

blitz

WHAT'S ON UNSW

S2W9 2015

DIVING IN

HEAD FIRST

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TO YOU BY

ARC
UNSW Student Life

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blitz.arc.unsw.edu.au

12 - 15 OCTOBER W11

WUNDERBAR

20  15

DAILY
MON-THURS

**BEER
HALL
IN THE
BEER-
GARDEN**

FEATURING
PRETZELS, EATING
COMPETITIONS,
GERMAN BEVERAGES
(THE YEASTY KIND),
SPIT ROASTS
& MORE!

WED-THUR

LIVE MUSIC FROM 5PM
+ UNIBAR HAPPY HOUR

WED*

**TIGERLILY
JESABEL - NATNOIZ
MR. WILSON
MOWGLI MAY**

Arc \$10 UNSW \$15 GA \$20

THUR*

**SAMPOLOGY
JOYRIDE
FINGERS - BLACK DIAMOND HEARTS
HOUSEBEAR DJs**

Arc \$10 UNSW \$15 GA \$20

* TICKETS ON SALE AT UNSWROUNDHOUSE.COM, ROUNDHOUSE RECEPTION AND UNIBAR



UNSWROUNDHOUSE.COM

ROUNDHOUSE ENCOURAGES THE RESPONSIBLE SERVICE OF ALCOHOL. 18+ ONLY. VALID IDENTIFICATION REQUIRED UPON ENTRY.

Welcome



Annalise Bolt & Ophelia Overton
Blitz Editors
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Hi there,

To hide the fact that the most physical activity we take part in is getting sweaty conquering Basser Steps, we've created an entire issue around sport. Not only is it Unigames over the mid sem break (dust off your runners and line your stomachs, people) but it's also a good time of the semester to remember to stay active. Trust us, it will make that last haul of assignments more manageable.

And of course, we strongly recommend de-stressing the gold old fashioned way with an abundance of snacks. Stress Less Week has got you covered with all the free food (and fun activities) you could dream of through W10.

If you're craving some more *Blitz* goodness be sure to head to blitz.arc.unsw.edu.au and [facebook.com/blitzmag](https://www.facebook.com/blitzmag) for your fix.



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

Hey UNSW,

By the time you're reading this we will be very close to the SRC and PGC elections. While you might not know it, the SRC and PGC are responsible for a wide variety of changes that make your time at university better or just that little bit easier.

This year your student representatives have worked with UNSW to provide a dedicated 24 hour study space in the library, enhanced the amount of funding dedicated to the roundhouse refurbishment by \$10+ million dollars, and negotiated such that the uni will no longer introduce a "Marginal Pass" grade for marks between 50 and 55 - among many other achievements. Whilst it is not always overtly obvious, these changes do have a marked effect on your university life.

I would strongly encourage you to engage with the election process this year, and share your experiences with all candidates about how you think we can make UNSW a better place to be.

Cover photo by Wilson Zhang



08



11



12



26



27

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8PM THURS 24 SEPT

MID-SESSION

PROHIBITION

PARTY



NEMO FRONT AND 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



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What's your sport of choice?

Eden Gillespie



Wrote Bitz and Pieces on P6, Album Review on P30 and Gig Review on P31

Roller derby. It's basically wrestling on rollerskates.

Lyndon Christie



Wrote Underwater Rugby on P8 and What's On UNSW on P17

Procrastinating.

Yael Brender



Interviewed Tom Symonds on P10, wrote Struggle Street on P25 and Film Review on P30

Horizontal running.

Serena Dong



Interviewed Jane Saville on P11

Does eating count?

Gloria Myoung



Illustrated Blitz Debates on P12

Eating, sleeping and Basser Steps.

Charlotte Goodsir



Wrote Blitz Debates on P12 and How To on P15

Underwater basket weaving.

Catherine Macarounas



Wrote Blitz Debates on P12

Swimming. Throwback to the time in my life where my natural scent was chlorine.

Cynthia Iskander



Wrote Model Students on P13

Freestyle. Not swimming. Freestyle dancing...and occasionally rapping.

Sonaal Mediratta



Wrote Social Stalker on P15

FIFA 15.

Nadio Yeo



Wrote What's On UNSW on P17 and TV Review on P31

Yoga. Namaste.

Janelle Tai



Wrote What's On Sydney on P22 and Vox Pops on P35

Just Dance on the Xbox 360.

Genevieve Gao



Wrote Cheap A\$\$ Sydney on P22

Any kind of martial art, karate is my thing though.

Hope William-Smith



Wrote UNSW Creative on P23

A solid handball tournament.

Sarah Wu



Wrote Recently In Science on P25

Any kind of dancing.

Emilie Sharp



Wrote Wellness Series on P27

A feisty game of netball.

Ryan Bautista



Wrote Book Review on P30

Tumblr.

Ammarah Tasneem



Wrote Leadership Labs on P32

Squash. Reminds me of the vegetable. Both are enjoyable.

BITZ & PIECES

BY EDEN GILLESPIE



Like



Oz Comic-Con is here to delight Aussie nerds.



Daylight savings means more time spent on the Library Lawn.



Gelato doughnuts are now a thing and any plans for a summer health kick have flown out the window.



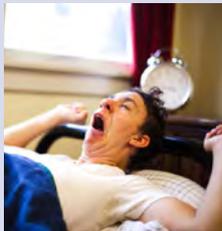
Dislike



Assignments. They may be piling up but at least mid semester break is finally here.

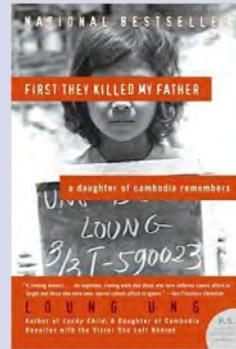


Magpies are more crazy than usual and don't forget your tissues for hay fever season.



The sun rising early means there's no more excuses for turning up late to lectures.

Book Nook



First They Killed My Father by Loung Ung

Following the memoir of a young girl, this book tells a story of survival under the Khmer Rouge regime in Cambodia. The girl and her family attempt to hide their education and city-dweller status in order to survive under the nose of a brutal regime. One cannot comprehend the horror of life for her family who endured starvation, violence and forced labour. There was no escape from this gruesome reality for millions of people in Cambodia whose stories may never be told.

Urban Dictionary

TOP DEFINITION

Name Shame ↻

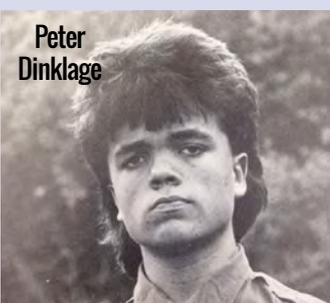
The point at which it's too late to ask for someone's name because you spent so much time around them that you should already know it.

UNSW Love Letters

#9690

To the Asian chick who ate a whole kebab box, 2 bananas and 4 muesli bars in a space of an hour, Teach me how to bulk. I think I'm in love.

Throwback



Peter Dinklage



Random Factoids

Gina Rinehart, Australia's richest woman, earns \$1 million every half hour, or \$598 every second.

The human brain is only capable of maintaining 150 stable relationships.

Children grow faster in the springtime than any other season.

Overheard

Girl 1: My friend broke her ankle and she's in Spain.

Girl 2: How did she do that?

Girl 1: She was running at night in a forest and tripped over.

Girl 2: That's crazy, I'm never going to Spain.



Instagram

 **meemscakes**
Pyramid Lake 9w



♡ 💬 ↻ ⋮

♥ 428 likes

meemscakes #momentwithsunday at Pyramid Lake



Twitter

 **Chris Leben** ✓
@chrisleben Follow

Not sure why I use dating apps. I don't talk to the women I match with. I just look at their pictures and imagine how they'd dump me.

 **Steve Martin** ✓
@SteveMartinToGo Follow

Photobomb!



 **New York Times Arts** @nytimesarts · 2h
"I'm here to play." nyti.ms/1LLqT1T

👍 13 ⭐ 20

TRENDING





UNDERWATER RUGBY



Photo by Bree Tranter



Photo by Wilson Zhang

Forget about the Rugby World Cup... there's a new sport taking the world by storm. *Blitz's* Lyndon Christie pulled out his snorkel and trained with the UNSW Underwater Rugby Team. Not only are they masters of the weirdest sport on campus but eight of their players have just competed for Australia in the World Championships in Colombia.

Never before had I played a sport where it was compulsory to wear a snorkel, made me feel like a mermaid as majestic as Ariel, and involved wrestling ... until I trained with the UNSW Underwater Rugby Team and felt a bit like a fish out of water.

Underwater Rugby is a unique fusion of sports. It's kind of like if water polo and rugby came together and had a baby, and decided that the best way to raise the child was to plunge it into the ocean.

'At first I thought it was a joke,' said player Sebastian Riorden. 'But I got into the pool about three weeks into uni and loved it.'

Teams consist of 12 players in total, six compete in the water while the other six act as reserves. Two underwater goals sit at either end of the pool and the main objective is to get the ball into the other team's goal. Simple? No. Because did I mention the entire game is played underwater!

'You feel wonderfully weightless, like you are freewheeling through outer space,' said player Celine Steinfeld. 'As it is played in a pool that is up to 5m deep there are challenges. We have to adjust to the lack of oxygen and learn new ways of communicating through water.'

Teams can pass the ball to one another in all directions as they make their way upstream (kind of like salmon) to the all important goal basket. And just for good measure I should

mention that the game is a contact sport just as rough and tough as rugby, so opponents will attempt to tackle, drag, pull and smother you as they swoop to take the ball.

Once in the water it's clear to see that a big part of this game is the ability to stay calm and hold your breath underwater. As the game played on, I realise that most players are able to stay underwater for up to a minute, swooping and gliding amongst each other. The play is as fast paced as a flurry of speedos weaving in and out, up and down in the vast pool of water.

Now I should probably add that I personally have a harrowing fear of drowning. The thought of being helplessly stranded under water is enough to give me night sweats. I may or may not still need my floaties when I swim at Coogee.

Yet here I was totally submerged in the UNSW pool, fighting off shark-like humans as I attempt to score in this game.

Lucky for me I was in safe fins with the UNSW Underwater Rugby Team. Not only were they the first club in Australia but have also begun to make waves among the worldwide Underwater Rugby community. Eight players from the club recently represented Australia at the 10th CMAS Underwater Rugby Championships in Cali, Colombia.

'We were tremendously excited to compete with, and learn from, the world's best players,' said Celine. 'The championships were a huge success.'

It's pretty clear the team know their stuff and they are super keen to get more sea dwelling humans/non-humans involved. If there are any aquatic mammals currently studying at UNSW I highly recommend you join the squad.

BY LYNDON CHRISTIE

For more info check out uwrugby.wordpress.com and youtube.com/uwrugby.



TOM SYMONDS

Blitz writer and Roosters fan, Yael Brender, crossed to the dark side to interview Manly Sea Eagles player and UNSW alumni Tom Symonds.

What did you get out of your time at UNSW?

I started at UNSW straight out of high school, and it was a great place to start because there were great parties. But, not long after I started, my footy career got intense and I had to go part time after two years, so the social events died down (bummer)! But my whole experience at UNSW was really good, even though it took almost seven years to get my degree in Exercise Physiology.

Do you still have friends you made here?

Yes! My uni mates and I catch up for a beer every now and then. One of the guys I met here is Warringa Rats fullback Dave Feltsheer – he's a bit of a local hero. We reminisce about how we partied together, and how they showed me the ropes in my first year. I have great memories of one of my first pub crawls, where everyone was wearing each other's clothes by the end.

How did it feel to make it onto a professional rugby team?

I started getting paid at age 18, and went full time first grade at age 20 with the Sydney Roosters. Four years later I went to Manly, where I still play. It feels so cool and I'm so lucky to get paid for doing what I love doing. Playing my first grade debut, I was super nervous but also kind of proud – it felt

like kind of a big deal. Nowadays it's just another day at the office but in the greatest possible way. I get to hang out with twenty of my best mates every single day. It's a big squad and everyone is pretty tight.

“PLAYING MY FIRST GRADE DEBUT, I WAS SUPER NERVOUS... NOWADAYS IT'S JUST ANOTHER DAY AT THE OFFICE, BUT IN THE GREATEST POSSIBLE WAY.”

What's your training program like? Are you on a strict diet?

In a typical training week there's not many days off. We train everyday with weights and field sessions. We do video work to study up on how the team is going and who you're going to play and how to beat them. I've always tried to eat well but it's not always easy. I've been on the paleo diet for a few years (except with beer). I always have junk food after the game – my favourite is the Oporto Triple Bondi Burger.

What do you want to do once you've retired from professional rugby?

I'd definitely like to do something to do with Exercise Physiology. I'm on a good pathway to

injury rehab, and that way I'd get to stay around the game. As long as it supports healthy living and having fun I'll be happy.

What advice would you give to students hoping to make it as a professional athlete?

The best advice I can give you is to be dedicated to your sport but make sure you enjoy it as well. These days it can be tough but there are a lot of pathways towards being a professional athlete. There can be a lot of setbacks, but the best thing I can tell you is to remain patient and persistent and really stick at it.

RAPID FIRE

Piercings or tattoos?

Little bit of both.

Got a cool nickname?

Dragon.

Early riser or night owl?

Night owl.

Pump up song?

Kid Cudi's Pursuit of Happiness (Steve Aoki Remix).

BY YAEL BENDER

JANE SAVILLE



Aussie race walker and UNSW alumni, Jane Saville, was 100m from gold at the Sydney Olympics when she was disqualified. Blitz's Serena Dong chatted to her about everything from Olympic medals to Kel's butt wiggle.

Why did you decide to become a race walker?

I did lots of sports when I was young and I didn't decide until the end of uni I wanted to be a race walker and still swam a little bit but focused everything on race walking. I think that helped me in the longevity of my career.

What did you learn from your time at UNSW?

Time management. I studied social science and economics. Once I got to uni I applied for a Ben Lexcen (Sports Scholarship) and financially that helped pay for a lot of uni or some of my trips within Australia for athletics.

What's on your mind as you walk all those kilometres?

Obviously you're thinking of technique but also what's going on around you and the tactics of the race. Back then you had your watch and your heart rate monitor and I knew where the markings were for the kilometres but now everyone has got Garmin's and things like that so yeah... I'm starting to feel really old now when I talk about back then.

What's your biggest fear going into any race?

[Thinking] I wouldn't perform as I hoped, especially after 2000 when I got disqualified at the Olympics. That dented my confidence quite a lot. In 2001 I was disqualified two more times and one at the world championships so that was a bit of a changing point in my career when I really thought: do I really want to do this? Is it worth training so hard [when] I could go and get a job and be normal and make money as well? But then I also

thought I didn't want to have any regrets and that was one thing that kept driving me through my career.

Back in 2000, at the Sydney Olympics 20km walk, you were disqualified 100m from the finish line. You were so close to that gold medal. How did you feel at that moment?

I was winning and to be disqualified was devastating because it was my biggest dream in front of my home crowd. [It was] my biggest nightmare and everyone was staring at me, cameras down my face within a minute of being

“I SAID THAT I WANTED A GUN TO SHOOT MYSELF AND IT WAS PRETTY SILLY. HALF AN HOUR LATER I WAS THINKING IT'S ONLY SPORT.”

disqualified. I think I was a little bit naïve handling the media. I said that I wanted a gun to shoot myself and it was pretty silly. Half an hour later I was thinking it's only sport. I was pretty frustrated but you know that's sport.

Do you wish you could go rewind and go back to fix your mistake?

To be honest, there are highs and lows of sport and looking back on my career I think if I would have won then maybe I would have retired because you can't really get any better than the Olympics. Maybe I wouldn't have won two more gold medals at the Commonwealth Games. I wouldn't have had the experience of competing in Athens. I had so many amazing experiences after

that. It gave me great courage and confidence not just in my career but as a person. It would have changed my world being disqualified but it made me a stronger person if you think in the long run.

What advice would you give UNSW students in general who were so close to success but in the end could not reach it?

Well I think it's not just all about winning, it's about your personal development as well. So I think having some perspective is really important as well as looking at the big picture, which I've had to learn to do.

Did you ever participate in Uni Games?

Yeah I did! I did athletics and swimming. I think my first one was in Brisbane in 93' and I think 94' would have been Wollongong and 95' was Darwin. I had a really great time.

What do you think of Kel from Kath and Kim's race walking technique?

[Laughs] I've got it on DVD and it's hilarious! I love Kel! He does the bottom wiggle quite well.

RAPID FIRE

Favourite junk food?

Chocolate.

Guilty Pleasure?

Food.

Workout jam?

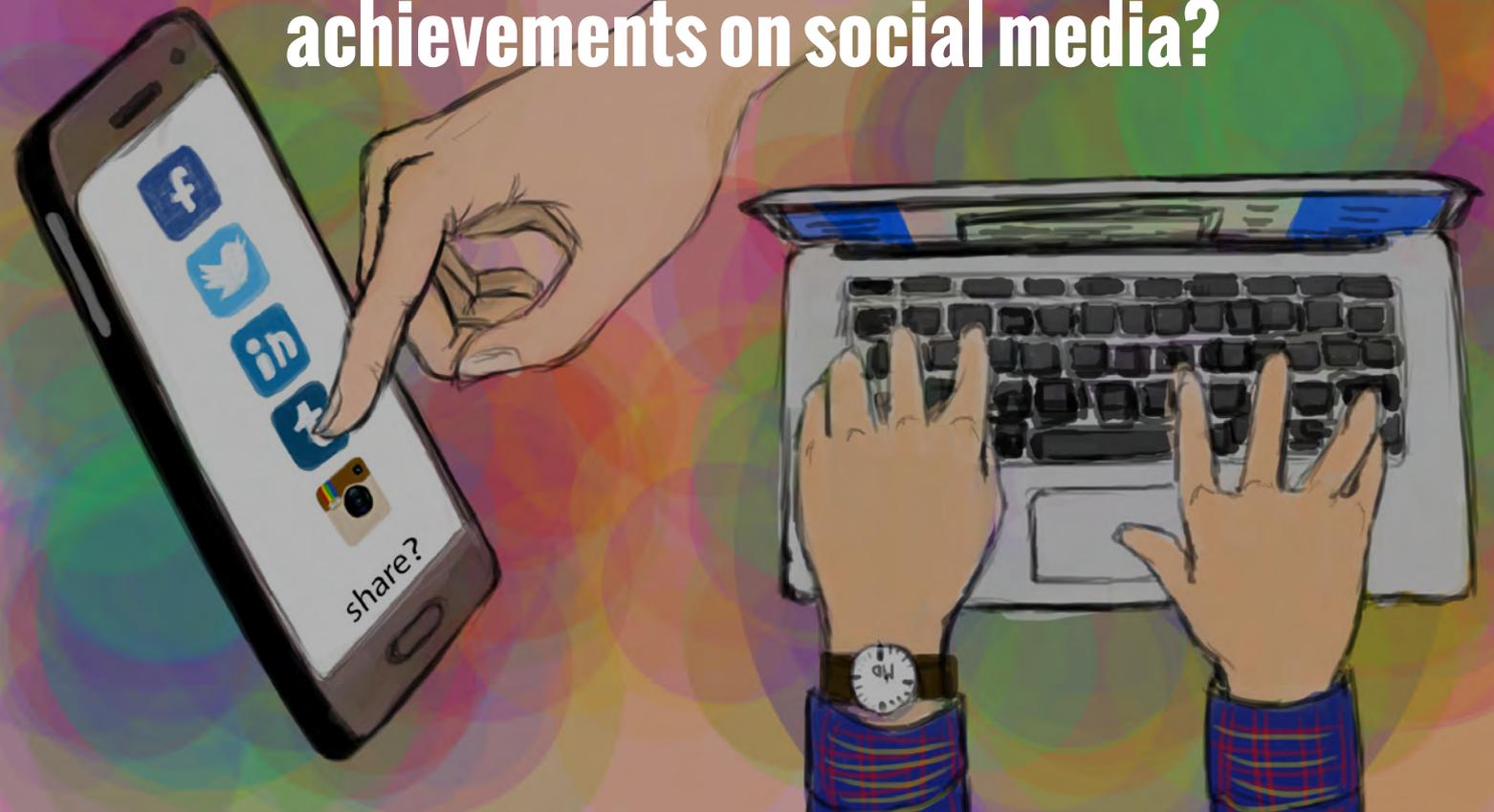
Last song I remember must have been from ages ago.

Favourite outfit?

A relaxed dress.

BY SERENA DONG

Is it ok to post about personal achievements on social media?



'YES' SAYS CATHERINE MACAROUNAS

There are a lot of things on my Facebook feed that I don't really care about – click bait, play by play sports commentary and thinly veiled and passive aggressive rants, to name a few. However, if a friend of mine has done something awesome, I want to know about it.

Maybe we like to live vicariously through other peoples' lives, or maybe we are just inherently nosy, but not only is it ok to post about your personal achievements online, people WANT to read about your achievements.

Have I ever posted about my personal achievements? Hell. Yes. There have been times in my life where I did something I was proud of and wanted to share it with a big group of people. I've always received supportive responses too, which shows how sharing your achievements with others can be a really positive experience.

Of course there are boundaries. It's a thin line between inspiring a 'like' sharing your excitement, and causing such annoyance that your post gets screen shot and spread around at your expense. Whilst I'd be excited to read about how you got a new job, baked a cheesecake from scratch or ran the City2Surf, no one wants to see you rub in the HD you got on your last assignment.

Overall, it is completely fine to share personal achievements on Facebook. I want to see what cool things you've been up to – I'll probably throw you a like too!

'NO' SAYS CHARLOTTE GOODSIR

I am writing this today as a hypocrite because I am the first person to post my 'achievements' online, and yes sometimes they are just getting out of bed. But today I am coming at you from the point of view of everyone else.

Seriously, no one cares if you've had brunch with your super attractive gal pals at a waterfront restaurant eating organic and sustainably farmed smoked salmon on a bed of lettuce farmed by children in Africa who have been adopted by Brangelina's school for the gifted and talented #nofilter #bestfriends #hotgirls #sun #sky #sydney.

But I'm still going to like your photo. Because I am all about being a supportive friend while I'm procrastinating, trying to understand how you can do this with a million and one essays to write.

I think everyone deep down knows that no one has the life they say they have on Instagram or Facebook. So why are we lying to ourselves? Why are we constantly updating the lie that we are living the life of a celebrity when really we are all just sleep deprived uni students on the lookout for the next free food stall? As Alexa Chung once said: 'No one is as happy as they seem on Instagram.'

Posting your achievements on Facebook is ok, but only if you've got your priorities right. Getting a new job= ok. Not being that hung over after getting more than tipsy last night: not ok.

MODEL STUDENTS

BY CYNTHIA ISKANDAR



Tahj

Landscape Architecture

You're wearing:

Wrangler denim jacket, H&M black polo, Zara wax denim backpack, Wrangler black jeans, Adidas Superstars and a Cartier Love bracelet in yellow gold.

You in three words:

Fun, sassy, bitchy.

Your most treasured item:

MY CAT! My beautiful puss, because I love her, bro. She has her own IG @chikitaphapakdy – make sure you follow her.

Your fashion inspiration:

I dress how I feel. I AM the fashion inspiration. Nah, today I woke up and thought I'm Kylie Jenner. Bro, I don't even like Kylie Jenner.



Angel

Journalism

You're wearing:

Supre top, Target long sweater cardigan, ASOS skirt, Zara boots. I think my belt is Dotti and my socks are from Sportsgirl. My gem necklace and rings are from the UNSW Arc Flea Markets.

You in three words:

Preppy, sassy, chic.

Your most treasured item:

This black skirt from Zara I got in Singapore with a zip that goes all the way from top to bottom. It's really convenient; you can take it off in one zip.

Your fashion inspiration:

Essie Button on YouTube (Estée Lalonde). She has a Scandinavian minimalist look. I really strive to look like her but I literally can't.



Sheehan

Master of Commerce (Marketing)

You're wearing:

COS flannel shirt and tee, Weekdays black denim shorts from Berlin, Converse black leather hi tops, Ray-Ban Clubmaster in aluminum/gold.

You in three words:

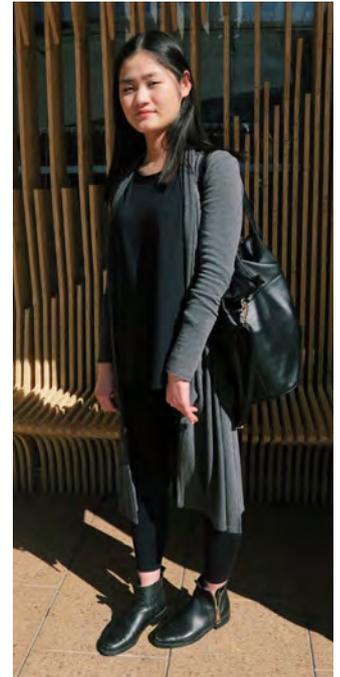
Stressed over exams.

Your most treasured item:

My bed. Definitely. I spent a lot of money on my bed. When I moved here I decided the days are going to be long and hard and if I'm not out I'm going to be on my bed.

Your fashion inspiration:

The model Francisco Lachowski from Brazil. He's married now and has a little son. His IG is @chico_lachowski. Chico is actually his son's name...I know too much about this haha.



Natassja

Commerce/Arts

You're wearing:

Valleygirl cardigan, Cotton On t-shirt and leggings, Zara side zip boots and Collette bag.

You in three words:

Tall, sarcastic, introvert.

Your most treasured item:

I'm going to be materialistic and say my phone. I use it a lot and when you don't have it...yeah.

Your fashion inspiration:

Probably the style of Kendall Jenner because it's simplistic and I like things simple.

**YOUR \$7500
HOLIDAY ISN'T GOING
TO WIN ITSELF.**

**THE
AMAZING
RACE**

MY MATES
tour company

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**THE
GRAD
SHOP**

IT'S GETTING **HOT IN HERE!**

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JUMPERS, TEES, SHORTS AND HATS WE'VE GOT
YOUR SUMMER WARDROBE SORTED!**

TOP OF BASSER STEPS
MORVEN BROWN BUILDING (C20)
GROUND FLOOR, SOUTH-WEST CORNER

gradshop.com.au

HOW TO... NOT SWEAT THE SMALL STUFF

WRITTEN & ILLUSTRATED BY CHARLOTTE GOODSIR

With the craziness of mid sem exams take time to think about what really matters, aka your health and wellbeing.



Listen to music

Listening to your favourite music and belting it out is proven to reduce stress, so whether it's 1D or Whitney, a bit of Iggy or Bruno turn up the stereo and forget about everything that's due - it's only three minutes of your day.



Buy a fluffy animal

Alive or not, it doesn't matter. Seriously, have you seen them. So cute. Much cute. More cute than this essay. CUDDLE TIME.

Plan and prepare

Organisation is key. By seeing everything you have due on a calendar it allows you to plan easily, and not have a night-before freak out.



Do hot yoga

Here you will not sweat the small stuff. You will sweat litres and litres of water that you didn't even know your body had. Seriously your eyeballs will be sweating.

#SOCIAL STALKER

BY SONAAL MEDIRATTA



Life According To Jimmy
[youtube.com/LifeAccordingToJimmy](https://www.youtube.com/LifeAccordingToJimmy)

If you've had those nights before an exam where you've binged on YouTube for hours and haven't come across Life According to Jimmy yet, you're clearly not doing it right. Jimmy's channel has the most consistently hilarious skits - from being the sober guy at a party to the problems of being on a jumbotron for an elongated period of time.



Mr Pimp Good Game
[@MrPimpGoodGame](https://www.instagram.com/MrPimpGoodGame)

Have you ever gone on Instagram and been bored by the same monotonous uploads of shameless selfies, inspirational quotes and fancy milkshakes. WELL THEN... I have no solution for you... but check out MrPimpGoodGame anyway and wake up everyday to the most amazing selfie game you have ever seen - so good he puts that girl on your facebook who changes her DP to a different selfie every week to shame.



Pakalu Papito
[@pakalupapito](https://www.instagram.com/pakalupapito)

Let's face it single people. We're all going to be forever alone, let's at least embrace it. Pakalu Papito is a fictional indian convenience store clerk who uses amazing puns and irreverent humor all based on the #SingleFeels. Who needs bae when you have Pakalu?

Don't miss Stress Less Week in W10.
Check out [facebook.com/ArcUNSW](https://www.facebook.com/ArcUNSW) for more info.

Stress Less 6-9 OCT Week

TUESDAY

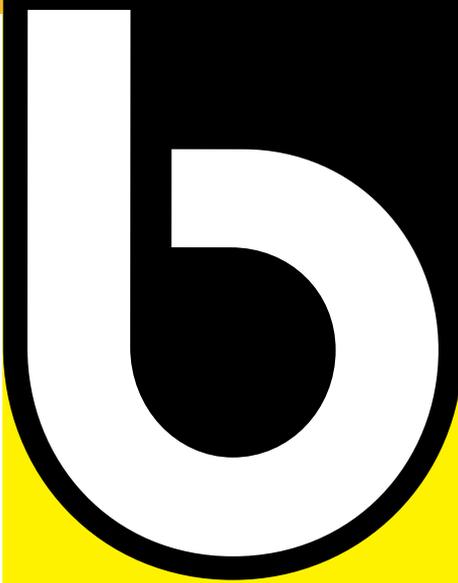
- 10-12 free yoga
- 12-1 adult colouring in
- 1-3 free massages
- 10-3 free fairy floss
free popcorn
free chai lattes
free bubble wrap
free lolly bags
bake sale
RSPCA toy sale
- 10-3 lawn games
inflatable twister

WEDNESDAY

- 10-11 bike n blend
- 10-3 free fairy floss
free popcorn
free chai lattes
free bubble wrap
free lolly bags
bake sale
RSPCA toy sale
candle stall
- 10-3 lawn games

THURSDAY

- 10-12 free yoga
- 12-1 how to deal with stress
- 1-3 free massages
- 10-3 free fairy floss
free popcorn
free chai lattes
free bubble wrap
free lolly bags
bake sale
RSPCA toy sale
candle stall
- 10-3 lawn games
throwback Thurs
prize wheel



WHAT'S ON UNSW
21 SEP - 11 OCT

BETTER THAN STUDYING

WHAT'S ON UNSW

Mid Session Prohibition Party



After all the tireless assignments are out of the way, it's time to treat yourself to some sweet winding down. And what better way than to hit it off old school.

Try taking a dose of *The Great Gatsby's* extravagant 1920s parties and another dose of James Bond's *Casino Royale* and you will get the Roundhouse's Mid Session 'Prohibition' Party.

Welcome to the roaring 20s with endless riches and champagne. You will be treated to the best beats by live DJs and scoring at the 'casino' tables.

As F. Scott Fitzgerald famously said: 'so we beat on, boats against the current, borne back ceaselessly into the past.' So lay your cards right and be there in your best Daisy Buchanan or Jay Gatsby get-up and jazz up with your fanciest flapper dresses, pearls, top hats and suits.

BY NADIA YEO

WHERE: Roundhouse

WHEN: 8pm, 24 September

PRICE: \$10 (+ Booking Fee)

MORE INFO: facebook.com/UNSWRoundhouse

VERDICT: A little party never killed nobody

It's okay
to not
be OK

**We're here.
Call us.**

here to hear
after-hours student helpline

☎ 9385 4832

Now operating 9pm-7am
every night during semester

heretohear.arc.unsw.edu.au

Pokémon Trivia



It's time to dust off your GameBoy and get your Master Ball's out, the UNSW Roundhouse is hosting a *Pokémon* Trivia Night and even Ash Ketchup will be there!

You'll have to study up on your Pokédex and the regions of Kanto if you have any hope of coming home with a prize. Do you know the difference between Pidgeotto and Fearow?

Or what would happen if you gave a thunderstone to the elusive Eevee?

We all know the original 150 were the best, let's be honest Charmander is ridic cute and Bulbasaur was practically the first leader of the Australian Greens party. And who could forget Nidorina and Nidoran whose skin colour has been challenging gender stereotypes since 1995.

Every trainer and gym leader in the land is invited to attend, so get yourself out of Pallet Town and on the road to becoming a true *Pokémon* Master.

BY LYNDON CHRISTIE

WHERE: Roundhouse

WHEN: 6pm, 22 September

PRICE: Free

MORE INFO: facebook.com/UNSWRoundhouse

VERDICT: Gotta catch 'em all!

WHAT'S ON WEEK 9



Arc FLEA MARKETS



POKÉMON TRIVIA

MON SEP 21

Stationery Reuse

10am-4pm @ Stationery Reuse Centre, Quad Building
There's free stationery on campus. Yep, enough said.

Campus Bible Study

1-2pm @ Matthews B

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
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 Friends what word did Rachel misspell on her resume?

Roundhouse Happy Hour

5-6pm @ Roundhouse
You made it through Monday. Reward yourself.

TUE SEP 22

Stationery Reuse

10am-4pm @ Stationery Reuse Centre, Quad Building
Fulfil your ultimate stationery fantasy and snag some free stuff. Boo yeah.

Arc Flea Markets

10am-5pm @ International Square
Sort through a treasure trove of preloved and handmade items to find a bargain.

Cheer Soc Bake Sale

10.30am onwards @ Library Lawn
Nibble on some delicious baked goods with Cheer Soc. Yum.

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... and by pimp yo' ride we mean finally fix your bell.

Free Bingo

1pm @ Roundhouse
Make like a pensioner and scream BINGO!

People of Colour Collective Meeting

1-2pm @ Arc Precinct

Campus Bible Study

1-2pm @ Physics Theatre

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. It's \$10 for Arc members and you can find out more at facebook.com/latindanceunsw

SAM Seminars Series: The Sublime

5pm @ Webster 327
Catch a free talk on 'The Sublime: A Scientific Theory' with the SAM Seminars Series. Find out more at sam.arts.unsw.edu.au/events

Roundhouse Happy Hour

5-6pm @ Roundhouse
Sip on a cheap bevie with mates to wrap up Tuesday.

Free Live Acoustic Music: Alex Johnson

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 Policy Society Meeting

6pm @ Main Library
Discuss an area of policy at the Policy Society's weekly meeting. More details are available at facebook.com/unswpolicy

Pokémon Trivia

6pm @ Roundhouse
Grab your Pokeball, charge your Game Boy and come down to the Roundhouse to battle it out.

WED SEP 23

Stationery Reuse

10am-4pm @ Stationery Reuse Centre, Quad Building
Who could say no to a free folder?

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 Quad Games

12-2pm @ Quad Lawn
Ignore those W9 readings and have some fun with the Arc Street Team. There'll be games, competitions and best of all free food.

Free Giant Games

1-3pm @ Roundhouse
Embrace your inner child and take on the giant games at the Roundhouse. It's guaranteed to be more fun than your Wednesday arvo lecture.

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
Come and play a casual game of soccer with the UNSW Social Soccer Society. Whether you can bend it like Beckham or have two left feet you're guaranteed to have a good time.

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

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.



MID SESSION PROHIBITION PARTY



AUSTRALIAN UNIGAMES



THU SEP 24

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 @ Webster B

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

Roundhouse Happy Hour

5-6pm @ Roundhouse
Cheap drinks. You shouldn't need any more convincing.

Free Live Music: John Clancy Band

5pm @ Roundhouse Beergarden
Pair your Happy Hour beverage with some killer tunes.

Acoustic Sessions: Oliver Goss

5-7pm @ The White House
Unwind with the acoustic tunes of Oliver Goss.

MODsoc Dance Team

6pm @ Marsh Room Roundhouse
Groove with MODsoc at this open dance rehearsal for students of all dance levels.

Mambo for Miles

7.30pm @ Io Myers Studio
Catch this musical blend of Latin Conjunto and the contemporary Jazz Orchestra. Find out more at sam.arts.unsw.edu.au/events

Mid Session Prohibition Party

8pm @ Roundhouse
Frock up and party like it's the roaring 20s. Find out more at facebook.com/UNSWRoundhouse

FRI SEP 25

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 so there's no excuse for not having some fun with the Social Soccer Society.

The White House Happy Hour

4-5pm @ The White House
You made it through W9 and it's finally mid semester break. 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.

MID SEM BREAK

Australian Unigames

27 September to 2 October @ Gold Coast
Compete against students from all over Australia in your chosen sport. Shout out to all the Lawn Bowls competitors.

B BISTRO SPECIAL WEEK 9



ASSORTED TORTILLAS

\$9

ROUNDHOUSE DRINKS SPECIAL WEEK 9

5 SEEDS JUGS \$14



The Roundhouse encourages the Responsible Service of Alcohol
*Not available during major events

BLITZ PICK OF THE WEEK

MID SESSION PROHIBITION PARTY

It's time to welcome the mid semester break we've all been praying for and what better way than with a 20s Prohibition Party.

WHAT'S ON WEEK 10

STRESS LESS WEEK

MON LABOUR DAY

Ease into W10 with a day off.

TUE OCT 6

Free Yoga

10am-12pm @ TBC
Get stretching and start off W10 with a clear mind with Stress Less Week yoga. Check out facebook.com/ArcUNSW for more info.

Free Goodies and Lawn Games

10am-3pm @Quad
Stress Less Week has got you covered on your first day back. Pick up free fairyfloss, popcorn, chai lattes, lollybags and even bubble wrap. There'll also be lawn games and inflatable twister. Check out facebook.com/ArcUNSW for more info.

RSPCA Toy Sale

10am-3pm @TBC
Support this initiative run by Volunteer Army. Check out facebook.com/ArcUNSW for more info.

Stationery Reuse

10am-4pm @ Stationery Reuse Centre, Quad Building
Save your coins and avoid splurging on stationery.

Adult Colouring In

12-1pm @ Stationery Reuse Centre, Quad Building
Who said colouring in is only for children? Get stuck in to your fave past time with a session of colouring in for Stress Less Week.

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

Free Massages

1-3pm @ TBC
What better way to unwind than with a free massage? Check out facebook.com/ArcUNSW for more info.



ADULT COLOURING IN



AMERICAN DINER

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

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: Aliyah

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 facebook.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

American Diner

7pm @ Roundhouse BeerGarden
Feel like Sandy and Danny with classic American Diner food and a movie in the BeerGarden.

WED OCT 7

Amazing Race

TBC @ Roundhouse
Compete in UNSW's very own Amazing Race and go in the running for some awesome prizes.

Bike N Blend

10-11am @TBC
Be sure to catch all the Stress Less Week fun. Check out facebook.com/ArcUNSW for more info.

Free Goodies and Lawn Games

10am-3pm @Quad
Stress Less Week has endless fun for your Wednesday. Pick up free fairyfloss, popcorn, chai lattes, lollybags and even bubble wrap. There'll also be lawn games, a candle stall, a bake sale and inflatable twister. Check out facebook.com/ArcUNSW for more info.

RSPCA Toy Sale

10am-3pm @TBC
Support this initiative run by Volunteer Army. Check out facebook.com/ArcUNSW for more info.

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.

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.

Free Live Music: Jae Haydon

5-7pm @ Roundhouse
Rock out with your mates and a Double Happy Hour beverage. Oh yeah.

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 thereof).

American Diner

7pm @ Roundhouse BeerGarden
Feel like Sandy and Danny with classic American Diner food and a movie in the BeerGarden.



FREE YOGA



FREE MESSAGES



THU OCT 8

Free Yoga

10am-12pm @ TBC
Get stretching and start off W10 with a clear mind with Stress Less Week yoga. Check out facebook.com/ArcUNSW for more info.

Free Goodies and Lawn Games

10am-3pm @Quad
Don't miss out on the fun of Stress Less Week. Pick up free fairyfloss, popcorn, chai lattes, lollybags and even bubble wrap. There'll also be lawn games, a candle stall, a bake sale and a ThrowBack Thursday Prize Wheel to win some sweet free stuff. Check out facebook.com/ArcUNSW for more info.

RSPCA Toy Sale

10am-3pm @TBC
Support this initiative run by Volunteer Army. Check out facebook.com/ArcUNSW for more info.

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

'How To Deal With Stress' Talk

12-1pm @ TBC
Go along to the 'How To Deal With Stress' Talk and learn how to minimise those end of semester worries with Stress Less Week. Check out facebook.com/ArcUNSW for more info.

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.

Education Collective Meeting

1pm @ Arc Reception

Free Messages

1-3pm @ TBC
What better way to unwind than with a free massage? Check out facebook.com/ArcUNSW for more info.

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: Deevs

5-7pm @ Roundhouse BeerGarden
Rock out to some great live music.

Acoustic Sessions: Kieran Smith

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.

American Diner

7pm @ Roundhouse BeerGarden
Feel like Sandy and Danny with classic American Diner food and a movie in the BeerGarden.

FRI OCT 9

Stationery Reuse

10am-4pm @ Stationery Reuse Centre, Quad Building
Get inspired for that essay with some new, 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: House Bear

5pm onwards @ Roundhouse
Get grooving and welcome the weekend.

BakeSoc Bake Class: Truffle Decoration

6pm @ Roundhouse
Tie on your apron and learn how to decorate truffles to perfection. Find out more at facebook.com/unswbakesoc.

American Diner

7pm @ Roundhouse BeerGarden
Feel like Sandy and Danny with classic American Diner food and a movie in the BeerGarden.

B BISTRO SPECIAL WEEK 10



MARGARITA PIZZA \$9

ROUNDHOUSE DRINKS SPECIAL WEEK 10

COCKTAIL JUG \$11



The Roundhouse encourages the Responsible Service of Alcohol
*Not available during major events

BLITZ PICK OF THE WEEK

STRESS LESS WEEK

The end of semester is approaching but there's no need to fret. Free your mind and beat assessment pressures with fun at Stress Less Week.



Image source: cantonteaco.com/blog/wp-content/uploads/2012/01/shutterstock_948318-SMALL.jpg

CHEAP AS SYDNEY

21 Sep - 11 Oct | Affordable Events
BY GENEVIEVE GAO

SEE

ART AFTER HOUSE

Where: Art Gallery Road, The Domain
When: Until 10pm, every Wednesday night
Cost: Free
More info: artgallery.nsw.gov.au/art-after-hours

Got a free Wednesday night and nothing to do? Then grab your mates and head to the Art Gallery of NSW, which holds a range of free social and cultural events. Until 10pm, Art After Hours offers a regular round of live music, lectures, celeb talks, film screenings (we could go on and on, really). On 23 September, become a mixologist with a cocktail making class, or share some late night laughs with comedy hotshot Ronny Chieng. Now who said art galleries were boring?

PARTY

FIESTA DARLING HARBOUR

Where: Darling Harbour
When: 3-4 October
Cost: Free
More Info: darlingharbour.com/whats-on/fiesta/

Sydney's biggest annual celebration of Latino movies, music, dance and food is back. Pump some *divertido* (fun) and free entertainment into your October long weekend as some of the hottest local and international Latino bands, DJs, dance acts and delicious food bring even more life to the city's celebration precinct. You'll get to embrace your sultry side, with outdoor dancing under the spring stars at Darling Quarter from 6pm. Then, kick back and relax with free flicks from 'the best of' the Sydney Latin American Film Festival, showing on a big outdoor screen from 7:15. *Si amigo? Sí.*

Malaysia Festival

Ever wondered why your Malaysian friends use the word 'lah' at the end of every sentence? Keen on seeing Malay, Chinese and Indian wedding traditions? Wonder what Teh Tarik and Nasi Lemak is? Well you don't have to travel 4112 miles to find out.

This year's Malaysia Festival (MFest) is to become its best one yet as it celebrates its Silver Jubilee. Expect bigger, better and bolder than ever before, as this year is sure to make an impact in Sydney's cultural hub.

Come and be serenaded by the sweet tunes of one of Malaysia's rock legends, Amy Search, while you check out the many cultural activities. Rock a cool tattoo at the Henna painting booth that uses traditional Indian temporary and natural ink. And of course, there will be food. No festival is complete without some scrumptious food in hand for that ultimate Instagram post. Malaysia prides itself on its local cuisine that is rich and complex in flavor. There will be around 20 stalls to sample the goodness.

Come along and be a part of Sydney's largest Malaysian cultural event. Last year the event attracted around 30,000 people so it's sure to be a big one.

BY JANELLE TAI

WHERE: Pyrmont Bay Park
WHEN: 12pm-9pm, 27 September
PRICE: Free
MORE INFO: malaysiafest.com.au
VERDICT: Satay-licious



STUART RYAN

Blitz's Hope William-Smith caught up UNSW music student and percussionist Stuart Ryan.

What is it about music that you love?

I've always been around music, my mum is an accompanist and piano teacher so there was always music at home while I was growing up. It was kind of inevitable that I would love music.

Do you get nervous when you perform?

Absolutely. I've always had a hand tremor which can get worse under the slightest stress, or if it's early morning, or the stars aren't aligning correctly, or my hands just feel like being annoying. Although I'm generally getting better with nerves, it still can be a major problem. The times when I'm least nervous are when I manage to pretend that I'm completely emotionally uninvested, or if I've already performed the piece several times and I really do know it backwards.

What are the best performances you've participated in?

I've had great experiences both inside and outside the uni. I played the snare part in Ravel's Bolero in my first year with the orchestra which was much more enjoyable than you might think. Outside uni there are too many things I do to list (like playing in musicals, operas, and many other orchestras/bands), but the upcoming ones I'm most excited about are playing Steve Reich's Music for 18 Musicians in a few weeks and playing a concerto with the Sydney Youth Orchestra next year, having recently won their competition.

What instrument did you start out with before you moved into being a percussionist?

I started out on piano up until my HSC. I've been learning percussion since I was 9 but only after my HSC did it take on much more significance. I also played bass clarinet in my high school concert band because they needed one so why not?

THERE'S SOMETHING ABOUT STANDING IN FRONT OF A FULL ORCHESTRA AND BEING REALLY EXPOSED THAT MAKES FOR A VERY INTENSE EXPERIENCE.

How do you stay focused and organised with all your music and instruments as a percussionist?

I guess you just learn to juggle lots of things at once and multitask. Classical orchestra music isn't too bad in terms of running around, most of the time you stay on the one instrument, but modern orchestra and wind band (and brass band) pieces can get quite complicated. It's just another skill you pick up, being able to plan ahead, while playing, to what you'll have to do in a few bars.

What's your most memorable experience?

Probably the concertos I've done. There's something about standing in front of a full orchestra, being really exposed and in control of the piece, that makes for a very intense experience.

What secret talents do you have?

I have perfect pitch. It's been extremely useful to me in my musical career. I also really love writing music. I'm kind of boring non-musical-talent-wise though, I don't really leave myself enough time to get good at anything else.

RAPID FIRE

Drink of choice?

Iced chocolate.

Favourite way to exercise?

Moving percussion from one end of UNSW to the other... then back again.

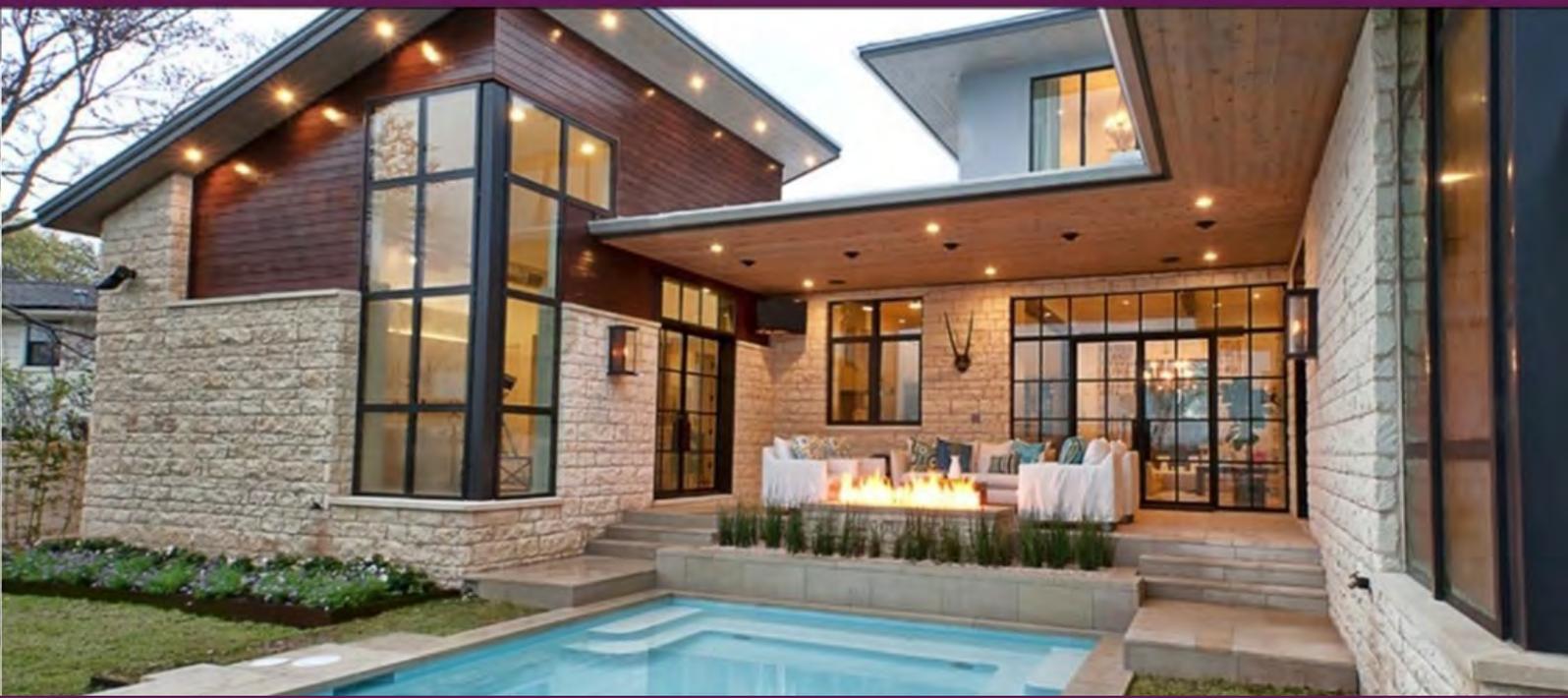
Describe yourself in three words:

Quiet, creative and open.

Where would you like to be right now?

A Viennese cafe.

BY HOPE WILLIAM-SMITH



Property Investment 101 Seminar



Seminar Details

Date: 2/10/2015

When: 4:00 – 6:00 pm

Where: Ronald Lu Room Scientia
Building, UNSW, Kensington

Limited seatings, RSVP today via

Email: reception@blessre.com.au

Phone: (02) 9697 9777

Website: <http://blessre.com.au/seminars>

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Journey?

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set you on your way

RECENTLY IN SCIENCE

BY SARAH WU



Space-grown salad eaten for the first time

For the first time astronauts can enjoy red romaine lettuce grown on the International Space Station. Half the leaves will be cleaned with sanitising wipes containing citric acid before being served and the other half are being sent back to Earth.

Scientists use the power of acoustics for real-life levitation

Scientists at Argonne National Laboratory have found a way to use sound waves to float droplets of liquid in what looks like a cool party trick – except it's more than that. The real benefits are for the pharmaceutical industry. Sound waves can help scientists see how drugs react in a solution with minimal contact.



LG Display unveils incredible new flexible televisions

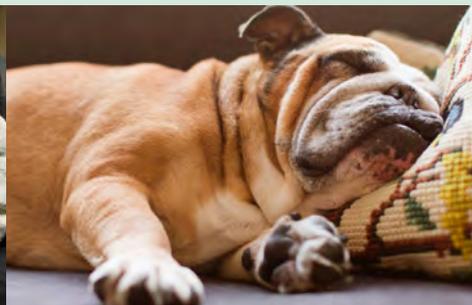
Your next TV could be paper-thin, 55 inches wide and weigh less than 2kg thanks to LG's new flexible TV panel – all while still offering high definition. The best bit? You can roll it up or stick it up on a curved wall with magnets!

123

STRUGGLE STREET

TAKING LAZINESS
TO A NEW LEVEL

BY Yael Brender



The theme of this issue of *Blitz* is sport. In my opinion, people who actually like sport are divided into two distinct categories: those who live to play it and those who live to watch it. And by watch it, I mean put the TV on one of the channels that has sport on it then lie down on the couch with one eye shut, with an esky and a determination not to move unless it's 100% necessary. This is dedicated to all those wonderfully lazy humans that fall into the latter category - my brothers and sisters in laziness. Some call them couch potatoes. I call them Laziness Experts.

Making plans with a bona fide lazy-bones is a thing that should only be attempted by someone who has experience in the area of social interaction with lazy people. Being on time is a joke. That's because Laziness Experts' best friend is their couch, whom they occasionally cheat on with the bed (or someone else's bed), and getting up from on top of their best friend is way, way harder than it looks. Other things that are harder than they look: getting dressed, finding shoes, finding your keys, finding the front door and finding the will to leave the house.

While other people are majoring in stuff like 'Science' and 'English', we Laziness Experts major in something called 'I'm Not Doing That.' We get HDs almost every time. Prescribed electives include eating in bed, reaching for stuff and laughing at people who do exercise. Optional electives include ordering stuff on the internet so that you don't have to leave the house to go shopping and randomly bursting out with life-affirming statements, such as, 'THERE IS NOTHING I ENJOY MORE THAN SITTING ON MY ASS.' And we really mean it.



GEORGIE MEREDITH

Blitz tracked down UNSW media student Georgie Meredith to chat about studying abroad at McGill University in Montreal, Canada.

What university did you go to in Montreal?

I studied at McGill University in Montreal. It's main campus is this gorgeous, old building that looks like a castle in the centre of the city, and all the faculties are spread out among little terrace buildings along the streets.

Why did you decide on Montreal for exchange?

I'd never been to North America before, but the idea of going to a European city was also appealing. Montreal fell perfectly in-between the two in terms of culture and lifestyle so I thought: why not? I initially knew nothing about the city or Canada itself so had no expectations or any idea what to expect. I can safely say that choosing to study in Montreal is the single best decision I've ever made.

What's been your favourite tourist activity?

There's been so many it's hard to choose. Getting to sit front row of a New York Knicks game in Madison Square Garden was so much fun. Hiking through Banff National Park in Canada was out of this world. And scuba diving among the shipwrecks off Barbados' Carlisle Bay was just insanely beautiful.

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

The McGill Winter Carnival, 2015. It's kind of like Unigames but without the sport. I don't think I can say much more than that. It was the most outrageous seven days of my life and a hell of an introduction to life at McGill.

What's the weirdest food you've eaten?

Montreal is famous for a dish called Poutine. It's French fries and cheese curds smothered in a thick gravy. A lot of people get smoked meat or bacon



as an addition. It's pretty disgusting but it's the ultimate drunk food.

What surprised you about Montreal?

The community that's been formed by the students at McGill. Students have such pride for their school and genuinely love getting involved in everything they do whether it's playing football or being part of the theatre society. The city is buzzing with young people meaning that everything is cheap and easily accessible. Every single one of the beautiful little houses around the campus are occupied by students of the university meaning there's always a party or something fun going on.

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

Having to leave. I don't think I've ever felt so at home in a different country before. I also don't think I've cried as much as I did in the cab leaving for the airport.

“ I DON'T THINK I'VE EVER FELT SO AT HOME IN A DIFFERENT COUNTRY BEFORE. I ALSO DON'T THINK I'VE CRIED AS MUCH AS I DID IN THE CAB LEAVING FOR THE AIRPORT. ”

How's your French? Did you have to speak French at all?

My French is pretty limited. Although the city is French-speaking, most of the students at McGill are from outside of Quebec and all the classes were in English so it was pretty easy to get by without speaking any.

Did you brave a Canadian winter?

I didn't even know what winter was until I arrived in Canada. I landed in Montreal on New Years Eve where it was a mild -27°C and remained at sub-zero temperatures for a good two months. I actually remember the first day it was above 0°C – I've never seen so many people outside before. It sounds unbearable but it was so different from what I'm used to and made the warmer months there even more enjoyable.

Any tips for students going on exchange?

Don't just think about living on campus or in international accommodation. I moved into a house with four Canadian girls who became my best friends – we literally did everything together and through them I made so many other friends, all of whom are Canadian. Don't hesitate, just do it. You can travel any time you like but you can never study and live with students like you can on a university exchange. No matter where you go you will have an incredible experience.

RAPID FIRE

Exchange in three words:

Kappa Kappa Timber.

Ice hockey or lacrosse?

Beer pong?

Your opinion of maple syrup?

It will always and forever be better in Canada.

Have you started adding 'eh' to the end of all your sentences?

I swear it comes naturally now.

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

WELLNESS SERIES

BY EMILIE SHARP



It's getting to that time of semester where your brain needs a little boost; a helping hand to get through the long nights of cramming. Instead of burning out on energy drinks that are packed with sugar, consider some of these brain-boosting foods that are just the right size to sneak into the library as a study snack. Your cranium will thank you for the nourishment when you can remember those vital facts during your next exam.

Avocado

It may not seem a likely study snack but avocado on toast is the smartest way to start the day. It's a powerhouse of a fruit (that's right folks, it's fruity in nature) and is rich in omega-3, omega-6, vitamin E and K and potassium. Combined with some fresh, wholegrain bread, your brain and your belly will be thanking you all the way to lunch. For extra yumminess add some grilled haloumi.

Almonds

Though you may need to be rich to buy them, these bad boys are definitely rich in benefits. They're a great source of protein, zinc and vitamin B6 and E which all help to boost your energy, repair brain cells and slow down the ageing of brain cells that impact memory.

Blueberries

Small but powerful, researchers have found that binging on a bowl of blueberries in the morning can boost your memory and concentration up to five hours later. Full of antioxidants, they will help improve the communication between neurons, improving memory, learning and all cognitive function.

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



FLOURLESS BANANA CAKE

BY MANA OHORI

PREP TIME: 10 MINS
COOK TIME: 40 MINS
DIFFICULTY: MEDIUM
SERVES: 6

INGREDIENTS

Dry

1 cup rolled oats
1 cup desiccated coconut or coconut flakes
1 tsp baking powder

Wet

2-3 ripe bananas
2 eggs
100g butter or coconut oil
2 tsp cinnamon powder
1 handful sultanas
1 handful nuts (walnuts, cashews, pecans)
Brown sugar (optional)

DIRECTIONS

1. Pre-heat oven to 200° (180° fan forced).
2. Put all dry ingredients in blender and blend them for 10 seconds until they become coarse powder.
3. Mash banana with the back of the fork.
4. Add all the other ingredients including blended powders from 1.
5. Mix well.
6. Transfer the mixture into a cake tin with baking paper lined. Sprinkle some nuts on top.
7. Bake for 30 to 40 minutes.
8. Eat while it's hot or toasted the next day with butter.

TIPS

You can slice one banana into coins instead of mashing them all. It will melt as you bake it inside the bread.

All the ingredients are available at Thoughtful Foods, a volunteer-run organic food co-op providing ethical, minimally packaged, affordable whole foods on campus. Find out more at thoughtfulfoods.org.au

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arc.unsw.edu.au/jobs

SPRING FESTIVAL

8+9 SEPT



REVIEWS

FILM



Gayby Baby

Directed by Maya Newell

Maya Newell's feature film debut, the crowd-funded documentary *Gayby Baby* (2015) follows the lives of four kids, Gus, Ebony, Matt and Graham, whose parents all happen to be gay. As each child wrestles with the inevitable personal change of growing up, the world around them wrestles with the issue of marriage equality, and whether or not kids of same-sex families are at risk. The film was five years in the making, nominated for an AACTA this year and reminds everyone that there is more than one way to make a family.

Gayby Baby is a compelling look at children of same-sex couples, as told by the children. It's a compassionately made doco that's ultimately all about our similarities and not our insignificant, surface differences. The best part of the doco is that it's funny, heart-warmingly so, with a charming innocence that only an unscripted child can achieve.

The vibrant, outgoing personalities of the four children are at the heart of this fly-on-the-wall, largely observational-style documentary. The film's underriding message is that two loving parents—ANY two loving parents, whichever gender they may be—equates to the best-case scenario for their child.

Whilst politics obviously play a part, Newell largely allows the drama to unfold naturally. Thus, the film is more about traditional parental struggles rather than in-your-face activism.

BY YAEL BRENDER

HIGH DISTINCTION

BOOK



As If!

By Jen Chaney

ICYMI, *Clueless* is an adult now, having turned 20 last month. Ugh, as if! Cher's iconic catchphrase is also the name of this book, and boy, oh boy, it's a 10/10. Would recommend this book to anyone who is, like, totally butt-crazy over the movie.

In it, Jen Chaney deserves two enthusiastic thumbs up for interviewing the *Clueless* squad, covering everything from the casting process to why the 1995 classic still endures today.

So, if you ever wondered who else was, like, in the running for Cher and Dionne, *As If!* has got you covered. Okay, and does it cover, like, how the movie's slang came about? Yep, *As If!* has the answer. Sweet, and does it, like, cover the time Cher and Tai made a cameo at the Val party? Uh huh, *As If!*'s got it. In fact, there's, like, a chapter dedicated to the key scenes of the '90s gem, so no sweat, pal!

Without 90 minutes of iconic amazingness, we wouldn't be wearing double plaids, we wouldn't realise the greatness that is Coolio's *Rollin' with my Homies*, and this book wouldn't even exist. And like the movie, the book is such a Betty.

BY RYAN BAUTISTA

HIGH DISTINCTION

ALBUM



Yuck

By Alpine

Alpine wins the most misleading album title of the year with *Yuck*. The album hints at ecstatic pop but reigns in the excitement, maintaining a cruisy and laidback persona. Airy vocals continue to be a signature for Alpine, complemented by the steady guitars and drums which lie at the very root of their sound. Ratings of *Yuck* will depend on the listener's preference for consistent, recognisable sounds or new influences. If you're okay with well-meant repetition which aims at creating a vibe rather than music to theorise upon, this album is one to add to your playlist.

Foolish and *Damn Baby* are sensual tracks, full of dreamy lust. The innocent-sounding vocalists are anything but hilariously dirty minded individuals who love to swear. This contrast is unforgettable when watching them perform [and getting knocked out by their vivacious on-stage personalities.

Alpine have succeeded at delivering chilled out tunes that any Triple J lover will appreciate (myself included). It doesn't seem fair to restrict the band to indie pop when they are in a gradual process of evolving their sound, even if only by taking small steps. If you get a chance to see the band live, don't pass it up, on stage the girls dress like David Bowie's twin sisters and their running commentary will keep you wildly entertained.

BY EDEN GILLESPIE

DISTINCTION

TV



Wayward Pines Season 1

FOX

Moving to Wayward Pines would mean getting your dream white picket fenced home fully furnished for free and a comfortable job without needing an interview. The downside, your every movement is monitored by surveillance cameras and microphones and you can never escape its electric walls.

Based on *The Wayward Pines Trilogy* by Blake Crouch, it follows FBI agent, Ethan Burke and his unfortunate fate of being stuck in Wayward Pines. There's no way out as he tries to unravel the mystery behind the town and it's very odd residents.

Produced by M. Night Shyamalan, the man behind *The Sixth Sense*, *The Last Airbender* and *Devil*, *Wayward Pines* scores well with the creep and thrill factor. You will definitely be hooked with each episode unravelling tantalising segments of the mystery. There is no reason not to add this series to your watch list.

With the end of *Pretty Little Liars* and *Orphan Black*, it's time to fill your empty TV schedule with similar shows with mystery and suspense. So get ready to stay glued to Netflix for 10 full episodes of suspense.

BY NADIA YEO

HIGH DISTINCTION

GAME



Paper Mario: Sticker Star

Nintendo

With the game changing *Mario Maker* out, what better way to indulge your Mario obsession than with the nostalgic goodness of *Paper Mario: Sticker Star*? This puzzle-based game is an instant classic complete with enough challenges to keep the player engaged for hours on end.

The blend of both 2D and 3D animation within the game is a far step away from the usual forms of Mario games.

The increased interaction with the toad people within Princess Toadstool's kingdom is one of the games most notable features as it really gives the game a unique flair. The overall style within the game can only be described as the cutest depiction of Mario characters to have ever graced my miniature 3DS screen.

The ingenuity of the animations presented in this hand-held game is nothing short of brilliant. The free-roaming levels, combined with a completely soothing soundtrack, create a charming and engaging video game that deserves plenty of praise.

Paper Mario's method of drastic changes to gameplay is something to be embraced and celebrated. With the release of the re-vamp of the paper Mario series, Nintendo truly did create something magical.

BY LILIANA OCCHIUTO

HIGH DISTINCTION

GIG



Joe Mandel

At The Giant Dwarf

Joe Mandel started his show by apologising for his lack of jokes. I thought this was an odd thing to do for someone who makes a living out of being funny.

'I usually walk around a city trying to think of jokes. All that I wrote down was that Sydney seems like a nice place to live and there are lots of Asians. More of a racist observation than a joke,' he said.

He then compared America to a meth addict because it has its own measurements and is super powerful and paranoid. 'America's a strange place. You realise that after you're out of the country a while,' he remarked.

It was a comedy show with no boundaries. He talked about his time at Jewish summer camp where an episode of explosive diarrhoea brought him closer to god, after other kids blamed the event on a small bear (until they found his stained boxer shorts in the bathroom).

I walked out from the show feeling satisfied and giggly. After suffering from a case of the butt numbs, my only suggestion is that Giant Dwarf replaces their lawn chairs with something softer on the backside.

BY EDEN GILLESPIE

HIGH DISTINCTION



LEADERSHIP LABS

Blitz's Ammarah Tasneem found out about Arc's new leadership program, Leadership Labs.

What does Arc's Leadership Labs involve?

It's a six week course that tackles six important leadership topics: Self-Awareness, Emotional Intelligence, Conflict Management, Assertiveness, Ethics & Responsibility of Leadership, and Decision Making. Each of the six classes will be centered on a facilitation that allows students to practice and explore leadership tools and characteristics.

Where did the idea come from?

The idea for Leadership Labs was sparked by a need we observed at UNSW for students to have the opportunity to gain practical, hands-on, application-based leadership tools. The model is based on Stanford University's Leader Labs course, which is a requirement for all students getting their Masters in Business Administration at Stanford. Arc has secured experts in the field to teach and facilitate each topic, giving students direct access to professionals with whom they would likely not have otherwise encountered.

What will be taught in the workshops? Who will be leading these?

Arc has identified Self-Awareness, Emotional Intelligence, Conflict Management, Assertiveness, Ethics & Responsibility of Leadership, and Decision Making as some of the most relevant topics – for

both men and women – in leadership today. Each of these topics will be taught by a leading expert from around Australia, hand-picked by Arc.

Is there a selection processes involved? What are the important dates?

Any student can apply. Acceptance is highly competitive and all applicants are encouraged to apply early and include any relevant experience and references. Only 30 students will be invited to participate in the course. Applications are available through Arc's OrgSync at orgsync.com

What type of skills do the students take away from this program?

First, students will learn what competencies, strengths, and weaknesses they already possess. Building from this self-awareness, students will not only gain confidence in their leadership, but will gain skills and tools in an array of significant leadership topics. Students will increase their professional network and gain invaluable expertise that will significantly impact both their time at university and their aspirations and career beyond UNSW.

BY AMMARAH TASNEEM

Find out more about Leadership Labs at arc.unsw.edu.au/leadershiplabs

JOBS & OPPS

Elections

The PGC & SRC elections are currently underway. There are a combined total of 37 positions to be filled. Online voting for the PGC will occur in Week 11, 12-15 October. On the ground voting for the SRC will occur in Week 12, 19-22 October. The new office bearers will commence their terms on 1 December 2015 (1 year term). Please visit arc.unsw.edu.au/about-us/election-rules/src-elections to find out more.

Westpac Future Leaders

UNSW has partnered with Westpac to offer a program of scholarships valued at up to \$120,000 over two to three years for research or coursework at a graduate level. Applications close 30 September. See scholarships.online.unsw.edu.au for more info.

UNSW Ideas: Grand Climate Challenge

Do you want to jump start innovative climate change solutions? Submit your ideas at unsw.ideascale.com and you could have your idea showcased as part of UNSW Grand Challenges and help change the world for the better. The two best Judges' Choice Winners will win a trip to Paris to attend COP21 Climate Summit!

JB Fairfax Award for Rural Journalism

Win a scholarship of up to \$10,000 and practical work experience at Rural Press and the Sydney Royal 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:

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.

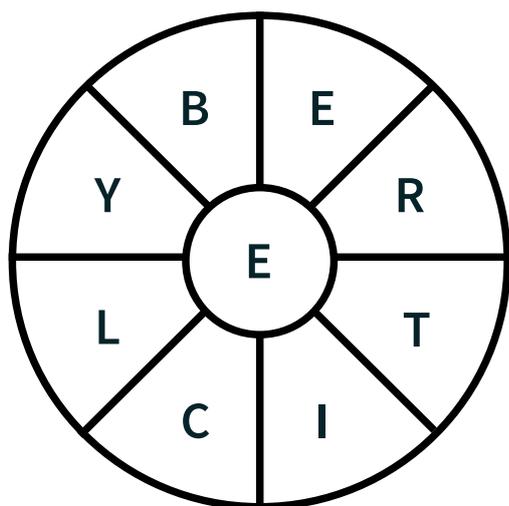
Paths cannot cross, branch off, or go through other numbered cells. Every unnumbered square must contain part of a path.

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

nbpuzzles.wordpress.com

HUBWORDS

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



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

From puzzlechoice.com

SUDOKU

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

From gmpuzzles.com

WORDSEARCH

Q	T	O	C	S	Q	W	E	G	T	J	S	R	V	C
O	T	A	A	O	I	Q	M	I	M	G	T	A	N	C
S	T	T	E	N	O	A	X	W	C	Y	R	G	N	Z
E	V	Z	N	W	U	R	J	M	T	M	E	P	Q	O
M	Y	E	U	D	S	L	D	T	N	N	N	P	Y	M
A	R	E	L	C	S	U	M	I	R	I	G	T	H	S
G	D	S	T	Q	W	K	A	E	N	H	T	H	B	U
V	T	U	K	P	P	R	X	G	X	A	H	P	N	X
Q	N	O	U	K	T	F	S	R	R	U	T	C	O	K
A	P	P	Q	C	A	U	S	U	P	Z	V	I	R	O
N	Y	C	D	R	E	P	N	C	G	A	Q	Z	O	E
W	N	D	R	T	E	A	M	I	B	G	E	A	U	N
C	V	L	K	T	U	G	C	J	X	F	S	J	Q	D

WORDS: sweat, coordination, Unigames, winner, train, strength, gym, muscle, team

SPORTANAGRAMS

- | | |
|--------------------------------|--------------------|
| A WET FEW RAN IT RIGHT (5,5,7) | LITHE CATS (9) |
| GET WIN IF LIGHT (13) | ROMAN HAT (8) |
| RING WELTS (9) | WIN FUN GRIDS (11) |
| LOB ALOFT (8) | WET OR OPAL (5,4) |

Answers: Cauliflower, asparagus, peanut butter, custard, artichoke, porridge, spaghetti, aprico

STUDENT LIFE

JOIN Arc TODAY

EXCLUSIVE MEMBER GIVEAWAYS



WIN 1 OF 5 DOUBLE PASSES TO SEE THE NEW, AUSTRALIAN FILM, CUT SNAKE.

A tense, gritty drama starring Sullivan Stapleton (300, Strike Back) and directed by acclaimed director Tony Ayres. Set in Melbourne in the mid-1970s, Cut Snake tells the story of Sparra Farrell (Alex Russell), a very private man in his twenties who is trying to make a life for himself in a new city. He has found honest work and becomes engaged to the beautiful Paula (Jessica De Gouw). But the prospect of his new life is challenged when the charismatic Pommie (Sullivan Stapleton) tracks him down. In cinemas September 24.



WIN 1 OF 10 DOUBLE PASSES TO SEE THE VISIT!

Thanks to Universal Pictures, Arc members have the chance to win a double preview screening pass for this Wednesday, 23rd September at George Street Cinemas. Writer/director/producer M. Night Shyamalan (The Sixth Sense, Signs, Unbreakable) returns to his roots with the terrifying story of a brother and sister who are sent to their grandparents' remote Pennsylvania farm for a weeklong trip. In cinemas September 24



WIN 1 OF 10 COPIES OF MINISTRY OF SOUND CLUBBERS GUIDE TO SPRING

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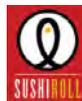
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Burger + chips + drink combo for \$9.

Ben**Do you find any sport confusing?**

Bowling. I find the counting of the score confusing.

Pikachu or Charmander?

Pikachu because who goes for Charmander?

What is your go-to song to de-stress?

Classical music. Just put on a two-hour mix of the classics and let it play with some rain in the background.

**Cameron****Do you find any sport confusing?**

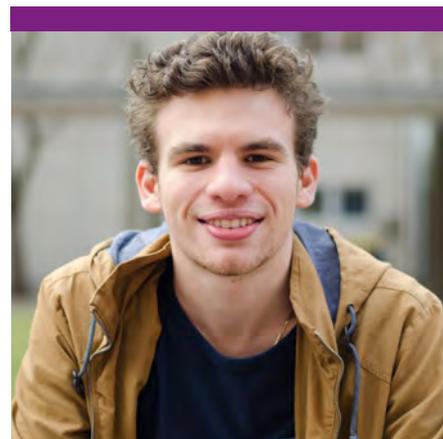
Rugby Union confuses me. I'm a Rugby League person.

What would be your beverage of choice at Unigames?

Coffee.

What is your go-to song to de-stress?

Up All Night by Owl City.

**Katrina****What sport do you find confusing?**

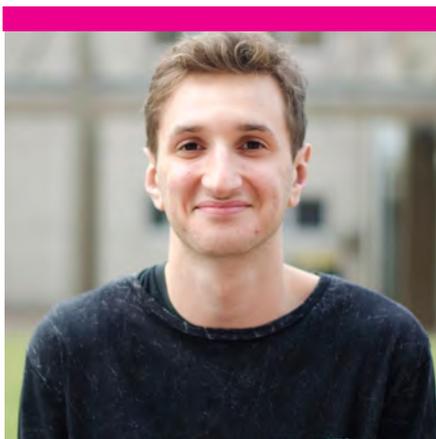
I don't get why people play croquet. It's a more pretentious version of golf and golf is already pretentious.

Do you follow any sport?

I'd rather not watch a bunch of sweaty people do activity together.

What is your go-to song to de-stress?

The DK rap from the game *Donkey Kong 64* - the lyrics are simply inspiring.



[VOX POPS]

BY JANELLE TAI

Sarah**Do you find any sport confusing?**

League of Legends. Maybe because it's not physical.

Pikachu or Charmander?

Pikachu because it's Pikachu. You can't choose Charmander!

What is your go-to song to de-stress?

No music because I like the music of silence.

**Sharon****Do you find any sport confusing?**

Curling. I have no idea what they are doing.

What would be your beverage of choice at Unigames?

Gin and tonic.

Do you follow any sport?

Australian Open from start to finish. It's a family affair.

**Niro****Do you find any sport confusing?**

I don't understand how they calculate the points for extreme ironing. It's where people skydive out of planes and iron.

Do you follow any sport?

I follow tennis from quarterfinal onwards, and the same goes for cricket.

Pikachu or Charmander?

Charmander. Its final evolution is a giant dragon, as opposed to a tiny mouse.



EMILY
BLUNT BENICIO
DEL TORO JOSH
BROLIN

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