



**Oktoberfest
Revelling at the
Roundhouse**

**Anxiety:
How to
deal with it?**

**Meditation:
Food for
Thought**

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Editor's Letter

by Rob Gascoigne

The theme for this week's Blitz is 'mental health'. It's an important issue generally, but it's especially important on university campuses. The Uni experience can be daunting for a hell of a lot of people. There's no set structure to your life and there can be a lot of pressure bearing down on you as you become an 'adult' (apparently). It can be a pretty easy time to begin to lose your foundations. Add to this the fact that Uni students generally have analytical minds, so they can labour over the elements of their life they believe to be negative. It can be a volatile scenario and it can lead to a number of problems, most specifically depression.

Of course, Uni students are not the only ones who have to face these issues. It's a reality for many, many people regardless of sex, race, wealth or religion (despite what Tom Cruise says), so it's important to be aware of it.

The most important thing is to make every effort (and this can be painfully difficult) to get out of it. A friend of mine has a wonderful saying that I often steal: 'misery is a warm blanket'. Sometimes (and I'm not saying this is true all the time) people can become accustomed to feeling depressed and can take comfort in that familiarity because it can be so hard to push through it. But it really is important to try.

Both this week's features outline some strategies for dealing with some of these problems. Flick has looked at anxiety attacks, a problem that befalls a great many students, and I suspect that this will be an issue for some a couple of weeks from now. She's outlined some strategies for dealing with this dilemma. Alex has looked at meditation, one of the world's oldest and most effective methods of relaxation.

Have a look over this and, if you need it, try to get through it. It's hard but it's important not to limit yourself or your abilities. Good luck with it and, hey, it's nearly the holidays.

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President's Report

Last year, the University created an organisation called the Student Services Reference Group, an informal committee made up of representatives from all the different student services on campus. The group meets twice a session to discuss ways to improve the student experience at UNSW. The group recently successfully advocated the removal of the \$1 charge for students to access UNSW websites on the Uniwide wireless system.

This group is holding a special open meeting on Monday, October 9 from 12.30-2pm in the Council Chambers, ground floor of the Chancellery. All students are welcome to attend the meeting – you just need to rsvp to ssrg@unsw.edu.au. The meeting is meant to be an opportunity for students to give feedback on studying at UNSW and provide suggestions on how UNSW could be improved. I encourage everyone to attend; student feedback is essential in improving the environment here at UNSW.

Oktoberfest is coming up very fast – next week in fact! With eight bars, five stages and over twenty performers, it's due to be a massive night. If you would like to volunteer to promote the event or help out on the night, please email hypesmiths@source.unsw.edu.au or visit our website www.source.unsw.edu.au to register your interest.

On the subject of volunteers, the Source's annual volunteer ball is on in a couple of weeks, so it seems a fitting time to pay tribute to more than 500 UNSW students who have given up their time in the past year. Some of the tasks carried out by volunteers this past year include:

- Yellow Shirts and Learning the Lingo leaders helped new students settle in to UNSW life, and life in Australia;
- Volunteers organised and ran themed weeks like O-Week, Sourcefest and Artsweek for students to have fun on campus;
- Volunteers helped out at cultural events like Mooncake Yum Cha and Oktoberfest;
- Volunteers helped the less fortunate in the wider community, through the Outback Assist and Shack Tutoring programs;

- Volunteers educated students at UNSW and in local high schools about culture and identity through Mosaic Fusion Forums;

Source volunteers gain a lot of experience through their roles – they develop public speaking and teamwork skills, project management skills, and attributes that make them more employable when they leave University. Volunteers also meet a whole heap of people from different degrees, and have heaps of fun as well.

To all those volunteers out there: Thank you and congratulations for your achievements this year.

Kate Bartlett
Source President

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Women's Week

Week Eleven sees the return of Women's Week, a celebration of the talent and strength of women students on our campus.



The Student Guild Women's Department brings many exciting activities to you, including creative classes, a self-defence basics workshop, guest speaker events, an information stall, and a 'Riot Don't Diet' cake stall. Whilst Women's Week has been autonomously organised by the Women's Collective, some events are also open to men, so read on to find out more.

On Monday from 12-2pm, a women-only zine workshop is being held in the Women's Room (Level 1, Blockhouse, Lower Campus). Women students are encouraged to head down and get creative, with the aim of producing a Women's Week zine to be released towards the end of session. On Monday night, from 5pm in the Red Centre theatre, a special women-only screening of Puberty Blues will take place. Lots of squirm-worthy viewing to be had by all!

Tuesday 12-2pm sees a women-only poetry workshop take place in the Women's Room, in much the same vane as the zine workshop. Be sure to head on over to Esme's on Tuesday night at 5pm for the first of our 'Gender Spectacular Spectacular' guest speaker events, with Kath Albury speaking on pornography, and a guest from the Scarlet Alliance Australian Sex Workers' Association speaking on the rights of the sex worker and her marginalised place in feminism. Both men and women are welcome at this event.

At lunchtime on Wednesday, keep an eye out for our 'Riot Don't Diet' cake and sweet stall outside the library. Men and women students can enjoy a diet-free day for just a small donation. Wednesday night from 5pm at Esme's sees the second of our Gender Spectacular Spectacular guest speaker events, with Rochelle Braff speaking on domestic violence and relationships, and Warren

Mundine speaking on White Ribbon Day and positive male action.

On Thursday, celebrate the conclusion of Women's Week by coming along to our free women-only personal safety programme to learn some self-defence basics in the Hutcheson Room in the Roundhouse from 12-2pm. Then, afterwards, head on down to the beer garden for a celebratory drink and a pat on the back.

And, most importantly, from Monday to Thursday there will be an information table outside the library from 12-2pm with all sorts of information and freebies for women students.

For more information on any of the events during Women's Week, email women@guild.unsw.edu.au, or call 9385 6703.

Sarah Pisani
UNSW Student Guild
Women's Director

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Food for Thought

A person is shown in silhouette, sitting on a beach and meditating with their hands in a prayer position. They are facing the ocean, which is illuminated by the warm, golden light of a sunset. The sky is a gradient of orange and yellow, with the sun low on the horizon. The water's surface is textured with small waves, reflecting the light from the sky. In the distance, a few birds are visible flying over the water, and a small island or rock formation is on the horizon to the right.

“ meditation... lowers the biochemical effects of stress, decreases heart rate and induces favourable brain waves ”

Psychology tells us that many illnesses are psychosomatic, in other words our thinking can make us sick. When our bodies become sick, we rest, eat and sleep. But what about our minds? When they become sick, what food or medicine do we have for them? Alex Serpo transcends into meditation, an ancient food for thought.

Even the gods envy those who are awakened and not forgetful, who are given to meditation, who are wise, and who delight in the repose of retirement from the world.' So says the Buddha, here quoted from his collected teachings, *The Dhammapada*. While the gods may envy someone who meditates, meditation is now a word applied very liberally. It is practised across the world, in eastern religion, in 'New Age' religions, in medicine and even in some fringe forms of Christianity. However it has a strong foundation in Asia in the Hindu and Buddhist traditions. Many words used to describe meditation come from Sanskrit, one of the oldest languages.

In the western world, meditation, like yoga, is most widely used for health and happiness rather than as part of an organised religion. For many, it is appealing because it is the antithesis of the way we live our lives. City life is life in the fast lane, it demands our constant and complete attention, whereas meditation, in the words of Buddha himself, is a 'retirement from the world'.

The positive effects of meditation are real and tangible. Susan Teh practises and co-ordinates the lunchtime meditation with Unibuds, the UNSW Buddhist society. For Susan, meditation is about 'cultivating the mind, but it also helps people concentrate more'. What does Susan mean by cultivating the mind? 'For example a person may find that they are impatient with study. Then they make a promise like, from now on I am not going to be impatient any more. But actually, an hour later they will feel lazy again. This is because we are not being aware of ourselves, and the impatience has arisen without us knowing it'. Interestingly, Susan also says that meditation improved her social life; 'I have found that I am able to be more accepting and forgiving towards myself and I have been making friends with people I used to be indifferent to or uncaring towards'.

Reputable hospitals, medical schools and universities are researching the effects of meditation. One of the first studies done on transcendental meditation was done by *Scientific America* in 1972. It looked into the effects of meditation on metabolism and found it lowered the biochemical effects of stress, decreased heart rate and induced favourable brain waves. In 1989, a study by the University of Iowa found that meditation increased the lifespan of elderly patients. In 2005, *The Journal of Psychosomatic Medicine* published a study showing that the effects of meditation were equal to that of exercise in reducing stress.

The participants in these studies were not monks. They were not vegetarians and they did not do meditation eight hours a day. They simply sat down a few times a week to do a meditation class. So what does meditation involve? Well, the approaches to meditation are vast and varied. However, there are some common elements in these different varieties of meditation. Meditation is always done in a relaxed way. The classic meditation poses are sitting, standing and lying down. However some forms of martial arts do 'movement' meditations, where series of movements are used as a means of meditation.

Sedentary meditation broadly falls into two categories; 'structured' and 'unstructured' meditation. Beginner meditation and meditation you will do in a class is almost exclusively 'structured'. Most commonly, there is a meditative object or mantra. The object is usually breath, you will be told to 'watch' your breath, although other common objects include candles or natural features, such as flowers or trees. Participants will normally sit for a period of time training their focus on the meditative object.

Mantra meditations, involving the reciting of a verse over and over either silently (within your mind) or out loud as a group, are also common. A common image of meditation is a group of orange clad Buddhist monks chanting 'Om' in a temple before a giant golden Buddha. The repetition of this powerful, reverberating sound can easily produce a sense of rapture. The process is one that seeks to move a person into an altered state of consciousness by a single, repeated action. Using chants to produce a meditative rapture is extremely common, not just in Buddhism but also for many other religions. Other common chants

done as a meditation include 'Hare Krishna', or even more broadly in the Christian tradition chants such as the Latin 'Deus in Adjutorium meum Intende', meaning 'Oh God, come to my assistance'.

There are many legends about spiritual gurus who have attained the highest levels of enlightenment through meditation. The Buddha himself is reputed to have power over material objects, as well as being able to read minds and converse with Gods. Some say the supreme Yogis could levitate. Regardless of what the legend tells us, science has shown that meditation can improve your mental health in everyday life. The difficulty of meditation lies in its simplicity. The Buddha said 'don't meditate, be in meditation'. It's a process of being not doing.

Try your own meditation!

A common form of meditation is breath meditation. This requires 10 to 15 minutes. Find a quiet place without distractions. Adopt a comfortable position, the classic meditation positions are sitting, standing or lying down. Starting with your face and head, move down your body and relax each part in turn. Take your time, hidden tension can be hard to find. When you are ready, begin to 'watch' your breath; be aware of it without changing it. Once you have done this, begin to count each breath in your head: 'one', 'two' etc. Count up to four then begin again. Soon you will notice your thoughts beginning to wander. Each time they do, try to return to your breath. Try to stay with it as long as possible. With practise, this simple meditation can bring a sense of peace.

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SNAPSHOT



In Week Twelve, in the Science Theatre, The Australian Union of Jewish Students (AUJS) will be holding its Revue. AUJS Revue has been entertaining audiences since 1984 and, after a brief siesta, it's come back with 'Diaspora Housewives'. Flick Strong asked cast member Joel Moss about melodrama and chickens.

The AUJS revue has been on hiatus for a few years. Why is that?

AUJS has been in exile for the last few years after Moses complained to Pharaoh about the new workplace agreements.

What can audiences expect from Diaspora Housewives?

Since it is a Jewish revue, it would be expected that the audience will get good value for the price they pay. The revue may rival Woodstock in time duration.

Will there be as much melodrama as TV's Desperate Housewives?

Desperate Housewives is a drama? I took it as an opportunity for a free perve at Eva Longoria.

Do you think the campus has too many revues?

What else is there to do on campus? Study? Saying campus has too many revues is like saying Victoria has too many AFL teams. There are a few, but it's just in the spirit of good natured fun. Besides, it's an opportunity for a bit of all-round insanity that is actually acceptable.

What is AUJS and what else does it do aside from revues?

AUJS provides a few important and vital services, including providing condoms during Israel week asking the wearer to "Stand Strong" for Israel. AUJS also provides free food. Those services are particularly crucial to the AUJS movement.

Diaspora Housewives is raising money for some community organisations. What's up with that?

When I first heard that this revue was to make money I was in utter shock. I mean people paying to see Jews act? What's up with that! You could probably find less wooden performances from trees. But, in all seriousness, we aim to entertain the community and make you laugh. But we're also aiming to raise awareness about Gift of Life and the Australian Bone Marrow Registry. The Registry is in desperate need of people to take a simple blood test to identify their bone marrow type.

Why did the chicken cross the road?

To go to the Kosher butchery for a "kosher" and supposedly more tranquil death.

Dr. Gordon Parker was Head of Psychiatry at UNSW for over twenty years. He was head of psychiatry at Prince of Wales and Prince Henry for over twenty years. With a keen interest in mood disorders, he is currently a director of the Black Dog Institute, an organisation dedicated to the treatment of mood disorders. Alex Serpo lay down on Dr. Parker's couch to discuss depression.

Understanding Depression

What is depression?

It ranges from a normal mood state through to a reaction to certain stresses through to a disease. The key feature that encompass all the levels of depression is to feel depressed, to have a drop in your self esteem, and to be more self critical. However, if you went and tapped people on the shoulder and asked them if they had experienced anything like that, then 96% of the population would say 'yeah'.

So then we say, how do we distinguish clinical depression from those normal mood swings? In clinical depression, there are three components. Firstly, it lasts a minimum period of time; usually about two weeks. Secondly, it has to be impairing or disabling, so you don't get to work and if you do get to work you don't work as well. Thirdly, other features creep in, anhedonia (an inability to enjoy normally pleasurable experiences), suicidal thoughts or ideas, loss of appetite or the opposite effect craving foods, and sleep disturbance.

Within clinical depression there are several sub types. The first sub type is what we call melancholic depression; this is the quintessential depression, which is strongly genetically underpinned. Here it is appropriate to say that there is a chemical imbalance, and the physical features are just as strong as the depressed mood. This is really physical, so physical that it can actually stop people from being able to do anything.

Then there are the non-melancholic disorders; here the depression is usually a response to a stressful life event mingling with the individuals personality style. There are a number of personality styles that make people more likely to develop these non melancholic disorders, and they would include, being an anxious worrier, being reserved, being a perfectionist.

How common is depression?

There is a pretty constant figure that gets rolled out, that one in four women and one in six men are likely to suffer from depression at some point in their life. The female preponderance for depression starts about age twelve or so; there is a rapid increase in the rate of depression in girls and a gradual increase for boys. Interestingly, the rates of melancholic depression are the same in men and women.

How is depression treated?

Unfortunately, the dominant model is a severity based model. In this model, the treatment is largely dictated by the training or background of the particular practitioner. If you go to a GP with depression type X, you are probably going to get a drug. If you go to a psychologist; you are probably going to get cognitive behaviour therapy. To my mind, that is a really dumb strategy because I know of no other area of medicine where the background of the practitioner will dictate treatment.

It is really important to subtype the depression, and adopt a horses-for-courses model. If you went to your GP and you were breathless, you wouldn't want to know that you had clinical breathlessness. You would want to know if you had asthma or pneumonia. When you have that information, you know that your treatment is going to be much more logical and rational.

If you have melancholic depression, the help that is going to get you out of the episode is going to come from drugs. However, if you have non-melancholic depression then it may be very different. If you go through life feeling constantly inferior, believing the world is a terrible place, then you could be very good candidate for cognitive behaviour therapy. If you had been sexually abused in childhood and never talked it through, then it may very important to ventilate on that. If you have a marital crisis, then it might be best to have some counselling and problem solving.

How commonly does depression lead to suicide?

80% of people who commit suicide have been shown to have depression beforehand. So, depression is the most common reason as to why people kill themselves. Roughly 10-20% of people with biological clinical depressive disorders will kill themselves. It's huge.

How does someone prevent a sufferer of depression committing suicide?

The best thing to do is to get the right diagnosis: what type of depression has this person got, and then get the right management. There are a number of factors but the one which is most likely to be influential is improving diagnosis and management of depression.



Kick Out the Jams

On Thursday night of Week Twelve, the Roundhouse will be hosting the Twenty-Sixth annual Oktoberfest party. One of the biggest campus parties in the country, Oktoberfest has become famous for good times and, of course, good beer. But, as Rob Gascoigne explains, there is more to Oktoberfest than the amber fluid; it's also a great music festival.

Every year, the Source's Oktoberfest party brings a wonderful range of excellent bands on campus and 2006 is no exception. There will be five stages and over 20 performers, including Infusion, Entropic, 78 Saab, DJ Peril, Bang Gang DJ's and stacks of other great acts. Yep, it's going to be an amazing night of entertainment; a festival right in your own educational backyard. In fact, it's probably appropriate that study and fun are converging. A music festival can offer you the kind of education we often forget about; a good festival can change your life.

Granted, a festival is unlikely to make you change your course of study or anything like that, but a truly great festival can shape your entire perspective on music. Your approach is never quite the same afterwards. Consider Steven Tallarico – later known as Steven Tyler, lead singer of a little band called Aerosmith – who decided to start a band with his mates only after attending a funny little show called 'Woodstock' in 1969 (along with 499,999 other people).

A music festival is an exciting buffet of sounds and sights. In the

space of a couple of hours you can sample your favourite bands in one reverberating explosion that echoes in every gig you see afterwards. On this point, I can present no better example than the 'Boston Tea Party' held on May 27, 1969. If you were in attendance there (though my guess is you weren't), you would have seen, in the space of three hours, The Velvet Underground, Led Zeppelin, Jeff Beck, Joe Cocker and The Who. Surely, after you'd been to that one show, you'd spend the rest of your life turning up to gigs and pissing off your friends by saying 'yeah, it was good but I didn't hear "Sweet Jane", or "Black Dog"!'

What lingers after a great festival is the wonderful sense of satisfaction and completion that you carry away from it. You amble home, sweaty and satisfied, with the perfect certitude that life and music can be awesome. A great festival moment can stay with you forever.

Even seasoned musicians share this mentality. Alex Burnett, singer/songwriter for Sparkadia, a classic local band that will be playing in the Cougar Club Bar during Oktoberfest (along with DJs from Purple Sneakers), has a clear memory

of the UK's Reading Festival. According to Alex, there's nothing like seeing 100,000 people chanting along to the Arctic Monkeys. Jamie Hanson from Sydney indie band The Mares (darlings of FBI radio and a great Sydney indie band that will also be playing the Cougar Club Bar) remembers standing up at a German festival, bleary-eyed after a three day bender, watching Radiohead make their way through Kid A.

There's nothing quite like seeing your favourite band headlining a show. After all that longing, you finally get that frisson of musical fulfilment, crammed into a few sweaty moments of perfect sound. Most of us secretly have a dream line up and musicians are no exception. For Burnett, the list includes Led Zeppelin, Nina Simone and The Stone Roses (a muso after my own heart) whereas for Jamie Hanson, it's all about Miles Davis, Hank Williams and The Stooges. That's a life-changing experience right there.

Of course, it's not all about the big name acts. In fact, more often than not, one of the best things about a festival is that smaller acts can put on a great show in

a fun environment. Burnett notes that, even though 'not everyone is attending to see you, there is usually a lot of love and energy in the crowd'. In such a setting, it's easy to enjoy music you may never have heard before.

Indeed, festivals can be the best way to get exposed to a whole world of new sounds. The annual WOMAD festival is probably the best illustration of this point, as it brings together world music, art and dance. Founder Peter Gabriel claimed that his festival would 'allow many different audiences to gain an insight into other cultures through the universal enjoyment of music'. A festival can bring you a whole world of undiscovered sounds through the miracle of music.

Moreover, by seeing fresh acts at a festival, it's possible to get in on the ground floor before they become huge. Consider one of Australia's biggest festivals: the Big Day Out. In 1991, festival organisers Vivian Lees and Ken West booked a three piece act from Seattle that had gained minor success with their debut album for their new festival. That band (Nirvana) went on to completely change the shape



of modern music. Without that involvement as part of a larger tour, they would never have made their way through Oz. You never know who you'll see at a festival.

Of course, a festival is not just about the music. It can also be a wonderfully unifying event. Berlin's annual Love Parade brings about 1,500, 000 people together to enjoy the driving beats of techno supplied by more than 1,500 DJs. Each year, by the balmy beaches of Ko Samui, Thailand a vast host of patrons enjoy the world's best in House. Whether it be House, techno, jazz, rock or pop, people from all walks of life can come together to enjoy a few good acts.

Now, as I mentioned at opening, we will very soon have an excellent festival coming right here, less than

a stone's throw away from your last tute. Oktoberfest has always brought some amazing acts to New South. In 2005, we saw the Roundhouse lit up by Entropic, DJ Static, Sefu and DJ Moto. In 2004, acts of note included Pomomofu, Kid Confucius and Bluejuice. In 2003, there was DJ Nervous, DJ Ajax, Fruit and The Bird. This year, you're spoiled for choice once more. It's small wonder that Oktoberfest has consistently proven to be one of the most popular of all campus parties. Not only a great night out with your mates, it's a kick ass music festival and it's free for UNSW students. Don't miss out on the chance to celebrate your very own festival. 🍷

Oktoberfest

will be held in the **Roundhouse October 19** from 4pm.

There will be **eight bars, five stages and more than 20 performers**, covering dance, rock, hip hop and R'n'B.

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What's

Week 11 – Monday 9 October – Sunday 15 October

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UNSW students are invited to attend the Student Services Reference Group run by UNSW counselling. RSVP ssrcg@unsw.edu.au
- Human Rights Week Talk 1-2pm**
The National Children and Youth Legal Centre will talk about children's rights and how students can get involved in protecting children. CLB 3
- Queerplay 1-3pm**
Scintillating conversation and the occasional game. Queer Space – Applied Sciences Building 920
- Learn the Lingo Coffee Meetings 1-2pm**
Improve your English, make new friends and learn more about Australia! ISS Lounge, Level 1, East Wing, Red Centre **Free**

- "Learn To" session 1-3pm**
Equip yourself with the tools of surviving in another country. Cougar Club Bar, Roundhouse
- UNSW Bridge Card Club 2-4pm**
Beginners absolutely welcome. Bring your friends! Quad G055
- Capoeira S.A.L.S.A. 4-5pm**
A unique art form incorporating acrobatics, rhythm, music and self defence. Dance Studio 1 **Individual lessons are \$10 or Three lessons are \$23**
- Time Management Session 4-6pm**
(Youth for Christ New Catholic Club) Meet new friends, de-stress, be inspired and learn how to manage your time. Everyone Welcome! Quad 1001 **FREE**
- Happy Hour 5-6pm**
The happiest hour of the day! Unibar, Roundhouse
- Momentum Dance Studio: Hip Hop/Funk Class 5-7pm Classical Ballet Class 6pm**
For more info www.momentumdancestudios.com.au **Casual Class \$10, Dance Card (10 Classes) \$80**
Dance Studios Behind Io Myers (Gate 2)
- UNSW Debating Society: Watch a Debate! 6-8:15pm**
A great time for new debaters to join as we all learn British Parliamentary debating! Visit www.debsoc.unsw.edu.au for details. Old Law Tower Foyer
- International Trivia 6-8pm**
If you don't wanna play for fun, play for the prizes! Cougar Club Bar, Roundhouse
- Toastmasters 6:15-8:30pm**
Come to Toastmasters to gain more confidence in speaking in a friendly and supportive environment where you 'learn by doing'. All welcome. Quad 1042 **FREE**

Tuesday 10 October

- Ping Pong 11am Roundhouse**
- Photo Booth 11am-4pm**
Choose from our collection of traditional clothing! Quad 1001 (next to Student Guild Office) **(1-2 people \$4), (3-6 people \$8)**
- Day Market 11am-4pm Main Walkway**
- Thoughtful Foods Food Co-operative; Training Session 12-1pm and 3-4pm**
Info and training session about the food co-op and what working there involves. Backyard of the Roundhouse, next to Eats@theRound **FREE 10:30am-4:30pm (Opening Hours)**
- Chess 12-3pm**
Want to learn better positions? Website: <http://www.unswchess.org/> Goldstein Rm G05 **FREE for members. \$2 for non-members**
- Queer Boys 1-3pm**
Free food and drinks and some brilliant company. Queer Space – Applied Sciences Building 920
- Sydney Morning Herald Trivia 1pm**
Beat smart people at their own game. Unibar, Roundhouse **FREE**
- Women's Collective 1-2pm**
Women's Room, Blockhouse **FREE**
- Human Rights Week Talk 1-2pm**
Academic guests will explore the issue of Indigenous rights in Australia. Law Theatre G02
- "Learn To" session 1-3pm**
Equip yourself with the tools of surviving in another country. Cougar Club Bar, Roundhouse

- Lunchtime Meditation 1:15-1:45pm**
Revitalise your body and mind. Contact Susan at 0433 946 550 or visit www.unibuds.unsw.edu.au for details. Level 3 Squarehouse
- UNSW Poker Club: Poker Tournament 4pm**
Who wants to play poker at uni? Prizes for winner. Rego 3:30, start 4:00. For any enquires contact Andrew on 0405698161 Squarehouse room 215 **FREE for members, \$5 annual membership**
- Anti-Racism Collective meeting 4pm**
Discuss current issues and brainstorm campaign ideas Guild Meeting Room
- UNSW Women's Collective Gender Spectacular Spectacular 4-5:30pm**
Listen to some fascinating speakers discuss pornography, sex workers' rights and sexual health. Esme's, Upper Campus
- Happy Hour 5-6pm Unibar, Roundhouse**
- Pool Comp 5pm Unibar, Roundhouse**
- International Student Society Speed Dating 5-7pm**
Only 20 spots available,. Meet over 10 potential partners in a space of a few minutes! Now that's efficiency! Revenue will go to charity Unibar, Roundhouse **\$5**
- Tuesday Night Roast 5:30pm**
Clems, Roundhouse **\$5**
- Human Rights Week Film Screening – Rabbit Proof Fence 5:30-7:30pm**
A follow up from the forum at 1pm. CLB 2



What's On Deadlines

Week 12: by 04 Oct

Week 13: by 11 Oct

submit online at www.source.unsw.edu.au

Wednesday 11 October

Ping Pong
11am Roundhouse

Day Market
11am-4pm Main Walkway

Thoughtful Foods Food Cooperative; Training Session
12-1pm and 3-4pm
Backyard of the Roundhouse, next to Eats@theRound **FREE**
10:30am-4:30pm (Opening Hours)

Environment Collective
12-1pm
Quad 1001 (or Quad lawn) **FREE**

Riot Don't Diet Cake Stall
12-2pm
Stuff your face with yummy cakes and sweets. Brought to you by the Women's Department. Library Lawn

Gold Coin Donation Pottery Studio Inductions
12:30-1pm
Learn how to use the Source Pottery Studio from our Potters in Residence. Pottery Studio, Level 2, Blockhouse

Library Lawn Band: Tyrolean Echos
1pm
Traditional German Oompah Oompah band! Oktoberfest is coming! Library Lawn

Learn the Lingo Coffee Meetings
1-2pm
Improve your English, make new friends and learn more about Australia! Esme's, Upper Campus

Bar Bingo
1pm Unibar, Roundhouse

Human Rights Week Forum
1-2pm
Forum that looks at disability rights and ways that students can help those with a disability. CLB 4

UNSW Bridge Card Club
1-2pm Webster 301

Education Action Group
1pm
Student Guild **FREE**, all welcome

International Student Society BBQ
1-2pm
Eat for a good cause, you'll feel better afterwards, guaranteed! Main Walkway

Gold Coin Donation "Learn To" session
1-3pm
Equip yourself with the tools of surviving in another country. Cougar Club Bar, Roundhouse

Free used stationery distribution
2-3pm Quad lawn **FREE**

UNSW Go Club meeting
2-6pm
Beginners and advanced players welcome. Quad 1001 **FREE for members**

Photo Booth
2:30-4pm
Choose from our collection of traditional clothing and have your picture taken! Quad 1001 (next to Student Guild Office) **(1-2 people \$4), (3-6 people \$8)**

Wrestling Training
3-4pm
Learn how to wrestle. Judo Room, Unigym

UNSW Women's Collective Gender Spectacular Spectacular
4-5:30pm
A set of Mixed Gender speaker forums. Listen to female and male speakers talk about Domestic Violence and potential solutions. Esme's, Upper Campus

Sydney Morning Herald Trivia
5pm
Like a test...with beer, and prizes. Unibar, Roundhouse

Beer Garden Band: Sarah McLeod

5-5:45pm

Famous as the lead singer for The Superjesus, Sarah is now a solo artist. Beergarden, Roundhouse

FREE



Happy Hour
5-7pm Unibar, Roundhouse

Pub Grub
5-6:45pm Clems, Roundhouse

INFINITUS Life Coaching workshop
6-8pm
Book now!!! Call Igor on 0405 164 116 or email ininituscoaching@yahoo.com.au
Drawing Room, Roundhouse **FREE**

Learn to Massage
7-8:30pm
Learn the skills and benefits that come with power of knowing how to massage. UNSW Lifestyle Centre Students/Staff **\$100**

Ultimate Frisbee Eastern Suburbs League
7-9pm
The UNSW Ultimate Frisbee Club runs a weekly league for players-beginner or advanced. Village Green **\$35 for the session**

Thursday 12 October

Thoughtful Foods Food Cooperative
9am-6pm (Opening Hours)
Backyard of the Roundhouse, next to Eats@theRound **Free**

Ping Pong
11am Roundhouse

Photo Booth
11-4pm
Have your picture taken! Quad 1001 (next to Student Guild Office) **(1-2 people \$4), (3-6 people \$8)**

Lunchtime Meditation
12:15-12:45pm
Contact Susan at 0433 946 550 or visit www.unibuds.unsw.edu.au for details. Level 3 Squarehouse **FREE**

Quad Band Oliva Tongiahoe-Pacifica
1-2pm
CASOC club which is promoting Pacifica on campus. Quad Performance Space

Queer Girls
1-3pm
Queer Space - Applied Sciences Building 920

Oktoberfest

Next Thursday, Oct 19

Be there between 4-6pm for your chance to **WIN an ANZ \$500 Bank account**

with the compliments of our ANZ on campus branch.



Chess
1-3pm
It's a mating game. www.unswchess.org/ Goldstein Rm G02 **FREE for members. \$2 for non-members.**

Human Rights Week Talk
1-2pm
Andrea Durbach, Australian Human Rights Centre will talk about economical, social and cultural rights in Australia. Quad Level 1-Macauley Theatre

Learn the Lingo Coffee Meetings
3-4pm
Improve your English Coffee Republic, Blockhouse

UNSW Ultimate Frisbee Club Training
4-5:30pm
Village Green. **FREE for members**

Nite Market
4-8pm
Food, performances and fun! Main Walkway

Happy Hour
5-6pm Unibar, Roundhouse

Beer Garden: Quirk The Gimp
5-7pm
These Aussie guys create music that inspires unity and evokes dance and thought. Enjoy! Roundhouse

Buddhism Talk in Chinese
6-8pm
Contact Boon at 0422 866 515 or visit www.unibuds.unsw.edu.au for details. Level 3 Squarehouse **FREE!**

Week 11 - Monday 9 October - Sunday 15 October

U STATE FILM FEST 2006 FINAL

Grab a bag of FREE popcorn, get cosy and enjoy a screening of the winning U Film entries from NSW in 2006.

6:00pm - 9:00pm
Thurs 12th Oct

Uni Bar
Roundhouse
FREE ENTRY!!!

Judge and guest speaker **Greg Waters**, has scripted short films that have screened at major film festivals in Australia and internationally (Aspen, Tribeca, Toronto, Montreal, London, Dublin, San Francisco and others). He has won several awards.

He was a series writer on *Fireflies*, *The Alice* and *The Surgeon*, a script editor for *Two Twisted*, and a judge at the 2006 AWGIE awards.



Non-Trivia Night 7pm

UNSW Second Year Social Work Fundraising Team presents three rounds of 'non-trivia'. Snacks provided. Great prizes! Bring a team! Proceeds go to the Aboriginal Mental Health Service. Tickets must be purchased in advance
Contacts: Jackie on 0404 071 079 or Mel on 0404 129 432 or amhf2100@yahoo.com.au
The Lounge, cnr Darlinghurst Road & William Street, Darlinghurst \$15

Human Rights Week Forum 1-2pm

Forum that explores International human rights and human rights in general. Details about the Diplomacy Training Program will also be addressed.
Law Theatre G02

UNSW Go Club meeting 2-6pm

Quad G022
FREE for members

Friday 13 October



Ping Pong 11am Roundhouse

Pottery Studio Inductions 12:30-1pm

Pottery Studio, Level 2, Blockhouse

CEUS/ICUS/FSA AGM 1-2pm

Free BBQ included for CEUS/ICUS/FSA members. Have your say in what the societies are doing next year by voting for new executives.
Sam Cracknell Pavilion

Friday Arvo Sessions with DJ Cadell 4:30 pm

Dragonfly, Roxy, and Soho regular DJ Cadell starting your weekend off right
Beergarden, Roundhouse
FREE



Happy Hour 5-6pm

Unibar, Roundhouse

Buddhism Talk in English 7-9pm

Contact Adeline at 0404 637 818 or visit www.unibuds.unsw.edu.au for details. Robert Webster Building Rm 256 **FREE**

Sunday 15 October



Spring Festival 11:30am-4:30pm

Spring Celebration and Fair. Stalls of jewellery, crafts, treasure troves, garden sculptures and mosaics. Enjoy good food and coffee, and listen to great music from fantastic singers and choirs including the legendary Ecopella, Note Tonight Josephine, gospel groovers. Alchemy, Voices from the Waters & Special guests: jazz singers Mery Stevens and Natalie Alaimon.
UNSW Community Garden, rear of 12 Arthur St, Randwick

Oktoberfest

giveaways

win prizes money can't buy
trivia tuesday 1pm & wednesday 5pm
bingo wednesday 1pm
free to play

DESTINATION SPACE!

THE YEAR? SPACE! THE DESTINATION? X, WHERE ENDLESS MIRACLE FILLS THE SPACE, WAITS FOR BRAVELY WITH THE GLORY FRUIT!

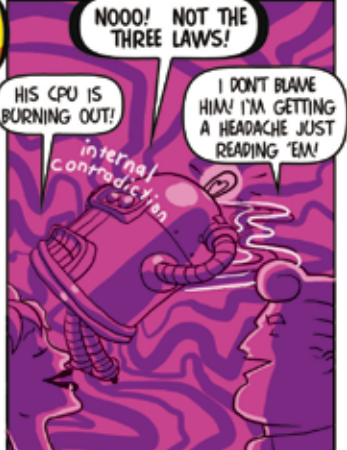


HOLY PLUTONIAN PARAKEETS! THINGS ARE GOING CRAZY ON BOARD THE "HIGH ADVENTURE"! TRAPPED IN AN ANTI-MATTER UNIVERSE INSIDE A BLACK HOLE, A GREAT DEAL OF WACKINESS CONTINUES TO ENSUE!



THE 3 LAWS OF ROBOTICS

- 1 A ROBOT MAY NOT HARM A HUMAN BEING, OR THROUGH INACTION, ALLOW A HUMAN BEING TO COME TO HARM.
- 2 A ROBOT MUST OBEY THE ORDERS GIVEN TO IT BY HUMAN BEINGS (EXCEPT WHERE SUCH ORDERS WOULD CONFLICT WITH THE FIRST LAW).
- 3 A ROBOT MUST PROTECT ITS OWN EXISTENCE AS LONG AS SUCH PROTECTION DOES NOT CONFLICT WITH THE FIRST OR SECOND LAW.



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- help you stay alert and wide awake

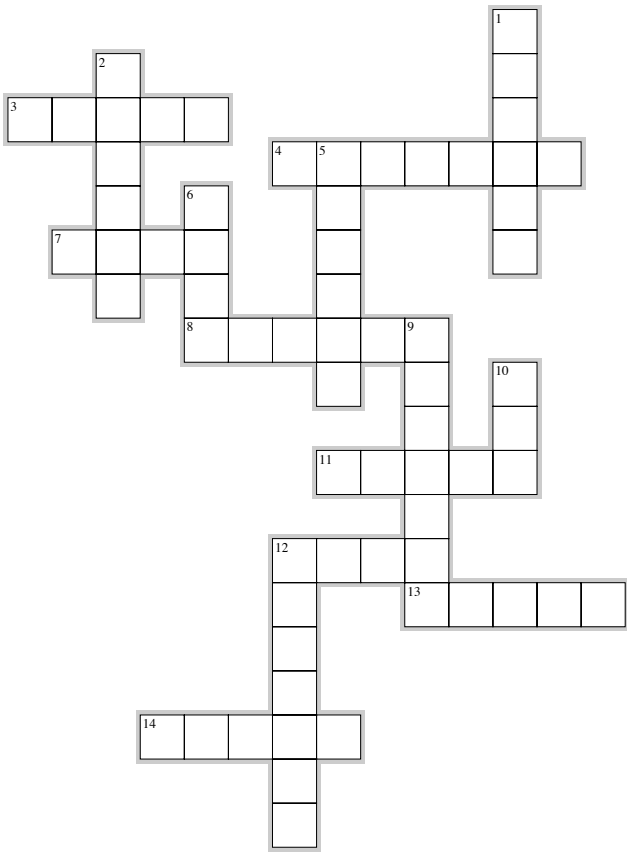
amb3612c/bhiz

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

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P UZZLES




Across

3. A frozen dwarf planet with the same name as Mickey Mouse's dog (5)
4. The largest planet in the solar system; has a giant red spot (7)
7. The newly discovered large planet named after the warrior princess (4)
8. The second largest gas giant surrounded by giant rings (6)
11. The moon of Saturn which is the most likely place for life in the solar system (5)
12. The object orbiting the third planet from the sun is known as the... (4)
13. You're on it (5)
14. According to a popular self-help book, women come from here (5)

Down


1. Large icy bodies with large eccentric orbits that sometimes inspire cults (6)
2. The large body of debris past Neptune is called the _____ belt (6)
5. The third largest gas giant by diameter named after the Greek god of the sky (6)
6. Named after the Roman god of war; where aliens come from (4)
9. The eighth planet from the Sun, named after the Roman god of the Sea (7)
10. This large bright object is at the centre of our solar system (3)
12. The planet closest to the sun (7)

FREE MIGRATION SEMINAR



TUESDAY 17 OCTOBER 2006
Civil Engineering Room 713
Civil Engineering Building
2 sessions: 12-1pm or 1-2pm

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*Offer exclusive to UNSW Source Members






Multicultural Week

by Gary Kew

M-Week is here! The theme? “Embrace Diversity”. And embrace it we shall, from the Blockhouse in lower campus to the Biomed building in upper campus; UNSW is celebrating its cultural and racial diversity with style!

It all kicks off this Monday, October 9. Be sure to check out the stuff happening around the Uni walkway. The main walkway will be lined with booths full of hyper students promoting plenty of fun activities.

Enjoy Trivia? Test your awesomeness in the **Global Trivia Night**. So, brush up on your European History, memorize the location of the African countries, drink lotsa beers and prove yourself to be the Top Dog of the litter.

There will be skill learning sessions as well; important for survival if, say, you drank too much, mistook that plane door for your apartment door, and you wake up the next day in a foreign country. You can learn useful foreign phrases, must-know customs, and exotic cuisines, all free-of-charge.

There are various types of entertainment available as well. Tired of the same old crap Hollywood has to offer?

Why not try some international movies? On Tuesday at 6pm in Goldstein GO6, there will be a

screening of the Bollywood classic *Devdas*. On Wednesday at 6pm in Goldstein GO4, we'll be screening *Hotel Rwanda* and *Sandstorm*.

Throughout the week, a photo booth will be set up on campus. Try out clothes from different cultures and have your picture taken. It's a cheap and easy technique for fooling the gullible into thinking that you've actually been to another country. You can mix and match too. Who knows, you might set a new fashion trend by say, putting a checkered skirt on a man and making him play the bagpipes. Oh wait...

Of course, one of the main events is the Night Market to be held on Thursday evening. The climax of M-Week boasts plenty of traditional performances and glorious food. If you're too busy during the week and can only make it to one event, make it this one. Be sure to come to Uni on this day dressed in your traditional clothing. You might get something special if you do. Then, once you've had your fill of cultural goodness, head on down to the Roundhouse to conclude the night.

So, make sure you check out the schedule in the "What's On" section and enjoy the fun. Don't forget!

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www.summer.usyd.edu.au or call 02 9351 5542.



The University of Sydney

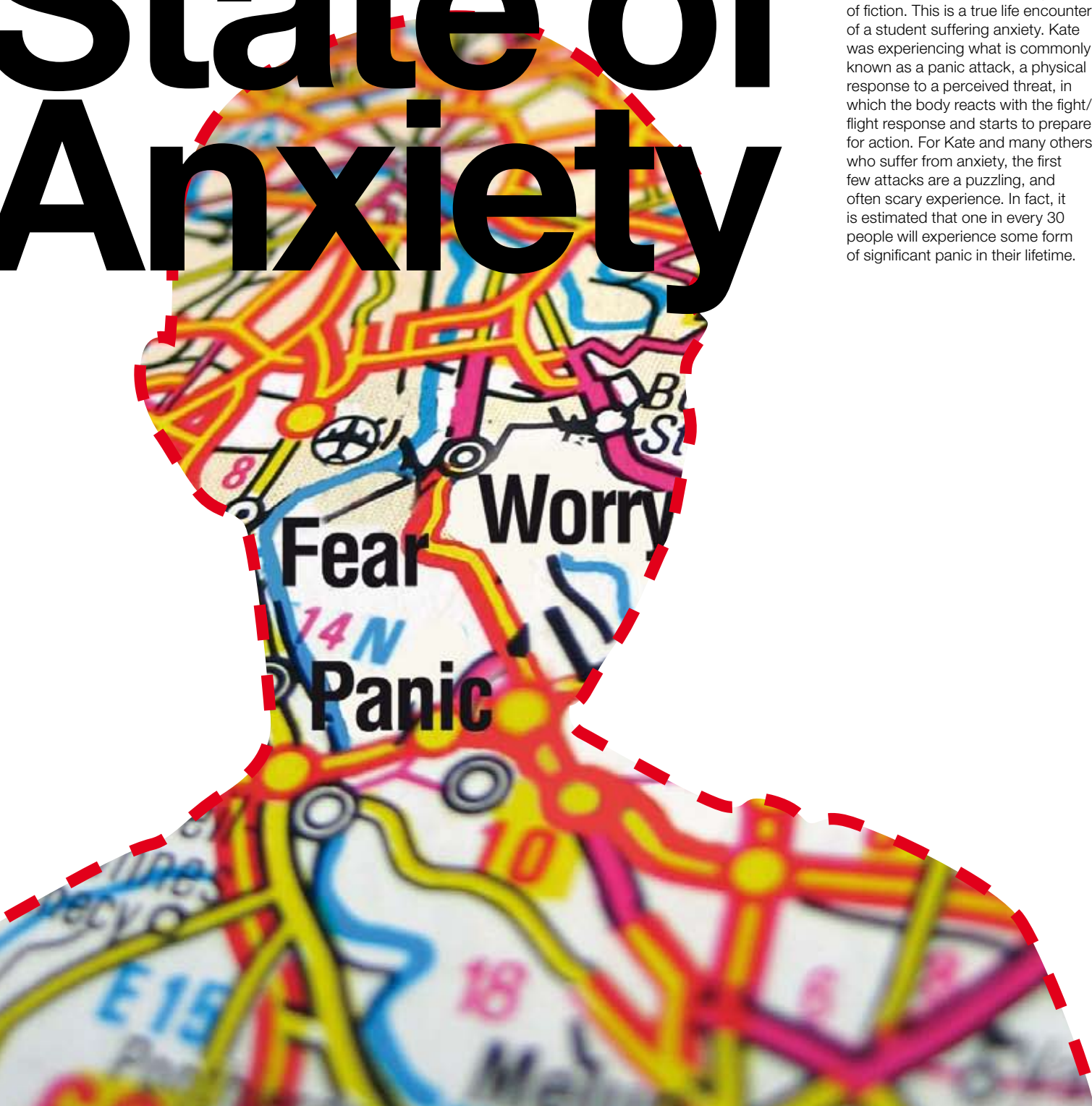
We live very stressful lives and it is no wonder that excess stress and worry can manifest itself in some pretty nasty ways. Flick Strong has investigated anxiety disorders, a common response to increased stress and workloads, familiar to students facing the stresses of exams, part time work and the responsibilities of being a student.

In a State of Anxiety

The first time it happened Kate had no idea what was going on. She had been sitting in the movie quietly then all of a sudden she started to feel weird. It wasn't like she was physically going to throw up but the weirdness was starting to freak her out so her breathing started to contract. She'd had enough. She pushed her way through the aisle and went and washed her face with water. Almost immediately, she felt better.

After that, she started to notice it would happen in confined spaces – buses to work, on the aeroplane home to visit the family, in lecture theatres. It would start with a weird feeling of detachment and then her breathing would increase; her heart would race and she would feel like she wanted to vomit.

This is not an excerpt from a piece of fiction. This is a true life encounter of a student suffering anxiety. Kate was experiencing what is commonly known as a panic attack, a physical response to a perceived threat, in which the body reacts with the fight/flight response and starts to prepare for action. For Kate and many others who suffer from anxiety, the first few attacks are a puzzling, and often scary experience. In fact, it is estimated that one in every 30 people will experience some form of significant panic in their lifetime.



Anxiety is commonly defined as excess worry that affects every day life. It can manifest itself in numerous physical and psychological ways and every person will experience it differently. Panic attacks, like the one Kate experienced, are one such anxiety related problem as well as specific social phobias such as agoraphobia (a fear of having a panic attack in public) as well as generalized anxiety. Obsessive Compulsive Disorder and Post Traumatic Stress Disorder are also related to anxiety and, like panic attacks, they can be physically and socially debilitating.

The Clinical Research Unit for Anxiety and Depression (CRUfAD) is an enterprise partly funded by the UNSW School of Psychiatry in collaboration with St Vincent's Hospital and its World Health Organization Collaborating Centre. The unit identifies the physical manifestations of anxiety as feeling nervous, fast heartbeat, shortness of breath, dizziness, shaking and sweating. CRUfAD says that, whilst a low level of anxiety can be healthy in every day living, persistent symptoms of anxiety can become difficult and often require treatment. Anxiety can be caused by a number of lifestyle and psychological changes, such as high levels of stress, poor diet and health.

One interesting conclusion reached by CRUfAD is its estimate that up to

two-thirds of people with anxiety and depression do not seek out proper treatment. One of the reasons for this may be the fairly generic symptoms that accompany anxiety. However, this lack of treatment is strange because there are effective treatments available for all anxiety associated disorders. In fact, treatment can be fairly easy to access. CRUfAD has established a website to assist people who believe they have anxiety disorders. The site includes a self help section, as well as a referral based clinical section.

On campus, the UNSW Counselling Service has a fairly comprehensive website on the symptoms and possible treatments for anxiety disorders. Some of the help it lists are physical relaxation exercises; cognitive strategies; and behavioural techniques. The website also offers a number of reference websites and books to read up on the various treatments for anxiety. But, most importantly, it suggests that if you do think you have an anxiety disorder then you should definitely seek assistance from one of their counsellors. The counselling service is free for current UNSW students and is totally confidential. Check out their website before you call them as there are a few different methods of seeing a counsellor, including the emergency drop in service as well as pre-booking a session.

As well as offering one-on-one consultation, the counselling service's Compass program offers a group workshop called *Taking Charge of Fear and Anxiety* which is running eight groups this semester. According to Penny Shores from the Counselling Service, the student response to the groups has been very encouraging with over 100 students taking part in the groups. The sessions are now full for this session, but counselling hopes to run more next year. So, if you have a problem with anxiety, check out these services.

Another useful resource is the Centre for Clinical Intervention (CCI) which is administered through the North Metropolitan Health Services in WA. It offers a step by step program of modules to help the patient through anxiety problems. The different self-help programs they run are: 'Shy No Longer', for coping

with social anxiety; 'Panic Stations' for coping with panic attacks and 'What? Me Worry!?', assisting with controlling excess worrying. Each of the models works through problems with a self assessment survey as you move through the modules.

The thing to remember with any form of anxiety disorder is to seek help. Although problems like panic attacks can be embarrassing and sometimes socially awkward, the important thing to remember is: (a) you are not crazy and (b) this happens to a lot of people, so seek help! As explored in this article, the internet is a wonderful tool, but remember that for serious problems it is always best to contact a professional. 😊

Some useful links on anxiety

The Centre for Clinical Intervention
www.cci.health.wa.gov.au/resources/consumers.cfm

UNSW Counselling
www.counselling.unsw.edu.au
 or call 9385 5418

The Clinical Research Unit for Anxiety and Depression (CRUfAD)
<http://www.crufad.com>

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Film:
Stormbreaker

Let me introduce Alex Ryder (Alex Pettyfer), the 14 year old hero of *Stormbreaker*. He's the masculine response to the power chick, teen flick phenomenon. He's the naive boy-next-door turned reluctant hero, the guy that would end up dating the heroine in *Mean Girls*. Desperately young, at least for an action hero, he makes the ever fresh-faced Jack Starbright (Alicia Silverstone) look almost middle aged. Tragically, he's too young to drive a car or own a gun. We're forced to watch him chase the bad guys at impossibly high speeds through the hectic streets of London, all on his school bike. Young heroes don't have time to don a helmet. Sweaty, and without handy

ammunition, he then uses a thick chunk of python-strength rope to kick some bad guy butt. Coming from the land of Hugh Grant and costume drama, *Stormbreaker* is a surprising and effective buzz of slick action. Although they still manage an indulgent wander down the Thames, and include an inventory of London's major landmarks, all in unbelievably bright sunshine. *Stormbreaker* is the solution to those nights you're cornered into babysitting your younger brother. Younger sisters will have to keep their killer heels and poison perfume for another day. *Stormbreaker* is full of cool gadgets, adrenalin themes and discovering yet another evil plot to take over the world. But you'll have to wait a couple of years before Alex is worried about getting the girl.

Sarah Webster



CD:
The White Room - White Room Music

The White Room will be, without doubt, your new favourite band. Trust me on this one, the four piece are the freshest group to emerge out of the fledgling Aussie rock scene since Silverchair became our favourite 'Freaks'.

Unlike Wolfmother, Jet, The Casanovas and the proliferation of '70s rock imitators, these guys (and one girl) are vastly original - embracing their own culture rather than impersonating another from years gone by.

Led by the power duo of Marc and Steph Collins, *White Room Music* is a grungy, bouncing ride that will have you addicted from the moment it hits your ears.

The opening track, 'Enemies Closer', blasts off with the guttural chorus "Keep your friends close and your enemies closer" as the drums and bass shuffle along in a sinister synergy. For such a new outfit, the White Room are impressively tight, with tracks like 'Lover No.1' showcasing some dexterous interplay between band members. And, while it may be the killer production that makes this such a stellar effort - care of Phil McKellar (of Grinspoon fame) - the songwriting is good enough to match it.

Sounds like: AC/DC starting out in the post-Soundgarden era

Associate Reporter
Jonathan Seidler



WIN!
STEP UP
PACKS

When trouble with the law lands Tyler with a community service gig at Maryland School of the Arts, he arrives as an angry outsider, until his skills as a gifted street dancer draw Nora's attention. Tyler realizes he has just one performance to prove that he can step up to a life far larger than he ever imagined.

Thanks to United International Pictures, to celebrate the release of *Step Up* in cinemas now, **BLITZ HAS FIVE STEP UP PACKS TO GIVE AWAY.** Each pack contains a men's singlet, a women's t-shirt, the CD Soundtrack to *Step Up*, an in-season pass to the movie and a sweat band.

To win one of these packs, tell us which film, starring Kirsten Dunst, looks at the bizarre life of cheerleaders. Email your answer, along with your full name and surname, student number and contact phone number to comps@source.unsw.edu.au with the subject "Step Up"



WIN CDs
OPANONI, ALL INDIA RADIO
AND YANTO SHORTIS CD'S

Blitz has 5 copies of Opanoni and the Raindrops' debut album 'EGBDF' to give away. Opanoni will make you proud to be Australian in a 'shit, we've got some amazing talent here' kind of way. Opanoni's sound is at times reminiscent of Wilco, Mercury Rev and Elliott Smith.

Blitz has four copies of All India Radio's new album 'Echo Other' to give away. Echo Other is the long awaited fourth album from this Melbourne-based band. The album offers a spectacular soundscape, blending the best elements of the band's ambient sounds and textures and samples with the energy of traditional drums, bass, guitar and a smattering of ethereal voices.

Blitz has 3 copies of Yanto Shortis' new album 'Lantana on the Hill' to give away. Languid, lush and lyrically wonderful, this album combines Melbourne singer-songwriter Yanto Shortis' love of blues, folk, country and rock elements. Yanto has supplemented his sublime sounds with violin, mandolin and dobro slide guitar.

To win one of these albums by these great independent artists, tell us the name of the present Source president. Email your answer, along with your full name and surname, student number and contact phone number to comps@source.unsw.edu.au with the subject "All India Radio", "Opanoni" or "Yanto Shortis"

“ this is an issue that is so difficult for the political system to cope with ”

An Afternoon with AL GORE

Recently, former US Vice President Al Gore came to Sydney to promote his new film *An Inconvenient Truth*, attended a press conference specifically for young people. Alex Serpo met the man who would be President.

Rough, firm, confident. This is a President's handshake. Well, almost a President's handshake; somehow it's too rough, like a farmer's hand. Somehow it's too honest. Meeting Gore is like confronting a bear in the woods; he stares you down in a cold, piercing and flatly judgmental way. The former Vice President is over six foot tall with a heavy, lumbering frame and his hands are thick and heavy. When he speaks, his voice is deep and resonant, yet oddly pleasant. In fact, once you realise this bear is not going to eat you, he instantly becomes fascinating. Perhaps that's why Gore won the popular vote, despite missing out on the top job.

Listening to Gore, it is clear he no longer considers himself a politician. He answers questions directly. In fact, the way Gore speaks more generally is impressive. He never hesitates, he does not say 'um' or 'like'. His arguments are clear, and his language is accessible. Almost everything he says is quotable. He probably honed this skill in his seven years working as a journalist before he entered politics. In fact, his early work is probably where Gore got his taste for inconvenient truths.

Like any good journalist, Gore is explicit about how he sees the issue, stating firmly that 'there is no question that the most serious crisis that civilisation has ever confronted is the climate crisis'. Is it then more important than terrorism? He replies that 'it is dangerous to compare an apple to an orange'. However, Gore suggests that terrorism and climate change, despite being different fruit, possibly grow on the same tree. 'In truth, they are connected' he says in his deep timbre, 'a great deal of the money that has been used to finance and fuel the most dangerous terrorist groups, including Al-Qaeda, has been siphoned off the enormous amounts of money the west has been sending to the Persian gulf. We are borrowing huge amounts of money from China to buy huge amounts of oil from the Persian Gulf to make huge amounts of global warming pollution and that whole pattern is wrong'.

So if this whole pattern is wrong, why didn't Gore do something about it as a US Senator, or even as Vice President? Well, he actually did try

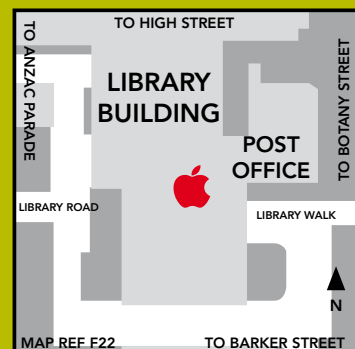
to do something about it. In the late Seventies, as a young Senator, Gore set up the first US Congressional hearings on global warming. He invited the first scientist to measure carbon dioxide in the atmosphere; the Harvard-based Professor Roger Revelle, to present his evidence. Gore notes that he 'was surprised, perhaps naively, when colleagues did not have the reaction [he] had hoped they would have'. Indeed, Gore was thwarted continuously. 'I went to Kyoto personally to help to get the breakthrough there, however when I came back, I could not persuade the Congress to ratify it' he laments.

Gore now thinks of himself as 'a recovering politician', at least that's how he described himself when *An Inconvenient Truth* was shown as the Sundance Film Festival. Gore has now taken his fight out of Congress and brought it to the people. This shift in focus is a calculated one. 'I learned in my years in the political system that this is an issue that is so difficult for the political system to cope with because the influence of powerful polluters is really great. The only way to do this is to change enough minds at the grassroots level so as to deprive the special interest groups and lobbies of the power they have' he says.

It seems Gore's campaign has also brought him closer to the world's youth. To stop global warming, Gore says we must question the authorities that let this happen. 'When you learn enough about this, and when you empower yourself with the knowledge about what this is all about, then have the boldness and the intellectual courage to challenge your elders who, after all, are familiar with being blind to the truth and not facing up the situation. It is the role of your generation to demand a justification for what horribly immoral collective behaviour is happening right now that has dire consequences for the earth that you are inheriting'. For Gore, the disillusioned youth of today are the only way to improve the world for tomorrow. ♪

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Classifieds

AUJS Revue Diaspora Housewives:

Wednesday October 18, 19, 21, 8pm, Science Theatre. Hilarious comedy sketch show featuring dance, music and song and humouring Jewish suburbia. Tickets \$15, \$10 conc. Bookings www.aujs.com.au/revue or ph (02) 8004 1559. Inquiries revueproducer@aujs.com.au.

International Speed Dating:

Meet people from all over the world. Tuesday October 10, 5-7pm in the Unibar, Roundhouse. Register at ISS, East Wing, Red Centre.

2-Way Radios

Up to 12km range. Brand new in box. RRP\$150. Will take any reasonable offers. Information available on request. Steve 0417548858

DIMA Information Seminar:

"Pathways to Australian Permanent Residency" The Department of Immigration and Multicultural Affairs will be on campus to speak with current international students as well as UNSW staff on the various pathways to obtain Australian Permanent Residency. Wednesday October 18 from 3-5pm, Ritchie Theatre (The Scientia G19) Free. Please register via email at international.student@unsw.edu.au

Wanted: Fridge and Washing Machine:

For 2-3 people use. Target price \$180 each. Accept any reasonable offers. Sze 0416856801.

JazzSoc AGM

Thursday October 12, 1pm, Quad 1001. Get involved in the society for all appreciators and players of jazz.

Theatre: Grave Intentions:

A Classic boy-meets-girl, girl-hates-boy, boy-incinerates-the-corpse-of Kevin-Spacey tale". A comical saga for everyone who has ever suffered from a case of mistaken identity. Tuesday, 10 October 2006 - Saturday, 14 October 2006. 8-10:30pm in the Fig Tree Theatre. \$12 for Students, \$18 for Adults

Oxfam UNSW screening of "The Okapa Connection"

The film follows the journey of Fairtrade coffee, from the lands of Indigenous tribes in PNG to Australia. The fair prices now paid in the Okapa region are changing the lives of the coffee growers and their communities. Presented in conjunction with Human Rights Week. Introducing the film will be Jacqueline Arias, former ABC journalist and Fair Trade advocate. All welcome! Wednesday, October 11 from 5pm to 6:30pm. Ritchie Theatre, downstairs Scientia. Free.

Multicultural Week Movie Screenings:

Tuesday at 6pm in Goldstein G06, there will be a screening of *Devdas*. Wednesday at 6pm in Goldstein G04, there will be a screening of *Hotel Rwanda* and *Sandstorm*.

Lose weight for research.

Are you interested in losing weight or want to know more about fat loss? We are looking for overweight females under the age of 30 to participate in a research study. You will get free blood lipid information along with a diet analysis. Contact Sarah Dien at sarah.dien@unsw.edu.au or 9385-8710

VOXPOPS

Q1 What makes you happy?

Q2 What makes you sad?



KIRSTIN

1. Warm summer afternoons and beers at the Unibar.
2. Winter



AMY

1. Meeting good friends and hanging out
2. Having one of those good friends go overseas and not come back.



AARON

1. Something immediately conducive to my own hilarity.
2. Me not being hilarious



LEANNIE

1. Seeing my kitty makes me happy.
2. Being on the train at 9am and not getting a seat.



LACHLAN

1. Pretty Girls
2. Warm beer



CHRIS

1. Ninjas. Fast ninjas.
2. Ninjas dying. Who will defend the shadow realm?

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DJ Cadell
The Bang Gang DJ's

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78 SAAB
Entropic
Coda
White Soul Collective

Back Beergarden Stage

Astronomy Class
DJ Skoob
Urthboy
Hyjack N Torcha
DJ Peril with the
Suburban Intellect
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Infusion

R'n'B Stage

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