

Al-Seerat

Navigating ANU for Muslim Students

Vol. 01, February 2024

ANU MSA's Profile

Muslim Community
in Canberra

A Parent's Guide

Eating Halal on Campus

Halal Grocery Shopping

Person in Focus

Al-Seerat Magazine
vol. 1 2024



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The ANU Muslim Student's Association acknowledges and pays our respects to the Ngunnawal and Ngambri people of the Canberra region and to all First Nations Australians.

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Assalamualaykum,

Welcome to the inaugural edition of Al-Seerat! Whether you are a new student embarking on a journey here at ANU, or an existing student on the verge of graduating, the ANU MSA would like to welcome you all to ANU and wish you an enjoyable and successful experience during your time at ANU.

The ANU MSA is a student organization dedicated to supporting and representing Muslim students in fulfilling their spiritual needs, navigating life on campus and ensuring active and positive engagement, community building and allyship with the Campus community and beyond. We seek to foster these goals and unite, foster and strengthen the ANU Muslim Student community by nurturing a community that supports Muslim students as they navigate life on Campus, by communicating and sharing resources (Islamic and otherwise) and information and by organising a variety of events and opportunities which enable students to meet and interact. Look out for invitations to our BBQs, Jumah prayers, Ramadan iftars and Tarweeh prayers, talks by scholars from the University and abroad including prominent Islamic scholars, as well as other social events.

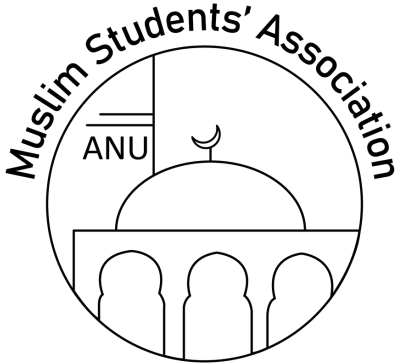
This year at ANU, we are proud to launch Al-Seerat – a magazine that seeks to provide a platform from which our Muslim community can express their ideas on a range of topics that most interest or concern them. In this inaugural edition, we hope to provide a guide to new students on how to navigate University life as a Muslim student.

Please remember to join our association via the QPay link so we can add you to our Whatsapp Groups and follow us on Instagram and Facebook so we can notify you when we are hosting events. We look forward to seeing you all on campus and we wish you all the best for the year ahead.

Thank you, jazaakumullahu khayran.

The ANU MSA Executive Members 2024.

Introduction to the ANUMSA



The ANU Muslim Students Association was established in the 1970s to promote and serve the interests of Muslim students on campus. We host various events throughout the year to cater to the needs of Muslim students. This includes iftars and Taraweeh prayers during Ramadan, Jummah Prayers, religious talks and social events. Our events are open to all, regardless of their faith as we believe that our platform should be used to educate people on our beliefs to help combat misconceptions that people may have.

Executive Committee

An executive committee, consisting run the ANU MSA:

President: **Ismail** Mir

Secretary: Md **Kafil** Uddin

Treasurer: Mohammed Mumtazimul **Aiyat**

Marketing and Social Media Officer: Rahmadi**yono** Widodo

Events Coordinator: Muhammad **Usman** and **Sharmin** Akther

Muslimah Coordinator: **Fariba** Halim Aurin


Friday Prayers Coordinator: **Allan** Dwi Pranata

Musallah Coordinator: Muhammad **Arsalan** Mahmood

Follow ANU MSA on:

 ANU Muslim Students' Association

 @theanumsa

 anumsa.com

Introduction to the ANUSA



The ANU Students Association (ANUSA) is the representative body for all ANU students. Students automatically become members of ANUSA upon joining the university. ANUSA provides several services to students such as:

Student Assistance

Offers free and confidential advice for academic, disciplinary, financial and accommodation issues and provides referrals.

Legal

ANUSA can provide legal advice on employment, tenancy, clubs, migration, visas, and commercial and intellectual property matters.

Social

ANUSA runs events for students including O-Week

BKSS (Brian Kenyon Student Space)

A student space at ANU where you can get free breakfast and relax.

Advocacy

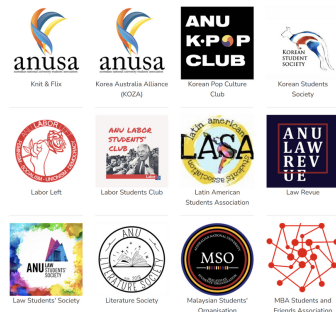
ANUSA represents students in a variety of different fields.

ANUSA is located at the Di Riddell Student Centre on Kambri opposite Marie Reay. You can call them at 02 6125 2444 or sa.admin@anu.edu.au

Club List

ANU has over 110 clubs, offering unique educational, sporting, cultural and social opportunities to members.

More informations related to each club can be accessed at <https://anusa.com.au/life/clublist/>



Prayer Space in ANU



credit photo: Rahmadiyono Widodo

There are some places designed to facilitate students for praying within the ANU. Some spaces are specifically for Muslims, while others are common prayer rooms or multi-faith rooms for any religion or faith. Here are the places for praying in our university:

1. ANU Musallah

Location: 3H McDonald Road (between the Menzies Library and Tennis Court).

Free access from 9 am to 4 pm.

Get 24 hours access by filling out the form: bit.ly/theanumusallah



credit photo: Rahmadiyono Widodo

2. Al Isra' and Al Inaya Prayer Room

Location: Coombs Building 9 Fellows Road (1st level, enter by the left wing).

Free access from 7 am to 5 pm.

3. ARNDT Multi Faith Room

Location: ARNDT Building CBE
25a Kingsley St (2nd level).

Free access as long as the ARNDT Building is open.

4. Chaplaincy Multi Faith Room

Location: Di Riddel Student at Kambri (4th level).

5. ANU Sport (for Friday Prayer)

Location: 19 North Road Acton

Without any issue, the venue is at the New Basketball Court. Sometimes the venue changed to Studio One (2nd level).

Sisters are encouraged to join in.

A Guide to Eating Halal on Campus

ANU have a variety of restaurants located on campus. The following is a list of all the restaurants which have halal certification.

Yori Fusion Bento

Cuisine: Asian fusion

Hours: Monday to Friday: 11:00 am to 3:00 pm, 5:00pm to 8:00 pm.

Hot Star Fried Chicken

Cuisine: Taiwanese Fried Chicken

Hours: Monday to Friday: 11:30 am to 9:00 pm

Kebaba

Cuisine: Turkish

Hours: Monday to Friday: 10:00 am to 9:00 pm, Saturday 11:00 am to 6:00 pm.

Urban by Asian Tiger

Cuisine: Chinese

Hours: Monday to Friday: 8:30 am to 6:00 pm. Saturday: 8:30am to 3:00 pm.

Char-Char

Cuisine: Malaysian and Thai.

Hours: Monday to Friday: 11:00 am to 8:00 pm

This list of restaurants may be incomplete and is subject to change. As always, double-check with each restaurant to ensure that they have the proper halal certification



Halal Grocery Shopping

Pacifik Halaal Meats

Address: 56 Ernest Cavanagh Street,
Gungahlin ACT
Closes: 8pm

Canberra Halal Meat and Kebab Shop

Address: Shop T22 15 Market St,
Belconnen, ACT
Closes: 9pm

Mawsan Halaal Market

Address: 2/79 Mawson Pl, Mawson ACT
Closes: 6 pm

Canberra Halaal Market

Address: Shop 1a/116 Hardwick Cres,
Holt ACT 2615
Closes: 8:30 pm

Himalayan Butcher, Quality Belconnen Halal Meats and Groceries

Address: Unit 2/10 Oatley Ct,
Belconnen ACT 2617
Closes: 8 pm

Canberra Halal Meat and Poultry

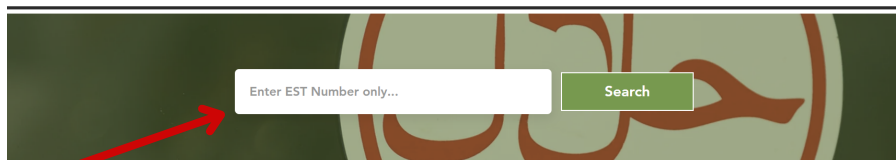
Address: Soward Way, Greenway
ACT 2900
Closes: 7 pm

Queanbeyan Halal Butchery


Address: 10 Uriarra Rd, Queanbeyan
NSW 2620
Closes: 7 pm

Notes

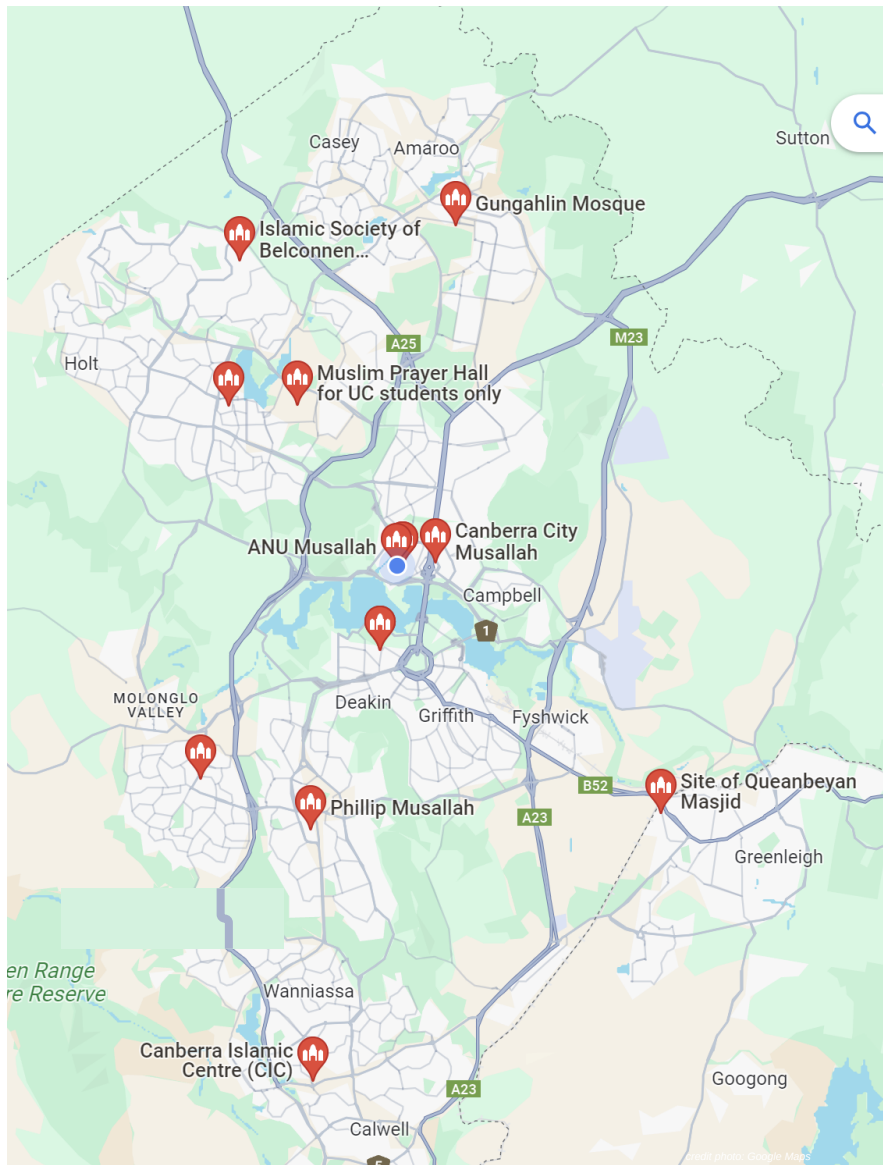
We can buy meat from mainstream supermarkets such as ALDI or COLES if it is halal certified. We can check the halal-certified status by entering its EST number at <https://www.halalfood.com.au/meat-establishment-number>.



Enter EST Number only... Search

	Confirmed Halal
EST#	2060
Meat Types	Chicken, Poultry, Turkey
Halal Status:	Halal Certified
Halal Authority:	AFIC

Muslim Community in Canberra



Canberra Mosque

Address: 130 Empire Cct, Yarralumla
ACT 2600

Email: secretary@isact.org.au

Website: <https://isact.org.au/mosque/>

Friday Prayers time: Dhur Time

Belconnen Crescent Musallah

Address: Unit 3/22 Walder St,
Belconnen ACT 2617

Website:

<https://belcomusallah.beclimited.com/prayertime/>

Friday Prayers: 1:25 pm and 2:10 pm

Spence Mosque

Address: 4/55 Crofts Cres, Spence
ACT 2615

Email: info@isb.org.au

Website: <https://isb.org.au/>

Friday Prayers time: 1 pm

Gungahlin Mosque

Address: 140 The Valley Ave,
Gungahlin ACT 2912

Email: gungahlinmosque@gmail.com

Website: <http://gungahlinmosque.org.au>

Friday Prayers: 1:15 pm and 2:15 pm

Phillip Musallah (Jumu'ah Only)

Address: 7 Dundas Ct, Phillip ACT 2606

Friday Prayer: 1.15 pm

Canberra Islamic Centre

Address: 221 Clive Steele Ave, Monash
ACT 2904

Email:

info@canberraislamiccentre.org.au

Website:

<https://canberraislamiccentre.org.au/>

Friday Prayers time: 1 pm

Islamic Class

Gungahlin Mosque

Quran Class (for Brothers): Thursday after Isha

Quran Class for Kids: Weekend

Spence Mosque

Tauhid Class: Wednesday after magrib

Tafsir Quran Class: Friday after magrib

Canberra Islamic Centre

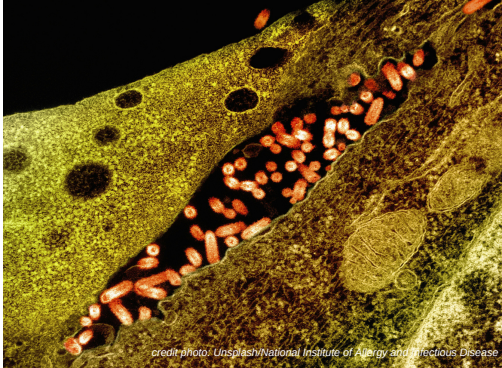
Quran, Tajwid, and Arabic Class: Weekday evening

Youth Class: Fortnightly on Thursday 07.30 pm (summer), 06.30 pm (winter)

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, **“Whoever travels a path in search of knowledge, Allah will make easy for him a path to Paradise.”** (Sahih Muslim)

Microscopic Warriors: The Immune System's Defence Against a Sea of Microorganisms

text by Radhwan Nidal Al-Zidan



Imagine a world teeming with invisible foes, lurking in every corner, waiting to pounce. This is the reality we face every day, surrounded by a sea of microorganisms that could potentially cause serious harm or even death. But how do we survive and thrive in this hostile environment? The resounding answer echoes through the extraordinary marvel that is our

immune system—a fortress of microscopic warriors tirelessly shielding us from an array of potential threats. The holy Quran, a beacon of wisdom, illuminates the perfection of God's creation, shedding light on the intricate design that safeguards our existence:

صُنِعَ اللَّهُ الَّذِي أَتَقَنَ كُلَّ شَيْءٍ

“The making of Allah, who perfected everything.” [Surah an-Naml 88].

Interestingly Islam teaches us that deep contemplation of Allah's creations is a form of worship. As Allah says in the Quran:

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِّأُولِي الْأَلْبَابِ ۗ الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا ۖ سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

“Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding ۗ Who remember Allah while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.” [Surah Al Imran 190-191]

Moreover, Allah asked the people to think about the secrets of human existence and their creation:

أَلَمْ يَتَفَكَّرُوا فِي أَنفُسِهِمْ ۗ مَا خَلَقَ اللَّهُ السَّمَاوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا إِلَّا بِالْحَقِّ وَأَجَلٍ مُّسَمًّى ۗ وَإِنَّ كَثِيرًا مِّنَ النَّاسِ بِلِقَاءِ رَبِّهِمْ لَكَافِرُونَ

“Do they not reflect within themselves? Allah did not create the heavens and the earth, and what is between them, except in truth, and for a specific duration. But most people, regarding meeting their Lord, are in denial.” [Surah ar-Rum 8]

To embark on this fascinating journey, we delve into the intricate tapestry of the human body, where a silent battle unfolds against unseen adversaries—the immune system at the helm. This remarkable defence mechanism, divided into two interconnected branches, the innate and adaptive immune systems, works in harmonious unison to safeguard our well-being. Within this divine creation, Allah’s design manifests in a remarkable network of cells, tissues, and organs, a testament to both elegance and efficiency.

To simplify the intricate workings of the immune system, envision it as a captivating play in the grand theatre of the human body. As life’s drama unfolds at the cellular level, one cast emerges as the protagonist in this extraordinary performance—the immune system. Imagine this biological extravaganza as a grand play with two star-studded acts: the Innate Immune System and the Adaptive Immune System, where each cell takes on the role of a virtuoso in the symphony of defence.

Act 1: The Innate Immune System

The curtain rises on the first line of defence, the Innate Immune System – the rapid responders, the foot soldiers of biological warfare. Meet the macrophages, the clean-up crew with an appetite for invaders. These voracious cells roam the body, engulfing and digesting any trespassers. Think of them as the Pac-Men of the immune system, relentlessly pursuing the microbial ghosts.

Next up are the neutrophils, the rapid-response infantry. In a dazzling display of versatility, these cells release a barrage of antimicrobial grenades, creating a battlefield where invading microorganisms meet their fiery demise. With names that sound like superheroes – natural killer cells – are assassins that can take down infected cells with swift precision, eliminating threats before they become a full-blown catastrophe.

Act 2: The Adaptive Immune System

As Act 2 unfolds, the Adaptive Immune System takes centre stage, stealing the limelight with a sophisticated and personalized approach. This is where T cells and B cells, the elite forces, come into play.

Imagine T cells as the strategic masterminds. They inspect the battlefield, identifying friends from foes. Some are the commanders – helper T cells – orchestrating the immune response, while others are the assassins – cytotoxic T cells – seeking and destroying infected cells with sniper-like precision.

Meanwhile, B cells take on the role of intelligence agents. Equipped with a vast repertoire of antibodies, they patrol the bloodstream, ready to lock onto specific invaders like a heat-seeking missile. When they identify the enemy, B cells unleash a torrent of antibodies, neutralizing pathogens and marking them for destruction.

The beauty of this immune ballet lies in its precision and memory. Once a pathogen is defeated, memory T and B cells linger like backstage crew, ready to cue an encore if the same intruder dares to return. It's the immune system's way of saying, "We remember you, and we're prepared."

In the grand theatre of the human body, the immune system's performance is nothing short of miraculous—a divine symphony of defence, choreographed by the Almighty. Each component, from the humble phagocyte to the sophisticated B lymphocyte, is intricately designed and interconnected, forming a seamless defence network. The ability of the immune system to adapt and learn, creating immunological memory, reflects the foresight and wisdom of its Creator.

The immune system is not merely a biological mechanism; it is a testament to the divine care for humanity. Its intricate design, its ability to protect us from countless threats, and its resilience in the face of adversity speak volumes about the love and compassion of Allah.

*Radhwan is a PhD student in Medical Science
in the John Curtin School of Medical Research
Australian National University*

Australia's Opportunity in Combating Steel Emissions

text by Sameer Usmani

Green steel, produced through the innovative combination of hydrogen and electricity derived from renewable energy sources, stands as a transformative solution for decarbonizing the steel manufacturing sector. This sustainable approach not only aligns with global efforts to combat climate change but also provides a catalyst for the international growth of the hydrogen industry. Australia, with its abundant renewable resources and extensive iron-ore deposits, finds itself in a strategically advantageous position to lead in the production of green steel. This article explores the synergies between Australia's iron-ore industry and the production of green hydrogen from renewable sources, identifying high-potential regions for green steel production. Two key regions, the Pilbara in North-Western Australia and the Eyre Peninsula in South Australia, are selected for more detailed case studies.

Australia's vast renewable resources, coupled with its substantial iron-ore deposits, present a unique opportunity to play a pivotal role in the global transition to green steel. The intersection of these two critical elements positions Australia as a key player in a sustainable and low-carbon future for steel manufacturing.



To pinpoint regions with the highest potential for green steel production, a comprehensive analysis is conducted by cross-referencing current and future iron-ore extraction sites with areas exhibiting high economic potential for hydrogen production. The goal is to identify areas where both activities can synergize, creating optimal conditions for sustainable and economically viable green steel production.

Case Studies: Pilbara and Eyre Peninsula!

Pilbara Region

Renewable Resource Assessment: An evaluation of the Pilbara region's solar and wind potential is conducted to determine the feasibility of green hydrogen production.

Iron-Ore Extraction Sites: Mapping existing and potential iron-ore extraction sites in the Pilbara region.

Economic Potential: Assessment of the economic viability of green steel production in the Pilbara, considering factors such as infrastructure, labour, and market access.

Eyre Peninsula

Renewable Resource Assessment: Similar to the Pilbara case study, an assessment of solar and wind potential for green hydrogen production is conducted.

Iron-Ore Extraction Sites: Mapping existing and potential iron-ore extraction sites on the Eyre Peninsula.

Economic Potential: Evaluation of the economic feasibility of establishing green steel production in the Eyre Peninsula.

Optimization Strategies

The analysis emphasizes the advantages of a well-optimized generation mix, encompassing wind, solar, battery storage, grid connection, and salt cavern storage. This optimized mix aims to decrease storage requirements and subsequently reduce production costs. Additionally, the article demonstrates how green steel production costs can be minimized by utilizing grid electricity to balance onsite renewable power through participation in the electricity spot market and flexible operational approaches.

Australia's opportunity to lead in green steel production is not only environmentally significant but also economically promising. The synergies between the iron ore industry and green hydrogen production open new avenues for sustainable steel manufacturing. The case studies of the Pilbara and Eyre Peninsula provide valuable insights into the feasibility and potential challenges of establishing green steel production hubs. As the world seeks innovative solutions to combat climate change, Australia's role in pioneering green steel production is paramount. The optimization strategies presented underscore the importance of a well-balanced generation mix and flexible operational approaches to enhance cost-effectiveness. In conclusion, Australia's strategic positioning and commitment to sustainable practices make it a frontrunner in the global transition towards greener and more environmentally responsible steel production.

*Sameer is a PhD student in Mechanical Engineering
Australian National University*

Early Smiles: A Parent's Guide to Infant Oral Hygiene

text by Hesham Al-Sharani



Parenting is a journey filled with many 'firsts,' and one of the most crucial is establishing your baby's oral hygiene. The early stages of a child's life are critical for setting a lifelong course of dental health, and as parents, this responsibility is in your hands. Good oral

care goes beyond preventing dental decay; it affects your child's overall health, ability to eat and speak, and even their self-esteem.¹

This article aims to be your guide in this important aspect of parenting. We will articulate the essentials of infant oral hygiene, from the emergence of the first tooth to the development of healthy brushing habits. It's about more than just keeping cavities at bay; it's about instilling a routine, being a positive role model, and ensuring that your child's smile remains healthy and vibrant. Join us as we explore practical tips and strategies to make oral care an enjoyable and practical part of your child's daily routine.

The Importance of Early Dental Care

Dental decay is a chronic disease that can begin as soon as the first tooth appears. It starts as small white spots or lines and can progress to more extensive, yellow, or brown cavities. Untreated decay can lead to infection, pain, swelling, and early tooth loss. Children with dental decay may experience difficulty eating, sleeping, talking, and concentrating, impacting their overall well-being.²

Preventing Dental Decay

Dental decay in children is largely caused by bacteria, often transferred from parents to children through shared utensils like bottles and spoons. It's crucial for parents to avoid sharing these items with their children and to maintain excellent oral hygiene themselves.³

Another significant contributor to dental decay is the frequent consumption of sugary and acidic foods and drinks. These substances feed the bacteria in the mouth, which produce acids that erode tooth enamel and lead to cavities. The duration these sugars and acids remain in contact with the teeth is also important; prolonged exposure increases the risk of decay.⁴

To mitigate these risks, parents should limit the frequency and duration of their child's exposure to sugary and acidic substances, promote healthy eating habits, and ensure regular and thorough tooth brushing. By understanding and addressing these factors, parents can significantly enhance their children's dental health.⁴

Beginning Oral Hygiene

Around 4 to 6 months, babies begin teething, but oral care should start even before the first tooth appears. Parents can gently clean their baby's gums with a moistened gauze pad or a soft silicone finger brush. This practice helps in removing any food particles and sugars that can harm emerging teeth and also acclimates the baby to the sensation of oral cleaning.

A clean, damp cloth or a soft, silicone finger brush is ideal for this stage. These tools are gentle on the baby's gums and can effectively remove residue without causing discomfort.⁵

Toothbrushing

The journey of proper dental care begins as soon as the first tooth makes its appearance, typically around six months of age. At this stage, it's advisable to introduce a soft-bristled children's toothbrush specifically designed for tender gums and tiny teeth. These brushes are gentle yet effective in removing plaque and food particles from the baby's teeth and gums.⁶

Selecting the right toothbrush involves looking for one with a small head to comfortably fit in the baby's mouth and a large handle to ensure a good grip. Additionally, brushes with colourful designs or characters can make the brushing experience more enjoyable for the child.

Toothpaste

When it comes to toothpaste, the primary focus should be on its fluoride content. Fluoride is a key ingredient in preventing tooth decay by strengthening the enamel. For infants and toddlers, start with a fluoride toothpaste but in a very minimal amount — no larger than a grain of rice. This small quantity is sufficient to provide the necessary fluoride protection while minimizing the risk of the child swallowing too much toothpaste.⁷

As the child grows and learns to spit out toothpaste, around the age of three, you can increase the amount of toothpaste to the size of a pea. This is also the time to ensure the toothpaste has a fluoride concentration of 1000-1450 parts per million (ppm). This concentration is ideal for effectively fighting cavities while being safe for young children.⁷

Building Good Habits

From 18 months, you can give your child their first toothbrush. Although they might initially chew on it, encourage play and gradually introduce brushing. Use small circular motions, focusing on areas where teeth emerge. Parents should assist in brushing until the child is about eight years old, making the process fun and engaging to establish a lifelong habit.⁴

Brushing Technique

Effective brushing should be done at least twice a day, especially after meals and before bedtime. Lay the baby down with their head on your lap for support. Use the recommended amount of toothpaste and avoid rinsing after brushing to allow the fluoride to work effectively. Brush the front and back of each tooth with small circular movements and use back-and-forth strokes for the molars. Remember to brush the tongue and cheeks gently.⁶

Conclusion

Good oral health in early childhood sets the foundation for a lifetime of healthy habits. Baby teeth are crucial for eating, speech, facial structure, and holding space for adult teeth. By instilling good oral hygiene practices from the start, parents can significantly contribute to their child's overall health and well-being.

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*Hesham is a PhD candidate
in the College of Health and Medicine
Australian National University*

Person in Focus: Abolfazi

Salam. My name is Abolfazi Amjadipour. I am a PhD student at ANU, College of Health and Medicine. I started my PhD on a winter day in 2022.

The journey of my PhD began during a lecture by one of my professors at med school. He talked about a disease that no one knows the cause of or how to treat exactly. It is quite common and imposes a huge burden on countries. It is called multiple sclerosis. He discussed the possibility that he and his colleagues are on the correct path in their research on the cause of multiple sclerosis. Sitting there and listening to his talk felt like walking on the edge of science, or at least witnessing pioneers extending the boundaries of science. Since then, I have been following in those footsteps to discover more facts about this disorder, hoping for a breakthrough for people living with MS.



Sometimes I wonder about the point of all this—spending lots of time reading, even more planning experiments, and enduring stress for some numbers that might favour an idea or may not. Helping people living with a health problem and seeing their joy in living and cherishing life when they can is what motivates me, and I believe many other scientists, to keep going.

I come from Iran, the land of poets and love. I wish I could bring all of you to Iran and show you how lovely the people are and how gorgeous the country is. I enjoy learning new things every day and getting to know people's stories, sharing humanity. I try to stay active whenever and however I can, whether it's just running at the lakeside or paddling my bicycle around the lovely city of Canberra.

Sometimes I find it hard to live in this world when I read the news and see so many bad things happening, be it wars, racism, or gender issues. People getting hurt for what they believe and love, such as the war in Gaza, crushes my heart. I pray for those affected Palestinians and the people of Israel. May God help them and bring peace.

From the Kitchen of MSA: Nasi Goreng! Indonesian Fried Rice

text by Aziz Albar Rofi Udarrojad



Ingredients

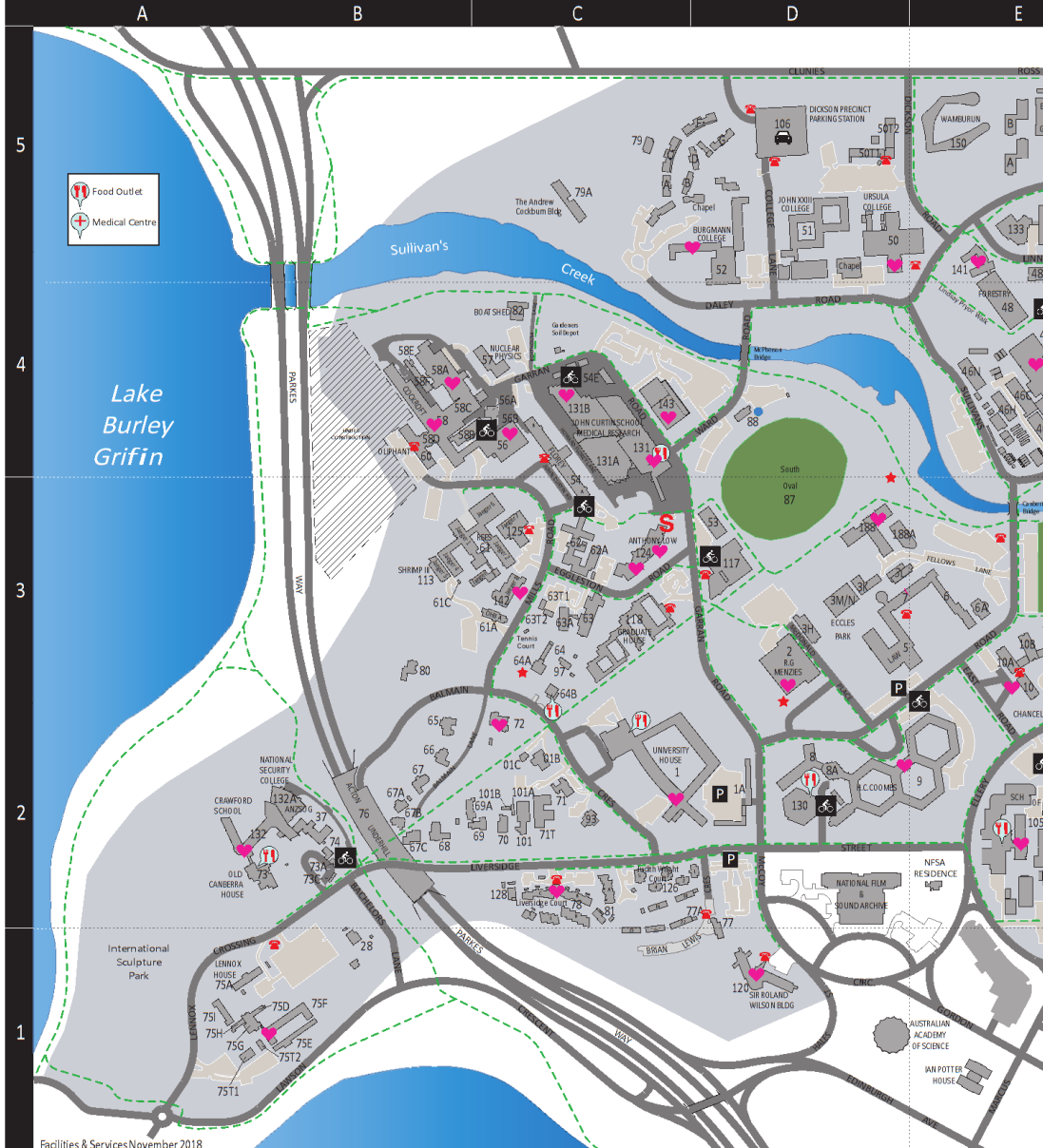
- Basic spices
- 5 clove garlic
- 10 small shallots
- 5 candlenuts (optional)
- 5 bird eye chillies
- 5 red chillies
- 2 teaspoons of shrimp paste

Other

- 2 portions of rice
- 2 eggs
- A bundle of bok choy
- 250 gr of chicken meat
- 2 pieces of spring onion
- Some oil, salt, and sugar
- Sweet soy sauce
- Cucumber
- Kerupuk

How to make

- Fry the chicken meat until becomes tender. Rest it for a little bit.
- While resting the chicken, put together all of the basic spices in the blender, don't forget to add a little bit of water. Mix it well.
- Chop the chicken, bok choy, and the spring onion.
- Add some oil to the wok, and fry the blended spices for a while, around 3-5 minutes.
- Add one egg to the wok, and mix them well immediately before the eggs become hard.
- Add the rice, and mix them well until the spices and the rice blend nicely.
- Add some salt, sugar, and sweet soy sauce, and mix them well.
- Add the chicken, bok choy, and spring onion, and mix them well.
- Serve it. You can make a sunny side egg and add some cucumber for garnish if you want.



Facilities & Services November 2018

Building Index

Build. No. and Building Name	Grid Reference	19	David Coking Building	3G	48	Forestry Building	D
1 University House	2C	21	PAP Moran Building	3F	48A	Geography Building	4F
1A Molly Huxley Building	2C	22	Haydon-Alien Building	3F	53	Central Stobr	5F
1B 26 Balmain Crescent	2C	24	Copland Building	2F	54	Fireye Building	2F
1C 24 Balmain Crescent	2C	25A	H W Arndt Building	2G	56	Leonard Huxley Building	2G
2 RG Menzies Building	2B	26	LF Crisp Building	2F	57	Nuclear Physics Building	3F
3H H Block	2D	26B	PAP Moran Building	3F	58	Cockroft Building	3F
3K K Block	2D	26C	College of Business and Economics	3G	59A	Heavy Ion Accelerator Facility	3G
3L Tuckwell Scholars	2B	28	Constables Cottage	1B	58B	Erich Weigold Building	1B
5 Law School	3D	29	Drill Hall Gallery	3G	58C	John Carver Building	3G
6 Law School - North Wing	3D	31	Ian Ross Building	4F	58D	Cockroft/Oliphant Link Building	4F
7 Law Link Bldg	3D	32	Engineering Building	3F	59	Therma-Chemical Lab	3F
8 HC Coombs Building - Extension	3D	35	Birch Building	4G	59F	Workshop / Oil Store	4G
9 HC Coombs Building	3A	35A	Craig Building	4G	60	Oliphant Building	4G
10 Chancery	2/E	35B	RS C Dangerous Goods Store	4G	61	Jaeger Building	4G
10A Chancery Building 10A	3E	37	WEH Stanner Building	2A	61A	Jaeger OHB A (Old Hospital Building A)	2A
10B Chancery Building 10B	3E	38	Physics Building	4F	62	M Block	4F
10C Chancery Building 10C	3E	38A	Physics Link Building	4F	62A	M Block Extension	4F
10T1 Chancery 10T1	3E	38B	Gravity Wave Building	5F	63	N Block	5F
12 Melville Hall	3F	39	Psychology Building	4F	63A	N Block Extension	4F
13 Beryl Rawson Building	3F	42	Peter Baume Building	6F	63T1	N Block T1	6F
13A CASS Graduate Student Centre	3F	42A	Peter Baume Building	4F	63T2	N Block T2	4F
13B Asian Studies Demountable	2F	44	WK Hancock Building - West Wing	4E	64	Gardeners Depot	4E
14 AD Hope Building	2F	44	Banks Building	5E	64A	Cookroft/Coombs Cottage	5E
15 JB Chifley Building	2F	45	John Yencken Building	4E	64B	The Licensed Grocer on Balmain	4E
18 Building 18	3F	45A	Fenner School Field Services	4E	65	20 Balmain Crescent	4E
		46	RN Robertson Building	4E	66	19 Balmain Lane	4E
		46G	RN Robertson - Loading Dock & Waste Disposal Shed	4E	67	16 Balmain Lane	4E
		47	DA Brown Building	5E	67A	14 Balmain Lane	5E



POINTS OF INTEREST

Accommodation	Grid	Bldg No.
Student Residences		
Burge Hall	5F	162
Burgmann College	4/5C	52
Burton & Garraan Hall	5E	49
Davey Lodge	2G	X001
Graduate House	3C	118
John XXIII College	4/5D	51
Kirchof Lodge	2G	X002
Laurus Wing	5E	5011/72
Lena Karmel Lodge	2G-2H	X004
Toad Hall	3C	30
Ursula Hall	4/5D	50
Wamburn	5E	150
Wamburn Lodge	2G	X003
Wright Hall	5F	163

Visitor and Staff Accommodation	Grid	Bldg No.
ANU Apartments	1C	77
Hotel at University House	2C	1

Childcare Facilities	Grid	Bldg No.
Acton Early Childhood Centre	2B	72
Good House on Campus-Early Lear	2B	67
Goodstart ANU	4G	647
Heritage Early Childhood Centre	1A	75
University Pre-School and Child Care	1A	75

Colleges	Grid	Bldg No.
ANU College of Arts and Social Sci	2F	13
ANU College of Asia and the Pacific	2D	9
ANU College of Business and Econo	3G	26C
ANU College of Engineering and Cor	4G	115
ANU College of Law	3D	5
ANU College of Medicine, Biology an	5F	42
ANU College of Physical and Mathen	5F	42
National Security College	2B	132A
National Centre for Indigenous Studi	E4	45

Eating Places	Grid	Bldg No.
Atticus Coffee	3G	26C
Bignelli Cafe at School of Music	2F	100
Coffee Grounds	3G	19
God's @ Hedley Buld	2D	130
Ivy & the Fox Cafe	2A	73
Kambri (kambri.anu.edu.au)	3F	153
La Baguette Cafe	2E	105
Little Pickle	4E	46
Licensed Grocer on Balmain	3C	64B
University House	2C	1
(Boffins Bar and Restaurant, Fellows	4C	54E
Vanilla Bean	4C	54E
Wig & Pen	2F	100

Retail and Entertainment	Grid	Bldg No.
Kambri (kambri.anu.edu.au)	3F	153
Cultural Centre	3F	153
Llewellyn Hall (School of Music)	2F	100

Lecture Theatres	Grid	Bldg No.
1-11 Barry Drive Teaching Centre	2H	O007
Acton Theatre	2A	132
Al-Falasi Lecture Theatre	3E	127
Australian Centre on China in the Wo	3D	189A
Bob Douglas Lecture Theatre	3F	23
Copland Lecture Theatre	2F	25
DNF Dunbar Physics Lecture Theatre	4F	39A
Engineering Lecture Theatre	4F	32
Fellows Road Law Lecture Theatres	3E	6A
Finkel Theatre, JCSMR	4C	131
Forestry Lecture Theatre	4E	48
HW Arnott Lecture Theatres 1 & 2	2D	25A
Hyton-Allen Lecture Theatre (The T	3F	23
HC Coombs Lecture Theatre	2D	8A
Huxley Lecture Theatre	4B	56
Innovations Lecture Theatre	3C	124
Law Link Lecture Theatre	3D	7
Law Theatre	3D	5
Manning Clark Theatre	3F	163
Miller Theatre, (Old Canberra House)	2A	73
Molongo Theatre	2A	132
Robertson Lecture Theatre	4E	48E
SRES Lecture Theatre	4E	48A
Weston Theatre	2A	132

Libraries	Grid	Bldg No.
Art and Music Library	2E	105
Chiffley Library (Humanities and Soci	5F	15
Hancock Library (Science and Techn	4E	43
Merzies Library (Asia - Pacific)	3D	2
Law Library	3D	5

Student Associations	Grid	Bldg No.
ANU Students' Association	3F	154
Postgraduate & Research Students' /	3F	154

F	G	H
4E 67B 12 Balmain Lane	2B 95 Fulton Muir Building	4G 134 Linnaeus Building
4E 67C 1 Liversidge Street	2B 99 Baldessin Parking Station	2E 135 Central Plant
3C 68 3 Liversidge Street	2B 100 School of Music - (Llewellyn Hall)	1/2E 136 Science Teaching Building
4C 69 6 Liversidge Street	2B 101 Liversidge Street	1/2E 137 Chemistry Building
4B 70 7 Liversidge Street	2B 103 David Hafford Building	5F 138 Chemistry Building
4B 71 28 Balmain Crescent	2C 105 School of Art	2E 141 Frank Fenner Building
4B 72 28 Balmain Crescent	2C 105A Baldessin Annex	14J Jaeger 8
4B 73 28 Balmain Crescent	2B 105B School of Art Transportable	2E 143 National Computational Infr
4B 72 Old Canberra House	2A 108 Dickson Precinct Parking Station	5D 145 Hanna Neumann Building
4B 73A Old Canberra House Block A	2B 108 Computer Science & Information Technology Building	4G 146 RSSB Building
4B 71 28 Balmain Transportable	2A-2B 109 Baldessin Annex	147 200 Jaeger 9
4B 75A Lennox House Block A	1A 110 Baldessin Precinct Building	2E 153 Cultural Centre
4B 75D Lennox House Block D	1A 113 Jaeger 5	3B 154 Di Riddell Student Centre
4B 75E Lennox House Block E	1A 115 Brian Anderson Building	5F 155 Marie Reay Teaching Cent
3B 75F Lennox House Block F	1A 116 Gould Building	5E 156 Health and Well-Being Cent
3B 75G Lennox House Block G	1A 117 Hugh Ennor Building	3C 188 Australian Centre on China
3C 75H Lennox House Block H	1A 120 Sir Roland Wilson Building	X005 111 Marcus Clarke
3C 75I Lennox House Block I	1A 121 Peter Karmel Building	2F C007 7-11 Barry Drive
3C 75T1 Lennox Transportable 1	1A 122 WK Hancock Building - East Wing	3D 2
3C 75T2 Lennox Transportable 2	1A 124 Anthony Low Building	3C 3
3C 76 Acton Undermill	2B 125 Jaeger 7	2A 2
3C 77 University Accommodation Services	1C 126 Judith Whight Court	2C 2
3C 77A 27 Brian Lewis Crescent	1C 127 Centre for Arab and Islamic Studies	3E 2
3C 78 Liversidge Court	2C 128 8 Liversidge Street	2B 2
3C 79A Andrew Cockburn Building	5C 130 Hedley Bull Building	2D 2
2B 81 14 Liversidge Street	2C 131 John Curtin School of Medical Research, 131A, 131B	4C 4
2B 82 Boat Shed	4B 132 J G Crawford Building	2A 2
2B 88 South Oval Pavilion	4C 132A GJ Yesend Wing	2A 2
2B 93 Churchill House	2C 133 Wes Whitten Building	5E 2

ANU Muslim Students' Association

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