

# 8PM THURS 24 SEPT

# MID-SESSION



NEMO FRONTAND BACK TRUMAN SOULGANIC MOWGLI MAY

CLUB BAR CASINO BLACK JACK, POKER & ROULETTE 8:30-11:30PM

TICKETS \$10 Arc MEMBERS \$15 UNSW STUDENT \$20 GENERAL ADMISSION



UNSWROUNDHOUSE COM
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# Welcome



Annalise Bolt & Ophelia Overton Blitz Editors E blitzeditor@arc.unsw.edu.au W blitz.arc.unsw.edu.au

Friends,

Celebrations are in order! It's time to wave goodbye to winter and welcome the warmer months with Spring Festival in Week 7.

If you're anything like us, your bedroom has been hit with mid sem mania and it'll take more than a quick tidy to tame your floordrobe and arrange those battered (but unread) course readers. With a Less Mess workshop, as well as a book and clothes swap at Spring Festival you can kick off that long overdue spring clean. Trust us, it will clear your mind and make the assignment slug that much easier.

Finally our prayers to the food gods have been answered with free burgers on campus. Don't miss making your own tasty creation at the Pimp Your Burger workshops as part of Spring Festival. Ah yes, spring is good.



Tom Morrison
Student Director, Arc Chair
E chair@arc.unsw.edu.au
W arc.unsw.edu.au/board-blog

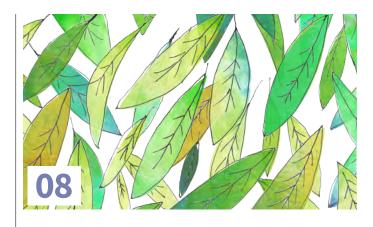
Hey UNSW,

Now is the time of semester you're thinking about what you might like to dedicate yourself to next year. If you haven't already, I would encourage you to throw yourself into some of the countless activities and events that this magazine contains or any of the other opportunities that Arc has on offer.

Your time at uni is as good as you want to make it, and it's the perfect chance for you to seize your passion. Even more so it's the time to take up an issue that you care about, and make a difference to your peers, your uni and broader society.

Take a chance, get involved, make a difference and see where it takes you!

Tom





# In this issue...

05 CONTRIBUTOR SPOTLIGHT

06 BITZ & PIECES

08 FEATURE

Ten Tips for Green

Student Living

11 THE INTERVIEW

Xavier Rudd

12 BLITZ DEBATES

Should you unfriend your ex on Facebook?

13 MODEL STUDENTS

**14** EXCHANGE DIARIES

**15** HOW TO...

Spring Clean

SOCIAL STALKER

17 WHAT'S ON

23 UNSW CREATIVE

25 RECENTLY IN SCIENCE

25 STRUGGLE STREET

26 UNSW EATS

27 HEALTH

29 EVENT PHOTOS

Artsweek

30 REVIEWS

32 VOLUNTEERING

Arc Street Team

33 PUZZLES

35 VOX POPS





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# ADUKTO TE

# HOW TO:

- D NOT BLOW UP YOUR KITCHEN
- D HANDLE CASH MONIES
- TRAVEL LIKE A BOSS
- D GET YO'SELF A WEBSITE
- D LAND DAT DREAM JOB
- D SURVIVE A 1/4 LIFE CRISIS
- M AND MORE ...

What You Should've Learnt in High School

# TUE + WED WEEK 8 SIGN UP NOW

arc.unsw.edu.au/howtoadult

IIII

# What puts a spring in your step?

# **Laura Kenny**



Wrote Bitz and Pieces on P6 and Social Stalker on P15

When you overstay a timed park and stress out about getting a ticket and then DON'T get a ticket.

# **Charlotte Goodsir**



Wrote Ten tips for green student living on P8 and How To on P15

Knowing I don't need to walk to the other side of campus.

# John Seroukas



Interviewed Xavier Rudd on P11 and wrote UNSW Creative on P23

Watching Arsenal win... makes the all-nighter worth it.

# Serena Dong



Wrote Blitz Debates on P12

Anything free. Especially food.

# Genevieve Gao



Wrote Blitz Debates on P12

When one of my favourite bands releases new music.

# Cynthia Iskandar



Wrote Model Students on P13

Witnessing acts of kindness.

# **Eden Gillespie**



Wrote What's On UNSW on P17

When I get a seat on the UNSW Express Bus.

# **Erin Middleton**



Wrote What's On Sydney on P22

Right now, not much. I'm on crutches!

# Nadia Yeo



Wrote Cheap A\$\$ Sydney on P22

When you get free food (especially sushi and chai lattes).

# Megan Baehnisch



Wrote Recently in Science on P25

Nailing a presentation and knowing you have a night of movies and chocolate ahead of you.

# **Yael Brender**



Wrote Struggle Street on P25 and Film Review on P30

The walk of shame.

# **Lyndon Christie**



**Wrote Sports On Trial on P27** 

When you get on a bus and the ticket dipper is broken. Free trip = yay.

# **Emilie Sharp**



Wrote Wellness Series on P27

A sweet new pair of kicks - literally.

# **Georgia Griffiths**



Wrote Gig Review on P31

When you get free food (especially sushi and chai lattes).

# **Nick Duce**



Wrote Album Review on P30

Elastic potential energy.

# Sam Radford



Wrote TV Review on P31

Listening to Don't Stop

Me Now.

# Jayden Hua



Wrote Game Review on P31

Reaching between the couch cushions and discovering that burrito from 2011.

# **Ammarah Tasneem**



Wrote Volunteer on P32

Floral sandals with inbuilt pogo-sticks for heels.

# Janelle Tai



Wrote Vox Pops on P35

Biting into a piece of fruit that is ripe, juicy and delicious.

# BITZ & PIECES

**BY LAURA KENNY** 



# Like



Tame Impala's first Aussie tour since 2013 is approaching.

Aussie Jarryd Hayne is

Just when you thought

Dave Grohl couldn't get

any cooler

the Foo Fighters

Baptist Church.

trolled the Westboro

killing it in the

NFL for the San

Francisco '49ers.



Dislike

We've found out that 60% of students are studying for careers that won't exist in the future and now we're all facing an existential crisis.



The average house price in Sydney has officially reached \$1 mil. Looks like we'll be staying with Mum and Dad a little longer.



A childcare centre in Sydney has put a ban on birthday cakes. Hopefully not on wishes as well!

# Book Nook



# Against Happiness by Eric G. Wilson

We're all crazy. What's more, we're all crazy about 'being happy.' In this contemplative and delicious read, Eric G Wilson discusses how we are devaluing one of the most powerful creative forces – melancholia. Wilson is a lynchpin thinker of literature, psychology and unafraid of calling us names that sting with accuracy – pill-poppingly fearful of our own transformative emotions. Jump on this to expand your definition of success and reshape the way you conceive a thriving culture.

# **Urban Dictionary**

# Yellow

Yellow is the colour that divides edible snow from non-edible snow

You shouldn't eat yellow snow

If you eat yellow snow, you'll probably get sick

# **UNSW Love Letters**

# #9444

I only read this page in the hope of finding a (highly unlikely) post about me. 20 years of the single lyf & going strong.

# Throwback





# **Random Factoids**

When Twister was introduced in 1966 it was denounced by critics as: 'sex in a box'.

There are more lifeforms living on your skin than there are people on the planet.

The three wealthiest families in the world have more assets than the combined wealth of the 48 poorest nations.

# **Overheard**

**Girl:** 'What could be worse than finding out you're dating a young liberal?'

**Guy:** 'Deliberately dating a young liberal.'

# Instagram







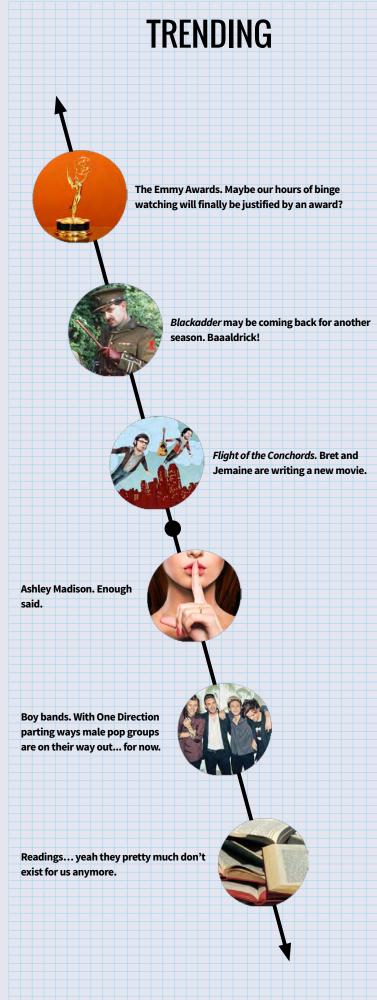
For someone with such an intense need to be liked you'd think I would have figured out how to be less of an asshole.



I've never been in prison but I did sit through a 60 second pre-roll ad on YouTube.



The real troublemaker is within us. Our true enemies are our own destructive tendencies.





# WALK OR GET PUBLIC TRANSPORT TO UNI

I know this isn't possible for everyone (no haters please) but you lazy-legs, can get up an extra ten minutes early and walk to uni or to the bus stop rather than driving. Not only is it good for the environment but it is also good for YOU (and other students who are trying to find parking).

# KEEP CUP FOR COFFEE OR TEA

There is no way in the world that I could function without a coffee. There is just no way. Zilch. Not happening. But considering each take away cup cannot be recycled you're looking at quite a heavy environmental impact. So, why not grab a KeepCup or thermos that you can refill and carry around campus with you?

# GET READINGS ONLINE RATHER THAN BUYING READERS

Readers are expensive. I could buy 50 lollipops for the price of this reader. But there is a solution, my dear friends. Look on your course outline for the texts and check the library database. Even though the Moodle girl of everyone's dreams has left us, there are some great things on Moodle, like the readings (sometimes).

# DITCH THE PLASTIC WATER BOTTLES

Swap your Mount Franklin for a 'real/ reusable' bottle. They are way better for the environment, won't squash in your bag and are much better looking. Alternatively get away with \$0 spent and use the free bubblers on campus.

# **GROW YOUR OWN VEGGIES**

Keeping a little veggie patch is the best. It acts as procrastination/relaxation time and generally is a really cool thing to do. So why not give your thumbs a break from texting and see if they're green?

# GET FREE FOOD ON CAMPUS

If you're a member of UNSW Free Food group on Facebook you will know there is ALWAYS free food, somewhere on campus. This is the rule, there is no exception. The challenge is finding it (or getting there before someone else does in some cases). Don't forget the Arc Street Team have also always got your back.

# TURN THE LIGHTS OFF!

Do you ever think you know where a sub heading is going then it completely changes? Turn the lights off on google by using blackle.com, it is basically google but it saves 750 megawatts of energy a year.

# **USE FLYERS AS NOTE PAPER**

Every time I walk past the Main Library people are throwing flyers in my face. Why not use those flyers for something useful and write lecture and tutorial notes on them. Oh and shun those people giving out dead trees to promote their bake sale. Murderers.

# **USE A RECYCLING BIN**

They are on campus for a reason. Please use them. Just think of all the extra calories you'll be burning by walking the extra 10m to the recycling bin!

# HOLDING CLASSES REMOTELY

Yep I said it. Everyday the university has lights on in every single room, even if they're not in use. Instead of using a whole room with air-conditioning and lights, why not let lecturers make an iMovie that I can watch in bed, possibly separated by various Netflix binge sessions. Think about the overall energy saving. I probably wouldn't shower if I knew I didn't need to leave my bedroom.

Don't miss Spring Festival on 8-9 September. Find out more at facebook.com/ArcUNSW



2015

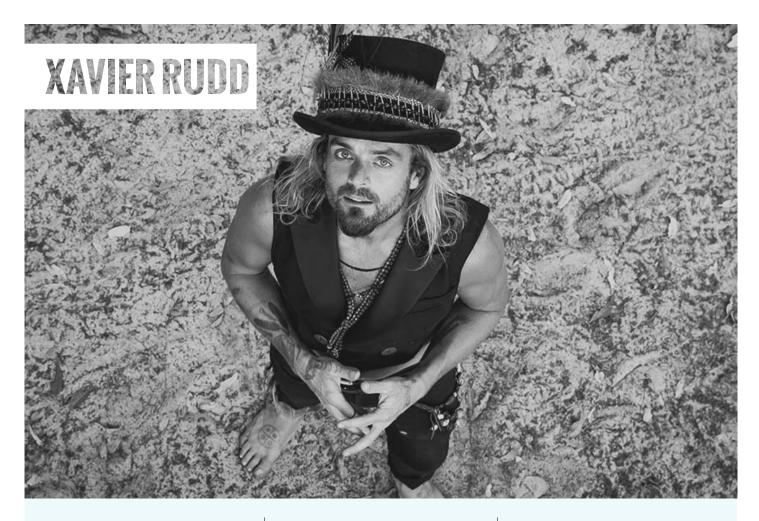
# FINALS EVENT

4

# THE ROUNDHOUSE, UNSW THURSDAY 10 SEPTEMBER 1PM - 4PM

Come to support your favourite team as the Top 10 Finalists present their ideas and the ultimate \$15,000 winner will be declared.

For details, head to: nescafe.com.au/headstart



Blitz's John Sekouras caught up with Xavier Rudd, after the release of his collaborative album Nanna, to talk music, Peruvian shamans and Australian radio.

# Can you tell us what it was like to play at Splendour in the Grass?

We usually just let it flow and see where it goes ... [The band] just played a lot of shows in Europe and the States, so we're pretty on top of our game at the moment. We take things wherever they need to go and bring them back again – I've always been that kind of artist.

# Your new album has a strong reggae sound, unlike your others which are more folky. Was it hard to make this change?

I just wait 'til something's ready. I've never actually sat down to write a song. It comes through me... and I try not to involve my mind and my ego too much, just let it be as raw as it needs to be and capture that. Over time, I end up getting to the point where I have an album in my head...and go 'OK, time to record'.

# Your music involves a lot of activism. Do you feel obligated as an artist to sing about broader issues?

My great grandmother on my father's side was Aboriginal-Australian and she had my grandma with a white guy. My grandma was taken away. We never had any answers...so I feel like the spirit of that woman has always been with me...that I need to be a strong vessel for her to come through and not involve my ego and deliver what needs to be delivered.

# THE MOST PROFOUND WAY OF UNDERSTANDING THE EGO... FOR ME WAS WORKING WITH A SHAMAN IN PERU...IT WAS HARD, IT WAS INTERESTING.

# You've mentioned the ego a couple of times. Was this important to you finding peace?

Well, 'ego' is often misconstrued as meaning self-inflation. It can be anything that's removed from the truth – the flesh and bones of what you are as an individual and your path on the planet. The most profound way of understanding the ego... for me was working with a shaman in Peru...it was hard, it was interesting.

# Would you say that's one of the defining moments on your path?

It was one of them. The song *Creancient* that I wrote...I still had the medicine in my veins. It was just full on the night before – lots of vomiting and hallucinations and things. The next day we were doing a mud ceremony and it came to me while I

was washing mud off me...it sort of just flowed out of me in the next week...I was outside of myself and looked at my ego from a distance.

# What are your thoughts on where today's music is headed?

It's hard to say, you know. Music has been connecting us since the beginning of time, it's part of our flesh and bones. It's really disappointing where [Australian radio] has gone. It could be a greater platform for awareness and change in this country, but I've been surprised by what's happened.

# **RAPID FIRE**

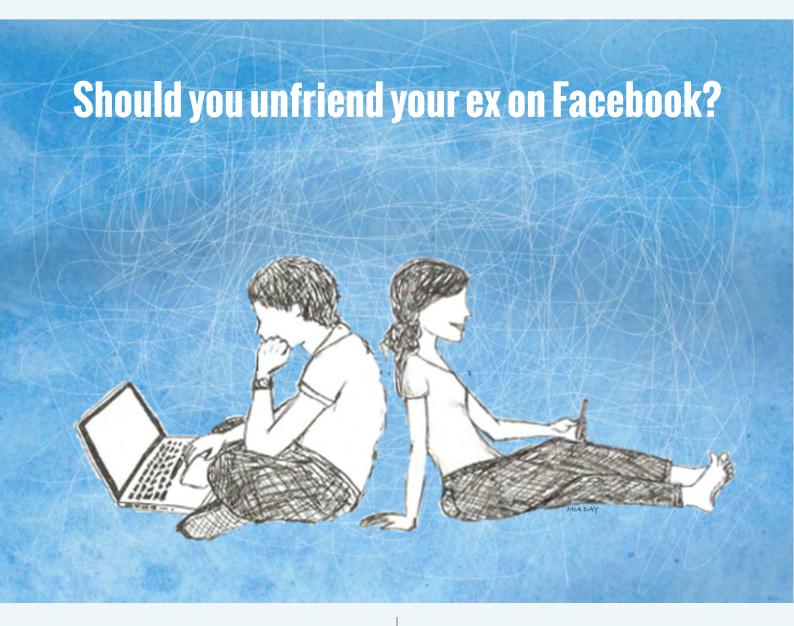
**Describe your music in three words.** Roots, water, earth.

Piercings or tattoos?
Tattoos.

Byron or Bali? Both! Haha.

Don't miss out on Xavier Rudd's new album *Nanna*.

BY JOHN SEKOURAS



# **YES**' SAYS SERENA DONG

There is a reason you dated your ex in the first place (hopefully) and now that you two aren't together anymore you have two choices: keep contact or eliminate any forms of communication.

Back in the good old days forgetting about the ex was as simple as a wave goodbye but social media, especially Facebook, seems to hate us during the post-breakup phase.

Activity from your ex pops up way more than it should on your feed and you cannot stop stalking those you assume your ex is cuddling with. That is, if you don't unfriend your ex. Keeping an ex as a so-called 'friend' proves you are unable to move on.

On the opposite end of the spectrum, a bad break-up can mean impulsive messages or irrational drunk phone calls. You definitely do not want to start throwing death threats at the ex... after all, they are not worth your time.

Maintaining a friendship status hinders you from letting go and pulls you back from moving forward in your life. Prove that life is much more amazing without them. It all starts with a simple click of the unfriend button.

# 'NO' SAYS GENEVIEVE GAO

Unfriending that ex sends the message that you're still invested. Being married to Netflix (or that hot tutor you've been eyeing all semester) is the perfect way to show just how much better your life is... without them.

Even if your relationship ended on a low and you're feeling like a little payback, why let that resentment get the best of you? You've got plenty of good times ahead and at just the click of a button your ex will get to see just how much fun you're having without them in your life.

Also, the simple reality is that while many relationships end badly, just as many don't. Now we all know how good Facebook is at storing the not-so-good memories, but it also provides the opportunity to savour the awesome ones. It's up to you to move forward while taking away the good things from that past relationship.

So will you give in to that anger and unfriend your ex, or move on with your life like it's nobody's business? I think we all know the answer to that.

ILLUSTRATION BY MIA DAY INSTAGRAM @MEEMSYD

# MODEL STUDENTS

Y CYNTHIA ISKANDAR









# **Scott**

# Engineering

# You're wearing:

Zane Robe t-shirt and acid wash jeans, Insight beanie, Converse Chuck Taylor All Star lean leather in white, 'the Notting Hill Shopping Bag' from London and a Nixon watch.

# You in three words:

Byron, fitness and tradie.

# Your most treasured item:

Probably my girlfriend, because I love her.

# Your fashion inspiration:

I reckon just where I'm from and the whole surfing scene.

# Mia

# Industrial Design

# You're wearing:

Seed harem pants, Midas boots and a Fossil leather side bag. My coat is from China but the material is from Italy.

#### You in three words:

Weird, pure and psycho.

# Your most treasured item:

I wish I had a kitty so I could say it's my cat, but I'll say my plants. I spend a lot of my time growing plants.

#### Your fashion inspiration:

Nope. Don't have any, as long as I'm comfortable and wear pure colours.

# Mathu

# **Pharmacy**

# You're wearing:

Standard No One long sleeve shirt in black, Timberland burgundy boots and a Country Road duffel bag.

# You in three words:

Comfortable, expressive and approachable.

# Your most treasured item:

My CD collection. I collect old CDs that I like.

# Your fashion inspiration:

A lot of artists. Especially in the Hip Hop scene like Travis Scott, Kid Cudi, Kanye West and A\$AP Rocky.

# **Jessica**

# **Architecture**

# You're wearing:

Saba coat, Country Road sweater, Marcs pants, Tony Bianco leather boots and this leather satchel is one that my Dad gave to my Mum when they first got engaged.

# You in three words:

Weird, quirky and awkward.

## Your most treasured item:

My terrarium. I was going to say my parents... but I recently was hunting for a terrarium and brought one back from Melbourne, on a plane, through the rain. It was terrible, but it was worth it. Terrarium over parents.

# **ROSIE SACKETT**













# Blitz caught up with UNSW commerce/ science student, Rosie Sackett, to find out about studying abroad at the University of Edinburgh.

# Why did you decide on Edinburgh for exchange?

It is a world renowned university in a beautiful city which I had heard only great things about. Plus who doesn't love a Scottish accent?!

# What's been your favourite tourist activity?

Wandering around new cities, getting lost, discovering unexpected places, trying the local food, meeting people and of course hitting up the local bars

# What's the craziest thing you've gotten up to while abroad?

One of our craziest days happened while sailing around Croatia with three other boats of friends from the UK. Mid-sail one of the other boats masts snapped straight off from the boat which is pretty rare and the level below a mayday call. That made for an eventful afternoon of rescuing the guys on the boat and accompanying their boat as it was towed to the next town.

# What's the weirdest food you've eaten?

Haggis probably takes the cake – though it's not nearly as bad as everyone makes it out to be!

#### What surprised you about Edinburgh?

It's a stunning city with so much to see and do. Despite the cold there is always a cosy place to

rug up; from the amazing library bar at the uni to endless coffee shops and trying the classic neeps and tatties. Its underground nightlife is really cool.

# What's the biggest challenge you've faced while on exchange?

Trying to find the right balance between making the most of my time in Edinburgh, meeting locals, meeting other exchange students, getting to know a different university and travelling as much of Europe as I could. I know, exchange life is hard!

# HAGGIS PROBABLY TAKES THE CAKE-THOUGH IT'S NOT NEARLY AS BAD AS EVERYONE MAKES IT OUT TO BE!

# Have you developed a wee Scottish accent?

Aye maybe a wee bit! Nah, it's a bit hard to shake the old Aussie: 'how are you going?' Even English speakers struggled to understand that one.

# Did you catch the Edinburgh Fringe Festival?

I would have loved to but unfortunately not. It's not on until August – right in the middle of the English summer holidays.

## Did you brave a Scottish winter?

Yes we arrived in January in the midst of the

Scottish winter. Edinburgh is known for its wild winds and short days in the depths of winter but the snow falls definitely made up for the cold – it never gets old! Bring your woollies and invest in a coat.

#### Any tips for students going on exchange?

Everyone says it but I can't emphasise it enough, just go for it! Exchange will be one of the best experiences whilst at uni – take any and all of the opportunities you can.

# **RAPID FIRE**

# Exchange in three words:

Easy-going, amazing and fun.

# Do you own a kilt?

Nope, definitely a guy thing.

#### Is Nessy real?

Aye she just might be.

Keen to go on exchange? Check out student.unsw.edu.au/exchange for more info.

# HOW TO... SPRING CLEAN

WRITTEN & ILLUSTRATED BY CHARLOTTE GOODSIR





# Be Martha Stewart

Be the queen of homemaking, minus the jail sentence and drugs. Seriously, not only is she the queen of flower arranging but she also taught me the important things in life... like how to fold a towel like a fancy hotel.

# **Buy some scented candles**

Have you seen those ads where people are sitting in a pile of garbage, blindfolded, and they say: 'oh it smells like a park with freshly cut grass!' That's the idea behind this. Also you'll look hella classy when you buy them, like you've really got your life together.





# Clean your room

How did you let your room get into this state in the first place? Haven't you learnt anything? Why is this happening? Why did you start this cleaning... you've started but you really can't be bothered to finish. Oh wow it's your Tamagotchi from 2002, does it still work?

# Let it go

Those jeans that you've had in your wardrobe forever... that you've never worn and are way too tight. Just let them go. There are some great charities that would love to receive them.

Don't miss Spring Festival on 8-9 September. Find out more at facebook.com/ArcUNSW

# **#SOCIAL** STALKER

BY LAURA KENNY



gr8advnturs @gr8advnturs

gr8advntures is a visually staggering feed of photographs sure to whet your appetite for travel. Featuring *HONY*-worthy faces and breathtaking landscapes, prepare your eyes for moments of pause and movement. This perfect reminder of the big beautiful world is all shot by Sydney based photographer Marcus Soloman – follow him for a delicious break from the mundane in your instafeed.



SirPatStew @SirPatStew

From Professor X to Captain Jean-Luc Piccard – now Sir Patrick Stewart is dominating Twitter with his quick wit and dapper taste. Watch him gallivant around the world with his BFF Sir Ian McKellen and offer romantoga-bathtowel salutes to his beloved.



Michael Leunig Appreciation Page facebook.com/ MichaelLeunigAppreciationPage

You have permission to unfollow all other pages on Facebook once you make it here. The Michael Leunig Appreciation Page is a sure way to a) keep you up to date with how to mock current public debate b) have a beautiful and melancholic reflection on life and c) appreciate the little things each day.

# NTERNATIONAL MIGHT MARKETS

wed 16 sept

Sample food from all over the world

With over 20 food stalls

+ Live Music & Entertainment

3pm ~ 9pm | Main Walkway

visit "Saigon Sidewalk" STREET FOOD STYLE BISTRO MENU ALL WEEK AT THE ROUNDHOUSE





BETTER THAN STUDYING WHAT'S ON UNSW

# **Spring Festival**



Swap your spring cleaning routine for Spring Festival, a two-day festival that will be freshening up Week 7. Activities include workshops, stalls and as always, food. Spring has never smelt sweeter ... and we're not talking about flowers but the smell of meat grilling on the barbeque at the Pimp Your Burger event.

For all you green thumbs out there, there will be small space gardening workshops, reverse garbage crafting and holistic sustainability classes. Clear your head with yoga and then learn the best way to declutter your space with a Less Mess talk. After you get some expert advice on how to get your garden going, get your hands on some fresh produce at the farmer's market.

Then finally wind up the festival with a good belly laugh as you watch a comedy debate on the grass. What's

not to love about spring? The extra dose of sunshine brings new life, and the fresh air gives you an excuse to lounge around the Library Lawn. Pull your florals out and celebrate the end of winter during Spring Festival.

BY EDEN GILLESPIE

WHERE: Various locations

WHEN: 10am-4pm, 8-9 September

**PRICE:** Free

**MORE INFO:** facebook.com/ArcUNSW **VERDICT:** Will put a spring in your step

# **How To Adult**

WHERE: Quad

**PRICE:** Free

WHEN: 10am-4pm, 15 September

MORE INFO: arc.unsw.edu.au/howtoadult

**VERDICT:** More educational than your HSC



High school may have had you memorising the Noble Gases from the periodic table and reciting that Hamlet soliloquy but when it came to real life lessons of navigating the adult world we all missed out.

If the idea of lodging a tax return terrifies you or you struggle to cook a boiled egg stay tuned for Arc's How To Adult workshops.

With tips on how to manage your finances, couch surf across the globe, NOT blow up the kitchen and generally function as a grown up these workshops have got you covered.

Arc will be running a range of workshops throughout the day. Keep an eye on arc.unsw.edu. au/howtoadult and facebook.com/UNSWArc for workshop details.

BY EDEN GILLESPIE

MENU

Pizza & a Pint

\$\frac{\partial part}{\partial part}

Schnitty Thursdays

\$\frac{\partial partial part}{\partial partial partial

thewhitehouseunsw.com
facebook.com/unswwhitehouse

WHAT'S ON UNSW

7 SEP - 20 SEP

INTRODUCING OUR UPDATED

**SPRING** 









PAPER AND WIRE SCULPTURE WORKSHOP

# MON

#### **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

There's free stationery on campus. Yep, enough said.

# **Choreography Class**

2-3pm @ Arc Dance Studio

Learn how to choreograph your own break and hip hop routines with the D2MG Hip Hop Society.

# **Free Ping Pong**

2-8pm @ Roundhouse

Don't forget your sweatbands and visor. Shit's going down at Ping Pong.

# The White House Happy Hour

4-5pm @ The White House

Kick off the week with a deliciously cheap drink.

#### Free Trivia

5pm @ Roundhouse

In How I Met Your Mother who invented the lemon law?

# **Roundhouse Happy Hour**

5-6pm @ Roundhouse

You made it through Monday. Reward yourself.

# TUE

# Junk Jewellery Workshop

10am @ Quad

Get crafty and make jewellery from leather scraps, washers, scrap fabric and thread for Spring Festival.

# Clothes Swap and Book Swap

10am-2pm @ Quad

Swap in your old books and clothes and go home with preloved gold.

### **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Fulfil your ultimate stationery fantasy and snag some free stuff. Boo yeah.

#### Paper and Wire Sculpture Workshop

11am@ Ouad

Bring an old book and turn it into a sculptural piece with techniques of cutting and folding.

# Free Pimp Your Burger Workshop

12pm @ Quad

Free food! Make and eat your own monster of a burger at this workshop.

## **Veggie Soc Lunch**

12-2pm @ Roundhouse Precinct

Channel your inner herbivore and munch on a plate of vegetarian or vegan food for only \$6.

# **Bike-ology**

12-2pm @ TKC Balcony (Outside Arc Reception) Get pedaling over to the Bike-ology workshop and pimp yo' ride.

# Free Bingo

1pm @ Roundhouse

Make like a pensioner and scream BINGO!

# Free Delicious Affordable Meals Workshop

1pm @ Quad

Writer, foodie and founder of Fresh Local Organics. Rik Jurcevic, will teach you some simple and afford-

# People of Colour Collective Meeting

1-2pm @ Arc Precinct

# Campus Bible Study

1-2pm @ Webster B

#### Free Herbs For Health Workshop

2pm @ Quad

Learn how to grow herbs and even take home some freshly planted seedlings.

# Free Less Mess Workshop

3pm @ Quad

Time for a spring clean? Learn the essentials for de-cluttering, organising and donating your stuff.

# The White House Happy Hour

4-5pm @ The White House

The fanciest bar on campus at its cheapest.

#### Free Poker

5pm @ Roundhouse

It's sure to be a FULL HOUSE at poker so make sure you go STRAIGHT there.

# Advanced Salsa Class

5pm @ Level 3, Webster

Show off your salsa skills and move those hips at this class with the Latin Dance Society.

# Roundhouse Happy Hour

5-6pm @ Roundhouse

Sip on a cheap bevvie with mates to wrap up Tuesday.

# Free Live Acoustic Music: Peter Hunt

5-6pm @ Roundhouse

Kick back with some sweet acoustic tunes.

# **MODsoc Dance Team**

6pm @ Marsh Room Roundhouse

Try out your best moves and attend an open dance rehearsal with MODsoc.

# **UNSW Law Revue**

7.30pm @ Science Theatre

There'll be songs and skits from our future lawyers. Catch this year's Law Revue.

# **NUTS Presents: Into The Woods**

7.30pm @ Lendlease Theatre, Darling Harbour

Don't miss this naughty fairy tale musical. Find out more at facebook.com/unswnutsWED

# WFD

# SFP 9

## Free Growing Food In Small Spaces Workshop

10am @ Quad

Pick up tips for growing healthy food in small urban spaces.

#### Stationery Reuse

10am-4pm @ Stationery Reuse Centre, Quad Building

Who could say no to a free folder?

# Free Composting Fun Workshop

11am @ Quad

Learn how to start composting in this workshop.

#### Free Pimp Your Burger Workshop

12pm @ Quad

Not only is this delicious but it's also free. Munch on your own burger creation

# **Tea Society Weekly Gathering**

11am-1pm @ Colombo House Foyer

Sip on a cuppa with friends. Rumour has it they have an assortment of teas to taste. Yum.

#### Free Comedy Debate-To Eat Meat, Or Not To Eat Meat

1pm @ Ouad

Some of the best local comedians will be debating this age old question.

# **Free Ouad Games**

12-2pm @ Quad Lawn

Ignore those W7 readings and have some fun with the Arc Street Team.

# **Free Giant Games**

1-3pm@ Roundhouse

Embrace your inner child and take on the giant games at the Roundhouse.

# **Popping Dance Class**

2-3pm @ Arc Dance Studio

Pick up some moves to pull out on the dance floor with the D2MG Hip Hop Society.

# **Social Soccer Game**

2.30pm @ Village Green

Whether you can bend it like Beckham or have two left feet you're guaranteed to have a good time.

3pm @ Quad

Have an afternoon session of yoga to finish off your day and wind down from lectures.

# Free Pool

3-5pm @ Roundhouse

Get husslin' and have a shot at pool... just be careful not to sink the cue ball.

# The White House Happy Hour

4-5pm @ The White House

End hump day with friends.

**Queer Collective Meeting** 4-6pm @ Level 9, Chemical Engineering

# Charity Concert

5pm@ Roundhouse

Wrap up Spring Festival with some sweet tunes from a range of local musicians. Contribute a gold coin donation for Keep NSW Beautiful.

# **Roundhouse Double Happy Hour**

5-7pm @ Roundhouse

Enjoy double the fun with Double Happy Hour.

# Free Open Mic Night

7pm @ The White House

Have you got the guts to step up to the mic? Bring your singing out of the shower and into the spotlight.



FREE PIMP YOUR BURGER WORKSHOP



**CHARITY CONCERT** 



#### **UNSW Law Revue**

com/unswnuts

7.30pm @ Science Theatre

There'll be songs and skits from our future lawyers. Catch this year's Law Revue.

#### **NUTS Presents: Into The Woods**

7.30pm @ Lendlease Theatre, Darling Harbour
Don't miss the UNSW Theatrical Society's major
production for 2015. Find out more at facebook.

# THU SEP 10

# **RUOK Day with Here to Hear**

10am-3pm@ Quad Lawn

Participate in a range of activities to promote mental health and wellbeing.

# **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Sift through to find free stationery gold.

# **Enviro Collective Meeting**

11am-1pm @ Arc Precinct

# **Women's Collective Meeting**

12-1pm @ Women's Room (Arc Precinct)

#### Bike-ology

12-2pm @ TKC Balcony (Outside Arc Reception)
Sing Queen as you learn the tricks of the trade at the

# Bike-ology workshop. **Campus Bible Study Talk**

1-2pm @ Electrical Engineering, G25

# **Education Collective Meeting**

1pm@ Arc Precinct

# **Hip Hop Dance Class**

2-3pm @ Arc Dance Studio

Prep for that next dance battle with the D2MG Hip Hop Society.

## **Breaking Class**

3-4pm @ Arc Dance Studio

Learn how to break it down without breaking your face with the D2MG Hip Hop Society.

# The White House Double Happy Hour 4-6pm @ The White House

Ah yes, there's nothing like Double Happy Hour to top off Thursday.

# **Roundhouse Happy Hour**

5-6pm @ Roundhouse

Cheap drinks. Enough said.

# Free Live Music: Tash

5pm @ Roundhouse Beergarden

Pair your Happy Hour beverage with some killer tunes.

# **Acoustic Sessions: Chris Raice**

5-7pm@

Unwind with the acoustic tunes of Chris Raice.

## **MODsoc Dance Team**

6pm @ Marsh Room Roundhouse

Groove with MODsoc at this open dance rehearsal for students of all dance levels.

#### **UNSW Law Revue**

7.30pm @ Science Theatre

There'll be songs and skits from our future lawyers. Catch this year's Law Revue.

# **NUTS Presents: Into The Woods**

7.30pm @ Lendlease Theatre, Darling Harbour

Don't miss this naughty fairy tale musical. It's the UNSW Theatrical Society's major production for 2015 and is sure to be magical. Find out more at facebook. com/unswnuts

# FRI SEP 11

# **Women of Colour Collective Meeting**

10-11am @ Arc Precinct

# **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Forgot your pen? No problem. The Stationery Reuse Centre has got you covered.

#### **Social Soccer Game**

2.30pm @ Village Green

End the week with a casual kick around. All skill levels are welcome with the Social Soccer Society.

# The White House Happy Hour

4-5pm @ The White House

You made it through W7. Celebrate!

#### Roundhouse Double Happy Hour

5-7pm @ Roundhouse

It's finally Friday! Live it up at Double Happy Hour.

# Free DJ: Mowgli May

5pm @ Roundhouse

Oh it's a banger. Welcome the weekend with some good music.

# **UNSW Law Revue**

7.30pm @ Science Theatre

There'll be songs and skits from our future lawyers. Catch this year's Law Revue.

# **NUTS Presents: Into The Woods**

7.30pm @ Lendlease Theatre, Darling Harbour

Don't miss this naughty fairy tale musical. It's the UNSW Theatrical Society's major production for 2015 and is sure to be magical. Find out more at facebook. com/unswnuts

# SAT

**SEP 12** 

# **NUTS Presents: Into The Woods**

2pm @ Lendlease Theatre, Darling Harbour

Don't miss this naughty fairy tale musical. It's the UNSW Theatrical Society's major production for 2015 and is sure to be magical. Find out more at facebook. com/unswnuts

# **ALL WEEK**

# New Menu

@ The White House

Check out some new tasty dishes with The White House's new menu. Yum!



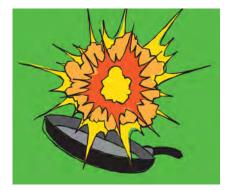












**HOW TO: ADULT** 

# MON SEP 14

# **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Feeling the Monday blues? Pick up some free stationery to cheer you up.

#### **Education Collective Meeting**

12pm @ Arc Reception (Arc Precinct, off Basser Steps)

# **Queer Collective Meeting**

12-2pm @ Level 9, Chemical Engineering

# **Campus Bible Study Talk**

1-2pm @ M18, Chemical Sciences

# **Women's Collective Meeting**

1-2pm @ Women's Room (Arc Precinct, off Basser Steps)

## **Choreography Class**

2-3pm @ Arc Dance Studio

Learn how to choreograph your own break and hip hop routines with the D2MG Hip Hop Society. Find out more at facebook.com/d2mg.hiphop.unsw

# Free Ping Pong

2-8pm @ Roundhouse

You'd better get stretching because Ping Pong is going to be intense.

# **Popping Dance Class**

2-3pm @ Arc Dance Studio

Pick up some moves to pull out on the dance floor with the D2MG Hip Hop Society. Find out more at facebook.com/d2mg.hiphop.unsw

# The White House Happy Hour

4-5pm @ The White House

Get that brain ticking before trivia with a bevvie.

# Free Trivia

5pm @Roundhouse

In *Breaking Bad* what is the name of Jesse's vounger brother?

## The Mob Laser Tag and Bowling

5pm @Strike Entertainment Quarter

Make some new friends with international and rural UNSW students with The Mob.

# **Roundhouse Happy Hour**

5-6pm @ Roundhouse

Hooray! Monday is over.

# TUE SEP 15

# **How To: Adult**

10am-4pm @ Quad

From changing a tyre to couch surfing across the world, Arc has got you covered for all those things you should have learnt in high school. Find out more about 'How To: Adult' workshops on facebook.com/

# **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Avoid splurging on stationery and pick up some for free.

# **Veggie Soc Lunch**

12-2pm @ Roundhouse Precinct

Please your mother by getting your daily veggie intake and grabbing a plate of vegetarian or vegan food for only \$6.

# **Bike-ology**

12-2pm @ TKC Balcony (Outside Arc Reception, off Basser Steps)

Ride over to the Bike-ology workshop to fix your bike and pick up some new skills.

# Free Bingo

1pm @ Roundhouse

It's competitive. It's intense. It's Bingo.

# **People of Colour Collective Meeting**

1-2pm @ Arc Precinct

# **Campus Bible Study**

1-2pm @ Webster B

### The White House Happy Hour

4-5pm @ The White House

You've been waiting for it all day and it's finally here

# Free Poker

5pm @ Roundhouse

Fake it 'til you make it at poker.

## **Advanced Salsa Class**

5pm @ Level 3, Webster

Show off your salsa skills and move those hips at this class with the Latin Dance Society. It's \$10 for Arc members and you can find out more at facebook. com/latindanceunsw

# MedSoc AGM

5.30pm

@ Wallace Wurth

Discuss the future of the UNSW Medical Society at their AGM.

# **Roundhouse Happy Hour**

5-6pm @ Roundhouse

Nothing makes you happy like a cheap beer with mates to finish off a long Tuesday.

# Free Live Acoustic Music: Oliver Goss

5-7pm @ Roundhouse Beergarden

Sip a beer and enjoy live tunes with your mates.

# UNSW Policy Society Meeting

6pm @ Main Library

Discuss an area of policy at the Policy Society's weekly meeting. More details are available at face-book.com/unswpolicy

## Beginners/Intermediate Salsa Class 6pm @ Level 3, Webster

Give salsa a try with this class from the Latin Dance Society. It's \$10 for Arc members and even better than the dip! You can find out more at facebook. com/latindanceunsw

# **MODsoc Dance Team**

6pm @ Marsh Room Roundhouse

Groove with MODsoc at this open dance rehearsal for students of all levels. Find out more at facebook. com/MODsoc-Ministry-of-Dance-UNSW

# **NUTS Presents: Harold Pinter's Betrayal**

7.30pm @ Studio One

This 1978 play explores the problems of love and its necessary lies.

# WED

**SEP 16** 

#### **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Picking up free stationery is basically studying, right?

# **Tea Society Weekly Gathering**

11am-1pm @ Colombo House Foyer

Take a break from those Wednesday lectures and unwind with some tea and good company.

## **Free Giant Games**

1-3pm @ Roundhouse

Building a giant Jenga tower is definitely more fun than that Wednesday arvo tute.

# **Popping Dance Class**

2-3pm @ Arc Dance Studio

Pick up some moves to pull out on the dance floor with the D2MG Hip Hop Society. Find out more at facebook.com/d2mg.hiphop.unsw

# Social Soccer Game

2.30pm @ Village Green

A casual kick around is the perfect way to get through hump day. Come and play a game of soccer with the UNSW Social Soccer Society. It's guaranteed to be funner than that afternoon tute.

# Free Pool

3-5pm @ Roundhouse

Take a shot and show off your pool skills.

# The White House Happy Hour

4-5pm @ The White House

Happy hump day! Top it off with a cold drink.

# **Queer Collective Meeting**

4-6 pm @ Level 9, Chemical Engineering

# **Roundhouse Double Happy Hour**

5-7pm @ Roundhouse

A cheap drink will go down perfectly with the live tunes.

# **Intermediate Bachata Dance Class**

5pm @ Level 3, Webster

Move those hips with this class from the Latin Dance Society. It's \$10 for Arc members and you can find out more at facebook.com/latindanceuns

# **Beginner Bachata Dance Class**

6pm @ Level 3, Webster

Can't dance? No excuse. Learn some new moves with the Latin Dance Society for \$10. Find out more at facebook.com/latindanceunsw

# Free Live Music: Little Big Wolf

5-7pm @ Roundhouse

Rock out with your mates and a Double Happy Hour beverage. Oh yeah.

# **International Night Market**

TBA @ Main Walkway

Escape Week 8 with delicious food from all over the world. See facebook.com/ArcUNSW for more details.

# Free Open Mic Night

7pm @ The White House

So you can belt out Shake It Off in the car but can you step up to the mic? Warm up those vocal chords and show off your skills (or lack there of).



**FREE BINGO** 



INTERNATIONAL NIGHT MARKET



# **NUTS Presents: Harold Pinter's Betrayal**

7.30pm @ Studio One

This 1978 play explores the problems of love and its necessary lies.

# THU

**SEP 17** 

# **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Need a new notebook? The Stationery Reuse Centre has got you covered.

### **Enviro Collective Meeting**

11am-1pm @ Arc Precinct

# **Women's Collective Meeting**

12-1pm @ Women's Room (Arc Precinct, off Basser Steps)

# **Bike-ology**

12-2pm @ TKC Balcony (Outside Arc Reception, off Basser Steps)

Flat tyre? Broken chain? No problem. Bike-ology will help you out and teach you some tricks along the way.

# **Campus Bible Study Talk**

1-2pm @ Electrical Engineering, G25

# **Education Collective Meeting**

1pm @ Arc Reception (Arc Precinct, off Basser Steps)

#### **Hip Hop Dance Class**

2-3pm @ Arc Dance Studio

Prep for that next dance battle with the D2MG Hip Hop Society. Find out more at facebook.com/d2mg. hiphop.unsw

# **Breaking Class**

#### 3-4pm @ Arc Dance Studio

Learn how to break it down without breaking your face with the D2MG Hip Hop Society. Find out more at facebook.com/d2mg.hiphop.unsw

# The White House Double Happy Hour

4-6pm @ The White House

It's everyone's favourite two hours and almost Friday so celebrate.

# **Roundhouse Happy Hour**

5-6pm @ Roundhouse

Get rid of that loose change and top off your day with a drink.

# Free Live Music: Bernie Dingo

5-7pm @ Roundhouse BeerGarden

Rock out to some great live music.

# **Acoustic Sessions: Eric Lewis**

5-7pm @ The White House

Thursday is almost Friday, right?

# **MODsoc Dance Team**

6pm @ Marsh Room Roundhouse

Try out your best moves and attend an open dance rehearsal with MODsoc.

# **NUTS Presents: Harold Pinter's Betrayal**

7.30pm @ Studio One

This 1978 play explores the problems of love and its necessary lies.

# FRI SEP 18

# **Stationery Reuse**

10am-4pm @ Stationery Reuse Centre, Quad Building

Get inspired for that essay with some new (and free) stationery.

# **Women of Colour Collective Meeting**

10-11am @ Arc Reception (Arc Precinct, off Basser Steps)

# **Social Soccer Game**

2.30pm @ Village Green

Have a shot at social soccer. All levels of skill are welcome.

# The White House Happy Hour

4-5pm @ The White House

You made it to the end of W8. Enjoy.

# Roundhouse Double Happy Hour

5-7pm @ Roundhouse

Oh yeah. The best Happy Hour of the week has arrived and the Roundhouse has made it a double

# Free DJ: Mowgli May

5pm onwards @ Roundhouse

Get grooving and welcome the weekend.

# **BakeSoc Bake Class: Chocolate Soufflé**

6pm @ Roundhouse

Tie on your apron and learn how to make chocolate soufflé just remember us when you need someone to lick the bowl. Find out more at facebook.com/unswbakesoc

# NUTS Presents: Harold Pinter's Betrayal 7.30pm @ Studio One

This 1978 play explores the problems of love and its necessary lies.

# AT

**SEP 179** 

# **NUTS Presents: Harold Pinter's Betrayal**

7.30pm @ Studio One

This 1978 play explores the problems of love and its necessary lies.



ANGUS BURGER \$9







# **Sydney Fringe Festival**

September brings many things to Sydney: the first days of spring, the unending agony of hay-fever, that Fathers' Day gift buying panic, and the Sydney Fringe Festival.

The Fringe is the largest independent

arts festival in NSW and runs through

September. The festival incorporates a huge variety of the arts including comedy, theatre, visual arts, music, and cabaret, as well as a whole range of other performances which simply defy categorisation, like the circus-esque performance Elixir (15-19 September), Yoga Under the Stars (22, 23 and 25 September), and Honi Ryan's Silent Dinner Party (27 September).

WHEN: 1-30 September

**PRICE:** Varies across events

MORE INFO: sydneyfringe.com **VERDICT:** Independent art at its best

WHERE: All over Sydney (mostly the Inner West)

A whole range of masterclasses, workshops, and panel talks are also scheduled throughout the festival, with minimal to no costs involved #poorstudentsunite. The Fringe is located in a variety of venues, mostly in the Newtown and Enmore area, so public transport is an easy option for those needing to travel.

With pop-up venues, underground spaces, shop fronts and more, the Fringe is set to take over Sydney in a riot of colour and culture - don't miss it!

SYDNEY

7Sep-20 Sep | Affordable Events **BY NADIA YEO** 

# SMOOTH FESTIVAL OF CHOCOLATE

Where: The Rocks

When: 10am onwards, 12-13 September

Cost: Free

More info: smoothfestivalofchocolate.

Chocolate. Heaps and heaps of chocolate. Need I say more? The festival is back for its second year to celebrate the world's best creation (based on popular opinion) for two full days. Get your hungry tummies ready for gelatos, churros, cupcakes and macarons and satisfy your sweet cravings. Hosting the likes of N2 Extreme Gelato, MakMak Macarons and Gelato Messina, you're in for a treat.

# SEE

# ALEKS DANKO'S MY FELLOW **AUS-TRA-ALIENS**

Where: Museum of Contemporary Art

When: 30 July- 18 October

Cost: Free

More Info: mca.com.au

Get arty with Aleks Danko and five decades of his quirky contemporary artworks. His intriguing paintings and installation art pieces are sprinkled with a tinge of dark humor on current affairs and our social media crazed 21st century. Don't be an alien to this awesome exhibition!

# **STRETCH**

Cost: \$10

# YOGA IN THE PARK WITH AIMEE AND SAM

Where: Centennial Park

When: 9-10am, every Tuesday and Thursday

(weather dependent)

More Info: facebook.com/Yoga-in-the-park-

with-Aimee-and-Sam

If you haven't gone the extra stretch, here's your opportunity to without being tied down to incessantly expensive yoga memberships. Take out your yoga mat and tone those muscles with a refreshing new twist of yoga.







# Blitz caught up with music maestro and UNSW student Shawna O'Neill.

# What do you love about improvisation?

Musicians enjoy the freedom to express themselves in a way that isn't commonly found in classical music. Each performer improvises using different techniques and styles. I love both classical and jazz – I love the structure that can be found in classical music, but I also love the freedom and interpretation that jazz likes to work around.

# How was it to perform with the UNSW Advanced Jazz Ensemble and the African Drumming Ensemble? Have you done anything like that before?

I've performed in dozens of scenarios before, at previous institutions and in various concert settings, but working with these ensembles was really nice for a change. Each ensemble brings a different facet to the performance and that helps feed the energy of the performance.

# Do you get nervous performing?

If it's something classical, yes. I've had to improvise my way out of a solo more than once and that glare from your conductor is really not worth it. In the way of jazz, not particularly, I'm more excited to see how this performance will change from the last one.

I've read about One Direction bathing together as a pre-performance ritual, while Keith Richards requests a Shepherd Pie. Do you have

# any pre-performance rituals of your own?

Well, nothing as outrageous as One Direction and Keith Richards! I like to run through the pieces in my head and make sure I have all the sections lined up correctly. Otherwise, making sure I'm relaxed is the biggest thing.

# I'VE HAD TO IMPROVISE MY WAY OUT OF A SOLO MORE THAN ONCE AND THAT GLARE FROM YOUR CONDUCTOR IS REALLY NOT WORTH IT.

# What got you into music? Could you see yourself doing it for this long?

Watching a family friend play clarinet at the age of four had me telling my mother: 'I want to play clarinet.' I started at age seven and I haven't really looked back. Now I've branched out a little more into composition, as well as adding baritone sax and flute to my instrument repertoire.

#### Which artists inspire you?

Don Burrows, Sandy Evans, Paul Cutlan, Pentatonix, Carter Burwell, Jazzgroove Mothership Orchestra, Ten Part Invention, Mara!, Michael W Smith and so many more.

# Which people inspire you?

Probably my friends and family for putting up with my insane musical ideas and always being there to support me.

# If you could meet one person, who would it be and why?

Anna Kendrick. I mean, she's just so put together for an actor and she's really honest. Also, *Pitch Perfect*!

# **RAPID FIRE**

Coffee or tea? Coffee.

Mac or PC?

Mac.

Last song you listened to?

La La Latch by Pentatonix.

Favourite food?

Anything Italian.

Describe yourself in three words:

Bright, eccentric and tiny.

# BY JOHN SEROUKAS

If you'd like to join one of UNSW's ensembles, visit sam.arts.unsw.edu.au

Find out more about Arc Clubs and Societies at arc.unsw.edu.au/get-involved



THE **GRAD** SHOP

# BACK TO BLACK

EXCLUSIVE Arc MEMBER OFFER 2915



# LIMITED RUN UNSW HOODIE

First-come, first-served basis. Only 100 hoodies on offer.

LIMIT ONE BLACK ON BLACK HOODIE PER CUSTOMER. CUSTOMER MUST PRESENT UNSW IDENTIFICATION CARD AND Arc 2015 STICKER UPON PURCHASE.

HOODIE AVAILABLE IN-STORE ONLY AT THE GRAD SHOP, GROUND FLOOR, MORVEN BROWN BUILDING (C20)

gradshop.com.au

# RECENTLY IN SCIENCE

BY MEGAN BAEHNISCH



#### Why all those weird animal eyes?

Have you ever wondered why your cat looks up at you with eyes that go from narrow, black slits to huge, round saucers? Scientists are now thinking that these variations evolved to help each specific species of animal with the way they hunt. Ambush predators like foxes and cats have pupils that are vertical slits to allow them the most control over the amount of light coming into their eyes whereas grazing animals will have horizontal slits that allow them a greater field of vision.

#### Crazy drinking guidelines revealed

A new British study reveals that (surprise) we don't listen to the rules that tell us how much we are supposed to drink. Researchers found that the official UK recommendations of three or four units per day for men and two or three for women are 'unrealistic' and ignored by most people. It doesn't help that one standard drink in Canada is the same as 1.4 drinks in the land down under and 1.7 UK units.





# Live somewhere beautiful, become less religious?

Some new research out of the good ol' USA suggests that the more beautiful someone's home and neighbourhood, the less likely they are to identify with a mainstream religion. It is not clear which comes first, the choice of environment or religion. It is hard to know what we should do with this little piece of info but here it is. Thank you science!



You know when you've just finished a big night of, um...socialising and your group goes past a McDonalds and you're always the person that jumps up and down screaming and yelling in crazy excitement? Except that it doesn't have to be nighttime and you don't have to be er... happily inebriated and it doesn't have to be a McDonalds and it's not so much screaming and yelling as it is wild cheering? Yeah, you're addicted to food.

Food is your significant other. You love food more than life itself. If you were holding a sandwich and someone shot at you, you'd protect the sandwich rather than diving for cover.

It's okay. It's perfectly natural. After all, food is what keeps up alive. It would be crazy NOT to love food, right?

Some people have boundaries about what is their food and what it yours, but you tend to ignore those boundaries. Hey, it all came from Mother Earth, right? (Wrong, it probably came from some factory in China.) Sharing is caring, man. Unless someone tried to eat YOUR food. That's clearly just wrong.

And hey, what's with all this 'cutlery' nonsense? There are many, many countries in the world (don't ask me to name them) that are perfectly happy eating with their hands. It's natural. You're almost certain you washed your hands earlier. You look like a homeless person who hasn't eaten for a week, or someone that was brought up in the Middle Ages. So what? You're enjoying your food, and that's what counts.

One time, you overheard someone looking at food and saying: 'this is too beautiful to eat.' Although you understand all the individual words, you do not understand the sentence.

BY YAEL BRENDER



# CHA-GIO (VIETNAMESE SPRING ROLLS)

BY OPHELIA NGUYEN

PREP TIME: 30 MINS COOK TIME: 10 MINS DIFFICULTY: MEDIUM SERVES: MAKES AROUND 30

# **INGREDIENTS**

250g pork mince

1 medium sized carrots, finely shredded

100g taro, finely shredded

20g dried pre-cut wood ear mushrooms

1/2 medium sized onion, finely diced

1 egg yolk

Salt and pepper

1 packet of small spring roll wrappers

Egg white

Vegetable oil

#### DIRFCTIONS

- 1. Leave the spring roll wrappers to defrost at room temperature. Soak the wood ear mushrooms in warm water for approximately 15 minutes or until softened. Drain.
- 2. Mix the pork, carrot, onion, taro, wood ear mushrooms, egg yolk and seasonings until combined. Microwave a small amount of the filling and taste. You can adjust the amount of salt if you wish.
- **3.** Place some of the spring roll filling into a baking piping bag that has a 1cm nozzle. Squeeze the bag so that there is no excess air in the piping bag
- **4.** To assemble a spring roll, place a wrapper on the work surface so that it forms a diamond shape.
- **5.** Pipe out the spring roll filling around a third of the way up the wrapper. The piped out filling should be approximately 7 cm long. Alternatively, you can use a teaspoon to shape the mixture into a horizontal line.

- **6.** Fold the bottom corner of the wrapper to cover the filling. Then fold in the sides of the wrapper.
- **7.** Use the pastry brush to brush a small amount of the egg white onto the top edge of the wrapper. Then roll the spring roll tightly.
- **8.** Repeat this until you have used all of the spring roll filling. You may have some leftover spring roll wrappers.
- **9.** Fry the spring rolls at 170 degrees until crisp and golden. Remove from the hot oil and drain on a wire rack or paper towel.
- **10.** Serve immediately with perilla, mint and lettuce. You can dip your spring rolls in nuoc cham (Vietnamese dipping sauce) or any other dipping sauce.

Don't miss the International Night Markets on 16 September. Find out more at facebook.com/ArcUNSW

# **WELLNESS SERIES**

BY EMILIE SHARP



Sometimes even the healthiest of humans can get find themselves on the unhealthy snack wagon. With vending machines scattered all over uni, it's hard not to lust over that precious packet of salt and vinegar goodness and while fruit seems the obvious choice, an apple or banana can easily turn to mush, making it little lack lustre. Rest assured, for here are three healthy solutions to have you snacking like a king in no time.

#### **Crackers and Dip**

This classic combination never goes amiss with the hungry student. However carting all that Tupperware around in a bag that's full of books, a laptop and the occasional pen isn't ideal. Enter, Obela Classic Hummus-to-go (\$2.99 at Woolworths) – a pot of joyous hummus that comes with its own biscuits. Just peel away the foil and dip until your heart's content.

# Go nuts for mixed nuts

Snacking on some cheeky trail mix while you trail around campus never goes amiss given the scoffable nature of this particular foodstuff. Here's a handy hint if you still want your vending machine fix – there's one in Mathews which has some almonds and mixed nuts for your enjoyment, just try not to get sidetracked by the chips.

# Chobani Apple and Cinnamon Yogurt with Steel Cut Oats

A little spice makes this yoghurt delicious, and a great snack on the run! Though it may take you back to several lunch boxes past given its uncanny resemblance to GoGurts, it's as delicious as it is nutritious, packed with oats to keep you fuller for longer.

For all things health and fitness check out sport.arc.unsw.edu.au

Get more health hacks from Emilie by following her on Instagram @emsharp24

# SPORTS ON TRIAL UNSW FENCING CLUB





On guard! Who dares to challenge thee to a gentleman's dual to the first blood? Me, that's who

I'm here training with the UNSW Fencing Society and I'm feeling strangely uncomfortable that I haven't brought along my valiant and noble steed (note to self: must buy valiant steed off Gumtree).

Here at training it's clear to see why fencing can be considered more an art form than a sport. Speed, agility and an incredible set of reflexes are all on show as fencers of all ages' battle it out for a slice of glory.

Kind of like a game of tennis, but way more vicious, fencing pits swordsman against each other in a battle to the death... well more like a battle to the beep.

The short sets may only last a few seconds but every prod, poke, slash and lunge are calculated maneuver that works to win points off an opponent. Watching on, the sport is kind of like watching a ballerina assassinate a prime minister. So graceful and so elegant yet also vicious and swift.

The UNSW Fencing Club is considered one of the strongest clubs in Australia, and it's clear to see why. This talented pool of students and community members have represented both NSW and Australia abroad.

Watching on I'm not sure I have the skills to take them on, maybe I'll stick to fighting my mirror at home with my Luke Skywalker collectible edition Lightsaber.

BY LYNDON CHRISTIE

For more info about training and how to get involved, check out unswfencingclub.blogspot.com.au





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Now operating 9pm-7am every night during semester

# **ARTSWEEK**



























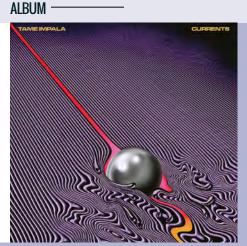


# REVIEWS

BOOK FILM







# Ted 2

# Directed by Seth MacFarlane

Ted 2 is exactly the same as Ted in that its appeal depends solely on your tolerance for and enjoyment of jokes about bodily functions. Ted 2 follows the somewhat implausible premise that Ted must go to court and prove that he is a person (which, um, he isn't....he's a bear). His overgrown child of an owner, played by Mark Whalberg, teams up with inexperienced, potsmoking lawyer Amanda Seyfried.

Although there are memorable cameos from Liam Neeson and Morgan Freeman, Ted 2 just isn't original or interesting enough to warrant it's own film. It felt more like a footnote to Ted, something that should have been played during the credits. It feels like all the successful pieces of the first film were thrown in a blender and combined with some new material that ended up on the cutting room floor the first time around.

It's good for a few laughs, but it's a movie made for the die-hard fans and it only works about a quarter of the time. The rest of the time you silently wish you'd just watched reruns of Family Guy for your Seth McFarlane fix instead.

BY YAEL BRENDER

Room

By Emma Donoghue

Inspired by the disturbing 2008 Fritzl case, Emma Donoghue's Room captures not only the psychology behind a little five-year-old boy, Jack, but the existential pressures of motherhood. This is not an ordinary relationship nor situation. That's what makes it so engaging. Little Jack has lived in 'Room' all his life with his Ma, never stepping foot outside into the real world.

We are able to empathise with Jack's perspective of life due to Donoghue's banal settings. With one window and very basic furniture, Jack and Ma are provided with only the mere necessities by their captor, Old Nick.

Jack's vulnerability, the cleverly crafted language and the psychology behind the story was what drew me in. The book highlights how a mother does everything possible for her son, even in the most desperate of situations. Donoghue has crafted a novel that revolves around abduction and imprisonment through the lens of the innocent and vulnerable ... that was what was so beautiful.

This is a must read. Fortunately, as *Room* is from a five-year-old's perspective, the language is not difficult at all.

**BY JULIA YAN** 

**HIGH DISTINCTION** 

# **Currents**

# By Tame Impala

Find yourself a comfortable spot, free of distractions and prepare to lose an hour of your life, and no...you won't want it back. Currents is the third release of Kevin Parker's Tame Impala project and is best enjoyed when you immerse yourself in the solitary confines of Currents wholeheartedly.

Let it Happen layers Parker's haunting vocals over simple disco-inspired riffs to give an open and trance-like atmosphere to the epic-length opener. Towards the end of the song the trance is broken as Parker disrupts the rhythm and adds some bottom growl from a distorted guitar, leading us down into the confusing world created by the rest of the album. From this we move into Nangs, the first of three surrealist interludes on the album, and then on to The Moment. This upbeat, swinging dance track can seem out of place on the album but as we move into the darker, more cynical territory of Yes I'm Changing, it provides some welcome relief.

Eventually, however, stages the remainder of the album in it juxtaposition of sweet and light melodies with honest and searing directives. We see Parker's musical maturity as he moves to exploring his own confusion and heartache in serene beauty in Currents. Building on his already acclaimed career, Parker again proves with this album why he is currently one of the most important and progressive voices in Australia's music scene.

BY NICK DUCE

**HIGH DISTINCTION** 

PASS

TV ———— GAME ———— GIG



# Hannibal Season 3

# **NBC**

Hannibal Lector is a name synonymous with creepiness, murderous intent and of course, well, cannibalism. And while Mads Mikklesen has had a bit more than 15 minutes of screen time than his film counterpart, he has brought the same sophistication to the role. Also the food he makes looks absolutely delicious and I would totally eat it. Caveat, I'm not a cannibal. Honestly.

The show is in its third season and showrunner Bryan Fuller has brought out his usual assortment of beautiful extreme close ups, well written dialogue and seriously messed up dream sequences. The third season picks off right where the second ended. The events of last season are wrapped up and fans receive the eagerly anticipated start of the Red Dragon arc taken directly from the film and book. So this should be a perfect season right?

Well, the answer is not really. Although Mikklesen's use of dialogue exactly from the film is kind of sweet, finishing the major story from season two as well as starting and finishing the Red Dragon arc in one season has led to pacing issues. We get two semi rushed stories, which lack the attention to detail that attracted fans to the original two seasons.

If I was to compare it to the previous seasons, it doesn't quite match up, but it's still brilliant when compared to other shows on right now. Definitely worth a watch.

BY SAM RADFORD

CREDIT

# Batman: Arkham Knight

# **Developed by Rocksteady Studios**

Batman: Arkham Knight, in case you've been living in a cave, is the third and final chapter of the critically acclaimed Arkham series, which draws inspiration from the original comics. In this instalment, Scarecrow threatens to terrorise Gotham by choking the streets with a new recipe of his fear toxin, and all the major villains, (including Penguin, Two-Face and The Riddler) rock up for the hoedown. In addition, Scarecrow plus-ones a new friend – the 'Arkham Knight', whose masked identity will keep you hoping for the duration of the game that he's secretly Alfred.

If you've ever wanted to be Batman, but lack the necessary funds (approximately a billion dollars) then this is the next best thing. Brood over the city skyline. Do mainies and burnouts in the Batmobile. Zip around with your grappling gun that punches physics in the face. Strike fear into the hearts of Gotham's thugs as your mechanical abs soar over their meat heads.

I do have some minor gripes with the game; being so story-centric, it's a little strange how Batman seems to throw his 'I don't kill' rule straight out the proverbial window of his bat mobile whenever he isn't cleaning thug juice off its windscreen. Also, the learning curve is pretty steep, as the game assumes that you're familiar with the controls (as introduced in the previous titles).

BY JAYDEN HUA

DISTINCTION

# The Grates

# At Oxford Art Factory

There's only one word to describe a Grates gig: fun. Front woman Patience Hodgson owns the stage with her incredibly energetic stage antics, and it's hard to go wrong with a keyboardist who looks like a hairier Hugo Weaving. A sold-out Oxford Art Factory was treated to an intimate performance that had everyone singing and dancing along.

Brisbane duo Pleasure Symbols opened the show with their spacey, synth-filled tunes, before locals Straight Arrows tore up the stage with their simple brand of punk garage rock. They left the crowd buzzing in anticipation for the main event. After what seemed like an age, the Grates strutted onto the stage and launched into 19 20 20. The audience immediately loved it, setting the tone for the rest of the evening.

The set was the perfect balance of old favourites such as *Science is Golden* and *Trampoline*, as well as tracks from the band's latest album, *Dream Team*. Patience enthralled the crowd with her terrible banter, while kissing audience members and crowd surfing. Closing track *Turn Me On* was by far the best of the night; there's nothing quite like a room of strangers yelling 'turn me on!' at each other.

BY GEORGIA GRIFFITHS

DISTINCTION



Free food. We knew that would grab your attention. *Blitz* spoke to Arc Street Team coordinators Monisha Prakash and Aaron Saldanha about the volunteer program.

# How does the Arc Street Team contribute to UNSW life?

We aim to do whatever we can to enrich UNSW student life, whether this be through providing activities to help students engage in university life and meet new people, or by feeding them as they make their way to that dreaded lecture. We want to brighten people's day and spread that Arc love!

#### What do volunteers gain from the Street Team?

Each individual gains something different from the program. There's the obvious improvement in communication and interpersonal skills but more than that you get a whole community to support your time at uni and beyond. To be honest, I think that's the best thing you take away from the program: your very own Street Team family.

## How do you become a Street Team volunteer?

Applications open two-three months before semester starts with all updates on facebook.com/ ArcUNSW. There's a written application followed by a group interview. It's a fun process, we just want to get to know the real you.

# What are some of the funniest responses you've had to the Street Team activities?

During O-Week, we used to play cheesy love songs and serenade people coming down Main Walkway. We had a lot of fun responses, ranging from people getting extremely embarrassed and running away to those who would sing along or serenade us instead.

### What sort of delectable food freebies does the Street Team handle?

We do all sorts of fun food freebies during the semester to cater to everyone's tastes. We've had things like ice blocks and ice cream spiders in summer and sausage sizzles and burgers during the winter. We've also gone healthy by giving away fruit skewers and salads.

# What's been your favourite activity?

We organised a really funny activity for Welcome Back Day called Pie-In-The-Face. Essentially, students had to verse each other in scissors, paper, rock with the loser having to take a plate full of whipped cream straight to the face.

BY AMMARAH TASNEEM

Find out more about Arc volunteering at arc.unsw.edu.au/get-involved

# **Blitz Contributors**

Want to see your own name in these glossy pages? Become a *Blitz* contributor and build up your portfolio with published writing, photography, illustrations or on-camera experience. You'll get to attend awesome events for free and have the opportunity to interview a range of celebs. Shoot us an email at blitz@arc.unsw.edu.au to express interest.

# JB Fairfax Award for Rural Journalism

Win a scholarship of up to \$10,000 and practical work experience at Rural Press and the Sydney Rural Easter Show by writing a feature article and demonstrating an interest in rural journalism. Go to rasnsw.com.au to find out more

# NUMBERLINK

#### Instructions

nbpuzzles.wordpress.com

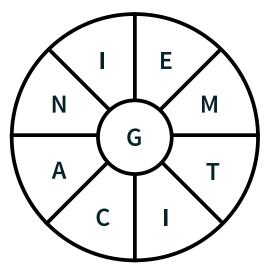
Connect identical numbers with a continuous path. Paths must go through the centre of a cell horizontally or vertically and never go through the same cell twice.

Paths cannot cross, branch off, or go through other numbered cells. Every unnumbered square must contain part of a path.

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

# **HUB WORDS**

How many words can you make from the letters in the wheel? Each word must contain the hub letter.



# **SUDOKU**

	2							9	
				6	8	9			
			4		2		7		
		2		5				1	
		1						3	
		3				6		4	
com			5		1		8		
puzzles.				9	6	5			
From gmpuzzles.com		4							1

# **WORD SEARCH**

G	υ	Р	F	E	E	Z	D	Р	F	s	G	J	J	V
٧	R	s	н	E	А	L	Т	н	U	v	N	х	K	Υ
U	Q	E	Т	М	R	N	U	s	L	х	ı	P	L	N
С	В	K	E	А	т	U	Т	Q	w	F	R	Т	J	v
W	D	F	Q	N	н	Α	Х	х	0	z	P	Α	N	Н
E	Н	s	х	х	ı	Н	Q	Т	Т	U	s	В	v	w
X	L	Q	R	N	т	Т	E	K	Т	М	ı	D	K	G
Y	R	С	Α	s	E	L	В	А	Т	E	G	E	v	N
٧	т	В	Υ	K	Υ	В	0	s	s	С	0	s	С	В
W	L	М	R	С	G	v	В	к	L	н	s	Q	ı	G
E	С	А	т	R	E	N	L	v	D	х	т	Р	z	E
E	М	γ	0	A	U	R	Х	С	A	z	J	E	Т	D
Х	s	w	Z	G	М	ı	С	В	U	s	М	Р	н	Т

**WORDS:** spring, sustainable, green, grow, vegetables, recycle, sun, earth, market, health

# **FOOD ANAGRAMS**

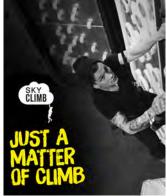
AWFUL RECOIL (11) RICH EAT OK (9)

A SUGAR SAP (9) ORDER PIG (8)

PUB TUNE TREAT (6,6) PAST EIGHT (9)

CAR DUST (7) A TROPIC (7)





Sky Climb has landed and we're throwing a party! Our newest sky high pursuit is coming to Sydney. We're climbing off the walls with excitement and we want to share it with you. Strap yourself in and get ready to soar because you could win 1 of 5 double passes to our exclusive VIP night.

Race to the top of The Wall or get your head in the clouds with our resident DJ and a bunch of free food, drinks and awesome fun stuff!

16 September, 7-8:30pm

Sky Zone Alexandria Invite only, you special thing! Skyzone.com.au | #SKYZONEAU



# WIN 1 OF 2 DOUBLE PASSES!

TO SYDNEY FRINGE FESTIVAL 2015

Sydney Fringe turns six this year and we're bigger than ever. From 1-30 September, we're presenting the best independent artists Sydney has to offer. Get ready for interactive parlour games, a new Festival Village in Erskineville, a Pop-up Fringe program and the best emerging and professional artists. Sydney Fringe has something for everyone. Don't miss out on this amazing opportunity to win 2 tickets to a show of your choice at the Sydney Fringe Festival (subject to availability).

1 September - 30 September 2015 sydneyfringe.com



Oz Comic-Con is the destination for pop culture fans! With a show floor packed with exhibitors, autograph and photograph sessions with the hottest celebrities and one-of-a-kind panel events! Sydney guests include Richard Dean Anderson from Stargate, Daniel Portman from Game of Thrones, Sam Lloyd from Scrubs, Tim Rose from Star Wars, Kris Holden-Reid from Lost Girl, Ryan Robbins from Sanctuary and many more.

26 September – 27 September 2015 Sydney Exhibition Centre, Glebe Island ozcomiccon.com



# WIN 1 OF 10 DOUBLE PASSES!

TO COLGATE OPTIC WHITE STAKES DAY

Got racing fever? Join racegoers at the newest addition to the Sydney Spring Carnival, Colgate Optic White Stakes day, and cheer on top quality thoroughbreds battling it out on the infamous Royal Randwick Racecourse.

The day will see the trackside transform into a sea of red, glamour and heart stopping race action. Don't miss your chance to enjoy vibrant entertainment (such as live DJ's), top quality horses and superior race day hospitality!

17 September 2015 Royal Randwick Racecourse theraces.com.au

TO ENTER EMAIL YOUR STUDENT NUMBER TO comps@arc.unsw.edu.au WITH 'SKY CLIMB', 'WHITE STAKES', 'FRINGE' OR 'COMIC CON' IN THE SUBJECT LINE TO BE IN TO WIN!

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10% off total bill.



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Any sandwich and bottle of soft drink for \$10.50. See in store for additional Arc member deals.



## Salvios Dancing Shoes RANDWICK

10% off shoes.



# **Southern Wok UNSW**

Purchase any meal above \$8 and receive a bottle of water for \$1.50.



# Madam Tussads DARLING HARBOUR

Buy a single adult ticket and get a second one



### Flower Forum RANDWICK

10% off store wide.

# Satay Delight UNSW

Two dishes with rice or noodles and a can of

# Simon

**Medical Science** 

Are you a tidy or messy person?

Tidy. I got organised even before the semester started.

Do you appreciate a good wine?

I haven't had enough to tell the difference.

What is your best studying technique? Going to lectures. You won't be listening to them at home.



# Nick

**Development Studies** 

Are you planning a spring cleaning session?

We just had our rental inspection so we just did it then.

What is your best studying technique? Read the abstract.

Would you unfriend your ex on Facebook? Nope. I like to be friends with the people I date.



# Carolyn

International Public Health/Health Management

Would you unfriend you ex on Facebook? Yes. I don't want to see his feedback on anything. I also blocked him.

What is your top tactic for surviving semester?

If you don't understand anything, talk to your convener or your friends.

Are you a tidy or messy person?

I guess I would say I am half and half. Not so organised but not too messy.



# OX POPS

BY JANELLE TAI

# Zara

Arts/Law

Would you unfriend your ex on Facebook? No, it seems a bit childish and obvious.

Do you appreciate a good wine? I think goon tastes better. And it's cheaper.

What is your best studying technique?

I love using tables just to set out the way my brain thinks. It's so much more methodical.



# Alex

Commerce

Would you unfriend your ex on Facebook? Nope. Unless they're harassing you. Other than that, it wouldn't bother me at all.

Are you planning a spring cleaning session? Probably a bit of a wardrobe cleanup and organise my notes.

Do you appreciate a good wine?

My parents have always appreciated the good stuff so I've kind of picked it up.



# Simreet

Commerce

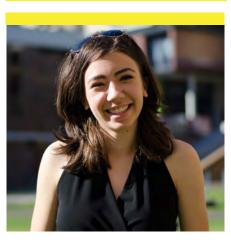
Are you a tidy or messy person?

Very messy. I like to have everything in the same spot and things are piling up.

What is your best studying technique?

I don't study much but I would say break your work into tiny sections and push yourself to get it over and done with.

Are you planning a spring cleaning session? Yes, my room is always messy and I probably need to chuck some stuff out.







TUE 8

WED 9

ACTIVITIES THE QUAD

STALLS 10AM-4PM STALLS

FARMERS MARKET TOAM-4PM FARMERS MARKET

CLOTHES SWAP + BOOK EXCHANGE 10AM-2PM

WORKSHOPS THE QUAD WORKSHOP STAGE

JUNK JEWELLERY DAM GROWING FOOD IN SMALL SPACES

PAPER & WIRE SCULPTURE MAM COMPOSTING FUN

PIMP YOUR BURGER 12PM PIMP YOUR BURGER

DELICIOUS AFFORDABLE MEALS COMEDY DEBATE

HERBS FOR HEALTH 2PM TO EAT MEAT OR NOT TO EAT MEAT

LESS MESS SPM YOGA

RECYCLED ART COMP ROUNDHOUSE BEERGARDEN

ART ON DISPLAY ALL DAY ART ON DISPLAY

4.45PM WINNER ANNOUNCEMENT

CHARITY CONCERT ROUNDHOUSE BEERGARDEN

OZI BATLA (THE HERD AND ASTRONOMY CLASS

5PM-LATE MADAME WU

SNAIL

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