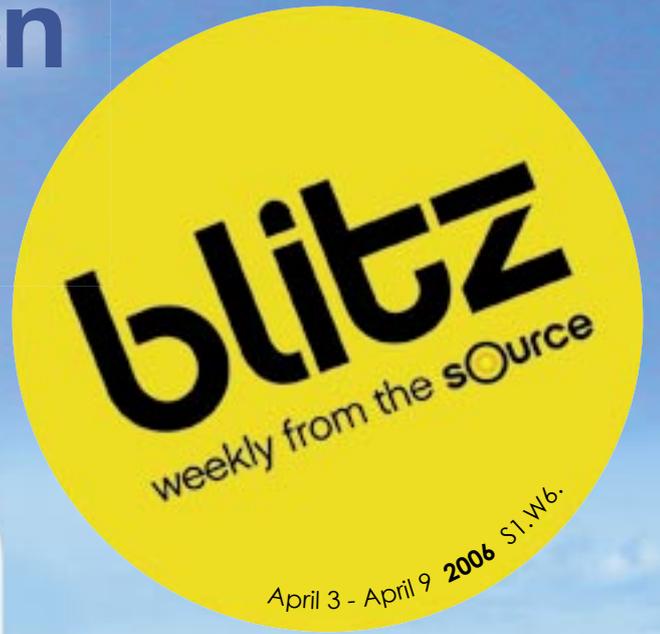


Mind, Body and Soul

Beating Addiction

Interviews with Jimeoin
and Rod Quantock



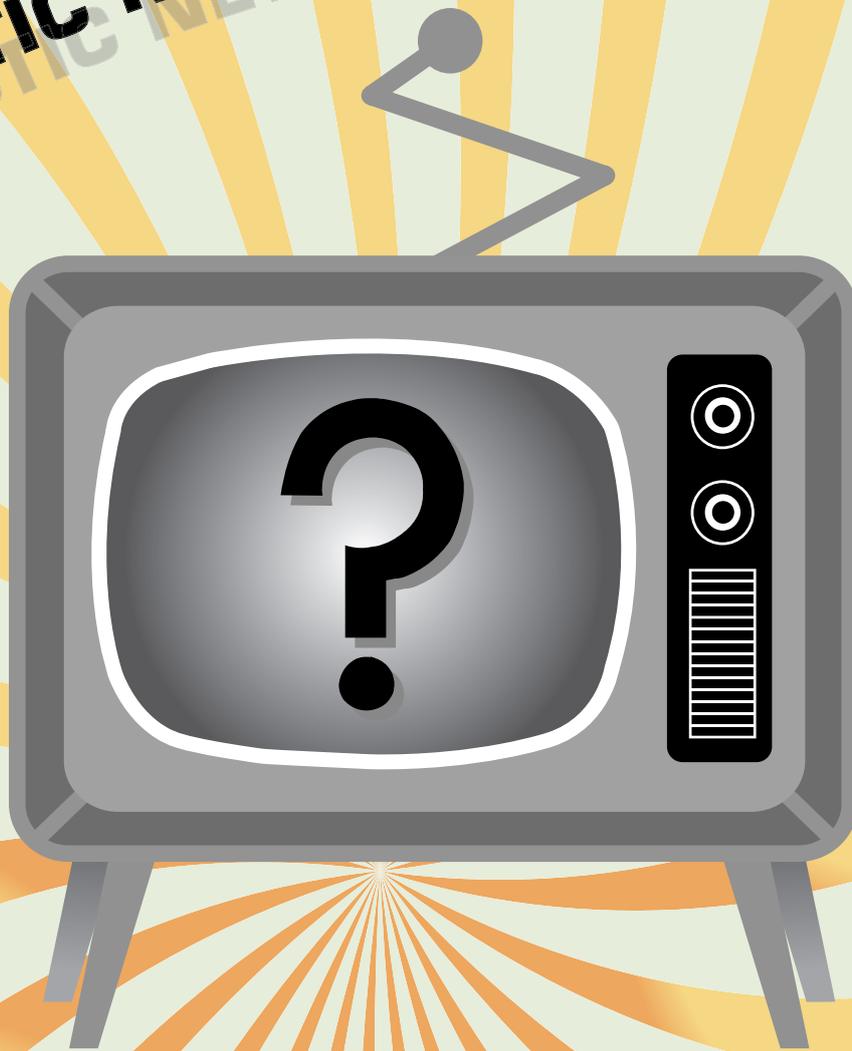
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Editor's letter



by Rob Gascoigne

There's a line by Shakespeare – and I apologise to English majors everywhere if I get this wrong – that says "our bodies are gardens to which our wills are gardeners". I regret to say that I think he got it right. The choices you make about what you do with your body do tend to snake back on you. It's not really fair actually. You get to the end of a hard week and try to unwind. A tiny bit of indulgence and you wake the morning after, cradling your head and eating a greasy breakfast to soak up last night's excesses. Does anyone else ever feel like the breweries should be paying YOU?

I've often been unimpressed by just how utterly high maintenance and troublesome the human body can be. You go to work, sitting in front of a computer, and you get podgy. You try to improve the situation with exercise and you're left sweaty and stinking. Why can't you be let off once in a while? As imperfect and grieving as it is, it's all we've got. So, we encourage you to take care of it.

Though, it might need to be said that we at Blitz don't necessarily lead by example. This week, Flick has suffered for her art (kind of). She didn't quit smoking for ten days. She's managed to keep a journal of how she almost, not quite gave it up. Check it out, if only for Justin's kick-arse layout. (I should note that Flick, since writing this, hasn't had a cigarette for more than a week and we're all very proud of her forbearance).

Though some of us are kind of shit about staying healthy, we do know its value. Alex has put together some information on the importance of holistic health. The health of your mind can have an affect on the health of your body and vice versa. It's an awkward balance to strike. Regrettably, the state of the garden generally depends on the state of the gardener.

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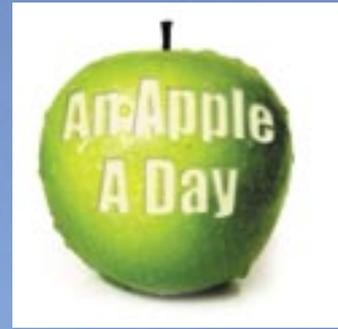
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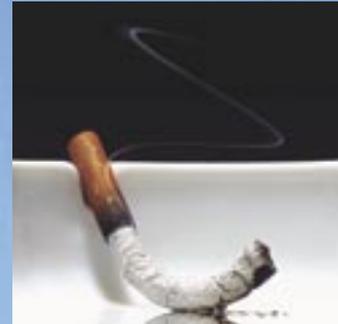
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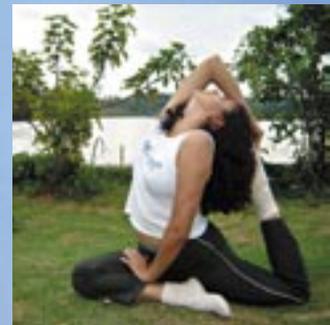
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This week I have the pleasure of announcing a new service offer in two of the Source's most popular coffee shops. Starting this week, the Source's Coffee Republic and Esme's coffee shops will be providing students with the opportunity to purchase FAIR TRADE COFFEE.

Fair trade coffee is ethically produced and, unlike many other types of coffee, the money made from purchasing it goes back to the farmers and the landowners who produce the coffee, rather than the multi-national corporations who buy the goods from the poor farmers at a pittance of what they in turn make off them.

Fair trade coffee should be available from the start of this week. The coffee will be sold for a slightly higher price than regular coffee, but your social conscience will thank you for it – as will the third world farmers who will benefit from your purchase.

This is just one more example of how the Source responds to the needs of the UNSW student community. If you have any further suggestions or ideas on what we could do better, please feel free to contact me. You might need to do a bit of research into the issue with one of the Source's Directors or committee members, but the Source is always prepared to listen to ideas and suggestions of how it can serve the University community better.

If you have an idea that you want to see happen, drop me a line at president@source.unsw.edu.au.

*Kirstin Hunter
President*

Ask CONTACT!

Contact is a student enquiry and referral desk that is run by student volunteers. Drop into Contact with your inquiry, big or small, we'll know where you can find the answer.

How can I get involved at uni in activities that take me beyond my degree?

There are tons of ways for you to get involved on campus beyond going to class! They're a fun, cheap, and accessible way for you to meet new people, improve your skills, and see what an amazing place UNSW can be. Below is a mini guide to just some of the ways you can get involved.

CASOC (Clubs and Societies on Campus)

There are over 250 clubs and societies for you to choose from. From anime to yoga, and everything in between, there is bound to be a club that appeals to you. Simply visit CASOC (located in the Guild, Level 1, East Wing, Quad Building) to find out more.



The Source

The Source has a myriad of volunteer programs and self-development courses designed just for students. Pick up one of their Student Activities booklets from the Blockhouse, or from Contact!

Sports Association

Join a team sport or enrol in a dance lesson! The Sports Association has a wide range of sporting clubs and recreation courses on offer at a discounted rate for students. You can visit them at the Sam Cracknell Pavilion, or pick up a brochure from Contact.

Contact: Level 2, East Wing, Quad building. 10am-4pm weekdays during session, or email contact@unsw.edu.au website www.contact.unsw.edu.au.

From the Village Green

Aussie Rules

By Anthony Moustacas

I had just finished a lecture and was walking down the main walkway onto Anzac Parade past the Village Green. Many of you will know that this area is used to facilitate the many sport teams that UNSW has. What many of you won't know is that the UNSW Western Bulldogs Aussie Rules football team uses this ground for training.

Instead of walking with my head down and my iPod in my ears, I glanced over towards the grass and saw some boys running around the paddock kicking a ball. Although I first thought the ball they were kicking was a rugby ball, I soon realised that these talented kids were actually training for the UNSW Aussie rules team.

Forgive me for being obnoxious but I would never have thought a sport such as Aussie Rules would be so strong at a University level. Despite not even realising they existed, the UNSW Western Bulldogs are quite a competitive side in the local competition. With many grades playing in the competition, the squad trains tirelessly night after night trying to make a name for themselves in a state which is dominated by so many other sports.

Although the sport is not considered to be that popular in NSW, it is ranked as one of the most played sports across the entire country. We can all choose to ignore Aussie rules in this state, however, sooner or later people will have to face up to the reality that Aussie Rules is an abiding institution in this country. So, if you're interested, talk to the Sports Association about getting involved or go along and support the Western Bulldogs. You'd be amazed just how talented they are.



At the start of session, Alex Serpo and I attended a press conference with Harrison Ford. He was publicising his film Firewall. Did you see it? I didn't think so.

By Rob Gascoigne

Now, let's put this in context. Alex and I spent our childhoods in that heady, hedonistic era called "the Eighties". What this means is that when we scraped our knees or broke windows, it was because we were playing games inspired by our favourite movies. Those movies? For Alex, it was Star Wars and for me, Indiana Jones. How could we not meet Han Solo or Dr Jones?

Mr Ford was late but, as we learned in Star Wars, he has a habit of racing in at the last second. When he finally appeared, it was clear that he was jetlagged and uninterested. He just did not give a damn.

It only got worse for him. The questions sucked and few people cared about his new movie. Inevitably, minds turned to the fourth Indiana Jones film. It was at this stage that I mustered the courage to ask a question. A microphone was handed to me. My heart was beating like crazy

– fuelled by the energy of twenty-four years of persistent hero worship – and I nervously began.

I asked him if he felt any 'trepidation about making another instalment to such a classic series' suggesting that the 'films might be bigger than the filmmakers now' (read: 'do you really want to whore my hero?'). He paused before replying. 'I don't care. I don't care if the films are bigger than the filmmakers....' I laughed nervously and a little too loudly, trying to mask the sound of my

heart cracking, and raced onto the next question (a good one Alex thought up), asking him whether, he felt he would ever play another character with the staying power of Indiana Jones. He replied "nuh, probably not."

And that was it. That was my meeting with Dr Jones, one of the most solid foundations of my childhood. Years watching him outclassing Nazis and blasting the Empire were reduced to a ten-minute exercise in disappointment with a sallow, uncaring old man. I confess that I never expected him to be like Indiana, entering chased by a giant rolling ball or something, but I wanted something, anything to connect my mundane little life with the wonderful fantasy that consumed my young mind.

We ambled back to uni and I worked a line over in my head - my favourite line from The Last Crusade - 'you lost today kid, but that doesn't mean you have to like it' (it sounds lame now, but awesome to a seven-year-old boy in a movie theatre). Harrison Ford is not Indiana Jones but that doesn't weaken his creation. I don't care what he says: the films are bigger than the filmmakers.

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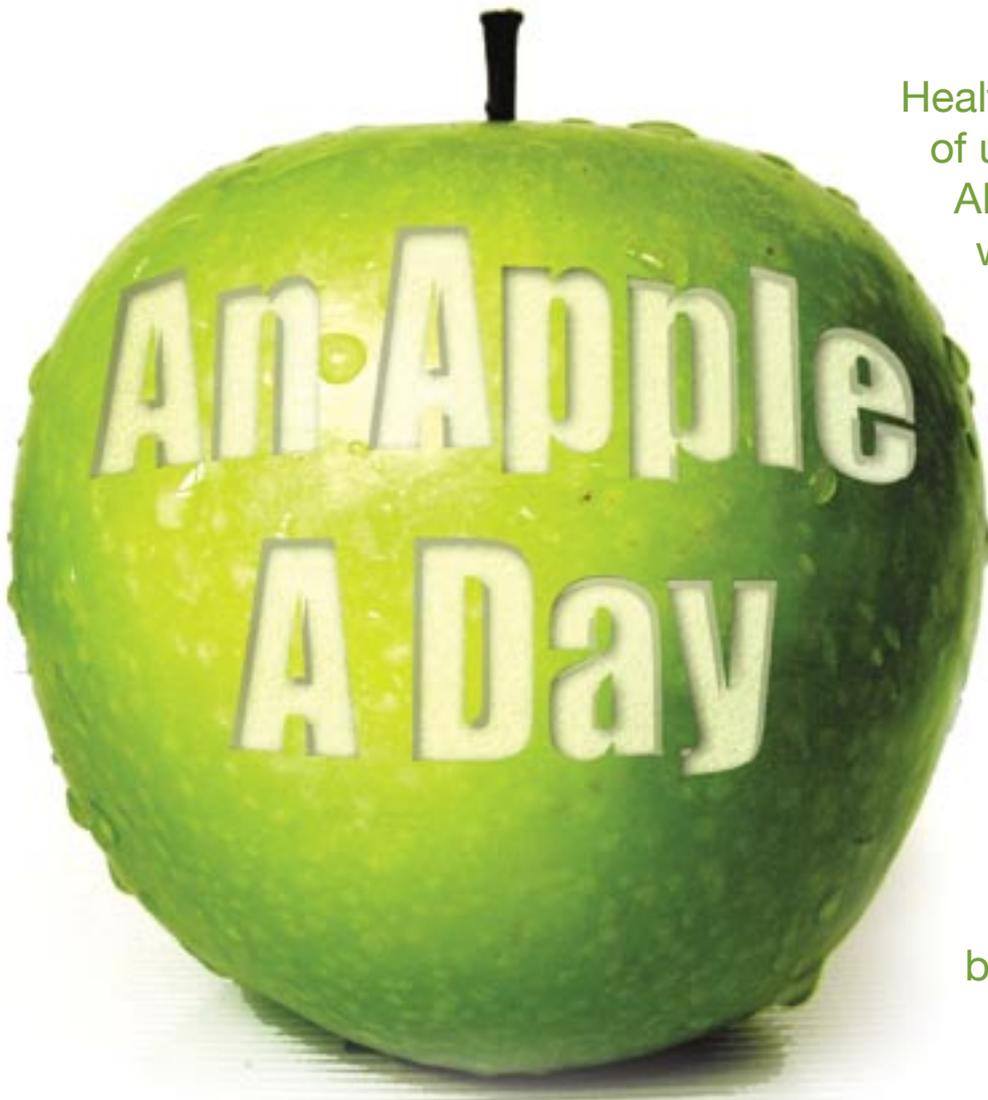
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Health is something many of us take for granted. Although we shouldn't, we stay up late at night, work too hard, overindulge, drink (maybe smoke and take drugs) and then assume that we will be fine tomorrow. Health is more than just the absence of disease. There are a whole range of lifestyle choices that make us healthier, both in body and mind.

by Alex Serpo

In a first world country, the only two excuses for not living a healthy lifestyle are ignorance and apathy (an overly hedonistic lifestyle may be considered both). In the first world, the dichotomy of being wealthy yet unhealthy (and often unhappy) is painfully ironic considering that in the third world, the leading cause of ill health is malnutrition while in the first world it is consumption, in the form of cigarettes, alcohol and obesity. Adding to these issues is the weight of social stigma, often leading to additional psychological problems.

Not wanting to become part of the growing statistics on first world illnesses requires learning some simple strategies to take your health above and beyond what is considered average. Scientifically speaking, there are two

aspects to health: the physical and psychological.

The recipe for physical health is simple. Stop smoking, drink alcohol in moderation and water in abundance. Watch your diet, and exercise in generous helpings. We have all heard this recipe before. It is easy in theory but in practise, it's seems difficult to sustain without becoming glum and boring. Plus, it's hard to find time in our busy lifestyles. We all study, most of us work and, on occasion, it's worthwhile, you know, enjoying our fleeting youth. Sometimes exercise is the last thing on our minds.

Finding your motivation is the key to commitment. To inspire you, consider the following benefits of exercise. According to the World Health Organisation (WHO): reduced risk of premature death by up to one third, reduced risk of heart disease, colon cancer,

type II diabetes and obesity by up to fifty percent; increased psychological wellbeing, and relief from feelings of anxiety, stress, depression and loneliness.

On the other hand, there are an estimated two million deaths a year due to physical inactivity. If that doesn't inspire you, how about being a bit trimmer? Obesity is epidemic in first world countries. More than 1 billion people worldwide are overweight, with 300 million clinically obese. When you're trimmer, you feel better, you look better and you're more alert. It's worth making the change.

If you are still sitting on the couch, here's some expert advice. Margaret Matthews, a senior lecturer in Osteopathy (a form of health science) at RMIT claims that exercise, 'burns up the bio chemicals caused by stress and depression,

produces endorphins which relieve pain and elevate mood. Exercise also results in improved sleep, relaxation and digestion'.

So, exercise affects your mood and mood affects your physical health. Dr Matthews highlights this link through research showing that women with terminal breast cancer live twice as long if they meet a support group once a week, emotions can change your physiology quite profoundly, think of fear or embarrassment'. A good emotional state is paramount to good health.

Thank heavens! Running on a treadmill is not the only way to promote physical and psychological health. A new form of therapy known as laughter therapy has been shown to provide significant benefits. Participants sit in a circle and a 'laughter facilitator' (what a wacky name!) begins to laugh, hysterically, until everyone is laughing. It sounds ridiculous but this therapy has been shown to be effective against illnesses ranging from cancer to depression. Dr. Matthews asserts that 'if laughter was a tablet, it would be worth a fortune'.

Like physical health, there are varying degrees of mental health; it is more than the absence of a mental disorder. Mental health affects everything from our ability to think and

learn, as well as our ability to understand others and react to our emotions. It is not surprising then that the number one barrier to treating mental illness is a lack of recognition.

The most distressing side to mental illness is suicide. In Australia, there has been an 18% reduction in reported suicides over the past six years but with six suicides occurring on average every day, we are reminded that there is much work to be done. It's estimated that for every person who succeeds there are twenty attempts. This is pertinent to students, as suicide is one of the leading causes of death amongst young people.

While mental illness gets less than a fraction of the money and attention that physical illness gets, it is just as treatable and preventable. Exercise, good nutrition, a sense of purpose and positive social interaction such as peer support and laughter all enhance mental health along with physical health.

In the first world, there is little excuse for not living a healthy lifestyle but there are significant barriers to doing so. It often seems that the main reason why many of us pass up healthy choices is that we take health for granted and think we will always be given a second chance. Not so. Take care of yourself.

“It is painfully ironic that in the third world, the leading cause of ill health is malnutrition while in the first world it is consumption, in the form of cigarettes, alcohol and obesity”

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Collectively Phrased



It's always fascinating to watch the gradual development of fads in collective vocab. Vanity Fair recently ran an article about possibly the stupidest American phrase ever, "It is what it is" as a response to the question "why?" Doesn't that just so eloquently sum up American politics?!

by Flick Strong

On a large campus like UNSW it is not surprising that phrases and words pass freely through the various clubs and societies until you are completely convinced that the 30,000 or so students who haunt this campus are in fact part of a phrase-spouting zombie cult.

Take for instance 'good times'. A non-UNSW friend of mine uses this freely for anything that he is generally happy about. He maintains that this highly addictive phrase in fact originated from a UNSW sports team, friends of friends. It has now got to the point in which my friend drops the 't' to mimic the emphasis 'goodimes'.

Yellow Shirts is another group that manages to manufacture a whole gamut of ridiculous phrases that spread like a

disease throughout the campus. I am particularly referring to the insanely painful proliferation of the word 'ninja' a few years ago.

'Ninja' wouldn't have been so bad if it stayed as the Noun it was born as, but no, the word suddenly became fair game for any sentence that you couldn't be bothered to say properly – 'ninja me a beer' – translated to 'pass me a beer'; 'I totally ninja-ed that wall' - 'I kicked the wall'; or, 'I ninja-ed my way down the corridor' – translated 'I rolled myself down the corridor like a child pretending to be in a Bruce Lee film'.

It is a well known phenomenon that groups of people who spend silly amounts of time together will develop their own coded language. It is not Yellow Shirts' fault. In fact, it is a very comforting and familiar thing to develop in large groups of people.

I often wonder about the provenance of phrases we use on a day-to-day basis. Last weekend I spent my time counting the words and phrases entered into my clique's lexicon. Dominant is particularly popular at the moment, much to my dislike, as is mashed, a term used for being rather inebriated. Other favourites include ai-ya, a cry used to register surprise and a personal favourite not judging, admiring, a phrase used to start a statement in which you clearly are judging. I was not personally involved in the creation of any of these phrases and words but I still use them frequently. We are all guilty of it.

The media languishes in the propagation of language trends – if I hear another Paris wannabe use the phrase 'Beniffer' or 'Brangelina' I think you may actually find me atop a clock tower with long range sniper rifle.

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SNAPSHOT



In expectation of his upcoming Sydney tour with the Cracker Comedy festival, Australian/Irish comedian Jimeoin spoke to Alex Serpo. Jimeoin wrote and starred in two films 'The Craic' and 'The Extra'. He has done various TV appearances in Australia including The Panel, Full Frontal and Rove live, as well as his own TV show. He has been prolific on the Australian stand up scene.

Why Comedy?

Well I think it might have chosen me. I was just at a pub one night in Sydney, I put my name down for a trial run and I just got up, it kicked off pretty quickly, I didn't really pursue it, it just happened

What makes people laugh?

Surprise. People don't laugh if they can see it coming.

How do you come up with your material?

Just try and be observant, watch people in real life. I'm not forceful, I try to sit down and write stuff, genuine observations that make me laugh. The secret is to not force it, if you go to a party or something and try and be funny, you're not as funny as a person who isn't making an effort.

So the secret is just to be natural?

Yeah, because then you have a better chance of being unique, because I guess everyone is unique.

So can anybody do comedy or do you need a special talent?

No, anybody can do it really.

What do you do when you get a completely dead audience?

Drop me trousers

How many times have you had to do that?

Oh, a couple of times

What can we expect from your upcoming tour?

Hopefully I won't have to drop me trousers. A good laugh I think. A laugh that makes you forget things.

Is it your aim to make people feel good?

I don't really have an aim. I'm not trying...It's not the way I am...I have a funny head. I'm not manipulating people. I think I'm at my funniest when I don't really try. When I try it is a bit full on.

Why do you keep doing comedy?

I think there is a time in your life when you can reach your full potential at some chosen thing, so I wanted to so I could shine.

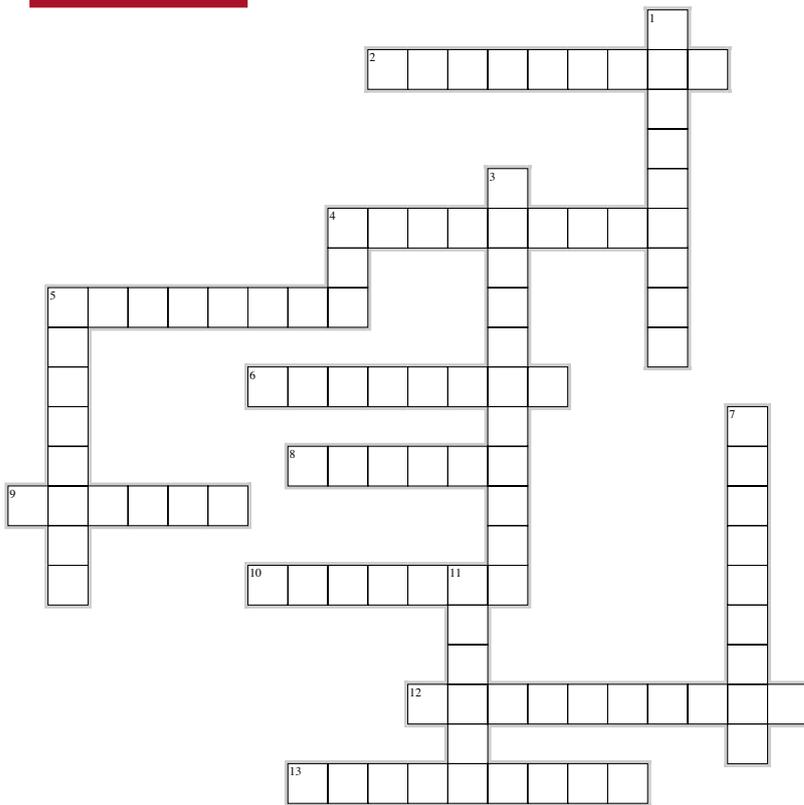
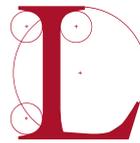
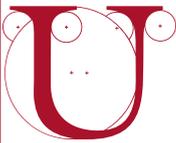
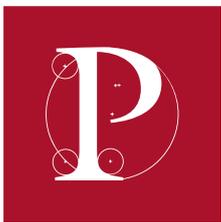
So it's about shining for you?

It's about getting to the end of your life, looking back and saying, 'I picked the thing I was good at.' You know not, the long jump, I don't think I would be good at that?

What do you enjoy more, TV or stage?

I really enjoy doing a live gig because it is quite close to what life is about too. It's there, it's in the moment. You can't really reflect on it. Whereas with TV you have to write down your ideas and explain them to other people. Plus, you have to ask for approval, I don't really like asking for approval. In TV you always have to ask. Stage has a lack of judgment or a lack of someone imposing their will on you.

Stand up on TV is never really as close as on stage. TV is good, but I really enjoy live gigs, the purity of it, there is nothing between the thought and me saying the thought.



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Across

- 2. Someone to see when your sick (9)
- 4. A physical or psychological dependency (9)
- 5. Physical activity linked to good health (8)
- 6. What to take when you're sick (8)
- 8. Go on a diet to reduce this (6)
- 9. Insidiously in food and can cause bad health (6)
- 10. A malfunction in your body caused by an external agent (7)
- 12. An eastern contemplative practice that is good for your health (10)
- 13. It's important to have a healthy... (9)

Down

- 1. The Dalai Lama says life is about this (9)
- 3. An eastern alternative therapy involving needles (11)
- 4. With ___ comes wisdom (3)
- 5. Can be bad for your mental health when they swing up and down (6)
- 7. How good this is depends on what you eat (9)
- 11. Deadlines will cause you to feel this (6)

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Giveaway: Hilltop Hoods



Adelaide hip hop sensations Hilltop Hoods are coming to UNSW! On Saturday, April 8, the boys will be rocking the Roundhouse with their unique blend of fresh beats and slick rhymes. They've just finished putting together their new album and will be performing some of their new tracks for your listening pleasure.

Luckily for you, we've got two double passes to give away to Blitz readers. To win, just tell us the name of Hilltop Hoods' new single.

Send your answer to comps@source.unsw.edu.au with the subject "Hilltop Hoods".

If you miss out, don't worry. The Roundhouse is offering ridiculously cheap entry to the show. Tickets are \$22 + bf for Students, \$25 + bf for everyone else. Tickets are available from the Unibar in the Roundhouse and from Ticketek. See you there.



Brevity Is the Soul of Wit



Walking the plank with Rod Quantock

A 30-year veteran of the Australian comedy scene, Rod Quantock has long been making discerning audiences laugh with his blend of social commentary and observation. Flick Strong caught up with him to find out the story behind his new show as part of the Big Laugh Festival.

What should audiences expect from your new show *Laugh Boat*?

Well we'll get on the River Cat at around 7 o'clock and I think we can expect to get off it but I don't know when and in between I think it's a grave mystery. I don't know what's going to happen. I learn to tie knots. I learn to rape and pillage. There may be a bit of plank walking. They might even get to steer the boat. There'll be a bit of Pirate stuff. I'm very fond of Vikings. I think the Vikings did a great job too. We might try and invade Drummoyne and claim it for the Viking Empire.

You've relied a lot in the past on political humour, do you think comedy and politics go hand and in hand?

They can, but not necessarily. Comedy in Australia is now so extraordinarily diverse, from the completely innocuous through to the vile and revolting and to comedians who have an agenda. I suppose they are responding to political and social issues. Most of what I do fits into the category of politics and social issues.

And the new show?

I'm very concerned about the destruction of the harbour and particularly the foreshore. There's a lot of pollution there, so we'll be tasting the water as we go and watching people slowly die. So it will be a combination of information and comedy. Mostly comedy because a lot of the information I'll just have to make up 'cause I don't know anything.

You've been around the Australian comedy scene for over 30 years. Do you find yourself as a kind of mentor figure for new comedians?

No not really. I very rarely get to work with young comedians just because the venues that they work in are not the venues that I work in. There's so many comedians around. But like everything, like architecture, I think 2% are any good and the rest put up the shit around you, but occasionally comes along one rare comic mind.

Do you have any advice for up and coming comedians?

I suppose you've got to have talent. You either have it or you haven't got it. You've got to have something that is unique to you and something that's unique to say. Most young comedians talk about the same things. It's mostly related to television and possibly related to being on the dole or getting drunk. And it's something I shouldn't advise people about because I'm no good at it. You've got to be very competent and pushy and you've really got to stick at it and you've got to take every opportunity you can to get up in front of an audience. It doesn't matter if it's four people or if it's a thousand people, you've just got to do it and if it means doing somebody's bah mitzvah in their backyard or a twenty-first birthday, just do it. Oh and finally, don't bother. Get a degree and become a lawyer, become a corporate lawyer. It's a lot more fun and you can do a lot more damage!

It's lunchtime, you've just been to a lecture, you're so hungry you could eat your textbook and now you have to stand in a queue while your stomach rumbles. It's peak hour.

You can't always avoid queuing for a meal but you can make it more fun or productive. For example, the people you meet in queues could become lifelong friends, or even partners, at the very least you're sharing a moment in a queue and that must mean something.

Assuming you know what you want, turn to the person in front of you and say "I'm having the pasta today, what are you having?" This way you'll ensure they know what they want - which means you don't have to wait longer in the queue while they decide. If they know what they're having, take a moment to compliment them on their choice.

You may also like to play a creative memory game by naming every food item in the display and then forming a poetic ode to each of the five food groups. Recite it to the person behind you for encouragement.

Most importantly, before you reach the cashier, have your Source Discount Card handy because you'll need it to get your Source Discount.

Now you're ready to step up to the cashier, arms outstretched with a beatific smile and enthusiastically announce "I'm here!" Give them your card, pay them, thank them and go eat. The person behind you will appreciate your brevity. Who knows, you may end up eating together for lunch. Or a lifetime.

www.source.unsw.edu.au

Keep your Source Discount Card handy.

Rod Quantock's show *The Laugh Boat* can be seen Saturday April 1 and 8 on a Sydney Ferries Rivercat. Leave from Riverside Theatres Parramatta Box Office, 6.45pm for 7.15pm. Tickets \$55, bookings 8839 3399 or www.biglaughcomedyfestival.com.au

Where To Enjoy.

What's ON

Week 6 - Monday 3 April - Sunday 9 April

sSource
Yellow Spot Special
 Week 6 April 3-7
 Zippy's Blockhouse
 Zippy's CLB
 Zippy's Mathews

Salad
 + bottle of
G-Force

\$4.50
while stocks last daily

Source Discount Card holders only

Monday
 3 April 

Ping Pong
 11am
 Gonp Ginp!
 Roundhouse
 Free

D2MG Beginners Street Jazz
 taught by Wakana
 1pm - 2pm
 Street Jazz is a contemporary dance form combining jazz, hip-hop and funk. Learn this style to move like Britney's or Christina's latest hip-hop and R&B videos!
 Blockhouse
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Queerplay
 1pm - 3pm
 Queers of ALL varieties meet up for some free food and drinks. A purely social activity which involves scintillating conversation and the occasional game.
 Queerspace - Applied Sciences Building 920
 Free

D2MG Beginners Breaking taught by YJ
 3pm - 4pm
 Our classes will introduce to you the foundations of bboying such as Toprock and Footwork and slowly prepare you for more challenging moves such as Freezes and Powermoves. Breaking is suitable for chicks as well!
 Blockhouse
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Capoeira S.A.L.S.A.
 4pm - 5pm
 Capoeira is a unique Brazilian art form which incorporates acrobatics, rhythm, music and self defence in an alternative martial art. It has no barriers or pre requisites, because life is about progression and Capoeira is about life.
 Dance Studio 1
 Individual lessons are \$10 or Three lessons are \$23

Reproductive Rights! Heterosexual and non-heterosexual access
 5pm - 7pm
 Dr. Terry Foran will talk about heterosexual access to reproductive services. This will be followed by a speaker who will cover reproductive access rights for Queers. Food and drinks will be provided.
 Queerspace - Room 920 Applied Sciences
 Free

Happy hour
 5pm - 6pm
 Mmm beer!
 UniBar, Roundhouse

Momentum Dance Studio: Hip Hop/Funk Class
 5pm - 7pm
 Taught by industry professionals, new moves are taught each week and put into a fun, high-energy dance routine. Perfect for beginners, a great workout! For more info www.momentumdancestudios.com.au
 Casual Class \$10, Dance Card (10 Classes) \$80
 Dance Studios Behind Io Myers (Gate 2)

Momentum Dance Studio: Classical Ballet Class
 6pm
 A traditional ballet lesson working at the bar and in the centre. Students learn classical ballet movements and dance sequences while increasing strength and flexibility. Good for beginners, advanced students can be catered for!
 For more info www.momentumdancestudios.com.au
 Casual Class \$10, Dance Card (10 Classes) \$80
 Dance Studios Behind Io Myers (Gate 2)

UNSW St John Ambulance Society AGM
 6:15pm - 8:30pm
 AGM for the society will be open to all existing members and those interested in joining. Please help elect your new society committees. UNSW students, staff and alumni who are interested to learn first aid, find out more information or join St John Ambulance are most welcome to attend.
 Hutcheson Room, Roundhouse
 Free

Jitsu Training
 8pm - 10pm
 Jiu Jitsu - the "Gentle Art" of ancient Japan. Come to training and learn the Playboy position. Beginners Welcome.
 Dance Studios, E9
 First Session Free

Tuesday
 4 April 

Ping Pong
 11am
 Gonp ginp!
 Roundhouse
 Free

Thoughtful Foods Food Co-operative
 11am - 3.30pm
 Thoughtful Foods is UNSW's food co-operative, offering cheap, ethically produced, organic food to staff and students. Pop in and have a look!
 Roundhouse
 Free

Men's Sexual Health/ Queer Boys
 12pm - 2pm
 This week Queer Boys is a Men's Sexual Health workshop. If you've got questions that need answering or are just curious - don't hesitate to join us.
 Queerspace - Room 920 Applied Sciences
 Free

Students Against War AGM: War and Racism: Why are Muslims being targeted?
 12pm
 The Cronulla riots and recent comments from Howard and Costello that Muslims have not accepted "Australian values" are indications of rising anti-Muslim racism. These statements ignore the impact of Western policies on the Muslim world, such as the invasion of Iraq. This forum will discuss the rise of anti-Muslim racism and the "war on terror".
 Central Lecture Block (CLB) 5
 Free

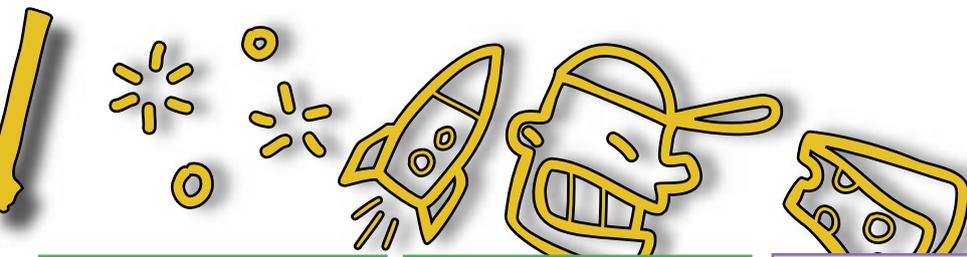
Trivia
 1pm
 Trivial fun!
 Unibar, Roundhouse
 Free

Chess
 1pm - 4pm
 Lead an assault! Enthusiasts of all skill levels welcome.
 Quad 1001
 Free for members. \$2 for non-members

Campus Bible Study talk - Jesus the One who was to come
 1pm - 2pm
 Join us for a talk on Matthew 11: 2-24, and join us for afternoon tea afterwards. For more information, visit <http://www.campusbiblestudy.org>
 Science Theatre
 Free

D2MG Beginners Locking taught by Tony (from NU Skool Club!)
 1pm - 2pm
 Locking is a hip hop dance form that collaborates fast moves with the entire body, then locking in one position. Nu Skool Club is one of Sydney's most elite dance crews with members all having up to 15 years experience in hip hop dance and performance.
 Blockhouse
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

D2MG Graffiti Workshop
 3pm - 6pm
 This is an introductory course on graffiti. Please do not be later than 3:30. Contact Lewis Wong 0421729191.
 Blockhouse



D2MG Open Hip hop (Absolute Beginners) Styles taught by Miranda

4pm - 5pm
 Miranda has spent the last half a year in the United States to taste the flavour of where hip hop originated! Along with lots of street slang, she's even brought back with her the experience of learning at the world's most reputable dancing school, Broadway, NY.
 Blockhouse
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

The Psychology Society AGM

5pm
 Psychsoc will be holding the 2006 AGM to discuss awesome upcoming events and elections for executive positions.
 MAT1011
 Free

Happy hour

5pm - 6pm
 Mmm beer!
 Unibar, Roundhouse

DJ Justin Mile (Funktrust)

5pm
 Come and check out Funktrust regular Justin Mile doin' his thang Beergarden, Roundhouse
 Free

Pool Comp

5pm
 Fame and fortune with a stick and some balls!
 Unibar, Roundhouse

Tuesday Night Roast

5.30pm
 Just like Sunday night except it's Tuesday night!
 Clems, Roundhouse
 \$5

Coming Out Workshop

6pm - 8pm
 Are you Queer but not quite Out? If you're thinking about exploding out of the closet or need some help getting to that point - the Coming Out Workshop is for you! Under the guidance of a professional, we'll discuss all the major issues and share our own coming out stories with you. Queerspace - Room 920 Applied Sciences
 Free

Tick, Tick... Boom!

8pm
 Canned Music presents the Sydney Premiere of TICK, TICK... BOOM! Before he wrote RENT, Jonathan Larson was performing an autobiographical one-man cabaret show Off-Off-Broadway about what it was like to be a frustrated musical theatre composer. Five years after Larson's meteoric success and sudden death the show was resurrected by his family and friends.
 Figtree Theatre
 \$24/\$18 Buy tickets at the door or at mca-tix.com.

Wednesday ☀️
 5 April

Ping Pong

11am
 Gonp ginp!
 Roundhouse
 Free

Thoughtful Foods Food Co-operative

11am - 3:30pm
 Thoughtful Foods is UNSW's food co-operative, offering cheap, ethically produced, organic food to staff and students. Pop in and have a look!!
 Roundhouse
 Free

Learn the Lingo Coffee Meeting

12pm - 2pm
 Come chat with students from around the globe.
 Esmes Cafe
 Free

Queer Department BBQ

12pm - 2pm
 First Come, First Served. Free sausage sizzle provided by the Queer Department! Everyone is welcome to grab some free food and pick up some information whilst you're there!
 Library Lawn
 Free

Going Bald? So are Med Revuers!

12pm - 1pm
 Come and watch as members of Med Revue shave their heads to raise money for the Sydney Children's Hospital. Every \$200 raised will result in a new bald person.
 Library Lawn
 Free

Pottery Studio Inductions

12.30pm - 1pm
 Learn how to use the Source Pottery Studio from our Potters in Residence. The studio is free for student use and is the perfect way to relax between classes.
 Pottery Studio, Level 2, Blockhouse
 Free

Bar Bingo

1pm
 Oh so cool!
 Unibar, Roundhouse
 Free

Library Lawn Band: Bridie O'Brien

1pm
 Bridie is an exciting new Sydney based performer - singer, songwriter and guitarist. Singing as gentle as a fresh summer breeze, Bridie has a debut CD, "Soft Side of Dark".
 Library Lawn
 Free

D2MG Beginners Hiphop taught by Kenky

1pm - 2pm
 Kenky, one of the world's most elite dancers, is here in Australia to spread his passion for hip hop culture. Marsh Room located at Upper Roundhouse
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Education Action Group

1pm
 The EAG is a group of student activists interested in campaigning for equitable and accessible education for all students. Come along to catch up with the latest campaigns and get involved. All welcome.
 Student Guild
 Free

D2MG Beginners Popping taught by Kenky

2pm - 3pm
 Popping is a unique style of dance that strongly focuses on the movements of individual parts of the body and is highly influenced by styles like the 'robot' and 'liquid'.
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Style: D2MG Girl's Hiphop taught by Erico

3pm - 4pm
 This class is especially created for the ladies out there who want to learn how to shake it like a polaroid picture! Honestly though, this class will give all the ladies the feminine groove to all forms of hip hop dancing. So? What are you waiting for!
 Blockhouse
 \$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Trivia

5pm
 Trivial fun!
 UniBar, Roundhouse
 Free

Happy hour

5pm - 6pm
 Mmm beer!
 Unibar, Roundhouse

Beergarden Band; Josh Pyke

It didn't take long before Josh's unique voice and song writing style, influenced by the likes of Elliott Smith, Evan Dando, and Sparklehorse, began to find favour amongst music tastemakers, critics and Triple J listeners.
 5pm
 Beergarden, Roundhouse
 Free

Pub Grub

5.30pm
 Just like Clem used to make, hold on...
 Clems, Roundhouse

Underwater Club AGM

7pm
 All positions in the committee will be vacated ready for newly elected officeholders. Come to vote, or for the usuals - cheap beer and bbq. Details at www.underwaterclub.org
 Sam Cracknell Building
 \$2 beer, \$3 bbq

Tick, Tick... Boom!

8pm
 Figtree Theatre
 \$24/\$18 Buy tickets at the door or at mca-tix.com.

Thursday
6 April



Thoughtful Foods Food Co-operative

10am - 6pm
Thoughtful Foods is UNSW's food co-operative, offering cheap, ethically produced, organic food to staff and students. Pop in and have a look!!
Roundhouse
Free

Ping Pong

11am
Gonp ginp!
Roundhouse
Free

Compass Workshop: Back on Track

11am - 12pm
Back on Track is a program for students who find themselves on academic referral or probation at the end of their first year. You can come to all or some of the seminars, plus you have the opportunity to meet individually with a counsellor to look at your individual circumstances.
Quad 2008
Free

Taj Society AGM

12pm
Hutcheson Room, Roundhouse
Free

Queer Girls

12pm - 2pm
A weekly group specific to Queer Girls. If you're a Queer girl come along for some free food, drink and excellent conversation! If you have any questions or just want to complain about something come and talk to us!
Queerspace, Applied Sciences 920
Free

Chess

12pm - 3pm
Strengthen your defences!
Enthusiasts of all skill levels welcome.
QUAD 1049 (12-2pm) & QUAD1001 (2-3pm)
Free for members. \$2 for non-members

Quad Performance Space: Erika Katon

1pm
Come and check out performances from some up and comers. Go on, add something fresh to your day.
Quad Performance Space, Quad Food Court
Free

SOLA AGM

1pm - 2pm
Come to the AGM of Students of Landscape Architecture and help the society get off the ground.
Red Centre West Wing, Room M010

Campus Bible Study talk - Jesus the One who was to come

1pm - 2pm
Join us for a talk on Matthew 11: 2-24, and join us for afternoon tea afterwards. For more information, visit <http://www.campusbiblestudy.org>
Matthews A
Free

D2MG Campus Jam Session

1pm - 2pm
This is the first of a series of outdoors jam sessions that we will be bringing to you. Swing by and see (or even join in on) some pumpin' hip-hop dance demonstrations!
CLB Courtyard
Free

Vietnamese Student Association Sausage Sizzle

1pm - 2pm
This is a good opportunity for those who want to join the society and for members to check out all the events coming up. We look forward to see you all there, and please remember to pick up your VSA card on the day.
Library Lawn
Free for members \$2 per sausage

Learn the Lingo Coffee Meeting

2pm - 4pm
Come chat with students from around the globe.
Coffee Republic
Free

Beg/Int Hiphop taught by Mel

3pm - 4pm
Melanie's dance history includes 20 years study/performance in most dance styles including ballet, contemporary, tap, jazz and Musical Theatre. Don't miss out on this opportunity to learn from the very best!
Blockhouse
\$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Compass Workshop: Relaxation and Meditation

4pm - 5pm
This weekly session will look at strategies of relaxation and meditation. Best results will be reached by attending all sessions, but come to as many as you can!
Newton 306

Beginners Breaking taught by Hideboo

4pm - 5pm
Our classes will introduce to you the foundations of bboying such as Toprock and Footwork. Hideboo is a well respected bboy in both Australia and Japan. Come and try it for yourself!
Blockhouse
\$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Fa'afafine-Polynesian concept relating to gender role and identity

4pm - 5.30pm
Dr. Heather Worth from National Centre in HIV Research will talk about Fa'afafine - a Polynesian concept whereby a boy is raised as a girl in a family with too many male children. The boy would then assist the mother with chores traditionally performed by girls.
Queerspace, Applied Sciences 920
Free

Happy hour

5pm - 6pm
Mmm Beer!
UniBar, Roundhouse

Women's Sexual Health - Lesbian specific

5.30pm - 6.30pm
Lynne Martin from Sydney Sexual Health Centre will run a workshop focused on Lesbian safe-sex. If you're not sure of the risks involved, what precautions you should be taking or have any questions on female-to-female safe sex this workshop is for you!
Queerspace, Applied Sciences 920
Free

Garden Beats

6pm
DJ's doing their thing to help the beer go down, and start your Thursday night right...
Beergarden, Roundhouse
Free

Capoeira S.A.L.S.A.

6pm - 7pm
Capoeira is a unique Brazilian art form which incorporates acrobatics, rhythm, music and self defence in an alternative martial art. It has no barriers or pre requisites, for life is about progression and Capoeira is about life.
Dance Studio 1
Individual lessons are \$10 or Three lessons are \$23

Filmsoc Weekly Screening - Mysterious Skin/ Dr. Strangelove

6:30pm
Robert Webster 306
Free for members



Jitsu Training

7pm – 9pm
Jitsu – for relief of mid-session stress. Come to training and discover why the Samurai were so relaxed. Beginners welcome!
Dance Studios, E9
First Session Free

Tick, Tick... Boom!

8pm
Figtree Theatre
\$24/\$18 Buy tickets at the door or at mca-tix.com.

Friday

7 April



Responsible Service of Alcohol (RSA) course

10am – 4pm
The RSA course is a competency based 6-hour program with a Certificate of Attainment issued on completion of the course. You will learn the skills and knowledge required to serve alcohol in a responsible manner and the certificate is essential to any position that involves serving alcohol to the public. Participants also receive a Handbook for future reference. Find out more at www.source.unsw.edu.au.
Roundhouse
\$65

Ping Pong

11am
Gonp Ginp!
Roundhouse
Free

Pottery Studio Inductions

12.30pm - 1pm
Learn how to use the Source Pottery Studio from our Potters in Residence. The studio is free for student use and is the perfect way to relax between classes.
Pottery Studio, Level 2, Blockhouse Free

D2MG Hip Hop Foundations (Absolute Beginners) taught by John

12pm - 1pm
Never done any form of dance before? Not a problem. This awesome new class will equip you with what you need to get going.
Blockhouse
\$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

D2MG Commercial Hip Hop taught by Victor

1pm - 2pm
You've probably caught a glimpse of this afro-headed boy busting his moves at many random spots, and one in particular - the Colonnade pool hall!
Blockhouse
\$8/class or \$35/5 classes for members, \$10/class for non-member, Sign up with us for just \$10 a year!

Friday Arvo Sessions with DJ Cadell

4:30 pm
DJ, Beer, end of the week, what more could you ask for?
Beergarden, Roundhouse
Free

Spocksoc Screening - The Triangle

5pm - 11pm
Join us for our screening of Sci Fi's original miniseries, The Triangle. 5pm till 11:30pm at Quad G031. Free for members, membership is \$5 for the year. For more information about SpockSoc, visit www.spocksoc.unsw.edu.au
Quad G031
Free for members, membership \$5

Anime Screening

5pm
Guns, skirts, magical powers, unicorns, dwarves, cars, gothic angels who bash people's heads in, you name it, chances are the anime club will have it screened.
Red Centre Theatre
Free for members

Happy hour

5pm – 6pm
Mmm Beer!
UniBar, Roundhouse

Queer Department and Film Society Movie Night

6pm – 10pm
The Queer Department and Film Society cap off Sexuality Week with a Queer Movie Night. The first movie will be Boys Don't Cry and the second is TBA.
Rupert Myers Theatre
Free

Tick, Tick... Boom!

8pm
Figtree Theatre
\$24/\$18 Buy tickets at the door or at mca-tix.com.

Weekend

8-9 April



Tick, Tick... Boom!

Saturday 8pm
Figtree Theatre
\$24/\$18 Buy tickets at the door or at mca-tix.com.

Hilltop Hoods "The Hard Road" Tour

Saturday 8pm
Adelaide hip hop sensations the Hilltop Hoods are rocking the Round with their unique blend of fresh beats and slick rhymes. They'll be launching their anticipated new album, The Hard Road.
Roundhouse
\$22 + bf for students, and \$25 + bf for everyone else
Tickets at Ticketek, or the Unibar

Learn the Lingo Taronga Zoo Trip

Sunday 10am - 4pm
Meet 9:45am at the bus stop opposite the UNSW Anzac Parade entrance. We'll be travelling by bus and then ferry. You can also meet us at Wharf 5 at Circular Quay at 10:30am.
\$5 zoo entry PLUS bus and ferry fare
New comers welcome.
RSVP 5th of April
lingo@source.unsw.edu.au

Weekend trip. Underwater Club

Kiama/Shellharbour
Kiama is a beautiful town famous for it's blow hole and picturesque setting. Lots of awesome boat dives. Details at www.underwaterclub.org
Approximately \$100 (depending on number of dives)

THE ART OF MANGA BY DAVE CARTER



PREJUDICED AGAINST OLIVES



12/11/04
(13/12/04)





I Can Resist Anything

... Except Temptation

By Flick Strong

I have a confession to make. This was to be a reveal-all journal of my struggle to quit smoking. But I failed. Miserably. So, instead of sharing my experience of the ups and downs of quitting for good, I am obliged instead to tell you of my failed attempts to quit and the lessons I learnt along the way.

I have been a smoker for quite a few years now. I think, for the purposes of the article, and for my mandatory ex-smoker tirade, I really became a smoker (ie no longer just a “social smoker”) during my first and very stressful year at uni. Ever since, smoking has become a calming influence on my hectic lifestyle and a must for social nights at the pub.

Nowadays, I live with a smoker and it has become a household ritual to hold nightly meetings, cigarette in hand. We both tried quitting earlier in the year and failed miserably when he reintroduced cigarettes to our house, which meant I lasted for exactly one week before caving in!

There are, of course, major advantages to quitting smoking, most of which are common sense. For example, it will be nice to be rid of the ever-attractive bouquet of stale smoke; the social alienation thing isn't so cool and neither is being forced to smoke in the dingy pokey's room at pubs or, worse still, being forced into the freezing night to have a fag. Oh yeah, and that whole health thing too (who can think of a better reason than rotting, tar-ridden lungs?). As one of my friends always says “it's a dirty habit and you're going to die”.

So below I chronicle my attempt to quit:

Day 1

After a huge weekend (and too many cigarettes to count), Rob, my editor, informs me I should start my quitting quest. I put on a brave face and smoke my final two cigarettes. They are now gone – apparently in a secret and place in the Blitz office. I contemplate a rescue mission. I am notorious for chickening out of things when they get too hard, but damn am I stubborn when I want to prove something to someone else. I decide I am going to do this just to show Rob! [I won! – ed.]

Day 10

I give up on my quitting. Cold turkey sucks and I'm really sick of feeling guilty. Damn.

Day 2

I rule. I have resisted! I wonder if it's the residual nicotine from the weekend still working its magic. No, I decide it's because I have a new superior willpower! I am feeling absolutely fab. I return home to discover that my flatmate has also decided to quit and is on gum. This is good. No temptation!

Day 5

It's Friday night and I am having birthday drinks. I begin to regret this whole quitting exercise when sitting in the pub by myself like a loser waiting for my tardy friends! I crack and buy a pack. It's the first pack I've bought all week so that makes me feel slightly better.

Day 9

Don't smoke all day and then get home and steal my flatmate's cigarettes. Shit.

Day 3

I have a stressful day at work. I search for the pack and find that Rob has ingeniously 'hid' them in his bottom drawer. Well I lasted three days, what's one slip up, right?

Day 6

I am quite proud that I only smoked a third of my pack the previous night and spend the day ignoring the rest of the pack.

Day 8

Have really awful morning and once again steal from the 'hidden' pack in Rob's drawer. Get home to discover my flatmate has also given up on quitting and is smoking like a chimney. I join him.

Day 4

A girlfriend drops by with boy troubles. I'm having a crappy day too so we retire to a quiet corner to share cigarettes and stories. I'm not heaps impressed with myself but it's a friend in need...

Day 7

IT'S MY BIRTHDAY AND I'LL SMOKE IF I WANT TO! There goes the end of Friday's pack!

So I lasted ten days on quest, well if you want to be pedantic, I actually only lasted two. I suck. But I have learnt some valuable lessons about quitting.

I have decided the next time I attempt to quit I will definitely try a different approach to cold turkey. The Cancer Council of NSW recommends you have a plan when you quit smoking so you are aware of the hurdles you will face. They recommend you think about why you smoke and write down the reasons. Then think about the benefits of quitting on a

separate list and compare the lists. From these two lists you can plan the best way for you to quit.

For me, cutting out beer and caffeine will be essential in my attempt to quit as these are the two things I associate with smoking. Changing my social habits that involve smoking is also an essential part of this. Other tips from the Cancer Council include finding a quitting partner for support and have a plan for what you will do if you feel tempted to smoke. It also suggests calling Quitline 13 7848 (13 QUIT) for extra support. It provides 24 hour support.

The main thing to remember is that you may not succeed at the first attempt. Statistics show that every year about 1.7 million Australian smokers try to quit and 180,000 succeed permanently. Don't let this deter you – the health benefits far outweigh the transient satisfaction of a cigarette.

Despite my failed efforts, I encourage all smokers out there to give quitting a go. A real go. One day soon I will do it properly and sit down and work out what habits need an overhaul so I can kick the habit for good. In the meantime if you see me smoking please feel free to give me a swift kick in butt.



Rules for Quitting that I learnt from experience

- 1) You will only successfully quit when you absolutely want to. Someone confiscating your cigarettes, or forcing yourself to quit for journalistic investigation does not work unless you are staunchly resolute!
- 2) If your flatmate smokes make sure you quit at the same time. There is nothing worse than sitting there watching them smoke when you want to!
- 3) Don't quit the week of your birthday drinks: you will inevitably want to smoke!
- 4) Do some actual research. Nicorette has a quit pack which has step by step help. Check out www.quitline.com.au which also has some useful web resources.
- 5) Stick by it. The cigarette that breaks the drought is never as good as it looks!





Film: V for Vendetta

Vfor Vendetta, a socio-political thriller set in the not-too-distant future, does not disappoint.

London is consumed by terrorism and fear. The Orwellian Chancellor Sutler (John Hurt) pumps out propaganda through the television and imposes a nightly curfew on the streets, enforced by fingermen, the secret police.

V (Hugo Weaving), the film's vengeful hero, seeks new world order through the anarchic destruction of the Chancellor's corrupt, draconian regime. He

rescues Evey (Natalie Portman), a television employee, orphaned at a young age by the Chancellor's rise to power, and the two join forces.

Based on a graphic novel, V for Vendetta cuts rather close to the bone. Despite being written in the 1980s, the original novel could have been written yesterday for the political issues it explores, dealing with the universal themes of terrorism and the politics of fear. Scenes with the Chancellor and his political party's rise to power feel like they've been lifted straight from Nazism, complete with the red and black motif and moustachioed leader.

V is a classic comic book hero: masked head to toe in black and sporting a rather fetching Guy Fawkes mask. He is clever, scheming and has a dark past that slowly reveals itself as the story progresses. Despite the sometimes twee graphic novel feel to the film, first time director James McTeigue, along with the Wachowski Brothers and Joel Silver, of Matrix fame, has created a thoroughly enjoyable comic book adventure.

Felicity Strong



Film: Inside Man

Yet another cops and robbers movie! Inside Man featuring Denzel Washington, Clive Owen and Jodie Foster, begins with four overtly conspicuous people dressed in painters' suits walking into a bank, and then you can probably guess the rest. Hostage negotiators (Denzel Washington and Chiwetel Ejiofor) are sent off to the site with instructions to set up links with the heist's leader (Clive Owen), and to guarantee the liberation of the hostages. But, of course, things don't

go to plan, and the robbers make a meticulously planned escape. However, the thrilling question throughout the film is not whether or not the robbers will escape, but rather...what exactly are the robbers after? And, in the tradition of this style of film, there's a relatively clever (yet not overwhelmingly so) twist at the end.

Although the escape of the robbers and the twist of the film may not have been done before, the main ideas featured in this thriller are rather clichéd, and it could even be viewed as a less successful version of Ocean's Eleven. Inside Man has a great cast, yet their talent is unfortunately wasted; no scene in the entire film grasped me, or made me think 'whoa, there's an Oscar-winning performance'. Nevertheless, the soundtrack is great, featuring various funky tracks, including "Chaiyya Chaiyya" which was a hit last year. I would recommend this movie to anyone who can never get enough of these all-cast, slightly comedic thrillers. See it, you might enjoy it.

Juliette Hoad



HYPE SMITHS



volunteer

We're currently looking for ENERGETIC, FUN PEOPLE TO PROMOTE ENTERTAINMENT EVENTS ON CAMPUS. You don't need to have had any experience, all you need is a willingness to help out, and have a bit of fun.

This year we're also looking for confident & fun people to help us host and run events in the Roundhouse like bingo, trivia, pool comps, and more.

If this sounds like your thing email hypesmiths@source.unsw.edu.au, and become part of one of the most exciting volunteer programs on campus.





www.source.unsw.edu.au

Giveaway: Inside Man



Blitz has five double passes to Spike Lee's latest joint Inside Man to give away.

Inside Man tells the story of a bank robbery in New York that has gotten out of control. The robbery's mastermind, Dalton Russell (Clive Owen), has everything planned to perfection and throws up surprise after surprise for Police Detective Keith Frazier (Denzel Washington), who is acting as hostage negotiator. Frazier begins a high stakes battle of wits with Russell.

But things become truly complicated when the Mayor introduces the mysterious Madeline (Jodie Foster). Madeline wants to protect something that is hidden in one of the safety deposit boxes inside the bank, and she will stop at nothing to force Frazier to let her inside the bank and make sure nothing happens to the contents.

To win, tell us what classic Spike Lee film about racial intolerance is largely set in an Italian Pizzeria in a black neighbourhood in New York. Email your answer to comps@source.unsw.edu.au with the subject "Inside Man". Good Luck.



WIN

AND LOOK COOL THIS SEASON*! BY RECEIVING MONEY WITH WESTERN UNION

3 reasons to enter for your chance to WIN one of five \$1,000 Glue Store vouchers*:

- Shop to your heart's desire
- Look great with the season's fashion must-haves
- Be the envy of all your friends

So go on... tell us if you receive a Western Union Money Transfer today and you could be a winner!

It's simple to enter! **SMS** the first 6 digits of your Money Transfer Control Number together with the name of the country from which your money transfer was sent to **1999 4888**.

WESTERN UNION

FAST, RELIABLE, WORLDWIDE MONEY TRANSFER



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Gateway to Heaven

I took this photo when I was at Laban Rata Resthouse, on the way to the summit of Mount Kinabalu in Borneo, Malaysia. This zone is often shrouded in mist and fog, and is therefore often referred to as "The Cloud Forest". The constant flux of cloud and wind briefly unveils the stunning view over the valley below.

Artist: Le Hang

Visual Blitz

Every week, students contribute their artwork to Visual Blitz and every year, Visual Blitz culminates in an exhibition of student work with prizes awarded to the winning entries. If you're in the habit of making creative statements then Visual Blitz is your canvas. Email your contributions (at least 300 dpi resolution) to blitzeditor@source.unsw.edu.au

All's Well

The word 'yoga' seems to pop up frequently in daily life – in the media and in conversations with friends and colleagues. There is a growing number of yoga studios dotted throughout Sydney, offering a range of yoga options. But there's so much more to yoga than just "stretching". Yoga provides an exercise for your mind, body and soul.

That

Bends Well

By Anna Huggins

There are so many different varieties of yoga. Common varieties include Iyengar and Ashtanga (power yoga), Hatha (flow yoga), Kundalini (focusing on meditation and relaxation), and Bikram Yoga, which is practiced in a room heated to at least 38 degrees to reproduce the temperatures in India, yoga's birthplace. The range of people who do yoga is equally mixed - there is a type of yoga to suit everyone's tastes and people from all walks of life are responding to it.

Yoga is a complete program incorporating physical, mental and spiritual elements – the word 'yoga' itself derives from the Sanskrit word 'Yuj' which means 'to join'. The aim is to achieve unity of mind, body and spirit, resulting in a higher state of consciousness, and oneness with the universal self. People who have realized this higher state are called 'yogis', famous in the Western media for having special powers or 'siddhis' such as psychic healing, telepathy, levitation and thought-transference.

The realization of such a state is a pipedream for most of us who find touching our toes or sitting still for any length of time challenge enough. 'Asanas' or postures, which is what most people associate with the word yoga, are the first level of yoga and are designed to improve flexibility and general physical health. The practice of asanas can have many benefits including improved circulation, balance and posture, increased energy levels, and relief from conditions such as depression, insomnia,

asthma and allergies. The next stage of yoga is 'pranayama' or yogic breathing, which involves control of the breath to improve the flow of 'prana' or life force in the body. The ultimate aim of both asanas and pranayama is to develop the strength, suppleness and concentration necessary for seated meditation. It is through meditation that the ultimate aims of yoga can be achieved.

Despite the references to God, yoga is not a religion or a religious sect. It is a non-dogmatic and universal spiritual path which has its origins in ancient India. Yoga was first practiced by monks more than 6,000 years ago. Originally, yogic traditions were transmitted orally and the first written accounts did not appear until the Second Century B.C. The Eastern origins of yoga are significant in accounting for yoga's emphasis on seeking happiness and fulfillment internally, which can be contrasted with the classic Western desire for external gratification.

Yoga can have great benefits for students and in some parts of Europe is being incorporated into high school and university curriculums. Yoga and meditation are well-known tools to combat stress, improve concentration and memory, helping students retain information, do well in exams and cope with hectic uni life. Many students already do yoga and testify to these results.

There are many opportunities to become involved in yoga around campus. The Unigym offers classes, there are courses run through the Sports Association and the Eastern Suburbs Community College

(classes are taught on campus), and there are numerous yoga studios nearby. There are also a variety of different yoga schools in the area, some of which offer discounts for students.

One of the great Yoga Masters, Paramhansa Svami Mahesvarananda, affectionately known as Swamiji, will be in Sydney this week, to coincide

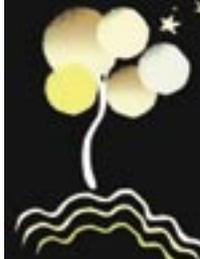
with the Sydney Yoga Expo. Swamiji, who founded the international school of 'Yoga in Daily Life' in 1972, will hold workshops on yoga, health and meditation at the Kensington Yoga in Daily Life studio on April 8 and 9. Uni students are welcome at a student concession rate of \$9. See www.yogaindailylife.org.au for more info and bookings.



josh Pyke

FREE

Wednesday 5 April
Roundhouse
Beergarden 5pm



source
UNSW CAMPUS LIFE



Tourism and Hospitality Management Society AGM

Hospo Society is holding its annual general meeting on Wednesday April 12 (Week 7) in the Quad Staff Meeting Room. (QUAD2082), 5-7pm. There will be food and refreshments available. Inquiries: Carla 0402396567, Amy 0405420399

Homebrew: Choosing your Career Path

Find out about various career options for life science graduates and postgraduates. A panel will talk about the rewarding and challenging aspects of their job. A networking session provides an opportunity to meet representatives from Research and Industry organizations in your field. Thursday, 6th of April, 5:30-8:30pm, Ritchie Theatre, Scientia. Free. RSVP absa.nsw@gmail.com by the 4th of April with a question for the presenters.

Calling UNSW Postgrad Student-Parents

If you'd like to make contact with other UNSW student-parents then join the newly established online group: http://au.groups.yahoo.com/group/unsw_pg_parents/. Use this forum to discuss some of the unique challenges faced by student-parents, share your thoughts and ideas with others and get tips from other students about how they handle this juggle.

Help Sick Kids Smile

The Starlight Children's Foundation urgently needs the help of 5,000 Australians for Star Day, their annual fundraising event scheduled for Friday May 5th, 2006. Volunteers are needed to sell merchandise throughout regional and metropolitan Australia. Volunteers can also host fundraising events and parties – to find out more or to register, visit www.starday.org.au or call Starlight's toll free number: 1300 727 827.

CHOCOSOC is going to have their first major event of the year

All in the name of chocolate and of course Easter. What else can it be but the Easter Egg Hunt!!! Have fun searching through uni for your chocolate goodness. All this is happening next week. Raffle tickets are also being sold. For more details e-mail unswchocsoc@gmail.com

Calling all solo artists, acoustic specialists, duos, trios, dancers, and ensembles

The Source Quad Stage is now available for artists interested in demonstrating their talents for the lunchtime masses at the Source Quad cafeteria. We are seeking performers to provide entertainment from 1pm - 2pm on Thursdays. The Roundhouse will provide assistance to ensure a professional and successful performance, and ideally assist you in enhancing your performance experience. For all bookings and enquiries contact Imogen Geddes on 0410 421 586 or email i.geddes@source.unsw.edu.au.

Selling? Buying? Need a flatmate? Single? A Student? Penniless?

Even if you are unlucky enough to be all these things, you can solve them at the same time by putting a classified in Blitz! If you are a UNSW student, the classifieds are free for non-commercial use. Classifieds are due twelve days (always a Wednesday) before the magazine is released (a Monday). Email blitzeditor@source.unsw.edu.au

36zero

Gaming Lounge
NOW OPEN

3 Xbox consoles
with plasma screens
ALL FREE PLAY

20 computers with
free internet access

Espresso coffee - vending with drinks and snacks

Monday, Tuesday **11am-5pm**
Wednesday, Thursday, Friday **11am-7pm**
Ground Floor Mathew's Building
(behind the Pavilions)



VOXPOPS



Psychological Test:
What do you see?



Suzi

1. Vagina
2. Vagina
3. Liturgical Dance



Dave

1. My ex-wife
2. The Seven Eleven Attendant.
3. The ice cream party.



Herbie

1. Purple
2. Monkey
3. Dishwasher



Imogen

1. The Clown from IT (A Steven King novel)
2. Strictly ballroom
3. A swan. Lovely.



Nina

1. A butterfly
2. Ink
3. More Ink in patterns



Kate

1. Gremlins
2. A lantern
3. Two owls sitting on a log

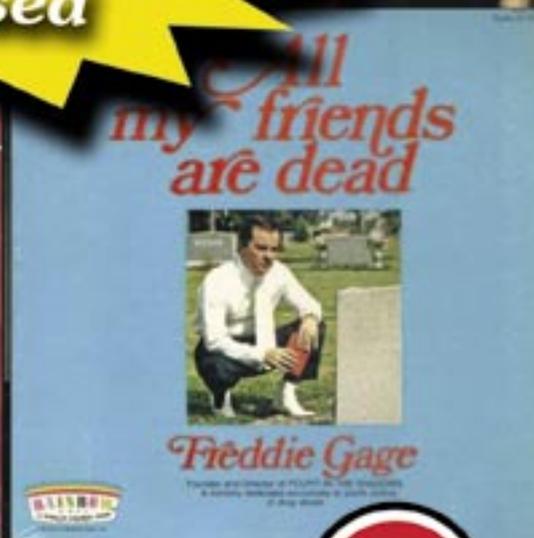
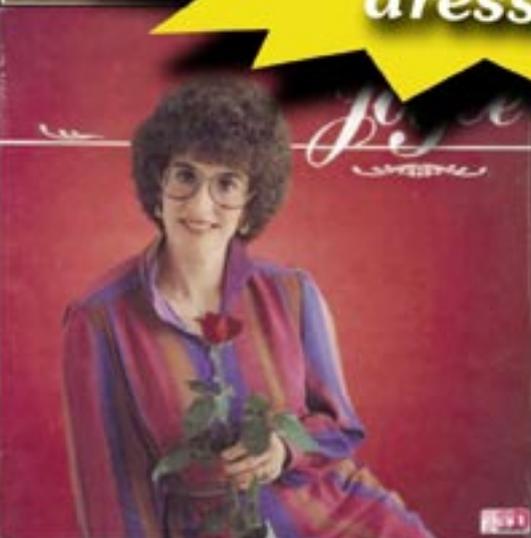
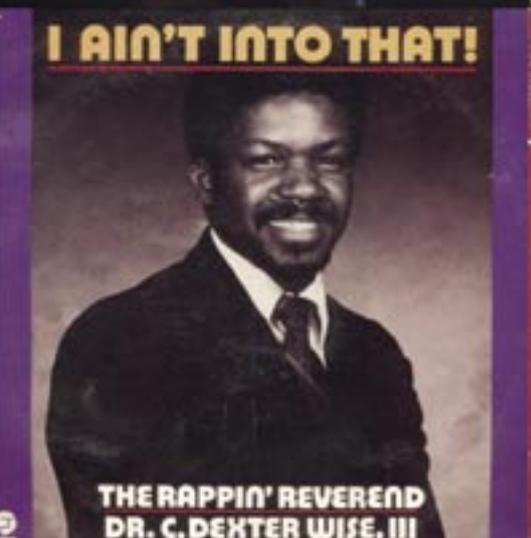
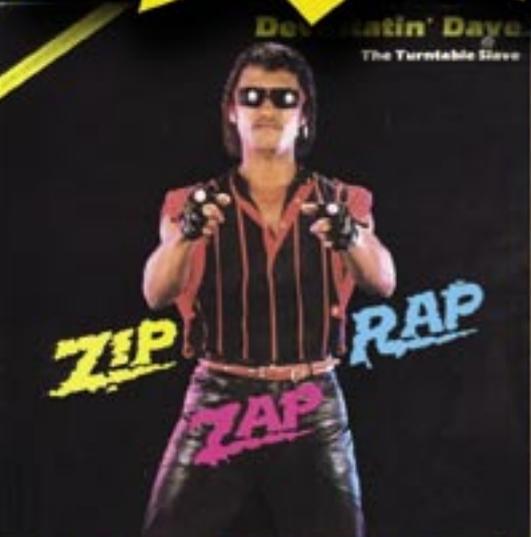
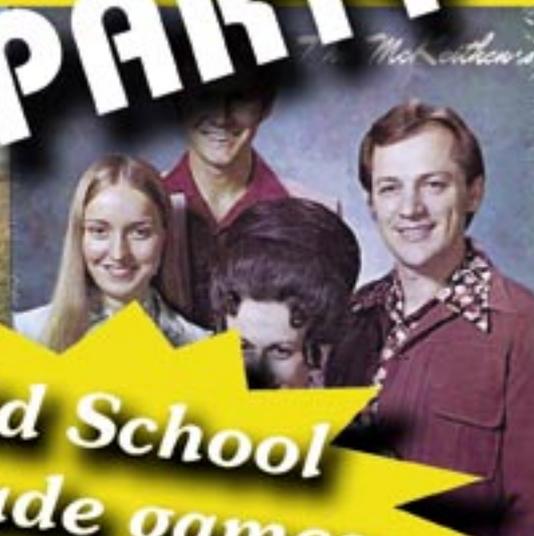
Mid Session BAD TASTE

PARTY

Worlds biggest
stubbie

Old School
Arcade games

Prizes for worst
dressed



Thursday 13 April
Party Starts 8pm, Roundhouse

