

WHAT'S ON

UNSW

PUZZLES+REVIEWS S2W11  
GIVEAWAYS+MORE 2011

FREE

# blitz

## THE GRATES ESCAPE

To NYC for Secret Rituals

## CALMING THE PANICS

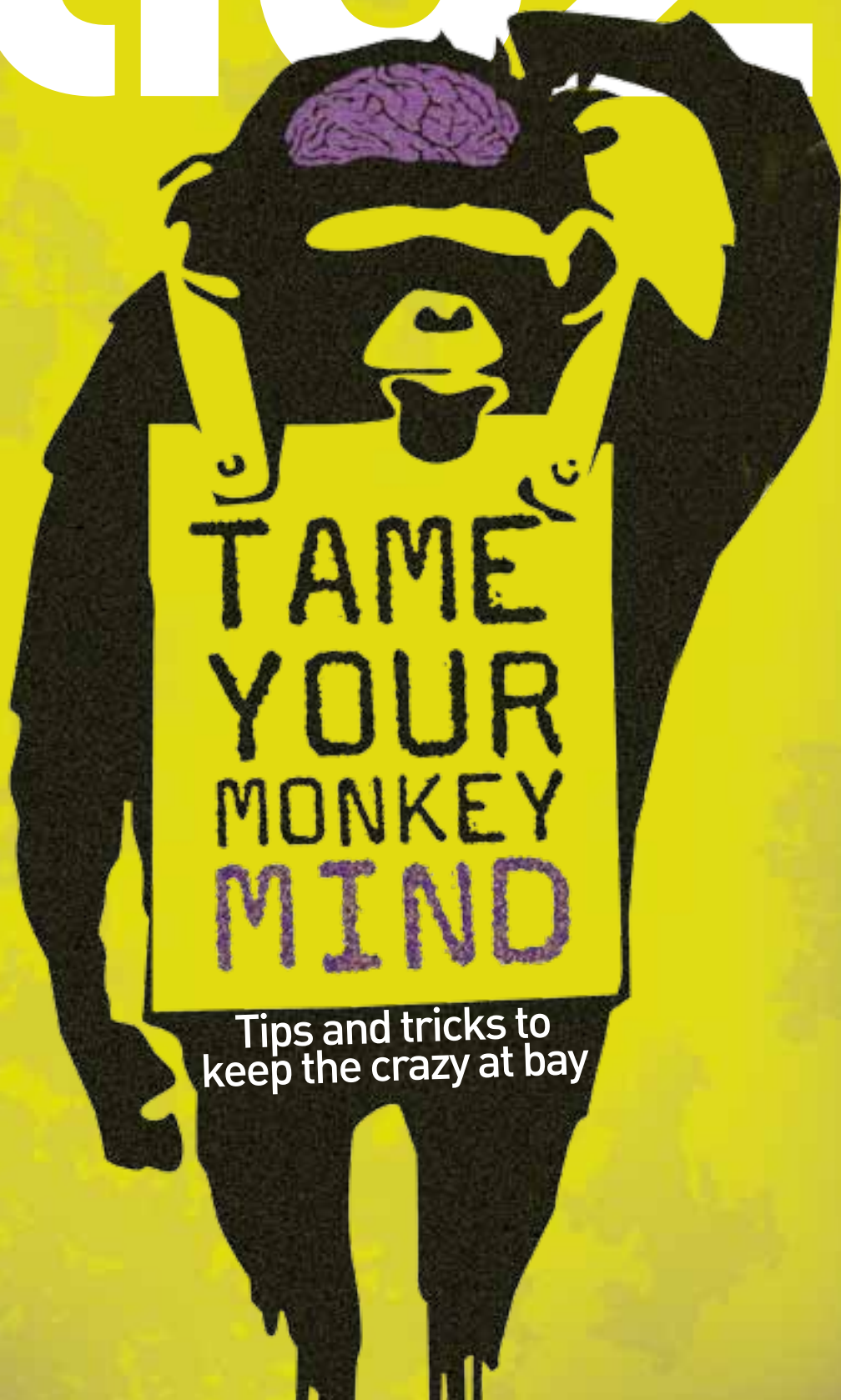
Indie Rock to  
soothe the soul

## UNSW+SYD EVENTS

Crave Food Fest,  
We♥Animation,  
MedShow and more

## WIN

ALBUMS,  
MOVIE TIX +  
OKTOBERFEST  
PRIZE PACK



Tips and tricks to  
keep the crazy at bay



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ATC

UNSW Student Life

# KEEP IN TOUCH

blitz · tharunka · UNSWeekened · student cookbook



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**Arc**  
UNSW Student Life

## welcome



Ellie Clay  
Blitz Editor  
[blitzeditor@arc.unsw.edu.au](mailto:blitzeditor@arc.unsw.edu.au)

### I don't want to alarm anyone but it's Week 11. I know, WTF?

Before you flip out though, just remember that in one week's time Oktoberfest will be hitting the Roundhouse! And *Blitz* has the golden tickets, so to speak. We'll be giving away highly coveted double passes, so don't go forking out \$200 for scalped tickets – that's just dumb. Head to [www.facebook.com/blitzmag](http://www.facebook.com/blitzmag), post a pic proving your worthiness and you could be living it up at UNSW's biggest party.

If that's not enough to pacify you, we've got all the tips and tricks you'll need to tame your monkey mind and keep the crazy at bay during assessment time (page 8) plus advice and apps to relax (page 17). We also check out Aussie indie rock band The Panics' new album on page 15, which is ironically very calming, and there are plenty of distractions from study on campus this week, like the epic MedShow and the enlivening We ♥ Animation Festival (page 11). And what's a healthy mind without a healthy body? Feed your soul with Sydney Crave Food Festival (page 14) or chow down on something closer to home with VeggieSoc (page 18). If all else fails: keep calm and carry on!



Natalie Karam  
Chair @ Arc  
[chair@arc.unsw.edu.au](mailto:chair@arc.unsw.edu.au)

They may be that person sitting next to you in your 9am tute, a family member, or your next-door neighbour – we all know someone who is suffering from mental health issues.

As exams loom around the corner, stress levels get higher, and stress + copious amounts of caffeine + sleep deprivation = a cocktail for disaster. One of the tricks I've learnt over the years to deal with the stress over this period is to set aside a couple of hours a day for relaxation time. Take a walk, see a movie, grab a bite to eat with a friend – these things can help you feel balanced.

Arc Board has recently added student support as an element of its mission statement. As part of our commitment to improving the wellness of students, we have one of our own interns currently writing a mental health and wellness policy, which will be passed by Board soon. We also have a Student Support Manager, David Loonam ([advice@arc.unsw.edu.au](mailto:advice@arc.unsw.edu.au)), who is a pretty good guy to talk to if you ever need some advice around this time of year.

Remember: uni has lots of support networks available – you just need to know where to look for them (inside *Blitz* for a start!).



**f** [facebook.com/blitzmag](https://facebook.com/blitzmag)  
For freebies + a chance to win Oktoberfest VIP prize pack

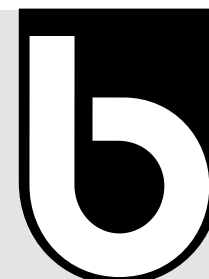
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**WANT FREE STUFF?**  
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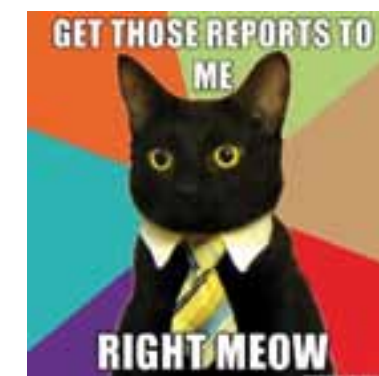
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QR code!



bitz & pieces

#FirstWorldProblems  
"I ordered a pizza with extra sauce but  
they put too much extra sauce on it."

MEME OF THE WEEK:  
BUSINESS CAT



SPOTTED ON CAMPUS BY KATE L



Confused? YouTube 'nyan'.



"NO CLOTHES,  
NO BEER, NEED  
OKTOBERFEST  
TICKET"

Gareth Davies, your prayers  
have been answered. Get  
your knickers back on coz  
you and a mate are going to  
Oktoberfest!

Gareth went nudie-rudie for  
his tix – how far will you go?  
Head to [www.facebook.com/blitzmag](http://www.facebook.com/blitzmag), post a pic and be in  
the running for Round 2 of our  
Oktoberfest giveaway.



– SPANISH PROVERB  
"How beautiful it is to do  
nothing, and then to rest  
afterward."

COMEDIENNE  
– LILY TOMLIN, ACTRESS  
"Reality is the leading  
cause of stress among  
those in touch with it."

THREE TENORS  
– PLACIDO DOMINGO, 1/3 OF THE  
"I have devoted so much  
energy to reach the top that  
I accept the stress of  
being there."

– THE BELL JAR, SYLVIA PLATH  
"There must be quite a few  
things that a hot bath won't  
cure, but I don't know many  
of them."

Wise  
Words On  
relaxation

HOT



Fairtrade – 50c extra for an ethical  
cup of coffee? Totally worth it.



World Animal Day – Celebrate our  
furry friends on Tues Oct 4 by going  
vego (check out VeggieSoc on page  
18 for more convincing).



Football ie Soccer – The new  
A-League season starts this  
weekend, forza Sydney FC!



The Chaser's Hamster Wheel –  
Their new show starts spinning  
Wed Oct 5 on ABC.

SHOT



Insect invasions – Warmer  
weather means creepy crawlies,  
ick ick ick.



Leaked photos – Don't we see  
enough of celebs as it is? You  
know, in movies...



Light planes – They keep crashing  
and yet people still fly in them?



Impending exams – But keep a  
lid on the crazy with our tips and  
tricks on page 8.



# move into exciting times

Live on campus at UNSW Village and enjoy an exciting, convenient university experience!

UNSW Village offers a range of stylish, modern apartments and state-of-the-art facilities. With over a thousand potential friends and access to our unique Live, Learn and Grow resident life program, there's never an excuse to be bored!

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2011

WHO WILL REPRESENT  
YOU?

## SRC ELECTIONS

### SRC VOTING INFORMATION

Polling stations will be held on the following dates and times for the SRC Elections (Kensington Campus):

**TUES**  
4th OCTOBER

8.30am - 10.30am

Law Building

11.30am - 2.30pm

Quad

4.30pm - 6.00pm

Main Walkway  
(near Anzac Pde)

**WED**  
5th OCTOBER

8.30am - 10.30am

Main Walkway  
(near Anzac Pde)

11.30am - 2.30pm

Library Walkway

4.30pm - 6.00pm

Robert Webster

**THURS**  
6th OCTOBER

8.30am - 10.30am

Main Walkway  
(near Anzac Pde)

11.30am - 1.30pm

Library Walkway

3.30pm - 4.30pm

Main Walkway  
(near Red Centre)

FOR CANDIDATES' PICTURES,  
STATEMENTS AND MORE INFORMATION

[www.arc.unsw.edu.au](http://www.arc.unsw.edu.au)

[returning.officer@ozemail.com.au](mailto:returning.officer@ozemail.com.au)



UNSW Student Life

# blitz HITS ON

**JOHN PATTERSON**  
GUITARIST FOR THE GRATES  
HONORARY NEW YORKER  
DIY MERCHANDISE DESIGNER

“WE'RE IN THE  
TERRITORY OF  
TRYING TO BUILD  
ON THE LEGACIES  
OF BANDS WE  
LOVE... THAT'S  
MUCH MORE  
EXCITING THAN  
CARVING OUT  
A NICHE”

Having won a devoted fanbase with their sharp, jagged tunes and manic indie energy, Brisbane two-piece The Grates (now minus their drummer) holed up in New York over winter to record their third album, *Secret Rituals*. *Blitz* caught up with one half of the band, John Patterson, to talk about how the Big Apple gnawed at their sound, their upcoming 'Summer's Breath' tour and, umm... socks.

*Secret Rituals* was released in June; how have you been finding the reaction?

It's been really nice, I think that people are still discovering it but it's also growing on them. It's nowhere near as immediate as our last records but it also doesn't get as boring as quickly.

You took a year off to record the album in New York; what impact did that have on your sound?

We toured [in the US] for about six months and then bunkered down over winter, spending a lot of time in the band room trying to discover what kind of record we wanted to make. It was way more intimate, in-your-face and stripped-back. It definitely feels like New York is our second home; I love that there's always something great to do.

You're renowned for being a really energetic band onstage, is this similar in the studio?

No, not really with this record, because we didn't have anything driving us: no loud drums or anything pushing us forward. It was much more insular and introspective, which I found a fun way to write.

How does the dynamic work between you and Patience [Hodgson, the lead singer]?

She writes the bulk of the lyrics on the spot, and I write the bulk of the music on the spot – we just try and do it all at the same time, so there's no pressure that way of having to come up with something good.

What are you looking forward to most about your upcoming 'Summer's Breath' tour?

It's fun just to get in the swing of playing shows and travelling. We'll be playing four or five shows a week, and when you're doing it every night it's easier and much more fun than a gig once a week.

You've toured with some pretty high-profile acts like the Arctic Monkeys, and appeared at Splendour this year; what's a recent tour highlight?

I think touring with The Hives in July: they're like a cartoon of a rock band, but it's not cheesy at all.

A cool thing about The Grates is your DIY aesthetic; who are you influenced by these days, or are you trying to carve out your own niche?

We're in the territory of trying really hard to build on the legacies of bands we love – the Breeders, old Flaming Lips, Sparklehorse and the Pixies. That's much more exciting than carving out a niche for me.

Most importantly, you design your own merch – how are the socks going?

There's still a few socks left on our website, but we're not making them anymore. We are doing a friendship bracelet though, and a hat that says The Grates in Japanese.

> ANDREW BLACKIE



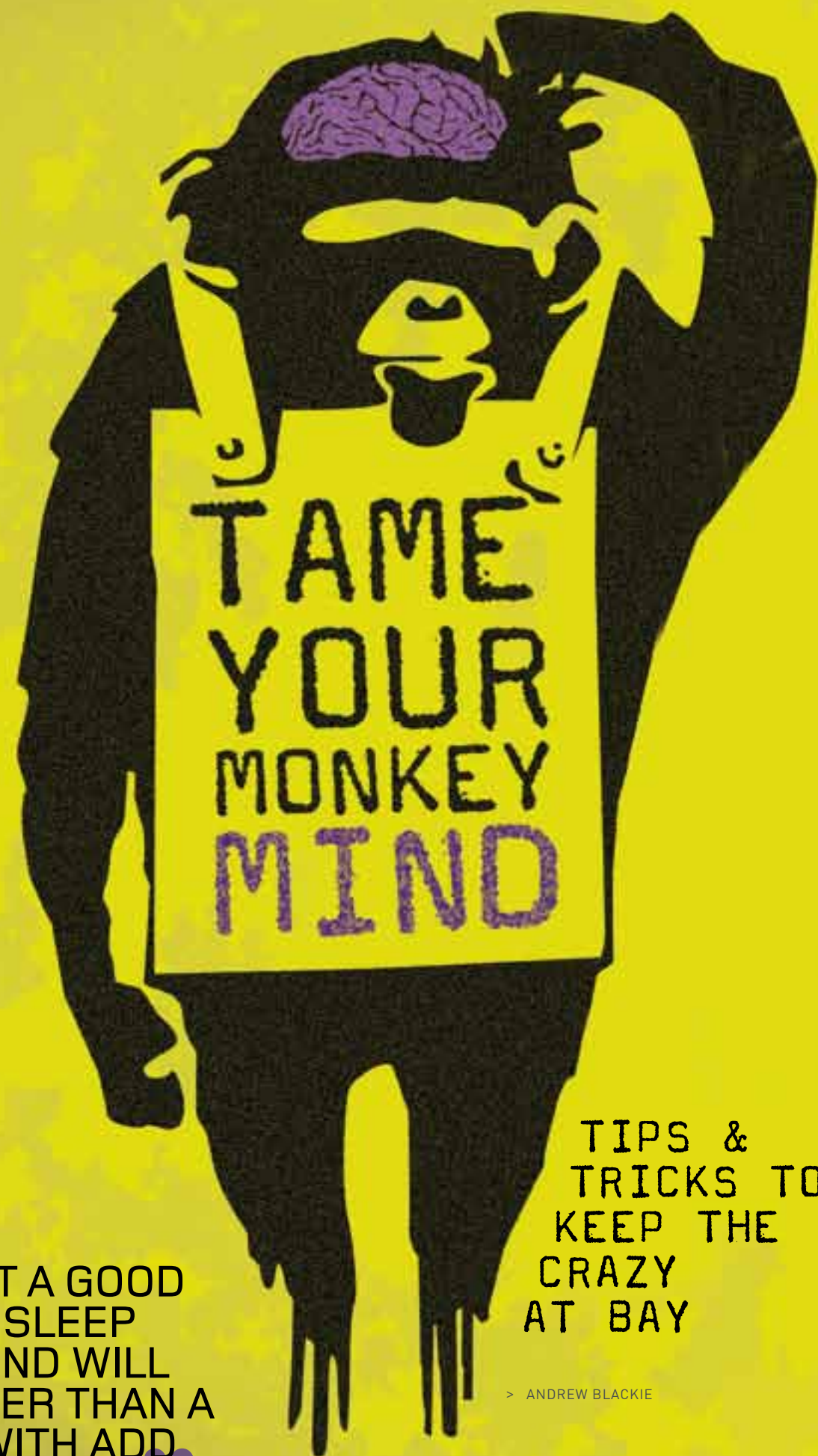
WIN  
the blitz

WIN a copy of *Secret Rituals*.  
Email [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au)



The Grates are playing the Metro Theatre on Saturday November 12 with The Last Dinosaurs; tickets are \$30.70 for students from [ticketek.com.au](http://ticketek.com.au)





“WITHOUT A GOOD NIGHT'S SLEEP YOUR MIND WILL BE WILDER THAN A CHIMP WITH ADD”

TIPS & TRICKS TO KEEP THE CRAZY AT BAY

> ANDREW BLACKIE

What with essays, exams, tutes, part time work, family commitments and some semblance of a social life, it's a wonder any of us have time to breathe. Uni is a balancing act and to stop it all crashing down we have to tame the howling, hyperactive 'monkey inside.'

You know the one; it can send you into a screeching tantrum the night before an exam, or uses all available limbs, simian style, to simultaneously write an essay while skulling energy drinks in the dead of night. In Buddhism 'monkey mind' is a term meaning "unsettled, restless, inconstant and uncontrollable".

These are familiar scenarios to the average uni student, but it doesn't have to be this way. Read on to learn how to rectify the most primate-esque of your ways and tame your restless, crazy monkey mind.



### CATCH SOME ZZZs

During the hecticness of semester sleep becomes a commodity as precious as gold, as far-off and unreachable as a life-saving rope on the other side of a pool of quicksand.

The way to make the most out of your ZZZs is to make sure your sleep patterns are fairly constant – this is called your body's circadian rhythm, and it's not a good idea to mess with. Sleep deprivation can affect digestion, hormones, your immune system – even your vision. Without a good night's sleep your mind will be wilder than a chimp with ADD.

- Aim to get to bed around the same time every night and you'll feel a lot more rested during the day.
- Each sleep cycle is on average 90 minutes long, so to avoid waking up in a deep-sleep period set your alarm for 6 or 7½ hours after you go to bed.
- There are also various 'Sleep Cycle' apps that track your sleep and wake you up fresh as a daisy.
- If you must burn the midnight oil into the early hours of morning, try and grab at least three hours slumber.



### SNACK ATTACK

In study periods, it's perfectly normal to want to grab a handful of nibbles and munch while you study (monkeys like to graze). But, like gremlins, feed them the wrong thing and they'll go ape-shit.

- Remember the old saying about the apple and the doctor? It can keep away the sandman too – apples are better for waking you up than coffee or energy drinks, so there's no excuse for endangering your heart by throwing back these liquids.
- Small portions of food are most convenient for grabbing and popping in your mouth while in the depths of a deep-depression long assignment. Consider blueberries or nuts. Both are high in antioxidants and texturally marvellous.
- Procrastination sometimes takes form in the sudden desire to cook, even if you've never diced an onion in your life – study can do that to a person. Go for a fish dish, it's a rich source of Omega 3, which boosts energy and memory power, that night at the Roundhouse is all coming back to me now...
- Tea has a bazillion relaxation benefits; even the ritual of making a pot can be soothing. Opt for herbals such as peppermint or chamomile, or green tea, which is rich in antioxidants.



### KEEP CALM AND CARRY ON... STUDYING

So semester has come to a close, and you've got one, maybe two weeks of grace before exams cement themselves over you.

- Plan your study time and don't be afraid to schedule in a little 'me' time between sessions – not doing so will mean procrastination will creep in and you'll wonder where all that spare time went.
- When you settle down to tackle that subject, be focused and make it count, taking comfort in the fact that you know you need to get work done *now*. It's remarkable how much more gets done under the slight pinch of pressure.
- *Blitz* is not advocating you leave studying to the last minute! It's all about balance people.

### EASY DOES IT – QUICK FIX RELAXATION TIPS



#### Take the dog for a walk

Fresh air and exercise are effective and, better yet, free. Your pooch will love it too, plus pets owners are said to be more relaxed. Don't have a dog? Borrow a neighbour's (but ask first...).



#### Turn on, tune in, drop out

Put on your favourite album, turn up the volume and bliss out.



#### Make the call

Have a chat to someone you haven't talked to in a while, even if it's your Mum! It's a quick distraction and a welcome break from the hermit-like state study can induce.



#### Slow down

Anything that moves slowly and rhythmically acts to calm the mind; think lava lamps, crashing waves or fish in an aquarium – Koi Pond is a best-selling app for a reason!



#### Just breathe

Sure, you're probably going to be doing this anyway, but be *conscious* of it. Focusing on the breath is a super-simple meditation technique, and just five minutes will give your mind the space it needs to think clearly.

### NEED MORE HELP?

The **Counselling Centre** can assist with everything from exam stress to managing emotions. Make an appointment or drop in at 9am for same-day service (conditions apply go to [counselling.unsw.edu.au](http://counselling.unsw.edu.au) or phone 9385 5418)

The **SRC's Welfare Collective** is there to help give students an accessible and affordable uni experience, regardless of socio-economic status. Check out their free brekkies every Monday, 9am outside the library; chill in a safe space at the Welfare Room, L1 Blockhouse, or email them with any pressing questions at [welfare@arc.unsw.edu.au](mailto:welfare@arc.unsw.edu.au)

**More into Mindfulness Meditation?** Try a free guided meditation workshop run by UNSW's Counselling service, every Monday 12-1pm, Rm 2008 at the Quad. Register at [www.surveymonkey.com/s/858LL5Z](http://www.surveymonkey.com/s/858LL5Z)



After scoring an Oscar nomination for Best Foreign Film and winning two top prizes at the Cannes film festival, Tran Anh Hung has continued his winning streak and done the seemingly impossible in his latest film, *Norwegian Wood*. An adaptation of Haruki Murakami's best-selling novel, the story was long thought unfilmable. Ahead of its release, *Blitz* caught up with the French-Vietnamese director to talk about the challenges of making a Japanese-language film named after a Scandinavian country – if ever there were a truly foreign film, this is it.



## foreignfilmaffairs

### Japan's *Norwegian Wood*

**Was it intimidating filming a novel as widely-loved as *Norwegian Wood*?**

No, because when I read it, it appeared to me very clearly that it could be a good movie. The question of 'not adaptable' has no meaning for me.

**You don't speak Japanese – was the fact that *Norwegian Wood* is set in Japan and entirely in Japanese much of an obstacle?**

It's just a problem that you have to solve. When you see a movie in a language that you don't speak, you can see immediately if it's good or not.

It's the same for me [as a director] – we spent hours, weeks, months working on the dialogue. I wrote it in French, we translated it into English, and then translated it into Japanese.

The real challenge is to make a good movie with a language that can touch people in a mysterious way. Especially for this story, because it is very dark and sad; it deals with love and loss of love, [so] you need to give [it] a language that is really enjoyable to watch.

**The story has a deep sense of melancholy – the main characters deal with the suicide of their friend – is that something you're drawn to?**

Not at all, it is unique to the movie and to Murakami. It's amazing how his books are sad and still people love [them], because he deals with something that is very deeply buried inside of us.

**The way that location and cinematography is used in *Norwegian Wood* is stunningly vivid – what emotional role do you see this playing in the film?**

It's very important, because I have to find the right landscape and locations to express their emotions in a very lyrical way. It's an abstract feeling, but very precise. All of the emotions inside us are very primitive, because we have all these people before us who experienced [them]. So I needed the landscape to be very primitive – it looks like the beginning of humanity.

**Do you see this as giving a voice to the characters?**

Yes, it is like giving wings to the emotions; the landscapes work like the interior of the characters.

**You were born in Vietnam but have lived most of your life in France. You've crossed cultures a lot in your life; is this reflected in your films?**

I think so, because you cannot avoid it. But it's not only that; I live in Paris, and the world is so small that you can eat all kinds of food in Paris, you can see all kinds of movies: for \$10 you can buy a masterpiece from anywhere. I have the feeling that we have to reconsider [our] nationalities; by making movies I feel that I belong more to the cinema nation than to a country.

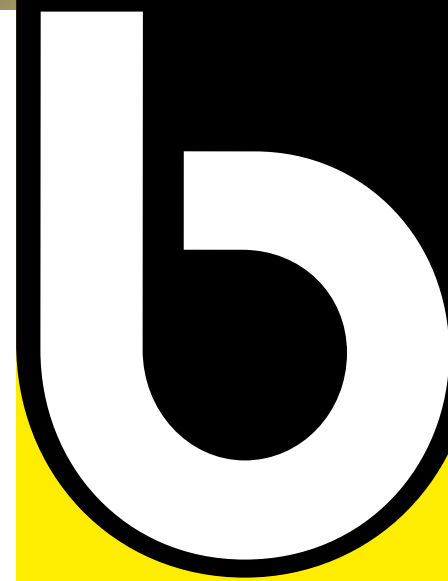
> ANDREW BLACKIE



*Norwegian Wood* is released this Sunday October 9 in select cinemas.



Need more convincing? Check out our review on p20 for the full critique.



## WHAT'S ON UNSW

### 3RD-9TH OCTOBER

UNIBAR SPECIAL

WK 11

\$4 CAN



The Roundhouse encourages the Responsible Service of Alcohol



BETTER THAN STUDYING: WHAT'S ON UNSW



## THE WARD OF THE RINGS

MedShow 2011

Another uni revue? Are they kidding? Think again; MedShow is not a revue – and you certainly don't have to be a med student to see it.

Think *Lord of the Rings*, with a hilarious cocktail of drugs and comedy. There will be a medical twist to it – that's a given – but thankfully, the producers have strayed away from technical medical humour to make it more accessible to those of us who didn't have the brains to pass the UMAT.

"MedShow separates itself from MedRevue and other faculty revues by focusing on a single, ongoing plot, rather than individual sketches," says Tim Nguen, MedShow promotions executive. "The premise of the show will be similar to the *LOTR* trilogy, revolving around Frodo meeting up with the fellowship to destroy the ring."

Now in its 11th year, and with over 120 cast and crew members, MedShow is as altruistic as it is hilarious, supporting CANTEEN, a charity organisation for children and teens living with cancer. "The Sydney Children's Hospital in Randwick is one of our local teaching hospitals and we encounter many kids and teenagers with cancer," says Tim. "We are proud to support CANTEEN this year and to know that all of our hard work is going to a good cause."

So gather your fellowship of friends, support a good cause and be prepared to fall into fits of laughter – it is the best medicine after all.

> MARY AZZI

**WHEN:**

Wed-Fri Oct 5-7

**WHERE:**

Science Theatre

**PRICE:**

\$10 Arc members, \$12 for others from [www.medshow.org.au](http://www.medshow.org.au)



## WE ♥ ANIMATION FESTIVAL

We've all got a soft spot for Saturday morning cartoons (remember the days when we'd get up before 10am?), but now a group of UNSW students and grads are taking their love for animation to the next level with a free festival encompassing all forms of animation, interactive media and sound installation.

Connection, interaction and intimacy are the running themes throughout the works, highlighting the importance of the handmade and heartfelt. Screenings will be running in the Robert Webster Building until Friday October 7; times vary but check their Facebook page for details: [www.facebook.com/WeHeartAnimation](http://www.facebook.com/WeHeartAnimation)

**WHEN:**

Until Oct 7

**WHERE:**

Level 3, Robert Webster Building

**PRICE:**

Free





## We ♥ Animation Festival

Until Friday Oct 7  
@ Level 3, Robert Webster Building

A free festival encompassing all forms of animation, interactive media and sound installation.



## Kudos Exhibition: Jack Stahel's Organism

Until Oct 8 @ Kudos Gallery, COFA

Driven compulsively by his process, Stahel's practice is a continuous and obsessive exploration of the human mind.



## The Rugby World Cup

Until Oct 23 @ Roundhouse

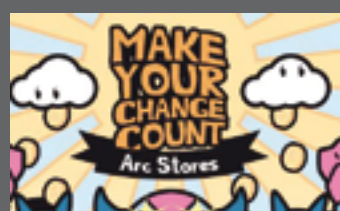
Don't miss a second of the action! The Roundhouse is channelling its inner-sports bar, screening matches live on the big screen with \$10 jugs during game time. It's enough to make you want to skip your tute (not that *Blitz* would ever suggest a thing like that...).



## Roundhouse Happy Hour

5-6pm  
@ Roundhouse

Double the happiness on Wednesdays, 5-7pm!



## Arc Store Happy Hour – 10% Off

4-5pm @ Arc Stores



## Stationery Re-Use Centre

10am-4pm @ Quad, East Wing, RM 1001A



## The White House Happy Hour

4-5pm @ White House

Icy cold bottled beers for \$4 and classy cocktails for \$8 will have you smiling – that's why they call it Happy Hour!

## ALL WEEK

UNSW – THERE'S ALWAYS SOMETHING GOOD GOING DOWN

## MON OCT 3

PUBLIC HOLIDAY

## TUE OCT 4

### Top Hat Tuesdays

All day  
@ The White House  
Don a spiffy top hat and score a schooner for the price of a middy – smashing!

### SRC Voting

8.30-10.30am  
@ Law Building

### Thoughtful Foods Co-Op

10.30am-4.30pm  
@ Roundhouse  
On the side facing the gym.

### Fairtrade Fair

11am  
@ Roundhouse BeerGarden

### SRC Voting

11.30am-2.30pm  
@ Quad

### COFA Soccer Club Training

12-1pm  
@ Moore Park

### UNSW Bike Club Workshop

12-2pm  
@ Quad Lawn  
Bring your bike and learn bike maintenance or volunteer and get your hands dirty! All welcome.

### Mental Health Week: Free BBQ

1-2pm  
@ Blockhouse  
Terry Davies from Australian Rotary Health speaks about the importance of mental health research, plus a free BBQ including vego options.

### Veggie Soc Lunches

11.30am-1.30pm  
@ Blockhouse  
Flick to page 18 for everything you wanted to know about Veggie Soc but were too afraid to ask.

### Trivia

1-2pm  
@ Roundhouse  
True or False?

### COFA Craft Workshop: Doily Art & Design

2-5pm  
@ COFA at Kenso Courtyard

### SRC Voting

4.30-6.30pm  
@ Main Walkway

### Pool Comp

6pm  
@ Roundhouse  
Beware the pool sharks.

### COFA Happy Hour

5.30-6.30pm  
@ COFA, E Block, Ground Floor  
Drinks and nibbles before COFA Talks start at 6.30pm.

### COFA Talks: Design and Art of Australia Online with Dr Anita Callaway and Professor Ross Gibson

6.30pm  
@ COFA, EG02

### We ♥ Animation Exhibition: Bodies & Interfaces

7.30-9.30pm  
@ Io Myers Studio

## WED OCT 5

### SRC Voting

8.30-10.30am  
@ Main Walkway

### Thoughtful Foods Co-Op

10.30am-4.30pm  
@ Roundhouse  
For food with thought.

### SRC Voting

11.30am-2.30pm  
@ Library Walkway

### Mental Health Week: Q&A

12.15-1.30pm  
@ Quad  
Come along and talk to counsellors from UNSW Counselling and Psychological Services and ask any questions you have about mental health issues and stress reduction. Plus snags some freebies like free fruit!

### Pottery Studio Induction

12.30pm  
@ L2 Blockhouse  
Come along and learn the ropes (or wheels) of pottery.  
COST: FREE FOR Arc MEMBERS

### Ping Pong

1pm  
@ Roundhouse

### SRC Welfare Collective Meeting

1pm  
@ L1 Blockhouse, East Wing

### COFA Movies: Chungking Express

1-3pm  
@ COFA Common Room  
A truly arthouse film about two love-struck cops filmed in impressionistic splashes of colour and motion.

### Yoga

3-4pm  
@ COFA, Old Campus Art Store, L1 E Block  
Stretch and destress with yoga guru Jess Olivieri.  
COST: FREE FOR Arc MEMBERS; \$5 FOR OTHERS

### Kropsoc Dance Workshop

3.30-5pm  
@ Dance Studio, Blockhouse  
COST: \$4 FOR Arc MEMBERS, \$5 OTHERS

### EvroSoc Drinks

5-7pm  
@ Roundhouse  
Drinks at the BeerGarden with the European Society – all welcome!

### COFA Wednesday Social

4-7pm  
@ COFA Common Room  
Pizza, cider and bingo to get you in the socialising mood.  
COST: FREE FOR Arc MEMBERS; DONATION FOR OTHERS

### Falun Dafa Free Meditation Class

4-6pm  
@ Squarehouse, Rm 217

### SRC Voting

4.30-6pm  
@ Robert Webster Building

### Double Happy Hour

5-7pm  
@ Roundhouse  
Twice as long to get happy.

## THU OCT 6

### SRC Voting

8.30-10.30am  
@ Main Walkway

### Pink Scarf Day

9am-4pm  
@ Quad and Library Walkway  
Get your pink on for the National Breast Cancer Foundation; the Islamic Society at UNSW will be selling merch, pink desserts and thirst-quenching slushies.

### Thoughtful Foods Co-Op

9.30am-6pm  
@ Roundhouse  
On the side facing the gym.

### SRC Voting

11.30am-1.30pm  
@ Library Walkway

### Innovators Brown Bag Lunches

12-1.30pm  
@ ASB Boardroom, Level 6

### Hillsong Campus Service

12-1pm  
@ Quad G053

### Pottery Studio Induction

12.30pm  
@ L2 Blockhouse  
COST: FREE FOR Arc MEMBERS

### Mental Health Week: Walk for Wellness

1-2pm  
@ Meet at Blockhouse  
Get off your bum and join the SRC and Arc for a walk around campus to promote relaxation and fitness.

### CAPS Workshop: Reducing Exam Anxiety

3.30-5pm  
@ Rm 2008, Quad  
COST: FREE, REGISTER AT [www.surveymonkey.com/s/858ll5z](http://www.surveymonkey.com/s/858ll5z)

### SRC Voting

3.30-4.30pm  
@ Main Walkway

## FRI OCT 7

### Thai Style BBQ Lunch for Charity

11am-3pm  
@ Physics Lawn  
COST: \$15

### CAPS Workshop: Managing Your Time

12-1pm  
@ Rm 2008, Quad  
A must for students juggling assignment deadlines and exam preparation over the last month of semester.  
COST: FREE, REGISTER AT [www.surveymonkey.com/s/858ll5z](http://www.surveymonkey.com/s/858ll5z)

### Professorial Lecture, Apologising in personal injury litigation: Sincerity, Insincerity and Tort Reform With Professor Prue Vines

1-2pm  
@ G02, Law Building  
COST: FREE, REGISTRATION REQUIRED AT [law.unsw.edu.au](http://law.unsw.edu.au)

### Kropsoc Drama & Variety Show Screening

3-6pm  
@ Law 276  
COST: FREE

### Falun Dafa Free Meditation Class

4-6pm  
@ Squarehouse, Rm 217

### Pizza & Punchbowl Fridays

5-8pm  
@ The White House

## SAT OCT 8

### The Culture Club Screening: A Streetcar Named Desire

3pm  
@ The White House

## SUN OCT 9

### Malaysia Festival 2011: A Taste of Cultural Heaven

10am-6pm  
@ Tumbalong Park, Darling Harbour, Sydney  
15 of Malaysia's best restaurants face off in the 21st Malaysia Festival, dedicated to bringing the country's mouth-watering flavours and vibrant culture to Sydney.

## SAVE THE DATE

### WEEK 12

### PGC Voting Commences

Tues Oct 11

### Ride to Work Day/Uni

Wed Oct 12

What with the spring sunshine, now's the perfect time to whip out your bike and start riding to work, uni, anywhere really!



### Oktoberfest

Thurs Oct 13

@ Roundhouse

Missed out on tickets to UNSW's biggest party? Desperate to go? Well lucky you, *Blitz* is giving away sweet VIP Packs. To enter, head to [www.facebook.com/blitzmag](http://www.facebook.com/blitzmag) and post a pic proving your worthiness – what lengths will you go to?

### Latin Band Comp

Sat Oct 15

@ Roundhouse

[www.clavecontraclave.com](http://www.clavecontraclave.com)

### WEEK 13



### End of Session Party

Thurs Oct 20

Word on the street is the theme is Halloween roller disco – Well *Xanadu* was pretty freaky!



### DUD PARTY?

Promote your event with What's On! Go to [arc.unsw.edu.au](http://arc.unsw.edu.au)

**Deadline**  
12 days before Mon of relevant week



Give Blitz the thumbs up  
[facebook.com/blitzmag](https://facebook.com/blitzmag)

## BLITZ PICKS

### TUESDAY



### Fairtrade Fair

From 11am  
@ Roundhouse BeerGarden

Get down to the BeerGarden this Tuesday to show your support for a Fairtrade Campus. Macquarie, La Trobe, Monash and RMIT have already made the switch, so don't let UNSW fall behind. Have your questions answered and try some Fair Trade coffee and chocolate – equality tastes sweetest!



### We ♥ Animation Exhibition: Bodies & Interfaces

7.30-9.30pm  
@ Io Myers Studio

In conjunction with EMPA's Animation Festival is this practical demonstration of wearable interactive design experiments by UNSW media students. Peer into the future as these prototype interfaces explore and re-imagine the relationship between the human body and the computer.

### WEDNESDAY



### Kropsoc Dance Workshop

3.30-5pm  
@ Dance Studio, Blockhouse

Cost: \$4 for Arc members; \$5 others  
Kpop your dancing cherry with Kropsoc's workshop – all are welcome and (luckily for some) no dancing experience is required.

### THURSDAY



### CAPS Workshop: Reducing Exam Anxiety

3.30-5pm  
@ Rm 2008, Quad

Cost: Free  
Do you break into a cold sweat just at the thought of doing an exam? Come to this workshop and get some tips on how to manage your exam angst more effectively.

### FRIDAY



### Thai Style BBQ Lunch for Charity

11am-3pm  
@ Physics Lawn  
Cost: \$15

Enjoy tasty Thai food as well as games and activities, with the chance to win up to \$350 in prizes. All proceeds go to the Ted Noffs Foundation, helping young people with drug and alcohol problems.

### SATURDAY



### The Culture Club Screening: A Streetcar Named Desire (1951)

3pm  
@ The White House

Disturbed Blanche DuBois moves in with her sister in New Orleans and is tormented by her brutish brother-in-law, while her reality crumbles around her.





Nom on noodle at the Night Markets



## DELICIOUS DESIRE

### Crave Food Festival

Sydney's foodie festival has a month of excellent reasons to throw away the canned tuna and indulge in some real food.

#### Night Noodle Markets

If you're the type of student who lives off two-minute noodles (we've all been there), you deserve something a little more 'gourmet'. The Night Noodle Markets run for two weeks (Mon-Fri, Oct 10-21) in Hyde Park and with over 125,000 food lovers dropping by last year, you know it's going to be good. If you're not a noodle fan, spoil yourself with other Asian delicacies from Peking duck pancakes to super-sweet desserts.

#### Beresford Italian Film Nights

Want to combine your love of cinema and pasta? This event is cheaper than a regular movie ticket – and there's more than popcorn involved. Watch an Italian art-house flick while being served Italian dishes that are themed to reflect each film. Bellissimo! Every Monday in October, 7.30 – 9.30pm at The Beresford Hotel. Book at [www.merivale.com/foodfestival](http://www.merivale.com/foodfestival)

> MARY AZZI

**WHEN:**  
Oct 1 – 31

**WHERE:**  
Sydney-wide

## LOVE FREE FROM DOUBT

**WHEN:**  
October 10, 7pm

**WHERE:**  
Redfern Town Hall

**COST:**  
Free – for more information head to [www.dzogchen.org.in](http://www.dzogchen.org.in)

> MARY AZZI



The notion of "true love" is considered a cliché by many; we're brought up to believe that we can "live happily ever after..." (thanks Disney), but when we grow up reality sets in. A cynic will maintain it can never exist while an optimist will patiently wait for their saviour on a white horse to sweep them off their feet. In today's society can true love really exist?

Senior Tibetan Lama, His Eminence the 7th Dzogchen Rinpoche, will answer this question by sharing his Buddhist wisdom on love and relationships. Many of us often find ourselves in relationships where we put our own needs above others; true love, he will argue, can only exist when we place other people's happiness before our own.

"Often we enter into a relationship because we hope someone else will make us happy, but this motivation will only lead to more suffering," he says. "However, if we put our partners, friends and family first in our thoughts and actions, our relationships will bring genuine fulfilment – that is love in its truest form." Now that's a love story we can believe in.

# b

## CHEAP A\$\$ SYDNEY

### EAT

#### Pop Up Night Markets

Thu Oct 6, 5–9pm  
@ Taylor Square, Oxford St  
COST: FREE

Part of Sydney's Crave Food Festival, this pop-up smorgasbord brings country markets to town. Includes live entertainment.

### PARTY

#### triple j Unearthed Launch Party

Wed Oct 5, 7pm @ Metro Theatre  
COST: FREE

To launch the all new, all-Australian digital station, triple j Unearthed, the JJJ will be throwing six parties in six cities to celebrate. Catch presenter Nina Las Vegas and artists New Navy, Nantes, Rufus and Elizabeth Rose for free at the Metro.

### WATCH

#### Almost Live: The Red Hot Chili Peppers' *I'm With You*

Tue Oct 4 and Wed Oct 5, 7pm  
@ Event Cinemas, George St  
COST: \$17.50

Streamed from an auditorium somewhere in the world, the Chili Peppers run through their new album and revisit some of the old hits, in this killer concert film event.

#### Antenna International Documentary Film Festival

Wed Oct 6–Sun Oct 9  
@ Chauvel Cinema, Cnr Oxford St & Oatley Rd  
COST: \$13 PER FILM

Ticking off another in the long line of film festivals passing through Sydney this year, Antenna showcases a line-up of Australian and international documentaries.

#### Rugby World Cup Quarter Finals

Sat Oct 8 and Sun Oct 9, 6pm & 8.30pm  
@ Helm Bar & Bistro, Aquarium Wharf, Darling Harbour  
COST: FREE

Looking to get into that rugby spirit but don't know where to start? Catch the quarter finals free at Helm Bar, with the bonus of a convivial atmosphere.

### LISTEN

#### The Dead Leaves Tour

Wed Oct 5, 8.30pm  
@ Beach Rd Hotel, 71 Beach Rd, Bondi Beach  
COST: FREE



# calming THE PANICS

## How travel brought them home

After the success of *Cruel Guards* in 2008, the five band members jet set overseas, where they took time to travel and tour before writing fresh melodies. After settling near Woodstock in the US to record the final compilation, the band have seemingly channelled the 60s-era vibe of Bob Dylan, Leonard Cohen and Bruce Springsteen, while retaining an overarching sentiment of homesickness and dislocation.

This sentiment best resonates in 'Not Quite a Home', with comforting images, drawn from a lonely distance of a not so comfortable summer at home: "I thought I never would belong/ So I look back where I was born/ Where the paint is always peeling and the fires left sweeping..."

Laffer (center, below) says the constant travelling has been spiritually and musically empowering: "It helps keep you going; even the small successes re-energise you and keep your eye on the larger picture," he explains. "You can't sit around in the same suburb because you lose sight of what it is that you really want to do."

Is it ironic, perhaps, that his references to the Australian landscape were written while travelling? "That's only because, sometimes, when things are close up in front of your face, they don't look as beautiful or interesting as when you've had some time to take stock with them," he explains.

Laffer admits that living on the road is living the dream. An ARIA award for 'Best Contemporary Album' for *Cruel Guards* and airplay of its tracks on *Underbelly* and *Ugly Betty* saw The Panics shoot to mainstream success. Now, being on the road has motivated the band to reach for higher goals.

"The *Cruel Guards* phase was nice because it justified and validated a lot of the time we spent working on it," he explains. "We became more excited about what we could do in the next 10 years – it was nice to feel that we had something and we could make it work."

The ultimate dream, he says, would be releasing an album in France or Germany – or anywhere overseas – and having it played on the radio. "You have to stay close to those goals and those places to keep the opportunities present," he explains. "The most important part [is] getting out of your tiny dark room, meeting people and having fun."

> MARY AZZI

“YOU CAN'T SIT AROUND IN THE SAME SUBURB BECAUSE YOU LOSE SIGHT OF WHAT IT IS THAT YOU REALLY WANT TO DO”





# puzzles

## word search

P	T	I
N	A	L
Y	E	R

Find as many words as you can in the square. Each word must be at least four letters long and include the middle letter, plurals allowed. Each letter can only be used once.

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Email your words to [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au) by **5pm 7th October** to win a \$20 UNSW Bookshop Voucher.

Congrats to the Week 9 winner, Antonia Shuttleworth!



## trivia

- Which song starts with the lyrics "Question: Tell me what you think about me, I buy my own diamonds and I buy my own rings"?
- Which is the closest measurement to a cubit?  
a) 46 mms, b) 46 cms or c) 4.6 metres.
- What is Imelda Marcos infamous for?
- Who was the first person to journey into outer space?
- True or False? There is a patron saint of astronauts.

GO TO PAGE 23 TO SEE IF YOU'RE THE QUIZ KING

## sudoku

Sudoku 9x9 - Hard (135936706)

8	4				7	6		
9			8	2				4
					9	2		
		1		5				8
	8						6	
2				6		1		
		9	5					
3				1	4			9
		8	3				4	1

For solutions visit [www.sudoku-puzzles.net](http://www.sudoku-puzzles.net) (Medium 135437103)

## find-a-word

O	I	E	N	E	A	N	M	E	C	S	T	T
S	P	T	N	C	A	C	S	H	H	A	E	I
I	M	A	S	I	R	S	I	E	M	P	T	A
I	P	N	C	A	E	L	N	R	T	D	E	E
L	R	I	C	R	L	F	R	E	I	H	R	I
T	H	T	T	L	A	E	F	T	T	C	H	S
T	L	S	B	I	X	V	U	A	B	B	T	S
E	I	A	H	D	C	O	E	T	C	C	T	I
T	N	R	M	F	K	R	N	I	A	R	N	E
C	A	C	L	A	B	E	N	D	E	O	E	E
L	T	O	E	P	E	A	E	F	A	E	R	
A	A	R	F	L	P	M	A	M	C	S	R	A
L	F	P	A	A	V	M	E	V	D	C	N	E

Stress  
Crave  
Relax  
Panic  
Freakout  
Caffeine  
Breathe  
Meditate  
Lama  
Nap  
Procrastinate  
Chill

## WEIRD WORD OF THE WEEK

**Nerdjacking** – verb; in conversation, digressing into extreme and/or unnecessary detail about one's passion (music, coding, gaming) to an otherwise uninitiated layperson, without awareness or acknowledgement of the listener's rapidly waning interest or lack of understanding of the subject at hand.  
**Use it in a sentence!**  
"Mark's blind date took a turn for the worse when he found himself explaining the finer points of World of Warcraft, effectively - nerdjacking the conversation."

# TOP 5 SNEAKY EXERCISES

You won't even know you're burning calories!



### 1. GO THE EXTRA MILE

Instead of visiting your usual café, take a trip to the other side of campus (bonus points for using the Basser steps); use the bathroom on another floor; park further away or get off the bus or train a few stops earlier. Step to it!



### 2. ATTEND OKTOBERFEST

A typical bottle of booze contains around 140 calories, which you can easily burn in 15 minutes using high-intensity exercise ie dance, dance, dance the night away. As if you needed another reason to go to Oktoberfest.



### 3. PLAY VIDEOGAMES

We're not talking about WoW or Angry Birds. Take out the Wii (or visit a friend who has one) and let the competitions begin! Just don't eat junk food while you're at it, kinda defeats the purpose.



### 4. CLEAN UP YOUR ACT

You're avoiding that assignment and let's face it, your house is filthy. Whack on some tunes and get into some high-intensity housework.



### 5. DESKERCISE

If you're not taking in anything your lecturer is saying you may as well make use of your time by forming some abs. Sit up straight, pull in your abdominal muscles as tight as possible (but don't hold your breath), hold for six seconds and repeat. Just do it discreetly, if you don't want ruin your chances with that guy/girl in your tute.

## Arc's Anxiety Uncle

All of us get a little stressed from time to time, and it's not always necessarily a bad thing.



The stress of an exam period or a looming deadline can help motivate us to get it over and done with.

But when anxiety becomes an overriding feeling, that's when stress can become very serious indeed. And it's more common than you might think; one in four people will experience an anxiety disorder at some stage of their lives.

If you're feeling overly anxious or constantly worried, trying to ignore or deny your anxiety is not going to do you any favours. When stress starts to affect your ability to carry out everyday activities, like going to lectures or staying in touch with friends, it's important that you seek help – anxiety is totally manageable with the right advice!

**Where to get help:** UNSW and COFA both have a free, on-campus counselling services that can help with everything from study difficulties to managing anxiety and depression. [www.counselling.unsw.edu.au](http://www.counselling.unsw.edu.au) / 9385 5418

Beyond Blue is also an excellent resource for all aspects of mental health, with FAQs and comprehensive factsheets. [www.beyondblue.org.au](http://www.beyondblue.org.au) / 1300 22 4636

## t e c h n o p h i l e

### APPS TO RELAX

Smart phones are often seized upon as the root of all our stresses. "They're distracting!" the neo-luddites cry, "They signal the demise of concentration!" But smart phones can be used for good as well as evil. Here are a couple of apps made to slow you down and soothe the aching soul.



#### White Noise Box (free)

What with TVs being digitised these days, the only way you can access pacifying white noise is through an app. Also includes red, violet, pink and blue noise – a rainbow of calm!



#### Simply Being (\$0.99)

This guided meditation app comes with a recommendation from the NY Times – anything that can unwind a New Yorker must be effective.



#### Tea Healing (\$2.99)

With a 4000 year history, tea's obviously doing something right. This app gives you all the info you need to brew the perfect cup of herbal tea, including 60 different plants and their medical uses.



#### Sex Guide (free)

To be fair this app is pretty useless without the extra addition of a partner to er, release some tension. Regardless, it's got saucy tips on bringing a little romance, mystery and adventure to the boudoir.



# go clubbing

## VEGGIESOC



Nutrious AND delicious VeggieSoc lunches

Healthy bodies equal healthy minds, and what's healthier than a big serve of veggies? VeggieSoc is turning vegetarianism mainstream; long gone are the myths that our meat-shunning friends are pale, anaemic tree-huggers. Everyone appears to be getting in on the VeggieSoc action – even brawny, carnivorous construction workers. *Blitz* spoke to what we prefer to call the 'Tasty Food Society' to find out why they took the honour of Arc Club of the Year for 2010.

### Why should students support VeggieSoc?

There is absolutely no reason why they need to; we're here to support students. There aren't many places to get good vegetarian and vegan food at uni; that's why we're here.

### Is VeggieSoc strictly for vegetarians?

Not by a long shot. We do get a lot of non-vegetarians coming in every week, and believe it or not, there are a fair few enthusiastic volunteers that aren't vegetarian at all. They just like helping out because they love the prices, the community [and] the concept.

### Tell us a bit about the delicious, super-cheap Tuesday VeggieSoc lunches?

Once a week, we set up a stall outside the Blockhouse from 11.30am-1.30pm, where we provide vegetarian lunches. It's usually an Indian-style curry [but] seasonal changes mean it's a little different each time. Good food, good value and a laid back community is our mantra.

### Besides amazing lunches, what other benefits do members get?

We get sponsorship from a few vegetarian restaurants – show your card and get a 5-10% discount.

### What are the top stereotypes about vegetarians you would like to dispel?

That all they eat are fruit and leaves. Vegetarian food can be pretty tasty; our caterers at Hare Krishna Catering are living proof.

### How many members do you have?

Around 400 or so from all different faculties, societies and cultures – free memberships for Arc members really helps. We even get random construction workers coming in from time to time.

> MARY AZZI



## THE BIG V 3 Reasons To Go Vego

- Thinking about going vego? You'll be joining the likes of Chili Peppers' Anthony Kiedis, Jessica Biel, Natalie Portman and a myriad of sexy celebs.
- Vegetarians are supposedly smarter than their meat-eating peers. British research has shown that a child's IQ predicts his or her likelihood of becoming a vegetarian. The smarter the child, the more likely they'll opt for the veggies.
- Join VeggieSoc and get sweet discounts from restaurants all over the city, from Newtown to North Sydney – head to [veggiesoc.com](http://veggiesoc.com) for all the details, or find them on Facebook.



Miss Global Australia & UNSW student, Aley Greenblo digs vegetarianism. Check her out in last week's ed, find it online at [www.arc.unsw.edu.au](http://www.arc.unsw.edu.au)

“GOOD FOOD,  
GOOD VALUE  
AND A LAID BACK  
COMMUNITY IS  
OUR MANTRA”



## jobs & ops of the week



### BLITZ IT IN 2012!

Applications are now open for *Blitz* positions in 2012; interview red carpet stars, see your designs published every week or shape the campus mag read by over 10,000 students.

**2 x Reporters (12 hours p/week)**

**Designer (30 hours p/week)**

**Editor (30 hours p/week)**

**Applications close Friday Oct 7**

For full position descriptions head to [jobs.arc.unsw.edu.au](http://jobs.arc.unsw.edu.au) or email [s.fagan@arc.unsw.edu.au](mailto:s.fagan@arc.unsw.edu.au) with any queries.

### VOLUNTEER COORDINATOR & STUDENT DEVELOPMENT OFFICER POSITIONS

Want to work on campus in a fun, friendly, flexible environment? If you're involved in student life with excellent organizational skills and an aptitude for leadership, Arc wants you!

There are 10 positions available so hours vary, head to [jobs.arc.unsw.edu.au](http://jobs.arc.unsw.edu.au) for all the deets.

### DREAM JOB ALERT

Membership Relations Officer: 10hr+ p/week spent organising fun activities and freebies for students. Implement your creative ideas as you coordinate the Arc Street Team program, gain experience recognised on your transcript AND get paid.

Go to [jobs.arc.unsw.edu.au](http://jobs.arc.unsw.edu.au) for full deets or email [a.carlon@arc.unsw.edu.au](mailto:a.carlon@arc.unsw.edu.au)

### Arc MEMBERSHIP O-WEEK TEAM

Do you love the buzz of O-Week? Do you have customer service experience? You could be the perfect candidate to be a member of the 2012 Arc Membership O-Week Casuals Team.

**Applications open December 5 – see [jobs.arc.unsw.edu.au](http://jobs.arc.unsw.edu.au) for full details or email [a.carlon@arc.unsw.edu.au](mailto:a.carlon@arc.unsw.edu.au)**

For more Jobs and Opportunities head to [jobs.arc.unsw.edu.au](http://jobs.arc.unsw.edu.au)

## fashion campus

TELL US THE STORY BEHIND YOUR...

### DORA



**ALL IN THE FAMILY**  
Whether you're borrowing from your mum, siblings or even your Dad (like Dora), families and flatmates can double your wardrobe.

**JACKET**  
My dad's!

**T-SHIRT**  
Cotton On (another student who's cottoned on!)

**SHORTS**  
They're from Sportsgirl.

**NAIL POLISH**  
Morning Glory – a super cheap Korean store.

### PERFECTLY POLISHED

We're loving Dora's funky nail polish – bright shades are just the thing to welcome in the warmer weather.

> MARY AZZI & ANDREW BLACKIE

### DINNER DATING with [www.iesslovesfred.com](http://www.iesslovesfred.com)



### OVERDONE/ UNDERDONE

If your dinner date means a casual kebab run, don't go all out as though it's your Year 10 formal all over again. Conversely, if you're going to a restaurant with a 3 Star Michelin ranking, leave the Crocs at home.

### LEAVE SOMETHING TO THE IMAGINATION

If you bare your legs, cover your chest. If you're showing off your cleavage, cover your legs. You don't want to go through an entire relationship in a single date.

> JESSICA TRAN



# critique

• FILM



## NORWEGIAN WOOD

DIRECTED BY TRAN ANH HUNG  
STARRING KEN'ICHI MATSUYAMA,  
RINKO KIKUCHI, KIKO MIZUHARA

8/10

Don't let the book snobs tell you otherwise – this is a lavish, highly emotional and profoundly moving film, adapted from a novel and directed with a sweeping vision and fluidity by Tran Anh Hung. In 1960s Japan, teen Watanabe's best friend commits suicide, leaving his long-term girlfriend Naoko behind. The two, at first, don't realise how deep this wound between them goes: through the rest of the film, this is to be slowly, devastatingly revealed. Things only become more complex when Watanabe meets the gorgeous Midori, with whom his sexual tension flies off the screen – Kiko Mizuhara is perfectly cast in this role.

What Tran has accomplished with *Norwegian Wood* is an adaptation that captures the essence of its notoriously cerebral source material, while bringing his own distinctive style to it. The landscapes in the film are totally attuned to the emotions of the characters, thanks to Ping Lin Bee's virtuosic cinematography. This is an intensely introverted, sweeping meditation on doomed romance and trying to come to terms with someone who has gone. It's as close to a masterpiece as any film I've seen this year.

> ANDREW BLACKIE

• FOOD



## HARD ROCK CAFÉ SYDNEY

DARLING HARBOUR

FOOD: 6.5/10  
AMBIENCE: 6/10  
SERVICE: 5/10

Those scheming Americans don't miss a beat. If you're a student like me, waiting 30 minutes for your table at the bar is thirsty work when you're saving your \$\$\$'s to fork out for a \$24 burger.

Despite the staff making an extra effort to lay on the sleazy... I mean cheesy US greetings, the place doesn't quite live up to the all American dream. I'll call it *soft rock* at best – all the sophistication of a Darling Harbour residence served with a side order of fries.

I will be honest: I expected more; I wanted Queen to sing me the menu, and then for Ozzy Osbourne to bite the head off a cow and say "dinner is served". Instead I got a good-ish burger, served with good-ish fries, from a waitress with ear spacers so big I could probably have put my dinner plate through them. Rock 'n' roll right?

Note to self: don't start your bikini diet here.

> LEANNE WARBURTON

P10

Check out our interview with director Tran Anh Hung on page 10

• ALBUM



## JUNK OF THE HEART

THE KOOKS

6.5/10

The third album from English rockers, The Kooks, is a bit of a mixed bag; the band seem to be trying to expand their repertoire and move in a new direction but it feels as though at some point during recording they became nervous and halted midway. Don't get me wrong, *Junk of the Heart* is a good album, it just feels as though something is missing.

In a number of the tracks the intricate guitar work has been replaced with uncoordinated synths; it is clear this isn't their strength and lets a number of the songs down. Thankfully, the lyrics are what one would expect from singer Luke Pritchard, crooning away about girls in his typical offbeat yet tuneful fashion. The fault of the album perhaps comes down to the instrumentals then; the band should spend more time honing what makes them great, or at least spend more time in rehearsals to perfect their new sound.

The standout tracks, such as 'Eskimo Kiss', are classic Kooks, perhaps they should have spent more time on songs such as this. Overall, a fine album, but nothing like the music that made them great.

> SIMON ANICICH

“ THIS IS AN INTENSELY  
INTROVERTED, SWEEPING  
MEDITATION ON DOOMED  
ROMANCE – IT'S AS CLOSE TO  
A MASTERPIECE AS ANY FILM  
I'VE SEEN THIS YEAR ”

–NORWEGIAN WOOD

• FILM



## SUBMARINE

DIRECTED BY RICHARD AYOADE  
STARRING NOAH TAYLOR, CRAIG ROBERTS,  
SALLY HAWKINS

7.5/10

Richard Ayoade, best known for his role as Moss in *The It Crowd*, makes his feature-film directorial debut with *Submarine*, revealing that his real strength is in creating memorable characters.

This film's star, precocious teen Oliver (Craig Roberts), has a foppish fringe, dark eyes and a 'thook' Welsh accent: from his own voiceover, we learn he likes to read the dictionary, sees himself as superior to his boring parents and thinks he has the world figured out. He is attracted to a girl very like him at school – also dark and unknowable – and what follows is essentially his awkward courtship of her.

Ayoade makes use of off-kilter and witty techniques – his use of sound, for example – and there's an ambiguity in the story that separates this from the feel-good coming-of-age yarn, which has been done to death anyway. Sally Hawkins and Noah Taylor are fantastic as Oliver's parents – particularly Taylor, whose geeky understatedness and mannerisms have never served him better. Oliver, meanwhile, is an imperfect character you'll recognise yourself in, despite not wanting to at certain times. Sharp-tongued and yet tender, *Submarine* has all the ingredients of a great British film.

> ANDREW BLACKIE

“ I EXPECTED MORE. I WANTED  
QUEEN TO SING ME THE  
MENU, AND THEN FOR OZZY  
OSBOURNE TO BITE THE HEAD  
OFF A COW AND SAY  
'DINNER IS SERVED' ”

–HARD ROCK CAFÉ SYDNEY

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## THE CULINARY ARTS



### Shoot the Chef

CHIFLEY PLAZA, CBD

OCT 5-28

In conjunction with Sydney's Crave Food Festival comes this delectable exhibition showcasing 22 professional and amateur photographers and their interpretations of "shooting the chef". From sumptuous banquets to perfectly crafted cakes, this collection of photos will surely have you salivating and seriously contemplating the term "food porn".

Cost: Free

## NEW IN TOWN



### Chalk Urban Art Festival

CHURCH STREET, PARRAMATTA

OCT 6-9

When you decorate a public wall it's graffiti, but when you decorate the ground somehow it's more acceptable. Chalk Urban Art Festival will be bringing Parramatta's pavements to life with portraits, designs and immersive scenes all drawn in the versatile, yet temporary, medium of chalk. It's not child's play either, artists are competing for a \$10,000 cash prize – let's just hope it doesn't rain.

Cost: Free

## ALSO ON SHOW



### What's in a face?

ART GALLERY OF NSW, THE DOMAIN

UNTIL FEB 5, 2012

Portraits are arguably the most enduring and accessible art form, when we peer into a face we see history, personality, emotion and connection. The AGNSW has brought together over 45 photographs from its collection, including works by Max Dupain and Man Ray, to explore the how we depict and interpret faces, from the 19th century right up to today.

Cost: Free





Thanks to Universal Pictures



WIN 1 OF 10  
Double Passes to *The Thing*

In 1982 John Carpenter made a chilling horror sci-fi flick, *The Thing*. Nearly 30 years later, mysteries surrounding the "the thing's" origins are elucidated in this prequel of the same name.

Paleontologist Kate Lloyd (Mary Elizabeth Winstead) has travelled to Antarctica for the expedition of her lifetime. Joining a Norwegian scientific team that has stumbled across an extra-terrestrial ship buried in the ice, she discovers an organism that seems to have died in the crash eons ago, but it is about to wake up...

To score a double pass to this spine-chilling prequel, just tell us one of the actors in the original 1982 film. Email your answer and Arc member no. to [comps@arc.unsw.edu.au](mailto:comps@arc.unsw.edu.au) with the subject line 'The Thing'.

IN CINEMAS OCTOBER 13

[facebook.com/UniversalPicturesAU](https://www.facebook.com/UniversalPicturesAU) © 2011 Universal Studios. All Rights Reserved.

Preview Screenings: 6.30pm, Monday 10th October at Event Cinemas, George St.

THE  
GOOD  
BOOK

Dough, moolah, rhino, spondulicks... whatever you call it Arc members are saving it with the Good Book Voucher book packed with discounts on movie tickets (Palace Cinemas, Event Cinemas and Ritz Cinema) food (mmm Eagle Boys Pizza, Subway, McCafe, the Bistro) and drinks (your shout at Ritz Bar or the Roundhouse) and \$20 worth of Arc \$\$ for Arc stores. Arc membership, shweet deal.

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MAT  
SCIENCE

What keeps you cool headed  
during exams and assessments?

I like to structure myself with  
timetabling and spread sheets,  
which is sort of boring. I also like to  
find some form of release, normally  
through videogame violence.

Would you pay more for  
Fairtrade coffee?

Yes, I think Fairtrade is important  
because it gets money out to  
farmers where it's actually needed. If  
I have to pay a little more for that to  
happen, I'm OK with it.



SASHA  
MEDIA/JOURNALISM

Describe the last dream you had.

The ones involving public nudity are  
usually the only ones I remember.

Best item in your fridge?

Vine leaves and strawberries.

How do you keep your cool  
during exams?

I don't think I really do keep cool  
during exams! Play really bad music  
and annoy my house mates?



LIZ  
SCIENCE/LAW

What keeps you cool headed  
during exams and assessments?

Listen to music. I love The Horrors at  
the moment.

What's your most cherished item  
in the fridge at the moment?

Up and Gos.

Describe the last dream  
you have?

I went to a Prince concert but he  
didn't play 'When Doves Cry' and I was  
really upset.



voX pops  
voice of the peeps  
MAY AZZI & ANDREW BLACKIE

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for more Vox Pops



ANDREW  
AVIATION MANAGEMENT

What keeps you cool headed  
during exams and assessments?

Facebook, games, text messages,  
Youtube. I spam peoples' Facebook  
pages with videos.

Would you pay more for  
Fairtrade coffee?

At the moment, no. Because I'm a  
student and poor.

Describe the last dream you had?

It was actually a nightmare. Like the  
classic horror movies.



KATE  
SOCIAL SCIENCE (CRIMINOLOGY)

What keeps you cool headed  
during exams and assessments?

Not caring enough. I do an Arts  
course so it's easy.

Would you pay more for  
Fairtrade coffee?

No, I don't have that much money.

Describe the last dream you had?

I was on the balcony of a unit being  
taught to train tigers by Simon  
Cowell. He pushed me off the balcony  
to get away from the tiger because it  
turned on me.



CHRIS  
CHEMICAL ENGINEERING

What keeps you cool headed  
during exams and assessments?

Red Bull or alcohol. I procrastinate  
with Reddit; I go on there when I'm  
really, really bored. Youtube is  
good too.

Would you pay more for  
Fairtrade coffee?

No, I don't drink coffee, I prefer beer.

Would you pay more for  
Fairtrade beer?

I wouldn't pay anything more than the  
Roundhouse beer.

Trivia Answers 1. 'Independent Woman' - Destiny's Child 2. b) A cubit is 45.72cm 3. A corrupt Filipino politician, she owned 1000 handbags and 1060 pairs of shoes. 4. Russian cosmonaut, Yuri Gagarin 5. True, it's Joseph of Cupertino



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