

# HARD WORK PAYS OFF

## A LIFESTYLE CAREER AT SEA writer PETER WHITE photographer LUKE MARSHALL

**“The best thing about working for Sealord is the people you meet every trip and interacting with others. I also like gaining leadership roles,” says MIRIAMA BARLOW.**

Miriama, 23, is a trimmer on board Sealord’s vessel Ocean Dawn. She loves working the six weeks at sea – six weeks at home roster she is on.

“It is hard work. We do eight hours on – eight hours off, around the clock when we are at sea. It is great for saving money because you are not spending money at sea, which is a big bonus for us.

“And the six weeks off is amazing – it is probably my favourite thing about being on the boat. It is about planning ahead when you are at sea and knowing what you want to do when you get off. I like to go to the gym when I am home because you have to be fit to do my job – we are lifting trays of fish all the time we are out there.”

Miriama went to Rodney College on Auckland’s North Shore. She admits she did not enjoy her time

at school as much as she would have liked and left in Year 12. Her favourite subjects were Art and PE.

After leaving school, she shifted to Nelson to stay with her dad and applied for many jobs. Sealord was the only company to offer her a role, so at the age of 18 she joined up and went on her first deep sea fishing trip.

She has loved it ever since.

“The thing with Sealord is they always look after the crew and they listen to the things we want to change – they are very welcoming.

“We usually go down the west coast of the South Island, down to the Auckland Islands. The species we mainly catch are hoki, ling, squid and sometimes orange roughy.”

Miriama started as a packer on the factory line on her first voyage.

“I was just learning the flow of what goes on in the factory. I have not been on deck yet and it is not something I am interested in. I am a trimmer now,

so I make sure there is no bone going through in the fillets and that the fillets are graded properly.

“There are three grades going up the scale for workers. You start as a trainee, then you get boosted to C grade, then B grade and I am currently A grade. I worked really hard for that. Next you can train to be a supervisor or a factory manager – one day I would like to gain one of those roles.”

There are challenges to deal with when you first go to sea. Miriama’s advice to school leavers keen to join Sealord is to listen, follow instructions, work hard and be a team player.

“The big thing is to make sure you are fit enough to handle the work and be willing to put in the hard mahi to get the treats.”



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MIRIAMA BARLOW

### KEY FACTS



- **MIRIAMA BARLOW** IS A TRIMMER FOR **SEALORD**, WORKING ON BOARD THE FREEZER FACTORY BOAT **OCEAN DAWN**.
- THE SPECIES THEY MAINLY CATCH ARE **HOKI, LING, SQUID** AND SOMETIMES **ORANGE ROUGHY**.
- **MIRIAMA** RECOMMENDS A CAREER AT SEA FOR SCHOOL LEAVERS SAYING THAT THE BIG THING IS TO MAKE SURE YOU ARE FIT ENOUGH TO HANDLE THE WORK AND BE WILLING TO PUT IN THE HARD MAHI TO GET THE REWARDS.



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