Eco-Living: Cheap and Sustainable

Women’s Week

Campus Events, Giveaways, Puzzles and More!
WIN
A VESPA LX 50 SCOOTER + HELMET. VALUED AT $4,900

Get your entry form in today!

If you are a current UNSW student ask for an entry form whenever you buy a ‘Coca-Cola’ product* from one of these Arc Stores:

- Arc Store Blockhouse
- Arc Store CLB
- Arc Store Mathews Arcade
- Arc Quad Store

Entry boxes in stores now! Enter today.
Don’t forget to answer the Arc question.


2007 Coca-Cola is a registered trade mark of The Coca-Cola Company.
Dear Reader

In honour of mother earth, this week is Nature Blitz. Many of the articles for this week’s Blitz have been the work of the UNSW Environment Collective. The collective is part of the Representative Arm of the Arc, and its goal is to work towards a more sustainable campus and world. However don’t expect articles to be about how driving your car or switching on a light is evil; rather those clever eco-warriors have compiled a great ways to live more cheaply and sustainably. Growing up, did you like the show Skippy, the Bush Kangaroo? Carissa hated it, and so with great (culinary) delight she discusses how eating Skippy is good for the environment. Along the green theme we also have articles on Bike Love, the joys of vegetarianism and an interview with an activist.

There are several other important events happening this week, including Women’s Week. Women’s Week is organised by the Arc Women’s department, another section of Arc’s Rep. Arm. There will be lots of events, which are summarised on page 11 and also are all included in What’s On. The Muslims on campus are also running an Islamic Awareness Week, also with lots of events listed in What’s On.

Finally, this week’s Blitz contains information about the upcoming Arc Rep. Council elections. Nominations opened Monday of last week, and will close on Tuesday of this week, so if you want to be part of the elections, hurry! These are 8 executive positions to be elected, along with 18 rep. councillors, 5 Tharunka Editors and 7 National Union of Students Delegates. For more information have a look at the Arc website. If necessary, the election will be held in Week 6 and nominations can be submitted to Arc Reception. You must be a member of Arc to be eligible to run, but membership is free.

Enjoy Week 4

Alex Serpo
Blitz Editor 2007
a.serpo@arc.unsw.edu.au
Hi Everyone,

The Castle was a great Australian movie. It taught us about food presentation, Mabo, the constitution and the vibe. Some ‘choice’ phrases also entered our vernacular - "tell him he’s dreaming" and "straight to the pool room." Now, I can hear you asking "what does The Castle have to do with nature?" Well, Darryl Kerrigan (the father in the movie) was a lover of nature; indeed I believed he "loved the serenity," and nature is all about the serenity. There is nothing better than climbing to the top of a mountain after a 10km hike and admiring the view and indeed the serenity.

Throughout my child hood I had a love-hate relationship with nature. Almost every second weekend was spent at a national park hiking. I loved nature when we reached some spectacular waterfalls or saw a platypus in the wild, but I hated nature when we got lost, ended up walking 18km instead of 10km, crossed 7 creeks and skirted around a cliff face only to discover that your boot is full of leeches. While I have had some scary incidents, these family adventures instilled within me a respect for, and understanding of why looking after the environment is so important. A big issue facing women is cervical cancer. The Women’s collective is hosting a clinic throughout the session for women under the age of 26 to get a free vaccine. If this is you, make sure you stop by and get vaccinated; I’ll be there getting mine and I’ve been promised that it only hurts a little bit.

Also, this week nominations are open for positions on the Representative Council and the Clubs and Activities Management committee. Sitting on these bodies are a great way to get involved on campus, improve your skills, meet new people but also a chance to direct student life here at UNSW. In the next couple of weeks we will be running information sessions outlining what is involved sitting on these bodies. If this is something you would like to do check out the Arc website for information on how to nominate. Also, don’t hesitate to contact me at chair@arc.unsw.edu.au if you have any questions.

Well that’s about it for me in this action packed Week 4. I hope to see you all at Artsweek next week but I’ll leave you now with a quote about nature, not from The Castle, to ponder; When you explore and appreciate nature the only thing you should leave behind are your footprints.

Caitlin Hurley
Chair of the Board
This week I have good news and a favour to ask. When you get a chance go to a computer, go to the Arc website or click on this link, and do the online survey. It only takes about 7 minutes and 24 seconds (that was my time), and you can win a Contiki City to Surf holiday for 2 valued at $1158. It’s a massive free holiday, and you can tell us what’s important to you at uni. So go and do it. It’s OK, I can wait.

Have you done it yet?

Be one of the first to tell me your favourite question and I’ll give you a prize.

Well, I’ll continue with a few pieces of information I found out this week, and some idea you guys sent, and then I’ll round out with another reminder that the survey is on, and we’ll be finished for this week:

1. There is a Delta Force suggestion group on Facebook. Just search for Delta Force, and you’ll find it. Leave your ideas there if you want. I’ll be reading it whenever I get the chance. Maybe there’ll be secret offers for members of that group.

2. I understand that you guys want more microwaves on campus, and apparently they’ve gone missing from upper campus. If someone can fill me in on where they all were, I can get on that. But I have some good news, and that is that there is an Arc microwave downstairs in the Blockhouse, just next to the ticketek counter, I hope we can put some more in soon.

3. Some people have let me know that lockers would be good to have on campus for students to use, all students. If you agree let me know.

4. One of the Parkour guys on campus suggested one of those mini gym things like the ones at the beach, to keep fit. I think something like that could go really well down near the Village Green.

Well that’s it for this week, keep the ideas coming, email, snail mail and web 2.0 as follows: deltaforce@arc.unsw.edu.au, Miles Portek Blockhouse UNSW 2032 http://unswedu.facebook.com/group.php?gid=4342277049

Do the survey, and I’ll see you soon. Same blitz time, same blitz channel.

PS. Here is the real link (the other one didn’t take you anywhere):

www.surveymonkey.com/s.aspx?sm=0K0UXB4voZrlz7C2XXqYSQ_3d_3d

Hey guys, how’s the lecture going?
The Representative Council is the representative and advocacy body responsible for representing and acting for all UNSW students internally with the University and externally through representation and mediation on student issues. The Representative Council is also responsible for campaigning on issues which are demonstrated to be of student significance.

**POSITIONS TO BE ELECTED**

**OFFICE BEARERS:**

- **PRESIDENT**
- **EDUCATION & WELFARE OFFICER**
- **WOMENS OFFICER** (only women may stand and vote for this position)
- **COFA CAMPUS OFFICER** (only students from the COFA campus may stand and vote for this position)
- **INTERNATIONAL STUDENTS DIRECTOR** (only international students may stand and vote for this position)

**CONVENORS:**

- **ENVIRONMENT CONVENOR**
- **STUDENTS WITH DISABILITIES CONVENOR** (must be a student with a disability)
- **ANTI-RACISM CONVENOR** (must be from a culturally and linguistically diverse background)

**SHARING OF POSITIONS**

Up to 2 members may stand for and hold any Office Bearer or Convenor position for which they are eligible, other than President. As well as individually completing a normal nomination form, a Position Sharing form must be jointly completed by both participants.

**TERM OF OFFICE**

Office-Bearers hold office from 1 December in the year of election until 30 November of the following year.

**UNDERGRADUATE DEPARTMENT:**

- 3 Undergraduate representatives from Electorate A (at least 1 must be a woman)
- 3 Undergraduate representatives from Electorate B (at least 1 must be a woman)

**POSTGRADUATE DEPARTMENT:**

- 3 Postgraduate representatives from Electorate A (at least 1 must be a woman)
- 3 Postgraduate representatives from Electorate B (at least 1 must be a woman)

**COFA DEPARTMENT:**

- 3 Undergraduate representatives from the COFA Electorate (at least 1 must be a woman)
- 3 Postgraduate representatives from the COFA Electorate (at least 1 must be a woman)

**OTHER:**

- 5 Tharunka Editors
- 7 NUS Delegates

**ELECTORATE A**

Electorate A is comprised of students from the faculties of Arts and Social Science, Commerce and Economics, Law, the Australian Graduate School of Management, and the Board of Studies in Taxation.

**ELECTORATE B**

Electorate B is comprised of students from the faculties of the Built Environment, Engineering, Medicine, and Science.

**COFA ELECTORATE**

The COFA electorate is comprised of students currently enrolled in programs controlled by the College of Fine Arts at the University.

**TERM OF OFFICE**

Members of Departments and Other positions hold office for 1 year following the declaration of their election by the Returning Officer or until candidates are declared elected at the next election.

**NOMINATIONS**

Nomination forms are available from:

- The Internet www.arc.unsw.edu.au
- The reception counters, Arc@UNSW
- The Blockhouse, Kensington
- Level 1, D Block, COFA
Only students who are members of Arc@UNSW as at the close of nominations are eligible to stand as a candidate or nominate a candidate. Membership is free, but not automatic. All UNSW students (including COFA) are eligible to vote. To nominate a candidate you must be eligible to stand as a candidate in the same election.

Nominations open on Monday 6 August 2007.
Nominations close at 5pm on Tuesday 14 August 2007.
Nominations must be addressed to The Returning Officer, and lodged at Arc reception at Kensington or COFA before the deadline to be valid.

Candidates may form groups and register an electoral ticket to contest these elections. Each ticket must have a contact person. This person should contact the returning officer for more information. All candidates should acquaint themselves with the Arc Regulations and Bylaws available at www.arc.unsw.edu.au

If more nominations are received than there are positions available, ballots will be conducted.

**Ballots:**
If necessary, a ballot will be held in Week 6 of Session 2, 2007 (Tuesday 28 August – Thursday 30 August)

**ELECTIONS WILL BE HELD FROM TUESDAY 28 AUGUST UNTIL THURSDAY 30 AUGUST 2007.**

Voting will be available at Kensington and COFA campuses at times to be advised.

**CAMPAIGNING**
Only UNSW students may campaign at the Representative Council election. Candidates should ensure they understand the campaigning rules, as breaches can lead to disqualification.

Please direct all queries to Ema Esteves (the Returning Officer) via email to returning.officer@arc.unsw.edu.au or phone 0432218026.
Saving the One Free Item

If you read popular press, you could be forgiven for thinking environmentalism is an expensive business. Every day millions of dollars is required and/or allocated to various schemes, from climate change action plans to public transport and infrastructure. While contributing to activities such as these are not really within the capabilities of most students, there is still a lot that you can do in a humble student house. And guess what? It will save you money too!

It’s a common misconception that only the rich can afford to lessen their environmental footprint. When most people think about environmentalism they often start by thinking that it’s not cheap to put solar panels on your roof, install a rainwater tank or renovate your house to be more effectively heated by the sun. However, true environmentalism is all about the details, thinking about where things come from and what will happen to them when you’re finished with them. Here are some of my favourite eco-living tips:

**Energy and Water Efficiency**

Living in a water and energy efficient home is something you hear about often, from energy efficient lightbulbs and appliances to ‘Triple A’ rated showerheads, and short showers. While this stuff is important, one of my favourites is the implementation of a “yellow mellow” policy (hey, it’s only pee, we all do it). If doing it for the polar bears doesn’t convince you, have a look at your energy bill, measures like these can at least halve your use. Check out the Watershed Sustainability Resource Centre* in Newtown for free workshops on energy and water efficient living.


**Transport**

Want to know a secret? I’ve discovered 3 methods of transport that are carbon-neutral, exciting and free! Finally an alternative to increasingly costly petrol-dependent vehicles!

Firstly, and my personal favourite, is the illustrious bicycle! Plus it makes you happy (endorphins baby!). Walking is good too. Then for the more adventurous at heart, and those longer journeys, there is the long-lost art of hitch-hiking. Don’t believe everything you see in the movies, there are a lot of generous people out there and most of them have no interest whatsoever in cutting you up into little pieces. Perhaps you’ve heard the rumour that several members of the UNSW Environment Collective recently hitch-hiked to Perth and back?

**Tools of the Trade**

The beginning of the semester is often a tough time financially, having to fork out money for heavy text books and the like. Well, the good news is, you don’t have to buy stationery. Check out the Stationery Re-use Centre in Building B13 (near the UNSW mail centre) for free stuff! There are always lots of folders and other random pickings. For lecture notes, you can get Enviropads, made out of paper used on one side, from the Enviro collective for a donation. Or make your own by binding together last semester’s notes and writing on the blank sides.
Food

I like food, and last time I checked, everybody eats it. But what are you actually paying for when you go through the checkout? Often most of the cost is not the food itself! Invisible extras such as packaging, transport from other side of the world, not to mention pesticides and insecticides can add considerably to an item's cost. Ethical eating doesn't mean you have to become a compulsive label reader. Other options include:

- Food Co-Operatives: Bringing your own containers means you're not paying for packaging, check out Thoughtful Foods at the back of the Roundhouse. You can also get amazing discounts if you become a member and volunteer one or two hours a week.

- Grow Your Own: Seeds are cheap, and you don't have to be an expert to grow some salad veggies, they taste heaps better too. Start simple. If you don't have a backyard, you can still grow a surprising amount in pots on a balcony.

- Become a Vegetarian: Or just try eating less meat. It's expensive as well as requiring a lot of resources (did you know that a meat diet requires seven times the amount of land needed for a plant based diet?)

- Urban Foraging: Otherwise known as dumpster diving, this is worthy of an entire article in itself. In a nutshell, this involves a visit to your local supermarket with a difference, heading for their dumpster's and rescuing items from their path towards landfill. While this may provoke a reaction of disgust from many, you really have to see it to believe the amount and quality of food that is discarded; to realise that it is food not rubbish. Items may be thrown out due to impending due by dates, blemishes or damaged packaging. Why not bring a friend? After all, dumpster diving is adventure sport, bonding activity and dinner date all rolled in one.

Op-shops are becoming trendier by the day, and while this means that many are not so cheap, you can still find reliable old Vinnies scattered around the city. Op-shopping is just another type of recycling, and so another way of reducing your ecological footprint. Why buy new clothes when there's so much out there already? Making your own clothes is also fun, cheap and satisfying.

For furniture and other random goods, 'street shopping' is a perennial student favourite - a wander through the streets on your local council pick-up day can yield many surprising and useful finds. If you have the time, why not check out other areas as well? A more organised version of this exists through the 'Freecycle' networks (see freecycle.org.au). This network means that instead of putting something on the street, people know it is actually going to someone who wants and needs it. Someone not dissimilar to the author of this article recently came into possession of a piano (yes, a piano! thanks to this wonderful initiative.

If your desire to acquire more stuff still isn't sated after op-shopping, street shopping and freecycling, why not pay a visit to Reverse Garbage in Marrickville. Described as "a not-for-profit co-operative that sells industrial discards, off-cuts and over-runs to the public for creative and practical uses, reducing the amount of waste going to landfill", this place has more stuff than you'll ever know what to do with. It's perfect for supplies for party decorations, art projects, and just about anything else you can think of.

That's it, I've now given away all of my secrets! They're all pretty simple really, but put together they create a super cheap, super environmentally friendly lifestyle. Spread the word.
The Clubs and Activities Management committee is responsible for the management of clubs and societies; student volunteer programs; leadership development programs; cultural and artistic programs; and, relevant student events.

Available Positions:
Term of Office: 1 Year
- Three student representatives elected by and from Affiliated Clubs
- Two student representatives elected by and from Student Development Programs
- One student representative elected by and from COFA Students.

Nominations:
Nominations must be made on approved nomination forms (which contain detailed election information) available from:
- The internet www.arc.unsw.edu.au
- The reception counter, Arc@UNSW
  The Blockhouse, Kensington
  Level 1, D Block, COFA

Nominations open on Monday 13 August. Nominations for the election of the COFA representative must reach the Returning Officer before 5:00pm on Monday 27 August 2007. Nominations for the election of the Clubs and Student Development Representative must reach the Returning Officer before 5:00pm on Tuesday 28 August 2007. Nominations can be submitted in person at Arc Reception at COFA (D Block) or Kensington (Blockhouse). All nominations must be addressed to the Returning Officer.

To stand for nomination as a clubs representative the nominee must be a student of the university, a member of the Arc and a member of an affiliated club. These conditions apply those nominating and seconding nominees.

To stand for nomination as a student development representative the nominee must be a student of the university, a member of the Arc and have participated in a volunteering program within the Clubs and Activities Branch within two years prior to the annual meeting. These conditions apply those nominating and seconding nominees.

If more nominations are received than there are positions available, ballots will be conducted.

Ballots:
A ballot will be held in Week 6 of Session 2, 2007 (Tuesday 28 August – Thursday 30 August) at the relevant general meetings.

Voting:
Only those students who are members of Arc@UNSW are eligible to stand or vote in these elections.

To vote in elections for the Clubs Representative each Affiliated Club will be allocated one vote which shall be exercised by the President of each Affiliated Club. Presidents of each Affiliated Club may appoint proxies in a form determined by the Returning Officer.

Proxies must be submitted to the Returning Officer 48 hours before the annual meeting and the proxy holder must be a Student of the University and member of the Club whose vote they are exercising.

To vote in elections for the Student Development Representatives Students entitled to vote must be a Student of the University, and have participated in a volunteering program within the Clubs & Activities Branch within two years prior to the annual meeting.

The electoral roll will close on the same day as nominations, which is Monday 27 August for the election of the COFA representative and Tuesday 28 August for the election of the Clubs and Student Development representatives.

All students who signed up to become members would have received a student diary. For those who aren’t yet members there is still time to join. Membership of the Arc is free for 2007. You can sign up to stand in these elections by visiting Arc reception at the Blockhouse on the Kensington campus or D Block on the COFA campus and filling out a membership form. Alternatively, you can fill out a membership form on the website www.arc.unsw.edu.au

Please send any enquiries to the returning officer at camc.ro@arc.unsw.edu.au

Brad Hannagan
Returning Officer
Who the heck said feminists were scary, hairy or angry? This is Women's Week, the week to get excited about some fabulous feminist fun! Women's Week is an annual festival of feminism, women's empowerment and gender issues at UNSW. Amongst the colourful array of festivities that the Women's Collective has organised for this week, you'll find a focus on women's health, education, power and more. See What's On for details about all the events!

On Monday, you'll be able to meet 3 UNSW academics, ask them about their careers, and perhaps consider forging your own path through academia.

On Tuesday, the UNSW Women's Collective is launching our very first (loud & proud) feminist zine, with an open picnic and lunch on the Library Lawn. Also on Tuesday, women under 27 in possession of a Medicare Card will be able to participate in the University Health Service's free HPV Vaccination Clinic from 4-5pm. This is an ongoing clinic which will happen on Tuesdays and Thursdays throughout semester.

At lunchtime on Wednesday, come by the Library Lawn to hear UNSW Women and DebSoc will debate the topic that, “In 2007, Gender Equality Has Been Reached.” Cruelly, women will be arguing the affirmative and men the negative. In the evening, we will be hosting a free preview of the Dissonance exhibition at COFA.

Thursday will see ChocSoc & UNSW Women host a “Riot Don't Diet” Chocolate Stall on the Library Walkway. Goodies by donation, positive body image for free! Thursday evening, everyone is invited to a screening of Roald Dahl's The Witches in the Gonski-Levy Theatre, Ground Floor, Law Building.

Friday is the day to let your inner child run wild, with an all-day art and craft workshop in the Women's Room, Level 1, Blockhouse. All materials will be provided, and women are invited to contribute anything they wish!

If you feel you can’t make it to any events, but would like to know more, please send your email address to women@arc.unsw.edu.au to be added to our e-list. Remember to check out the Women's Room anytime. It's a friendly, safe, autonomous space available to you 9-5, Mon-Fri, throughout the year. It provides information about women's issues, free tampons and contraception, a kitchenette with tea/coffee/snacks, beanbags aplenty, a library, telephone, computer and much more!
**Week 4 August 13 - August 17**

**MonsDay**

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<td>13 August</td>
<td>Table Tennis 11am-3pm Table + Tennis = fun, Main Room, Roundhouse Free</td>
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<td>Krispy Kreme/Cake Stall 11am-3pm Help send our hockey kids to the Gold Coast Australian Uni Games, come along and buck one of our tasty treats! Library Lawn Varied</td>
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<td>World Youth Day Preparation 11am-4pm Supa Nova week 3 days of full WYD Promotion, Information about WYD 2008 and WYD activities on Campus. Free BBQ on Wed @ the Library Lawn. Library Lawn and the Quad Free</td>
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<td>Falafel Day 12-2pm Week 4 of this semester is Islamic Awareness week, Falafel day is our first event during this week Library Lawn $2</td>
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<td>Arc Queerplay Mixed 12-3pm UNSW Queer Department’s weekly social group for all queer students, Visit for food drinks and conversation, Queerspace (Chemical Sciences 920) Free</td>
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<td>Life of the Prophet 2-3pm A brief lecture about the prophet Mohammad (peace be upon Him) and his followers. Location: TBA Free</td>
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<td>UNIBUDS: Lunchtime Meditation and Relaxation 1-3pm Join us for our final Meditation Session in getting to know God and other fellow Catholics. We have weekly bible sharings as well as regular inter-uni events. We will be electing the committee for this coming year. Marsh Room, Roundhouse Free</td>
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**TuessDay**

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<td>14 August</td>
<td>Table Tennis 11am-3pm The sport of champions Main Room, Roundhouse Free</td>
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<td>In Conversation With 3 Academics 5-6:30pm This relaxed and informal event will give any student who has been thinking about a future in academia an opportunity to ask special guests Astrophysicist, Dr Maria Cunningham, Sociologist Dr Stephen Kerry and Literary Theorist Dr Shalmi Saleem questions about their experiences, and on how to forge a career path starting from undergrad. QUAD1001, Level 1, East Wing, Quadrangle Building Free Indoor Soccer Tournament 6-7pm M.T.O. Sufi Association proudly presents an inter-university mixed indoor Soccer Tournament between clubs, societies and soccer groups. It's held 6-7pm Mondays starting from August 6th. To register your team or for more information please send an email to: <a href="mailto:contact@sufiassociation.com">contact@sufiassociation.com</a>.</td>
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<td>Thoughtful Foods Co-op Opening Hours 10:30am-4:30pm The food Co-op is a source of cheap tasty organic food. Work in the co-operative and receive a discount! Behind the Roundhouse, near Eats at the Round</td>
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<td>Science &amp; Islam 12-1pm A lecture about Spirituality and Islam from a convert's perspective by Dr Zachariah Matthews. Location: TBA Free Law Revue 2007: Poll Fiction – Tickets on sale now! 12-2pm Do you really know everything about the polls this year? Which electoral party is speaking the truth? Even a little bit? To find out more, buy your tickets to see Law Revue’s Poll Fiction in Week 5. For more information and online booking: <a href="http://www.lawrevue.unsw.edu.au">www.lawrevue.unsw.edu.au</a>. Library Lawn and Law Building Foyer Tues: $8; Wed – Fri: $10/$15 Arc Queer Boys 12-3pm Weekly meeting for queer boys and queer friendly students on campus. Relax, have lunch and catch up with the Queer Department Queerspace (Chemical Sciences 920) Free</td>
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**happy Hour**

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<td>13 August</td>
<td>5-6pm The happiest hour of the day! Roundhouse Free</td>
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<td>In Conversation With 3 Academics 5-6:30pm This relaxed and informal event will give any student who has been thinking about a future in academia an opportunity to ask special guests Astrophysicist, Dr Maria Cunningham, Sociologist Dr Stephen Kerry and Literary Theorist Dr Shalmi Saleem questions about their experiences, and on how to forge a career path starting from undergrad. QUAD1001, Level 1, East Wing, Quadrangle Building Free Indoor Soccer Tournament 6-7pm M.T.O. Sufi Association proudly presents an inter-university mixed indoor Soccer Tournament between clubs, societies and soccer groups. It's held 6-7pm Mondays starting from August 6th. To register your team or for more information please send an email to: <a href="mailto:contact@sufiassociation.com">contact@sufiassociation.com</a>. Level 1 Unigym $80 per team Speakers’ Forum Presents: Justice Michael Kirby of the High Court 6-8pm Justice Kirby will be addressing the following topic: “Keys to the High Court: Special Leave and How to Succeed in it”. Don’t miss this rare opportunity! <a href="http://www.unswlawsoc.org/speakersforum">www.unswlawsoc.org/speakersforum</a> 004 Lecture Theatre, Ground Floor, Law Building Free Circusoc Acrobatics Session 9-10pm Join us to pick up some acrobatic skills including acro-balance and tumbling. Judo Room, Level 1, UNSW Lifestyle Centre Gold coin donation for members</td>
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**Fabulous Feminist Picnic & Zine Launch 12pm onwards Feminists, pro-feminists and the curious are invited to eat free food, discuss feminism and engage in frivolity at the launch of UNSW’s first ever feminist zine! Bring a smile and pick up your free copy! Library Lawn (bad weather, Matthews lounge) Free**

**CASS AGM 1-3pm**

**UNIBUDS: Lunchtime Meditation and Relaxation 1-3pm**

**Trivia 1-2pm**

**Free Cervical Cancer Vaccine Clinic 4-5pm**

There is great news for young women and girls in Australia - a new vaccine that can protect them against the cause of most cervical cancers. As part of the National HPV Vaccination program, the University Health Service is providing free, on-going, twice-weekly clinics for women aged under 27 wishing to take advantage of the vaccine. University Health Service, Ground Floor East Wing Quadrangle Building Free
**WEDNESDAY**

**15 August**

**Thoughtful Foods Co-op Opening Hours**
10.30am–4.30pm
The food Co-op is a source of cheap tasty organic food. Work in the co-operative and receive a discount!

**Behind the Roundhouse, near Eats at the Round**

**Table Tennis**
11am–3pm
Pong without the computer
Main Room, Roundhouse Free

**Spirituality & Islam**
12–1pm
A lecture about Spirituality & Islam from a convert's perspective by Sheikh Na’im Abdul Wali.
Location: TBA Free

**UNSWomen vs DebsoC debate that “In 2007, Gender Equality Has Been Achieved”**
1–2pm
In a cruel twist of affairs, the feminists from UNSWomen will be arguing that everything is equal between women and men! Three men from DebsoC will be arguing that more work still needs to be done.
Library Lawn Free

**Environment Collective Meeting**
1–2pm
Looking to save the planet? UNSW Enviro Collective is a green network of students (planeters) who want to get active on environmental issues on and off campus.
Chat, listen, act and munch with us on the Quad Lawn for our weekly meetings!
Quad Lawn Free

**Bar Bingo**
1–2pm
Bingo!
UniBar, Roundhouse Free

**SIFE UNSW Annual General Meeting**
2–3pm
The time has come for SIFE UNSW to hold its Annual General Meeting. Some refreshments will be provided so make sure you come along and get involved in the leading global student network!
Wurth Room, Roundhouse Free

**Multicultural Lunch**
2–4pm
The members of the Islamic society will each bring a plate of food from their own culture. Everyone is invited.
Level 3, The Lodge, Square House

**QuerS Girls Social**
3–5pm
Weekly social group for queer girls.
Come along and hangout, meet people, chat.
QueerSpace – Applied Sciences
Rm – 920 (Also known as Chemical Sciences)
Free

**Great Adventure Tour information night**
4–5pm
Find out how you can become part of an invigorating, proactive anti-poverty movement. Make friends, venture overseas, build homes for the poor, help transform poverty stricken areas.
The Gawad Kalinga Great Adventure Tour is open to any degree. Drop by to find out more.
Wurth Room, Roundhouse Free

**Dissonance Exhibition Preview**
5–6.30pm
Dissonance is COFA's Annual Feminist Art Exhibition, showcasing art made by women students. Come and see a sneak peak at a drinks night.
Kudos Gallery, 6 Napier Street
Paddington Free

**Happy Hour**
5–7pm
The happiest hour of the day!
Roundhouse Free

**Marketing Careers & Networking Evening**
6–8:30pm
Give your career a head start! The biggest names in the industry will talk about their employment opportunities, followed by a meet & greet session in the Unibar - refreshments provided, plus a free drink voucher for each attendee!
Drawing Room, Upper Floor Roundhouse Free

**Beergarden DJ**
6.30–8pm
Funky sounds all round
Roundhouse Free

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**Baroque Hear and Now**
6.30pm Onwards
During the Baroque period music was a large part of daily life, from dancing at parties to intimate after dinner soirées. Bach, Dowland, Purcell and Quantz are some of the legendary Baroque composers whose timeless works will have a voice in the 21st century at this inaugural concert in a series featuring music students at UNSW.
G17, Ground Floor Webster Building
Gold Coin Donation, Refreshments Provided

**Cabaret**
8pm Onwards
NUTS presents Cabaret dark/smouldering/delicious/animalistic/raw/sensual/grunge/urban/exposed/burlesque Directed by Lara Kerestes Book by Joe Masteroff, Lyrics by Fred Ebb and Music by John Kander 14 – 25 August 2007, Tuesday to Saturday, 8pm Figtree Theatre Gate 4 High St Kensington. Bookings at www.nuts.org.au “Life is beautiful; the girls are beautiful, even the orchestra is beautiful. So, come see Cabaret.”
Fig Tree Theatre $10/12/15

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**Thursday**

**16 August**

**Thoughtful Foods Co-op Opening Hours**
9am–6pm
The food Co-op is a source of cheap tasty organic food. Work in the co-operative and receive a discount!
Behind the Roundhouse, near Eats at the Round

**Dissonance**
11am–6pm
This show by the College of Fine Arts Women’s Collective provides a platform for feminist discourse and aims to represent the diverse influences that characterises feminism in art. Special viewing 8–9pm Tuesday 21 August with guest speaker Wilf Artists talks hosted by Prof Liz Ashburn and the curator of this year’s Dissonance exhibition, Jade Muratore, COFA Women’s Officer, 3pm Thursday 23 August
Kudos Gallery, 6 Napier St. Paddington Free

**Table Tennis**
11am–3pm
Like pong without the computer
Main Room, Roundhouse Free
**FRIDAY 17 August**

**Women’s Mural Painting**
9am – 5pm
Roll up your sleeves and put on your creative hat, because UNSW’s Women’s Room is in need of a makeover. The Women’s Room is a free service for women at UNSW. It provides a safe space, information, referral and advice about women’s issues, free tampons and contraception, beanbags, couches and more.

**Free**

**Table Tennis**
11am – 5pm
Main Room, Roundhouse

**Free**

**Dissonance**
11am – 6pm
This show by the College of Fine Arts Women’s Collective provides a platform for feminist discourse and aims to represent the diverse influences that characterises feminism in art.

Kudos Gallery, 6 Napier St.

Paddington

**Free**

**UNIBUDS: Buddhism Talk in Chinese**
6 – 8pm
Every Thursday night we have insightful talks about Buddhism in Chinese.

Members and non-members are equally welcome to just drop in! More information at: www.unibuds.unsw.edu.au or contact Mandy on 0404 609 225.

**Free**

**Film Screening:**
**Empire of Faith**
4 – 6pm
During this film screening a “UNSW Islamic IQ test” will be screened as well as “Empire of Faith”.

**Location:** TBA

**Free**

**Free Cervical Cancer Vaccine Clinic**
4 – 5pm
University Health Service, Ground Floor East Wing Quadrangle Building

As part of the National HPV Vaccination program, the University Health Service is providing free, on-going, twice-weekly clinics for women aged under 27 wishing to take advantage of the vaccine.

**Free**

**Beergarden DJ**
4.30pm onwards
Roundhouse

**Free**

**Happy Hour**
5 – 6pm
The happiest hour of the day!

**Roundhouse**

**Free**

**SATURDAY 18 August**

**Cabaret**
8pm Onwards
NUTS presents Cabaret dark/smouldering/delicious/animalistic/raw/sensual/grunge/urban/exposed/burlesque

Directed by Lara Kerestes

Book by Joe Masteroff

Lyrics by Fred Ebb and Music by John Kander

14 – 25 August 2007 , Tuesday to Saturday, 8pm Figtree Theatre Gate 4 High St Kensington.

Bookings at www.nuts.org.au

“Life is beautiful; the girls are beautiful, even the orchestra is beautiful. So, come see Cabaret.”

**Fig Tree Theatre**

**18/12/15**

**Deadline – Kudos**

5 pm
Deadline for proposals for Kudos Gallery early 2008 exhibition program.

Application forms and information packs are downloadable from the Arc website or the Arc Office @ COFA.

**Arc Office @ COFA**

**Free**
Reece Turner is a campaigner for the Wilderness Society in NSW. After graduating from Arts/Law at UNSW in 2005 he has been working towards stopping illegal land clearing in NSW. Nicola Karcz speaks to Reece.

How did you get involved in working with environmental issues?
I originally got involved through volunteering on various campaigns through university on a part-time basis. After graduating I completed an internship at the Central Land Council and intended to return there after a break and undertaking College of Law but instead this job came up at the Wilderness Society and I started working there. The Tasmanian Forests campaign was the first campaign where I really invested a large part of myself. I remember thinking that if a campaign like this can't be won, where the destruction is so senseless, the economics doesn't add up and a large mass of people are already informed, then what chance is there for other campaigns.

What are some of those successes and have you had any failures?
In late 2005 new laws were introduced in NSW which ban broad scale land clearing. My job since then has been to highlight the ongoing illegal clearing which is still happening and to pressure the Government to deliver on its promise. This has been difficult as for most people land clearing is not something they see everyday. It's happening in central and western NSW. In the past 2 years we have had success in getting the Government to commit to tackling illegal clearing and have also brought about greater public awareness of the issue.

A recent setback we had in the campaign was a stunt undertaken by disgruntled landholders in western NSW who started chopping down trees in protest of the laws. They were essentially holding woodlands to ransom demanding that they be heard by the Government. In the end however, I think this will only hamper their cause.

What does day to day campaigning involve?
One of the best things about the job is the amazing diversity. One day I'll be in the office writing submissions on policy or freedom of information requests and the next day I'll be out at a demonstration wearing a koala suit and hassling politicians. One of the highlights of the job is going out flying over NSW looking for illegal land clearing with a pilot who donates his time, plane and petrol. It's an extremely varied position.

After two years working on the land clearing campaign, how do you see the future of your work?
The growing awareness of climate change has refocused many people's thoughts on the environment and the way many issues are interconnected. For our campaign work, land clearing is of course a major contributor to greenhouse gas pollution so we have really sought to incorporate this into our campaign work.

I think that people are also starting to realise that other issues such as the economy should not be seen as separate from the way we treat the environment. The future of our economy, our health and livelihoods depends very much upon the environment and so the traditional view of 'weighing up' the environment against other issues is nonsense. The real challenge for the future is to turn this new found awareness about the environment into meaningful change – and quickly.
Many of us grew up watching the nauseatingly-sappy show *Skippy: The Bush Kangaroo*. Back then, eating Skippy would've been unthinkable, but now kangaroo meat is becoming increasingly common in our local supermarkets. Some environmental agencies are even encouraging the consumption of the animal which, according to the TV show, always managed to save the day.

Kangaroo meat was first exported to Europe in 1959, and is now exported to 55 different countries around the world. It is now one of the most popular game meats in Europe, as a result of its low fat content and smooth taste. The Australian market on the other hand, is less willing to eat the animal that is on our coat of arms. Many Australians refuse to eat kangaroo due to the belief that the industry is based on cruelty, concern over the kangaroo population size, or more simply, an unwillingness to eat Skippy.

While our affection for Skippy might be difficult to overcome, the fact remains that the kangaroo industry is one of the least cruel and well-monitored meat industries in the world. The RSPCA recently released a statement stating that, “kangaroo culling is considered one of the most humane forms of animal slaughter. An animal killed instantly within its own environment is under less stress than domestic stock that has been herded, penned, transported”.

An Australian Senate Select Committee on animal welfare, after an extensive investigation, also concluded that, “There is no doubt that the shooting of kangaroos by professional shooters is the most humane way of killing kangaroos”. Kangaroo harvesting and processing is also subject to strict regulations and all hunters face severe penalties if they do not abide by the National Code of Practice for the Humane Killing of Kangaroos.

Of more than 40 species of kangaroos found in Australia, only four types are harvested for domestic and international consumption; Wallaroos, the Whiptail Wallaby (only in Queensland), the Red kangaroo and the Eastern Grey and Western Grey kangaroos. The Red kangaroo, Eastern grey kangaroo and Western grey kangaroo are the most abundant species and make up over 90 per cent of the commercial harvests. Additional kangaroos are also culled each year in order to control their numbers in an effort to protect Australia’s fragile ecosystems.

Kangaroo culling is considered one of the most humane forms of animal slaughter.

Before European settlement, kangaroo populations were controlled by a lack of readily available water and indigenous hunting methods. However the introduction of European farming methods resulted in a shift away from using kangaroos as a food source whilst at the same time providing kangaroos with vast and easily accessible quantities of water. Nowadays, the population size of the four species of kangaroos which are commercially harvested can range from anywhere between 15 to 50 million.

As a result, the number of kangaroos harvested each year depends on a quota set by State Wildlife authorities that takes into account population size and trends, environmental factors and long-term climate projections. Most years, the quota is set between 6 and 7 million, and according to Former Minister for Environment and Heritage, Dr. David Kemp, “this quota is set completely independently from industry demand and indeed industry have historically only taken about half their allowable quota.”

So why is the harvesting of kangaroos good for the environment? Kangaroo harvesting is the only ecologically sustainable meat industry Australia has, and as a result, an increasing number of Australians are becoming eco-vegetarians. One of them is Alex Baumber, Project Officer at FATE (Future of Australia’s Threatened Ecosystems), who originally became a vegetarian on the basis that Australian meat industries such as lamb...
and beef were environmentally damaging and unsustainable. Due to the widespread introduction of kangaroo into our supermarkets, he now includes kangaroo meat in his diet on a regular basis.

Kangaroo harvesting also has a number of ecological benefits. First off, the bigger the kangaroo market gets, the smaller the sheep and cow numbers get. Unlike kangaroos, which have soft paws, other non-native animals which are farmed for meat have hard hooves. Over time, these hooves have broken the ground which has caused serious environmental problems such as erosion, salinity, and a change in the natural drainage properties of the soil.

This in turn has negatively affected the native vegetation and wildlife. Removing such non-native meat farming practices, which currently take up 20-30% of the continent, would allow the land to return to its natural state. They would also encourage the return of vegetation and small marsupials which have fled farming areas over the last 200 years.

The strengthening of the kangaroo industry, somewhat ironically, also acts as an effective kangaroo conservation tool. Farmers are slowly shifting away from seeing kangaroos as threats to their farmlands and stock, towards viewing them as a sustainable and valuable resource. A strong kangaroo market would also require the culling of kangaroos to take place in a sustainable way in order to guarantee the industry’s longevity.

Australia is a nation that loves its meat, but it is also seeing an ever-increasing number of people jumping on the green bandwagon. If you care about the environment, but still need a little something to satisfy your inner carnivore, kangaroo meat may just be the answer you’ve been searching for.

It's very important to cook kangaroo meat the right way, to avoid it becoming too tough. The Kangaroo Industry Association of Australia gives the following advice for would-be kangaroo chefs:

**Stir Fry:** (5mm thick) 1 minute maximum

**Kebabs:** (1.5cm cubes) 2 minute per side

**Medallions:** Steaks (2.5cm thick) 2-3 minutes per side.

**Roasts:** Brown in pan then cook in pre-heated oven for 8-12 minutes per 500gms at 220 degrees Celsius or 15-20 minutes at 200 degrees Celsius

So if you decide to pick up some kangaroo meat next time you go grocery shopping, here’s a recipe to get you started.

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**Kangaroo Stir Fry**

2 kangaroo steaks, cut into strips

- 1 tbsp chopped ginger
- 1 tsp chopped garlic
- 1 chilli (optional)
- 4 tbsp honey
- 3 tbsp blackbean sauce
- 3 tbsp soy sauce
- 3 tbsp sesame oil
- Dash of white pepper
- 2 tbsp sesame seeds

1. Combine all ingredients of marinade
2. Coat meat evenly with marinade and leave for 20 minutes
3. Add to hot pan or wok and cook for 1 to 2 minutes. Serve with stir fry vegetables and rice.
An (unnamed) Guy is a guitarist/singer-songwriter who fixes vacuum cleaners in his Dad's repair shop by day, and sings for money on the Dublin streets by night. An (unnamed) Girl plays piano when she gets a chance, and does odd jobs by day and takes care of her family by night. Guy meets Girl, and they get to know each other. During the same period, the Guy and the Girl work through their past loves, and reveal their budding love for one another, through their songs.

To win one of 10 double passes to see this touching film, answer the following question:

"In what country is Dublin?"

Please include your answer, student number, name and daytime contact number and email comps@arc.unsw.edu.au with the subject line “Once”.

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1) What inspired you to do a musical set in Nazi Germany?

Honestly, the music and its ability to transport me into a sinister world of animalism and heightened sexuality was my inspiration. I have seen Cabaret performed previously and I felt that the ‘underbelly’ was yet to be exposed.

The thing about Cabaret is that the setting, the music, the story, the history; they compliment each other and together they create a masterpiece. If you were to take one aspect out of the equation, you would no longer have Cabaret.

2) For those who aren’t familiar with Cabaret, what is it about?

It’s dark, smoldering, sexual, delicious, animalistic, raw, sensual, grunge, urban, exposed, and burlesque. Cabaret is one of the most famous musicals of all time and was transformed into the Oscar winning film starring Liza Minelli and Michael York, aka the guy from Austin Powers. I decided to propose this whirlwind of a show to NUTS as my last hurrah and it just so happened I was share the same fate as the Fig Tree Theatre (at least for a while). The creative team and I have garnered a talented cast - the best of the best - from within and beyond the student body. Not only are they acting, they’re singing and dancing but more importantly, showing us grit!

3) What has been the best part of the rehearsal process so far?

Oh, the laughing...lots of laughing. Turning up to every rehearsal and feeling the buzzing energy within the group. It’s amazing to be given the opportunity to work with a variety of people who have just as much passion as you and who trust you enough to guide them to a place they have yet to experience. Yet, the most rewarding part of the process is the privilege of sharing their personal journey as they discover their characters but more importantly as they discover they have overcome a personal challenge.

4) Is this a show only for those who love musicals, or for everyone?

Everyone! Cabaret was written to provoke, to question, to have audiences sit up straight in their seats and face the condition that is human nature. The clever use of music only heightens this intent.

5) So, just how attractive are the people involved in Cabaret?

Damn attractive and that’s with their clothes on!

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Win one of 10 double passes to see “Once”!!

Win a free migration seminar and learn more about the changes to General Skilled Migration. Find out how Immigration Australia can help you.
While you may not initially see the link, vegetarianism and environmentalism are connected in more ways than one. Vegetarians have long been thought of as animal lovers who wouldn’t want to hurt a fly—let alone a cow, and while this is a genuine reason for vegetarianism, there are plenty of other ethically-driven motivations for cutting animals out of your diet!

Other common reasons include the mistreatment of animals, as “43% of the world’s beef is raised on factory feedlots and more than half of the world’s pork and poultry is raised on factory farms” (World Watch Institute). Animals in factory farms spend their entire life in crowded, unsanitary conditions that are usually indoors. Some animals may die without ever having seen sunlight. Another reason is that surprisingly, balanced vegetarianism is often much healthier when compared to western diets high in fats, salts and sugars. More recently, a growing new form of vegetarianism has emerged: eco-vegetarianism, those who are vegetarian based on the amazing environmental benefits it brings.

Despite a current wide spread awareness of climate change, most people have no idea that their Sunday roasts and afternoon barbecues are contributing considerably to global warming. Firstly, there are greenhouses gases discharged from cows and sheep alike (in the form of methane, a much stronger greenhouse gas than CO₂). Even putting the farts aside, the whole process of growing livestock feed, powering machinery to cut the meat, fueling refrigeration and transportation of the meat and the gas used to cook your meaty meal account for meat’s unpopular reputation as the biggest greenhouse gas emitter!

Just recently, a Japanese study from the National Institute of Livestock and Grassland Science found producing 1kg of beef from conventional farming produces the equivalent of 36.4kg of carbon dioxide (approx. 74,000 L at 25°C and 1 atm., a couple of standard swimming pools) not including other potent greenhouse gases like methane. This doesn’t take into account the energy cost of managing the farm and transportation costs. In addition, the required energy to produce and transport the animal’s feed is equivalent to lighting a 100-watt bulb for approximately 20 days. This displays the gastronomical contribution to climate change that the production of meat makes.

Yet, these alarming statistics do not stop here! Our water crisis can not only to be blamed on the weather, as our insatiable appetite for even 226 grams of meat requires 25,000 litres of fresh water to produce. That is much more than even the most water-hungry plant, rice. As for deforestation, where a diet high in grain-fed meat can require 2 – 7 x more land than a vegetarian diet, its environmental consequences are massive. At this rate of inefficient land consumption, how is the world supposed to support a growing population?

Healthy and Delicious

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The Bike is a Simple Invention

The bike is a simple invention that costs the Earth little, can give you great speed, high spirits, relive childhood memories and remove heavy burdens using the milk crate at the back of your cycle. With over 190 staff and student members, UNSW’s vibrant bicycle club, Bike Love help you achieve bicycle ecstacy.

Cycling around UNSW can also enhance your social life, keep you fit and increases your safety at night. Anywhere in Sydney cycling is a thrilling and addictive experience and the enthusiastic members of the bike club want to get you hooked on the joys of cycling. From buying a bike, learning to maintain it, getting it repaired, getting cheap safety gear and accessories, going on rides and sticking car windscreens, you can do it all with UNSW’s Bike Love bike club.

At weekly maintenance sessions, the club collects old bikes and fixes them up, and anyone can get their bike fixed or just learn to fix bikes. This is because the club owns a set of bike tools for use by members. In addition, the bulk purchasing of gear such as lights and pumps allows students to gain discounts on bike gear. In sharing the love, the club’s bikes are used as communal bikes or are sold to students.

The club even provides friends. A cycling buddy from Central to UNSW can be arranged by request for those less confident riding on the roads. Lastly, the club goes on various rides, from Critical Mass rides on the last Friday of each month to riding from Newcastle to Sydney with the Cycle Against the Nuclear Cycle on the weekend of August 17. Details of activities can be seen on the club’s blog, which is maintained by members: www.unswbikeclub.wordpress.com. It’s free to join the bike club – just send an email to Maurice@unsw.edu.au.

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It is a truth universally acknowledged that a university student’s ears prick up when presented with the words “free food”. It is therefore with great delight that Contact presents Arrowroot Art during Artsweek.

During Artsweek Contact Coordinator Luisa Lyons will be working her fingers to the bone so that you can have as much icing as necessary for creating your own work on an Arrowroot biscuit. Masterpieces from last year include the “Taj Mahal”, made of lolly bananas and “Bridget’s Island”.

The beauty of Arrowroot Art is that there is no limit as to what these humble oval shaped biscuits can become. We invite you to use these biscuits as a blank canvas for your icing and lolly artworks. After all, creativity and sugar cravings cannot be denied.

Arrowroot Art is ideal for the sweet tooth in all of us. Each day, the Contact volunteers will take photos of your creations and will be displayed at the Contact library stall. At the end of Artsweek, we will announce the winner of Arrowroot Art.

So, be sure to visit the friendly Contact volunteers at the library stall and unleash your inner Picasso. The Arrowroot Art competition will run daily at the Contact library lawn stall from 12 to 2pm. For more information, please drop in at the Contact Office at level 2 of East Wing of the Quad.
Can’t stand the thought of another dance party? Well then why not try Vibrance - a cocktail party with a difference present by Youth4Charity (Y4C)!

DJ Anjuja will be mixing the beats from a whole variety of the latest R’n’B tracks, house and classics. Choose what you want to hear (Mix 106.5 love song dedication style); whatever tunes tickle your fancy, notify us beforehand and we’ll pass it on to our DJ for the night.

Chill to live performances from the fabulous L.M.N.2, Dani and Diakonos while enjoying tidbits (free of charge!) from our tasty menu - nachos with salsa, guacamole & hummus, chicken satay, party pies, vegetarian spring rolls, signature cocktail sandwiches & much more!

Youth for Charity (Y4C) is a student-run, non-profit organisation consisting of approximately 30 members from UNSW and USYD. Our mission is to hold exciting activities and social events to raise awareness and money for good causes, all while having a great time and meeting new people! Visit us at www.freewebs.com/youth4charity for more information. All our proceeds are going to the Starlight Children’s Foundation, which does some truly special things for the ill children around Australia. So come to one of the hottest parties of the year, have fun and support charity.

**Party for Charity**

@ the Youth4Charity Vibrance Party

**Date:** Saturday 18 August 2007  
**Times:** 7 – 12pm  
**Location:** Vbar, 111 Liverpool St, Sydney  
**Tickets:** $20 (no tickets at the door)

To buy tickets, please contact Hunter on 0413 118 086 (UNSW) or Tony Bui on 0411 418 261 (USYD)
If I told you that all of your life’s problems stemmed from a single cause, would you believe me? If I told you it was possible to solve all these problems, could you stretch your imagination to believe that as well?

Strangely, finding the answer to the source of life’s problems doesn’t require you to believe anything. Let’s try a simple experiment and you can see for yourself. Think of a problem – any problem. Lost love. Lost friend. Lost marks. Lost job. Think of a problem, any problem. Lost love. Lost friend. Lost marks. Lost job. Now think for a minute about how you feel. You might feel: unhappy, angry, depressed, frustrated, pitiful, disappointed, self-critical, or maybe unloved. Whatever the feeling, stay with it and recognise it is there. No need to push it away or suppress it. Don’t act upon it either. Now ask yourself, “Why do I feel this way?” Keep asking yourself “Why?” until you get to the root of your unhappiness.

You may come up with many answers, but let me propose that inevitably, you will find that attachment has caused your unhappiness. Attachment to things being the way they are and people being a particular way. We can be attached to our views always being right and attached to our egos, which feel threatened by every criticism.

However everything is impermanent and subject to change. Things change, circumstances change, people change, and most importantly, we change. Problems often arise when we live and attach ourselves to things as if they are supposed to be permanent, instead of changing. Problems often arise when we live and attach ourselves to things as if they are supposed to be permanent, instead of changing ourselves to the natural rhythms of life. Attachment to things being the way they are and people being a particular way. We can be attached to our views always being right and attached to our egos, which feel threatened by every criticism.

To advertise your classified submit online via the arc website; www.arc.unsw.edu.au. Click on the right hand “Blitz Magazine” link then “submit to Blitz”. Please supply the week you want the classified listed, not the week of the event under “nominate week”. Anonymous classifieds will not be printed, please supply a contact phone number. The maximum word count is sixty words.
What do you do that’s environmentally friendly?

Simona
1) Use the other side of the paper to work out maths questions.
2) My shower time is directly proportional to the amount of activities I do each day.

Bernise
1) Use flyers they hand out on the walkway as toilet paper.
2) 15-20 minutes.

Qais
1) Recycle bottles.
2) 5-10 minutes.

Nalini
1) Reuse plastic bags.
2) 20 minutes.

Breana
1) I recycle and I take public transport.
2) 10-15 minutes.

Will
1) Recycle paper and plastic cartons.
2) 15 minutes in winter, 5 minutes in summer, 10 minutes on average.

Natalie
1) Drink alcohol to save water.
2) 1 hour to waste water.

Jennifer
1) I recycle, sometimes. I like the idea of recycling.
2) Roughly 10 minutes (Friend says “yeah right!”).

How long do you take in the shower?

Simona
1) 2) 

Bernise
1) 2) 

Qais
1) 2) 

Nalini
1) 2) 

Breana
1) 2) 

Will
1) 2) 

Natalie
1) 2) 

Jennifer
1) 2)
ARTS WEEK
Get into it!

Week 5

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