Welcome

Hi All

I hope you enjoyed your study week and used the time wisely to catch up on studies and also take time out for yourself.

We have been busy in the office getting everything ready for the spectacular End of Year Dinner! Each year this night draws around 300 residents to enjoy a gala dinner on our stunning Central Lawns. I’m sure this year will be just as big of a hit! Remember it’s not too late to RSVP! We welcome all IHD residents to attend on the night!

Also, don’t forget to nominate your Resident of the Year on the events page on the IHD website. Nominations can be for current residents or residents who lived here in semester 1, but moved out mid-year.

It’s going to be another great fortnight and I look forward to celebrating your achievements at the End of Year Dinner!

Dean Preddy
Manager
International House Darwin

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IHD residents on the Kakadu Camping Trip

IHD OFFICE
Opening Hours:
9am—5pm

Resident leader
Ph: 8946 6591

iWitness Resident Input
If you wish to include anything in the next issue of iWitness please email nicole.ryan@cdu.edu.au
Invitations have been emailed to all residents for the 2012 End of Year Dinner.

This is a great night where we celebrate all you have achieved over the year.

For those who have been to these dinners in years past you will know the night offers a delicious two course meal, performances and live entertainment.

In the year of the London Olympics and the Paralympics we felt this was a perfect theme for such a grand event. We encourage everyone to dress up in their formal hyper-coloured Olympia outfit and bring with them the spirit of the Olympics – Unity between countries and cultures!

We are also calling for nominations from the IHD community for this year’s Resident of the Year. To nominate your candidate go on to the Events page on the IHD website (cdu.edu.au/ihd) to find the nomination link. You will need to provide your name, the name of the person you’re nominating and the reason they should be crowned Resident of the Year.

Last but not least, don’t forget you to email the IHD Office (accommodation@cdu.edu.au) to notify your attendance to the event.

Please include dietary requirements in your RSVP.

We look forward to seeing you on the night and hope you enjoy the entertainment we have arranged for you!

It’s not too late to RSVP – we look forward to seeing all IHD residents at the dinner on Thursday night!
Kakadu Camping Trip
Written by James Jeffress

Twenty four IHD residents made one of the iconic Australian journeys into Kakadu last week. On Thursday, 6 August 2012, at 8am we loaded the bus and headed east in search of new landscapes, wild animals, ancient rock art and crystal clear, sparkling night skies. Over the next three days we would see it all and much more!

On day one we visited the Windows on the Wetland, Bark Hut Inn and Bowali visitor centre, providing the much needed back story to the culture and history of this magnificent national park.

We camped at Gagadju Lodge, Cooinda. This is a really great place as it is central to so many activities in Kakadu, not least of which is the Yellow Water Cruise, which we would embark on the following morning.

In the mean time it was an opportunity for a huge feed of hamburgers and making the most of the enormous pool at the resort!

We woke the next morning at 6am to get to the early morning cruise on time. It was spectacular!

We saw so much wildlife, including birds and crocodiles, some amazing plant life, and learnt about the uniqueness of this phenomenal landscape and how it changes all year round, all while the sun gently rose beside us.
Once we were back from the cruise we had a couple of hours to relax before heading up to Ubirr Rock in the north of the National Park.

We joined the guide to learn about the rock art and the spiritual stories of the aboriginals of the area. It was fascinating and culminated in a beautiful sunset on top of Ubirr Rock – an absolute highlight of the trip.

We made the slow trip back, being very cautious of the active wildlife in the night and got home to prepare a beautiful pasta dish before calling it a night.

On the final day we packed up our tents and headed to our final tourist destination, Nourlangie, via ice creams at Warradjan Cultural Centre.

Nourlangie is a prime area for ancient rock art and has yet another distinctive landscape to take your breath away. Views of the escarpment are best seen from here, and if you get the chance, there are also some great bush walks around the rock.

We took one of the shorter walks to Nourlangie lookout above Anbangbang Billabong. The view was stunning and a wonderful final reminder of the beauty and vastness of Kakadu National Park.

Thank you to all who joined in the fun, I hope you really enjoyed yourself. If you are here the next time we head out, please join us, this really is a spectacular part of the world!
Living With and Respecting Others at IHD

Living with other people can be both challenging and rewarding. Here are a few little tips to ensure that everyone gets the most they can out of living and learning at IHD:

Respect Others – Everybody is different and has different habits, study loads, thoughts, opinions, and behaviours. It is important to respect your neighbours space, belongings, feelings and their peaceful enjoyment of our facilities.

Take Initiative – Get to know your neighbours and ask friendly questions and initiate conversations. When was the last time you cooked dinner for someone?

Confront with Care – It is important in a community environment that you are able to tell your neighbours if you have a problem or issue. Remember, don’t accuse or abuse – but let people know what and why.

Take Responsibility – Admit mistakes, make amends and take responsibility for your surrounding and your behaviour.

Take Pride – In a community where people are respectful, kind and interested in one another, a sense of pride naturally builds. Treat your neighbours and your neighbourhood as you would like to be treated and your actions and behaviours will reward you.

R U OK? Day is a national day of action which is dedicated to inspiring all people of all backgrounds to regularly ask each other ‘are you ok?’

Although the official R U OK day was on Thursday 13 September 2012, it’s a great reminder that we should all be looking out for one another and always asking ‘are you ok?’

The R U OK Foundation aims to prevent isolation by empowering people to support each other through life’s ups and downs.

Here at IHD we live in a multicultural environment, many of us thousands of kilometres from family, for this reason it’s important we build friendships, look out for each other, and always remember to ask ‘are you ok?’

NEED HELP NOW?

Call: 1800 RUOKDAY
(1800 7865 329) to connect with crisis lines

Visit: your doctor, a counsellor or trusted health professional

Access: ruokday.com for tips from our information partners
Soccer World Cup
Written by Maksudur Khan

The replay of the semi-final between defending champions Korea and the dark horse of the tournament, European Union looked like a replay of last season’s European Champions League final between Barcelona & Chelsea. Korea taking on the role of the Barcelona and the European Union was Chelsea. Korea had beautiful passing and always looked threatening when they had the ball whereas, European Union just sat back relaxed and soaked in all the pressure.

No matter how much Korea huffed and puffed they couldn’t break through the wall, which was the European defence.

Towards the end of the game Korea seemed to have run out of ideas and going for the long balls straight into the heart of the European defence!

After normal time and then a very tiring extra time both teams unwillingly prepared themselves for the dreaded penalty shootouts as the score was still 0-0.

Like all penalty shootouts this also had to end with one team going home with a heavy heart – and surprisingly it was Korea who had to part after having lost the penalty shootout 1-2 to European Union.

Finally, the IHD Soccer World Cup has two names for the grand final, IHD All Stars and European Union.

Now the question remains, when is the final? With both teams having difficulty with the date for the final it seems the final is going to be held on 3 October, 2012 - an epic conclusion to an eventful tournament!

Free Public Transport

CDU students receive FREE bus travel on scheduled services 7 days per week through Darwin’s public bus network. Simply show your CDU student ID card to the bus driver to get on board for free!

The number 4 public bus which departs from the CDU campus can be used for residents to access the:
• Parap Market (Saturday mornings),
• Nightcliff Market (Sunday mornings),
• Rapid Creek Market (Sunday Mornings)
• Mindil Market (Thursday and Sunday nights in the dry season) may do so

This bus service also continues onto the Darwin city precinct.

Timetables for public buses may be found on the NT Transport website: www.transport.nt.gov.au/transport/public

IHD Casuarina Shuttle Bus

To help you with your shopping, IHD runs a FREE shuttle service to Casuarina Square Shopping Centre during semester.

Details:
• Friday Night
• Casuarina Square
• 15 minute loop
• First bus leaves IHD @ 5.30pm
• Last bus leave Casuarina @ 9pm

Walk-A-Bout Coffee Cart

The Walk-A-Bout Coffee Cart runs during semester and commenced trading again on Wednesday 18 July 2012. You can find the Walk-A-Bout Coffee Cart at:
• Orange 1 and Orange 2 (Breezeway) between 7.30am – 9.00am
• Orange 7 (Sound Shell) between 9.15am – 1.00pm
Arts and Crafts
16/9/12 10am
Put your creative hat on and get ready for a morning of Arts and Crafts!

Learn, create, inspire! This Sunday at 10am in the Red Room. Create art that will be displayed at the End of Year Dinner!!

Coffee & Cake
18/9/12 8pm
Every fortnight is coffee and cake at IHD.

This week RL’s will be preparing some delicious treats themselves!

If you want to help Stephanie and Khan create some tasty baked goods, make sure you find them before Tuesday, everyone welcome.

Just remember to bring your mug along for a tea or coffee.

Soccer World Cup
3/10/12
Eight teams are now down to just two.

The final of the IHD Soccer World Cup is nigh. European Union v IHD All-Stars.

Both teams are currently out of town so the match has been rescheduled when they get back!

Good luck to both teams and congratulations to all the teams who competed.

Lifestyle Event
25/9/12
This time we are making smoothies and juice!

Lifestyle events are always a great hit with the residents and this stands to be no different.

Come down for delicious, healthy drinks and create your own masterpiece!

Octoberfest
28/9/12 8pm
A cultural favourite for many people all over the world, Octoberfest was originally a celebration of the 12th marriage of Bavarian Crown Prince Ludwig to the Saxon-Hildburghausen Princess Therese.

Now it’s just a good excuse for a party ;) Head down to Sitzler court and let your hair down and pull your lederhosen’s up!

Mooncake Festival
30/9/12
Celebrate the Chinese Mid-Autumn Festival right here at IHD.

We will be tasting traditional Mooncake pastries and learning more about this wonderful festival and Chinese tradition.!

Weekly Sports
Every week there will be a variety of sports for all IHD residents to get involved in.

Monday: 8pm Basketball Court Booking.
Tuesday: 9pm Basketball Court Booking.
Wednesday: 6pm Social Sport – check out Facebook for where, what & when.
Thursday: 9pm Basketball Court Booking.
Friday: 6pm Social Sport – check out Facebook for where, what & when. 10pm Basketball Court Booking.
Saturday: 9pm Basketball Court Booking.

2012 End of Year Dinner
20/9/12 6.30pm
The Event of the year is upon us. Head down to the Central Lawns to celebrate the year that has been at IHD.

Pre-dinner drinks begin at 6:30pm.

Look forward to seeing you all on Thursday night!

Two course meal, entertainment, bar, Red Frogs refreshments. Free for residents and $20 for guests.

RSVP to: accommodation@cdu.edu.au
Lifestyle Event - Rice Paper Rolls

Written by Stephanie White

The Building 3 kitchen was once again abuzz on Tuesday, 11 September as a group of about 20 hungry residents gathered to learn how to make rice paper rolls.

The aim of the evening was to quash the myth that the fragility of the rice paper makes them difficult to assemble by providing the participants with all the ingredients they need and a few tips to get them started.

Once they began, there was no turning back, with participants sharing the small space well and ensuring that everyone had a chance to make and gobble down some fresh treats.

While rice paper rolls are often filled with pork and prawn, we experimented with some variations, including egg, capsicum, cucumber, carrot, lettuce, bean shoots, basil and coriander.

Some were well-versed in the art of rice paper rolls and there were others who were new to the whole experience but from the satisfied looks on their faces, it was clear that the rice paper rolls were a winner with everyone!

Suffice to say that the food disappeared in a flash! It was an absolutely fantastic evening so stay tuned for the next event!

How to Make: Rice Paper Rolls

You will need:

- Rice paper sheets/wrappers
- Rice vermicelli
- Dipping sauce, such as sweet-chilli, nước chấm, soy.

Plus, your choice of fillings. Some suggestions:

- Pork
- Prawn
- Tofu
- Bean shoots
- Coriander
- Vietnamese mint
- Peanuts
- Cucumber
- Carrot
- Capsicum
- Egg
- Avocado
- Cabbage

To prepare:

- Prepare rice vermicelli according to packet instructions.
- Prepare other fillings by shredding or juliennning vegetables and thinly slicing meats.
- Place a damp cloth (such as a tea towel) on the work area. This will help keep the rice paper moist and will prevent it from sticking to the work surface). Submerge one sheet of rice paper in a shallow dish of lukewarm water until soft (this should not take longer than 30 secs).
- Using both hands, carefully remove rice paper from dish and place flat on damp cloth. Although delicate, the rice paper is quite flexible, so don’t worry if it has fold or creases as these can be rectified easily by carefully moving the sheet.
- Place desired fillings in the middle of the sheet of rice paper in a horizontal line. Be careful not to overfill and leave space at both ends for folding.
- Taking the edge closest to your body, fold the sheet of rice paper over the fillings.
- Fold in the left and right ends of the parcel and then roll the parcel away from your body to completely close the parcel.
- Dip the rice paper roll in a dipping sauce of your choice and enjoy!
Works to commence on Menzies School of Health Research Building

IHD pedestrian access to CDU redirected

Site work for a multi-million-dollar Menzies School of Health Research facility will begin on Casuarina campus this month.

The building, which will be situated on the northern side of the campus between the library and International House Darwin, is expected to be completed by September 2013.

Site works on are expected to start in the middle of the month and will involve the site beside the Chinese Garden being fenced off from University Drive North to the library.

Pedestrian traffic from International House Darwin (IHD) to the campus will be redirected to the eastern side of the site until the works are completed.

The complex is part of a $45.7 million expansion of Menzies, which also includes a new building and upgrade of Menzies’ existing facility at Royal Darwin Hospital.

Darwin International Film Festival

The Darwin International Film Festival (DIFF) is on again with 10 unique films over 8 magical nights at Darwin’s iconic Deckchair Cinema!

Balmy tropical nights with fine food down by the waterfront make for a fabulous week-long event.

Opening on Wednesday 19 September, this year’s DIFF includes two Australian premieres as well as eight films never before screened in the NT.

Tickets are available now, so start planning your DIFF week!

For tickets and to view the program, check out the Deck Chair Cinema website: www.deckchaircinema.com.au/the-program.html
Sunday Meditation
Written by Stephanie White
A humble handful of residents rose early on Sunday, 2 September 2012, to rejuvenate their minds, bodies and souls with monthly meditation.

From 8am, the group made themselves comfortable in the Red Room and embarked on a half hour journey to help regain clarity of mind amidst the stresses of university life.

The group emerged from the session looking decidedly more relaxed than when they arrived and quickly kick-started their day with a healthy breakfast of muesli, yoghurt and fruits.

As the semester continues, we encourage you to take some time out for yourselves to reflect and keep a healthy balance in your lives.

See you next month!

Arts & Crafts
Written by Jessica Phillips
The IHD Arts & Crafts session on the 2 September 2012 was all about fruit and animals as we started to explore using colour in our pastel work.

Eight people came to learn about what it takes to create shape and depth using strokes and shadow.

Starting off, the lovely Kim led a tutorial on how to draw an apple, you build from a sphere of a light colour then work on it progressively as you add layers of strokes, smudge a bit here, erase a bit there. It was great to see everyone’s fruit popping out from the page.

We then moved on to try our hand at drawing animals from pictures we selected, using the skills we’d just learned and those from the first session.

Animals are a bit trickier than apples but everyone had a go and developed further their own style of drawing. Beautiful dolphins, dogs, koalas and fish soon joined our apples.

Come on down to the final art session this Sunday 16 September 2012. It’s going to be a bit more open this week. We’ll turn up the music in the background, spread out the art supplies and magazines and draw what takes our fancy. Of course Kim will float around with her helpful tips and encouragement. Bring your creative ideas and we’ll see you there!

Coffee & Cake
Written by Maksudur Khan
On 4 September 2012 IHD Management had the thought of giving all the residents at IHD a delicious treat – A coffee cart!

The residents of IHD were served up delicious hot and cold coffee, hot chocolate, chai and other delicious drinks.

The Red Frogs helped to brighten our mood by putting on an awesome sausage sizzle! We had sausages, bread, chips, dips and fizzy drinks - what more can a Uni student ask for? Entertainment and dinner the perfect combo!

Although the number of residents attending was surprisingly low because of it being Mid-Semester break, those of us there still managed to have a good time!
Housekeeping

WiFi at IHD
ITMS have informed IHD that they are aware of the WiFi issues being experienced by residents.

They are currently working to rectify the issue and hope to have it resolved as soon as possible.

Mould in Apartments
IHD would like to thank its residents for notifying us about mould growing in the new apartments.

We have notified Major Projects and they are currently investigating possible solutions.

Remove Personal Items from Corridors
Residents are asked to remove personal items such as shoes, plants etc. from IHD corridors.

Not only are personal items ‘disappearing’ but cleaners are unable to clean the hallways due to these items laying around. This affects the hygiene of the facility and also acts as a hazard in cases of emergency.

Please remove all personal items from corridors and keep them in your room.

Using multiple appliances at once
Be careful using multiple appliances at once as this causes you to overload the circuit which then trips out the power.

Please be mindful and turn off all unnecessary appliances and use no more than two appliances at once.

New Security Phones at IHD
New security phones have been installed in all buildings at IHD.

These phones are easy to use, simply press the ‘Resident Leader’ or ‘CDU Security’ button as required and it automatically dials through to the correct area.

Easy as that!

Repairs & Maintenance
Please report any repairs and maintenance issues to the IHD office.

These can be reported either in person at the IHD office reception or via email: accommodation@cdu.edu.au

Remember – we can only fix it if we know about it.

Parking at IHD
You can pick up a 2012 Semester 2 parking permit from Monday 9 July from IHD Office Reception Monday to Friday 9am to 5pm.

It is your responsibility to make sure you have a parking permit displayed on your car at all times.

If you have a friend with a car visit you, they are required to park across the road.

Car parks within the Brown precinct are strictly only for IHD residents with valid permits.

Clean Up After Yourself
All residents are reminded that it is your responsibility to clean up after yourself at all times!

As adults it is up to you to approach the people making the mess and advise them to clean up.

If this does not work you are welcome to lodge an incident report at the office.

You will be required to provide the name or room number of the people/person continually making the mess along with a description and time of event.

To those making the mess, take this as a warning that your fellow residents will not put up with this any longer, you live in a communal environment and your actions affect those around you!

IHD Resident Mail
If you need to have mail delivered to you, make sure you use the following address:

‘Residents Name’
International House Darwin
Brown Precinct, Bldg 1
Charles Darwin University
Casuarina 0909
Northern Territory
Australia

Mail delivered to this address will be sent to the Charles Darwin University Post Office.

It is your responsibility to check the Post Office regularly to see if you have any mail.

Any mail not collected from the Post Office within 4 weeks will be sent back to the sender.
Try Something Different, Why Not Try Volunteering!

**Melaleuca Community Support Program Volunteer Training**

If you are interested in becoming part of a dynamic, diverse, fun and motivated team, then volunteer at Melaleuca Refugee Centre.

Volunteers play an extremely valuable role in providing social support to newly arrived refugee families and individuals.

Staff and volunteers work together to build the capacity of these people, providing them with the skills to understand and enjoy their new lives, to empower new arrivals.

All volunteers are inducted and fully supported by the volunteer coordinator at Melaleuca Refugee Centre.

**Next Orientation Training Session:**
Tuesday 18 September 5.30-8pm at Melaleuca Refugee Centre

**Contact details:**
**Volunteer Coordinator:** Robert Butcher
**Phone:** (08) 8985 3311
**Email:** volunteering@melaleuca.org.au

**Territory Wildlife Park Community Involvement Day Program**

Community Involvement Days encourage members of the Darwin and local rural community to actively take part in small projects at the Territory Wildlife Park and to join the community ownership of your wildlife park.

All projects commence at approximately 9am and finish at 12pm with a free sausage sizzle afterward for volunteers.

**Upcoming Community Involvement Days:**

**Animal Enrichment toys Botanical Activity Centre**
Sunday 16, 9am-12pm
Using seeds, pods and other plant material join in and help build some animal enrichment toys for our Cockatoos and other animals. How creative are you? Can you design and build something more challenging and enticing for our feathered friends from the Flight Deck?

**Monsoon Forest and Walk**
Sunday 28, 9am-12pm
Walk-through Aviary and small exhibit aviaries will need another re-mulch and spruce up - a great opportunity to check out our beautiful feathered friends again.

We'll hit the Monsoon Forest as well to collect native fruit to give the birds a taste of the wild and we will remove as many weeds as possible to stop them spreading further once the wet season rains arrive.

If this sounds like something you’d be interested in, be sure to head down to the Territory Wildlife Park to get involved.

All volunteers are asked to meet at Admissions at Territory Wildlife Park at 8.45am for a 9am commencement.

For more information or to attend a Community Involvement Day, please contact the Biodiversity Liaison Officer at the Territory Wildlife Park.

**Contact details:**
**Biodiversity Liaison Officer:** Sarah Hirst
**Phone:** 8988 7200
**Email:** sarah.hirst@nt.gov.au
iGrow Academic Development
IHD TUTORIAL PROGRAM

All tutorials will be held in the STUDY ROOM (12.1) between 6pm and 7pm. Check below for information on when there is a tutorial in your subject area.

**MONDAY**  Business & Management - Aurelia Gomez

**TUESDAY**  ESL and Numeracy - Shirleen Browne

**WEDNESDAY**  Economics - Santosh Panthee

**THURSDAY**  Engineering - Adeel Silat

**FRIDAY**  Nursing - Tai Nguyen

**SUNDAY**  Accounting - George Zhou

Be sure to take advantage of this program, this is a free service to all IHD residents.

www.cdu.edu.au/ihd
FB: Events at International House Darwin