

THE BRUCE BILLITIN

HOLIDAY EDITION

ISSUE 20: MONDAY 7 SEPTEMBER - MONDAY 21 SEPTEMBER

WHAT'S ON OUTSIDE COLLEGE



TOUR DE BRUCE



Thanks so much to everyone who came to the Tour de Burley Griffin and contributed to Bruce Hall's total km travelled! We managed to reach a total of **1501** km! Well done Bruce!

The big day is almost upon our riders! The ~500km ride starts this **Thursday the 17th of September**, and are set to return on **Saturday the 19th**.

We will be holding a **welcome back event** on the Saturday so clear your schedules! We want to cheer our philanthropists back in true Bruce style; with much love, much noise and much food. Keep checking the "Tour de Bruce: End of the Road" Facebook event for more details closer to the date!



Night at the Museum:
'Chance' (18+)
Bars, Food, Music, Art
18 Sept
National Museum

TERM 4 PREVIEW

Holy cow, y'all. If you thought last term was hectic, you'd better use this break to really let yourself (and, for some of you, your liver in particular) recover in preparation for another insane term. Take a look at the events we have coming up!

Week 8: **Tue** = Open Mic Night, **Thu** = Top East To-ga, **Sat** = Sub-Committee Market Day, Movie Night, **Sat-Mon** = 40 Hours of Film

Week 9: **All Week** = Random Acts of Kindness (RAOK) Week, **Thurs** = SIC Interhall Emoji

Week 10: Social Event TBA

Week 11: **Thu** = ANU Bar's Oktoberfest

Week 12: **Thu** = SPARTOS

Week 13: **Thu** = Valete



ASK ANNE: HOW DO I AVOID THE MID-SEM BREAK SLUMP?

In keeping with the theme of protecting your head and making sure that everyone is doing okay mentally, I thought it'd be a great time of year to give you my top tips on how to avoid the mid-semester break slump. Around September every uni year, it can be easy to fall into the trap of getting caught up in the daily grind and feeling like there's no saving grace. I'm lucky in that it's easy for me to keep my head in check; it's red and therefore demands the attention of everyone in the area. But for those of you who aren't so lucky, here are my tips for avoiding the mid-sem break slump and keeping your brain happy and healthy.



1. Get out of Bruce!

Leaving the premises for reasons other than necessity can be more refreshing than you might have thought. Go for a walk around the lake, get yourselves some freakshakes from Pâtis-sez, or take a bus to a suburb you've never been to before (maybe google this one beforehand to avoid ending up in a 24hr strip club—there are certain things you can't un-see). The other side of the Billitin has some handy suggestions for you.

2. Get Acquainted with Canberra's Fauna

Locate that friend-of-a-friend-of-a-friend who owns a (preferably fluffy) pet and cuddle that thing like there's no tomorrow. Social boundaries are never as important as your wellbeing! However, failing that, Canberra has some beautiful wildlife which may just do the trick. Here I am with a bunny I captured on Uni ave. Sometimes you've gotta work for that cuddle!



3. Try Kitchen Therapy

We've discussed this in previous Billitin articles; your cooking

probably won't be as good as mine. I've seen grown men cry upon taking their first bite of my famous melting moments. Nonetheless, studies have shown that cooking can be genuinely relaxing and effective in clearing one's head. So why not book out South Kitchen one day and cook up a storm, even if just for yourself!

4. Talk to Family & Friends

Don't be like Joff. Yesterday she received an angry email from her mum asking why she hadn't responded to any of her *Viber* messages, freaking out that she was, in fact, the missing female Asian student in Canberra. In order to avoid landing in such a predicament, have a quick Skype day and drop a line to the important people in your life.

5. Plan the Term Ahead

As you can see from the Term 4 preview, there's a lot to look forward to socially! But don't let that mean that you forget about your studies. Planning your term ahead now can make sure you have enough time to get down on the d-floor and have no Friday morning #ragrets when you realise you have 5 assignments to do in approximately 2 hours. As treasurer, this kind of planning and organisation is second nature to me. But follow my plan and I'm sure you'll have a happy, healthy head in no time!

TRIVIA

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| 1. Which geologic period followed the Jurassic? | World Cup? |
| 2. What was the name of Connie Booth's character in the sitcom 'Fawlty Towers'? | 12. Who did American actress Barbara Bach marry in 1981? |
| 3. What was the title of Queen's first US hit single? | 13. Which US state borders Texas, New Mexico, Colorado, Kansas, Missouri and Arkansas? |
| 4. What was the name of Adolf Hitler's mistress? | 14. What was the name of the Greenpeace ship which sank on 10th July 1985? |
| 5. In which American state is Harvard University located? | 15. Which American football team won the 2014-15 Super Bowl? |
| 6. What does the computer abbreviation ADSL stand for? | 16. In which sport is the word 'bagel' a colloquially used term? |
| 7. What Pulitzer Prize winning author once wrote that a man must do four things in his life to demonstrate his manhood; Plant a tree, fight a bull, write a book & have a son? | |
| 8. The abbreviation F.S.M refers to which Pacific island nation? | |
| 9. What colour is the dummy (pacifier) that Maggie Simpson generally has in her mouth on the TV show 'The Simpsons'? | |
| 10. Which U.S state has the highest population of moose? | |
| 11. Which country was the first ever winner of the FIFA | |

1. Cretaceous, 2. Polly, 3. Killer Queen, 4. Eva Braun, 5. Massachusetts, 6. Asymmetric Digital Subscriber Line, 7. Ernest Hemingway, 8. Federated States of Micronesia, 9. Red, 10. Alaska, 11. Uruguay, 12. Ringo Starr, 13. Oklahoma, 14. Rainbow Warrior, 15. New England Patriots, 16. Tennis (meaning winning or losing a set 6-0)

