WHAT'S ON
FREE
PUZZLES + REVIEWS S1W12 GIVEAWAYS + MORE 2013

MY KITCHEN RULES
Cooking up a storm with MKR judge Pete Evans

STUDENT COOKBOOK LAUNCH
Put this one on your to-do list

GO CLUBBING WITH...
Food fans UNSW Food Lovers Society

WIN
SYDNEY AQUARIUM TIX
COMMONSENSE COOKBOOK
WORLD WAR Z RED CARPET TIX
+ MORE

FOOD, GLORIOUS FOOD
THE FOOD ISSUE: BECAUSE WE CAN
END OF SESSION

BACK TO THE FUTURE

Party

THUR JUN 06 5:00 PM

DJ TOM LOUD’S HOT DUB TIME MACHINE
THE KHANZ | DJ MIKE WHO | DJ ANUJUAL | DJ OLIVIA

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ATC
UNSW Student Life
Welcome

Raise your hand if you love food.

That’s what I thought (I’m sorry if you just raised your hand in public at my command, I hope that wasn’t too embarrassing), so we’ve dedicated this whole issue to the glorious entity that keeps us alive and enhances boring study sessions.

Chatting to My Kitchen Rules judge Pete Evans was fun (did you know he named his daughter Chilli? Talk about being passionate about food!), and we were curious to get his tips on eating fast and delicious (and student friendly) meals – check it out on page 7. We’ve also included a yummy student-friendly dessert that you can use to impress your crush, your mum or maybe just yourself if you don’t have a crush and your mum is scared of you poisoning her.

The Student Cookbook launch is happening next week, and we’re dying to get our hands on this year’s bad boy, Fantastic Food for the Hungry and Broke which we drooled about on page 17. Our main feature looks at some other tasty UNSW food solutions, as well as some tips on buying (and eating) the right thing for your wallet and waistline.

On that note, I’m off to Instagram photos of my lunch (haters gonna hate).

Happy eating,

Em

Alex Peck
Chair of the Board
chair@arc.unsw.edu.au
www.arc.unsw.edu.au/board-blog

Emily Cones-Browne
Blitz Editor
blitzeditor@arc.unsw.edu.au

Blitz is brought to you by
Blitz is brought to you by
Blitz is brought to you by
Emily Cones-Browne
Simon Anicich
Krystal Sutherland
Paden Hunter
Lyndal Wilson

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Do the Arc Student Survey of 2013!

It won't increase your IQ, it won't pass your exams for you, but you could be 1 of the lucky 6 if you rate or hate in a few quick clicks!

Lucky 6... how so, you ask, well you can **WIN** without HD marks, the solo **HEADPHONICUS OF DR.DRE**, or an **iPad MINIATURE doova-lay**!

Float your white arrow to the link on the screen, to begin the **Student Survey of twenty-thirteen**!

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Do the Arc Student Survey of 2013!

1 of 3 **Beats by Dre** OR 1 of 3 **iPad Minis**

For more info and T&Cs go to **arc.unsw.edu.au/survey**
**HIT**

1. The Sydney food scene—being able to find any type of food pretty much everywhere you look.
2. Lord of the Fries is coming to Sydney (only the best chips you'll ever taste—get excited!)
3. Movies that make us wet our pants in pre-emptive excitement, like The Great Gatsby and The Hangover III (we'll review the latter next week—stay tuned!)

---

**SHIT**

1. When you travel all the way to uni to get some solid studying happening and there are zero seats available in the library. Damn everyone's work ethic!
2. Using up all your tutorial absences so you can't skip the last few classes of the semester.
3. Piling on the kilos from all the study snacks you've been consuming.

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**Tweet**

Probably my biggest regret is not having gone to high school in an 80s movie.
@alliejane_508

---

**Cupid on Campus**

To the Emma Watson look-a-like who walked into the Law Building on Monday morning (13/5) just before 9am. Black hair, blue and white striped top. Can I be your Ron Weasley?

Taken from UNSW Love Letters Facebook Page.

---

**TWEET**

@alliejane_508

---

**They Said What?**

"I get to go to a lot of overseas places, like Canada."
**Britney Spears**

"I won't be happy 'til I'm as famous as God."
**Madonna**

"I'm tired of pretending like I'm not special. I'm tired of pretending like I'm not a total bitchin' rock-star from Mars."
**Charlie Sheen**

---

**Bitz & Pieces.**

1. The Sydney food scene—being able to find any type of food pretty much everywhere you look.
2. Lord of the Fries is coming to Sydney (only the best chips you’ll ever taste—get excited!)
3. Movies that make us wet our pants in pre-emptive excitement, like The Great Gatsby and The Hangover III (we’ll review the latter next week—stay tuned!)

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**Photo**

"Home time is beautiful in more ways than one" -@biancakasama

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**Meme**

Submit to Facebook or tag #BlitzUNSW on Instagram for your chance to have your photo featured here!
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THE AUSTRALIAN

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It’s been another bonanza year for the peeps over at *My Kitchen Rules*, with the fourth season of the show nabbing the number one ratings spot (and almost three million viewers!) for the series finale. Pete Evans (one half of the show’s celebrity chef judging panel) sat down with Blitz to chat about eating turtles, last meals and cooking with Chilli (his daughter, not the ingredient!).

Now that *My Kitchen Rules* has wrapped until next year, what’s coming up for you in 2013 that you’re really excited about?
I’m halfway through a nutrition course with the Institute for Integrative Nutrition, so I’m fully focused on studying at the moment. I’m also about to travel to the US to film a TV series for PBS, which is an exciting opportunity, especially because even though I’m hosting the show, I get to cook alongside some incredibly talented American chefs during every episode.

Do you think it’s become more about convenience to a lot of people these days and less about taste and understanding what they’re cooking with?
Yes, I do believe many people are very time poor so they choose what they believe to be the easiest option. In reality, with a bit of planning and organisation, you can easily make healthy food in a jiffy, or make a pile of it and keep in the fridge or freezer.

You’re somewhat of a health guru these days. You eat for wellness, which is something students struggle with on a daily basis due to time and money constraints. When you want to make something simple, quick, delicious and cheap, what do you make?
When we’re pressed for time at home, me or my girlfriend make a quick miso soup with salmon and broccoli. You can make it in under 10 minutes when you’ve got a nice miso paste to work with. We just add some spring onions, a little grated ginger and finely chopped garlic, and some chopped broccoli and salmon – it’s so simple and nutritious!

What started your passion for food? When did you realise it had the potential to be more than just a passion, but a career choice?
It was surfing that started the whole thing off – I needed a job that would allow me to surf all day and work at night, so I learnt how to cook. I didn’t actually become passionate about cooking until I was 19 or 20; I began working in kitchens when I was 14, at which time I began to be inspired by fresh produce and the incredible dishes you can create with it.

If you could cook with absolutely anyone, including people from the past, who would it be?
I love cooking with my girlfriend the most, we are the best team ever! I love it when my two daughters Chilli and Indii get in the kitchen and help us too – they’re the best herb pickers.

What’s the most unusual food you’ve ever eaten?
Turtle, and I don’t recommend it.

What advice would you give to uni students trying to break into the culinary industry?
Buckle up. It’s hard work but rewarding too. I would suggest working in the best restaurant you can during the weekends, and if you can hack the pace then it’s clearly an industry that you’ll excel in, so go hard.

Krystal Sutherland
FOOD
GLORIOUS
FOOD
George Bernard Shaw once said that “there is no sincerer love than the love of food”. We here at Blitz totally agree! Not only does it taste amazing (most of the time, I’m looking at you pickles), we kind of need it for that whole living thing. But when living on a student budget, quick and convenient is often less of a money guzzler than nutritional dining. With this in mind we have come up with some hot tips for skint eating so that both your wallet and stomach remain full (and you don’t die prematurely from scurvy).

**top tips FOR EATING CHEAP ON CAMPUS**

1. **Does the thought of a cheap sausage sizzle get you salivating?** Get on the hunt for society and faculty BBQs on campus: there’s usually at least one or two happening a week and the price is always right. Just be warned that you often have to be a member to reap the snap spoils, so you’ll have to do a little undercover work if a cheap feed is what you are after (we recommend having a few rocks in your back pocket at all times in case you run into a GEOSoc luncheon).

2. **If the only thing in your wallet is mothballs and your bank account has come down with a serious case of nomoneyitis (not an actual disease),** hit up the Welfare Room in the Blockhouse. They have free food available for all students to munch on, so if you’re down in the dumps and the remaining dollars from your last Centrelink payment won’t even cover a packet of Mi Goreng, this is the place for you.

3. **Have you ever thought to yourself, ‘Man, I would really bring more left-overs to uni if only there was somewhere I could warm them up, cold spaghetti just isn’t what The Wiggles cracked it up to be’?** These thoughts are now a thing of the past with the brand spanking new microwave spaces that have popped up around Uni this semester. With places located at Lower, Middle and Upper Campus, there is guaranteed to be a microwave near you at all times. Happy days!

4. **The R.O.C.K.E.T (Raw Organic COFA Kids Eating Together) Collective is the best thing to hit the Paddington campus since sliced bread (and sliced bread is pretty f**cking awesome!).** Together with the COFA SRC, they run a weekly free breakfast guaranteed to get those creative juices flowing of a morning. NB: drinking a glass of OJ does not in fact make you any more creative, but it is super sweet and tasty.

5. **You’ve probably seen the Arc Street Team running around campus, an uber cool bunch of students who volunteer their time to hand out free shit.** But did you realise that more often than not, what they are handing out is free delicious food like fairy bread, pancakes and hash browns? So next time you see these jolly guys and gals in green, stop and say hello; who knows what scrumptious treat will be handed to you on a plate.

**groceries ON A STUDENT BUDGET**

**NEVER SHOP ON AN EMPTY STOMACH**

If you have a serious case of the tummy grumbles, I fear for your soon to be empty savings account. Do you even know what Foie Gras is? No? Maybe you shouldn’t buy it then. In your hunger induced haze you are likely to grab anything and everything off the shelves you feel will curb your unholy appetite. Chow down on some munchies before entering the brave new world that is the supermarket, otherwise risk wasting your savings on a mountainous pile of unnecessary, unhealthy shit.

**AVOID BRAND NAMES:**

Cut costs and buy home brand baby! You’ll save yourself bazillions of dollars every week. Who can really taste the difference between Weet-Bix and no name ‘Wheat Biscuits’ anyway? Although this is likely because neither has any real taste to begin with. Once you go no name, you never go back.

**WEEKLY SHOPS:**

The only reason you should be hitting up the grocery store more than once a week is to chat up that cute checkout chick/dude behind the counter. If not, make a list of the essentials and attack it all in one.

**USE-BY DATES:**

You open your fridge and a pungent odour hits you instantly, knocking you to the ground and you recoil in horror and disgust. You retreat, peg your nose and bravely return to the scene of the crime where you find the victim hidden away in the veggie crisper: a rotting, maggot-infested mess of lettuce, carrot and god knows what else. This scenario is all too common [or maybe that’s just my house], so next time you buy food with a use-by date, eat it before it goes off, or risk wasting your hard-earned dosh.

**FOODS STUDENTS LOVE TO EAT (BUT REALLY SHOULDN’T)**

**Fast food burgers:**

We’ve heard on the grapevine that the only reason they include pickles on most burgers is so they don’t get classed as confectionary. Surely this can’t be a good thing.

**Kebabs:**

Nothing tastes better at 3am than a greasy, uber cheesy, meat infested kebab. Just thinking about it has got you all drooling, right? But do you really trust what’s in those giant revolving slabs of meat? In most cases all you’re going to get out of a kebab is a dire case of the runs.

**Energy Drinks:**

Although not technically a food, these devil drinks make the list due to the vast amount of gym junkies and late-night crammers who believe sculling one of these bad boys equals a meal.

**Donuts:**

Whether they’re cinnamon crusted or jam centred, these palatable pastries each contain on average more than 1,200 kilojoules. No mean feat for such a
KatCakes is the brainchild of UNSW student Katherine Eugino - a salivating food blog with plenty of sweet recipes to get you baking up a storm. Blitz caught up with Katherine to find out just what inspired her to enter the tantalisingly tasty world of food journalism and grab her tips on how to eat on the cheap.

Firstly, where did your obsession with food come from?
It started in high school; I studied Food Technology from Year 7 on. It kinda just grew from there. I watched MasterChef when it came out and then I collected loads of cookbooks and food magazines.

When did you decide you wanted to become a food journalist?
In 9th grade I decided I wanted to do journalism because I was just really interested in writing. When I discovered how much I loved food I decided to combine the two because I couldn’t really see myself becoming a chef. I thought food journalism would be a really good way to keep writing but also be engaged in food.

Your blog is awesome! Tell me how it got started.
I was in Year 12 and a couple of my friends were already blogging on Tumblr. At the time I was uploading food pictures onto Facebook, and I had a lot of people asking “Oh, do you have a recipe?” or “How did you do this?” so I was like, “OK, I’m going to start a blog.” It kind of just went on from there.

Can you explain what a food blog is?
Some upload recipes and tips whereas others do reviews and critiques of restaurants and cafes that they go to. I kind of do both. Mostly I just put up recipes but sometimes I’ll blog about a food event.

Have you been given any cool opportunities because of your blog?
Yeah, over the summer I collaborated with Groupon Australia. They messaged me and offered me a $100 voucher to use at a restaurant and review it for them, so that was really cool. I’ve had a lot of offers, like I got tickets to the live Better Homes and Gardens show. And I’ve met a lot of other popular food bloggers as well, so I’ve been able to build a solid community from it.

Do you have any tips or secrets for students trying to eat on the cheap?
You can always try making your food at home and bring it with you to uni. There are a lot of cookbooks and websites that have four-ingredient recipes. I think they are really helpful because if you calculate how much it would cost, or the time it would take to make them, they both work out to be pretty minimal.

Have you had any bad cooking experiences you can share?
Yes, I definitely have one. It was my 17th birthday and I wanted to make a croquembouche. I made the profiteroles but then I realised that I didn’t actually have a croquembouche cone, so I decided I would make a cardboard cone and see how it would turn out. I did that and it kind of just fell apart. Like the caramel was all watery and it just died. That’s probably one of my worst baking experiences, but it still tasted pretty good, so I guess it was still alright. It just looked really bad.

If you want to learn more about the awesomeness that is KatCakes, visit http://katcakes.tumblr.com.
WHAT'S ON UNSW
27TH MAY - 31ST MAY

BETTER THAN STUDYING:
WHAT'S ON UNSW

GAME OF THRONES TRIVIA
WHERE: Roundhouse, BeerGarden
WHEN: 7pm Tues 28 May
COST: Free

ROUNDHOUSE CLOTHES SWAP
Do you envy Macklemore and his 20 spare bucks to blow on something as useless as thrift store clothes?
WHERE: Roundhouse
WHEN: 12-6pm Thurs 30 May
COST: Free

Like most things in life, you only get out what you put in. If you bring ten things to swap (which is the maximum BTW), you can take ten or less away with you. Be sure to bring cool stuff that actually deserves a new home. Nothing stinky, stained or train-wrecked please! Just because Macklemore bought a broken keyboard doesn’t mean anyone wants the sole-less trainers you

GAME OF THRONES TRIVIA
What is the name of Arya’s sword? The undead people beyond the wall are called what? How much does Jon Snow know? Winter is coming, so Game of Thrones trivia seems only appropriate.
WHERE: Roundhouse, BeerGarden
WHEN: 7pm Tues 28 May
COST: Free

If you have a more encyclopaedic knowledge of Game of Thrones facts than George R. R. Martin himself, listen up! Your chance to claim fame, fortune and glory is at hand. On Tuesday the Roundhouse is running an epic showdown to finally place a crown on the trivia king or queen of UNSW. You don’t even need dragons to win this throne (though dragons would be a distinct advantage). Brush up on your general knowledge of HBO’s hit TV series, then hit up the Roundie for your chance to score some wicked Game of Thrones prizes. Remember this kids: you win or you die.
ALL WEEK

**MON MAY 27**

- **Daily Mass**
  - 12.10pm
  - @ Quad, G055

- **Bingo**
  - 1pm
  - @ Roundhouse

- **Stitch n Bitch**
  - 1pm
  - The Learning Commons, L1, E Block, COFA
  - Have yourself a good old yarn.

- **Queer Collective Meeting**
  - 4-6pm
  - @ Queer Space, L9, Chemical Sciences Building

- **Poker**
  - 5pm
  - @ Roundhouse
  - Aces high!

- **Happy Hour**
  - 5-6pm
  - @ UniBar

- **MuSoc Big Night Out**
  - 6.30-8.30pm
  - @ Club Bar, Roundhouse
  - A chance to check out the talents of the MuSoc ensembles!
  - **COST:** Free MuSoc members, $10 GA

- **Squires Sesh**
  - 7-8pm
  - @ UniBar
  - $4 James Squires beers.

**TUE MAY 28**

- **Free breakfast**
  - 10-11am
  - @ COFA Courtyard
  - Provided by your friendly neighbourhood R.O.C.K.E.T Club and COFA SRC.

- **Free Pool**
  - 12-2pm
  - @ Roundhouse
  - Save the shrapnel for happy hour.

- **Daily Mass**
  - 12.10pm
  - @ Quad, G055

- **Pottery Studio Induction**
  - 12.30pm
  - @ Blockhouse L2
  - Cost: FREE for Arc Members

- **Chocolate Fountain Finale**
  - 1-3pm
  - @ TBA
  - Brought to you by the Arc Street Team, check the Arc Facebook page to uncover the top secret location!

- **Pottery Studio Wheel Intro Lesson**
  - 1pm
  - @ Blockhouse L2
  - Cost: $15

- **Wom’n’s Collective Meeting**
  - 1-2pm
  - @ Wom’n’s Room, East Wing, L1, Blockhouse

- **Ping Pong Tuesdays**
  - 2-8pm
  - @ Roundhouse
  - It’s simple: buy a drink, get yo’ self a token and get playing!

- **Hot Tips**
  - 4-5pm
  - @ The Learning Commons, L1, E Block, COFA
  - Hear from experts within the Arts Industry on how to make it as an artist.

- **Yoga**
  - 4.30-5.30pm
  - @ CB09, C Block, COFA
  - **COST:** $5 Arc Members

- **Exhibition Opening: Princeses and Pirates**
  - 5-7pm
  - @Kudos Gallery, Paddington
  - Exhibition featuring the works of Mark Visione.

- **Roundhouse Happy Hour**
  - 5-6pm
  - @ Roundhouse
  - Get your built down to the Roundhouse between 5pm and 6pm every single day—it’s happy hour people! Celebrate a job well done (you survived the day, that’s an achievement in itself!) with a drink or two.

**WED MAY 29**

- **VeggieSoc Lunch!**
  - 12-2pm
  - @ Arc Precinct
  - Get yourself a plate of pure deliciousness.

- **Daily Mass**
  - 12.10pm
  - @ Quad, G055

- **Theatresports**
  - 1pm
  - @ Club Bar, Roundhouse
  - Give your funny bone a workout.

- **Roundhouse Degrees: How to Music Journalism**
  - 5pm
  - @ Roundhouse
  - Consider yourself a music know-it-all and want to learn how to get your knowledge onto paper? If so, this is the degree for you.

- **Happy Hour**
  - 5-7pm
  - @ UniBar

- **House Beats**
  - 5-7pm
  - @ Roundhouse
  - Drop it like it’s hot.
**NUTS production: Closer**

7pm  
@ Studio One, near Gate 2

Closer is NUTS’ last production of the semester, so definitely don’t miss this one. Written by Patrick Marber, it’s a modern twist on A Midsummer Night’s Dream, where all four characters get caught in a web of love and lust. You won’t want to miss this honest and intimate show that aims to convey the emotional chaos and vulnerability that is being in love.

**COST:** $5 Arc members / $8 UNSW students / $10 GA

Head to www.nuts.org.au to buy tickets

**FREE Roundhouse Weekly Activities**

@ Roundhouse

**MON**

Bingo 1pm, Poker 5pm

**TUES**

Pool 12-2pm, Ping Pong 2-8pm, Trivia 5pm

**WED**

Theatressports 1pm

**FRI**

Live Music and DJs 5-7pm

**END OF SESSION**

Roundhouse clothes Swap 12-6pm  
@ Roundhouse

Clothes swapping is a super fun way to revamp your wardrobe and the perfect opportunity to get rid of some of those clothes that your dad got you for your last birthday that you’d never been seen dead in—one person’s trash is another person’s treasure, after all! Update your wardrobe for a good cause.

**THURSDAY MAY 30**

**Roundhouse Clothes Swap**

12-4pm  
@ Roundhouse

Get some old clothes you want to get rid of? Keen to revamp your wardrobe? Then this is the event for you!

**Enviro Collective Meeting**

12pm  
@ Outside Blockhouse

**COFA Soccer**

12-1pm  
@ Moore Park

Training for the Fine Arts Cup in Semester Two against NAS and SCA!

**FRIDAY MAY 31**

**Live Music**

5-7pm  
@ Roundhouse

Start your weekend here with talented Singapore DJ Darren Ong, his tunes will sure get you in the mood for the weekend before the big daddy of all parties!

**MEGA Schnitzel**

5-7pm  
@ UniBar

Only $12 for 1kg of schnitty with a mountainous side of gravy, coleslaw and mash. What’s not to like?

**Squires Sesh**

7-8pm  
@ UniBar

$4 James Squires beers.
**SHOP**

**The Grounds Markets**
WHERE: The Grounds of Alexandria, Huntley St, Alexandria
WHEN: First Saturday of every month
COST: Free

In a super short time, coffee hotspot The Grounds of Alexandria has carved out a name for itself amongst the already super cluttered hot beverage scene in Sydney. With good reason: the first Saturday of every month they bring a little bit of country to the heart of the city and make us feel less shit about eating all that processed food. From locally sourced farmers’ produce, to handmade cheese, to cured meat, to a freakin’ petting zoo (it’s supposedly for kids but we’re sure they let you in for a quick Insta snap), The Grounds Markets are not to be missed.

**MARVEL**

**Doctor Who Illuminates Sydney**
WHERE: Customs House, Circular Quay
WHEN: 6.50-11.50pm Sat 1 Jun
COST: Free

For one night only, legendary time traveller The Doctor will be landing the TARDIS in Sydney for an epic extravaganza of 3D light projections as part of Vivid. In celebration of 50 years of the BBC program, legions of Whovians will make their way down to Circular Quay to see Customs House lit up with four story projections of their most beloved Timelord as he travels through time and space. Come and see the madman with a box as you’ve never seen him before.

**WATCH**

**Space Jam**
WHERE: The Soda Factory
WHEN: 8pm Mon 27 May
COST: Free

Catch The Soda Factory’s last movie Monday revival screening this week, which winds up with an epic conclusion: Space Jam. Entry is free, popcorn is free and to top off the awesomeness, all house wine, Tiger Beer and food go for $5 a pop. Be sure to check out the film’s official website before you go: it hasn’t been changed since 1996. A little bit of vintage Internet to go along with this classic vintage flick.

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**SEA LIFE SYDNEY AQUARIUM**

Have you been trying to find Nemo for the last ten years and had no such luck? We might have the place that will end your search...

Sea creatures are the shit, there’s no doubt about that. If you’ve ever wanted the chance to see them frolic in their (almost) natural habitats, then the recently revamped and renamed Sydney Aquarium is your best shot to get up close and personal with some seriously cool critters of the sea.

Exclusively based on the marine ecosystems of Australia, the aquarium is broken up into a range of exhibits representing the numerous Down Under waterways, like the Great Barrier Reef and Sydney Harbour. Make sure to check out the tunnels which give the effect of being under the sea whilst remaining toasty and dry (something that deep-sea diving kinda lacks). With sharks and rays swimming over your head, these tunnels are not something you’ll see or experience every day. And who knows, you may even spot a hot crustacean band jamming to some dope reggae beats*.

Resident marine life also includes sea turtles, penguins, *loads* of fish, and our personal favourite, the dugong. Seriously, if you want to be entertained for hours head straight over to the area known as Dugong Island. Apparently these guys are what the sailors of old mistook to be mermaids, but to us they look more like the cow of the sea.

Most people only think about fish when they are sitting cooked on a plate in front of them, but it’s important to remember that fish are our friends, not just our food. So get to the aquarium and bro out with the sea creatures, they can’t wait to meet you.

*Crabs can’t actually play musical instruments. If only Sebastian were real...

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For your chance to win one of three double passes to the Sydney Aquarium, email blitz@arc.unsw.edu.au with ‘UNDER THE SEA’ in the subject line and tell us your favourite sea creature.
Thoughtful Foods is a not-for-profit food co-operative run mostly by volunteers. Joining the co-op is a great way to get involved in a vibrant community and access cheap, sustainable, healthy, delicious goodies:

**Organic treats**
A huge range of organic dried fruit, chocolate, nuts, liquorice, trail mixes, as well as exotic snacks such as kale chips, raw vegan super-food treats, gluten-free brownies, and raw chocolate coconut butter.

**Tea and coffee**
A massive range of loose-leaf herbal teas and chai, coffee, cocoa and cacao, soy milk and oat milk.

**Bread**
Artisan organic bread is available to order (sourdough and gluten-free are also available).

**Fresh produce**
Organic free range eggs and organic fruit and vegie boxes.

**Condiments**
Jams and sauces, oils, vinegars, tamari, tahini, and freshly ground peanut butter. Seaweeds, miso, dried mushrooms, and sundried tomatoes. Spices, herbs, and salt.

**Coconut products**
Coconut oil, flakes, flour, cream, milk, and desiccated coconut.

**Pantry staples**
A huge range of whole grains, flakes, and pulses. Rapadura sugar, flours (including wholemeal and gluten-free), linseeds and chia. Tinned beans and tomatoes.

**Refrigerated**
Vegetarian frozen pies (including gluten-free), vegetarian burger patties, olives, tofu and tempeh.

**Household essentials**
Shampoo, conditioner, soaps, and household cleaning products.

Most of these are unpackaged bulk products, so bring your own containers and stock up, or use the jars available in store. Many products are cheaper than most health food stores, and if you become a member you automatically get a 10% discount. You can earn further discounts by volunteering one or two hours per week (which can get you up to a 40% discount!).

For more information visit http://thoughtfulfoods.org.au/, phone 9385 6097, or visit them at Shop G05c of the Roundhouse on the Kensington Lower Campus.

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**UNSWweetened Literary Journal**

UNSWweetened is UNSW’s Literary Journal and annual creative writing anthology, and they want you! They’re currently looking for entries for the 2013 publication, so if you’re bursting with creativity and think being published is a pretty cool feat (trust us, it is), make sure you enter.

Visit onlineforms.arc.unsw.edu.au/unsweetened to submit your entry now!

To whet your appetite and get those creative juices flowing, here’s one of last year’s featured poems, written by Rachael Helmore:

*Please stand behind the yellow line*

**Please stand behind the yellow line**
And everything will turn out fine
No need to jump when trains fly past
Nervous eyes, your patience sparse
No need to stand, just chill and sit
Train is coming, wait for it.
It’ll be dark when you leave the station
Orion’s Belt, Constellation
Sirius, Southern Cross, Lone Star
Your bearings gone; but there you are –
First stumbling, but far from blind
You’ve just no line to stand behind.
Five... Legendary Mysteries

Disappearance of the Roanoke Colony
Back in the late 16th century, the US of A wasn’t actually all cute raccoons, talking willow trees and paintings with the colours of the wind. In 1587 the 117 inhabitants of the Roanoke colony were toughing it out in what is now North Carolina. They were cut off from England because Spain was all, ‘Come at me bro,’ and the local Indians, the Croatoans, hated their guts (with good reason). Three years later when a supply vessel finally arrived to restock them, every last colonist had vanished. There was no sign of a struggle. All the buildings had been dismantled, indicating they hadn’t left in a hurry. The only clue? The word ‘Croatoan’ was carved into a fort post.

Min Min Lights
Down Under’s very own mystery ‘Min Mins’ are said to be zippy balls of light that appear to travellers driving through the Outback. Sometimes they follow peeps. Other times they try to get peeps to follow them. Over cliffs, Blitz advises you not to do this.

The Bermuda Triangle
The eerie vanishing acts of ships and aircraft within the Bermuda Triangle’s borders have been attributed to everything from methane deposits to extra-terrestrials, to leftover technology from Atlantis. The ‘Creepiest Disappearance Award’ goes to Flight 19, a squadron of five (five!) bombers who vanished without a trace in 1945 on a day when the weather was described as favourable’. The most disturbing part? The search and rescue aircraft sent to look for them was also never seen again.

Marie Celeste
Everyone knows this hella weird story. The Marie Celeste was found abandoned in 1872, still in seaworthy condition, still sailing toward her destination and still stocked with enough uncontaminated food and fresh water to last six months. The only problem was a lack of peeps, who’d abandoned ship in quite a hurry, leaving all their personal belongings untouched.

El Chupacabra
Literally translated as ‘goat sucker’, the Chupacabra is a vampiric creature said to feed on the blood of livestock in Puerto Rico, Mexico and some parts of the US. Eyewitnesses have described them as a mix between a hairless dog, a rat, and a kangaroo. Whenever animals are found drained of blood, you can bet hazy pics of these weird dudes will surface on the Net.

Dear Blitz,

I am an international student and my friend says I owe him $2000 for scratching his car. I can’t afford to pay him now and he said he is going to report me to immigration. Can this debt affect my visa?

Poor & Away

The only way personal debts can be enforced is through the NSW civil court system; you cannot be sent to jail for non-payment of a debt or have your visa cancelled. Personal debt is not a matter considered by the Australian Department of Immigration and Citizenship - there is no provision in the Migration Act which allows cancellation of a temporary visa on the basis of a personal debt. So your friend may try to sue you, but he can’t get you kicked out of the country for owing him money.

If you do receive a letter from the local court (called a ‘statement of claim’), don’t ignore it; if you do, your friend can get a judgment against you and have it enforced by the sheriff. That means if you can’t afford to pay back the money, your stuff might be repossessed to cover the debt.

However, university debt can affect your visa. Non-payment of tuition fees can lead to your enrolment being cancelled (which would breach conditions of your visa) and you can be sent home. If you’re struggling with your finances at the moment, get advice.

For more information, or if have any more questions, please drop in to see us at the Blockhouse or send us an email to: advice@arc.unsw.edu.au

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Drop us a line at advice@arc.unsw.edu.au or ring (02) 9385 7700.
**Hunger Games: Student Cookbook Launch**

**Where:**
The Roundhouse  
**When:** 12pm Wed 5 June  
**Cost:** Free

IT’S WEEK 12, which means that – if you’re anything like us – you’ve been subsisting on a scurvy worthy diet for a solid month now. Your freedom is so close you can almost taste it, but your tongue is so sick of 2-minute noodles and water crackers that you find the mere thought of eating exhausting. Well peeps, prepare to have your love of food reignited. Tailor-made to suit your skimpy budget, general laziness and time-starved lifestyle, this year’s student cookbook *Fantastic Food for the Hungry and Broke* is the answer to your malnutrition ridden prayers. The recipes – all submitted by UNSW students – promise to show you how to make restaurant quality meals without a whole lot of effort or cash.

If that doesn’t sound awesome enough, the celebrity chef involved with the cookbook’s production this year is Donna effing Hay, the fairy godmother of home cooking and one of the most famous food editors in the world. Donna had a good squiz over the recipes and even wrote a few inserts for the cookbook. Talk about street cred!

Head along to the launch event at the Roundhouse next Wednesday to score free food, prizes and of course a copy of *Fantastic Food for the Hungry and Broke*. There’s a smorgasbord of sponsors doing taste test sampling as well as the opportunity to gobble down some dishes from the book. The real kicker though is the chance to eat a special African berry called The Miracle Berry (which is nothing like those special brownies you once ate by accident, but almost as groovy). When consumed, synsepalum dulcificum causes the sour receptors in your mouth to turn off: lemons suddenly taste like lemonade and limes taste like oranges. Trippy!

Stuff your pockets with enough treats to last you through exam period, then whip out *Fantastic Food for the Hungry and Broke* and cook up a storm over the break. Your vitamin C levels will thank you.

Krystal Sutherland and Matthew Jordan-Frohlich

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**Chocolate Chip Macaroon Balls** by Tina Tran

**Ingredients**
- ½ tsp vanilla extract
- 1 egg white
- 80g desiccated coconut
- ½ cup caster sugar
- 50g dark choc chips
- 50g white choc chips

**Temperature:** 180°C  
**Preparation and Cooking Time:** 25 mins  
**Serves:** 4 (makes 16 bite-sized balls)  
**Cost:** $10

**method**
1. Preheat your oven to 180°C.  
2. Line a large baking tray with baking paper.  
3. In a bowl, lightly whisk the vanilla extract into the egg white. Be careful not to beat the egg white as it can ruin the texture of the macaroon balls later when baking.  
4. Combine the desiccated coconut, caster sugar, dark and white choc chips into a large bowl and stir.  
5. Scoop out a tbsp of the mix and roll into a small ball. With the spare choc chips, press one onto the top of each macaroon ball.  
6. Place on the lined baking tray and bake in oven for about 8-10 mins or until golden brown.  
7. Turn oven off and leave the macaroon balls to bake in the residual heat for 2 mins.  
8. Allow to cool and then serve.
**COOKING: A COMMONSENSE GUIDE**

*Bay Books Cooking*

When I moved out of home, my mum decided that she would buy me my own *Cooking: A Commonsense Guide* cookbook by Bay Books. Her mother did the same for her when she moved out, and I was touched by the heirloom cookbook tradition. However, she didn’t just hand me a book; she handed me the inspiration and desire to cook for myself and others.

This cookbook has all kinds of recipes: Lots of meat dishes, baking, seafood, Asian cuisine, and it also runs you through essential information about different cuts of meat and what vegetables should look like, which is great information for first-time cooking.

One of my favourite recipes from *Cooking: A Commonsense Guide* is the Thai Beef Salad. I’ve made this for my mum, I’ve made it for dinner parties, and I’ve made it for one. It can be spicy or full of salad, as well as accompanied with almost any cut of beef. In the desserts section, I’ve successfully made the Summer Berry Flan, which was a fantastic birthday present for a friend.

This book provides you with the basics of a recipe while allowing you to further adapt it. It may be a big part of my family tradition, but you should definitely start it as a tradition in your family too. You should also check out the 30 Minute Meals: A Commonsense Guide which also has some fantastic recipes for all your culinary adventures.

*Leanora Collett*

**PASS THE SUSHI**

*passthesushi.tumblr.com*

When a site’s tagline is “Letting my inner fat kid party hard one recipe at a time”, you know you’ve found a delicious winner in the digital blogosphere. Don’t let the blog’s title mislead you, though: the real stars of *Pass the Sushi* are the recipes that fit into the categories of buttery, cheesy, or sugary goodness, which is quite the opposite of sushi. The variety of recipes within this site is particularly outstanding, even though I’m yet to find an actual sushi recipe included.

Beyond the dishes themselves, *Pass the Sushi* is incredibly smooth in both its navigational and graphic design elements. Recipes are neatly and logically organised within a clean, simple layout, and the food photography especially is of a consistently mouth-watering standard. These elements are thanks to the fact that the blog is run by a self-proclaimed ‘girl geek’ who works as a website and graphic designer.

The blog is, however, not without fault. It’s American, and as such brings the usual annoyances: non metric measurements (ounce, I’m looking at you) and the occasional ingredient that, as far as I know, isn’t readily available in Australia. The blog’s biggest weakness is also its major strength in that the most unique and mouth-watering dishes are the unhealthy ones. *Pass the Sushi* is a great website for show pieces and comfort food, but as a source of regular healthy recipes it is comparatively limited. For taste and variety, though? It’s definitely worth a look.

*Emily Haworth*

**THE PLACE BEYOND THE PINES**

*Director Derek Cianfrance*

*Starring: Ryan Gosling, Eva Mendes*

If I could only write a one sentence review of *The Place Beyond the Pines* it would go a little something like this: ‘Ryan Gosling.’ I never really understood the Gosling fangirling before, but holy wow, in this movie, covered in tattoos and playing the hardcore bad boy, he’s mesmerising.

Gosling is Luke Glanton, a gypsy daredevil who travels around with fairs performing in the globe of death. Unable to support his ex-girlfriend (Eva Mendes) and their baby, he turns to using his ‘unique skillset’ to rob banks. Enter Bradley Cooper as hero cop Avery Cross, who just so happens to be on duty the day one of Glanton’s bank jobs doesn’t go according to plan.

Two worlds collide in a volatile exploration of how one moment can define your life and one decision can become your legacy. As far as crime films go, *The Place Beyond the Pines* is subtle, real but above all else beautiful (and I’m not just talking about Gosling’s abs).

It’ll also probably make you feel really good about your life and the fact that you’re studying at uni, so if you’re down in the dumps about upcoming exams, go see it. The sad reality of some of the characters’ lives is a powerful antidote to procrastination.

*Krystal Sutherland*
The show is characterised by an otherworldly amount of bacon, excessive use of cheese, and recognition of Jack Daniels as a necessary ingredient in zany spin-offs of your dinnertime favourites.

- EPIC MEAL TIME

It’s no secret that YouTube is today’s pedestal for the very weird and, in some cases, the utterly genius.

Enter Epic Meal Time: a YouTube cooking show that follows foulmouthed Harley Morenstein and his Canadian posse as they create and devour the most epic meals ever. Here, it is important to note that by ‘epic’, what they actually mean is the most outrageous, fat laden and calorie packed.

Essentially, Epic Meal Time is gluttony at its funniest. The show is characterised by an otherworldly amount of bacon, excessive use of cheese, and recognition of Jack Daniels as a necessary ingredient in zany spin-offs of your dinnertime favourites.

Although the entertainment value of EMT is propelled by shock, the quality and execution of the weekly episodes is highly commendable. The character development and line delivery is very amusing, and the soundtrack adds a heroic atmosphere to the culinary feats of the team.

Some of the meals they conjure up are unfathomable, like the ‘Meat Dragon Egg’, where the troupe sew turkey wings onto a rabbit and enclose it in a mince meat ‘egg’. Or the meal that propelled them to online glory - the ‘Turbaconepentipede’, a 420 calorie Thanksgiving meal where ten turkeys were stuffed with quail, duck, hen and chicken and then stuffed inside a pig, wrapped in bacon and strung together for service.

It’s totally disgusting and gets a bit repetitive, but Morenstein’s concept has garnered a following so huge, that this is now his full time job. Epic Meal Time might just be so wrong, it’s right.

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trivia by CONTACT

1. When Burger King first opened in 1954, how much was a hamburger?
2. How long did the Hundred Years’ War last?
3. What was Oprah Winfrey’s name at birth?
4. Which country is known as the ‘Land of the Thunder Dragon’?
5. Which superhero is referenced in every episode of Seinfeld?

GO TO PAGE 23 TO SEE IF YOU ARE AS SMART AS YOUR PARENTS TELL YOU.

For solutions check out the Blitz Facebook page: www.facebook.com/blitzmag

word search

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

Email your words to blitz@arc.unsw.edu.au by 5pm May 31st to win a $20 UNSW Bookshop Voucher.
Week 10 winner: Alexina Spinks

mystery spot (The Secret Society)

For further enquiries, email volunteerarmy@arc.unsw.edu.au

J O B S & O P P S

UNSWsweetened Literary Journal Entries Now Open
Are you a creative writer? Want the chance to get your poems or short stories published? UNSWsweetened has showcased the University’s creative writing talent since 1998 and is a serious competition judged by members of Sydney’s creative writing scene. Don’t miss this opportunity!
Check the Arc website for guidelines: http://arc.unsw.edu.au/get-involved/volunteering/unsweetened and if you have questions, simply email unsweetened@arc.unsw.edu.au
Entries close June 2013

Artsweek volunteers wanted!
Arc is calling on all volunteers interested in being involved with Artsweek 2013, happening on the 26th - 30th August. Volunteers will have the chance to be involved in a wide range of areas in event management. Roles vary from constructing installations to posting on the Facebook page, to even running an entire exhibition!
Head to http://www.arc.unsw.edu.au/volunteer to submit an application.

The Volunteer Army wants to recruit you!
The Volunteer Army is collecting volunteers from UNSW who will get out into the community and assist not-for-profit organisations at their events.
The army engages in various volunteering missions in and around the local community in a fun and organised manner. Students who join can partake in as many or as few missions as they choose, but a minimum commitment of 20 hours over the year is required to qualify for AHEGS.
Head to www.thevolunteerarmy.com to join.
For further enquiries, email volunteerarmy@arc.unsw.edu.au

For solutions check out the Blitz Facebook page: www.facebook.com/blitzmag
You are a whole society founded on a love of food. Why do you guys love food so much?
Because food is essential for survival. We are also just really interested in trying all the different types of food and cuisine that’s around, whilst being able to connect students through their passion for food at the same time.

Can you tell me about the origins of the Food Lovers Society?
The society started in 2010 and basically it was just a bunch of girls who really loved food and thought “Oh, we should probably get it subsidised”. MasterChef was also really big then, so food and cooking was a big deal. So yeah, it was through the influence of that, and just being able to connect and meet new people over dinner and things like that, which a lot of other societies don’t really do.

What type of events do you guys hold?
We have a ‘Let’s Explore Sydney’ outing almost every week where we go to different restaurants and subsidise the cost. It brings a lot of students together just to mingle and talk over dinner. We also have free barbeques on campus, we have a camp coming up, we have trivia nights...just things like that. Oh, and gelato days! I think we are the only society that brings a gelato stall to Uni.

So, who should join your society?
Everyone that eats. So yeah, everyone (LAUGHS). And also if you want to meet a lot of new friends, and just have a real passion for food and cooking.

Does it cost anything to join?
It costs $5 to join every year, and $10 for non-Arc members. But even if you only go to one event you definitely get your $5 worth.

What benefits can new members expect?
Lots of cheap food and the chance to try loads of different cuisines. We go and try a lot of food that most people don’t really ever eat. Most UNSW students I know probably just eat loads of Asian food when they go out, so we try different things like Moroccan breakfasts so that people can experience lots of different cultures foods.

If you could have anything for your last meal, what would it be?
A buffet. That way I can try all different types of food!

Simon Anicich
RENEWING? You don’t need to fill in any forms, just bring your UNSW Student ID card to Arc Reception (The Blockhouse G6) to score all the awesome benefits below and loads more (PSST there is no joining fee).

JOIN Arc TODAY

EXCLUSIVE MEMBERS COMPS!

**THANKS TO ICON FILMS**

WIN 1 OF 10 DOUBLE PASSES TO
(IN-SEASON)
SINISTER

A new frightening supernatural thriller from the producer of the Paranormal Activity films and the director of The Exorcism of Emily Rose. SINISTER stars Ethan Hawke as Elison, a true-crime writer who lacks inspiration and decides to move into a new home with his family. When he discovers a box of disturbing 8mm films in his attic, he watches a series of gruesome crimes that are leads to his next best-selling novel. As Elison delves further into the story, he begins to uncover a terrifying truth that could endanger his life and the lives of his family.

Only in cinemas May 30
Trailer: www.youtube.com/watch?v=4irtFw9B5zE

TO ENTER EMAIL YOUR STUDENT NUMBER TO comps@arc.unsw.edu.au WITH "SINISTER, SLAVAS OR WORLD" IN THE SUBJECT LINE TO BE IN TO WIN.

**THANKS TO PARAMOUNT PICTURES**

WIN 1 OF 30 DOUBLE PASSES TO
THE AUSTRALIAN PREMIERE OF
WORLD WAR Z

United Nations employee Gerry Lane (Pitt), traverses the world in a race against time to stop a pandemic that is toppling armies and governments and threatening to decimate humanity itself. See Brad Pitt walk the red carpet in Sydney on June 9th at the Australian Premiere of World War Z. For all the latest World War Z Australian premiere information follow @ParamountAU on Twitter.

In cinemas June 20
Facebook/WorldWarZAU

WIN 1 OF 2 DOUBLE PASSES TO
(TO THE JUNE 11 7:30PM SHOW)
SLAVA’S SNOWSHOW

Slava Polunin created his Snowshow following his sensational performance as part of Cirque du Soleil’s Alegría, drawing on the influence of artists such as Charlie Chaplin, Marcel Marceau and Leonid Engibarov. SLAVA’S SNOWSHOW is a fusion of traditional and contemporary theatrical clowning arts and a beautifully crafted visual spectacle.

Show is on from 11 - 23 June at the Theatre royal
www.lunchbox-productions.com/slava
Bookings at ticketmaster.com.au or 1300 889 278

EXCLUSIVE MEMBERS DISCOUNTS!

WHEN YOU JOIN Arc YOU GET ALL THESE AWESOME DISCOUNTS AND THEN SOME. DON’T FORGET TO SHOW YOUR Arc STICKER.

**UNI BAR** - ON CAMPUS - E6
- $12.00 for a jug of Tooheys New.
- $6.00 for a jug of soft drink.

**SKYDIVE THE BEACH** - ALL LOCATIONS
- $30 off tandem skydive at any one of their amazing locations across Australia.

**WILD LIFE SYDNEY ZOO** - DARLING HARBOUR
- Buy one single adult ticket and get a second ticket for free.

**LAZ’S POOLSIDE CAFE** - ON CAMPUS - B4
- $7 bacon and egg roll with coffee.

SEE WEBSITE FOR THE FULL LIST AND TERMS & CONDITIONS arc.unsw.edu.au/benefits
MICHAEL  
(Actuarial Studies)

Do you like cooking shows?  
Iron Chef is the only tolerable one.

Do you have any theories on famous unsolved mysteries?  
I think aliens exist; they’re just too far away for us to contact.

How often do you cook dinner every week?  
Does heating up two minute noodles count as cooking?

JEANETTE  
(Actuarial Studies)

Best midnight snack?  
Cereal. It’s got dairy and carbs. What more could you need?

What’s your opinion on froyo?  
It’s overrated and overpriced. I think people just do it as a social thing.

Do you have any theories on famous unsolved mysteries?  
My cousin in Malaysia can see ghosts, so I guess you could say I’m a believer.

BRAD  
(PhD in Chemistry)

Do you eat a typical student diet?  
God yes. My favourite student meal is sausages with mashed potato and onion gravy. You can make four meals out of it for $17.

Best midnight snack?  
Not what I had last night. Chicken and corn microwave soup that’s been in your cupboard for ages is not something I recommend.

STEVE  
(Chemistry)

Do you have any theories on famous unsolved mysteries?  
The Bermuda Triangle isn’t paranormal. It’s just full of lazy people who went on holiday and never came back.

Do you like cooking shows?  
Not really. MasterChef is all crying and melodrama and “I’m here because of my long lost dog!”

TASH  
(PR and Advertising)

If you could only eat one food for the rest of your life, what would it be?  
Ribs. God, I just love them so much. I go out for them at least once a week.

Best midnight snack?  
That depends if there’s any ribs leftover.

What’s your opinion on froyo?  
I prefer gelato.

BAILLIE  
(PR and Advertising)

Best midnight snack?  
Tea. Earl Grey with a bit of skim. I’m a bit of a tea connoisseur.

Do you have any theories on famous unsolved mysteries?  
JFK’s assassination was organised by the CIA.

How often do you cook dinner every week?  
Rarely. Maybe once in a blue moon. Even then it’s usually a lonely dinner for one.
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