

blitz
weekly from the **ABC**

weekly from the **ABC**

March 12 - March 16 2007 51 W3

Beautiful Beaches
Outback Assist

The Way of the Greenie

The Tomato Wars

Dynasties and Dumplings;
Exploring Xian



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EDITORS LETTER

We all know that Blitz can be used for sitting on when the grass is wet, or for holding above your head when it's raining. However, this week's Blitz can be used for so much more than that, because this week is the moving Blitz. Read it while you're on the move. It's about moving in every sense, motivation, travelling, moving emotionally, physically or mentally.

Along this theme we have several travel and adventure articles. A piece on international volunteering answers the very vexing question, "Why You Should Poo in a Hole". Ana has written a review with info on local beaches for your leisure convenience; why not read it at the beach? Carissa has written a piece of travel creative non-fiction about Xian in central China. To compliment the moving theme, Carissa has written about healthy ways to move on from a relationship. There are also articles on helping out in central Australia with Outback Assist, The Outdoor Club adventure in Tiger Snake Canyon, giveaways, reviews and much more.

Also check out the info on this week's free Roundhouse gig; Describe Eliza. Fusion magazine described Describe Eliza as "a perfect collaboration of electronic dance with a soulful voice and rhythmic beats."

Motion is a metaphor for what Blitz is about. It's about knowing what's going on, getting involved, networking, promoting your club and event or moving in the social scene. Blitz is not a complicated intellectual read, it's designed to be read on the bus or train, or while your going somewhere. It's meeting new people, generating new ideas and moving into a larger world that will make your university life great. Read Blitz while on the move and use it to slingshot you into campus life. Think of it in terms of physics, if matter is energy, then it's motion that gives you substance.

Enjoy Week 3
Alex Serpo

Blitz Magazine

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Blitz is published weekly by Arc @ UNSW. The views expressed herein are not necessarily the views of Arc, unless explicitly stated. The Arc accepts no responsibility for the accuracy of any of the opinions or information contained in this issue of Blitz. Any complaints should be sent to the Publications Manager, PO Box 173 Kingsford NSW 2032.

CONTENTS

6 BEAUTIFUL BEACHES

8 Outback Assist

14 The Way of the Greenie

15 the tomato wars

16 *Dynasties and Dumplings; Exploring Xian*

3 EDITOR'S LETTER

4 CHAIR'S LETTER

9 BAND INTERVIEW; DESCRIBE ELIZA

10 WHY YOU SHOULD POO IN A HOLE

11 LOST AND FOUND

12 WHAT'S ON

18 REVIEWS

19 MOVING ON

20 DANGER IN TIGER SNAKE CANYON

21 CARTOONS AND PUZZLES

22 CLASSIFIEDSV

23 VOX POPS



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Chair's Report

Hey everyone,

I hope you're settling well into uni this year. For many students, part of uni life is balancing your academic studies with paid employment and volunteering. Many students also live out of home. I live in a share house with three other girls, which is an absolute blast, but can lead to a pretty messy house – especially when we decide to have friends over!

Hopefully for most of you living out of home, it will be a pleasant and enjoyable experience. Unfortunately some students have had bad experiences, including problem real estate agents and landlords.

Luckily, if this ever does happen to you, the Arc has a Solicitor and Student Support Officers whose job is to help students out with all sorts of issues including any tenancy problems you might have.

The Arc's Solicitor and Student Support Officers can also help you with anything from criminal issues, parking fines, paying your bills, visa or Centrelink assistance, rent assistance or even representing you to the uni if you have any academic problems while you're studying.

Arc members can access the services of the Solicitor or Student Support Officers for free, either by calling the Arc Reception on 9385 7700 or visiting the Blockhouse or D Block on the COFA Campus.

The Arc also supports students through its Representative Council, who runs campaigns on students' rights, education and welfare and a whole range of other issues. If you're interested in getting involved with the Rep Council, or its campaigns, visit the Arc website www.arc.unsw.edu.au and head to the Representative Council section.

Applications close this week for one of the Arc's volunteering programs - Outback Assist. Outback Assist gives a group of volunteers the chance to aid an indigenous community and spend a period of time learning about the culture and way of life and assisting the community. The program is very popular, so I encourage you to get your application in ASAP.

If you're interested, you need to submit a CV and 150-word cover letter that outlines why you want to participate in the program and what specific skills and experience you could bring to the volunteer team. You need to email this to outbackassist@arc.unsw.edu.au. For more information on the program just visit the Arc website or pick up a student activities brochure from Arc Reception.

Enjoy your week!

Kate Bartlett
Chair of the Board



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Every generation should live better than the last

BEAUTIFUL



Zoning out in lectures? Daydreaming about sand between your toes? Has the cloud of assessments already begun its suffocating surge? Don't hyperventilate. You may need a time out; especially if your skin has taken on that lifeless colour as a result of hours locked away in the library and a highly anti-social nocturnal study schedule. Or for a much-needed escape and a great way to procrastinate, grab a few friends on a sunny day, your tutorial homework (this is highly optional) and head off to one of over 30 beaches less than an hour away from UNSW and Sydney's CBD.

COOGEE

If you're desperate for a glimpse of the ocean, hop on the 370 bus from High Street and find yourself there in less than 10 minutes! You could also walk, by following High Street onto Coogee Bay Road and arrive at Coogee in about 40 minutes. However be warned - Alexia, who moved to Coogee three years ago to study Fine Arts at COFA, stresses that while "the walk downhill is pleasant- the uphill walk is a killer."

Soak up the enticing views along the paved Coogee promenade and allow yourself to daydream about an eternal life on the beach. Resist the temptation to fling your heavy textbook over the headlands, but let the frustrations be swept away by the refreshing sea breeze and the soothing ocean water (albeit momentarily).

Unlike Sydney's more famous beaches, Coogee grants you the chance to feel like a local. You bump into familiar faces from uni who are lucky enough to actually label themselves natives of this cosy, but cosmopolitan beach. Keep this in mind if you are contemplating sunbaking in the most natural way, as it may result in a chance meeting and very awkward vivid flashbacks!

The food catalogue is quite broad. Upmarket tastes can be catered for, but I would opt for Café Yeeros opposite the beach, where you can order fish and chips and sip your coffee with a million dollar view but on a student budget.

For a bit more privacy you could make your way up the west cliffs, past the Virgin Mary shrine (created after people claimed to witness an apparition of Mary in January 2003), to explore the caves leading to Bronte. The ocean pool is also a favourite amongst locals, offering the depth and dynamic roll of the ocean without the risk of being caught in a rip or getting chewed on by a shark.

BONDI

If you have a few hours spare- and don't mind venturing further from uni, Bondi is not to be passed over. Bondi is Sydney's most famous beach, well-known all over the world for being well-known. Bondi is traditional Australian beach culture in a kilometre of golden sands. Although reputedly the oldest surf life saving club in the world, their members are not too old at all and great for a chat- when they're not busy saving lives!

Famous for its visiting international celebrities, Bondi attracts two kinds from all over the world: the voyeurs who love to stare and the exhibitionists who love to put on a show. Paris Hilton's recent rendezvous at Bondi separated the peepers from the posers. Top your day off with gelato from Pompei's, which was the only thing I could afford. Luckily this trendy gelato vendor reputedly sells the best gelato in Sydney.

If your energy levels are high, try hiking the Bondi to Coogee walk. This 3.5 km trek takes you through the "glamourama" of Tamarama beach, also renown for its celebrity residents, and through Bronte and the Waverley Cemetery. Along the cliff-faces you'll have sensational views of the Pacific, and after an hour of walking you'll feel like you've had an intimate encounter with the ocean.

Bondi is probably one of the harder beaches to get to by public transport from UNSW. Catch the 400 bus to Bondi Junction and from there catch the 389 bus to arrive there in about 40 minutes.

MANLY

Manly, named by Captain Arthur Phillip after the assertive and "manly" greeting of the Aboriginal people of the Cannalgal and Kayimai clans when he visited Port Jackson in 1788, is considered the jewel of the northern beaches. The best way to travel there is by taking the ferry from Wharf 3 at Circular Quay, departing every 30 minutes. For those of you who buy a purple travel pass, the ferry ride will incur no extra cost- which is always a bonus!

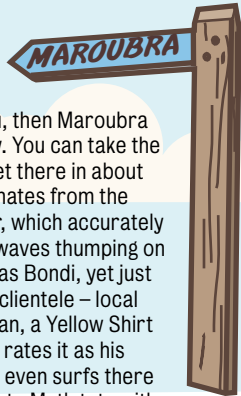
Thirty minutes on a ferry will give you a great new perspective on Sydney. Even as a local to this vibrant city, I couldn't help get excited alongside the Japanese tourists as the ferry cruised past the Harbour Bridge. I found myself edging to get that perfect coathanger shot. As the ferry pulls away from the harbour and you watch the city get smaller and disappear, the rest of the world seems to reveal itself, you are pleasantly reminded that there is more to life than lectures and tutorials.

The 10 km Spit Bridge to Manly walk will give your camera a work-out. And 10 km is plenty of time to stretch out those legs after hours of sitting studying! However, if you walk only when shopping, or prefer to purchase your stress away, then stroll along Manly's "Corso", an unbroken line of cafes and iconic Aussie pubs with enough variety to suit your mood or pocket. For a true blue Aussie snack, visit local legends Shakespeare's Pies supplier of the 2000 Sydney Olympics.

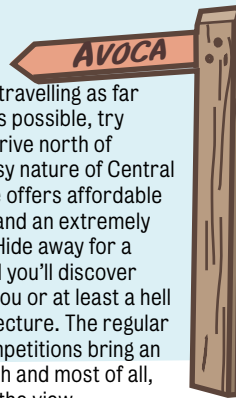
BEACHES



Bondi Beach



If it's surfing that moves you, then Maroubra Beach may tickle your fancy. You can take the 400 bus to Maroubra and get there in about 20 minutes. Maroubra originates from the Aboriginal word for thunder, which accurately embodies the sound of the waves thumping on the beach. Not as crowded as Bondi, yet just as famous for its notorious clientele – local gang "Bra Boys". Tony Whelan, a Yellow Shirt volunteer studying Science, rates it as his favourite beach. He says he even surfs there between lectures, "I turn up to Math tuts with sand in my hair, and people stare at me. But I don't care because I know that I look like I've had more fun than them."



And finally, if you feel like travelling as far away from your lecture as possible, try Avoca Beach - an hour's drive north of Sydney. Capturing the easy nature of Central Coast beaches, this place offers affordable student accommodation and an extremely carefree outlook on life. Hide away for a weekend at this place and you'll discover either that this life is for you or at least a hell of a lot better than your lecture. The regular iron-men and women competitions bring an air of festivity to the beach and most of all, they sure do compliment the view.

Lastly, if you really can't be bothered to make the trek anywhere - you could always join the sunbakers on Library Lawn and get your friends to splash water all over you. Remember to slip, slop, slap and swim between the flags. Never swim alone, and although tempting, never swim intoxicated. The beach is an escape but always remember you have a life to come back to.



Avoca Beach



Coogee Beach



Manly Beach



Into the Desert

The Outback Assist Volunteering Program

It's the middle of winter in the heart of the desert, when 15 city slickers from UNSW arrive in Ltyente Apurte, 70 km south-east of Alice Springs. For two weeks as part of the UNSW volunteer program Outback Assist, they assist the local Aboriginal community of 500 people, a former mission station known as St. Teresa.

This is a tough but incredibly fulfilling program. By raising funds for travel, planning the trip, organising workshops and learning from the community, volunteers gain invaluable project management, logistical and organisational skills. In its challenges, like sleeping in swags, limited showers and enduring the chilly desert cold, the volunteers realise the privilege of their city life, and discover their core resilience.

Speaking to them on their return reveals an outback experience that challenged their perspective of modern Aboriginal communities. The first impression of Andrew Johnson (aka. AJ), was a stark realisation of the disparity of living standards they experienced. "When you arrive, you immediately notice that this community is massively economically disadvantaged."

The ramifications of colonisation are brought to the forefront in Ltyente Apurte. They are a "dry community"- which means a community banned from alcohol, and grapple with many social problems such as low attendance rates at school and scarce medical resources.

While the volunteers may never know exactly what impact they've made to this community, they'll never forget the joy that they shared with Ltyente Apurte's children. Libby, a 2006 volunteer-turned-program coordinator nostalgically names each

child in the photos they brought back. Volunteering during the school holidays, Libby chuckles at the memory of being followed around by a group of young girls vying for her attention from the moment the sun goes up til dinner time. Volunteers run workshops and organise games for these children, but are often outshone by some talented kids who can kick a footy with a Wallaby's precision. Their skills are understandable. In the isolation of this outback station, their dusty footy field provides distraction from an unforgiving landscape.

Despite the footy and modern influences, the students were immersed in a society very much tied to their ancestral heritage. "It's very uplifting to witness in the community a strong desire to maintain their traditional culture," says AJ. The most significant cultural difference was probably the gender delegation of daily activities. Women-only volunteers worked alongside the local women in places like the Women's Health Centre, while the men kept a close-knit group on the construction sites.

But UNSW's female volunteers were also happy to challenge a few stereotypes while they were there, venturing into the male domain when they got involved in small construction projects. As they made shelves for the local pool house (that the volunteers helped to paint in 2006), they provided a unique sight for the community. Many young men took to having a shy peep inside the pool house, observing the talent of our UNSW students with a nail and hammer, whilst our students taught them a thing or two about Sydney's many do-it-yourself women.

The strength of the Outback Assist program comes from the ethos of its volunteers. Not just there to "have a sticky beak" says AJ, "Outback

Assist brings together people who are genuinely interested in their culture." He also stresses that this mindset promotes a positive image of city Australia to the bush.

Outback Assist is unique in its desire to promote cross-cultural dialogue. The interaction with the community is based on the belief that friendships can dispel misconceptions and that compassion will spark change.

Applicants must submit a CV and 150 word cover letter outlining why you would like to participate in the program and what specific skills and experience you could bring to the volunteer team. Applications must be submitted to outbackassist@arc.unsw.edu.au. An information session will be held at 2pm on Thursday March 8 in the Cougar Club Bar on Level 1 of the Roundhouse.

Applications for Outback Assist close 5pm Friday 16 March. Applications must be submitted to outbackassist@arc.unsw.edu.au.



Describe-ing

Eliza



On Wednesday of this week (14 March), Describe Eliza, a funky dance outfit from Melbourne will be bringing grooves to the Roundhouse from 5.30 to 6.30pm. Don't miss this great free live act. Alex Serpo sought description from band member Josh Jones.

How did your band get together?

It started with Eliza, who is the singer, and Johnno, who plays keys. They had been doing a rock thing which didn't really work out. They fell in love with the idea of doing an electronic dance thing, as they hadn't seen much of that around Australia. That led to the creation of an electronic/acoustic band that was live. Johnno did a few gigs with Lee who is the drummer, and I was studying with Lee at Box Hill TAFE.

Have you played much on the Melbourne musical scene?

Quite a bit. We started doing quite a number of residencies: at the Esplanade Hotel, the Evelyn in Fitzroy and the Vineyard in St. Kilda. Then we moved onto live shows, supporting international acts like Crazy Penis and Stereo MCs.

What was your musical vision?

It was pretty much to mix an electronic element with a live acoustic band. Our idea was to create a journey but also a real dance atmosphere at the same time, mixing v-drums, synth and all that with an acoustic bass and acoustic drum kit. Layering sounds to take people on a journey not only through the lyrics but also sonically.

Who are your musical influences?

They're pretty broad within the band. They range from Fat Freddy's Drop to Fear, there is also a huge Moloko and Massive Attack influence. Also crazy drum and bass like Pendulum and that sort of thing.

Who in your genre do you respect?

Moloko is a big one, because they have taken electronic and acoustic thing and done something with it in the UK. Bjork also, who creates a really intimate show and a journey within the set. In Sydney we are doing the Playground Weekender. There are bands like Fat Freddy's Drop, Incognito, !!! [pronounced shuc. shuc. shuc. - Ed]. It's inspiring to be on the same bill as those guys.

How would you describe the music you make?

A lot of people find us to be this dance and electronic act, and we see it that way. But we also see that there are a lot of intricate sounds and moments. Soul vocals with a dance/electronic hip-hop band, there are a lot of elements mixed up together.

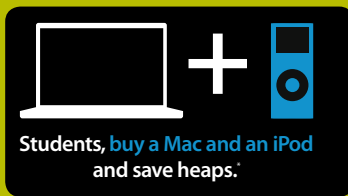
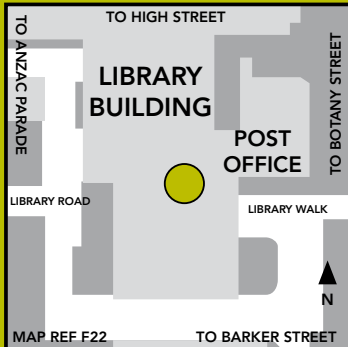
What can we expect from your gig at the Roundhouse?

I suspect there will be quite a few dancy numbers, we will be trying to get a party atmosphere happening. Also what we are really interested in is getting a journey happening. Sucking you in, so from the first song to the last song you are drawn in and you don't notice that it happens.



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WHY YOU SHOULD POO IN A HOLE!

Kirsten Cunningham

Living and working as a volunteer in a developing country definitely has its perks. Washing in bucket, eating guinea pigs and pooing in long drops becomes as normal as shooing the goats out of your little Ghanaian classroom. Hygiene, modesty and etiquette are tangible concepts. "Eric's [a local] topless granny is so funny. I walked in and she did not even care. We just introduced ourselves. Boobies and all," says Daniel Robberds, an Antipodeans Abroad volunteer who lived in Ghana for 3 months.

Volunteering in the developing world is a great way to get ahead in your degree, see the world and clock up some serious life experience. You'll feel great. It's a chance to make a valuable contribution to an impoverished community. And employers love it.

Mark Bennett, a university medical student decided to go on the UniBreak programme to India in between his second and third year. During this time he worked with a local non-government organisation sponsored medical unit, and performed check-ups on children. Each week he wrote a report on ways to improve children's health in the area with the limited resources available with the help of Will Heyward, a fellow volunteer from Melbourne University.

Mark is one of ten UniBreak students based in Pen, about 3 hours south of Mumbai on the west coast of India. The UniBreakers are spending between 4-12 weeks working in conjunction with a local non-government organisation to alleviate poverty in the area. Teaching English in tribal schools, assisting with AIDS health campaigns, child sponsorship project management, and working with medical professionals, are just some of the volunteer development internships available in Pen. "The work has been really fun. The feedback from the local organisation was really good. They are really happy to have us here, and we feel we are really contributing a lot" says Mark.

The Peace Village orphanage in Hanoi, Vietnam is another interesting UniBreak placement. Peace Village is an unbelievably happy place where you just want to cry. Volunteers work with children of various levels of disabilities, providing medical and social care. The classrooms are a riot of laughter and smiles. Chalk flies across the room. Drool covers the floor. Childish scrawl covers every inch of the blackboard. "You know you can't save the world by being here. But you can help the children lead the happiest life they can in the environment they live in, and really feel like you've done

something meaningful during your time away from study and work" says Lucy Watson, a volunteer in Vietnam.

A programme like the Antipodeans Abroad UniBreak placement is a great way for university students to maximise their tertiary holidays and gain some valuable work and life experience. It provides tailored volunteer internships that give you practical experience in your chosen field of study and in sustainable development. Perfect if you are a social work, nursing, arts, Spanish, Mandarin, French, construction, engineering or medical student looking for some crazy and fun practical experience.

Working with street kids in Ecuador, teaching English in Ghana, and working in construction co-operatives with local communities in Peru and Kenya are just some of the opportunities available to university students who want to do something extraordinary in the holidays.

For more information on the UniBreak Program check out www.antipodeans.com.au or phone (02) 94131432.

lost and found

Ana Gacis

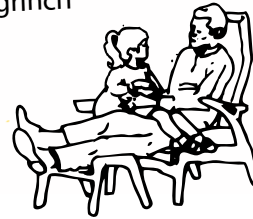
I have lost my wallet so many times. It's not that I'm forgetful. Maybe it's because having money to me is like having a disease. Once I've got it- I try to get rid of it. No, hang on - that's my excuse for always shopping. Maybe I'm just as lost as all those wallets.

I once I left my wallet on the 891 bus to uni during my first week of my second year. I left it on the only "bendy bus" that travels to UNSW all week. If it were any other bus - I could have just taken a 20 minute bus ride to the Maroubra depot and retrieved

it. Provided it wasn't stolen before I got there. But no, it was a "bendy bus", and these buses go all the way to Mona Vale. If you are unaware- that's an 1 and a half hours away from the city- by bus.

I didn't see that wallet again until mid-session break, after I finally coned my mother (the only woman in the world who would) to travel with me all that way on those queasy northern beaches roads. Just to retrieve a wallet that was probably empty by the time we got there. Imagine how dumbfounded I was when I discovered that the \$10 dollar note in my wallet was still there, after travelling 50 km up the coast and sitting in a bus depot for over a month.

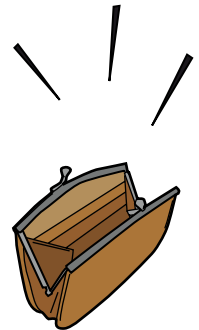
Amongst the multitude of ecstatic first years, my shoulders slumped and I must have looked like the O-Week grinch



I knew that I wouldn't be so lucky the next time around. So when I lost my wallet during O-Week this year, probably rushing to get another free guarana drink or to sign away my privacy to get a free USB, I prepared myself for the worst. My train pass, key card, licence and fresh UNSW student ID was probably in the hands of an identity thief posing as me.

I had visited every single stall in my hunt for free stuff- and I knew that in that sea of hundreds of people, I'd probably never see it again. I was screwed. In the multitude of ecstatic first years, my shoulders slumped and I must have looked like the O-Week Grinch. But my luck turned. I walked past a stall where I had

bought a badge- which was by then my only possession by reason of the fact that it was physically attached to me, and saw the owner waving my wallet at me. I have to thank the workers of the Resistance stall. You guys have proven that the world does not entirely suck after all.



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The Way of the Greenie

Cameron Little

Have you noticed the plaques that have popped up in the gardens around uni? If not, then this is the week to find out all about them! They make up part of the new UNSW Green Trail; a collaborative project involving students and staff from several UNSW faculties and from UNSW Facilities Management.

So, what is the Green Trail? The Green Trail is a series of environmental interpretive tours criss-crossing UNSW's Kensington Campus. The first of the trails is being launched on campus this week. Known as the 'Bushtucker Tour' it can be taken on foot or from your computer, and includes audio podcasts to provide you with expert guides for your

journey. On the tour you will find a collection of Australian native plants that have been used traditionally by the indigenous people of Australia for food or other significant purposes such as medicine and fibres.

Although the plants are 'bush tucker', be warned - don't eat them! While some might be ready to eat, others require extensive treatment to remove toxins, the poisonous aspect of the plant. So hungry college students looking for free snacks after a big night out should be very, very careful!

The Green Trail's Bushtucker Tour will be officially launched this Wednesday 14 March at 3pm with the help of special guest Peter Garrett, our local MP and ex-front man of band Midnight Oil. To help anyone interested in finding out more, there will also be free guided tours on offer all day. A map will be provided and guides will lead you on the walk around campus. Did I mention the free bush tucker taster snacks prepared by our expert Aboriginal educator and bush tucker chef?

Look out for us on the main walkway! Everyone is invited, but if you can't make it to the launch you can download the tour podcast via: www.environment.unsw.edu.au.

The free podcast also features info and sound grabs and stories that aren't on the plaques. On the launch day you will also be able to download the podcast from our special solar-powered download station at the Green Trail info booth and be in the running for some great prizes.

Keep your eyes peeled for more Green Trail info. If you would like to be trained up as a Green Trail Tour Guide then contact me, Cameron Little at the Environment Unit on environment@unsw.edu.au or ph 9385 6940. I will put you in touch with the students helping to launch this great new project.



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the tomato wars

Mayan Adler

In a small Spanish town in August each year, locals invite outsiders to help celebrate the end of their tomato harvest. It involves throwing tomatoes at everyone around you. It's called La Tomatina.

At 7am on the last Wednesday in August, eager tourists pour out of Bunol train station, dressed in their cleanest whites. I was just one of thousands. As I walked from the station I was being marketed goggles, masking tape, thongs: all rather odd objects that got my little heart racing - with anxiety.

At 153cm, I could have well-been the shortest person there, and it was clear to me that I should buy everything on these makeshift counters to steer clear of critical body damage. The festival commences at 9am. It all starts with a race that borders on 'inappropriate'; volunteer competitors climbing up an 8m high maypole covered in grease, to retrieve a pig carcass at the top.

I had a ball watching the drunken people attempting this game. More than one person can go at a time, so people, with a competitive urge to win, pull each other off the pole. This leaves competitors with fierce rashes, and the sad realisation that they lost. Finally, someone looking like a local dressed in a priest's outfit, grabbed the carcass and proudly brought it down, waving it around - what an achievement!

Suddenly, I heard sirens that meant the real game had begun. I was excited on two levels; first, who doesn't love a good food fight? Second; tomatoes being my favorite food, I had decided to catch all tomatoes pegged at me in my mouth.

But, it was not to be. The crowds were heavy. Fifty thousand people were standing absolutely squashed into a small street no more than 10 metres wide and maybe 1km long. All of us ready to be given tomatoes.

The tomatoes come in semi-trailers down the street every 15 minutes and weighed, altogether, 10 000 tonnes. When you suddenly feel a wave of people being shoved up against you, that's when you know the next truck is entering.

And so it began. Tomatoes were being hurled from those trucks. Our heads were completely covered. Then, seeing remnants on the floor, everyone would bend down, pick up and chuck. After the first fifteen minutes, everyone looked red. After the second fifteen minutes, the street had become a tomato pool, and we were all standing ankle deep in tomato juice, after 45 minutes no one could see anything anymore. After an hour, it ended.

"Could this be the next anger management technique?"

It felt so good to chuck tomatoes. At first I gained enormous satisfaction from throwing them at my friends. But then, I knew I had to expand my shooting territory to strangers. The first shot was a bit awkward. I mean, "what happens if the person comes here and starts punching me?" I thought. But it becomes addictive. By the end, I left wishing that this sort of behaviour could become more socially acceptable. Could this be the next anger management technique?

My only warning to other people who are 153cm tall, is to know that this place gets incredibly packed, and people push you in every direction. Go with tall friends.



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Dynasties and Dumplings

cultural treasures in xian



It was 3am and I was being shoved off a sleeper train by the grumpiest train attendant in history. The scowl on his face could've pickled a truckload of onions. The pungent aroma of exhaust fumes, lamb and dirt brought me to my senses. I was in Xian, the capital of Shaanxi province in central China.

Xian was once the capital of China. Nowadays, it is best known for cultural treasures such as the Terracotta Warriors and best dumplings that mankind can produce. I awoke the next morning and groggily wandered from my hostel to the nearest dumpling vendor - past department store employees in matching tracksuits doing 10 minutes of compulsory tai-chi like exercises. There were more dumplings than one could imagine. They came in chicken, red bean paste, beef, mixed vegetable, mushroom and chilli. Easily the best were the pork and chive.

Full of dumplings, I began my bike ride around the Old City walls. Built during the Ming Dynasty, the walls are 14km long and divide Xian's CBD from its outer fringes.

The view was breathtaking, and my fingers turned purple from the icy wind. Four sides, one coke vending machine, and a hilarious tandem bike accident later, I had ridden the length of the wall. Which meant it was time for more dumplings.

I tried a different vendor and the dumplings were just as good, if not better. Having satisfied the dumpling cravings, I found my way into the Muslim quarter, which was cleverly hidden behind a McDonalds. The Muslim Quarter's main attraction is The Great Mosque. It is a showcase of the intriguing fusion of Central Asian and Chinese architectural styles which resulted from the cultural exchange fostered by the silk trade. The Great Mosque is the most tranquil and serene place one could imagine. Xian has a larger population than New South Wales - yet in that Mosque, you could hear every sound, from the scratching of the art students' pens, to the water passing through the fountain on the western side.

After wallowing in the lamb and oil soaked aroma of the Muslim quarter, I found myself drifting towards the outer edges of Xian. The abject poverty which I'd glimpsed from the safe distance of my bicycle was now uncomfortably close. The most saddening

sight was the public hospital, a series of rooms most of us wouldn't walk through, much less go to for medical aid. The place would have been closed down by the local medical authority, had it not been the local medical authority.

Just around the corner from the hospital, a group of elderly men sat playing Chinese Checkers. Well, two of them were playing, another eight were offering their informed opinions about what moves should be made next. None of them seemed to agree. The board was a piece of plywood, with red lines, perched upon a pile of bricks. After 15 minutes of discussing strategy, one team made a move. It was at this point, that they noticed the female 'lowai' (foreigner) watching their game. Looks of surprise and amusement passed over their faces, before one of the men guided me closer and taught me how to play.

Dusk rolled around, and I used my appalling Mandarin to say "thank you" and "goodbye". On the way back to East Street, I stumbled upon a wonderful man. He was the only openly and flamboyantly gay man I saw in China and appropriately, he owns a hair salon. He shaped my eyebrows with a small blade and a pair of tweezers. More

importantly, he also gave me my first hug since I left Sydney.

Gloves for my frostbitten hands, and chicken dumpling for my rumbling stomach were purchased from a lovely old woman at a street stall. She asked about Sydney and compared the Sydney Olympics with her hopes for the Beijing Olympics. She also taught me how to eat sunflower seeds whilst keeping the seed inside intact – a skill which had previously eluded me.

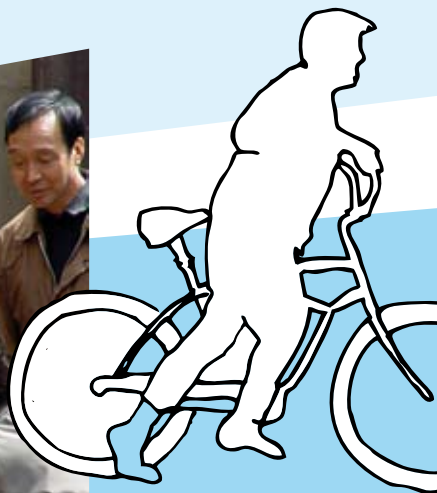
On her recommendation, I headed out to the Giant Wild Goose Pagoda for the water and light show they put on throughout the year. On the way, I met a British lad named Christian, who had a striking resemblance to Harry Potter. We drank lychee beer, watched a superbly choreographed water and music

show, and took photos with people's babies – whilst standing under a 1400 year old pagoda. It was a tad surreal.

That day was one of my favourite travel experiences. Temples and museums tend to be similar, whether they're small or large, ancient or modern. But every person is completely unique. As much as one can appreciate and enjoy architecture and history, nothing compares to seeing someone smile or laugh or finally understanding what you've been trying to communicate for the past several minutes solely through the power of mime.

A few days later, I boarded the sleeper train to Beijing. At that moment I understood why the train attendant on my train into Xian had

been so incredibly grumpy. Who couldn't be grumpy when they're so close to such a captivating city, but can't even get off the train to grab some of those succulent steamed dumplings?



REVIEWS



Music: Jamie T., Panic Prevention

Kenzhi Yap

Not many will begin their big-label debut with a statement as peculiar as “F-in’ Croissant”; however Wimbledon-grown Jamie Treays certainly did. Panic Prevention is a 50 minute aural portrait of the grittier, less glamorous side of England. With a vocal delivery that calls to mind Mr. Strummer of The Clash, The Streets (especially on Calm Down Dearest) and Arctic Monkeys, you know you are in for a treat.

Panic Prevention starts off just right. “Brand New Bass Guitar”, while not too innovative in the lyrical department (what does it mean to ‘go running star?’), boasts a manic blues riff and a ragtag singing chorus backup that completely demands your attention.

It’s certainly great to know that the album doesn’t peak there. “Salvador” and “If You Got Money” are the real standouts. The former is one of those songs that relentlessly builds musical idea upon musical idea, and then ends abruptly. The latter, which reached #14 on the UK charts, has T doing a commendable ‘rude boy’ impression. The catchy ‘da-da-dee-dom-dom-de’ phrasing is pure class. Unfortunately, Panic Prevention it is not without flaws. “Dry Off Your Cheeks”, running at 5 minutes, starts to overstay its welcome with a gimmicky hook that sounds like it was sampled from an old Mario Brothers game.

You know that feeling you get when someone random offers you a free beer? Panic Prevention is just that – unexpected, but certainly welcome. Panic Prevention is out now through Virgin.



Book: The Culture Club Craig Schuftan.

Gerrick Numan

All of our actions, creations and ideas are affected by what we see and hear, what we read and listen to, and how we interpret these things in our own peculiar ways. One person may read Men Like Gods and see a very real possibility for the future whilst another may see an impossible fantasy, the work of a ridiculous imagination. Artists, be they visual, musical or written, create their

interpretation of the world around them, drawing from their experiences and insights

and very often, from each other. That is what this book is about. Craig Schuftan carefully delves into his massive knowledge of songs, books, films, and the artists themselves, to show how a select few have influenced each other throughout history, borrowing and extending on ideas, insights, styles and

attitudes. He links together different periods in visual art and music to give a very clear picture of the influence art history has had on its recent and not so recent successors. This is the ultimate trivia night cheat book. Grab a schooner, sit in the sun and get some culture in you. It costs twenty five dollars. When you win trivia night you get a fifty dollar bar tab. You’ve just made a profit.

Craig Schuftan presents The Culture Club on the Triple J’s morning program. His book The Culture Club is available now.

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CRACKER

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Calling all comedy lovers... Cracker! Sydney’s Comedy Festival is back for another side-splitting year. It’s fresh, it’s funky and it’s FREE (if you’re a winner)!

To win a double pass to see Dave Jory on Thursday 15 March @ 9pm The Factory Theatre, simply be the first person to answer the following question: “what is a real word that rhymes with Jory?” with ‘Life’s a Cracker!’ as the subject line.

Please include your full name, student number and daytime contact number.

Cracker Comedy Festival runs from March 7 to April 1. For full program details and to book tickets to any festival, visit crackercomedy.com



Moving On is Moving Forward



Carissa Simons

Oscar Wilde once said that “hearts are made to be broken.” He obviously wasn’t speaking from experience. At some point in life, most people will find themselves trying to find relationship closure through a tub of ice-cream or by drinking their 60th beer.

But according to Associate Professor Andrew Metcalfe, complete closure isn’t achievable. He says, “You can never close something off that was a part of your life. If you think you have, you’re in denial. Effectively, ignoring that part of your life cuts you off from yourself, the person you were.”

Unfortunately, over-indulgence in chocolate, alcohol, or cutting your ex’s head off in photos (or real life), are not healthy ways of moving on from a breakup. Nor do they help the emotional, psychological and physical effects that a breakup can cause.

According to UNSW’s Counselling Service, people often experience weight gain or loss, sleeplessness, lethargy, guilt and depression during the post breakup period. These in turn can have a negative affect on students’ academic lives. A sense of failure is also common. Associate Professor Metcalfe says that, “people feel ashamed of themselves, and think that somehow [a breakup] reflects badly on them, like their life is a set of exams.”

Usually, with enough time and space, these feelings pass. However, a visit to the local GP, or a counsellor, is recommended if they continue. Knowing that the post breakup melancholy will pass isn’t always that helpful though. A popular remedy, although not necessarily a healthy one, is the “sexual sorbet”.

The palate cleansing rebound shag as coined by the Sex and the City Executive Producer Cindy Chupack.

While the rebound shag may cleanse your palate, or dirty it, it probably won’t stop you from re-playing those last painful moments of your relationship over and over in your head. As obvious as it sounds, the only way to stop thinking about him or her is to start thinking about something else. Find a new hobby, spend time with friends who you haven’t seen in awhile, read that book that’s been sitting on your bookshelf gathering dust. Better yet, release feel-good endorphins by throwing yourself into a new sport. As an added benefit, exercise also trims and tones, which means you’ll look (and feel) better as a singleton than you did in the relationship.

“don’t send drunken 2am text messages to your ex”

Instead of mulling over what could have been if you’d had more understanding or been less clingy (etc, etc, etc.), focus on your own individual achievements and strengths. If you can’t find any, gather a group of friends around to boost your ego. Spending time with friends, pampering yourself and doing things that you enjoy, are far healthier ways to get through the post breakup period than working your way to the bottom of a vodka bottle or crying in a dark room.

But above all else, don’t send drunken 2am text messages to your ex. This is an incredibly bad idea. If you feel the urge to do so, delete their number from your phone; because chances are, a drunken text message probably isn’t going to help either of you move on.



When: Thursday 15 March, 5pm

Where: Roundhouse Beer Garden

Why: Meet coordinators, volunteers and members of Arc volunteering programmes including Learn the Lingo, Mosaic Fusion Forums, Contact, Hypesmiths and more.

Who: Anyone interested in volunteering or participating in any of the Arc volunteer programmes is welcome.

RSVP
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DANGER

IN TIGER SNAKE CANYON!

Adventures with the Outdoors Club UNSW

Susan Ireland



Recently, a group of Radventurers from the Outdoors Club at UNSW went on an adventure through the Tiger Snake Canyon near Lithgow in the Blue Mountains. Susan Ireland documented their escapades for Blitz.

Our small adventure party was composed of four people from UNSW's Outdoor club. Led by Nik and Gareth, we started out by practising basic abseiling techniques in Clovelly on Saturday afternoon before

heading out to the campsite up in Newnes for the night. After several beers and wine the night before, we started out slowly towards Tiger Snake on Sunday morning.

The first abseil was so narrow; we had to take our packs off to fit through! This was the first of many tight fits into the canyon. Tiger Snake alternates between narrow and wide curves throughout the whole canyon pass. We found it rather dramatic at times; you barely squeeze through one section only to have the entire canyon open up to an enormous expanse with cliff faces seemingly spanning up to

space! In particular, one chamber opened up to a huge room with a natural rock bridge 3 metres above the chamber floor. Some of us climbed up to the bridge and crawled out to enjoy the view of that massive room. This area was one of my favourites, and if it wasn't too cold from us being wet, it would have been a great place to stop and take in the scenery.

Although Tiger Snake is technically "dry", there is water in the canyon as deep as your calves. One particular abseil near the aforementioned chamber drops right into the water. Unfortunately, this abseil also happened to be the trickiest, partly because our lines had a tendency to get hung up at the top. Just outside the canyon are huge boulders laying around a cave entrance with water trickling down from the canyon – a tranquil and serene place to break.

After lunch, we hiked back to the top to where we had parked the car. This hike has a few simple rock climbs, the most scenic of which was the climb to the top of Pagoda Peak. Once at the top, you have a remarkable 360° view of the entire valley. With plenty of daylight left after finishing off the canyon, we decided to take a detour and went to the Glow Worm Tunnel. It's a gorgeous tunnel filled with hundreds and hundreds of glow worms lighting the walls -nature's own little planetarium. A rather relaxing, casual walk after the day's hiking, climbing, and abseiling and luckily, we got it all in just as the rain was beginning to fall on us, but even with the rain, it was a great trip.



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- Facilitate insightful conversations
- Help inspire creativity, understanding and tolerance in our community.

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You can find out more about adventures with the UNSW Outdoors Club visit their website at: <http://www.unswoc.org>

COMICS

EUGENE!

BY LINUS LANE

www.theunibin.com



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Outback Assist applications close Friday 16 March 5pm

To find out more email outbackassist@arc.unsw.edu.au or go to www.arc.unsw.edu.au



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Writing for Blitz is a great way to express yourself, get experience or get a free CD, book or movie preview. Blitz sends out weekly emails for contributors. These emails include themes, available reviews, upcoming events and the meaning of life. To finally know the answer, email blitzeditor@arc.unsw.edu.au and ask to be put on the contributors email list.

Like Poetry?

Then you should join the not-yet-existent UNSW Poetry Society. If you like to read, write or discuss poetry, please contact Dylan Lino at z3131238@student.unsw.edu.au for further details. We need at least 15 prospective members to start the society, so try and persuade your poetry-hating friends to join - they don't even have to come to meetings!

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Act Now

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Music Society Ensembles

Jazz Vocal Ensemble rehearses Fridays 9-10am in Quad 1001. Jazz Combo rehearses Fridays 10-12 Quad 1001. Heaps of fun and music to be had so come along! Info at www.musocunsw.org

The Sydney Chinese Lions Humanitarian Scholarship

The Sydney Chinese Lions Humanitarian Scholarship is offered to any student studying at one of the universities in Sydney, with good character, who has undertaken and/or is planning to undertake humanitarian services. The scholarship offers \$1,500 for one award winner. For more information on the scholarship, and/or activities of the Lions Club of Sydney Chinese Inc, please contact Rita Kwan (ph: 0409 576 848, email: akwan1@bigpond.net.au) and/or visit our website: www.sydchineselions.org.au.

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James Lance GlaxoSmithKline Medicines Research Unit
Level 10, Parkes Building East, The Prince of Wales Hospital
Randwick, NSW 2031

VDB # 29 version 1, 21/08/2006

VOX POPUS

Q1

What moves you?

Q2

If you could go anywhere, where would you go?



James

1. Alcohol gives me a kick most of the time
2. I'd love to go to Antartica, because it's beautiful there



David

1. The smell of really really really yummy food like pizza
2. The Student Lounge!



Chris

1. Girls
2. Perth, because there are lots of girls there



Claire

1. Inspirational movies
2. Madam Tussuads- that's a really cool wax factory in London



Amanda

1. Really sad sappy films like The Notebook
2. London



Clean Energy Polar Bear

1. Kinetic motion when I put one foot in front of another
2. Somewhere to express my anger at climate change



Robyn

1. Public transport
2. To Atlantis

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