Welcome

Hi Everyone

This week our Academic and Cultural Coordinator, James Jeffress, did a fantastic presentation about IHD’s iGrow program at the Australasian Association of College and Housing Officers conference in Adelaide last week. I would like to congratulate James on his hard work on the presentation and on the iGrow program.

For those of you who didn’t know, iGrow is the program that all our events are part of. iGrow focuses on the personal and professional development of our residents.

This year IHD is expanding it’s iGrow program, with the help of CDU, to all students. This means that your friends and classmates who do not live at IHD can become iGrow members giving them access to the large amount of events held by IHD.

If you have any suggestions for future events please email us your idea.

Dean Preddy
Manager
International House Darwin

Dean Preddy
Manager
International House Darwin
ANZAC DAY

Next Thursday, 25 April, is ANZAC Day. ANZAC Day is a day where all Australian take a moment to remember those who lost their lives defending their country. IHD will be running a bus service to the ANZAC Day Dawn service.

What is ANZAC Day?
ANZAC Day 25 April – is probably Australia’s most important national occasion. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

What does ANZAC stand for?
ANZAC stands for Australian and New Zealand Army Corps. The soldiers in those forces quickly became known as ANZACs - that name endures to this day.

What makes this day special to Australians?
At the time of Federation - 1901 - Australia was still to establish a national identity. The endeavours of the ANZACs were to play a significant part in creating that national identity and shaping the character of Australia.

The Dawn Service
The Dawn Service observed on ANZAC Day has its origins in a military routine which is still followed by the Australian Army today. During battle, the half-light of dawn was one of the most favoured times for an attack. Soldiers in defensive positions were woken in the dark before dawn, so by the time first light crept across the battlefield they were awake, alert, and manning their weapons; this is still known as the “stand-to”. As dusk is equally favourable for attacks, the stand-to was repeated at sunset.

In more recent times families and young people have been encouraged to take part in dawn services, and services in Australian capital cities and towns have seen some of the largest turnouts ever. Reflecting this change, those services have become more elaborate, incorporating hymns, readings, pipers, and rifle volleys. Other services, though, have retained the simple format of the dawn stand-to, familiar to so many soldiers.
**Name:** Matthew Hill  
**Nickname:** Matt  
**I am studying:** Bachelor of IT  
**I have lived at IHD for:** This is my second year at IHD  
**I moved here from:** 2011  
**On the weekends you can find me:** Programming/in the pool/Enjoying a cool, refreshing bevarage  
**The song I can’t get out of my head is:** Crowded House—Better Be Home Soon  
**My favourite place is:** Phillip Island, Victoria  
**I know it’s a little weird but I think:** Not as often as I should  
**I’d really like to meet:** Mario Lemieux  
**If I had to eat one thing for the rest of my life it would be:** Tuna Casserole  
**The best advice I ever got was:** Don’t Give In  
**The most heroic thing I have ever done is:** Searched a two storey factory, whilst it was on fire, for injured people, whilst wearing my fire fighting gear and breathing apparatus.  
**I’m secretly terrified of:** Heights  
**One day I’d really like to:** Official at the Monaco Formula One Grand Prix

---

**Mudgee**  
*By Victoria Ward*

This morning as I lay awake waiting with the wind moaning against my walls, my mind flew to a time of innocence to the crossing at the clock in Mudgee town.

But the time that it took to take me there seemed diminutive to memories past. The town emerged as a swollen bosom itching from the stretching inhabitants.

As I enter from southern Castlereagh I predict a town of verdant myth. Yet seeing metal trunks and ashdalt grass rocked me into “heavy cello thunder”.

It happened on the third Saturday; a feckless walk around the church yard. Mudgee’s son’s and daughters all assembled; like broods to haggle in the battery.

I strained to look for faces I once knew. The adults were all broken or gone, and the young ones tried to elude the truth, of what they did at the clock in Mudgee town.

In the past we slid down silver mountains and climbed up rocket ships of iron. We all fell in the small rivulet there and screamed so loud we forgot who we were.

But some friends are unable to whisper, and some chose to be taciturn still. Some; their bodies infected by squatters infiltrating more than just their body.

The ones that can do embrace and smile throwing their affection around me. But now I must stoop down to reach and touch the warmth that I commandeered in my youth.

I tried to lose myself in nostalgic vision, but Jack Frost he shook the window frames with a force violent as the mighty Thor, and I awoke far from the clock in Mudgee town.
Jumping Crocodile Cruise

On Saturday this weekend IHD was on the move again. We were heading down to Adelaide River to experience their famous Jumping Croc Cruise. We were even really lucky to see some water buffalos on the way on the Wetlands. We can honestly say that we were all amazed about this natural attraction and had a chance to feed even a 5m Croc. On the way back on the river we could closely observe the Wetland's natural bird species like Sea Eagles, Kites and Cormorants. Due to the high tide we expected less crocodiles, but at the end we could feed some. As a fortunate result we could spend 45 minutes more on the boat and had an amazing cruise on Adelaide River. Hope all of you enjoyed this unique opportunity to experience one of the greatest Wetland Scenes of the Northern Territory.

ANZAC DAY

IHD is running a bus service to the ANZAC Day dawn service in the CBD on Thursday 25 April. The bus leaves at 4.45am and will return at 7.00am. Breakfast will be served after the service in the Red Room.
Cookin’ with Thomas

Pizza Night

First of all I would like to say thanks to the approx 25 people who showed up to this interesting event. Also, to those ones, who helped prepare the ingredients. I definitely can say we were making really healthy pizzas with ingredients like mushroom, corn and ham just to mention a couple. I was truly amazed by your enthusiasm and creativeness making your very own tasty homemade pizzas. I honestly hope that this fun event substantiated further your future and continuous participation on Cookin’ with Thomas’s events.

Nevertheless, the next big hit will be the ANZAC Day where we all going to experience the real OZ brekkie. Thanks Guys!

Upcoming Events:

Friday 19 April
Soccer World Cup — Second last week of the soccer world cup and the competition is heating up!

Saturday 20 April
Touch Football & BBQ — Come and wear yourself out at the beach with a game of Touch Footy followed by a delicious BBQ!

Tuesday 23 April
Coffee & Cake — Come and have some delicious food all the way from France,

Thursday 25 April
ANZAC Day—IHD will take a bus to and from the dawn services followed by a breakfast in the Red Room.

Friday 26 April
Soccer World Cup — It’s the World Cup finals! Which team will win?

Saturday 27 April
Territory Wildlife Park — IHD is taking a shuttle bus to the Territory Wildlife Park. More details to come.

Make sure you check the IHD website for more details!
Housekeeping

Please remember that IHD is a communal facility and as such we expect hygienic and adult attitudes towards household cleanliness.

Please follow these basic principles:

- Place all rubbish in the appropriate bins provided
- Wipe down surfaces after use
- If you make a large mess in the bathroom, kitchen or laundry please clean it up immediately
- Use appliances appropriately e.g. washing machine for clothes only, sinks for cleaning dishes only etc.
- Wipe out microwaves after use
- Do not leave out of date items in the refrigerators and freezers
- Clean lint filters in the clothes dryers after use
- Follow instruction provided in bathrooms on how to use the toilet

Failure to maintain proper hygiene standards in responsible areas will incur a $40 cleaning fee.

PUBLIC TRANSPORT

Public transport is no longer free for CDU students. CDU students are entitled to a concession fare which is $1 for unlimited bus travel for three hours on any scheduled public bus service from the time validation.

Residents wishing to access the Parap Market (Saturday mornings), Nightcliff Market (Sunday mornings), Rapid Creek Market (Sunday Mornings) or Mindil Market (Thursday and Sunday nights in the dry season) may do so using the number 4 public bus which departs from the CDU campus and passes each market. This bus service also continues onto the Darwin city precinct.

Timetables for public buses may be found on the NT Transport website:

CASUARINA SHUTTLE BUS

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

The shuttle bus departs from the IHD Office. The drop off/return pickup is from the same point at your destination.

Details:
- Casuarina Square
- Every Friday night commencing
- Friday 17 February, 2012
- 15 minute loop
- First bus leaves IHD @ 5.30pm
- Last bus leave Casuarina @ 9pm
New to Darwin and finding the tropical weather a little too hot?

You don’t have to turn the air-conditioner on to cool down! There are other ways to cool down that don’t use electricity. Give one or two a go and see how they work for you.

**Change your outfit**

Try wearing loose, lightweight cotton and linen clothing. These clothes are constructed to cool you naturally and are loose to promote air circulation.

**Cool your pulse**

When you were sick as a child, your mum may have brought you a cold facecloth. This idea works the same way, run cold water over your wrist for a minute or so each hour or splashing water on your temples or face.

**Graze**

When you eat big meals your body works really hard to metabolise it which can make you feel warm. By breaking up your eating into smaller, more frequent meals you will feel cooler.

**Hot & Spicy**

Eat some hot and spicy food because these foods make you sweat without raising your body temperature, once your skin is damp you’ll feel cooled by its evaporation! Please remember to use deodorant if you are doing to try this idea!

**Stay cool in bed**

Find it hard to sleep in Darwin’s hot and humid weather? Fill a hot water bottle with ice water and use it to cool your ankles and the back of your knees.
Circuit Maintenance
On Friday 19 April from 1.00pm until 5.30pm, Duck Electricals will be conducting their quarterly Circuit Maintenance for the whole of IHD. During this period power for the **lights and fans will be turned off**. Air-conditioners and power points will still have power and will work during this period.

Study & Computer Room
Be considerate of your fellow residents and only use the study and computer rooms if you are actually studying! There have been several reports of people going into the study and computer rooms to hang out and chat and listen to music, which distracts the people who require the space for study.

Security
Residents are reminded to always close bedroom and common room doors. This is for your own safety and security. Residents should not open doors for anyone even if you know them. If someone has forgotten their key please send the to the Office or contact a Resident Leader.

IHD has had a few reports of members of the public using IHD facilities.

Parking
Residents must have a permit to park in the IHD car parks. Permits are available for free at the IHD Office.

Residents must park in marked bays ONLY. If the IHD car parks are full you may park in the Uni car parks across the road as long as you have a parking permit.

**Do not park on the yellow lines or on grassed areas.**

Failure to comply will result in a fine from the CDU parking inspectors.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>8pm Movie Night</td>
<td>8pm Coffee and Cake</td>
<td>8pm American Coffee and Cake</td>
<td>7pm Cooking With Tamás</td>
<td>5.30pm Soccer Competition</td>
<td>9am Jumping Crocodile Cruise</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>8pm Coffee and Cake</td>
<td>7pm Cooking With Tamás</td>
<td>5.30pm Soccer Competition</td>
<td>9am Jumping Crocodile Cruise</td>
<td>9am Crocodylus Park</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>8pm Movie Night—Red Dog</td>
<td>8pm Coffee and Cake</td>
<td>5.30pm Soccer Competition</td>
<td>Touch Football &amp; BBQ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>8pm French Coffee and Cake</td>
<td>ANZAC Bus &amp; Breakfast</td>
<td>5.30pm Soccer Competition—FINALS!</td>
<td>Territory Wildlife Park</td>
<td>Cricket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8pm Movie Night</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information please contact your Resident Leaders or the Academic Liaison and Cultural Coordinator. Phone: 08-8946-6536

For more information and updates check out our Facebook: www.facebook.com/EventsIHD & keep an eye on the notice boards around campus.