanage

Give every opportunity presented a try.

- Shae Townend
- Time management is extremely key! Make sure you have everything written down that is due so you can work methodically by getting you assignments and all that done in time!
- In terms of flatting get together a group of mates that you will enjoy living with! Make sure you apply for heaps of flats early and don't always count on getting the one you wanted, it is important to be flexible!

Get a decent can opener – Charlotte Duke

Know that everyone else is feeling as lost and overwhelmed as you are! Ask for help, say hi to strangers, energy drinks are a 'sometimes food', call your mum, join clubs at UC, make being part of Go Waitaha Canterbury a badge of honor! The greatest advantage you will have at UC is the GWC whanau and your Student Leaders! The funds towards your accommodation and the events are amazing, but it's the support and friendships you make in Go Waitaha Canterbury that will be the lasting legacy of your University of Canterbury experience. - Jarred Skelton

Go Canterbury Welcome



'It is what it is _(ツ)_/

William Huang

'Be part of something that's bigger than you, but better because of you'

Jarred

"To not dance when you had the Health and could hear the music could be the biggest regret of your life."



Sumner Beach Surfing Trip

February 11th and 12th



As part of the 2020 Go Canterbury cohort, I had an awesome opportunity to go to Sumner Beach for a surf.

In the morning, the weather didn't look very favorable for a surf trip as we loaded into the bus to headed to the beach. After a 30-minute drive we arrived at Sumner. Coming from Auckland I had not seen many South Island beaches, so it was quite different to what I was used to. Still with the grey weather overhead we played some beach cricket and frisbee, while we waited for the fish and chips to arrive and warm us up before venturing into the cold Canterbury sea. I also went and had a look around the Cave Rock which had all kinds of cool rock formations and tidal pools.

Shortly thereafter we got suited up and met our instructors to have a talk about the surf conditions. With a fairly strong onshore wind blowing the surf was quite small and messy (only .5-1.5ft), however I think this was actually in our favor as many of the students were beginners or had never been surfing before. Getting in, the water was chilly however I soon got used to it and my wetsuit helped retain some heat.

Most people were just paddling around and didn't have much confidence to start with but as soon as they saw the instructors getting up and catching some waves, everyone was having a go, most people only being able to stand for a short while before wiping out or diving in. I found that it was hard to stand because as soon as you caught the wave enough to be able to get into position it lost most of its power and it was hard to balance, however I still had a ton of fun!

After about an hour and a half I think most people were starting to get cold and tired from the hard paddling against the tide-pull, so shortly after that we headed in and got dry and warm, with a couple of brave souls heading back in for one last swim (without the wetsuits this time!)

Koa Nelson



UC Student 101 Workshop

February 13th



UC Student 101 happens a few days into the start of your university life at UC. Through attending Uni Hall information evenings, I had got the gist of what to expect from Uni and the 'shortcuts' behind navigating being a first-year student. However, I was still felt clueless as this experience was very new to me. Through the Student Leader run lecture, I received small bits of information that I would have heard about probably a few weeks into my course. Learning about printers, healthcare etc. can seem like a lot of boring admin, but trust me it really does help knowing these things before you start courses as they can be full on. To conclude, although short, the talk provided me with key information that helped kickstart my first few weeks here at UC.

Nikunj Patel

'Who wants to take the lead for this event?'



Explore Christchurch City

February 15th









Although the weather did not look too promising, we all departed from Uni Hall in the morning on one of 140 hired bikes to begin our tour of the centre of town.

We started the day cycling from Uni Hall to the Christchurch city centre, where we all grabbed some lunch from the Riverside Markets and ate it alongside the beautiful Avon River. From here it was thankfully only a short cycle to our next stop which was Tūranga, the amazing library in the square, and the Margaret Mahy playground. Here we enjoyed an ice-cream and also managed to get a few weird looks from parents for going down slides we were probably a little too old and big for.

Despite only one member of our group managing to come off their bike, we all made it safely to our last stop of the day. This was the world famous in Christchurch 'Antigua Boatsheds' on the Avon River. Here we got into kayaks (and the exception of one paddleboat) to paddle along and explore the river that runs alongside the Botanical gardens. With the sun now out, we had one last bike ride back to the halls, where we made it in time for dinner. It was an all-round fun day where we all became more familiar with our new city and other students that were part of the Go Canterbury whānau.

Julia Nicholson

Rangitata Rafting Trip

March 1st



I'm not going to lie, the thought of white water rafting initially scared me a lot. I spent the whole bus ride to Rangitata Gorge contemplating whether or not I should ride the grade 5 rapids.

After a two hour bus ride, we had arrived, and boy did my nerves kick in. I was lucky enough to have the best rafting guide and GC crew, that once I was in the raft all my nerves disappeared. The scenery was beyond beautiful and the adrenaline rush was like no other. While the rapids swept us away, massive waves attempted to swallow us whole. Seeing the pure joy and excitement on everyone's faces as we slashed into the waves and rushed down the water is something I'll never forget. The Go Canterbury leaders somehow managed to crash into a sharp rock and pop the side of their raft, so I guess you could say we all ended up being better rafters than them...

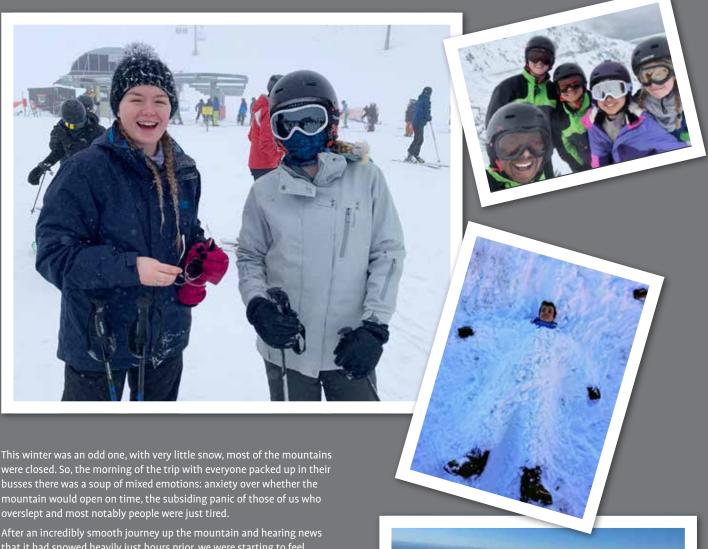
We finished the night with the warm sun on our backs while we ate our wonderfully cooked BBQ, before getting back on the bus to head home to Uni Hall. I'm so grateful Go Canterbury gave me the opportunity to experience something I would probably never do in my lifetime. It pushed me outside of my comfort zone and has become an experience I'll never forget. Saying I had fun would be an understatement. If I could, I'd do it all over again in a heartbeat.

Mikaela Young



Mt Hutt Ski Trip

August 8th and 9th



busses there was a soup of mixed emotions: anxiety over whether the mountain would open on time, the subsiding panic of those of us who

that it had snowed heavily just hours prior, we were starting to feel pretty excited. Once we finally got to the carpark of Mt Hutt any lingering doubts were supplanted by a strong eagerness to hit the slopes. The pros immediately shot up the ski lifts and came racing back down again with enough skill and confidence to impress everyone, even with the poor visibility. While the rest of us muddled around trying to remember how feet work. But, regardless of skill everyone was having the time of their

By the afternoon we'd all pretty much got the hang of our chosen method of descending the mountain and were sauntering down the slopes as elegantly as possible. The defining feature for me, at least of the afternoon, was the sky clearing giving way to one of the most spectacular views you can get in Canterbury. The white snow dotted with skiers with a backdrop of majestic mountains and the vast Canterbury Plains was really something to behold.

I think that skiing with Go Canterbury was one of the highlights of my year. It gave me the chance to hone a long dormant skill, see more of Canterbury, and produced a great feeling of camaraderie across the whole cohort. A truly ten out of ten day.

Stress Management and Wellbeing Workshop September 9th



This year Go Canterbury was fortunate enough to have the universities very own Spanky Moore speak at our mental health workshop. Spanky talked about mental health issues in an allencompassing way by talking about the "darkness" within us; this referred to any negative and self-defeating behaviours, so this workshop wasn't just exclusively about mental illness. He discussed mental health in an engaging environment that allowed us to discuss with one another and identify things that we do well to look after our mental health and find areas that each of us could work on.

Tips for looking after your own mental healthiness:

First of all, a disclaimer: I'm not a health professional, it's much worse than that, I'm an engineering student so this is just some general advice that shouldn't be taken too seriously. If you are experiencing any kind of mental illness or you think you need help, then you can go talk to the team at Student Care or book a free councillor's appointment at the Health Centre.

• Find your go-to person: Despite how much we might want to, none of us can do this whole life thing alone. We need people to help us, whether that's teachers helping us learn, mum or dad carting you to hospital when you've got a broken arm, or just a friend that you can vent to when people are rude at work. We don't always need the same person in every situation but it's good to have one or two go-to people when you really need to talk. Chances are you already have a go-to person, even if you haven't realised it. This is the person who you trust enough to talk to regardless of the situation, it

- can be the really serious stuff, or you could just want to talk about your day.
- Identify your patterns: All of us feel some kind of darkness from time to time and sometimes it can creep up on us without us even realising. It's important to figure out what you do or feel when you go dark as this can help you bounce back faster next time. You might notice that you get angry or irritable for no reason, you might 'punish' yourself by spending hours and hours on one task, you might start calling your go to person more often. Once you figure out a pattern, it's a lot easier to identify that you've gone dark and then you can take steps to come back to the light.
- Take some time to enjoy yourself: if you're feeling that darkness creeping in it's all too easy to just lock yourself away from the world and let the darkness grow. The best way to overcome the darkness is to commit to doing something fun. Go for coffee with a friend, go for a hike or a drive, or spend the afternoon at the beach. Just taking a little time for yourself or spending time

- with friends can go a long way to helping clear out any darkness that you might be feeling.
- · Let go of grief: there's a common misconception about grief, and that is that it's reserved exclusively for loss of a loved one. This just isn't true; grief is simply about loss. You can experience grief over failing a paper, having someone walk out of your life, loosing months' worth of time during quarantine or not being able to travel to see your family. You have a right to grieve all of these things and you definitely should take the time to do that. You know the expression 'the straw that broke the camel's back?' Well that can definitely be applied to grief; by not letting go of all those seemingly minute grievances, you'll end up just building up and up and up until you reach your breaking point.

Everyone deals with grief differently and it's good to have some ideas about how you can let go of your grief and celebrate your failure – personally, I'm a big fan of sitting down and having a phat cry with a friend, a Movie and a lot of junk food.

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Port Hills Trip

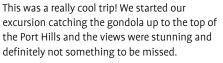
October 3rd











The gondola ride according to Matty was 9 min and 11 seconds so we had to double check and we actually got up in 6 minutes. Matty said it's because they had a head wind. We got to experience the time tunnel which if you have the chance is a good extra to add into your next trip to the Port Hills.

We then meandered down to Lyttelton on what I think is the steepest path in all of Christchurch, a path whose effects were definitely felt the day after. After we got down to Lyttelton we explored the Saturday markets, go iced coffees to combat the heat of the day and looked at the amazing stalls while listening to live music for some incredible musicians.

Then we got the donuts and they are 'THE DONUTS', the best in Christchurch and filled with creamy goodness and delicious toppings. The trip ended shortly after the markets closed at 1pm and we caught busses back to the university.

This trip was definitely not one to be missed and was a great break from the busy university life for half a day.



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Flatting 101



'It's a balsamic reduction... What did they take away from it, its family?'

Simon Charman



'You never know till you try'

Tiana



Farewell

19th October



Recommendations

Chopsticks is the best for cheap yummy food and B.Y.O.!

Other than the classics (Mt Hutt, Sumner, Hagley etc), the **botanical gardens** are aways nice, also ice skating (\$12 student nights on Wednesday nights), mini golf, mountain biking (Port Hills) – Steph Maritz

Captain Ben's Fish n Chips and Velvet Burger at Port Hills – Josh Bedonia Copenhagen Bakery, Zyka Indian Cusine!

– Georgia Ford

New Brighton Hot pools, **Zyka, Velvet Burger** is great for BYO's!!!

Sal's Pizza is the bomb, Ice skating is also a really good time – Tiana Fisk

Bush Inn is a 20-minute walk from Uni Hall, where there's Pizza Hut, Carl's Jr., Burger Fuel, and heaps more. There's **Zyka Indian** down Ilam Rd that do a real good lunch deal and

student deals for dinner. But as a student, you can't go wrong with the 10-minute walk to **Dominos Pizza!**– Satwik Meravanage

Velvet Burger Lots of options and really good fries, by Riccarton Mall.
Go visit the Botanical
Gardens in Hagley Park – it's stunning and has amazing coffee at the café, and by far the best carrot cake I have ever had. Go visit the Port Hills at sunset – Looking over Lyttelton and the Canterbury Plains, you want

to be up there with at least 30 min to spare. Head out to **New Brighton** – really nice long beach with a beautiful pier and markets on Saturday's. Try going to the **ice-skating rink** – fun evening with friends and just a good break from uni pressures. – Shae Townend **Lyttelton**'s a fun place to

Lyttelton's a fun place to have a wander, try paying the time ball station a visit (it drops at 13:00). Bottle Lake Forest Park, on the north part of Christchurch, is a great place to do a bit of mountain biking and caters to beginners. Try doing some walks in the **Port Hills**, I'd especially recommend driving up there at night with some friends. The view is great! **Happy Kitchen** and the **AFG** are both great, affordable restaurants close to campus. – Henry Chapman

Riverside Markets, on Oxford Terrace in the city, are awesome! They're a flash place to take your mum and dad when they come to visit.

Student Leaders

Akaroa

Student Leader: **Briana Smith**

Despite a rough year with lockdowns and online uni, the Akaroa team really made the most everything on offer and were an amazing cohort, which made for a super fun year. Throughout the year we have had a number of experiences together, including first getting to know each other through a picnic on the C block lawn, group dinners and heaps of planned cool events.

Some highlights of the year for me would definitely have been our dinner at the local go-to restaurant Zyka, the surfing lessons in Sumner and the bike tour around Christchurch city where I was able to get to know this amazing group of first years. We were so fortunate to have had the amazing opportunities that we did and meet so many awesome people.

Thanks for being a great team, I wish you the best of luck for your future endeavors and I hope you keep making the most of everything that Christchurch has to offer! Hopefully 2021 will treat you better than this year has but nevertheless I hope you look back on your time in Go Canterbury with fond memories!

Hanmer Springs

Student Leader: Georgia Ford

Hanmer Springs' 2020 experience can really be described much like the town itself... lots of thrillseeking activities, plenty of coffee's and for a decent portion of the year, a bit empty and vacant.

Despite all that COVID threw at Hanmer Springs this year, all the students still managed to get involved and have fun, sometimes in unconventional ways.

Starting off in Term One with lots of whole cohort activities, we eventually had a group coffee date together at LB & Co just before everyone had to head back home for lockdown. Our interactions during this time consisted of a few phone calls from me to check their families were not driving them too crazy and some games nights where we chatted on discord and played scribblio, psych and cards against humanity!

Post lock-down we had another coffee catch up at LB & Co and participated in the Foundry Quiz night.

To top off the year Hanmer Springs went to the student local, Zyka, for some yummy Indian cuisine!

Going along with the foody theme of Hanmer Springs' year, we also had a few group dinners throughout semesters one and two at the dining hall, where we got to catch up and discuss what sort of events we wanted to do, of which most were unfortunately thwarted by COVID.

It has been so lovely to have such a great group of students in Hanmer Springs in my last year with Go Canterbury! You guys have been so positive and resilient and still managed to immerse yourself in the program, despite all the year that has been 2020. I am excited to see where you all go in the future!

Kaikoura

Student Leader: Matty McGuire

UC Kaikoura has flourished this year into a group of young, mature Go Cantabrians. I have had the absolute pleasure of being Ashan, Cam, Kate, Jackson, Tiana, Ben, Tom, Stanley, Megan, Lachlan and Bruin's leader for the year and have loved every minute of it!

After the first session I could tell this group was special. Everyone was chatting away as we toured around the University, having a laugh and sharing who we were. With a basis of understanding for all people in our group, the first term went ahead smoothly, with surfing and rafting trips being the highlights.

Just as the next term was about to kick off with a whole bunch of exciting events... COVID hit us. This was a little bit of a speedbump in our journey as UC Kaikoura, however we all managed during the lockdown and came out strong as ever in the second semester.

The second semester was a great chance for us to re kindle, not only as UC Kaikoura, but as a whole Go Canterbury cohort and proved to be quite an exciting semester. The skiing trip, along with a few workshops provided an insightful yet exhilarating Term 3.

With the end in sight now, it does sadden me to see everyone progress on into their second year. It has been an amazing experience with ups and downs, however, as always come back to the core roots of what it means to be in the programme. We have experienced the greater Christchurch, formed some strong friendships and managed to get through the first year of University. It has been a pleasure UC Kaikoura, do yourselves proud. Chur.

Little River

Student Leader: Felix Mendonca

2020 has been a strange year for all of us. For us in Little River, it began in the Rehua building with the Go Canterbury Welcome. As wild as it has been this year, it has been a great one and it has been an absolute treat to get to know this group of students.

Highlight of the year personally, was the white water rafting down the Rangitata Gorge. The sun and the river made for an absolute stunner of day, with no casualties and a bbg to finish the day. Other highlights included the ski trip and the surfing trip.

Over the plethora of trips, group catch ups, and seminars, we've gotten to know each other well. Even as turbulent as the year as been, I hope all of you continue your fantastic work and studies. The next few years are incredibly exciting and I wish everyone the

'If you don't plan your days, your days are going to plan you.'

Satwik Meravanage

Lyford

Student Leader: Satwik Meravanage

It's been an interesting year to say the least, but it has been an absolute blast getting to know all of the members of Lyford in 2020. From meeting you all at the GC Welcome on that sunny Christchurch day to shredding some ice down Mount Hutt, you've all contributed to filling my rocky year with such good memories. I hope that you know that I'm proud of you all for making it through the hectic rough patches you've had. Whether it be university or otherwise, it hasn't been an easy ride for anyone. So, a massive pat on the back from me!

I'm terrible at goodbyes so let's not call it that. I'll see you guys again I'm sure. Until then, keep at it. Keep making new friends, new experiences, and new memories. As always, I'm always keen for a chat. I hope you guys go well with everything as you head into your second year at UC.

Lyttelton

Student Leader: **Harrison Leach**

It has definitely been an interesting year, with all the drama and action that 2020 had to offer, I have really enjoyed getting to know an awesome group of first-year students throughout this year.

For the first four weeks getting to know my students face to face was fantastic! From a picnic with a tour around campus to going white water rafting, we had an absolute blast. Of course, COVID decided to come in and ruin the fun but we all stayed in touch over the course of lockdown, running Facebook competitions with cool prizes up for grabs. After lockdown we were fortunate enough to have a curry night and devoured many naans. The ski trip was brilliant with us getting up Mount Hutt to shred that gorgeous powder, I will admit though I did struggle to recognize everyone on the mountain with all their ski gears on!

To wrap it up, it has been one heck of a year, I would like to thank you all for staying keen on the program before, during and after lockdown. I have really enjoyed to get to know each member of the Lyttelton members and cannot wait to see you around uni studying hard (hopefully). I bid you good luck with your journey through uni and hope you have enjoyed and will look back on your first year in the Halls with good memories.

Methven

Student Leader: Conor Fuller

Elliot Rennison, Fergus Matla, Grace Hughes, Harry McCadden, Jack Chu, Josh Corry, Katie Gover, Lucas Smith, Madeline Anderson, Mikaela Yung, Sam McManus, Taua Heather, Conor Fuller.

The Methven team kicked things off at the Go Canterbury Welcome by accidentally poaching Shae's meeting area, and playing some games to get to know our team better. We went on a tour around the campus to get some bearings before making our way back to Uni Hall before dinner.

Not long after the welcome was the surfing trip at Sumner and what a killer day that was. The sun was bright and hot and the waves were cruisy and big, an absolutely stellar way to kick of the events.

Not slowing down the pace we had one of my favourite events the Rangitata Rafting soon after. With water raging so hard a section had to be closed, it was an action-packed day with rafts being flipped, popped, and lost. A good time spent with everyone through and through, and one of our own even won the photo competition! (I may be the one who picks the winners for that, but I swear I wasn't biased).

Then just as we were going to pump the gas even more Covid hit us like a truck, the Crusaders game (that we would have won) disappeared along with all events in the foreseeable future. Not trying to let this dissuade us we kept up the contact, chucked up some games on FB to do over the break and then after lockdown had been and gone the ski trip was just around the corner.

Now this was without a doubt my favourite trip of the year, the snow was pristine and the weather just as great. I got to go on a few really awesome runs, carving up the slopes with you guys and had a great lunch. That day ended with a lot of tired souls and some good stories, but the year was not over yet, not by a long shot.

The bowling night and the Lyttleton trip were the last things to do on our list before calling it a year. Lyttleton was actually the other choice for our group name but in the end I'm glad this group is what it is, because this year would not been as superb as it was without you guys, you've been an amazing team and I've really appreciated being your leader and hope that you continue to enjoy your next few years in Canterbury and studying at UC.

Mt Cook

Student Leader: Shae Townend

Finally, the year is over, and you have made it through your first year at university, well done. We have had some amazing experiences as a group like white water rafting kayaking down the Avon, skiing and more. Despite all that COVID threw at us we pushed through and came out the other side. Your energy and excitement were contagious all year round and I was lucking to have a group like you. Despite the turbulent year we have manages to do some awesome events and trip which I hope this group will remember fondly. I'm glad that despite COVID we manage to show you a smig of what canterbury has to offer and I hope next year you take the opportunity to explore more and discovere more of what the South Island has to offer. I wish you all luck in your 2^{nd} 3^{rd} 4^{th} years and postgrad years if you choose to spend even longer at uni. You have all settled into uni so well there not much need for a mentor now, but I'll always be happy to hear how you all are doing and what you get up to in you future paths. Good luck next year.

Sumner

Student Leader: Steph Maritz

What a fantastic year it has been for the Sumner team!

The year kicked off to a great start with surfing at Sumner, biking around the city, rafting down Rangitata and even cleaning up at quiz night! Term 2 was not quite how anyone expected it to be with COVID-19 ensuring everyone was locked up indoors being unable to do all the epic events we had planned. But the Sumner team did not let that dampen our spirits - we stayed in touch over the almighty messenger and participated in many of the challenges posted on the Go Canterbury Facebook page (and even won some too!). Term 3, just like level 1, could not have come fast enough. Everyone was eager to get back to 'normal' life where you could attend lectures in person and sneeze without getting 101 glances from the people around you. Semester 2 was a busy one but needless to say, fun! With skiing at Mount Hutt (or wiping out for some, *cough Josh) attending flatting and mental health workshops and watching the odd movie, the Sumner team were back in action. Let's not forget about the uni hall dinners - the company and conversations we had were beyond great, the uni hall food maybe not so much lol.

With only a couple of events still to come and the end of year exams fast approaching, the year is slowly starting to wrap up. I have thoroughly enjoyed being your Go Canterbury leader and have loved getting to know each one of you. You are honestly the coolest bunch and I look forward to seeing what you all get up to in the years to come! If you see me around campus or just want a yarn with someone, don't be shy to yell out. All the best team!

Tekapo

Student Leader: Charlotte Duke

Our group got off to a great start to the year; all the enthusiasm you guys brought to the surfing, explore Christchurch and the rafting trip made the first term of the year one to remember and I'm so grateful that you guys got to enjoy those experiences.

COVID-19 threw a real curveball at everyone at UC but most of all the first years. You guys have done such an amazing job of adjusting during the lockdown (and for putting up with my lockdown spam). Even coming off the back of lockdown, there was still a lot of adjusting to do and you guys handled it like champions.

I don't think any of us could have anticipated all the crazy times 2020 had lined up for us and I know that your first year of uni probably hasn't been as exciting as you'd hoped. The time that I spent with you guys has been amazing and your enthusiasm at all points of the year has made it worth it. I'm glad that I had the opportunity to be your leader and help you guys navigate such a weird year. Thank you all for being such a positive group through all the ups and downs; if this year is any indication, you guys will be able to achieve anything you put your mind to in your life.

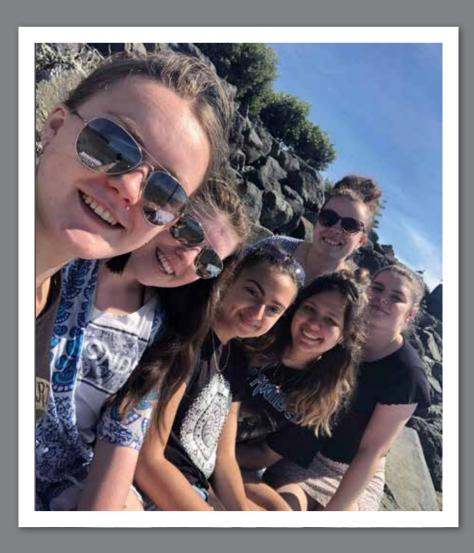
Twizel

Student Leader: Poppy Holmes

Go Canterbury Group Blurb Twizel 2020 was a difficult year for Go Canterbury but group Twizel still managed to really make the most of it. Our events either side of lockdown were hits with the whole group and we had almost 100% attendance at all our big trips! This meant that even though lockdown got in the way of some of our time together the group as a whole still got to get out and about and explore a lot of what Canterbury has to offer. A standout trip, as expected, was the ski trip where the whole group got to go up the mountain and have a turn in the snow. Skiing is one of my favourite parts about going to university in Christchurch so it was awesome to be able to share this with the first year students, especially as a lot of them had never tried before. Overall it ended up being a fantastic year in our group and I really hope that our students feel like they made the most of the year and had heaps of fun, regardless of the obstacles we had in our way!

'Be part of something that's bigger than you, but better because of you'

Jarred



'If this year is any indication, you are strong, you are brave, you are valued and you can achieve anything with a little bit of mahi and perseverance.'

Charlotte Duke