# Howto dowoff steam

# Examination of the stress of t

#### Alina Petanec

Fancy yourself a gastronomist? Want to impress your friends, family and signi cant others with your culinary skills? Come on down and pick up your free copy of the International Cookbook, whilst sampling some of the food that is on o er. There will also be a cooking competition and lucky door prizes. So why aren't you making a beeline to the Roundhouse?

This year, stacks of entries were submitted, with 25 being chosen for publication. There are 3 main categories: Starters, Mains and Desserts. The winners for each category will be announced at the launch.

I personally used the International Cookbook from last year to make a multitude of dishes, including dead easy pancakes, which kept me and my friends entertained for months. I found it a really accessible resource and testament to the multicultural diversity of the students and the food we bring to the table of university life. It also helped me to show o my cooking skills – which I lacked prior to picking up the Cookbook.

The International Cookbook is run by Student Development and put together by a team of student volunteers. The Cookbook won an ACUMA award back in 2006.

#### Here's what the 2009 International Cookbook Coordinator, Mara Ogrin, had to say:

#### **Q&A**

Romanian from Bucaresti. I came to Australia when I was 7.

At the moment, it's "ciorba de salata" – easily translated to lettuce soup. It's a mix of lettuce and a few other vegetables, plus, omelette added in at the end. It sounds like a weird concoction, but it's so great. I think that may also be because I love eggs, in any form. They are

also very yummy.

I make awesome crepes and I love cooking all types of desserts - I made a 4 layer strawberry cream cake with my friends that took a few hours to make but was so great to eat afterwards!

F ?
I have an unnatural hate of rockmelon. Plus, I don't deal well with spice (chilli, garlic or curries etc).

Here's a sample of some of the recipes that will appear in the International Cookbook.
Bon appétit!





Maria Patricia Faustino

600ml thickened cream 2 x 395ml cans condensed milk 400g digestive biscuits 3 mangoes, sliced

- Using an electric mixer, whip the cream until semi-sti peaks form.
   Add the condensed milk, and whip until the mixture is thick and creamy, then set aside.
- 3. Spread a layer of biscuits in the bottom of a deep rectangular plastic container.
- 4. Pour a layer of the cream mixture over the biscuits.
- 5. Place mango slices on top of the cream mixture, repeat layering in this order, nishing with mango slices on top.
- 6. Cover and freeze for a few hours until rm.
- 7. To serve, let stand for 10 minutes at room temperature, until the texture is similar to ice-cream. Cost: under \$10

: Back in 1995, the

Brrr...



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It's dumb because you're trashing where you live. Dumping unwanted household items is illegal and subject



## HAYDEN DALEY - CLUBS COORDINATOR

#### **ALINA PETANEC**

Who is the Clubs Coordinator? Do they introduce nightclubs on campus, or ensure that club sandwiches are made according to a set of rules? Most of us are part of a club or society on campus, with around 135 Arc a liated clubs to choose from. Behind the clubs and societies. is the Clubs Coordinator, the point of contact for all enquiries, resources, and grants for Clubs and Societies on campus. They also administer courses, such as the RSA, RCG, First Aid, Barista, and ESCC courses o ered to students.

Enter Hayden Daley, the current Clubs Coordinator. Hayden has been involved in student life and organisations for over 5 years. He recently graduated from UNSW, where he studied Photo Media and Philosophy. As he puts it, he was interested in the "Ph". Hayden started o by creating his very own club, "Neonascent", back in his time at COFA in 2004, which formed out of a group of guys creating an online gallery with 3D photography, dealing with everything from gallery management to studio photography. He then joined the COFA Students Association as Treasurer, then as Vice-President, and was an active board member for Arc's legacy student organisations. Now, Hayden is the point of contact for all Clubs and Societies on campus. Some of the things Hayden and the team at Student Development o er clubs on

campus are free room hire, and grants of up to \$6000 to put on events. Clubs range in size, with the larger constituent clubs including Lawsoc and CSE, right down to the grassroots clubs such as the Filmmaking Club and Dirty Hands.

& A

Favourite movie? Batman Subject you liked the least at uni?



# **WEEK 12**June 1 - 5

Submit online for Semester 2 at www.arc.unsw.edu.au

#### Faith and Reason Groups

2

Come join our weekly small groups as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church.

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#### **Student Welfare Collective Meeting**

#### 2-3

Are you concerned about your welfare as a student? Discuss your issues here with some people with the knowledge and resources to help you solve them.

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#### QueerBoys

#### 2-4

A space for all queer men, boys and non-female students to socialise and make plans.

C 920

Free

#### **Education Action Group (EAG)**

#### 4-5

The EAG are students that advocate for quality of education & equality of access to education. We are focusing on a campaign against course deregulation, which reduces course diversity. We are ghting to save humanities! We achieve real outcomes for students like you & me. Hope to see you there!

1B k

Free

#### Happy Hour

#### 5-6

The happiest hour of the day, with the happiest people in the University!

#### Pool Comp

#### 5-6

Come and test your skills with the stick against UNSW's best (and worst).

Free



### WEDNESDAY (



#### June 3

#### QueerGirls

#### 11.30 -1.30

A space for all queer women, girls and female students to socialise and make plans.

C 920

Free

#### **CONTACT'S Random Acts of Kindness**

#### 12-1

Keep an eye out for our volunteers who are handing out freebies this week!

k

#### Falun Dafa Free Meditation Class

12-3

Free

#### 2009

12

#### C k



Free food, awesome prizes, free copy of cookbook, Masterchef pressure test competition and loads more fun stu.

**C B** , Arc Members free,

**UNSW students \$2** 

#### Daily Mass

12.10

1049

Free

#### Lunchtime Bingo

#### 1-2

Did someone say Nanna? BINGO! It's Bingo at the Roundhouse. Win some sweet prizes during your lunchtime break.

IJΒ

Free

#### **Happy Hour**

#### 5-7

The happiest hour of the day, with the happiest people in the University!

#### 1-3

Come along to meet the players, grab an autograph and a photo.

Merchandise and tickets will be given away, so get to the Roundhouse for your opportunity to win.

Free

#### Live Music

5-7

Come along and see some live local bands and show your support by cheering loudly!

Free

### **THURSDAY**



June 4

#### Faith and Reason Groups

#### 10.30

Join us as we discuss and learn about the Catholic faith through the Scriptures, the Catechism and the Fathers of the Church

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#### **Connect Four**

#### 12-2

It's on! Old skool! It's one-on-one for four-in-a-row! Are you a Connect Four champion?

U E

Free

#### CONTACT'S Random Acts of Kindness

#### 12-1

Keep an eye out for our volunteers who are handing out freebies this week!

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#### Daily Mass

#### 12.10

Would you like to go to Mass today and join us in prayer?

1049

Free

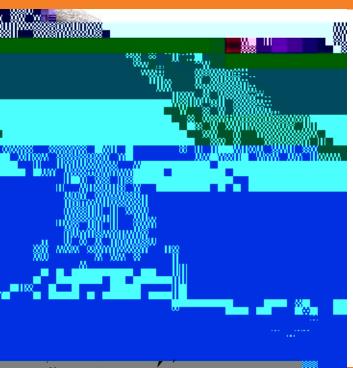






Seeing as





I gured an impromptu poem was the best way to articulate and introduce this article. Have you ever been to UNSW on the weekend? It's eerily quiet. Bustling walkways and loud conversations swapped for the quiet sounds of leaves rustling and birds calling to each other. There is a certain magic here during this time. I feel that the university truly belongs to me alone. There is in the air an expectation, a waiting for something. Is a university still a university when it is without students or classes?

I wish a fucking co ee shop was open.

Thanks for reading my crap this session guys. Enjoy the break.

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# e Sentester of Solitube

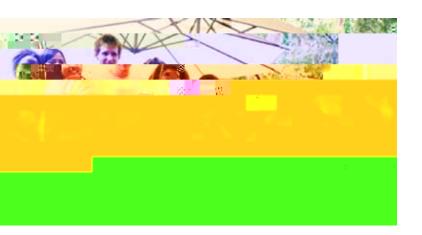












### **PAID POSITIONS**



# VUX POPS

THE VOICE OF THE PEOPLE

#### C Stolen a little kid's car.

I believe the chicken. Because I think it came out of some reptile thing, evolved and produced eggs.

Walking in the snow with no shoes.

Both. Just because.

#### Drove through Good Vibes.

The chicken. Because it would have formed from sh, then an egg and evolved from there.

Thrown up in a moving vehicle out the window.

The chick. Because it's cute.

Started a ght with a tree. The egg. It evolved from an emu's egg.

Broke the lock on the toilet cubicle and had to climb over the door to get out. A bird lays a mutated egg, which becomes the rst chicken.

On my 18th birthday I walked past my favourite bar that I had been sneaking into. My favourite bouncer was there and asked me how old I was turning. I said 18. He still let me in though.

The chicken but not just any chicken the magic God of chickens.

Vomited on someone's ear.

The chicken. Because the chicken evolved from something else.

NOTES IN THE SECOND SEC