



IT'S TIME TO SERVE UP THE... INTERNATIONAL COOKBOOK LAUNCH 2009

WEDNESDAY 3 JUNE @ 12PM CLUB BAR, ROUNDHOUSE

Arc Members free, UNSW students \$2

Free copy of cookbook!

Free food!

Awesome prizes!

Masterchef pressure test competition!



BLITZ MAGAZINE

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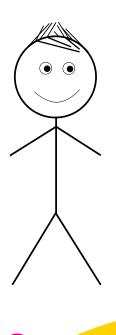
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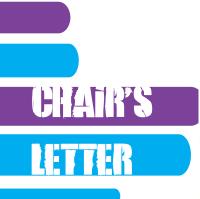
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EDITOR'S THOUGHT FOR THE WEEK

"Damn you Crash for taking my space!"









Simon Crawford-Ash Chair of Arc Board



— don't stress!

Exams begin soon, and while we can't give you the answers, we can give some important tips on how to make the exam process a bit less stressful.

Here's our exam checklist:

- Do you know where to go? You might have an exam in a building you've never heard of. Go and visit the building before the date of the exam so you aren't rushing or lost on the day. Log on to MyUNSW to get your "personalised" exam timetable. It will have your times and room/building locations. If you have an exam in the Racecourse, visit the UNSW exam locations website so you know exactly where to go.
- Is your exam open or closed book? Some courses allow you to bring in a formula sheet, or a single page of notes. In other cases you cannot bring anything apart from writing materials.
- If you've never read your course outline before, now is a good time to pull it out of your bag. It will include information about your exam, and also any "local" procedures your school or faculty requires you to follow (such as for special consideration).
- Go to the last lecture and tutorial! That's usually when you'll get exam tips and sometimes you'll even be told what questions you'll be asked.
- Know what the exam is worth. It might make a difference to how much study you put in if the exam is worth 60% of the course, or if you have to pass the exam to get an overall pass in the course.
- Don't be silly and bring 1 pen into the exam. Murphy's Law will ensure it runs out. Come prepared (remember you can visit the Arc campus stores for everything you need).
- And try to write neatly! You can fail an exam if your script can't be read.

Don't break the rules!

Lastly, please whatever you do, don't cheat in your exams. Bringing unauthorised materials into an exam, even by mistake, is misconduct and can lead to disciplinary proceedings. Your head of school isn't going to be too impressed if you tell them that you usually study with a magnifying glass when you're caught in an exam with point 4 font typed notes which you 'accidentally' slipped into your pen lid. Use your creative brain to study instead of trying to get around the rules...

In the words of Douglas Adams, don't panic. It'll be over soon! Get plenty of rest and eat well in the exam period. If you need our help or advice in any way, please feel free to drop us a line at advice@arc.unsw.edu.au. You can also contact the exams office for information on exams@unsw.edu.au

Finally, the UNSW exams website has a huge amount of useful information. Visit the "A to Z Guide" on MyUNSW https://my.unsw.edu.au/student/atoz/ABC.html and click on "Examinations".

Good luck!!!!!

Calculators

UNSW doesn't supply calculators in exams now. You must have your own, and you must get it approved for use at your Faculty or School Student Centre. If you don't do this you won't be able to use it in the exam.

Transport to the exam

Give yourself plenty of time to get there. The 891 buses can be very crowded at exam time and parking on campus is even more at a premium.

Illness or misadventure

If you get sick before or on the day of the exam, you absolutely must follow the special consideration policy. Don't make up your own rules. You must use the official special consideration application form from Student Central and submit it within a maximum of three days after the exam. It is a good idea to notify your School as well.



Exam check off box:

Exam times and dates?				
Exam location?				
Have you given yourself enough time to get there?				
Have you got your student card for ID?				
Is it open or closed book?				
What is the exam worth?				
Do you need a calculator and have you had it approved?				
Do you have enough pens?				

International Gookbook

Alina Petanec

Fancy yourself a gastronomist? Want to impress your friends, family and significant others with your culinary skills? Come on down and pick up your free copy of the International Cookbook, whilst sampling some of the food that is on offer. There will also be a cooking competition and lucky door prizes. So why aren't you making a beeline to the Roundhouse?

This year, stacks of entries were submitted, with 25 being chosen for publication. There are 3 main categories: Starters, Mains and Desserts. The winners for each category will be announced at the launch.

I personally used the International Cookbook from last year to make a multitude of dishes, including dead easy pancakes, which kept me and my friends entertained for months. I found it a really accessible resource and testament to the multicultural diversity of the students and the food we bring to the table of university life. It also helped me to show off my cooking skills which I lacked prior to picking up the Cookbook.

The International Cookbook is run by Student Development and put together by a team of student volunteers. The Cookbook won an ACUMA award back in 2006.

Here's what the 2009 International Cookbook Coordinator. Mara Ogrin, had to say:

"As the Coordinator, I am in charge of running the competition, finding volunteer editors, designers and photographers to further develop their skills and of course, organising the launch. I think that the International Cookbook is a really important Arc program because it fosters the international feel of the UNSW campus and tries to bring a sense of unification amongst the students through something we all have in common - FOOD."



0 & 1

What nationality are you? Romanian from Bucaresti. I came to Australia when I was 7. Favourite dish to eat?

At the moment, it's "ciorba de salata" – easily translated to lettuce soup. It's a mix of lettuce and a few other vegetables, plus, omelette added in at the end. It sounds like a weird concoction, but it's so great. I think that may also be because I love eggs, in any form. They are also very yummy.

Your cooking specialty?

I make awesome crepes and I love cooking all types of desserts - I made a 4 layer strawberry cream cake with my friends that took a few hours to make but was so great to eat afterwards!

Food you hate the most?

I have an unnatural hate of rockmelon. Plus, I don't deal well with spice (chilli, garlic or curries etc).

recipes that will appear in the International Cookbook. Bon appétit!





MANGO FLOAT

Maria Patricia Faustino

Ingredients:

600ml thickened cream 2 x 395ml cans condensed milk 400g digestive biscuits 3 mangoes, sliced



Method:

- 1. Using an electric mixer, whip the cream until semi-stiff peaks form.
- 2. Add the condensed milk, and whip until the mixture is thick and creamy, then set aside.
- 3. Spread a layer of biscuits in the bottom of a deep rectangular plastic container.
- 4. Pour a layer of the cream mixture over the biscuits.
- 5. Place mango slices on top of the cream mixture, repeat layering in this order, finishing with mango slices on top.
- 6. Cover and freeze for a few hours until firm.
- 7. To serve, let stand for 10 minutes at room temperature, until the texture is similar to ice-cream. Cost: under \$10

Story: Back in 1995, the *Guinness Book of World Records* listed the Philippine Mango as the sweetest fruit in the world. Since I grew up in the Philippines, I wanted to create something that gives justice to its status. This is a Filipino version of ice-cream cake; I've been making it for family and friends since my teen years. Everyone thinks something that tastes this good must be complicated to make, but it's so simple and affordable. It's perfect to keep in the freezer to satisfy your sweet tooth. Enjoy!

SOGAN-DOLMA (STUFFED ONIONS)

Farah Celjo

Ingredients:

½ kg brown onions ½ kg beef mince

1 cup medium grain rice

1 carrot, grated

1 garlic clove, finely chopped

Salt and pepper, to taste

1 cube vegetable stock

1 tbsp olive oil

100g diced tomato

Water for boiling

Additional ½ cup boiling water

Sour cream for serving

The 2009 International Cookbook, is launching in the Club Bar, Roundhouse, on Wednesday 3 June from 12pm.

Method:

- 1. Chop the ends off the onions, peel and put in a saucepan. Cover with water and boil on medium heat for 15-20 minutes.
- 2. While onion is cooking, combine mince and uncooked rice into a bowl.
- 3. Add remaining ingredients, and mix with hands.
- 4. Drain the onions, and use your fingers to push in the centre to release the onion layers (If onions tear they can still be used).
- 5. Stuff each onion with the beef mixture.
- 6. Place stuffed onions on a greased deep frypan.
- 7. Cook on low heat for 40 minutes and simmer, adding about $\frac{1}{2}$ cup boiled water to the pan every 10 minutes.
- 8. Onions are ready once water has been absorbed.
- 9. Serve warm with sour cream.

Story: From a young age I used to hang off my mothers apron while she baked and cooked endless feasts for our family of only 3. That was the best bit! Coming from a Bosnian background allowed for a lot of variety at dinner time. This is a recipe I have been cooking for a little under a year and something of a crowd favourite amongst my dinner party guests and friends. It is simple, fun and delicious all in the one mouthful. This recipe is perfect for student life as it's easy to heat and eat for days. Enjoy!



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www.acaoo.com.au

Snow Storm:

Alina Petanec



Brrr.. it's cold in here! Well, it's that time of the semester again, where we can let our hair down and party it up in our finest establishment – the Roundhouse. As the days are shorter, the nights are cooler; we thought it fit to dub the theme as "Snow Storm" – considering, at UNSW, we have never seen a flake of snow. Exams? Out the window. You don't have to worry about those until after June 4.

You'll also be interested to know that the Roundhouse has a new floor which may or may not stand the test of time, as I guarantee you will be ripping up the dance floor to the music we have coming your way.

Dress code? As we can be expecting a snowstorm, don your puff jackets, ugg boots, beanies, scarves and pair of gloves – or else, skimp it up and accessorise with your winter woollies.

The line-up? As the last rays of sun are setting, the Beer Garden will be blessed with the sounds of Soundhustla, resident DJ at Ruby Rabbit, Chinese Laundry, Soda Bar @ The Sheaf – just to

name a few. His music style ranges from hip-hop, electro funk to turntablism and 'fidget house'. Head on down at around 5pm, and warm up for what will be an eventful evening.

Taking over at around 7pm is some live music from Mr Wilson – the house band who frequent at Piano Room. This trio play a bit of rock, soul and pop, keeping you toasty as the night gets cooler.

In the main hub and bub of the Roundhouse, our UNSW boy made good, Gabriel, will be playing a steady flow of house, lifting the temperature up a notch, and getting things warmed up for the rest of the evening.

We are also blessed here at UNSW to be a part of the Purple Sneakers DJs national tour (yay!). An intoxicating mix of indie, pop, rock, and a mish mash of everything else will have the Roundhouse (and yourselves!), hot, sweaty and undeniably irresistible. Who said anything about a snowstorm? It's getting hot in here...





What better way to finish off Adam Bozzetto of Potty Mouth tour, to keep you awake until the wee hours of the morning.

Main Room

9pm - Gabriel 10.30pm - Purple Sneakers DJs 12.30am - Adam Bozzetto

Beer Garden:

5pm - Soundhustla 7pm - Mr Wilson (Live)

Snow Storm

5pm – late Arc members: **Free UNSW Students:** \$5 after 9pm All others: \$10





Club Bar

Chillout Room



Weeks 11 & 12 Watch out for CONTACT's amazing freebies!





It's dumb because you're trashing where you live.

Dumping unwanted household items is illegal and subject to fines of up to \$750. Instead of dumping, call us to find out about clean up days, collection services, or places to take your unwanted household materials.

- Book for a free on-call clean-up
- Check your waste calendar for scheduled collection dates Please contact Randwick City Council on 1300 722 542.



Lost in Translation? Culture Shock? And you think you've got it bad...

Allina Yang

Writing a report on international business relations between Australia and China? Researching an essay on cultural interactions in India? Going on exchange and want to know more about the country you'll spend the next semester(s) at?

Surprisingly the answer to all these questions can be found right here on campus at UNSW.

UNSW houses an extremely multicultural population. Here, you'll find representatives from countries as diverse as the Seychelles, Oman, Cyprus and Liberia to the more commonly known China, Vietnam, Malaysia and USA.

Why not strike up a conversation with that international student in your tutorial whom you've never really spoken to before?

They are just as eager to converse to improve their English language skills and to find out more about the culture they will be immersed in for this next period of their lives.

In fact, a recent survey by the University of Melbourne found that many regretted not having made enough Australian friends in their time here. Many may also need help adjusting to the Australian education system, or sorting out the various Aussie colloquialisms and lingo. And of course, as we all know, having a fantastic social life is a vital part of maximising your uni experience, so don't be shy to speak up!

Imagine how you would feel if you had to integrate into a whole new culture, country, lifestyle, language and social network? It's no wonder then that many international students experience culture shock and homesickness, as well as learning difficulties associated with their English language skills. This is where you can help, with your diverse knowledge of how things work the Aussie way, exactly what "fair dinkum" means and the coolest places to hang in Sydney. And let's face it, with globalisation happening the way it is, a global network of contacts could well prove extremely useful when you land that job in Hong Kong, Rio de Janeiro or Tokyo only to find that now you are the 'international'.

Sometimes the culture shock is so big some international students just don't know where to start when it comes to socialising with the local students. Sometimes this might

seem to others as if they were being unfriendly, but this couldn't be further from the truth. This is where you need to take the first step and get the conversation going with topics ranging from tutorial homework to the latest band playing at the Roundhouse to the awful queues at Eddy Avenue (which have gotten better!).

Clubs and societies also play a major role here at UNSW, so why not invite them to your next club meeting? Or encourage them to come to the free barbeques or fairy floss giveaways on the Library Lawn? You could even just kick a footy around on the Village Green during lunch break. Chances are many will say, 'yes', as this provides them with an opportunity to engage with Aussie culture. (Unless of course, there's that Commerce assignment due the next day. There is always next week.)





















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HAYDEN DALEY - CLUBS COORDINATOR

ALINA PETANEC

Who is the Clubs Coordinator? Do they introduce nightclubs on campus, or ensure that club sandwiches are made according to a set of rules? Most of us are part of a club or society on campus, with around 135 Arc affiliated clubs to choose from. Behind the clubs and societies. is the Clubs Coordinator, the point of contact for all enquiries. resources, and grants for Clubs and Societies on campus. They also administer courses, such as the RSA, RCG, First Aid, Barista, and ESCC courses offered to students.

Enter Hayden Daley, the current Clubs Coordinator. Hayden has been involved in student life and organisations for over 5 years. He recently graduated from UNSW, where he studied Photo Media and Philosophy. As he puts it, he was interested in the "Ph". Havden started off by creating his very own club, "Neonascent", back in his time at COFA in 2004, which formed out of a group of guys creating an online gallery with 3D photography, dealing with everything from gallery management to studio photography. He then joined the COFA Students Association as Treasurer, then as Vice-President, and was an active board member for Arc's legacy student organisations. Now, Hayden is the point of contact for all Clubs and Societies on campus. Some of the things Hayden and the team at Student Development offer clubs on

campus are free room hire, and grants of up to \$6000 to put on events. Clubs range in size, with the larger constituent clubs including Lawsoc and CSE, right down to the grassroots clubs such as the Filmmaking Club and Dirty Hands.

Q & A with Hayden:

Favourite movie? Batman Subject you liked the least at uni? I really enjoyed pushing the boundaries and got lecturers offside. I never failed a subject. If you could set up a club now, what would it be? The Thinking Club or ThinkSoc. You wouldn't actually have to express your thoughts; you would just have to have them. We would go to the pub and think, or anywhere, and use Arc funds to travel the world and just think.

Dream occupation? To be paid to sit in my room with my typewriter.

What you can't leave the house without? My feet.

You can be found at... Student Development, Level 1, Roundhouse, Lower Campus, UNSW, Kensington, Sydney, NSW.... If you don't know where NSW is, then I don't want to see you.

Anything you would like to tell the UNSW student population?

Affiliate your club and do it now!

For further information, Hayden can be contacted via (02) 9385 9840 or via email: clubs@arc.unsw.edu.au

MONDAY



June 1

Environment Collective

12-1pm

Come along to meet people interested in the environment, learn about environmental issues, plan events on campus and enjoy scrumptious snacks.

Quad Lawn

Free

CONTACT'S Random Acts of Kindness

12-1pm

CONTACT is your free information and referral service that aims to answer any questions you might have. Keep an eye out for our volunteers who are handing out freebies this week!

Main Walkway

Daily Mass

12.10pm

Would you like to go to Mass today and join us in prayer?

Quad 1049

Free

Faith and Reason Groups

2pm

Come join our weekly small groups as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church.

Squarehouse Level 3, The Louvre

Happy Hour

5-6pm

The happiest hour of the day, with the happiest people in the University! **Roundhouse**

Monday Night Poker

5-7pm

5pm registration for 6pm game. Bring your Poker face.

Roundhouse UniBar

Free

Debsoc Debate

6pm onwards

M17, Chemical Sciences Building

Free

Monday Night Live

6-7pn

Studio 4's Improvised Comedy Workshop. Drinks and Pizza afterwards.

Air Room, Roundhouse

Free

Does Australia Need a Human Rights Act?

6-8pm

A panel featuring former prime minister Malcolm Fraser and Mohamed Haneef's lawyer Stephen Keim discuss whether Australia needs a Human Rights Act.

Law Theatre G04, Law Building, UNSW

Free

TUESDAY



June 2

CheerSoc Fired Up Bake Sale

9am-4pm

CheerSoc is going to internationals and we need your help! Every serve goes at one dollar! Bake goods galore! We're getting ready to "bring it on".

Quad

\$1 for each item

Faith and Reason Groups

10.30am

Come join our weekly small groups as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church.

Squarehouse Level 3, The Louvre

Bike Tutorial

12-1pm

Learn everything there is to know about a specific part of your bike. This week: Headset, stems and handlebars.

Quadrangle Lawn

Free

CONTACT'S Random Acts of Kindness

12-1pm

CONTACT is your free information and referral service that aims to answer any questions you might have. Keep an eye out for our volunteers who are handing out freebies this week!

Main Walkway

Bike Repair Workshop

12-3pm

Got a bike? Want to learn how to maintain and repair it? Come and learn some practical skills and find out about the Bike Club's rides and events.

Quadrangle Lawn

Free

Daily Mass

12.10pm

Would you like to go to Mass today and join us in prayer?

Quad G025

Free

Socialist Alternative Meeting

1-2pm

Every week there is a lecture about Marxist politics, followed by discussion. If you hate the bail-outs of Wall St while workers worldwide are losing their jobs, oppose the wars in Iraq and Afghanistan, hate sexism, etc, come and meet others who want to change the world.

Morven Brown G7

Free

Pottery Induction

1-2pm

A safety induction to introduce students to the Pottery Studio. The studio is free for Arc Members and \$15 per hour for non-members once you have completed the induction.

Pottery Studio, Blockhouse

Free

Tuesday Trivia

1-2pm

Think you know-it-all? Prove it and you could win a 5 day 'Surfari' to beautiful Byron Bay for 6 people!

Roundhouse UniBar

Free

WEEK 12 UNE 1 - 5

Submit online for Semester 2 at www.arc.unsw.edu.au

Faith and Reason Groups

2pm

Come join our weekly small groups as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church.

Squarehouse Level 3, The Louvre

Student Welfare Collective Meeting

2-3pm

Are you concerned about your welfare as a student? Discuss your issues here with some people with the knowledge and resources to help you solve them.

Training Room 1, the Blockhouse

QueerBoys

2-4pm

A space for all queer men, boys and non-female students to socialise and make plans.

Queerspace Chemical Sciences 920 Free

Education Action Group (EAG)

The EAG are students that advocate for quality of education & equality of access to education. We are focusing on a campaign against course deregulation, which reduces course diversity. We are fighting to save humanities! We achieve real outcomes for students like you & me. Hope to see you there!

Level 1 Blockhouse

Free

Happy Hour

5-6pm

The happiest hour of the day, with the happiest people in the University! Roundhouse

Pool Comp

5-6pm

Come and test your skills with the stick against UNSW's best (and worst).

Roundhouse UniBar

Free



WEDNESDAY (



June 3

QueerGirls

11.30am-1.30pm

A space for all queer women, girls and female students to socialise and make plans.

Queerspace Chemical Sciences 920

CONTACT'S Random Acts of Kindness

Keep an eye out for our volunteers who are handing out freebies this week! Main Walkway

Falun Dafa Free Meditation Class

12-3pm

Scientia Lawn

Free

2009 International **Cookbook Launch**

12pm

Free food, awesome prizes, free copy of cookbook, Masterchef pressure test competition and loads more fun stuff.

Club Bar, Roundhouse

Arc Members free, UNSW students \$2

Daily Mass

12.10pm

Quad 1049

Lunchtime Bingo

1-2pm

Did someone say Nanna? BINGO! It's Bingo at the Roundhouse. Win some sweet prizes during your lunchtime break.

Roundhouse UniBar

Free

Happy Hour

5-7pm

The happiest hour of the day, with the happiest people in the University! Roundhouse

Qantas Wallabies

your opportunity to win.

1-3pm

Come along to meet the players, grab an autograph and a photo. Merchandise and tickets will be given away, so get to the Roundhouse for

Roundhouse

Free

Live Music

5-7pm

Come along and see some live local bands and show your support by cheering loudly!

Wallabies

Roundhouse

Free

THURSDAY



June 4

Faith and Reason Groups

10.30am

Join us as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church

Squarehouse Level 3, The Louvre

Connect Four

12-2pm

It's on! Old skool! It's one-on-one for four-in-a-row! Are you a Connect Four champion?

Roundhouse UniBar

Free

CONTACT'S Random Acts of Kindness

12-1pm

Keep an eye out for our volunteers who are handing out freebies this week! **Main Walkway**

Daily Mass

12.10pm

Would you like to go to Mass today and join us in prayer?

Quad 1049

Free

Pottery Induction

1pm

A safety induction to introduce students to the Pottery Studio. The studio is free for Arc Members and \$15 per hour for non-members once you have completed the induction.

Pottery Studio, Blockhouse Free

Powerhouse on Campus

1-2pm

Powerhouse is a service for university students with time for short worship, a practical bible-based teaching, food and also an atmosphere of faith and friends to build friendships with! Come and check out what we are about

Roundhouse

Free

Faith and Reason Groups

2pm

Come join our weekly small groups as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church.

Squarehouse Level 3, The Louvre

Queer Collective

3-5pm

Queerspace, Chemical Sciences 920



End of Session Party - Snow Storm!!

5pm till late

Come and let your hair down – you made it to the end of semester!!

Awesome DJs and music to party all night to.

Roundhouse

Free for Arc Members, \$5 for UNSW students after 9pm

Women's AFL

6.30-8pm Robertson Oval, behind Moore Park netball courts

FRIDAY



June 5

CONTACT'S Random Acts of Kindness

12-1pm

Keep an eye out for our volunteers who are handing out freebies this week!

Main Walkway

Daily Mass

12.10pm Quad 1049

Free

Live Music

4.30-6.30pm

Come along and see some live local bands and show your support by cheering loudly!

Roundhouse

Free

Happy Hour

5-6pm

The happiest hour of the day, with the happiest people in the University! **Roundhouse**

UNSW Atheist Society Meet

5pm

Goldstein G06

Free

CALLING ALL UNSW MUSICIANS AND SOUND ARTISTS! Keen to get your music heard? UNSW Sounds Project is a compilation CD dedicated to

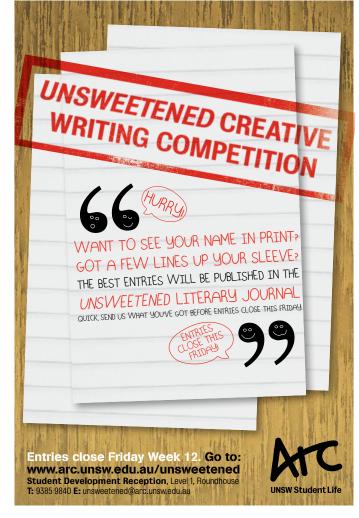
showcasing UNSW musical talent. **This is how it works:**You submit your songs or works (either by mp3 or CD), an esteemed panel of judges selects the best ones, Arc puts them on a CD and then distributes it to UNSW students and local radio. You will also perform at the Sounds Project Launch Party during Arstweek, plus other gig opportunities.

Interested? Then start sending us your stuff! We're looking for everything from ambient soundscapes to progressive death metal. The only condition is that at least one band member must be a UNSW student, or you must be a UNSW solo artist.

To enter email artsweek@arc.unsw.edu.au for an application form.

Submissions close on Friday 27 July (Week 1).





Blowing off Steam

Thomas George gives some sage advice on how to take the kettle off the boil.

Seeing as it's nearly exam time again, stress levels among students would be understandably higher than usual. Stress can inhibit performance on exams, so blowing off steam before an exam can be crucial in order to earn that HD for finger painting and Property Law. So being an expert in stress-related matters, I figured I'd give you guys some awesome ways in which to blow off steam while on campus.

Haaa-Dooookan!

What? Videogame advice by Thomas! No way! But way indeed. Going to the games room and playing a few rounds of Tekken whilst superimposing your lecturer's head on the enemy can certainly help lower stress levels! However, caution is advised as the computer can, and does cheat regularly. Once you've been hammered by a BS opponent, your stress levels are likely to rise even higher as you grind your teeth in frustration.

Run Forrest Run!

Running from your problems not only keeps you fit, but also doubles as an outlet for built up anxiety and stress. Once released from your system you can think more clearly. However, you'll most likely be all sweaty, so bringing a change of clothes is advisable. The Village Green is a perfect spot for doing laps while swearing and muttering under your breath. Sure people will think you're crazy, but at least they won't bother you with pamphlets!

Pull a Stanley

Step 1: Go to the UniBar.
Step 2: Drink. Step 3: Repeat
step 2 until you no longer stress
about exams, or *Blitz* deadlines.
Step 4: Stagger home and sleep
it off. There are a few problems
with this method; you may
damage your liver over time.
You'll get nothing done. It can
be expensive. And finally, you
may get a reputation for things
you don't even remember
doing. (Ed's Note: My reputation
can't get any lower at the UniBar)

Do the Horizontal Tango! Sex is perhaps the greatest

Sex is perhaps the greatest way to blow your stress away. Provided you have, or can find, a willing participant. It can also be a great workout that is enjoyed around the world, and across cultures. However, I know from experience that stress can follow you into the performance. So let your partner know that this isn't about "love" but rather just bumping for relief.

What's the Big Deal Anyway?!

Take a step back and breathe. Remember, uni is about having fun. If you bomb an exam or fail a class, it really isn't the end of the world. Remember the HSC? All that build up and how much did it really matter at the end of the day? Take the time to smell the roses and realise that if you do fail, it doesn't really mean anything because you can always try again.



A Soliloguy for th







Twelve weeks go by so fast, Now as always in the past, Forevermore I've been yearning, The rosy tinge of forgotten learning, That time upon me doth cast.

In the silence basking breathing in, Afternoon sunlight hiding among the din, The library calls ever so sweetly, No one to talk to, Alone on campus studying discreetly.

I figured an impromptu poem was the best way to articulate and introduce this article. Have you ever been to UNSW on the weekend? It's eerily quiet. Bustling walkways and loud conversations swapped for the quiet sounds of leaves rustling and birds calling to each other. There is a certain magic here during this time. I feel that the university truly belongs to me alone. There is in the air an expectation, a waiting for something. Is a university still a university when it is without students or classes?

I wish a fucking coffee shop was open.

Thanks for reading my crap this session guys. Enjoy the break.





e Semester of Solitude









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Journeys of Inspiration





Yeah Yeah Yeahs: It's Blitz

Camilla Peffer

Two years on from their last release, It's Blitz! sees New York's Yeah Yeah Yeahs take a completely different direction and head to funky town. Think shiny disco balls and Debbie Harry.

The album opens like a throbbing disco with Zero & Heads Will Roll, which is bound to draw some new fans from the electronica scene. But die-hard fans never fear. Although the usual gritty guitar effects have been give the old heave-ho and replaced with loads of vintage synthesisers (a la Muse's Super Massive Black Hole), old remnants of the indie-rock trio can be found lingering. The hauntingly bittersweet Skeletons will leave you smitten with Miss O, and the lyrics on Runaway and Hysteric are reminiscent of the good old days of Maps. It's Blitz! might take a while to grow on those accustomed to their usual post-punk style, but this new sound is sure to win some new hearts and keep the flame alive for their "real fans".



Fast & Furious 4

Andre Teh

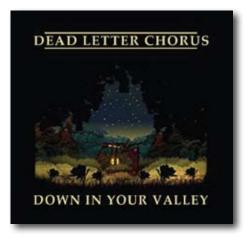
I'm a fan of car chase flicks like Ronin and Gone in 60 Seconds (the original!), so naturally I was pumped for this. Sadly, to use a vehicular metaphor - this film is more of a 'ricer' than a 'sleeper'.

Paul Walker and Vin Diesel reprise their original roles in this installment set confusingly between the first and second movies. Their cop-and-robber characters reluctantly team up again to take down a Mexican drug baron using the only way they know how - racing fast cars and crashing them at high speeds.

My main gripe is that while the opening sequence was brilliantly choreographed, the other chases suffer from the twin cinematic afflictions of CGI-tis and shaky-camsyndrome. Call me old-school, but both are the lazy way of filming real stuntmen driving actual vehicles and using proper cinematography. The effect? Motion sickness for the audience.

Any plot is practically non-existent, but that's not what you paid for is it? There was some character development but it was generally poorly executed. At least the soundtrack kept me awake.

In summary, this film is quick off the grid, but barely manages to crawl across the finish line. It should have been called, Slow & Boring.



DEAD LETTER CHORUS: Down In Your Valley

Lalitha Sourisha

Captivating and unadulterated "soul music". The home grown local Sydney band, Dead Letter Chorus' new album, Down in Your Valley includes 3 new upbeat tracks.

This album is a follow-up to the indie folk alternate -country style of the group from their debut album, The August Magnificent. The lyrics of the first track kicks off with a country music single "Down in your Valley". The lyrics sung by lead vocalist and solo female member Gabrielle Huber "Your Body is Broken" is an exhibition of her eerie delivery of indie folk alternate. The second track "Coming Down" is a slower, more rhythmic version of the group's signature country mix. The lyrics are not as spot-on as the other 2 but pleasant enough to indulge on a day-in.

The "Down in your Valley" remix is a pure, intense alternate rock piece with teasing sensual indie beats. Entirely self-produced by members of the band, and recorded in a studio they helped to build from scratch, design and decorate to convert from an unused basement to a self-professed "creative and sonically pleasing environment".

This album is a cool, yet, detached take on alternate indie-rock.









Hillsong Campus UNSW is an unashamedly Christian club run by students studying at university just like you, and we are passionate about YOU and the incredible journey that you are on! We are committed to helping you find PURPOSE in life, DREAMS to pursue, CAUSES to fight for and in the process, building FRIENDSHIPS that last a lifetime. Our desire is that we would serve the needs of students in the following ways:

CONNECT GROUPS:

Happening throughout the week, this is where we get together to build community and relationships with Christians at the University and also with

God. We hold Bible-based discussions, powerful prayer and all-round fun times!

POWERHOUSE ON CAMPUS:

We provide an on-campus, mid-week service, which is a program where Christians can come together and bring friends to encounter what we believe. We provide a light lunch followed by incredible acoustic worship, as well as powerful and practical teaching.

RED FROGS: We seek to practically serve the greater community on and around campus through Red Frogs Chaplaincy. You might have come across us during Schoolies. Yup we're the Red Frogs Crew that walked you home, served you pancakes and red frogs. The fun doesn't stop there, throughout the year the

Red Frogs Crew can be found running hydration stations in parties, cooking pancakes, running coffee crawls and doing many other random acts to help support university students through their studies. (Check out www.redfrogs.com.au)

The Hillsong Campus UNSW team welcomes you - whether you know God, have known God, or just want to come along for the ride!

Our times/location varies, so why not find us on Facebook and/or email us at unsw@hillsong.com to enquire further about connect groups, Powerhouse on Campus, Red Frogs or subscribe to the weekly email list!

UNSW Student Life



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PAID POSITIONS To apply for a paid job visit www.arc.unsw.edu.au/jobs

Foundation Day Coordinator

Hours: 15 hours pw Length: 3 month position **Salary:** \$19.82 p/h Position Description: It's UNSW's 60th birthday and we want you to throw the party! Foundation Day - one of the biggest events on the UNSW calendar is seeking a Coordinator. The successful applicant will be in charge of developing a day and night time program which will include booking performers, organising club stalls, sourcing games and food stalls as well as recruiting and managing a group of volunteers. The Coordinator

must also liaise with all relevant Arc departments to ensure all operational requirements set for the event are met. The successful applicant will be passionate about creating a fantastic event, have demonstrated experience in working with students and volunteers, be able to work under pressure while meeting deadlines, and be available to work throughout the winter semester break. Apply online at

www.arc.unsw.edu.au/jobs

OLUNTEER POSITIONS

End of Session Party volunteers needed

Are you into promotions and marketing? Are you into your social events? Are you interested in event management? Do you want to make Uni parties bigger and better?

The Hypesmiths Volunteer program is a great way to become involved in exciting events and activities that take place on campus. Hypesmiths or 'Hypers' are instrumental in organising, marketing and promoting events for students as well as spreading the news about "What's on" around campus. So if you have ever had a cool idea for party, promotions, weekly activity or for something that doesn't exist on campus yet, the Hypesmiths program is your chance to have your voice heard!

If you are interested in gaining events experience or you simply want to make friends and meet cool people volunteer to be a Hypesmith this session. We understand that everyone has different timetables, so you can hype for a minimum of 1 hour a week, or as much as you like. It's up to you!

For further information or to sign up email:

hypesmiths@arc.unsw.edu.au

Information and referral provider

CONTACT volunteer applications are now open for Semester 2! To apply, students can visit

http://onlineforms.arc.unsw.edu.au

or get a paper form from the Student Development office (Roundhouse, Level 2). Applications close at the beginning of Semester 2.



Teach High School Students

Mosaic Fusion Forums offer a unique volunteering opportunity for UNSW students interested in cultural issues and proactive community interaction. Conducted in partnership with the Sydney Region Department of Education and Training, Mosaic Fusion Forums provide a platform for local high school students and volunteers to discuss issues on culture and identity. At the end of the forum series, a publication of high school students' work is produced. Expressions of interest can be directed to mosaic@arc.unsw.edu.au

The UNSW Potters in Residence, their studio and shop.

Next time you find yourself having to rush out on your lunch break for that last minute gift for somebody, why not drop into the pottery studio and check out the beautiful, handmade pieces that are available.

You can browse through the extensive display of one-off pieces and popular ranges that have been created with great passion by the potters in residence, Tony Orford, Deb Taylor and Murray Topham. Gift-wrapping is also available.

They're always happy to stop for a chat and show you around the studio. You may even get inspired to learn pottery.

The studio and shop are nestled on Level 2 of the Blockhouse - it's UNSW's best kept secret.

Phone 9385 7763.



PUZZE PAGE

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www.sudoku-puzzles.net

FIND A WORD

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G	R	W	Α	Α	1	R	I	0	Υ
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Civic	Madam	Refer
Did	Noon	Rotator
Ewe	Peep	Tenet
Eye	Pep	TNT
Gag	Рор	Toot
Kayak	Radar	Tot

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ATEST DEALS

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I LOVE YOU, MAN

THE MOVIES FROM JUNE 4

PETER IS ENGAGED TO ZOOEY, BUT DISCOVERS THAT HE HAS NO MALE FRIEND CLOSE ENOUGH TO SERVE AS HIS BEST MAN. HE EMBARKS ON A SERIES OF "MAN-DATES," TO FIND A BEST FRIEND. HE MEETS SYDNEY, BUT THE CLOSER THE TWO MEN GET, THE MORE PETER'S RELATIONSHIP WITH ZOOEY SUFFERS, FORCING HIM TO CHOOSE BETWEEN HIS FIANCÉE AND HIS NEWFOUND "BRO".

For your chance to win an I Love You Man Best Man Kit that includes a silver briefcase with a double in season pass, an inflatable best man, business speech card holder, hip flask and cufflinks, name a movie that Paul Rudd has previously appeared in. Three lucky runners up will receive an I Love You Man BBQ Pack with apron, salt & pepper shakers, heat proof glove, oil brush, spatula, and tongs. Email your answer to **comps@arc.unsw.edu.au** with your student number, name and subject line "I Love You".

www.iloveyouman.com.au Copyright © 2009 DW STUDIOS L.L.C. All Rights Reserved

DreamWorks PICTURES

A DOUBLE PASS TO YEAR ONE

IS THE NEW COMEDY STARRING JACK BLACK AND MICHAEL CERA AS A COUPLE OF LAZY HUNTER-GATHERERS WHO ARE BANISHED FROM THEIR PRIMITIVE VILLAGE, SETTING THEM OFF ONTO AN EPIC JOURNEY OF THE ANCIENT WORLD.

For your chance to win 1 of 25 double passes to see an advanced screening of Year One, name the cult comedy television show that Michael Cera starred in.

Email your answer to comps@arc.unsw.edu.au with your student number, name and subject line "Year One".



I LOVE YOU MAN



Gourmet Panini + 600ml Coke \$8

Crispy Chicken with Rice

+ can of drink or bottle of water \$8.50 Pork Chop with Rice

+ can of drink or bottle of water \$8.50

IVAN'S FERNERY

Wahtanher

+ can of drink or bottle of water \$9

Chicken Schnitzel Wrap + chips can of drink or bottle of water \$8

OUAD FOOD COURT

Any medium pasta

+ can of drink or bottle of water \$9

Burger and chips

+ can of drink or bottle of water \$9

2 x Up & Go x V cans 250m 90g Doritos Pop-up Flags Elance Pens + 300g Salsa + Post it note

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from Krispy Kreme presented by Arc & PokitPal

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IOI POPS

What's the silliest thing you've done when you're drunk?

THE VOICE OF THE PEOPLE

What came first – the chicken or the egg? And why?



Caroline Stolen a little kid's car.

I believe the chicken. Because I think it came out of some reptile thing, evolved and produced eggs.



Steffi Drove through Good Vibes. The chicken. Because it would have formed from fish, then an egg and evolved from there.



Hayley Broke the lock on the toilet cubicle and had to climb over the door to get out. A bird lays a mutated egg, which becomes the first chicken.



Lauren Walking in the snow with no shoes. Both. Just because.



Natasha Thrown up in a moving vehicle out the window. The chick. Because it's cute.



Samantha On my 18th birthday I walked past my favourite bar that I had been sneaking into. My favourite bouncer was there and asked me how old I was turning. I

said 18. He still let me in though. The chicken but not just any chicken the magic God of chickens.



Yifan Started a fight with a tree. The egg. It evolved from an emu's egg.



Sai Vomited on someone's ear. The chicken. Because the chicken evolved from something else.

THURS 4 JUNE 5PM TILL LATE



BEER GARDEN

Soundhustla • Mr Wilson (live)

main Room

Gabriel • Purple Sneakers DJs • Adam Bozzetto

CLUB BAR

Chillout Room

Arc @ UNSW Members FREE All Night After 9PM UNSW Students \$5 • All Others \$10

The Roundhouse promotes the Responsible Service of Alcohol. Over 18+ only event. Valid identification is required upon entry.





