

UNSW COLLEGE

*Apr 2024*

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# In The Know

*The Remembrance Edition*



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## Editor's Note

I hope everyone is feeling refreshed and ready to tackle another week after the long weekend! We are now well and truly into the thick of autumn, which means the trees around the state have turned into a beautiful sight of yellow, orange and red hues. It's like someone got a big paintbrush and painted over the landscape! Check out our feature on autumn foliage to know where to see the trees with your own eyes!

The nippy winds in April also provides a great chance to sit down and reflect on yourself and your goals, and really think about where and how you can improve for the upcoming months. Make it your contemplative era and jot down everything you feel because there's nothing like writing your thoughts down to help unjumble them.

**Vivian He**  
In the Know Editor  
UNSW College

# Highlighted events



## Sydney Comedy Festival

The Sydney Comedy Festival is the city's largest annual comedy event, with more than 250 of the best comedians from Australia and across the seas grace stages across Sydney for an extensive month of providing laughs through stand up, sketch, satire, impro, musical... and that's just the tip of it! In addition to presenting the biggest international stars and local legends, the Festival is a keen advocate and supporter of new Australian talent so you may just witness the beginnings of a few comedians who will blow up in due time (and you'll get full bragging rights on seeing them "first"). If you're unsure about which show to catch but want an assurance of a hilarious time, go to The Galas and enjoy 12 to 15 acts all in a single show.



## Valerie Taylor: An Underwater Life

Dive into the hidden wonders of marine life and explore the remarkable legacy of Valerie Taylor: An Underwater Life. This exhibition goes beyond honouring one of the world's foremost underwater storytellers, shark researchers, and conservationists. It's also a cry for environmental enthusiasts to safeguard our oceans, their inhabitants, and their ecosystems from further danger. Immerse yourself in six decades of captivating narratives, depicted through a collection contributed by Valerie and her husband Ron Taylor.



# What's on this month

See what's happening on at College!

APR

11

Eid  
al-Fitr

5pm - 7pm  
Common Room, L5 Building

APR

12

Volunteer  
Info Session

Session 1, 9am - 10am  
Session 2, 12pm - 1pm  
Session 3, 1:30pm - 2:15pm

APR

24

Aussie  
Party

12pm - 3pm  
Common Room, L5 Building

APR

26

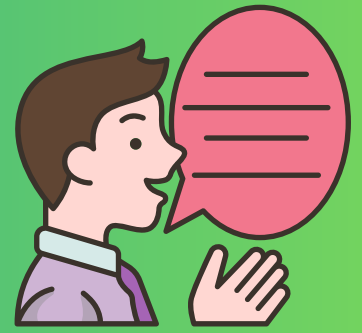
Bike n'  
Blend

12:30pm - 2:30pm  
Courtyard, L5 Building

To keep up with all the fun activities that's happening on campus, make sure you bookmark the [What's on page](#) on the Current Student Website.



# AROUND THE GROUNDS



We know the best recommendations comes from word of mouth

## IYKYK (If You Know You Know)

Sharing some of Sydney's best eateries!



## Tita Carinderia

Shop 4/359 Illawarra Rd, Marrickville NSW 2204

In the Philippines, a *carinderia* is a roadside eatery where the day's offerings are served from large pots simmering over gas hobs. Place your order for home-style Filipino breakfast dishes at the counter, and they'll be freshly prepared to your liking. The breakfast options feature sandwiches crafted with freshly baked pandesal buns, longsilog (spiced sausage), and Tita's torta, available for both breakfast and lunch. Don't forget to leave room for dessert, as the menu offers some rare treats like bibingka (rice cake) basque cheesecake.

## Calle Ray

62-64 King St, Newtown NSW 2042

This eatery presents a fully vegan menu that seamlessly blends Mexican, Peruvian, and Japanese culinary influences. Nearly 90% of the offerings are crafted in-house, ranging from faux-meat alternatives to the assortment of sauces. You can indulge in cauliflower buffalo wings coated in a smoky barbecue sauce, 'chicken' nachos featuring jackfruit topped with guacamole and sour cream, and a selection of tacos like 'cheeseburger,' 'smoked chicken,' and the popular 'fried calamari' (konjac) – all meticulously prepared with vegan ingredients that convincingly mimic non-vegan counterparts.



# FOOD SPOTLIGHT: GOLD DESSERTS



## Yo-Chi

**Multiple locations**

Yo-Chi is one of the best in the business, having weathered the test of time with its incredibly smooth frozen yoghurts, an enormous choice of fantastic flavors, and a plethora of entertaining toppings. This place should be on your sweet-treat bucket list if you enjoy making your own frozen yoghurt bowls.

Their soft-serve tastes include Salted Butterscotch, Classic Vanilla, Chocolate, and Strawberry Cream. And what about their toppings? There are simply too many to mention, but some of our favourites include Chocolate Chunk Cookie Cake, Strawberry Fruit Pearls, Zebra Coconut, and Biscoff Spread.

## Freo

**115 Bathurst St, Sydney NSW 2000**

Freo Australia is a luxury frozen yoghurt store in Sydney's CBD that serves all-natural froyo and express gelato prepared by chef Federico Zanellato (LuMi Dining, Lode Pies & Pastries, Avoja Pizzeria) and operates on a DIY, pay-by-weight approach. The frozen yoghurt is created everyday using natural pot-set yoghurt.

The flavours skew towards pan-Asian profiles, including classics like taro or matcha and more inventive pairings like coffee and kuromitsu, or black sesame charcoal.



## LeTao

**501 George St, Sydney NSW 2000**

Cheesecake enthusiasts, you're in luck! Originating from Hokkaido in Japan, LeTAO has finally made its way to Sydney. The wildly popular cheesecake company has opened a new location in Regent Place and has been welcoming hordes of hungry customers ever since it opened late last year.

This franchise is most famous for their signature Fromage Double, but there's a changing menu of seasonal specialities such as the Fraise Double Hokkaido Ichigo and Marron Double; both of which are currently on sale, though for a limited time.



# 15cenchi

*Shop T07/1 Little Pier St, Haymarket NSW 2000*

15cenchi was started in 2020 during the lockdown, and after the success of their online store, they now have a physical store for you to gander at all the desserts they have on offer. Try their Japanese Basque cheesecakes, which unlike typical cheesecakes, don't have a crust nor need to be baked in a water bath. There is also the notable burnt exterior that is 100% intentional (and completely safe for consumption!). Other than their cheesecakes which comes in many different flavours, you can also try their classic Japanese puddings or gluten-free tarts.



# OAKBERRY Açaí

*Multiple locations*

Oakberry Acai is one of the best and most convenient places to have an acai bowl on the go, whether it be on the way to university or work. You'll be glad to know that the delicious blends they have offer is gluten-free as well as vegan, so there's no reason not to try this dessert which has been blowing up all over the internet! Acai bowls are known for their all-natural and healthy reputation, as well as being jam packed with nutrients such as vitamins, fibre and antioxidants; so you can have a nourishing and superfood meal any time of the day. There's also the choice to customise your bowl by choosing from a bunch of toppings and drizzles.

# Acai Brothers

*8/197 Military Rd, Neutral Bay NSW 2089*

If you're a big fan of coconut and have been on the lookout for a vegan acai place, look no further than Acai Brothers, located in the beautiful harbourside suburb of Neutral Bay. This cafe promotes health to their customers through their positive energy and nutrition packed acai bowls. They mix their acai bowls only with coconut water which can't be seen in any other places that sell acai, as they want to offer healthy acai bowls to a huge influx of school kids who serve as a huge part of their consumers. You can also build your own acai bowl rather than choosing a specific flavour in the menu.



# BEST LIBRARIES



## Woollahra Library at Double Bay

*1/451 New South Head Rd, Double Bay NSW 2028*

Woollahra Library's design encapsulates a youthful, community-centric, diverse, and environmentally conscious spirit. Upon entry, there's a flourishing green wall with ivy gracefully descending from the balustrades above. Organically shaped voids and a central staircase connect and open up the three levels, creating a dynamic and welcoming environment. Timber-slatted ceilings, tree trunk-inspired columns, and vibrant splashes of colour contribute to the feeling of stepping into a living ecosystem so your study session won't feel like you're confined in a cold cubicle..

## Green Square Library

*355 Botany Rd, Zetland NSW 2017*

Built on land that was once a swamp, this acclaimed subterranean library offers expansive open areas with 40 skylights across the roof to provide natural light. Most notably, they have a music room available for hire, which features amenities like a baby grand piano, acoustic and electric guitars, keyboards, and recording equipment. So if you're looking for a place to have your solo or group jam session without annoying your neighbours, this is it. Beyond its extensive book collection, the library provides access to an array of resources such as music, video games, toys, films, and more – all free for borrowing.



## State Library of New South Wales

*1 Shakespeare Pl, Sydney NSW 2000*

The State Library operates as a dual-faceted institution, encompassing the State Reference Library and the 1910 Mitchell Wing. The State Reference Library, spanning five underground floors, grants access to a vast array of resources, including five million books. On the other hand, the 1910 Mitchell Wing, houses the world's premier collection of Australiana. You can sit in the Bashir Reading Room with colourful desks and natural lighting and use the free Wi-Fi. Or you can opt for the large and more historical Mitchell Library. Where ever you choose to sit, you can be guaranteed a focused study session.



# Explore a different side of Sydney

See what you can get up to in the Emerald City!



**Anzac Day** stands as a solemn yet profoundly significant occasion in the hearts of Australians and New Zealanders alike. This day, observed annually on 25 April, commemorates the courage, sacrifice, and camaraderie of the *Australian and New Zealand Army Corps (ANZAC)* who served in World War I.

But what lies behind this revered day, and why is it so deeply ingrained in the national psyche?

Originating from the ill-fated Gallipoli Campaign of 1915, Anzac Day holds a poignant legacy marked by the courage and resilience of the ANZAC soldiers. In a bid to capture the Gallipoli Peninsula in present-day Turkey, ANZAC troops faced insurmountable challenges, enduring harsh terrain, relentless enemy fire, and unimaginable hardships. Despite their valiant efforts, the campaign ended in tragedy, with thousands of lives lost on both sides.

Yet, amidst the devastation, the ANZAC spirit emerged – a spirit characterised by mateship, courage, and selflessness in the face of adversity.

As the years pass and the ranks of those who served in World War I diminish, the importance of Anzac Day remains undiminished. It serves as a poignant reminder of the enduring impact of war on individuals, families, and communities, urging us to never forget the sacrifices made in the pursuit of peace and freedom.



## Did you know?

The poppy is a significant symbol associated with Anzac Day, and stems from a famous poem "In Flanders Fields," where the author describes the poppies that bloomed amid the graves of fallen soldiers in Flanders, Belgium, symbolising the sacrifice and resilience of those who lost their lives in war.

Thus, the poppy became a powerful symbol of remembrance and hope, representing the bloodshed and sacrifices made by soldiers during times of conflict. Its bright red color serves as a poignant reminder of the bloodshed on the battlefield, while its delicate petals symbolise the fragility of life.



# How to commemorate Anzac Day in Sydney

In Australia, Anzac Day is marked by various ceremonies and traditions, including dawn services, marches, and wreath-laying ceremonies held at war memorials across the country. These solemn rituals provide a collective opportunity for reflection and remembrance, as Australians pause to honour the legacy of the ANZACs and pay homage to all those who have served and sacrificed in times of war and conflict.

Around Sydney, there is a range of formal and informal events to partake in. The official 2024 Anzac Day commemorative program includes:

- Dawn Service at 5:30am,
- RSL ACT Branch Veterans' March at 9:30 am and,
- Last Post Ceremony at 4:30 pm.

*Tickets are not required to attend the Dawn Service and Veterans' March. However they are required to attend the Last Post Ceremony, so if you're interested [book your complimentary ticket](#) today.*



## **Dawn Service**

The Dawn Service offers a moment of peace for contemplation before sunrise at the Captain Reg Saunders Courtyard and Sculpture Garden in Martin Place. If you arrive a bit earlier, from 4:30am members of the Australian Defence Force recite passages from the personal letters and diaries of individuals who have directly encountered the realities of war. Then the Anzac Day Dawn Service, a solemn standing ceremony to honour fallen soldiers, will commence at 5:30am. There'll also be a catafalque contingent, an Ode of Remembrance, Last Post bugle call, a minute's silence, a Reveille played on a bugle and the laying of wreaths.

## **RSL ACT Branch Veterans' March**

The Australian Capital Territory (ACT) Branch was formed in 1927 and have been providing support and welfare services to veterans, war widows, serving personnel and their dependents. The RSL ACT Branch Veterans' March will commence from Anzac Parade at 9:30am and will be followed by the Anzac Day address delivered by Afghanistan veteran Damien Thomlinson.

## **Last Post Ceremony**

In military custom, the Last Post is a bugle call marking the conclusion of daily operations. It's also played at military funerals to signal the soldier's final rest, as well as at commemorative events like Anzac Day. The ceremony commences with the Australian National Anthem, followed by the piper's lament. Attendees are welcome to lay wreaths and floral tributes near the Pool of Reflection. An individual's narrative is shared, and the Ode is recited by members of the Australian Defence Force. The ceremony concludes with the Last Post sounding.



After Anzac Day formalities, people often gather at pubs and RSL (Returned and Services League) clubs to continue commemorating and honouring the day's significance in a more relaxed setting. These venues provide a space for veterans, their families, and the broader community to come together, share stories, and reflect on the sacrifices made by service personnel. It's also a time for camaraderie, where people can socialise, enjoy a meal or a drink, and participate in activities or entertainment organised by the venue. Additionally, many pubs and RSL clubs host fundraising events or donate a portion of their proceeds to support veterans' causes and organisations. Overall, these establishments play a vital role in fostering community spirit and preserving the memory of Anzac Day.



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**Wondering how to get more out of your time here at UNSW College?**

**Expand your horizons through our  
Volunteer Program!**

**Scan this QR code to join the Volunteer Program and discover a new way to get involved in the community!**



# AUTUMN'S KALEIDOSCOPE: DISCOVER THE BEST VIEWS OF THE SEASON'S FOLIAGE

Discover the enchanting beauty of Sydney's golden charm as we unveil the top spots for experiencing the breathtaking foliage of the season. Whether you're exploring the vibrant city center or venturing into the serene outskirts, Sydney boasts an array of destinations where you can immerse yourself in the mesmerising hues of autumn.

## ROYAL BOTANIC GARDEN

*Mrs Macquaries Rd, Sydney NSW 2000, free admission*

If you're an international student in Sydney, the autumn foliage is one of a kind experience. The season transitions from sunny warm weather to a cold nippy one with the autumn leaves falling all around. One of the best places to see the autumn foliage is the Royal Botanic Garden. It's a great place to soak up the autumnal hues. The garden is perfect for a leisurely stroll, and you can enjoy the vibrant colours of the season while exploring the various plant species.



## CENTENNIAL PARK

**Grand Dr, Centennial Park NSW 2021,  
free admission**

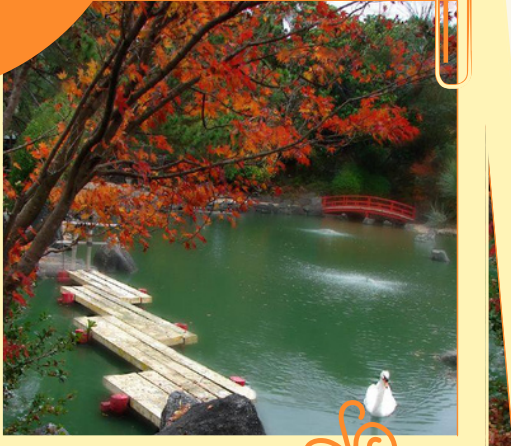
Centennial Park is a sprawling space in the heart of the city, and is home to the brilliant Lasiandra tree and the bright hues of the Tibouchina. This park is perfect for a picnic, a leisurely walk, or simply appreciating the beautiful autumn colours. On the southern side of the duck pond, you'll find a myriad of colours and the premises packed with beautiful hanging and fallen leaves.



## AUBURN BOTANIC GARDENS

**Chisholm Rd & Chiswick Rd, Auburn NSW 2144,  
\$5 admission (or free if you live in Auburn)**

Auburn Botanic Gardens feature a breathtaking orange and red colour palette and is well-known for its Japanese Garden (in Spring, many flock here to see the cherry blossoms). The gardens aren't just a beautiful place to enjoy autumn colours – they are also filled with activity. There's an aviary and a rainforest animal reserve, as well as a kids' playground and picnic area on-site.



## BLUE MOUNTAINS

**Bells Line of Rd, Mount Tomah NSW 2758,  
free admission**

Accessible by public transport or car if you can drive, we recommend exploring the Blue Mountains which offer a plethora of activities, including hiking, picnicking, scenic drives, and visits to the numerous lookout points and waterfalls scattered throughout the region. On top of seeing the autumn leaves, surrounding towns and villages also boast an array of dining, shopping, and cultural experiences, making it a well-rounded destination for all.



## CAMELLIA GARDENS

**333 Taren Point Rd, Caringbah NSW 2229,  
free admission**

Are you a flower enthusiast as well as an admirer of autumn leaves? You can see more than 400 varieties and species of camellias which are in full bloom come autumn time. There is also a nearby teahouse that serves traditional Devonshire and High Teas reminiscent of grandma's recipes – perfect for a morning or afternoon tea!



# THRIVE Thursdays

What would you like to see at future THRIVE Thursdays?



Scan the QR code to tell us your suggestions!

## UNSW Comical College *An Easter "Egg Sample" Lessons of Teaching* REMASTERED

Ok... Lets put it another way...

$$20 - 14 =$$

"Lets say the Easter Bunny has 20 Easter eggs."

"And I 'scoff' 14 of them."

So, what will be left?

$$20/14 =$$

ONE!!

ONE???

"One angry bunny!"



UNSW College

PHYSICS  
 $= ut + \frac{1}{2}at^2$

# The Returning Boomerang

USEFUL RESOURCES

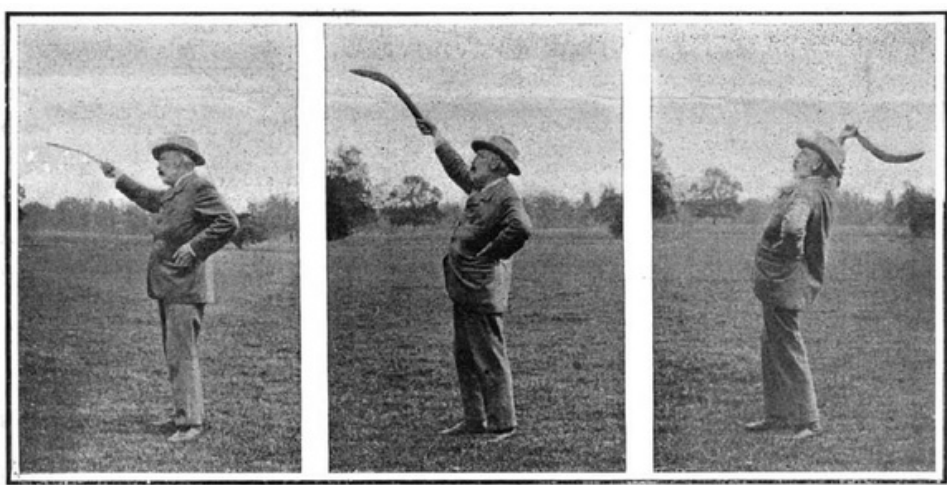


FIG. 6.—INCORRECT THROWING. FIG. 7.—CORRECT THROWING. FIG. 8.—CORRECT THROWING.  
From: [The Boomerang and How to Throw it](#), *Scientific American Supplement* Vol. LXV (1695), June 1908



“First Weapons” June 2023

Uncle Moogyand Phil Breslin want to learn what makes the returning boomerang so unique.

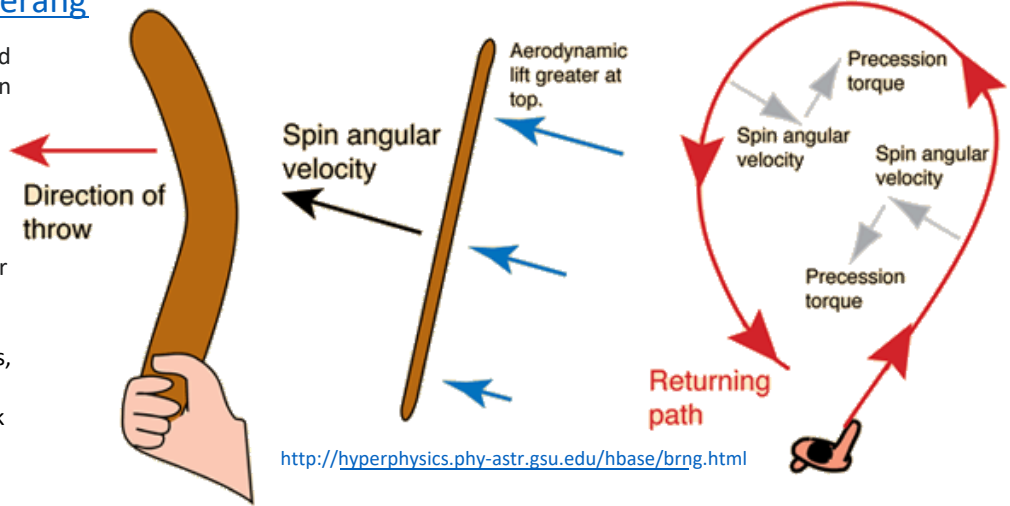


In the lab, they test the boomerang in a wind tunnel and explain the effects of lift, drag and turbulence.

<https://www.abc.net.au/education/first-weapons-the-returning-boomerang/102260854>

<https://en.wikipedia.org/wiki/Boomerang>

- A boomerang is a thrown tool typically constructed with aerofoil sections and designed to spin about an axis perpendicular to the direction of its flight.
- A returning boomerang is designed to return to the thrower, while a non-returning boomerang is designed as a weapon to be thrown straight and is traditionally used by some Aboriginal Australians for hunting.
- Depictions of boomerangs being thrown at animals, such as kangaroos, appear in some of the oldest rock art in the world, the Indigenous Australian rock art of the Kimberley region, which is potentially up to 50,000 years old.



A. Shalav March 2024



# UNSW Puzzle Society

Adventure and intrigue await around every corner at the UNSW Puzzle Society! If you're a puzzle fanatic, riddle enthusiast, or escape room aficionado, then this is the society for you. Join this eclectic group of students united by their passion for mind-bending challenges and brain-teasing conundrums.

Join their bustling [Discord server](#), where the fun continues online from the comfort of your own home.

They have Rebus Mondays and Logic Mondays on alternating weeks, Cryptic Wednesdays and Minipuzz Fridays which means there's never a dull moment in this society. Dive into their exciting lineup of events, where you can put your puzzle-solving skills to the test alongside friends old and new.

The UNSW Puzzle Society also hosts a lively social sessions on campus every Tuesday from 4pm to 7pm where you can indulge in casual puzzling, games, or simply kick back and enjoy the company of fellow enthusiasts.

## UNSW Orchestra & Wind Symphony Concert: Tapestry of Memories

Allow yourself to be swept up in a transcendent odyssey through the ethereal realms of sound with the UNSW Orchestra & Wind Symphony Concert: Tapestry of Memories. This first performance of the year beckons you to traverse the intricate threads of musical heritage woven from the depths of time and across the expanse of the globe

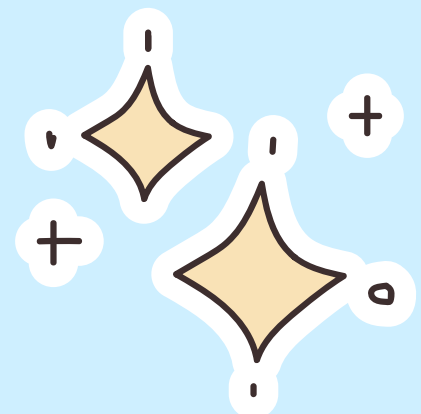
Each composition serves as a gateway to a realm of collective memory, where echoes of bygone eras and distant lands intertwine in harmonious resonance. Let the music guide you through a labyrinth of emotions, evoking memories both cherished and forgotten, as you become part of a grand tapestry that binds past, present, and future in a timeless embrace.

Seize the opportunity to secure discounted tickets by purchasing them online today!



# ACROSS THE ROAD

How well do you know your campus?








# Gaze into the Looking Glass

**Reflecting is crucial and by taking the time to contemplate our experiences, we can identify patterns, learn from past mistakes, and set goals for personal growth. Health and Wellness Editor Soutara is back to show you how to effectively explore your inner self.**



With Anzac Day this month, it is often a time of reflection as we look back and remember history. But why do we only find ourselves reflecting at times like Anzac Day? We should be reflecting more regularly, to understand and better appreciate our own unique perspectives in order to grow and flourish. This is the art of self-reflection.

**Self-reflection** is a way of better understanding ourselves to have that increased level of appreciation mentioned. Have you ever stopped to consider, we spend more time with ourselves than anyone else; so why do we never seem to take the opportunity to stop and self-reflect? Often, it is because it can make us uncomfortable. We find ourselves faced with our thoughts, attitudes, beliefs, values, motivations, weaknesses, and successes (just to name a few!). It can be a lot to take in at times!

Knowing yourself better will help to improve your overall health and wellbeing. You'll find ease in forming connections with others when you can be your authentic self, as well as being able to have a sense of direction and purpose. So, how do we practice self-reflection? There are a lot of ways you can do this, so I have made a few pointers to get you started.

## ***Understand yourself***

Consider your goals, strengths, weaknesses and values. You will struggle to continue the reflection process if you don't know yourself well and what it is that makes you, you.

## ***Reflect on specific experiences and situations***

Don't just focus on the negative or difficult times, reflect on things that have gone well too. Celebrate your successes as well.

Consider the who/what/where of the situation. Think about the situation in detail. Be critical with this. Utilise your hindsight. How could you have handled the situation differently? What will you do differently in the future?



### **Understand your emotions**

How do you feel currently? How did you feel at the time of the specific experience you are reflecting on? Being able to understand your emotions, and why you felt a particular way will help you to recognise this in the future and act accordingly.

### **Be kind to yourself**

Being able to self-reflect in the first place means you are willing to become vulnerable with yourself, which is also a huge strength. But, don't forget to be kind to yourself during this process and find the right balance between both being critical and supporting yourself. Sometimes self-reflection can bring up a lot of emotions, so be sure to take yourself for a walk or do something that you enjoy in order to ground yourself again.

*Love,  
Soutara*

*Check  
this  
out*



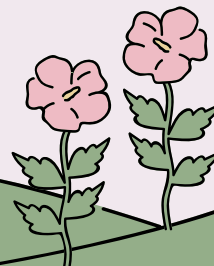
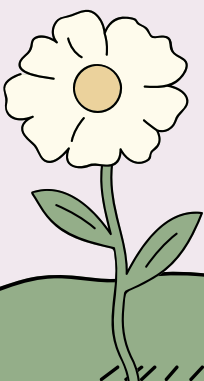
Don't forget to check out the latest support article on the Current Student Website below:



It's the little things  
in life



View all Health and  
Wellbeing support  
articles



# EXP +7

Tales about growing pains, funny stories and everything student experience.

## Flavours of the Ramadan Night Markets

The Ramadan Night Markets in Lakemba is back in full swing and is undoubtedly one of the biggest cultural festivals in Sydney that many look forward to attending every year. It is a celebration for the month of Ramadan which gives locals and visitors alike a fantastic view of what the Muslim community and an important part of their culture looks like.

You can have a one-of-a-kind experience when you visit the markets, and no two nights are the same even if you attend multiple times.

READ MORE



# EXP +8

## Easter Show Rendezvous

The Sydney Royal Easter Show first started in 1823, and is Australia's yearly largest ticketed event with over 828,000 attendees across twelve days. There is a combination of agricultural demonstrations like the petting zoo, sheep show and alpaca shearing, as well as the exhilarating rodeos, motocross and show jumping which makes the show so enjoyable and memorable. For those with a fiery competitive spirit, the show also hosts many competitions, including cookery, arts and crafts, baking, as well as tests of strength and skill such as wood chopping.

READ MORE



College Chronicles: A Series of Student Adventures

# Contact Us



## Welcoming all submissions to the newsletter!

Got a fresh idea, content suggestion, your best kept secret of Sydney, or a tale of your student experience here at UNSW College you'd like to share?

Click the button below to send us your submission for a chance to get featured in next month's issue!



[@UNSWCollege](https://www.instagram.com/UNSWCollege)



## Credits

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