Abstract
Editorial - Well, it's been some kind of journey, but here it is; issue six of Paper, Rock! Looking back we realise some of it could've been done differently to make the final trek a little smoother. I'm sure you're all-too-familiar with the feeling of longing for the past time you let slip away so you could avoid gulping down your 3rd Redbull at one a.m. to meet your deadline tomorrow. It's somewhat nostalgic, which is the theme for this issue. Issue six takes you through the University of Wollongong's past 60 years, looks into the effects of BlueScope and where Port Kembla is turning to beyond the steel industry, and gives insight into the horrific cruelty that is, puppy farming. You will find fresh fashion ideas, the best Wollongong dessert locales, prime (yet cheap) holiday spots in our own backyard, an upcoming local major music festival and so much more. We'd like to thank the contributors who continually came through for us in this issue. The people who were always first to put up their hand to help, who picked up the slack when we couldn't, and got things done without fuss. You know who you are, so thank you! It's been a steep, somewhat vertical learning curve, but we've enjoyed bringing the past and present into a neat package for you to read. We hope you enjoy flicking through the pages, because a lot of us have poured our hearts and souls into them. The editors.

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The editors.
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Amidst the devastation from recent Bluescope job losses in Port Kembla, **Rachael Micallef** takes **Paper Rock** to Wollongong’s ‘Wedding Street’. Shining some positive light on the future from steelworks to saying ‘I do’
Wentworth Street is known more for its gaudiness than its glamour. The empty buildings which line the road in this part of Port Kembla have long since been blistered by the sun: the ancient layers of paint faded and peeling off onto the newly formed cracks on the footpath. In an alcove just down from the kitschy paint splashes of the Redpoint Artist’s society is a crisp A4 sign which reads:

Attention Gutter-rats of Wentworth Street: Any one of you that wants to defecate, urinate, masturbate, fornicate, perform fellatio or consume illicit drugs in this doorway should smile for the camera.

It stands in an oddly bohemian and chaotic complement to the shop fronts that linger on this street: bright, eclectic and based around a particular melody. It’s an unholy union - the Madonna and the whore - that has, surprisingly, seen a flood of wedding shops pop up in what once was the heartland of prostitution in the Illawarra.

They call it ‘Wedding Street’ - the Illawarra’s answer to Toohey’s Road in Wetherill Park. It’s a nuptial mecca where brides-to-be can buy just about everything, from the white dress to the perfect little frosting couple to sit on the top tier of the cake.

“A one stop shop is what we’re trying to do,” says Renay Horton, owner of All Occasions Flowers and Party Hire on Wentworth Street.

“We want to do the same thing that is in Sydney but we want to make it more friendly. That’s the plan - to have it all in one place.”

“I probably won’t be able to afford a shop here in five years time. Everyone will want to come to Port Kembla.”

The community of wedding specialty shops is the one trade booming in the desolate Wentworth Street, and is the brainchild of Yolanda Barea from Off the Rack Bridal, who is hoping it might just be the street’s saving grace.

“This street’s been dead for 25 years” Yolanda says.

“The council has put a few dollars into it, but you can’t promote a street that has nothing in it. The only way you’re going to do something is by making it a destination, having destination shops. But you’ve got to get a group and it’s got to cover the whole length of the street.”

This train of thought is what drove Yolanda to start Wedding Street almost 5 years ago. Through promotion and word of mouth, the street has boomed over this time.

“I had been a florist for 23 years and had grown out of my home-run business,” says Renay.

“Yolanda said to me ‘come to Wedding Street’. And my first thought was ‘oh, I don’t know’. But then I came to Port and I walked down the street and I talked to people for about 18 months before I actually bought a place. I fell in love with this street.”

Stories like Renay’s are common. So much so that Wedding Street now boast 17 different wedding stores in its 400m stretch. It’s an accidental success story, for the small town that everyone was banking on going bust after the recent BlueScope disaster.
It is these steelworks that invade the skyline of Wentworth Street. Looking down the avenue from up on the top of the hill, you can see the length of it dominated by small businesses and empty shop fronts leading right to the front doors of BlueScope. It’s a grim and ominous symbol of the reliance that Wentworth Street was assumed to have on the steelworks giant and the fears which spurned from wide sweeping job cuts at the company.

Ann Martin, recently elected as part of Wollongong Council, has a long association with Wentworth Street, starting from her parent’s first date in the then populous social arena more than 50 year earlier. She isn’t surprised to see the local business people in Wentworth Street working together to save it.

“There has been a history of the community working together,” she says. “At one point the community actually ran its own shopping centre. One of the department stores moved out of Port, so the community got together and they ran that department store for quite a few years”.

“What we’re seeing now in Wentworth Street is really a continuation of that very strong self motivated history where people in Port Kembla start to work together to make change”.

But Wedding Street isn’t just a lifeline for the doomed Wentworth Street. In the past Port Kembla has been a barometer for the Illawarra: it forecasted trouble for small businesses when the Warrawong Westfield shifted the focus of the region’s local retail trade, usurping Wentworth Street from its position as the bustling social centre it was through the 1950s and 60s. In the 1980s, when the first BlueScope job losses hit, the effect reverberated through the entirety of the Illawarra but hit Wentworth Street first.

The hope is that the successes of this wedding district can pave the way for a new direction for the Illawarra, removed from the dominance of BlueScope on not just the skyline of Wollongong, but on the horizon of its future.

It is a change of culture, from the industrial to the commercial, which has already been one of the challenges for the pioneers of Wedding Street.

“The hardest part is getting the rental from these people who have been here for years. They won’t do up their stores so that’s a battle we’ve had to come up against,” says Yolanda.

Janette Bryant from Framing on Wentworth has lived in the street for more than 20 years, and for her this is the biggest problem facing the streetscape.

“Its some of these shop owners that are leaving the places looking like Stalin 13 or Aladdin’s cave,” she says. “They need to change with the street.”

But slowly progress is happening and attitudes are shifting with it. Yolanda remembers the day she and her sister opened their second bridal store on the other end of street.

“The local business people were cleaning their windows and the owner of this building was crying, Yolanda says, “She was saying: ‘oh my god something good’s finally happening here’.”

“You don’t want to be the victim of change, you want to be the leader of change,” says Ann.

“We should look for ways to really celebrate what Wentworth Street is and that’s about acknowledging the history.”

It is the history of Port Kembla, which is another battle for the locals of Wentworth Street to face. Notorious for crime and prostitution, the reputation of the street can make acceptance of its changing nature difficult for the wider Wollongong community.

“Where you have ports and where you have sailors you generally have street workers, you generally have gambling,” says Ann.

“So part of that history – I wouldn’t say it’s dark, I’d say it’s more colourful. It’s the light and shade of a street that has seen change over many years but where people of all sorts are welcome.”

And it is this colour that the women of Wedding Street are adamant to preserve.

“It has a fabulous history,” says Renay, “I don’t care, personally, how chequered it is or anything like that because I think it’s eclectic and I think it’s amazing. Do I have any desire to change that way of thinking? No, not at all.”

For them, it’s this; the juxtaposition of good and bad, light and shade, the Madonna and the whore, that makes their Wedding Street so unique. It is a raw, fierce history. And no amount of progress will make them give it up.
The people of BlueScope, Port Kembla

Four previous and current BlueScope employees tell about their future in the industry. Paper Rock’s Skae Castle finds that the outlook isn’t all bad.

Name: Michael Dicker
Age: 24

Employed at BlueScope Steel for 6 years and is in his final year of an engineering cadetship at the University of Wollongong.

Q: What is happening once you graduate at the end of the year?
A: Normally we get a job with BlueScope once we graduate, but this year there’s still a bit of uncertainty. There are about 7 of us graduating in engineering and we are all looking at other places to go.

Q: So you aren’t sure if you will be offered a job or not?
A: They have offered us a couple of roles that we aren’t really keen on, roles outside of engineering and a role overseas. So there are jobs available within the company, it’s just not the same jobs they used to offer.

Q: Is that the attitude of a lot of employees in your age group?
A: Certainly, even if times were really good and the lay-offs weren’t happening I think there would still be a lot of us looking to go to the mines, just because the pay is ridiculous.

Q: Do you think you will come back to engineering?
A: Oh certainly, I’ll stay in engineering but I don’t know if I’ll come back to Wollongong. I don’t think I’ll come back to Port Kembla.

Name: Clifford Sharp
Age: 70

Electrical Engineer at BlueScope for 20 years.

Q: What is your current job status?
A: About two weeks ago they tapped me on the shoulder, and said ‘Cliff it’s time for you to go’ and I told my manager that I was hoping to kick on for a few years yet. So he went off and about an hour later they withdrew my redundancy, but if they don’t get enough people volunteering to go then I may still be out of a job.

Q: Do you think there are a lot of employees offering to take a redundancy package?
A: Yes, a lot are dying to go because they have many years service and they get quite a good payout, and they are young enough to go and get another job.

Q: Is there much work out there for people like you, who only want to work for another couple of years?
A: I’m amazed at the amount of work that seems to be available; it looks like I could get another job. If I’m to believe what I’m hearing today, I’m not going to have much trouble. So, maybe I should go back and tell them ‘I’ve changed my mind, I do want to go!’

Michael Dicker, 24. Employed at Bluscope Steel for six years and is currently undertaking his last year of a cadetship in Engineering at UOW.

Clifford Sharpe, 70. Electrical Engineer at Bluscope Steel for 20 years.
As the impact and realisation of climate change become increasingly apparent on a global scale, the question is how will the Illawarra’s residents and leading industries address the issue.

The Illawarra is commonly known as a steel and coal mining city and has long been associated as one of the nation’s biggest contributors to air pollution, largely due to the steelworks in Port Kembla.

However, local leaders, academics and industry experts came together for the Transforming Australia Conference at the Novotel in late July to introduce new ways of thinking when it comes to establishing renewable energy in the Illawarra.

The conference brought experts together to discuss successful initiatives that could see the Illawarra region take off as an environmentally friendly city.

Green Jobs Illawarra Chairman, Arthur Rorris said that a lot of the community’s focus is on the carbon tax and the cost of living but instead believes our attention should be on the region’s future.

“What we’re looking at here is to try look a bit more systematically and analytically at what is actually happening out there, what is happening by ways of climate change and what we are actually doing to curb it,” he said.

Mr Rorris suggests that instead of focusing on what other cities and countries are doing we need to look at where the Illawarra can ease the strain on climate change, which he believes starts with our region’s major industries.

“Everyone here knows that we are a major polluting region, that our heavy industries are the cause of that. What many people may not know is that heavy industry may also hold the solution to a lot of the issues dealing with the transformation process,” Rorris added.

The two-day conference highlighted a need for the region’s heavy industries such as steel and coal to come on board and help create a green economy in the Illawarra through adopting renewable energies and manufacturing materials to assist in this process.

Renewable energies are not a new concept to the region, with Oceanlinx installing a wave energy turbine at the Port Kembla shoreline in 1997.

Oceanlinx CEO, Tom Dennis, said that the Illawarra had played a fundamental role in the development of the wave energy technology and would continue to play a vital role in the future.

“(Port Kembla has) played an instrumental role in the development of the technology. Right from 1997 we were involved with getting the first unit in at Port Kembla, it takes some years but the local community has been really supportive,” said Dennis.

With the success that the wave energy has had in the region Dennis hopes that the Illawarra will play a vital role in the future of wave energy turbines as the Illawarra coast is more than ideal for producing wave-generated energy.

The role of leading industries such as BlueScope Steel in the area were questioned constantly over the weekend as to why they were not currently manufacturing materials to help produce renewable energy sources such as wind turbines.

Hepburn Wind Director, Martin May, explained that the Hepburn Wind Farm in Victoria currently sourced its materials to build the wind turbines from overseas with companies in Vietnam producing effective materials to create the energy generator.

Mr May said Hepburn would use locally produced materials and engineers to construct wind farms if that was an option.
“The base of our wind turbine towers is made from very expensive steel from Vietnam. There is a role for high quality engineering skills to be put to good use in our country and do something positive for the environment, such as making the steel and products for wind turbines,” Mr May added.

As the conference came to an end last Tuesday it became apparent that the key to creating a green energy future was by looking back at the Illawarra’s history and using it’s current resources to drive towards a sustainable future.

If leading industries such as BlueScope Steel adopt the proposed congeneration energy plant that was suggested by the Rees Government in 2009, the Illawarra could play a fundamental role in the production of wind energy turbines in Australia.

Arthur Rorris believes that the idea of our steel industry coming on board could reshape the future of the Illawarra region.

“Wind farms are the driving energy of the future. These things give us hope that these things are not only possible but are actually happening,” said Mr Rorris.

“There is no doubt that we will see an increase in wind farms in the Illawarra and wind turbines throughout the region.”

A congeneration energy plant in Port Kembla was approved by Wollongong City Council in 2002 but was put on hold due to the recession. It is believed that constructing a congeneration energy plant would assist in the production of steel for wind turbines.

According to Rorris the challenge ahead is getting the key stakeholders and big industries on board to begin seeing the development in the area of renewable energy and sustainable resources.

That’s the challenge before us. Our ability to get those funds will depend on our ability to get together with all those stakeholders and be united in our approach and to be able to put forward sound business cases and ones that are supported by this community," he said.

Rorris believes that the Illawarra region could see some of the federal government’s $10 billion to examine and develop renewable energy projects.

“What we do have is a head start we do have the plans on the table, now is the time to get the stakeholders together to drive them forward,” he added.

In August this year the Port Kembla Port Corporation proposed the placement of seven wind turbines along the port in a bid to produce renewable energy and power 10,000 homes.

Member of the Wollongong Climate Action Network, Rowan Huxtable, believes that this proposal could be the turning point in making renewable energy mandatory.

“Wollongong has got plenty of wind and I know that the Port Kembla Port is looking to put some wind turbines down at the port, I think that would be a good thing,” said Huxtable.

Due to the poor Australian dollar and manufacturing in the country being outsourced, Huxtable believes that it is important for the State Government to support these key proposals for renewable energy.

“What we need to move towards renewable energy and the future is some strong direction and strong leadership from the State Government,” he said.

With constant pressure from academics, industry experts and local action groups it will be inevitable for the larger manufacturing industries to adopt renewable energy. The question now is when?
It’s not so much that history is being repeated, as it is getting a resurrection. This year as the University of Wollongong blows out the candles on its 60th birthday cake, the UOW Historical Society is tracing the past: uncovering the story of UOW through the story of its students.

Parachute pants, crinolines, funny hair and neckerchiefs were all part of the picture, but beyond the retro threads, UOW has seen much change as the university evolved through the years.

It’s a progression that has filtered over time. The green smooth grass of the Duck Pond Lawn was a once empty dustbowl on what was then, in 1951, The Wollongong division of the University of Technology. It was a humble beginning: a predominately engineering campus with only nine full time teachers and limited resources, tacked onto the end of an old dairy farm.

It didn’t stay this way for long though. The university got bigger, more degrees were offered and more students enrolled. In 1975 the campus was reborn as an independent institution: the seed which grew into the 25,000 wide, world-class university it is today.

By looking at the images of the past, the visible evolution of the university’s past unfolds. Follow us as we take a peek into yesterday— the then and now of UOW.
"I chose to go to UOW because I fell in love with the place! I wanted the experience of a vibrant yet intimate community feeling!" - Rachel Farley Bachelor of International Studies graduating in 2012.

"My happiest UOW memory is watching the ducks at the duck pond attack people’s lunches" - Dallas Halldorsan BA.

"I chose to go to UOW because I wanted to surf great Aussie waves and learn too of course" - Alex Newsome BA 2011.

"My happiest memory of UOW is my two years (1962,63) as the first group through the Wollongong Teacher’s college - great to see what it has developed into - a great university!“ - Darryl Sharp graduated 1963 Teachers College Certificate.

"My happiest UOW memory is when my husband and I both graduated from dip ed - the first group of Canadians in 1996. They held a special graduation ceremony just for the Canadian cohort. Very special! Many great memories… too many to mention!" - Michelle Eady Dip Ed (prim) 1996.

"The one piece of advice I would give to a UOW first year is get to know all the kids on campus. Your social life will quadruple overnight and you will start to feel at home at uni" - Nick Morrison Commerce/arts grad 2011.

"My happiest UOW memory is the day I graduated- I felt so proud to be a graduate of such a prestigious intuition" - Mercy Baaf MPH 1994.
PUPPY FARMING FUELS PROTESTS FOR AWARENESS
The saying goes, ‘a dog is a man’s best friend’. But how desperate are we to get a lifelong companion? Eleanor Reader investigates the horror behind Puppy Farming in Australia.

Few of us deny ourselves the treat of ducking into a pet shop when we spot a litter of adorable puppies through the window. Although we ‘ooh’ and ‘aah’ at their cuteness, our adoration is often masked by a sense of sadness as we look at them stuck in such a small, confined space. Sometimes we think about their future and enviously wonder which lucky person will get to take them home. Yet our thoughts rarely stray to the puppy’s past. Like who was responsible for selling them to the pet shop, or whether their mother is being looked after post-birth.

If we dig deep enough, we may discover they were born into cruelty, sickness and an absence of human love. So you can see why it’s easier to stop looking beyond the surface.

As Triple J presenter, Lindsay McDougall eloquently puts it, these puppies are “the really cute tip of a really ugly iceberg.”

The iceberg he is referring to is the mass factory-style breeding of puppies across Australia in ‘Puppy Farms’, where dogs are forced to breed continuously for the majority of their lives, until they are no longer effective and are destroyed.

Along this horrific and cruel journey where they are kept in small cages, these female and male dogs suffer from painful conditions like osteoporosis, urinary tract infections and stomach problems.

This continues even though 60,000 cats and dogs are euthanised in NSW alone every year.

The issue of mass breeding just for money was raised across Australia on September 18, 2011 for International Puppy Farm Awareness Day.

Protests were held in Melbourne, Sydney and Adelaide to shed light on this cruelty, which so many Australians seem so ignorant about.

Sydney MP and Lord Mayor, Clover Moore, spoke passionately about ending this injustice at the Sydney rally.

“These cute pets that people buy at pet shops are bred en masse to supply puppies to these pet shops,” she says.

“This is all in the name of profit, anything for a buck. But I believe it’s a disgraceful indictment on our society.”

It isn’t just large-scale factory breeding establishments that these rallies are trying to close down. They’re trying to stop all forms of half-assed breeding practices where the breeder cannot look after the mother or offspring.

CEO of the Animal Welfare League NSW, Tom Vasudeva, says it’s not the size of the breeding establishment that matters.

“From my perspective what we ought to be doing is looking at any breeding practices, whether they’re one dog being bred two litters a year until they’re eight years old and she has a prolapsed uterus and dies or whether its 500 dogs,” he says.

To really get his point across, Tim brought to the rally the perfect example of poor breeding practice in the form of the tiny and adorable Shih Tzu-cross puppy, Gordon.

In the name of research, Gordon was bought from a dodgy looking ad in the Trading Post. The breeder claimed he was eight weeks old and micro-chipped.

“Gordon is not eight weeks old, he is five weeks old,” Tim states to an appalled crowd.

“He is unweaned. He doesn’t know how to feed himself or drink water, we need to feed him with a syringe. And he is not micro-chipped, which is illegal in NSW.”

On top of this, Gordon arrived by courier in a miniscule cardboard box with holes punched through it with a pen so he could breathe, all for a cool $450, plus $90 postage.

Clover Moore introduced an Animal Regulation of Sale bill to NSW Parliament in 2007 to ban the sale of cats and dogs in pet shops and markets, which would have closed a major outlet for puppy farms and backyard breeders.

Both the Government and Opposition voted against the bill, but as Moore says, “we will not give up!”

There will be an inquiry later this year or early next year and Moore has challenged people to rally their MPs so this terrible practice can be stopped.

“I believe the majority of people would support our cause if they knew about it,” she says. “A humane, civilised society would not allow this abhorrent practice to continue.”
LITTLE VICTORIES
Women have always played a vital role in war. They have kept the home and family together for when their men return. But now their role is changing, Jess Krause tells Paper Rock how.

Two major decisions made by the United States and Australian Defence forces in September have opened up new opportunities for men and women in the military. The ADF decided that Australia’s female soldiers will now be able to take up roles in artillery, special forces, and the infantry – all front-line areas which previously were ‘male only.’

The US abolished legislation which discriminated against gay and lesbian soldiers from serving in the Armed forces. Australia joins Israel, New Zealand, Canada, Germany, North Korea, France, Spain and Denmark as the only first world countries without restrictions on women serving on the front-line.

The number of women joining the Australian Defence Force has climbed at a steady pace in the last few years, and statistics show that currently, women make up about 14.5 per cent of the Army’s permanent members, and 16 per cent of the Army Reserves.

However, the new policy, while heavily supported by the Australian Government, will be implemented over a five-year timeframe, which means some combat roles will remain out of reach for women until at least 2020.

On September 27, in a press conference held in Canberra, Defence Minister Stephen Smith noted that, “in the future, your role in the defence force will be determined on your ability, not on the basis of your sex.”

The policy reports that as long as women are able to meet the same physical standards as their male counterparts, there’s no reason they shouldn’t be able to join them on the front lines.

“We have an Australian Army that’s been going for 110 years…” said Smith, “and last night, we resolved to remove the final restrictions on the capacity of women to serve in front-line combat roles.”

This move came only days after the United States military policy Don’t Ask Don’t Tell, an official national policy introduced by the Clinton Administration on December 21, 1993, was abandoned.

The policy, which prohibited military personnel from discriminating against closeted homosexuals in the military, and which banned openly gay, lesbian, or bisexual people from serving, was repealed by the Obama administration on September 20.

The end of Don’t Ask Don’t Tell came as a relief to many men and women in the US military who had kept their secret from not only their fellow soldiers, but their families too.

To mark the end of Don’t Ask Don’t Tell, 21-year-old Randy, known simply as ‘AreYouSurprised’ on YouTube, came out to his father on the phone from Germany. The reaction to the video made worldwide headlines.

Much like the argument for women in the ADF, the US Military has stated that while there will be no discrimination, there will be no special treatment either.

Anthony Briggs, public affairs officer for Navy recruiting in the District of Los Angeles, stated in a news conference that, “they’re going to have to compete for the job like everybody else.”

While these two small victories for women and homosexuals in the military come with mixed reactions, the general reception has been an immensely positive one.

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Ditch the passport and go domestic this Summer

By Jordan Glancy

As more students jet-off to explore the world on overseas adventures, less young Aussies are holidaying in their own backyard. However, Paper Rock has spoken to six young Australians who share their hot tips on how to get that golden tan, win big high-rolling, taste some quality wines and explore history; with six must-see destinations that don’t require a passport this summer.

CAIRNS

Want a tropical escape but can’t afford expensive flights to the Greek Islands? Cairns is the perfect summer oasis that is right on our doorstep, and only a four-hour flight from Sydney Domestic Airport.

Hearing nothing but great reviews, Fran Bicego believed her recent trip to Cairns was the perfect way to escape the daily-grind of work and study.

“The main purpose of this holiday was to relax, to get a lot of sun, and to get away from the stresses of work and uni,” she says.

“I wanted to try and experience a new place in Australia that I hadn’t been to before, and I’d heard about many exciting things that I needed to see while there, including, of course, Australia’s iconic wonder, the Great Barrier Reef.”

Cairns is the perfect way to escape your working reality, get a summer glow and enjoy a range of diverse activities.

Fran recommends that, “Everyone visiting Cairns needs to see the Great Barrier Reef in all its wonder. Visit Green Island, which has amazing views of the Reef, or board the Kuranda train trip through the rainforest, taste the awesome cuisine on offer along the esplanade and relax by the lagoon, which is a pool on the main beach that is amazing in summer.”

PERTH

While Bali and Thailand are popular destinations for young travellers in search of some sun and shopping, Kate McMillan recommends the warm all-year climate and great shopping in Perth.

“Perth is a great city with great beaches and the climate is perfect. For those who want to go out there are great pubs and clubs in Perth with a relaxed atmosphere,” says Kate.

“There are many attractions in Perth, including great shopping, great beaches just 10 minutes from the city and nice cafes. There are also day trips to Rottenest Island and the Margret River wineries.”

The city of Perth is building its appeal to younger tourists with an expanding nightlife and cheap drinks. Kate believes it is a fun, scenic and cheap holiday for those looking to get away with friends.

MELBOURNE

Have you always dreamt of being a high roller at the Monte Carlo Casino in Monaco? If ‘yes’, but cannot afford the high buy-ins why not try Australia’s premier casino, Crown Casino in Melbourne?

The Crown Casino and the wide range of shopping attracted student Emily Grant to Melbourne, who believes it is the perfect Australian travel destination.

“I liked going to Melbourne, because it’s known for its great shopping and restaurants,” says Emily.

“Melbourne is a beautiful city and is surrounded with boutiques and all your favourite fashion labels. It has all your shopping close by and it’s really easy getting around with the historic trams,” she says.

“I would definitely recommend the Casino for those over 18 while in Melbourne. It’s known to be the best Casino in Australia, and it’s absolutely massive! It has many five-star restaurants, designer stores and night clubs, which are great fun.”

Melbourne is Australia’s capital for food, culture and shopping with all that you need for the perfect weekend escape.
**TASMANIA**

Travelling around Australia was an amazing experience for Bree Edgar. But with chocolate, breweries and wineries, Tasmania was a guilty pleasure for the young traveler.

“Uni students are usually on a tight budget, so I would really recommend going to the national parks, because they don’t cost a lot to get into and they have heaps of walks that you can do, as well as camping grounds that you can stay in,” recommends Bree.

“If, like me, you’re a history buff I would also say go to Port Arthur. You can easily spend a whole day there among the ruined buildings and learn about the convicts,” she says.

But for those of us who like to enjoy life’s guilty pleasures, Bree suggests, “The Cadbury factory is also great for some very cheap chocolate.”

“Knowing uni students are fond of a beverage or two, there are many wineries as well as the Cascade and James Boags breweries that you can tour and sample,” she says.

**ALICE SPRINGS**

“If you love country towns, Alice Springs is the place for you.”

For Ifrah Khan, this is the main reason Australians should travel to our country’s unique outback.

“It’s nothing like I’ve ever seen before and I’ve been travelling for five years now,” says Ifrah.

“It is so different to any built up city because it’s very raw and a diamond in the rough,” he says.

If you are after a quiet time and an escape from the hustle and bustle of city life, Ifrah suggests getting a big group of friends together to explore the desert and talk to the locals, who he says are very friendly and accommodating.

“The city also has a great community vibe. You can really get to know the locals down at the Bojangles over a few drinks and shared stories,” says Ifrah.

“Make sure you take a camera because there is a lot of natural beauty hidden away in Alice Springs. You don’t see sand so red or mountains as sunburnt as the ones in the Northern Territory,” he adds.

**ADELAIDE**

It was a music gig that led Israel Marsh to holiday in Adelaide and allowed him to explore the South Australian capital.

With just a two-hour flight from Sydney, Israel believes that wine enthusiasts will enjoy a trip to Adelaide.

“There is a lot to do in Adelaide, such as all the wineries and apparently there is a German themed town which one of the band members was raving about!” says Israel.

“Definitely have a night out in the city, and check out the bars which are really fun. Also visit the wineries and explore what Adelaide has going on,” suggests Israel.

With these six diverse holiday destinations, you won’t need to spend big bucks to get away this summer. With flights going for as little as $50 return, there is no reason why you can’t escape your regular routine and get away.

So why not ditch the passport and enjoy the amazing places our country has to offer...?
What’s for Dessert?!

Wollongong is well known for its multicultural heritage and unique restaurants; but what happened to the best course? Yes that’s right folks, we’re talking dessert. Armed with dessert spoons and a healthy appetite, Paper Rock’s Jess Cronin and Jordan Glancy investigate what happened to the good old fashioned third course.

SUGAR CUBE – waffle on

Jess
It may not be fancy, but it’s the simple things in life that are often best - a scrumptious dessert perhaps. Put simply, waffles smothered in chocolate and covered in chocolate ice cream. Chocolate on chocolate on waffles is an excellent choice, and not as sickening as you might think. A casual after dinner indulgence or afternoon delight!

Score: 4 cupcakes

Jordan
This is a dessert for those feeling sinful but who want to pretend the fruit means healthy eating. The strawberries were beautifully juicy which broke up the delicious (yet intense) chocolate sauce over the waffle. This unique dessert is not too heavy or dense, which makes you eat every last bit. For a cheap and light after dinner dessert that offers flavours everyone can enjoy, check out the Sugar Cube.

Score: 3.5 cupcakes

ZWEEFERS – flourless and flavourless

Jess
For a fine cake-making establishment, Zweefers were quite a dessert let down. The flourless chocolate cake was dry and plain, with not a whole lot to offer. For a big chocolate fan, this was quite the disappointment and not really worthy of the drool inducing chocolate cake status that was implied. Not bad price-wise, but you get what you pay for.

Score: 1.5 cupcakes

Jordan
Our next stop on finding the region’s best dessert was the award winning Zweefers cake shop. The chocolate flourless cake was dense (but not in a good way). With no ice cream or cream to help break up the bland, heavy cake, not much could be said. The only redeeming quality was the generous serving that you get for a very reasonable price. However, we are looking for quality and not quantity and unfortunately Zweefers just didn’t cut it.

Score: 1 cupcake
DUNES – sticky date with a view

Jess
You can’t go wrong with classic sticky date pudding. A dense pudding accompanied with butterscotch sauce and creamy ice cream; Dunes know desserts. Kick back with a sweet treat or dessert cocktail on the balcony overlooking City Beach. It’s perfect for a lazy summer night.

Score: 4 cupcakes

Jordan
It was the dessert recommended by restaurant manager Gordon Thompson and who were we to refuse? This dessert is not only filling and yummy for all you sticky date fans, but is beautifully presented and comes with the best view in town. This dessert could be quite easily shared due to the rich but oh –so- yummy flavours and the delicious butter scotch sauce. This dessert is one you order on special occasions (it is not the cheapest dessert out there) but, it is so worth it!

Score: 4 cupcakes

MARCO’S CAFÉ RESTAURANT – mama mia!

Jess
Think Italian; think tiramisu. Marco’s homemade tiramisu is extremely popular, and it’s easy to see why. With a generous helping, the tiramisu not only looks spectacular, it tastes pretty fine too. Creamy mascarpone and coffee soaked sarvoiardi biscuit with a light dusting of chocolate powder.

Score: 3.5 cupcakes

Jordan
This tiramisu is beautifully presented. Instead of the traditional tiramisu slice, Marco’s take on the popular Italian dessert comes in a large dessert glass giving you that little bit extra. Considering I am not the biggest coffee lover, Marco makes it easy to enjoy, however the large size means a large proportion of creamy mascarpone.

Score: 3 cupcakes

For those wanting to skip straight to the third course (because let’s face it life is too short,) our recommendations are Dunes, Marco’s and the Sugar Cube. Wollongong has limited dessert specialists so you may have to eat your vegetables before you get dessert – but keep those spoons handy... just in case.
Still with a craving for sugar, Paper, Rock asked chef Marco Torresan to whip us up something from nothing. With a few ingredients and a sweet imagination, here’s what he came up with:

Choc–hazelnut and orange cigars

**Ingredients:**

- 4 sheets filo pastry
- 1 orange
- 30g butter, melted

**Filling:**

- 60g butter
- 100g dark chocolate
- 100g hazelnuts, crushed
- 2 tbsp orange juice
- Zest of ½ orange

**Sugar Syrup:**

- ½ cup water
- ½ cup sugar
- 2 tbsp orange juice

**Chocolate dipping sauce:**

- 100ml cream
- 150g dark chocolate

**Method:**

Make choc-hazelnut and orange filling:

- Melt butter and chocolate in a bowl over boiling water
- Once melted remove from heat and stir in orange juice, crushed hazelnut and orange zest.
- Allow to cool slightly

Prepare filo pastry and bake:

- Lay out one sheet of pastry and brush with melted butter. Fold in half and brush with butter
- Place next sheet over the first sheet, and repeat
- Repeat process until there are 3-4 sheets
- Once chocolate filling is slightly cooled, place mixture along one side of the pastry
- Roll tightly from the end covered in filling.
- Place cigars on baking tray lined with greaseproof paper and brush with more melted butter
- Bake in pre-heated oven at 180 degrees for 20-25 minutes or until golden brown

Make sugar syrup:

- Combine water, sugar and juice in a saucepan and bring to the boil
- Turn heat down and simmer for 8-10 minutes or until syrup thickens
- Pour syrup over cigars and place in fridge until cigars are completely cool and sticky.

Make chocolate dipping sauce:

- Bring cream to boil
- Remove from heat and stir in chocolate
- Strain through a sieve into a small serving bowl

Plate up:

- Remove cigars from fridge and cut into desired lengths
- Arrange on plate with dipping sauce, orange slices and crystalised orange zest as a garnish
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A morning treadmill run won’t fit into our busy, daily schedule. The only time we can afford is a morning coffee boost. Nothing gets the heart racing like a good long fitness run, but getting yelled at by the boss, for being late does the same thing in a less appealing way.

So how do we fit all these things into our day?

How does one maintain a healthy lifestyle with No Workout?

For those who have demanding job schedules and struggle to find time dedicated to a fitness regime, maybe the biggest changes and possibly the least obvious to most, is as simple as the food we fuel our bodies with. The saying goes: “you are what you eat” – how do we maintain a good physique without having to lug ourselves to the gym?

It all begins with diet. Let’s face it, how many times have we said ‘just one little bite’ when we find ourselves facing a chocolate mud cake, baked to absolute perfection, with that volcanic eruption of melted chocolate. Would you say no?

“A lot of people set themselves up to fail when they try to change their whole diet straight away,” says URAC personal trainer, John Miller. “New eating habits are easier to maintain when you make small incremental changes, and slowly build on them over a period of time.”

While diets are largely associated with fat loss, trainers suggest it is important to find a balance between good nutrition and regular exercise even if it’s a simple cost-free run at night around the block.

According to dietician and health coach Nicolette Kates, planning is essential. Choosing healthy recipes and making a list of the ingredients you will need to buy whilst out doing the usual groceries is a huge plus to your healthy lifestyle. Make sure your list includes nutritious snacks like fruit, nuts or yoghurt. Cooking and freezing large batches of your favourite meals assures you always have easily accessible healthy options.

“Maintaining a healthy weight and diet throughout life plays a role in reducing your risk of developing chronic diseases like type 2 diabetes, cardiovascular disease, and cancers,” says Kates. “Eat more fruit and vegetables. Everyone should be aiming to eat 2 servings of fruit and 5 servings of vegetables every day.”

Kates says those so called ‘healthy choices’ can be deceptive. “Avoid getting sucked into ‘fad’ diets, anything that sounds too good to be true, almost always is.”

While learning how to eat healthily to obtain long term benefits and maintain a generally healthy lifestyle, why not throw organic herbs and spices in the next dish?

“We are creatures of habit,” says Kates. “The longer we have had a certain habit the more difficult it becomes to change, so it makes sense to get in and start implementing some changes, the earlier the better!”

There's Always Time To Be Healthy

By Matthew Tsalidis

For the fridge & freezer:
- eggs
- low fat cheese
- low fat yogurt
- tofu
- lean meat
- chicken, seasonal
- fresh vegetables
- frozen vegetables
- fresh
- dried/tinned fruits

For the pantry:
- beans
- chick peas
- lentils
- tinned tomatoes
- tuna
- rice
- pasta
Steroid Induced Muscles Show Male’s Low Self-Esteem

While eating disorders such as bulimia and anorexia are notorious in today’s society, unnatural muscle growth is often ignored. Eleanor Reader takes Paper Rock into the world of steroids and the pressure on male self-image.

Every morning for the past six months, Michael* has woken up and begins his day by eating a breakfast of porridge, grapes, orange juice and milk. Sounds just like any other bleary-eyed 20-year-old who stumbles into their kitchen each morning, right? Wrong.

Unlike other young males who grab anything in reach to quench their insatiable morning appetite, Michael has carefully constructed his breakfast the night before. It consists of exactly 200g of porridge, 600g of skim milk, which just for good measure has been mixed with a protein shake, 200g of orange juice and 80g of grapes. It is the first of five meals he will eat at specific times throughout the day, each designed so his body absorbs the perfect number of calories and protein to maximise his chances of creating muscle.

If he is in his ‘cycle’, Michael will follow his breakfast by going into his room extricating a needle, syringe and a small glass bottle of clear liquid from a box hidden deep in his cupboard. With expert and unwavering hands, he inserts the needle into the flabbliest part of his body, his bottom, and slowly presses down the plunger so a carefully measured dose of anabolic steroids is injected into his blood stream.

If you think this sounds like the meticulously controlled regime you would expect from a woman with an eating disorder, then you would be correct. While many people may view steroid users as beefed up meat-heads who wouldn’t know sense if it hit them in the head, the truth is there is a complicated balance between diet, exercise and dosage that must be treaded carefully to achieve the muscular affect we know so well.

And, as Michael says, it ain’t easy. “I remember when I first started, I guess it was because my friends were doin’ it. I dunno, but I wasn’t taking it seriously at all,” he says, remembering six months previously when he started using.

“I was drinking while I was in my cycle, eating crap, doin’ whatever I liked. I started to get flabby. I was like, what the f**k is going on, they don’t tell you about this sh*t. But I learned there’s more to it than that, if you want to take them you have to do it right.”

A steroid ‘cycle’ is the period when the user is actually injecting themselves with steroids. This normally lasts for six to twelve weeks and is followed by an ‘off-cycle’ for about ten to twelve weeks. ‘Cycling’ is extremely important, take too much and your body will fail to recognise the synthetic testosterone that anabolic steroids are made of.

“A steroid expert, Matthew Dunn, says that although there is no specific data to suggest steroid use is increasing, the number of anabolic steroids coming into the country from the US, Thailand, Hong Kong and the UK suggests it is definitely on the rise.

“The barriers that have stopped men in the past from using steroids have now been removed. There is no stigma attached to using steroids, although most probably would not admit to using them,” he says of the ‘steroid fad’ that is hitting the nation.

“If you want steroids, you could probably pick the guy at the gym who would be able to tell you where to get them.”

Although the statistics can’t prove how old these steroid users are, a 21-year-old University of Wollongong student says the typical steroid induced body shape of big, bulky shoulders and unnatural muscle makes them easy to spot.

continued over next page
"I know a large group of guys who went to my high school who are known steroid-users, they rarely talk about it openly but everyone knows they take them," she says straightforwardly.

But what about if you don’t know them personally, how do you spot a user then? The common answer would be to look for the bare-chested group of young males at an electric music festival who strut around the crowd with an extra edge of muscle induced confidence, not someone who practices body building for a living.

Matthew Dunn says there are numerous reasons why males are taking these drugs.

“We know people use steroids for body image purposes, for instance in the case where a security guard feels he needs to be stronger and bigger to perform his job, or for sporting purposes, in the instances where someone wants to just be better in their weekend sporting competition,” he says.

“Diet and exercise have always been one part of the ‘solution’ in addressing one’s body image concerns. Steroids have just become another part of that solution.”

To the rest of society, this ‘solution’ seems as extreme as a teenage girl starving herself to become thin. Not only are these men putting themselves through tortuous fitness and diet regimes, but they are jabbing themselves with needles, spending thousands of dollars and risking serious health side-effects like increased aggression, heart problems and infertility.

For a young male ruled by his hormones, the thought of trading testicular shrinkage and your libido for a bulk of muscle signifies that there is something very wrong.

While it’s easy to sit on our high horses and lump all steroid users into the ‘no-brain idiots’ who don’t realise their sculpted physiques are not only obviously enhanced by drugs but are about as attractive as rocks in a Hessian bag’ pile, we have to remember men are taking them in the first place simply because of low self esteem.

Clinical psychologist from the University of Canberra, Dr Vivienne Lewis says that we often think about body image issues as being a female problem, but men and boys are also affected by the lean and muscular media standards of masculinity.

“Younger men are more susceptible as they’re at an age where appearance concerns are more predominant. Men, like women, internalise standards of ‘beauty’ portrayed in the media and can be dissatisfied with their bodies in comparison,” she says.

“For some men, they take their body image concerns to extremes and engage in extreme behaviours in order to try and change their body or maintain their muscular physique.”

One of these ‘extremes’ is, of course, steroid use. So, next time you’re at a music festival and spot the group of shirtless, fluro-clad steroid-users strutting by, just remember why they need muscles for that extra edge of confidence in the first place.

If you or someone you know is concerned that body image may be an issue contact your GP, a men’s help line or the Australian Psychological Society.

*Name has been changed.
Study this!
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Ethan Butson has always been curious about anything and everything in life. For most teenage boys curiosity centrally focuses on the latest graphical modifications made to new release video games. The urgency of male-teen life beckoning them to a soft lounge with an Xbox controller lying motionless on the floor, waiting for the owner to return home from getting the latest release of Halo to be played.

This is not the case for budding scientist Ethan. The 15-year-old Illawarra Grammar School student has developed what he coins the UView Protector – a small circular badge measuring the amount of ultraviolet rays from the sun.

“We live in a sunny country but are not very sun savvy,” Ethan says. “Over the last two years I have studied methods of ultraviolet (UV) radiation measurement using a type of X-ray material called radiochromic film.”

The experiment was initially a side project, which Ethan began in 2010 using his interest and research about the levels of real protection sunglass lenses give people when in the sun.

Through the study Ethan found that sunglasses provide optimal protection to the centre of the eye but not much for the peripheral vision.

From his sunglass lens studies Ethan discovered the health ramifications UV exposure could have on people when they go out in the sun.

This sparked his thoughts on just how much we may absorb each day. Ethan created his sun badge by importing radiochromic film from the USA, which he found was only useful on one side after scanning it through his desktop scanner onto a program called ImageJ.

“One side of the film has UV blocking dye on it which means the UV radiation of the sun cannot pass through it, making the use of it for testing UV rays invalid,” Ethan says.

“On the other side though, light passes straight through it making it ideal for measuring UV exposure.”

Ethan says without proper protection when we go out in the sun, damage such as cataracts disease can be brought about earlier in life due to over exposure to UV every day.

“This led me to think not only how much UV we are or are not protected by, but more so how much we are exposed to each day and the intensity of it,” he says.

“You can’t see, taste, hear, or smell UV exposure,” Ethan states.

“With the UView Protector we can at least see the level of UV intensity the badge has when the sun hits a particular location on your body.”

The badge works as something of an indicator. Depending on the intensity of UV exposure when left out in the sun, the darker the indicator becomes (and vice-versa).

“The darker the indicator the more UV intensity you are exposed to,” Ethan says.

“Hence it indicates the sun will cause more damage to your skin than you think as you cannot see it without the badge telling you.”

Ethan tested the UView badge on primary school students and found most were unaware of just how much sun they were exposed to each day.

“The badges also inform students which parts of their bodies receive higher UV exposure,” Ethan says.

“I tested a sample of students at a local school and more than 75 per cent of them failed with their pre-knowledge of UV radiation damage.”

Ethan repeated the test on students at Mount Keira Demonstration School and more than 90 per cent of the sample better understood the harmful effects of the sun.

“I’m glad that something like this is educating people as well,” Ethan says.

The promising Einstein has already taken out science awards including the Young Scientist of the Year award in 2010 for his research on UV protection in sunglass lenses, the BHP Billiton National Science Award last year, and a high distinction in the National Australian Chemistry Quiz in September 2011.
The next generation of sporting superstars will descend on the University of Wollongong, after it was announced the ClubsNSW Academy Games will be held in the Illawarra region for the next three years.

University of Wollongong’s lavish campus will act as the games precinct, catering for athletes competing in a range of individual and team sports. The Chair of the ClubsNSW Academy Games, Gregg Rowland, says the UOW campus will act as the perfect focal point for the games, allowing top athletes to learn about their sport both on and off the field.

“The University of Wollongong has always pride itself on education and all the academy programs are educating athletes not only in their chosen sports but also to be good citizens,” Mr Rowland says.

“So it’s a nice fit because that is what the University of Wollongong is all about and these attributes are a part of every student’s graduate qualities”

The games will be held over the Easter Holidays next year (April 13-15) with athletes displaying their talents in sports such as Basketball, Rugby Union, Hockey, Netball, Lawn Bowls and Golf.

Sports will be mainly contested on the University of Wollongong’s many sporting fields but also at other centres in suburbs such as Unanderra and Shellharbour.

Athletes and teams will be representing a range of sporting academies from around the state, including the Central Coast, Far West, Hunter, North Coast, Northern Inland, South West Sydney, Illawarra and South East regions.

“The games aim to bring all the elite athletes from all the different academies across New South Wales together to compete against each other and get to know one another, as well as to further develop their skills,” says Mr Rowland.

“We also will have elite coaching and high performance teams from across the state on hand running coaching clinics.”

“You will be seeing elite athletes in the 12-16 age bracket competing and some excellent coaches working with them.”

“Hopefully, it will be a spectacular couple of days.”

Dr Rowland, who will also co-ordinate the organisation of the Academy Games, has an intense role within the University acting as the Sub Dean in the Graduate School of Medicine. Prior to that he taught within the Education Faculty.

He says it’s a great opportunity for sport in the Illawarra as the games will showcase local talent to an expanded audience.

“It’s a good chance for us to highlight all the good athletes that come from the Illawarra,” he says.

“It enables us to promote the academy to all of our different sponsors and to the region.”

“This will be done in conjunction with other events such as a media conference and presentation night.”
Stacey Greico has seen a girl run through peak hour traffic for a job. There was a delay and both girls went from sitting nervously on the train to waiting nervously at the pedestrian crossing on Waterloo Road at Ryde, completely late for their group interview and now watching the time tick past. The other girl, a bundle of nerves, kept twitching in her taffeta dress until she all of a sudden lost her cool, sprinting from the sidewalk, ducking and weaving through moving traffic.

“She didn’t get the position,” said Stacey.

“But to this day I sit here and think that anyone willing to risk their life in the middle of North Ryde really deserved that job.”

It also begs the question- in a fragile job market, is anything too crazy when it comes to finding a position after university?

Not really, it seems.

Stacey, a commerce student from the University of Western Sydney, draws the line at dodging moving traffic. But with her current internship in Human Resources at the UWS careers office finishing up at the end of the year, she agrees that there isn’t much else she wouldn’t do for a job.

“It’s definitely worrying. For me, finding a permanent job is becoming a real concern,’ she said.

“I think because of what I’ve done, as far as internships go, I’m better prepared, but in terms of the market overall I’m definitely concerned about the jobs that might be available.’

Katherine Garaty is the same. She’s finishing up her Bachelor of Law/Arts degree at the University of Wollongong as a model student with high grades (she cried out of disappointment after getting 74 on an essay once), yet she still talks about how graduate programs will only take the best of the best, as if she’s not a part of the group.

“Well it’s very, very competitive” she says, “In the typical areas where you would earn the big bucks, there are very limited positions, and you have to either know someone or be very good at what you do.”

Katherine and Stacey are the lucky ones though. They’re aware of the market, and even more so, they know how important it is to get in early to get ahead.
But many of the thousands of university graduates at the end of this year will be a lot more oblivious.

Economies are buckling all over the world, and Australia is not immune to the tremors. Unemployment has reached over 5%, the highest level since November 2010, a statistic which, more than anything, masks the reality that 22,200 full-time jobs disappeared this July.

With projections suggesting the situation is set to get worse before it gets better, one way to face it is being prepared, says Caroline Casse from Careers and Cooperative Education at UWS.

"It's funny because people say you get a degree you get a job, but it's not necessarily that way, it's very romanticized but it's not that way," she said.

"Internships are really important because employers want experience. They don't want to waste their time and money showing you the ropes."

Kaitlyn Carlia who finishes her Bachelor of Creative Writing and Bachelor of Media and Communications degrees from the University of Wollongong this year, is also giving herself the edge by doing the unheard of: looking at jobs outside the direct route offered by her degree. Applying skills gained through your degree to a completely different industry is something Jennifer thinks is ideal to finding work during a difficult time.

But by far the biggest problem facing students is the ability to fine-tune those basic job-seeking skills, which many students don't realise they are missing.

Jennifer Buckley from the UOW Careers Central remembers one student who applied for 360 jobs during the height of the recession and didn't get a single interview. A job for every day of the year and still no bite on the fishing line.

"I found out what he was doing wrong," she said.

"He was getting home at night, hopping on Seek and just attaching his resume and sending it off. He wasn't tailoring his resume. You've got to do that always, even in a booming economy."

Stacey has seen many simple mistakes on resumes during her time at UWS's careers centre.

"I've seen wrong phone numbers, wrong email address, I've seen people write cover letters which were three lines long and not in a letter format. All sorts of things," she said.

"I think in an economy like this, communication skills are even more important because with rising competition they have to cut you out for something. A poorly set out resume can be one of those things."

This rising competition is leading many graduates to rethink their plans. Despite already working in her industry, Stacey hasn't thrown away her stable, casual employment at the local cinema, a job she's keeping just in case she 'gets stuck'.

Philia House, who is graduating from Media and Communications at UWS, also has a back-up plan.

"The option is there to enrol in honours and then when census date comes, if I get a job and back out and I don't have to pay," she said.

'I would just readjust my plans if need be. It would be annoying to know you've spent money on a uni degree you're not using yet, but wouldn't faze me too much to have to do it."

This kind of flexible approach is something Jennifer certainly endorses. She even suggests re-evaluating part-time work - the only booming sector of the job market, with 22,100 jobs created in July- remembering that a part time job might turn into full time work eventually.

And with youth unemployment in the Illawarra at 22.2% in 2008, looking for jobs regionally and in other cities, such as Perth where unemployment is less than 1.5%, could make finding a job easier.

"A lot of my friends aren't happy to move out of Sydney," said Phillipa.

"I'm happy to move wherever - Katherine or the NT or whatever, it doesn't bother me! But for some of them, they only want jobs in Sydney."

She might be okay with moving out of Sydney, but what about running across its traffic in peak hour to get to a job interview?

"Probably not" Phillipa laughs, "but ask me in another 6 months!"
BY JOHNNY
IT S A RISING STAR

If you think fashion is only for females, you should think again. Paper Rock’s Sarah Sayers talks to a rising star about his future in fashion.
From a young age, Johnny Schembi had a distinctive creative flair that established a promising future within the fashion industry. In 2000, most kids his age were playing Super Mario or riding the fad fold-up scooters that had taken over suburban streets. Johnny, at the mere age of twelve, was sitting with his head bent over his first sewing machine threading his way toward becoming one of Australia's most innovative designers.

Eleven years on and all Johnny's needle-work has paid off with the designer catapulting into the media spotlight as a finalist on season three of Australia's Project Runway in 2011.

With his elfish features and charming charisma (his most winning personal-assets) beaming out of television screens throughout the country, you have to remind yourself that it is his creative skills including great attention to detail and pattern making that have seen him awarded his place on the hit TV show.

Johnny reminisces, "From a very young age I loved all things I could make. My earliest memory of being involved in a creative process was when at the age of 12, I made my sister her first ra-ra skirt using old fabrics I had found."

The inspiration for this skirt - and one of his most primitive style icons that he channelled in his younger years - was the 90's Spice Girl “Sporty Spice”. However, these days, he has affirmed that his look has been "reeled-in" and kept to a more sophisticated array of design-wear.

"I'd say my look is more relaxed, dapper chic. I look to Chloe Sevigny's boho style, Blake Lively's bombshell look and Kim Kardashian's booty," he exclaims.

His inspiration drives his creative flair and results in flattering designs for females. They're perfect for Australian women who are currently snapping up many of his designs in selected boutiques.

In 2006 Johnny completed a diploma of Fashion Design at St George College and cherished his time there. He released his first collection in August 2009 under the playful label By Johnny. Since then he has made a collection each season as well as working on mini injections for the By Johnny online store.

It was only a year later that he showcased his collection at the Rosemount Fashion Week and became the winner of the prestigious Peroni Harpers Bazaar Young Designer of the Year award.

But the road to glitz and glam wasn't easy for Johnny. It took much personal reflection, dedication and dignity to get to where he is today.

"I found it hard to land a job in the fashion industry as employers found me too creative – I always felt I wanted to do more! After I worked as a Design Assistant for another Australian label I had enough of working for someone else and wanted to push my career forward myself! It's the best decision I ever made," he says excitedly.

It wasn't long until Johnny was head-hunted by a casting director for this year’s Project Runway and thrust into the media spectacle which has seen him become a firm favourite among the Sydney social elite.

"One day I was emailed by the casting director telling me I should definitely apply. Being so busy with the label I never really considered it before. It was a big sacrifice I took for the label and on my life, however I am really happy I chose to enter as it has challenged me more than I have ever been before," he says.

Project Runway, which broadcasts on the Australian TV channel Arena, with Megan Gale as the host and designer Alex Perry as mentor has been receiving astonishing viewer figures in recent months.

The heated competition within Project Runway Australia has made the show a must watch series as the program's followers watch the design contestants sweat under excruciating creative-block and time-restraints.

These tough conditions, however punishing, have allowed Johnny to extend his own personality and gain knowledge. The combination of working under strict time frames with heavy expectations from viewers, mentors and fans and the addition of early mornings and late nights resulted in an exciting, yet tiring, adventure for the designer.

When asked if he has received much public attention after his reality TV stint, his humble response confirms that Johnny is still the down-to-earth, lovable character that Australians have fallen for.

"Some people do recognise me and others don't. It was a good way to show Australia what I do best. My favourite part of competing on the show was meeting all the really fun people," he says.

With the show now concluded and a plethora of fresh followers awaiting some of his latest designs, Johnny’s plans are to continue working on his label, selling the brand online and also in selected boutiques around the country and to carry on introducing his collections to fashion forward females.

It is evident, that Johnny's knack for sewing and creating has allowed him to use this practical skill to stitch the various elements of his life perfectly in place.
Each Season that arrives possesses its own human-like traits, holding distinct characteristics that envelops its people for a three month reign. We now say goodbye to Winter for the year and look forward to notorious Summer. Hello to a time for staying up late, relaxing, playing around and being daring. Summer time is - living. This Spring/Summer Paper Rock showcases some of the best pieces on offer from local boutiques in the region. We dare you to play with bright pops of colour and to compliment these tones with earthy neutrals much like the hues picked out of the layered sedimentation you can see in many of the beachside cliffs here in Wollongong.
Calib wears instructions for the
Deaf bike tee, Lee and Me $59.99
Venation Elephant stripe card, Lee
and Me $160.00

This page
Kara wears Camila and Marc
double leopard print shirt, Frolic
$440.00 / Lucatto Cream suede skirt, Frolic $295.00 / Stylist's own Jeffrey Campbell heels p.o.a / Dallas and Guics leopard print cuff, Frolic $199.00 / Gold rhino ring, Frolic p.o.a
Above
Kara wears Alice McCall stripe dress, Frolic $110.00 / Samantha Wills marble ring, Frolic $125.00.

Below
Calib wears Weathered Authentic Essentials blue shirt, Lee and Me $99.00 / Model’s own watch.
Kara wears Life With Bird classics tee in brick, Lee and Me $120.00 / Life with Bird metallic blazer, Lee and Me price on app.
Clockwise from above

Kara wears Bless are the Meek cream knit, *Frolic* $180.00 // Friends of Mine red leather shorts, *Frolic* $365.00 // Stylist’s own Jeffrey Campbell heels *p.o.a* // Mania Mania vegabond necklace, *Frolic* $360.00 // Matching cuff, *Frolic* $380.00

Calib wears Weathered Authentic Essentials blue shirt, *Lee and Me* $99.00 // Matter of Life and Denim doctor denim jeans makers in avocado, *Lee and Me* *p.o.a* // Model’s own watch

Kara wears We are Handsome full piece swim costume, *Frolic* $225.00 // Stylist’s own Jeffrey Campbell heels *p.o.a* // Mania Mania duo ring, *Frolic* *p.o.a*

Kara wears Alice McCall stripe dress, *Frolic* $110.00 // Samantha Wills marble ring, *Frolic* $125.00

Calib wears Vanishing Elephant stripe knit, *Lee and Me* $160.00
On the court he’s known for stamping his authority with relentless three-point shooting. But the biggest footprint he’s left is off the court.

Speaking candidly to Paper, Rock, Campbell recalls the journey of the Hawks’ near demise to their resurgence as a community club.

"Look, the biggest fear for me when the club was going down, was that I had left the team and the game of basketball within the Illawarra in a worse state," Campbell says.

"That disappointed me. I felt like I didn’t do enough as a professional athlete and a team member to be promoting our sport, and wasn’t doing enough within the community to get people to come to the games."

Rewind to the end of the 2008/09 season, and the National Basketball League believed it was in its best interest to restructure the competition. Each team was forced to re-apply for entry in the 2009/10 competition with a new business model as owners were previously getting short-changed for their investment.

"Our owners from the previous year decided that it wasn’t worth them going on, they had already lost too much money and decided not to be a part of the new setup," Campbell says.

"And that was the end of it."

"So, we got a few like-minded people together and worked out a plan to make a not-for-profit community club where all the members have a say in how we run the club; but more importantly, still have a basketball team," he says.
Australian’s love sport, from the fired-up footy season in winter to the long chilled summer days watching cricket. The Illawarra is no exception, having recently secured a financial future for the Hawks basketball team. Adrian Arciuli tells how the team is flying into the future.

“We’re about half a million dollars behind what other teams spend on players, so we try and set the best environment for our team,” he says.

The Hawks’ new business model has allowed the club to become more involved with the Illawarra community.

Campbell explains, “in the last two years we’ve held clinics with over 10,000 local students and we are now getting over 3,500 to 4,000 people at the WIN Entertainment Centre for games.”

With his career approaching an end, Campbell is satisfied that he has already helped pass the baton to future players.

“To look back now and see three or four local guys training with us and two Illawarra juniors on the roster, that kind of stuff makes you feel really good about what you’ve done.”

“We agree it’s about making sure that we have done everything possible to ensure this club will be still there in 30 years.”

“I have a young family and I want to be that person who will come to pre-match functions in the future and speak about the good times when I was playing and mentoring players about the toughness of the NBL competition,” Campbell says proudly.

“From there we submitted a 60-page document to the National Basketball League outlining the fundraising plans and our new community ethos.”

Campbell is known for rising to the occasion in tense situations on court; but for the club’s future he took initiative, stepping up his game off the court.

Enter the “Save the Hawks” campaign. It was instrumental to the club’s submission, raising over $500,000 in much needed funds which were required for the business model to work.

But there was a still road block in front of them. The Hawks needed someone to put up a $1 million bank guarantee in order for their submission to be approved.

“We waited for weeks,” the 35-year-old says.

The submission’s results were entirely dependant on the NBL. While fate was out of their hands, the Hawks watched the days and hours go past praying for a white knight to come along to rescue them.

As the deadline approached Campbell and fellow Hawks legend Glen Saville met with mining magnate Arun Jagatramka, owner of Gujarat NRE.

Campbell tells, “He just said it was going to be a good thing for him to get involved and put up the bank guarantee.”

The Hawks were saved in the nick of time as their submission was received only 34 minutes before the deadline, ending weeks of anxiety for the club.

Fast-forward to 2011 and the Hawks are entering the third year of a strong partnership with Gujarat NRE. But Campbell stresses the club is still behind the eight ball when it comes to expenditure.

“We do spend only 80% of the salary cap ($1 million) so we are $200,000 behind most other teams straight away, and we include everything within our salary cap.”
Girls are getting back in the game

Technology is part of our everyday life with computers, phones and tablets consuming much of our time. With these devices comes an ever-expanding world of gaming. Paper Rock’s Meg Collins talks to one girl who’s getting everyone involved in the games.

The game is Mario Kart. You are a 14-year-old girl selecting which character to play. Your choices are between male plumbing brothers, Mario and Luigi, Donkey Kong, the evil guys Wario and Bowser; and your lovable characters, Yoshi and Toad. Then you have Peach, the only female in the entire selection. Peach is a damsel in distress, the helpless girl. Not exactly inspiring to most young female gamers.

The video game industry is often full of extremely outdated views about women. You only need to look as far as some of the world’s most successful video games, like Grand Theft Auto, to see that the representation of women in video games is sometimes degrading and often highly sexist.

However this once male dominated industry is seeing a big change, as women from across the board seek to outdo the boys by making more female friendly games and enticing other women to play.

Rebecca Fernandez is one such female. Not only a keen gamer, she is also an in-demand video programmer after completing her Bachelor of Computer Science at the University of Wollongong (UOW) in 2010.

This year, Rebecca was one of just 15 people - the only Australian, and one of only two females - worldwide to win a scholarship to attend the gaming industry’s biggest event: the E3 gaming expo in Los Angeles.
The expo is an annual showcase of the latest and greatest games from some of the world's biggest developers, including Sony, EA, Microsoft and Nintendo, and an experience usually reserved for the industry's best and brightest. Rebecca applied for the scholarship earlier this year on a whim, not expecting to win.

“I didn’t really have any expectations going into it, I applied because I thought it would be awesome to be selected and then I got a call really early one morning saying, ‘Congratulations you’re one of the 15 scholars for E3.’ It was pretty amazing,” she says.

The event gave Rebecca the chance to rub shoulders with industry bigwigs; a humbling experience for the young programmer.

“They were just like me!” she says almost incredulously. “I had this idea in my head that they would be like these ‘Gods’ that create these amazing games, but when I met them they were very down to earth and it made me believe I can do what they are doing too”.

The gaming industry has previously been described as ‘men making games to be played by other men’, so it’s no wonder the females aren’t being taken as seriously.

“You have to hold your own against the guys,” Rebecca says, “and that’s why it was great to go the expo and show everyone that I can program just as well as the boys can.”

According to the Entertainment Software Association, women make up 38 per cent of all online gamers. This includes the recent rise in online social networking games such as Farmville.

Rebecca says that the misconception that women don’t play games is not at all accurate, and the facts support this. Reuters reports that females account for 21 per cent of video games sales, with numbers growing. Amid trends pointing upwards some women in the gaming industry have now taken a new approach tailoring games by women, for women.

Silicon Sisters – a Canadian based all female games company - is leading this epidemic. Silicon sisters started their company based around providing what female gamers want out of their games and what they don’t want. The Chief Operating officer, Kirsten Forbes, believes that without dominant women in the gaming industry, female influence might be lost forever.

She says, “Video games are an important cultural industry because they tell stories and use voices and language that shape our culture. So if there aren’t that many women in mining or in furniture sales, that wouldn’t really worry me too much. But in broadcast, film, writing, magazines, and videogames - in those kinds of industries it is absolutely critical that women are involved and that they are involved from a creative standpoint - as directors, writers, artists, and designers. They have to have the outlets to tell their stories.”

Kirsten has been in the gaming industry for over 14 years and believes that over her time in the industry she has been warmly welcomed by her male co-workers and simply blames women’s disinterest in the industry for the lack of representation.

“Thirty years ago when games first appeared, guys thought they were a really fun toy and started making games for themselves. So that’s partly why there aren’t that many women, because we weren’t really interested in making games that we didn’t really want to play. Some girls did for sure, but not as many as boys,” she says.

“But now, in 2011, there are lots of games for girls and lots of gaming platforms girls own and lots of schools to teach gaming and even scholarships for girls specifically. And studios like mine that want to make games that girls want to play.”

With so many women working as programmers, designers and leaders of major gaming companies perhaps the representation of women in video games will change too. Rather than Princess Peach we might have a tough, street savvy female.

Some gaming companies have accepted that more females are playing video games. Ubisoft creating Frag dolls – a group of professional female gamers promoting their video games and representing women competing in the video games industry, often beating the boys at their own game.

It’s women like Kirsten and the Frag dolls who have inspired Rebecca to go out independently to create her own gaming company - Convict Interactive - where she is making games the way she wants. Rebecca’s future looks bright, as does the future of women in the gaming industry. One thing is certain, the gaming industry will be getting a bit of a makeover soon. Pass the pink controller please.
Television consumes a lot of our R&R time but doesn’t leave much to the imagination. Jessica Krause looks at switching off the top-box and opening a world of intrigue with a good old paperback book.
Everywhere we turn these days, there seems to be some kind of overzealous media pundit hell-bent on linking some ordinary societal dynamic with evil, or just plain bad behavior.

In the 80s, the idea that metal was ‘satanic’ spawned the birth of warning labels for music, video games are under fire for being ‘too violent’, and films like Oliver Stone’s Natural Born Killers, and Stanley Kubrick’s A Clockwork Orange, have been said to glorify violence and hatred.

More recently, a Wall Street Journal article put young adult literature on the same shelf as Grand Theft Auto and leather whips in terms of corrupting our kids. According to Meghan Cox Gurdon, the ‘dark’ content that fills the pages of some novels - including ‘pornographic’ content, self-harm, and suicide - shouldn’t be read, for fear of a ‘monkey see, monkey do’ response.

Ms Cox Gurdon’s main concern is, “in the case of self-harm, [the novels] may even spread their plausibility and likelihood to young people who might otherwise never have imagined such extreme measures.”

Despite a lot of support for the article, the backlash that erupted from fans of young adult fiction was inevitable. The online community, readers and writers alike, joined together to protest, catching the attention of the world.

The fight, led by young adult (commonly referred to as “YA”) author Maureen Johnson, became a worldwide trending topic on twitter, with the hash tag #YAsaves; Johnson called her followers to share stories of how young adult literature had helped them.

Johnson commented that Cox Gurdon’s article, “makes some rather sweeping and unusual points”.

“My daughter really enjoys reading YA,” says 42-year-old mother of three (anonymous), “but I’d heard from a lot of colleagues that the books contained a lot of graphic things.”

“After reading some of the books, I was nothing less than inspired,” she says.

“To think something as simple as a novel could help my daughter come to terms with loss and pain, was very comforting to me, and it means that we communicate more regularly.”

“Parents and teachers shouldn’t be afraid of the content; it seems pointless to ignore what is clearly a harsh reality for some people.”

A psychologist from South-West Sydney suggests instead of deterring children from reading YA, parents should be more involved with their child’s reading habits.

“I don’t think it’s healthy for parents to completely ban their children from reading these novels,” he says. “YA is predominately a reflection of young adults in society, and it’s not right for adults to ignore this.”

“Parents should read these books too, and talk to their children about the issues that arise.”

“Since the late 1990s, the market for YA has grown by 25 per cent, and we’re starting to see a lot of big name authors writing for a younger audience. These books help make the transition into adulthood a lot easier. Kids can’t just go from reading Harry Potter to John Grisham; there has to be something in between.”

Young adults worldwide took notice of that little Twitter hash tag, and said these books weren’t making them self-harm; they were, in fact, stopping them from doing it in the first place.

“These books are about survival,” says 18-year-old Thomas Williams. “They remind us how precious life is, and that even though life is hard, it’s survivable.”

“There’s no need for anyone to be worried about what we’re reading, because we know how to interpret it all for ourselves.”

The fact is there will always be people discouraging us from reading, or listening to things that might be ‘bad.’ Although music, video games and films come with a warning, it might be harder putting cautionary labels upon hundreds of years worth of literature.
After making a splash in the U.K., the 80s nostalgia market is taking a huge gamble with the first-ever Australian Rewind Festival, being hosted at Kembla Grange right here in the Illawarra. David James Young investigates why everyone’s looking forward to looking back.

It seemed the most unlikely of pairings at the time. The Rewind Festival - a nostalgia-driven camping music festival in the U.K., featuring a series of pop acts that survived the 80s - was to cross the pond for the first time ever. Its Australian location is in the Illawarra region - Bluescope Field in Kembla Grange. Since the ill-fated Play Day at WIN Stadium in 2009, which was to be headlined by New Zealand band Evermore, there hadn’t been an attempt at hosting a music festival in the region. Poor ticket sales and Evermore pulling out, led to Play Day's untimely demise, and all had been quiet on the festival front in Wollongong, until the announcement of Rewind in July.

Interestingly enough, it was 2009 when the Rewind Festival began. Founded by veteran promoter David Heartfield, it was a project brought together to make a full investment into 80s nostalgia.

“We have done a number of 80s retro shows over the last couple of years, all of which attracted a 10,000 capacity sell-out crowd," said Heartfield in an interview with Music.co.uk in 2009, “so this year we have decided to expand the concept into a full weekend camping festival.” Headlined by acts such as Kim Wilde (“Kids in America,”) Gloria Gaynor (“I Will Survive”) and Rick Astley (does this one really need explaining?), the inaugural Rewind Festival was a big success. It grew exponentially in popularity as the demand increased for the festival each year.

“I was immediately sold on the concept,” says Shane Sanderson, one of the head promoters bringing the Rewind Festival to Australia. After meeting with Heartfield, Shane was determined to make sure that the festival was given a run down under. He wouldn’t pass up such an opportunity, especially when Rewind has done so well in the U.K. Sanderson secured the rights to the festival outside of its homeland and began working to bring it to Australia, alongside business partner and promoter Terry Youngman. “Myself and my team on the ground in Australia are 100 per cent responsible for the event being in Australia,” he notes proudly.

“I remember he [Shane] rang me up and told me about this festival with all 80s music,” recalls Youngman. “He had this really strong feeling that this could work in Australia – and I thought he was probably right. The way people are here, I’m sure it would work well.” The wheels were in motion – but the question quickly arose of where to bring this untested festival idea.

Initially, Sanderson and Youngman considered holding the event in the Hunter Valley, which has hosted many “A Day on the Green” events, as well as the country music festival CMC Rocks the Hunter. However, promoters wanted something different. “We wanted a fresh, picturesque venue that had not been used for a festival before,” Sanderson says on the decision to bring Rewind to the Illawarra. “Kembla Grange ticked all the boxes.”

Youngman agrees. “We wanted to try something different,” he says, “and I believed the council in Wollongong would be supportive and responsive were we to bring it to this area. It was also a point of difference – instead of just another gig in the Hunter, it could be something different in Wollongong. Something that the locals would really get behind.”

The Australian line-up features many acts from the U.K. Rewind Festival, including ABC (who have performed at every Rewind Festival to date), Midge Ure and Bananarama; as well as Kool and the Gang, Right Said Fred and John Paul Young. Although the festival has not yet hung up a Sold Out sign, Youngman indicates that ticket sales are going well and that they have been working consistently with the local community to generate interest. They have run two competitions to bring local artists into the festival – one for a DJ to perform at the festival’s Silent Disco (where you can only hear what the DJ is playing through a special set of headphones), and another for a local acoustic band to play at the festival’s opening night.

Both promoters have a very strong feeling that Rewind is going to make an impact in the Illawarra area, both from a cultural and a financial perspective.

“It will give the local area a sense of pride,” observes Youngman. “They haven’t had anything like this before, and it’s a major recognition for them. Not everything has to go to the Hunter – and, on the basis that this will be successful, other events will be interested in looking down there as well. They’ll think that if those guys went down and had a go at it in Wollongong, then let’s go there.”

Sanderson holds similar ambitions for Rewind, particularly for what it can do for bringing outsiders and tourists to the region.

“The festival brings people of all ages together,” he says, “and, at the same time, the people attending will be spending money in the local community – from shops to hotels. They will be putting the area on the map as a place that holds an international music festival.”

In the past 18 months live music has taken a significant turn for the worse in Wollongong, with many venues either folding entirely or refusing to put on live music under new management. Rewind isn't just another crazy idea for Wollongong – it’s become a matter of sink or swim. This could be the adrenaline injection needed to generate an interest in live music once again. All that the locals have to do is give it a chance.
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