



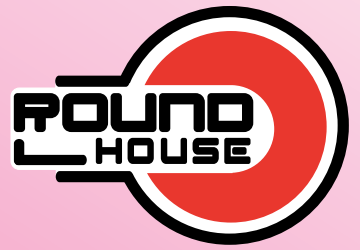
blitz
weekly from the source

September 18 - September 24 2006 \$2.99.

Let's Get Physical Mid-Session Party

Mooncake
Yum Cha @ the
Roundhouse

Get in shape
at the UNSW
Lifestyle Centre



Mid Session Party

Let's Get Physical

DJ's:

**Justin Mile
(Wham!)**

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**Static (Purple
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Live:

**Midnight Swim
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**Thursday,
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From 5pm**

*** Olivia Newton John
(impersonators)**

*** Aerobic Dance off**

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Guests \$10**



Editor's letter



by Rob Gascoigne

So, less than one week 'til mid-session break! The Source has thrown together plenty of quality entertainment to make the transition to one week's holiday particularly smooth.

First up, this Wednesday, the Roundhouse will be hosting the annual Mooncake Yum Cha Festival. Besides the great food, there's a pretty amazing prize on offer: two airfares to Hong Kong. Diligent readers would have noticed an article in last week's blitz by Antonella Schulte, who attended last year's Mooncake Festival and won this amazing prize. So, make sure you get your tickets early (at Source outlets around campus) because if it's anything like last year, it will sell out before the Festival itself.

Now, this Thursday night is also the Mid-Session Party in the Roundhouse. The theme for this party is 'Let's Get Physical'. There's a whole genre of particularly awful fashions associated with exercise that I hope you will all try to channel. I guess the logic is that, if you're going to be working hard to ensure that you look good under your clothes, it shouldn't really matter what the clothes themselves look like. I guess there's a certain chic to the notion of white sweat bands and Flashdance socks. Maybe I'm just jealous that I can't pull it off.

Finally, I regret to say that this is the last week our designer, Justin Theng, will be working on Blitz. Justin has been an asset to this magazine. He has spent long, tiring hours in this office, going beyond the call of duty to ensure that Blitz looked its best. And I think he has succeeded every single week. On a more personal note, I rush to add that my time in this office would have passed a hell of a lot more slowly without his ceaseless humour and his reflective approach to life. He's good people.

Still, the show goes on and we have another brilliant designer, Jason Treanor, stepping into the role. Given his past work at the Source, I can assure everyone that Blitz will continue to look fantastic.

Have a good break and we'll see you when you come back.

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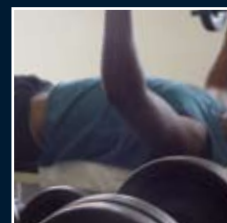
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President's Report

Mid Session Break is almost upon us. I know I will definitely be using some of the time to catch up on study! Due to the more serious nature of last week's report, I wasn't able to congratulate everyone involved with Artsweek (back in Week Seven). 2006's Artsweek was a huge success, with students participating in everything from life drawing workshops to the U Film Festival. Congratulations to all the Artsweek volunteers, co-ordinators and staff for their efforts! Don't forget to pick up your free *unsweetened* literary journal from the Blockhouse.

This week is the Source's popular annual Mooncake Yum Cha Festival. Those attending will get an awesome 13 course meal and entertainment, including traditional Dragon dancers. Mooncake is being held on Wednesday September 20 in the Roundhouse. There will be two sessions: an 11.30am session costing \$8 for members, and a 1.15pm costing \$12 for members. Tickets for non-members will be \$15. You can buy your tickets at Blockhouse reception, any of the Zippys stores (Blockhouse, CLB or Matthews) and at the Quad Store. Just show your Source or student card to receive the discounted price. Make sure you buy your tickets early. Last year we sold out before the Festival, so there weren't any tickets on the door.

The Source's Outback Assist volunteers are holding an information session on the program for all interested students this Tuesday. Outback

Assist has been running for two years now and is a program that sends a group of volunteers to the Northern Territory to work with an indigenous community. This year's volunteers will be giving a presentation and slideshow about their experiences on Tuesday at 6pm in the Cougar Club Bar in the Roundhouse. This program is really interesting and the volunteers have many stories about their experiences working with the Indigenous community. I strongly encourage everyone to come check it out.

The UNSW Student Guild Elections are being held this week from Monday to Wednesday. Make sure you take the time to talk to potential candidates and find out their policies for improving representation at UNSW.

The Mid Session Party is on this Thursday at the Roundhouse. The theme is

'Lets Get Physical'. One of my friends is currently trying to convince me to wear matching sporting outfits (hmmm)... I'll definitely see you all there – potentially in a funny outfit!

That's it from me. Enjoy your mid session break.

Kate Bartlett
Source President

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The Ugly Side of Sport

By Rob Gascoigne



It's a self-evident truth that athleticism generally goes hand-in-hand with attractiveness. Maria Sharapova's recent victory at the US Open was as much a triumph for straight men as it was for the young Russian. But, as appealing as an athlete may be, it's a lamentable reality that, more often than not, this wonderful package can have a pretty ugly wrapping.

There is something truly awful about athletic fashions. Consider Australian Rules football. You cannot find on this great, expansive earth, a collection of men more physically fit than Aussie Rules players (this is a fact, the AIS researched it). Yet, persistently, these superior specimens have been made to look ridiculous by their outfits. Warwick "Wazza" Capper – a man who made the absurd seem sublime – took a surreal joy in wearing the teeniest of tiny shorts. Surely, there is an imbalance here that is just not right.

The memory of Bjorn Borg, one of the greatest tennis players of all time, is fettered always to the monumental faux pas that was '70s tennis gear (look him up on the net). Decked out in short shorts and shirts with shoulder-width lapels, his extremities wreathed in terry toweling sweatbands, Bjorn bounced around the court, swatting at balls with his heavy wooden racquet. Perhaps it was a tactical gesture: it would be hard for his opponents to smack the ball back if they were doubled over in laughter.

Of course, it's not just the boys who look like shit on the sports fields. The girls have done a pretty good (or should that be bad?) job too. Jane Fonda, the beautiful Barbarella, has a lot to atone for. Fitness videos from the eighties are like a manual on how to look terrible. Leotards and legwarmers are a bad idea in anyone's language.

But the zenith of all sporting fashion blunders has to be the tracksuit. I'm not talking about the parachute material you usually find today. I'm talking about materials like 'velour' or 'polyester'. Fabrics forged in the sweatshops of Hell.

The high priest of the tragic tracksuit is none other than our own Prime Minister. Few of us will ever forget (try as we might) the image of John Howard, in his way-too-tight retro trackies, leaping out of his chair with (well rehearsed) spontaneous joy at an equalizing goal in the Australia-Croatia game in this year's World Cup. The image has been seared onto our national consciousness, abiding there like a childhood trauma. Such is the evil of a bad sweatsuit; it can make a bad thing worse.


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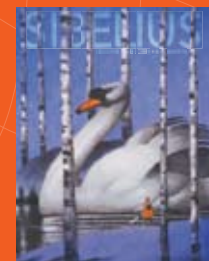
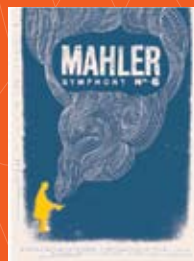
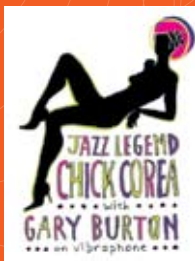
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You've probably heard reports about the rising levels of obesity that come with our increasingly sedentary lifestyles. Technology completes our chores for us and longer working hours in the information economy have us perched behind computers all day. It's not really conducive to an active lifestyle.

We don't necessarily become unfit or overweight because we're lazy. It's really a question of priorities, how we structure our lives. Balancing priorities is rarely easy but, still, some people manage to work out ways to compensate for inactivity. The best way to achieve this is by making an occasional pilgrimage to that ultimate temple of virtue: the gym.

As a measure of how gyms make you feel, try the following exercise. Place both hands on your hips, give your shoulders a roll and say out loud 'I'm going to the gym today'. Now, take a deep breath. How does that make you feel? Do you believe yourself? Next, turn to your friend and ask this question: 'I'm doing an aerobics class after this lecture, do you want to join me?' If you're a bit more competitive, you may want to go for the 'I'll race you to the top of the stairs' angle as you stroll up the Basser steps. How you feel after you've tried these little exercises will give you a pretty good indication of how you feel about gymnasiums and fitness routines.

If you find that you're lacking motivation about starting an exercise program, there are some strategies you can try to reduce your fears and animate a state of glorious

Fabulous Fi

This Thursday, the Roundhouse is celebrating all things spandex, lycra and towelling with the 'Let's Get Physical' Mid Session party. Even if the thought of sweating away in a gym has your heart pounding with fear, this party is your opportunity to excite your virtuous inner gym-junky.

enthusiasm. You'll be surprised at how easy it is to build up a routine.

The first step is to start with your kit. You don't want to waste time getting organised to go to the gym, so organise a kit in advance that lets you get in and get out of the gym without thinking too much about it. Your gym kit is your passport to gym action, so begin with a backpack or gym bag that

has all the essentials including a water bottle, a towel, your gym clothes, your exercise diary and, of course, your gym membership card. Keep your kit handy at all times.

If you're stressing out about actually going along to the gym, thinking about the exercises you'll do, the pain of it all, or how foolish you think you will look, then you're never going to get there. You don't have to worry. You don't have to be fit to go to the gym.

If gym fashions make you feel frumpy, have a think about why this is so? Perhaps you've been comparing yourself to a lycra clad gym junkie? Perhaps the mechanics of fitness scare you off as well. Well, there are easy ways to step around this.

Start by working on reversing some of those negative thoughts; add a positive element. Exercise might feel daggy and undignified at times but you will eventually grow accustomed to it. The secret is to get excited about it and embrace the challenge.

Consider the great gym goddesses of the eighties, Jane Fonda and Olivia Newton-John. While we may view their efforts now as being laughable (why did they disregard tracksuit pants for legwarmers?), remember that they excited an audience of millions to get off the couch and exercise. How did they do it? They told their audience to 'feel the burn' (a term apparently coined by Fonda) and excited everyone with their contagious energy.

Even the fashions and the music served this purpose. The brightly-

fact, you may understand why the fitness gurus of the eighties opted for their clinging costumes. Choosing lycra or spandex is largely about showing off your body in ways you never dreamed of before. Lycra is supposed to make you happy not hysterical.

So, going to the gym doesn't have to be a scary chore. It's all about getting motivated and getting excited. Even if you only do 10 minutes on a treadmill, you should still give yourself a pat on the back. You've gone through the motions and it will only get easier and more addictive. Even if the person next to you is looking mad as hell and sweating their body weight in fluids, you can remain serene and remember that soon, you'll love this. Just take it steady and ease your way into the habit.

Of course, every journey begins with a single step. So, if you're looking for something to get you started and, at the very least, make you dust off the spandex, the Source has come to the rescue. This Thursday night, the Roundhouse is hosting the 'Let's Get Physical' Mid Session Party. If you can't quite countenance the thought a gym at the moment, you can trump it with something that is arguably better: a gym with beer (though this may conflict somewhat with your new dedication to fitness). For one night, you can flaunt your legwarmers, big shades and big hair and pretend to be a gorgeous, toned gym bunny. It's the perfect way to get excited about how fabulously fit you'll soon be. Grab your sweat bands, lycra and hair scrunchies and Let's Get Physical! ☺

tness

coloured clothes and the relentless beats of early eighties pop were hard to ignore. It might have seemed ridiculous but it made fitness fun. No wonder Jane Fonda was still releasing successful exercise videos in her late fifties.



Like those beauties with their adrenalin smiles and high kicks, the gym is a place of energy and enthusiasm. You just have to be open to it. Those in the know will tell you that gym preparedness is all in the mind and what better way to prepare the mind than physicalising your enthusiasm?

Eventually, you'll forget your reticence about getting fit. In



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Phone for an appointment on **9386 9147** or just drop in.



SNAPSHOT



Do you have what it takes to be an Olympian? Are you willing to train over six hours a day in a chilly Slovenian training camp? UNSW Arts student, Ben Lexcen scholar and Judo Olympian, Sonya Chervonsky, starved, wrestled, and threw her way to Athens in 2004, and got stuck with a \$240 UNSW library fine. Alicia McDowall found out more.

What was it like to go to the Olympics?

It was a fantastic experience. The Olympics was the main goal I had in the years leading up to it, it was like an unattainable dream. You work and train so hard for so long, but it's worth it. You're there with the greatest sports people in the world; it's unbelievable. I forgot to take my library books back before I went and had a fine of \$240, but I got out of it, narrowly.

What's a typical Olympic training schedule like?

Before I hurt my foot, I trained on average about four hours a day, or three or four training sessions. I might go for an hour long run in the morning, followed by an hour of technique. In the evening, I'd usually do an hour and a half of judo training, with a weight session thrown in somewhere. If I'm overseas in a judo training camp, the sessions are longer, and I might train up to six or more hours a day.

What motivates you to continue playing judo?

What keeps me going, above all things, is the fact I enjoy the sport itself, and I really enjoy fighting. In normal day life, if you're fed up with someone, you can't just go and bash them up-

it's just not socially acceptable. But in judo, you have an environment that allows you to have that physical freedom to kick someone's ass.

You've had a lot of injuries in your career, the most recent one taking you out of judo for six months. What happened?

About six months after the Olympics, I was at a Czech training camp and I fell awkwardly in a fight. I broke a couple of little bones in my foot and messed up a couple of joints. I was completely off judo for about six months and, to this day, it always compromises my training. I can't go running, and that's really bad because it is an integral part of my training. Consequently, I've had to adapt new ways to train.

What are your goals for the future?

I try to take everything one step at a time. In the short term, I want to overcome this injury, as well as participate in the upcoming World Team Championships. In the long term, I'd like to go to Beijing. There's still a fair bit of time, so I'm trying hard to get right back into training.

Sonya will be representing Oceania at the World Team Championships in Paris, September 16 and 17.

**This Wednesday 20 September
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Delicious 13 course YUM CHA

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Incredible Edibles

This Wednesday in the Roundhouse, the Source will be holding its annual Mooncake Yum Cha Festival. Hungry students can get a good, cheap feed, stuffing their face with all manner of tasty foods. How tasty? Rob Gascoigne considers.



The Chinese are the very model of inventiveness. About nine centuries BC, they created gunpowder. In the Third Century BC, they'd begun work on the only manmade structure visible from space: the Great Wall (invented, so I'm told, to keep the rabbits out). But of all their wondrous inventions, the invention that continues to astound and amaze me the most is their food.

I love it. How much do I love it? Enough to risk my life. Allow me to explain.

During a brief trip to China some years ago, I was unfortunate enough to develop pneumonia. Well meaning friends tried to get me to leave and head home. I refused, chiefly because I had never been surrounded by so much amazing food. So far as I could see, I would either get better or I would die, and I couldn't imagine the afterlife providing me with anything more pleasurable. So I stuck around and enjoyed it. And I didn't die.

There's something unique about Chinese food. There's an extraordinary diversity in that cooking, something for everyone. What this diversity means is that, in any meal, you have a convergence of flavours and sensations open to you that you will not find anywhere else. Name for me another culinary culture with the ability and the acumen to unite both the sweet and the sour in one dish.

One of the best categories of Chinese cooking for sampling this variety is Yum cha. Granted, it's an atypical genre of Chinese cuisine, but it's also one of the most popular. With reason. Dim Sum, a name that actually means 'order to one's heart's content', is a label that refers to a wide variety of small dishes for breakfast or lunch, including buns, dumplings and rice rolls. Don't confuse Dim

Sum with Dim Sims, those greasy little fast food balls of artery-clogging deliciousness. Dim Sum is something altogether more special. Formerly the food of Emperors and the aristocracy, it offers you a vibrant and varied world of flavours.

Probably the most popular category of Dim Sum is the 'gow', dumplings wrapped in a rice-flour or wheat-flour skin. Easily the best (I'm projecting my prejudices onto you here) is *har gao*, a prawn dumpling with rice-flour skin. If these come around, try to grab two straight away. They're popular and, if you've turned to speak to someone, they'll be gone by the time you reach for them. 'Bau', baked or steamed buns filled with savoury or sweet stuffings are another crowd favourite. *Cha siu baau*, filled with barbeque-flavoured pork meat and onions, will also vanish.

The exciting world of Yum cha is not just dumplings and buns. Watch out for greens in Oyster Sauce. This stuff is addictive and easily worth the plant residue that will linger in your teeth for the next couple of hours. If you've had enough of the savoury and you want something sweet, have a go at the egg tartlets. They round out the meal well.

It's also worth noting that it is apparently illegal to drink cold drinks when enjoying Dim Sum. 'Yum cha' literally means 'drink tea'. The hot tea is drunk with the food to assist in digestion. I don't know what the punishment for infringing this timeless rule actually is, but you will

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certainly incur scornful looks from the wait staff, if not your friends.

If you haven't ever tried Yum cha before, don't worry. It's all about experimentation. If it looks like it's going to be tasty – if it smells good, looks good or the lady with the trolley yells at you and dumps it on the table – stick it in your mouth. More often than not, you'll be pleasantly surprised.

Of course, this spirit of experimentation can be used for evil as well as good. If, like me, you're terminally vanilla, your more culturally astute mates can trick you into experiments you would not have otherwise considered. I remember a Chinese friend of mine ordering me chicken feet and telling me that I had to try it because 'we eat it all the time'. I was pretty surprised then when she began to laugh hysterically

TICKETS

The Mooncake Yum Cha Festival, Roundhouse, Wednesday September 20 (Week Nine).

TWO SITTINGS:

11:30am
\$8 for members

1:15pm
\$12 for members

(non member price is \$15 for both sittings).

Tickets available from all Zippy's stores (Blockhouse, CLB, Mathews), Quad Store or Source Reception at the Blockhouse. Tickets will also be available at the door from 10:30am or 12:30pm unless sold out.

Lee Kum Kee

Lee Kum Kee is a worldwide famous brand name for premier, authentic Chinese sauces.

Following the creation of Oyster Sauce, a key ingredient in much of Cantonese cooking, its creator, Lee Kam Sheung, founded Lee Kum Kee in 1888. Lee Kum Kee has developed many new products over the years, adapting to the changing needs of customers. This Wednesday, at the Mooncake Yum Cha Festival in the Roundhouse, each patron will receive a free sample of Lee Kum Kee products. These products include:

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Lee Kum Kee XO Seafood Sauce

An all purpose gourmet condiment made from selected ingredients such as dried scallop, dried shrimp, red chili pepper and spices. This is excellent for stir-fry dishes and ideal as a delicious dipping sauce.



when I chowed down on the gnarled, yellow claws. Apparently nobody eats those things; they only keep them around to freak out the tourists. Anyway, the joke was on her: they're wicked tasty.


There is another aspect to this sense of experimentation that comes to mind. To the industrious circle of friends, the "Lazy Susan" (or, as my buddy Dave has christened it: "Chairman Mao's Rotating Wheel of Efficiency") in the centre of the table, can offer its own devilish inducements. You can hold an excellent game of 'Wheel of Fortune'. I am not recommending you try this; I'm just putting it out there.

How do you play? Well, wait until the end of the meal. If there's a dish left that nobody has tried and nobody can remember ordering (this is entirely possible), place it on the table, next to a chopstick pointing out towards the edge of the table. Then, *very gently*, set the wheel spinning. Whoever the chopstick ends up pointing to has to eat it.


As I say, this game is not recommended. In the not too distant past, some mates and I were actually thrown out of a restaurant for this very game. All I can say is, when your friend starts screaming out 'faster, faster', ignore the idiot. You might cover diners at the adjacent table in oyster sauce and used tea leaves.

But despite the occasional misadventures, both the potentially terminal illness and the disruptive drunken behaviour, Chinese food, especially Yum cha, retains its allure. There's a whole gamut of fabulous flavours to experience and, personally, I'm enjoying the process of discovering them.

If you're interested in a tasty diversion or something a little different on campus, make sure you get your ticket to the Source's Mooncake Festival on Wednesday. There'll be some great, fresh Yum cha to enjoy, as well as samples from Lee Kum Kee so that you can get cooking at home. Don't miss out. ★




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Unibar, Roundhouse

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Momentum Dance Studio: Classical Ballet Class
6pm
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UNSW Debating Society: Watch a Debate!
6-8:15pm
See a debate in the worldwide style of 'British Parliamentary Debating'. A great time for new debaters to join! Visit www.debsoc.unsw.edu.au for details.
Old Law Tower Foyer for walking group
Free

Toastmasters
6:15-8:30pm
Improve your public speaking and/or presentation skills in a friendly and supportive environment. All welcome.
Quad 1042
Free

CSE Revue 2006: The Text Files: Close Encounters of the Nerd Kind
7:45-10:30pm
CSE Revue is back again for 10 nights of laughter and fun! Be prepared as aliens, conspiracy and shiny objects all come together into one giant ball of comedy!
For more information visit www.cserevue.org.au
Figtree Theatre
\$10

Tuesday
19 September

Thoughtful Foods Food Cooperative
10:30am-4:30pm (Opening Hours)
Backyard of the Roundhouse, next to Eats@theRound
Free

Ping Pong
11am
Roundhouse
Free

Thoughtful Foods Food Co-operative; Training Session
12-1pm and 3-4pm
Info and training session about what working at the co-op involves.
Backyard of the Roundhouse, next to Eats@theRound
Free

Chess
12-3pm
Want to learn better positions?
www.unswchess.org
Goldstein Rm G05
Free for members. \$2 for non-members

IEEE AGM
12:30-2pm
IEEE UNSW Student Chapter is holding an AGM to elect the 2007 Executive Committee.
Quad 1001

Campus Bible Study Talk: "Why your verdict on Jesus matters"
1-2pm
Join us for Bible Talk by Rowan Kemp from John 2:23-3:21, for more information visit: www.campusbiblestudy.org
Rex Vowels Theatre
Free

Queer Boys
1-3pm
Free food and drinks and some brilliant company.
Queer Space (Applied Sciences Building 920)
Free

Sydney Morning Herald Trivia
1pm
Beat smart people at their own game.
Unibar, Roundhouse
Free

Women's Collective
1-2pm
Meet other women committed to enacting change!
Women's Room, Blockhouse
Free

Lunchtime Meditation
1:15-1:45pm
Revitalise your body and mind.
Contact Susan at 0433 946 550 or visit www.unibuds.unsw.edu.au for details.
Level 3, Squarehouse

UNSW Poker Club: Poker Tournament
4pm
Who wants to play poker at uni? Prizes for winner. Rego 3:30pm, start 4pm. For any enquires contact Andrew on 0405698161
Squarehouse Room 215
Free for members, \$5 annual membership

Anti-Racism Collective Meeting
4pm
ARC discusses current issues and brainstorm campaign ideas
Guild Meeting Room
Free

Happy Hour
5-6pm
Unibar, Roundhouse

Pool Comp
5pm
Unibar, Roundhouse

Tuesday Night Roast
5:30pm
Clems, Roundhouse
\$5

Outback Assist Information Session
6-7pm
Come along to an information session about the recent Outback Assist trip, held over the mid-year break. There will be a slide-show of photos and information about the program for all who are interested!
Cougar Club Bar, Roundhouse
Free

CSE Revue 2006: The Text Files: Close Encounters of the Nerd Kind CSE Revue
7:45-10:30pm
For more information visit www.cserevue.org.au
Figtree Theatre
\$10



What's On Deadlines
Week 10: by 20 Sep
Week 11: by 27 Sep

submit online at www.source.unsw.edu.au

Week 9 - Monday 18 September - Sunday 31 September

NUTS Presents: Rosencrantz and Guildenstern Are Dead

8pm
 Dearest Hamlet, We have been informed that you, our oldest friend, are in need of some cheering up. We know of a wonderful troupe-NUTS-who sound just perfect for you. Yours truly, Rosencrantz & Guildenstern. Bookings and info www.rosandguil.org
 Studio One
 \$10 / \$8 / \$5 NUTS Concession



Wed, Sept 20
The Roundhouse

Head down to the Mooncake Yum Cha Festival, for your chance to **WIN** two return economy Virgin Atlantic tickets to Hong Kong!



CHOCSOC AGM

4-5pm
 Come and join the famous society on campus. Non-chocoholics also welcome.
 Quad 1001
 Free

Garden Beats: Justin Mile

5pm
 Beergarden, Roundhouse
 Free



Learn to Massage

7-8:30pm
 Discover the benefits that come with the power of massage.
 UNSW Lifestyle Centre
 Students/Staff \$100

Ultimate Frisbee Eastern Suburbs League

7-9pm
 A weekly league for players, beginner or advanced.
 Village Green
 \$35 for the session

Night CATS RED HOT LATINO FIRE Party

7pm - Midnight
 Cheap drinks and sangria all night. Tickets pre-sold on Library Lawn, or call Jonnie 0411300626 or email alex@nightcats.org
 The Slip Inn
 \$5 for members, \$10 non-members

CSE Revue 2006: The Text Files: Close Encounters of the Nerd Kind

7:45-10:30pm
 For more information visit www.cserevue.org.au
 Figtree Theatre
 \$10

NUTS Presents: Rosencrantz and Guildenstern Are Dead

8pm
 Bookings and info: www.rosandguil.org
 Studio One
 \$10 / \$8 / \$5 NUTS Concession

Wednesday

20 September

Thoughtful Foods Food Cooperative

10:30am-4:30pm (Opening Hours)
 Backyard of the Roundhouse, next to Eats@theRound
 Free

Ping Pong

11am
 Roundhouse
 Free

Thoughtful Foods Food Cooperative; Training Session

12-1pm and 3-4pm
 Backyard of the Roundhouse, next to Eats@theRound
 Free

Environment Collective

12-1pm
 A space to talk about environment issues, plan events and campaigns.
 Quad 1001 (or Quad lawn if nice weather)
 Free

Pottery Studio Inductions

12:30-1pm
 Learn how to use the Source Pottery Studio from our Potters in Residence.
 Pottery Studio, Level 2, Blockhouse
 Free

Library Lawn Band: Brendan Gallagher

1pm
 Brendan is best known as singer/guitarist with Karma County, a band that has released five albums and toured around the world.
 Library Lawn
 Free

Learn the Lingo Coffee Meetings

1-2pm
 Improve your English, make new friends and learn more about Australia!
 Esme's, Upper Campus
 Free

Bar Bingo

1pm
 Unibar, Roundhouse
 Free

UNSW Bridge Card Club

1-2pm
 Beginners absolutely welcome. Bring your friends!
 Webster 301

Education Action Group

1pm
 Come along to catch up with the latest campaigns and get involved.
 Student Guild
 Free

Free used stationery distribution

2-3pm
 Come and get your Freebies.
 Quad lawn
 Free

UNSW Go Club meeting

2-6pm
 Strengthen your skills in this challenging oriental board game.
 Quad 1001
 Free for members

Wrestling Training

3-4pm
 Learn how to wrestle. Bring a friend.
 Judo Room, Unigym

Sydney Morning Herald Trivia

5pm
 Unibar, Roundhouse
 Free

Happy Hour

5-6pm
 Unibar, Roundhouse

Pub Grub

5:30pm
 Clems, Roundhouse

INFINITUS Life Coaching workshop

6-8pm
 A series of 5 workshops to help you get focused, confident and empowered. Book now!!! Call Igor on 0405 164 116 or email infinituscoaching@yahoo.com.au
 Drawing Room, Roundhouse
 Free

Marketing Society AGM

6-8pm
 Come along and find out how you can contribute!
 Cougar Bar, Roundhouse
 Free

Malaysian Students' Organisation AGM

6-9pm
 Red Centre G001

Thursday

21 September

Thoughtful Foods Food Cooperative

9am-6pm (Opening Hours)
 Backyard of the Roundhouse, next to Eats@theRound
 Free

Ping Pong

11am
 Roundhouse
 Free

Lunchtime Meditation

12:15-12:45pm
 Contact Susan at 0433 946 550 or visit www.unibuds.unsw.edu.au for details.
 Level 3, Squarehouse
 Free

Queer Girls

1-3pm
Queer Space (Applied Sciences Building 920)
Free

Chess

1-3pm
It's a mating game. Website: www.unswchess.org/
Goldstein Rm G02
Free for members. \$2 for non-members.

Campus Bible Study Talk : "Why your verdict on Jesus matters"

1-2pm
Join us for Bible talk by Rowan Kemp from John 2:23-3:21.
CLB 8
Free

Learn the Lingo Coffee Meetings

3-4pm
Improve your English, make new friends and learn more about Australia!
Coffee Republic, Blockhouse
Free

Pool Night

4-7pm
Three hours of pool + two hours of cheap alcohol deal!
Roundhouse
\$5

UNSW Ultimate Frisbee Club Training

4-5:30pm
Village Green
Free for members

Happy Hour

5-6pm
Unibar, Roundhouse



"LET'S GET PHYSICAL" MID-SESSION PARTY 5pm-late

Its time for all you leg warmer stormers, and leotard lovers to get physical. Olivia Newton John (impersonators), aerobic dance off, DJ's Justin Mile (Wham!), Adam Bozzetto (Sounds, Moulin Rouge), Static (Purple Sneakers), and live performances from Midnight Swim and Tsunami Apocalypse.
Roundhouse
Free for members / \$5 students / \$10 guests



UNSW FilmSoc Wong Kar-Wai Special

6pm
We're showing Chungking Express. It's a classic. Don't miss it.
Robert Webster 310
Free for members, \$5 for membership and admission

Buddhism Talk in Chinese

6-8pm
Contact Boon at 0422 866 515 or visit www.unibuds.unsw.edu.au for details.
Level 3 Squarehouse
Free!

CSE Revue 2006: The Text Files: Close Encounters of the Nerd Kind

7:45-10:30pm
For more information visit www.cserevue.org.au
Figtree Theatre
\$10

NUTS Presents: Rosencrantz and Guildenstern Are Dead

8pm
Bookings and info www.rosandguil.org.
Studio One
\$10 / \$8 / \$5 NUTS Concession

Friday 22 September



Ping Pong

11am
Roundhouse
Free

Pottery Studio Inductions

12:30-1pm
Learn how to use the Source Pottery Studio from our Potters in Residence.
Pottery Studio, Level 2, Blockhouse
Free

UNSW Go Club meeting

2-6pm
Beginners and advanced welcome.
Quad G022
Free for members

Happy Hour

5-6pm
Unibar, Roundhouse

Friday Arvo Sessions with DJ Cadell

4:30 pm
Have more fun than Nicole Ritchie's nutritionist
Beergarden, Roundhouse
Free



SpockSoc-MacGyver Screening

5-11:30pm
Visit www.spocksoc.unsw.edu.au for more details.
Quad G031
Free for members, annual membership \$5

Buddhism Talk in English

7-9pm
Contact Adeline at 0404 637 818 or visit www.unibuds.unsw.edu.au for details.
Robert Webster Building Rm 256
Free

Powerhouse 'Love'

7:30pm-late
Powerhouse is an 18-25 years old Hillsong church community. United band, food and after party! Free buses running from and back to central station, USYD, UTS and UNSW. For more information: (02) 97753676, cityyouth@hillsong.com and www.hillsongunited.com
Science Theatre, UNSW

CSE Revue 2006: The Text Files: Close Encounters of the Nerd Kind

7:45-10:30pm
For more information visit www.cserevue.org.au
Figtree Theatre
\$10

NUTS Presents: Rosencrantz and Guildenstern Are Dead

8pm
Bookings and info www.rosandguil.org.
Studio One
\$10 / \$8 / \$5 NUTS Concession

Saturday 23 September



Vietnamese Student Association (VSA) Action Paintball Game

7am
Come to the one and only "Paintball Action Game", organised by VSA crew. For more info, please contact Tiana on 0413 384 955 or email vsa.unsw@gmail.com
Cnr of Annangrove & Edwards Rd, Rouse Hill 2155
\$55 for members, \$60 for non-members (if deposit before 5/9)

COMSOC Ball 06 [THE USUAL SUSPECTS]

7pm-late
COMSOC cordially invites you to join in the glitz and glamour of COMSOC Ball 06-The Usual Suspects. A three course banquet and alcohol to wash it all down. Theme: mafia. Bada bing, bada boom.
Shangri-La Hotel
\$95 (commerce) & \$110 (non- commerce)

CSE Revue 2006: The Text Files: Close Encounters of the Nerd Kind

7:45-10:30pm
For more information visit www.cserevue.org.au
Figtree Theatre
\$10

NUTS Presents: Rosencrantz and Guildenstern Are Dead

8pm
Bookings and info www.rosandguil.org.
Studio One
\$10 / \$8 / \$5 NUTS Concession

Mid-Session

25-31 September

UNSW Commerce & Economics Society BCG Business Strategy Competition

Wednesday, 27 September, 1-5pm
One of the most prestigious business competitions in Australia. All are invited to come watch the presentations and gain an insight into the world of Management Consulting. Webster Theatres A and B
Free

UNIBUDS 27th Executive Committee Annual General Meeting 2006/2007

Saturday, 30 September, 2:30pm
Visit www.unibuds.unsw.edu.au for more information.
The Lodge (Squarehouse Level 3)

Evangelical Drama Walk Together

Saturday, 30 September, 7:30-10:30pm
Starring Henry Woo and Diana Li, a Cantonese evangelical drama which may change your whole life. Presented in Cantonese
Science Theatre
Free

DESTINATION SPACE!

THE YEAR? X! THE DESTINATION? SPACE, LAST REFUGE OF THE SCOUNDRELS!



THIS WEEK, WE JOIN THE CREW OF THE "HIGH ADVENTURE" AS IT CONTINUES ON ITS VOYAGE OF PEACEFUL EXPLORATION, UNKNOWING OF THE TERRORS THAT LURK AROUND THE PROVERBIAL CORNER!

CHANGE COURSE?! I'VE WAITED LONG ENOUGH TO GET TO THIS FABLED LEISURE SYSTEM! ANOMALY BE DAMNED, WE'RE GOING STRAIGHT AHEAD!



CAPTAIN! WE'VE SOMEHOW FOUND OURSELVES CAUGHT IN THE GRAVITY WELL OF A DEVASTATION CLASS BLACK HOLE!



A WHAT? THIS HAD BETTER BE IMPORTANT, UVULA.

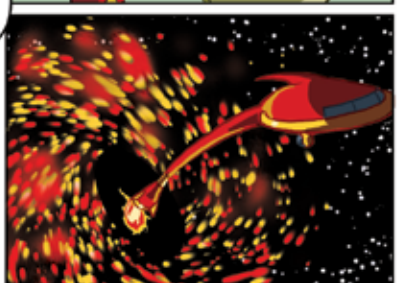


WE'RE BEING SUCKED IN!



UVULA, UH... I MAY HAVE MISSED THIS LECTURE AT SPACE ACADEMY... WHAT'S INSIDE A BLACK HOLE?

THERE'S NOTHING INSIDE! WE'LL BE RIPPED APART BY GRAVITATIONAL FORCES! WE'RE DOOMED!



UH...

ALFIE, DON'T BE RIDICULOUS. SURELY THERE MUST BE SOME SORT OF MAGICAL UPSIDE DOWN UNIVERSE INSIDE? RIGHT, UVULA?



OOH! CRAZY!

SEE!

korshi dosoo © 2006

www.lairofthetwistedkitten.co.uk

HEALTHY VOLUNTEERS

WANTED



If you are fit, healthy and a non-smoker between 18 to 50 years and are interested in helping us with our medical research, please call us. You will be paid for your time and inconvenience.

Telephone: **1800 475 475**

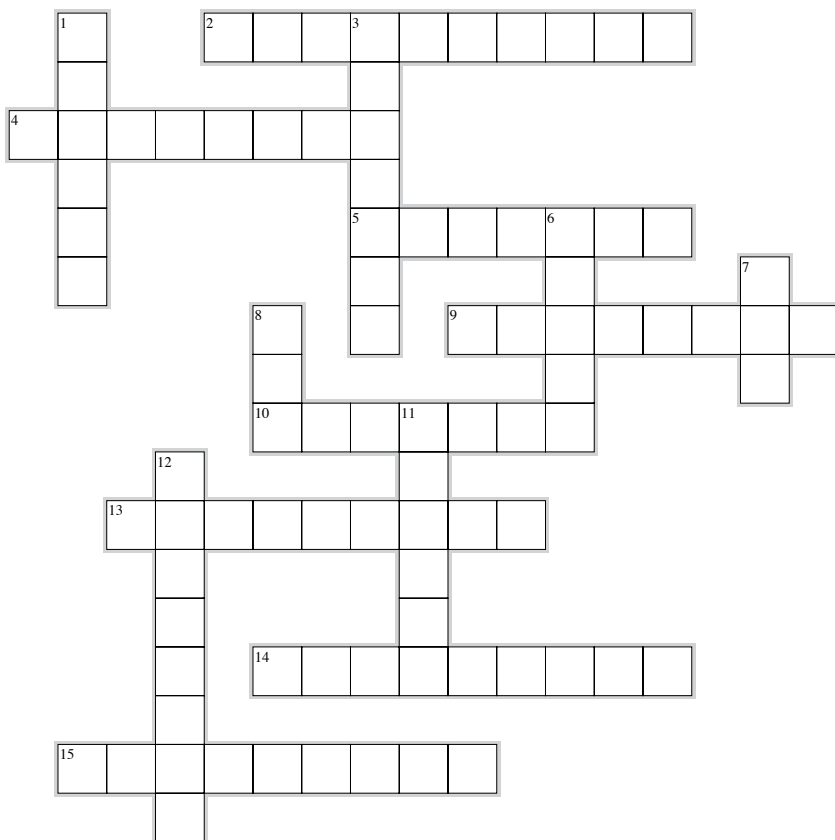
Email: **volunteers.4.trials@gsk.com**



James Lance GlaxoSmithKline Medicines Research Unit
Level 10, Parkes Building East, The Prince of Wales Hospital
Randwick, NSW 2031

VDB # 29 version 1, 21/08/2006

P U Z Z L E S



Across

2. A type of 80's apparel that has no real purpose. Why not wear long pants? (10)
4. Is very heavy and aids bicep curls (4,4)
5. Flexible body parts that allow you to lift weights (7)
9. A fitness routine involving moving to dance music, popular with the older generation (8)
10. The original material girl (7)
13. The machine that simulates a moving path (9)
14. A piece of clothing worn around the wrist, especially in tennis (5,4)
15. Famous for her workout videos in the Eighties (4,5)

Down

1. A type of colour popular in the eighties, now only found in highlighters (5)
3. Pre-iPod personal music player, played cassettes (7)
6. A type of clothing material synonymous with bad eighties exercise routines (5)
7. Before DVDs, you used these to watch your workout on (3)
8. A place where you can exercise on equipment (3)
11. The first name of Australian eighties icon who sang 'Let's Get Physical' (6)
12. A hairstyle popular in the eighties that involved ironing wavy lines into your hair (8)

Created with EclipseCrossword - www.eclipsecrossword.com

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On Saturday, October 7, Oz hip hop masters Bliss n Eso will be bringing their unique blend of smooth rhymes and driving beats to the Roundhouse. Rob Gascoigne sat down with MC Bliss to find out what's in store.

You guys formed your crew in high school in the late '90s. What acts inspired you to form your own crew?

I guess there weren't acts as such that inspired us in the very early stages. Back then we didn't really know what we were getting into because there were certainly no other groups in Oz at the time that we knew of to help guide us. Of course, later on, we found out there were a lot of groups around; they were just way too underground for us to know about them. I guess it was acts such as NWA and later Outkast that inspired us to form the whole group thing.

You've toured with Cypress Hill, Naughty by Nature, Jurassic 5 and The Roots. Does it ever get intimidating performing alongside such big name acts?

Not really, it's more of an honour, if anything. Supporting is great in the sense that you get a chance to show your stuff to a lot of people that might not have heard of you previously. However, we've always felt it's the all-local shows that we enjoy the most. You know everybody there is there because of the local acts and there's something really nice about that. There is also something really dope about the intimacy of a smaller crowd and the intensity that is reached when everybody is going off!

Suffa from Hilltop Hoods helped out production on this album. Is there a strong sense of community among hip hop acts?

Most definitely. Every town we hit, there are different artists that we always chill with. There is like this unspoken unity with hip hop, it's just like, if you're out here doing it, you get respect and love from other soldiers doing the same thing. It's like an automatic bond.

Is the Oz Hip Hop scene getting stronger?

Absolutely. If you look at the scene now compared to even five years ago, it's grown exponentially! When we started out, there were no other crews to show us the ropes. Now there is a whole infrastructure out there dedicated to the local scene. And not just more artists doing their thing, there are magazines, radio shows, TV shows dedicated to hip hop. It's great to see, and it's only going to get bigger.

You're famous for your live shows. Which process do you prefer: working in the studio, or performing in front of an audience?

Haha, that's a tough one and you can't really compare them because they're totally different. I love the inspiration that comes in the studio and flipping' out over some new beat or new verse that you just laid down. But, at the same time, nothing can compare to rockin' a show and seeing a crowd going absolutely bananas over your music. They're both awesome, we're just happy to be doing both more and more!

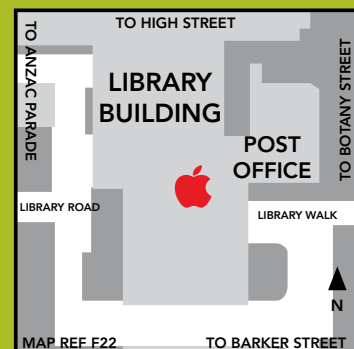
What can we expect from your Roundhouse show?

Well, firstly, I used to go to UNSW so it's pretty awesome to think we're playing at the Roundhouse! We've got a whole new show in terms of set list (a lot of songs we haven't done live previously). Also we will be incorporating visuals into this show, so the whole show will be accompanied by a projection and plasma screens which will add something different to the performance. We're excited about that. The main thing for us is we like to get the crowd involved. If they see we're having a good time up there, then it will reflect onto them and they will have a good time. I think a sculling comp might have to be thrown in as well for good measure!

Bliss n Eso will be performing at the Roundhouse October 7. Tickets are \$18.10. Available from Ticketek outlets, online at www.ticketek.com.au or by phone charge 132 849. Also available at the Roundhouse on the night unless sold out.

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Fitting it in

Thursday's "Let's Get Physical" Party is a reminder to all of us about exercise. Nobody wants to be chubby or slow, but how, with our busy lifestyles, do we fit it in? Even if we can find the time, for some, running on a treadmill is their worst nightmare. Alex Serpo looks at how to fit in exercise and make it fun.

Thursday's "Let's Get Physical" Party is a reminder to all of us about exercise. Nobody wants to be chubby or slow, but how, with our busy lifestyles, do we fit it in? Even if we can find the time, for some, running on a treadmill is their worst nightmare. Alex Serpo looks at how to fit in exercise and make it fun.

Ever wake up in the morning, look in the mirror and get a profound feeling of dissatisfaction? Is your bum too big? Does your stomach stick out? Wished you looked like Brad Pitt or Julia Roberts? We all do. We also know that exercise of any form will take us that little bit closer to having a better body. For most people, it comes down to two things, I don't have time or I hate the gym.

These two issues are generally the result of a lack of energy and motivation. When you want to start exercising, it makes it easier to find the time. But how much time do you actually need? Benn West is an exercise physiologist at UNSW's Lifestyle centre. He says that thirty minutes of exercise a day three to four times a week is all that one needs to remain fit. This isn't really much time, but it still requires commitment and motivation.

However, for some, even the prospect of adding two more hours to a busy week can be stressful. The good news? According to Ben, 'A really good way to deal with stress is to come in and exercise'. Exercise releases endorphins, which are chemicals in your brain that induce a state of wellbeing.

But how do you get that initial motivation to go for the first few visits? Benn recommends having a training partner, someone who will be with you all the time. He says that a lot of people who train by themselves tend to burn out. 'A lot of people come in and are gung ho for a few weeks and then we don't see them again' he says. Training with someone helps you to avoid this because you drive each other on by making the process enjoyable.

Another good way to keep motivated is to set goals. Benn recommends setting many small goals, with each goal lasting perhaps a six to eight week period. Many people set one massive goal, such as losing ten kilos. It would be better to set the goal of losing half a kilo, and achieve that goal many times over.

Of course, another simple way to get motivated is by making the process a game. Exercise is not all about treadmills and weights; it can come in the form of recreation. For example, the Lifestyle Centre's swimming pool coordinates swimming programs. You can get a great workout by having a strenuous game of squash against your mates.

If you're interested in giving this a go, the UNSW Lifestyle Centre provides students with access to varied recreation opportunities including: squash, tennis, badminton and basketball courts. If you're unfamiliar with these sports, there are plenty of programs available to introduce you to this exercise.

Anyway, so you get motivated. You have a friend or a simple goal, but it still isn't making that treadmill look any more appealing. The secret now is to make it a pleasant experience, achieve a few small goals and create a habit. Many people associate gyms with pain or 'high impact' exercise. While this type of exercise can get you fit quickly, in the long term it can be damaging to your health. Benn says that high impact exercise, such as running on a hard surface can put a great deal of stress on your ankles, knees and

hip joints. Too much high impact exercise can be bad for you. It's important to enjoy exercising so you miss it when you don't do it.

Exercising five days a week is not necessary. It is important to rest your body in between each exercise session for at least 24 to 48 hours, or do some low impact exercising like taking a walk. Try to examine your motivation for being at the gym. If you are there to punish yourself for your weekend indulgence, or to get the perfect body, remember to balance this with considerations for your health.

Low impact exercise includes activities such as swimming, aqua aerobics, using cycles on a light setting or lifting light weights with a high number of repetitions. Low impact exercise will take longer to get you fit, however it does not place stress on your body and is much less painful. It is a common misconception that high impact fitness is necessary to losing weight. However Benn notes that low impact exercise 'activates your muscles, which in turn gets your metabolism activated, which burns your stores of fat'.

Low impact fitness such as Yoga and Pilates also has the additional advantage of giving you a greater body precision. Many people think body precision is only useful for dancers but not for people who play football. Wrong. Many great one hundred-metre sprint athletes have won on the basis of their running technique rather than their strength or stamina. The most high impact sport of all, boxing, is a highly precise sport. The knockout depends on where and how you hit someone, not how hard.

One of the most popular recent fitness programs is Pilates. Its founder, Joseph Pilates, believed that 'bad posture and inefficient breathing' were the causes of bad health. Joseph Pilates believed that sitting up straight and breathing right made you fit.

This is the ultimate example of a low impact fitness philosophy, a philosophy that grows across gyms daily. One can think of it like the tortoise and the hare. The tortoise exercises slowly and gradually, while the hare sprints then sleeps. Who wins the race? Well, you decide.

The UNSW Lifestyle Centre runs classes for all levels of fitness. Programs range from weight management to general fitness and sports specific programs. The gym also offers classes in Pilates, Yoga, as well as more high-energy classes such as Body Combat. There are also recreation opportunities available. To find out more, simply stop by the UNSW Lifestyle Centre, located behind the Roundhouse. ➤

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n.o.k

HAIR BY N.O.K



Film: The Wind That Shakes the Barley

The Wind That Shakes the Barley is an excellent and thought-provoking film that was awarded the Palme D'Or at the Cannes Film Festival this year. The film is a sympathetic examination of the Irish Republicans in the 1920s as they fought to secure independence from Britain. Rather than focusing on the whole conflict, Ken Loach's film follows the experiences of two brothers who are drawn into the conflict.

This is a timely and important film. The insurgents portrayed in the film were part of the Old IRA and it does not take a huge leap of faith to liken the conflict in this film with more recent conflicts. There is an old adage which

says that 'one person's terrorist is another's freedom fighter' and this film poignantly examines the motivations behind the insurgents.

While the British oppressors are unashamedly portrayed as ruthless murder squads (the imbalance is one of the film's flaws), the purpose of the film is to explore the psyche of the insurgents, most of whom are local farmers and labourers. This makes the two-dimensional portrayal of the British soldiers excusable.

The strong ensemble cast, with a stand-out performance from Cillian Murphy, is the crucial element in this film as it is the friendships, allegiances and betrayals which are fundamental to the film. The camaraderie between the characters is really tangible, making the film so believable and devastating. Thankfully this film, unlike a Hollywood film, is low on moralising. The muddled waters of war are left as they are for the audience to make their own conclusions. Two thumbs up for this film.

Mariko Lawson



Film: An Inconvenient Truth

The marriage of science and politics is a match made in hell. Science is about clear, objective, numerical truths and politics is about opinions, social values and 'spin doctor' truths. This tension is central to *An Inconvenient Truth*, directed by Davis Guggenheim and starring former US vice president Al Gore. The film is a cinematic version of the famous slide show about global warming that Al Gore has been giving around the world since the 1970s. The documentary itself is much like a filmed lecture, giving the viewer an intimacy with Gore which becomes more powerful as the film is punctuated with anecdotes from his life.

It is clear why Al Gore won the popular vote in the 2000 US president election. He knows how to turn hearts and minds. The film is compelling from beginning to end. It makes zealots out of cynics. Gore makes a precise synthesis of something incredibly complex - climate science - and he does so in an accessible way. Guggenheim as an architect is flawless. As you walk inside his construction, everything is clean, smooth and convenient without you even noticing.

But, perhaps ironically, the weakness of the film is actually Gore. This film is not in fact about global warming, but rather about Al Gore's crusade against global warming. This is made evident by the endless shots of Gore looking dreamily at the sky. Make sure you go and see this film, but when you leave, consider how much better it would have been if Gore had been able to separate politics and science.

Alex Serpo

Need a job for the holidays?

Barista Skills

\$100

Sydney Coffee School
Sunday 17 September
or Sunday 8 October
10:30am - 1:30pm

Barista and Coffee Art

\$195.00*

Sydney Coffee School
Sunday 8 October
10:30am - 5:00pm

Responsible Service of Alcohol (RSA)

\$65.00*

Roundhouse
Thursday 5 October
Friday 20 October
10:00am - 4:00pm

Responsible Conduct of Gambling (RCG)

\$65.00

Roundhouse
Friday 6 October
10:00am - 4:00pm

www.source.unsw.edu.au

* Source members only

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HEADS UP...



OKTOBERFEST

THURSDAY OKTOBER 19 W12 FROM 4PM



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UNSW CAMPUS LIFE

Classifieds

Smokers Concert

A late night sampler of music, comedy, drama, and anything else you may care to think of. Email lateshowsproduction@studiofour.org.au if you'd like to perform an act. Thursday Week Nine, Studio One, 10pmish

Lost blue 1GB USB drive

Lost in UNSW library. Contains irreplaceable data. Would be eternally grateful if it could be returned to owner. Andrew Cong 0434388543

Two-Way Radios with up to 12km range

Brand new in box. RRP\$150. Will take any reasonable offers. Information available on request. Steve 0417548858.

Discount Spa Treatment

Lotus Day Spa in Bondi Junction (Level 6 of the Westfield Shopping Centre) is offering all students a 20% discount. Treatment and package information can be found at www.lotusspa.com.au or call (02) 9389 3488.

Calling all Chocsoc members

It's finally here: "Chocsoc's first birthday". Come and celebrate this day in Week Ten, Quad 1001 4pm to 6pm. Remember, chocolate is good for you.

Free blood cholesterol, insulin and diet analysis

Seeking Chinese Australians, 18-25, both males and females for a study looking at lipids, insulin, leptin, body composition, diet and arterial stiffness. If you are interested, contact Faith Wang on faith.wang@student.unsw.edu.au or 0403 102 652.

DIMA Information Seminar "Pathways to Australian Permanent Residency"

The Department of Immigration and Multicultural Affairs will be on campus to speak on the pathways to obtain Australian Permanent Residency. Wednesday, 18 October 3-5pm Ritchie Theatre (The Scientia G19). Free. Register via email at international.student@unsw.edu.au

Room for Rent

Large room available on Barker St to share with UNSW students, \$125/wk, bills shared. Call Kranti 0409 820 002

Life Coaching Workshop

A series of five workshops to assist you in realizing your full potential by focusing on setting goals, designing strategies and keeping you motivated. Dates: September 20 – October 25; Times: 6-8pm; Venue: Drawing Room, Roundhouse; Cost: First Session free; Book Now. Call Igor on 0405 164 116 or email ininituscoaching@yahoo.com.au

Engineering Ball:

Friday, Week Ten - Engineering Week. Tickets (\$55) from the main walkway next to the big ball, 1-2pm this week.

For Mong:

Happy AMIversaLEE (15/09/06). I still love u with as much passion as I did when we first met. Lee (aka On Jai)

Coffee Republic New breakfast menu

7:30-10:30am

Try these tasty new additions to our breakfast menu

- Yoghurt
- Fresh fruit salad
- Fruit breads
- Muesli
- Gluten free muffins



Along with our extensive range of coffee, hot chocolate, mocha and chai

Coffee Republic is located in the Blockhouse next to the new Law building

www.source.unsw.edu.au
for opening hours

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VOXPOPS

Q1 What do you do to keep fit?

Q2 In what sport could you represent Australia?



KARL

1. Clearly nothing.
2. Rugby.



HAO

1. I play computer games. It makes my fingers all strong and stuff.
2. World Dota competitions



PAULINA

1. Drink
2. What's that one with the brushes? Curling!



FLANO

1. I'm an anorexic
2. Judo or some shit.



BILL

1. Masturbate
2. Ping Pong



CAROLINE

1. Beer and chips
2. Gymnastics

SIZZLING STUDENT DEALS!

LONDON fr \$1535

Departures between 01 Nov 06 - 02 Dec 06

Fare is inclusive of taxes and surcharges, available to students only.

HONG KONG fr \$1021

Departures between 17 Jan 07 - 29 Jan 07

Fare is inclusive of taxes and surcharges, available to students only.

Call 1300 797 610 to book

and for more information, different departure periods.... but no study advice

What's onboard?

- *300 hours of on demand entertainment in every seat, including over 50 movies
- *choose from a range of complimentary drinks and meals, including a vegetarian option
- *receive a free amenity kit
- *good ol' fashioned fun

