Welcome

Hi all

This week I would like to extend a very warm welcome to our new residents and welcome back to all returning residents for semester two. I hope you settle into IHD quickly and enjoy the student community here.

I want to stress that getting involved with our iGrow program is a sure way to enhance your experience at IHD. The events ensure you meet lots of new friends and see many different locations around the NT, making your stay in Darwin culturally and socially rewarding.

Keep an eye out for the new iGrow loyalty cards for your chance to win!

I’d like to thank Rannga, Robert and Farhan for their services as Resident Leaders and wish them all the best as they embark of the next chapters of their lives. We are excited to welcome three new Resident Leaders - Reuben, Megane and Helen - to the team.

Kind regards,
Dean Preddy
Manager
International House Darwin

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The group of residents who recently went camping at Kakadu.

IHD Reception

Resident Leaders: Ph. 8946 6591

Office Hours:
9.00am - 5.00pm

iWitness Resident Input:
If you would like to include anything in the next issue of iWitness please email
bronte.hewett@cdu.edu.au
W: cdu.edu.au/ihd
FB: facebook.com/EventsIHD
IHD dinner

Guest speaker announced

Staff and management are excited to announce that we will be hosting the first Manager of International House Darwin at our End of Year Dinner. Martin Heskins was Warden/Manager of then called University House from 1985 to 1993. This year marks IHD’s 30th anniversary and we are excited to have Mr Heskins attend the event as Guest Speaker on 24 September, 2015.

Mr Heskins now lives in Canberra and is Executive Officer of the School of Politics and International Relations at Australian National University. Mr Heskins is also an Alumni of what was then the Northern Territory University where he undertook his Master’s in Education Studies. He has since qualified as a CPA from Deakin University. Mr Heskins is an Associate Fellow of Toad Hall at the Australian National University. Toad Hall is the universities primary residence for International PhD students which this year has residents from over 50 countries. We anticipate that his speech will be interesting and engaging for all our staff and residents and thoroughly look forward to the night.

Martin Heskins stated he was looking forward to his visit to see how the residence had grown and developed since his time and hopes that students and staff will be interested in hearing about the early history of the residence and how it was a significant symbol of the growth of higher education in the Northern Territory following the devastation of Cyclone Tracy ten years earlier.

IHD Resident Leaders were lucky enough to participate in leadership training with Dr Peter McClenaghan from June 29 – July 2.

Peter works at the University of New England in NSW and has delivered strategic leadership programs for the Australian Institute of Management and continues to engage in leadership development activities with public and private sector clients. His speciality areas are staff selection and recruitment, leadership, organisational role analysis, organisational learning, motivation and values and their role in organisational performance.

All reports suggested that our Resident Leader team gained a lot from the experience. Pavan said the training was fun and that she got to know the Resident Leader team a little better.

“I really got a lot out of it actually. I got to know the other Resident Leaders better and we had to work as a team,” she said.

“I liked the team building exercises and in particular the toxic waste activity.”

A big thank you to Peter for coming all the way to Darwin for the training sessions and we hope to see him up here again.
## O’Week Timetable

### Week One - 6 - 12 July

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<th>Day</th>
<th>Monday 6</th>
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### Week Two - 13 - 19 July

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Welcome to International House Darwin

**Live**

**Learn**

**Belong**

O’Week is here

[www.cdu.edu.au/ihd/events](http://www.cdu.edu.au/ihd/events)

Some of IHD’s events require registrations. Follow the links on our website.
Meet your new Resident Leaders

We have three new Resident Leaders to complete the wonderful team in Semester 2. With Rangga, Robert and Farhan leaving IHD, we welcome Megane, Reuben and Helen. They join MK, Pavan, Marty, Roojan, Yesh, Varmaa and Kat in the roles. Please give them your full support and remember they are here to enhance your student experience and make life at IHD enjoyable, engaging and harmonious for everyone.

Megane

My name is Megane. I'm an exchange student from France studying Law. I really wanted to come to Australia and Darwin was the best place to meet people from diverse cultures.

Reuben

Hi, I'm Reuben. I am originally from Victoria in Australia and I'm studying a Bachelor of Science. I'm really excited about being a Resident Leader!

Helen

Hi, I am Helen. I am from China and studying Master of Accounting right now. Life is too short to waste, so I am trying to enjoy every single day.

IHD orientation session

A very important part of orientation week at IHD is making sure you feel comfortable in your new home. Staff at IHD look forward to meeting you and welcoming you to our community! The best chance to do this is at the IHD Orientation event on Friday, 10 July at 9 am. This event is mandatory for new residents to attend, and you will be able to meet staff, get to know other residents and learn all the ins and outs of living in our residential community. We look forward to seeing you there!

IHD’s own yoga instructor (and Finance Coordinator), Kalindi, was the organiser of Darwin’s International Day of Yoga event. The event was held on Sunday, 21 June at Nightcliff foreshore and attracted a large crowd.

Australians around the country and people around the world also marked International Day of Yoga by doing poses in public or just at home. More than 35,000 people showed up for an event to mark the occasion in New Delhi — a world record for a single yoga session.

Yoga is an ancient Indian discipline that has grown exponentially in recent times and is enjoying unprecedented popularity in the West.

There were 175 nations who co-sponsored the United Nations resolution to declare International Day of Yoga on 21 June every year. This was the first year it was held and proved to be a popular success. Namaste.

**IHD yoga is on Tuesdays at 5 pm in the Multicultural room with Kalindi.**

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**Public transport**

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:

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**IHD Casuarina shuttle bus**

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

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

**Details:**
- IHD to and from Casuarina Square
- Every Friday night
- First bus leaves IHD @ 5.30pm
- Last bus leaves Casuarina @ 9pm.

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**Celebrating Yoga**

Hundreds of people celebrated International Day of Yoga at Nightcliff foreshore.

**Meanwhile, in New Dehli...**

More than 35,000 people set the record for a single yoga session.
There will be exciting opportunities for residents to win prizes in semester 2 with IHD trialling a new iGrow loyalty card. Keep your eyes peeled for the new cards. Get two stickers from each iGrow category to go in the draw to win a prize. Pick your iGrow card up from Reception and start getting stickers from 20 July.

For their superior self-cleaning efforts all semester, residents of Building 9 have been rewarded with a $40 Woolworths voucher each. Congratulations to Janine, Stephanie, Youyoung, Susan and Ying for a job well done in keeping their cleanliness levels up to IHD’s standards all semester. We appreciate your compliance with our policies and thank you for your hard work!

Susan has very generously donated her voucher to the Melaleuca Refugee Centre in Darwin.

What to look out for in semester 2

iChef

With Masterchef aired in more than 40 countries around the world, we should all be familiar with the tense excitement of the show! IHD will bring the show to life this September with its version of Masterchef – iChef! The cooking competition will give individuals their chance to tantalise the taste buds of the judging panel in order to win the major prize! It is going to be one big, delicious, multicultural chance for you to show us what your home country cooks the best. If you know of a great cook who might be a little modest, you should nominate them.

iGrow cards

There will be four categories to enter and prizes for best photo in each category as well as overall most outstanding photograph.

You can enter your photos in sun, portrait, lifestyle and scenery categories and photos must have been taken in the Northern Territory.

Entries close on 13 September and winners will be announced at our End of Year Dinner!

Kitchen supplies

Starting in semester 2, 2015, each resident will be given individual supplies of dishwashing material to last them for one semester. This includes:

- 1 bottle of detergent
- 1 sponge
- 1 chux.

Please note there will no longer be a communal supply in the kitchen due to the waste of these products for non-kitchen use. Try to ensure you spread your personal usage over the entire semester. Any additional requirements will be at your own expense.
Engineering survey

Anwin Antony is the winner of two free movie tickets after winning the engineering survey draw.

Anwin participated in our engineering survey to enter the prize draw!

The winner was announced on Thursday, 25 June. Thank you to all those who participated in the survey. We appreciate your feedback.

Territory Day

The Resident Leader who was on duty on Wednesday, 1 July reported that there was no unruly behaviour at IHD in celebrating Territory Day.

Thank you for not setting off fireworks on IHD grounds. We hope you enjoyed the show all around IHD or at Mindil Beach if you attended the Jessica Mauboy concert!

New cleaning contract

A new cleaning company called GJK will take over the cleaning contract at IHD starting in July.

The designs of the GJK staff uniforms which will be worn at IHD are dark blue or light blue and will be worn with either dark blue or black pants.

All staff will have GJK lanyards and hats, and in the wet season all staff will have ponchos to ensure they can move from building to building without being drenched in the wet season downpours!

There is no cause for alarm if you see people of this description around IHD.

Love our bicycles?

Several inconsiderate incidences recently have resulted in IHD bikes being damaged and needing repairs.

These bikes are a great and free addition to improving your wellbeing whilst living at IHD, and it’s important that they are not mistreated or there will no longer be the opportunity to hire bikes.

In addition, you must return your bike locks and helmets at the same time you return the bike otherwise you will be charged the replacement fee.
The Darwin Fringe Festival is coming up (17 - 26 July 2015) and is currently recruiting volunteers to help in the running of events. Darwin Fringe Festival offers an exciting opportunity to get involved in a local, community-driven arts festival. Volunteer four (or more) hours of your time to be part of an inspiring and creative team that develops and showcases Darwin’s artistic talent. We are seeking volunteers for a range of positions (from ushering and bar work to production and promotion) and welcome all levels of skill and experience. Anyone interested in signing up as a volunteer, visit darwinfringe.org.au/volunteer-at-fringe/, or contact darwinfringe@outlook.com. Lana Howitt is the Volunteer Co-ordinator.

In exchange for your time you’ll get:
- 1 x limited edition Fringe Stubby Cooler
- The chance to work as part of a vibrant, creative team and be involved in the local Darwin arts scene
- Free entry to events you’re working on
- Free entry to the closing night party
- Our eternal gratitude and warm fuzzy feelings.

Volunteering is generally considered an altruistic activity and is intended to promote goodness or improve human quality of life. Volunteering is also a great way to meet people and build skills in areas that will help you gain confidence in securing a job. It can produce a feeling of self-worth and respect.

There are plenty of opportunities around Darwin which might be of interest to you. The people you meet may lead to employment opportunities, friendships and good experiences.

"Volunteers don’t get paid, not because they’re worthless, but because they’re priceless." ~ Sherry Anderson

Opportunities of interest

Volunteers needed

The IHD Yearbook Committee is seeking expressions of interest for a new chairperson. Have you got the skills to contribute to this rewarding role? We would like to thank Reagan for her work in semester 1, and are now looking for someone to continue this voluntary work through to the end of the year. The role of the chairperson is to coordinate the compilation of information, photos and other bits and pieces for IHD’s 2015 yearbook. Yearbooks are a great source of memorabilia for your stay at IHD and in Darwin, to show friends and family at home and to keep and look back on. We are looking for someone who is reliable, organised, flexible and committed. You will work with the committee to organise information, coordinate design and distribution of the yearbook. You will also work with IHD office staff for any assistance you may need. Please send your expressions of interest to kim.jennings@cdu.edu.au or call 8946 6591 for more information.

O’Week Volunteering

Orientation is coming up soon, and CDU’s International Office are looking for volunteers on Casuarina campus for 15 and 16 July. If you are interested in getting involved in a fun day of welcoming new international students, send them an email at international@cdu.edu.au to sign up.
The IHD end of semester party held on 19 June, 2015 was a big success. The event was conducted by RLs Varmaa and Yesh. “We started planning two weeks before to make the party a different style, and we chose a casino theme for the event,” said Varmaa.

The residents at IHD were asked to wear party clothes and the event also focused on best dressed male and female and crazy poses competitions. The winner of the poker game was given chocolate packs while the winners of best dressed male and female, Dylan and Kelly and crazy pose, Linda, were given movie tickets.

The DJ Oleg was arranged to make the party the same as inside a casino. The RLs decorated the Multicultural room with colorful lights and playing cards. The room was also arranged in a way that many groups of people could play different games like poker, cards and darts. Many residents played darts for the first time and they tried to hit at the centre point. One of the residents made it!

The residents came with their pretty dresses and they gave many crazy poses.

Marty helped in the event as a dealer in the poker game.

Then we arranged pizzas from Dominos, so the residents came and had their dinner with drinks. Then they started to enjoy the music played by the DJ.

They started dancing with their friends and partied on till midnight. Thus IHD gave an opportunity for all the residents to relieve their stresses after semester exams.
Crazy poses
After the hectic weeks of preparing for exams and successfully completing them, the residents of IHD were all ready to sit back and relax. That’s what we did on 25 July at the Multicultural room with cookies and milk. Residents had a pleasant evening enjoying cookies and having a nice chat. About 15 to 20 residents turned up to the event and were served oatmeal raisin cookies and chocolate chip cookies with chocolate, strawberry and regular milk. The crowd’s favourite was the oatmeal raisin cookie. For those who want to try it out, here is the recipe.

**Oatmeal raisin cookies**

**Ingredients:**
- Flour – 40 grams
- Oats – 60 grams
- Butter – 40 grams
- Coconut Shredded – 15 grams
- Brown Sugar – 30 grams
- Salt – 1 gram
- Baking Soda – 1 gram
- Egg – 10 grams
- Raisins – 20 grams

**Method:**
1. Cream the butter and sugar well
2. Add egg and beat till fluffy
3. Add vanilla if needed.
4. Sift flour, baking soda and salt
5. Mix dry ingredients with wet ingredients
6. Fold in the oats

To get better results, you can beat the oats in a mixer and make it into a powder so that the cookies are even.

IHD held an end of semester coffee and cake event in the Multicultural room on Tuesday, 23 June. The event was attended by 17 residents and included homemade iced coffee, cookies and brownies. The event was supported by the IHD office, and was coordinated by RL Rangga. Rangga said that he hoped the first coffee and cake event this semester break would bring a good holiday vibe to the IHD community and encourage more resident participation in iGrow activities throughout the year.

Jigme, who was one of the first arrivals to the coffee and cake event, said that it was a great experience and was hopeful that more residents would be interested in participating in such activities.

“These events help each resident to get to know each other,” said Jigme. Several compliments were also made towards the homemade cakes.

**Coffee and cake**

By Rangga

**Milk and Cookies**

By MK

Eat and drink
June events in pictures

Tennis
Residents were able to participate in games of tennis at “A world of fun” (AWOF) on Wednesday, 24 June. Ten residents took advantage of the great facilities to play singles and doubles. There will be another opportunity to play on 22 July. Register online!

Soccer on the beach
Residents played a few casual games of soccer down at the beach on Friday, 12 June. It was a beautiful setting for a game of soccer and helped ease the pressures of exams. Darwin put on a wonderful sunset to end the night.

Berry Springs
By Kat
On the afternoon of 21 June, 8 residents made their way out to Berry Springs and Crazy Acres. The group was a good mixture of familiar and unfamiliar faces which was nice to see. First stop was at Crazy Acres, a little farm shop/café not far from the Berry Springs Nature Reserve. IHD treated the group to super delicious home-made ice cream, smoothies and cake. Afterwards the residents refreshed themselves in the waters of the springs. Some residents were brave enough to swim all the way from the lower pool up through small canals to the cascades at the beginning of the creek. Due to the school holidays in the NT at the moment, we had to share the waters with many other people which was a bit unlucky. However I don’t think the residents minded and enjoyed themselves anyway. Sadly, this was Sally Z’s last event as she finished her work here in Darwin and went back to Melbourne to continue her medical degree. She was always a regular attendee at our events and her bubbly personality will be dearly missed.

“Some residents were brave enough to swim all the way from the lower pool up through small canals to the cascades.”
On 25 June a small group of IHD residents set out to explore some of the highlights of Kakadu on the first of our Kakadu Camping trips for this season. We visited Gunlom where we swam in the beautiful pools of “Waterfall Creek”, took in the view from the natural infinity pool and then enjoyed a beautiful sunset. During the night we listened to wild brumbies playing near our campground which added a touch of excitement.

The next day we visited ancient rock art at Nourlangie, the Warradjan Cultural Centre and enjoyed a fantastic Yellow Water cruise at sunset. We had dinner at Cooinda Lodge where some of the group sampled local fare like kangaroo, barramundi and crocodile.

On the final day we spent much of our time at Ubirr, an amazing location for its aboriginal history and beautiful views. We also visited the infamous Cahill’s Crossing, Marmukala Wetlands and quirky Bark Hutt Inn. On the way back to IHD we stopped to admire a field full of wallabies – a special sight! Residents were equally impressed throughout the trip.

“I celebrated my birthday in certainly the most beautiful place I’ve ever seen. It was my first trip in Australia and it was really amazing, the atmosphere was friendly and the views of the incredible landscapes of Kakadu will remain etched in my mind. I would go back without hesitation,” Josselin said.

“My favourite parts of the trip were the stories told by the local indigenous guide at Ubirr. Also this trip offered such a great range of animals - wild horses, donkeys, cattle, buffalo, crocodiles, a meadow full of wallabies and 280 different species of birds,” Kat said.

"Thank you for this amazing trip, it was a great experience, and I think that I keep good memories for a long time." - Thomas

“Kakadu is a magic place! Cruising on Yellow Waters wetlands and spotting the variety of wildlife was one of the highlights of the camping tour.” - Dania
IHD Photography Competition 2015

Entries close
Sunday
13 September 2015
5pm

Free Entry

Categories

- **Portraits**: Photo of an IHD community member
- **Lifestyle**: Photo of life at IHD
- **Sun**: Photo of a Territory sunrise or sunset
- **Scenery**: Photo of a Territory location

Major prize: Most Outstanding Photograph

Awards in each category: Best photograph

Want to enter?
To enter a photograph in this competition, please send it as a jpeg attachment to bronte.hewett@cdu.edu.au with the following information:

1. Photographers name
2. Date photograph taken
3. Category in which you wish to enter the photo
4. The title you give the photo
5. Photographic/Permissions talent release form completed and attached to email (download form on the IHD website or collect from IHD reception).

A limit of 2 entries per person per category will apply. Entrants must have been a member of the 2015 IHD community. Winners will be announced at the IHD End of Year Dinner where finalist entries will be on display. A selection of the entries will be posted on the IHD website, newsletter and Facebook page.
# IHD O’Week events July 13 -19 2015


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<th>Monday 13</th>
<th>Tuesday 14</th>
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<tr>
<td>11:00 AM</td>
<td>Picnic at Lake Alexander</td>
<td>Picnic at Lake Alexander</td>
<td>Picnic at Lake Alexander</td>
<td>Picnic at Lake Alexander</td>
<td>Picnic at Lake Alexander</td>
<td>Picnic at Lake Alexander</td>
</tr>
<tr>
<td>4.00 PM</td>
<td>Soccer</td>
<td>Soccer</td>
<td>Soccer</td>
<td>Soccer</td>
<td>Soccer</td>
<td>Soccer</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Yoga or dinner at Stokes Hill Wharf</td>
<td>Yoga or dinner at Stokes Hill Wharf</td>
<td>Yoga or dinner at Stokes Hill Wharf</td>
<td>Yoga or dinner at Stokes Hill Wharf</td>
<td>Yoga or dinner at Stokes Hill Wharf</td>
<td>Yoga or dinner at Stokes Hill Wharf</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Shuttle bus to Casuarina shops</td>
<td>Shuttle bus to Casuarina shops</td>
<td>Shuttle bus to Casuarina shops</td>
<td>Shuttle bus to Casuarina shops</td>
<td>Shuttle bus to Casuarina shops</td>
<td>Shuttle bus to Casuarina shops</td>
</tr>
<tr>
<td>6:45 PM</td>
<td>Start of Semester Party</td>
<td>Start of Semester Party</td>
<td>Start of Semester Party</td>
<td>Start of Semester Party</td>
<td>Start of Semester Party</td>
<td>Start of Semester Party</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
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<tr>
<td>8:00 PM</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
<td>Movie—The Lego Movie</td>
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</tbody>
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