



BRUCE 'BILL' ITIN

MONDAY 13 OCTOBER 2014 – MONDAY 20 OCTOBER 2014

The return of the fluff



ASK ARTHY!

The dreaded fluff is back! According to legend, if you haven't started studying for exams by now, you're screwed. But do not fear, because I am here! I have a foolproof plan to get you instant HDs in all your exams, even if you haven't started your exam prep by now. I wouldn't be where I am today, as CRC Treasurer, girls tennis captain and top performing law student if it was not for this genius plan! So here it is:

1. Listen to Folk music

Those late night study sessions will feel far more enticing if you have a good mix of folk hits to listen to. But it's doesn't just sound good, Folk has been proven to activate the hippocampus, the learning part of the brain.

2. Stay calm

Nothing affects exam preparation more than a few butterflies in the old stomach. So calm those nerves by eating an orange, adding a dash of lavender to your tea or simply making yourself laugh. Trust me, it helps me every time!

3. It's all about balance

Don't be afraid to take a break every now and then from the books. The brain is technically a muscle so, like all muscles, it needs recovery time. Catch a movie with your girlfriends, read a good book or play Pictionary with people on your floor. Your brain will thank you!



4. Hang out with your lecturer

Become a friend of your lecturer. Get their mobile number, text them funny thoughts, meet up for coffee, buy them gifts. Get a sense of who they are as a person. It will give you a sense of their expectations and how to answer your exam questions.

5. Take krill oil tablets

I know they're gross, but Krill oil tablets are proven to enhance memory function in the brain. Take 4 daily. There's a reason why whales are the smartest mammals on the planet!

6. Study up-side down

I often find myself hanging off my bed, reading my textbooks up-side down. Increased blood flow to the brain will activate important neurons needed for learning.

PUBLIC LECTURE

The Next Pandemic?

What will the next pandemic look like and where could it come from? First it could follow genetic change in a pre-existing human microbe (influenza, Tb), second from a microbe already infecting birds or mammals (HIV, measles), and third from a similar source but transmitted from individual to individual by an arthropod (mosquito, tick, sand-fly) or a mammal (mouse, bat).

Professor Cedric Mims will examine the pandemic possibilities using examples from yellow fever, typhus, plague, rabies, Ebola, anthrax, HIV, Bolivian Haemorrhagic fever and the Queensland Horse virus. Once in humans the microbe has to be transferred efficiently, and this is where many potential pandemic candidates have failed (H5N1, monkeypox). What can be done to prepare for a pandemic? The WHO must be kept strong, coordinating global responses, with recognition and reporting of disease outbreaks by local laboratories, at the same time pushing for improved health infra-structure, development of effective vaccines and anti-microbial drugs. In the background as an essential backup is research; as an American scientist recently said 'If you think research is expensive, try disease'.

Speaker/Host: Professor Cedric Mims

Venue: ANU Emeritus Faculty, Building 1c, 24 Balmain Crescent, ANU

Date: Wednesday, 15 October 2014

Time: 4:00 PM - 5:00 PM

PUBLIC LECTURE

Does Australia need new anti-terror laws?

After enacting an array of new anti-terror laws in the years following the September 11 attacks, Australia is now seeking to introduce additional laws in response to the threat posed by fighters returning from conflicts in Syria and Iraq.

This talk will examine whether these measures are needed, exploring whether Australia already has the laws in place to protect the community from home-grown terrorism?

Drawing from current examples, Professor George Williams will consider if changes need to be made. This includes such measures as the collection of metadata on calls and internet use, reversing the onus of proof by deeming a person guilty of an offence if they travel to certain locations, and making it easier for government to ban organisations (and jail their members) based on their speech about terrorism.

George Williams AO is the Anthony Mason Professor at the University of New South Wales. As an Australian Research Council Laureate Fellow, Professor Williams is engaged in a multi-year project on anti-terror laws and democracy. He has written and edited many books, including Australian Constitutional Law and Theory, The Oxford Companion to the High Court of Australia and Global Anti-Terrorism Law and Policy.

Speaker/Host: Professor George Williams AO, University of New South Wales

Venue: China in the World Auditorium, Building 188, Fellows Lane, The Australian National University

Date: Wednesday, 22 October 2014

Time: 6:00 PM - 7:00 PM

OKTOBERFEST

THURSDAY 16 OCTOBER

ALL DAY SOUTH QUAD & ANU BAR

SATURDAY
NIGHT

18
OCTOBER

BOTTOM EX BLACKOUT

COME GET
SWEATY
WITH BRAD
IN THE
DARK

O-WEEK DIRECTOR 2015

Applications Now Open
Help run ANUSA O-week. Very well paid



ROAD RELAY

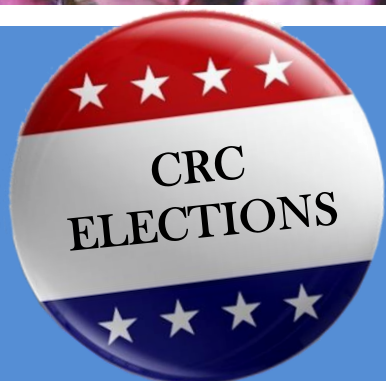
SATURDAY 18 OCTOBER



ATHLETICS

SUNDAY 19 OCT. AIS

SIGN UP SHEET IN FOYER



AGM THIS FRIDAY!

5.30PM IN THE
DINING HALL

Interested in the CRC?

Nominations now open for Sports rep (x3),
Arts rep (x2), Social Convenor, International
Rep, Bruce Green Subcommittee chair, Bruce
Players Subcommittee chair.

Candidate speeches at the AGM

Collect your nomination forms from Harry (Bottom
East Room 3) or from dragonlair.anu.edu.au

TOUCH FOOTY

24, 25, 26 OCTOBER



INTERHALL CHOIR



TONIGHT 7.30 @ ARTS CENTRE!
GRAB TICKETS FROM ARTS REPS

JOKE OF THE WEEK

Why did the barista quit his
job?

He was sick of the daily
grind

QUICK QUIZ

1. What was the previous brand-name of the Nissan automotive corporation?
2. As at 2012 the European Union comprises how many member states: 12; 17; 22; or 27?
3. Loss of temper or sudden uncontrollable rage is called metaphorically as 'the (what colour) mist'?
4. Name the new French president of 2012?
5. The mariachi musical style/band belongs to which country?

6. Name the Bosnian Serb army commander tried at The Hague in 2012 for war crimes against Bosnia 1992-95?
7. What Latin term refers (literally) to a writer or composer's 'great work'?
8. What is the international dialling code for Australia: 31; 41; 51; or 61?
9. How many eighths are in one-and-three-quarters?
10. What is the main metallic element in the core of the moon: Zinc; Iron; Copper; or Gold?

QUIZ ANSWERS: 1. Datsun, 2. 27, 3. Red, 4. Francois Hollande, 5. Mexico, 6. Ratko
Mladic, 7. Magnum Opus, 8. 61, 9. Fourteen, 10. Iron.