



Murray Campus Council Presents
Velocity Magazine, Edition 2, March 2011
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From the Editors...

Hey Guys,

Hope everyone is revitalised from their 4 months of holidays, have survived the festivities of O week and settled into uni life!



Contents

O-week wrap up
Final Fantasy Report
UBS News
Cheap meals
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5 mins in the hot seat
Calendar of events

BEER TROUBLESHOOTING

SYMPTOM: Feet cold and wet.

FAULT: Glass being held at incorrect angle.

ACTION: Rotate glass so that open end points toward ceiling.

SYMPTOM: Feet warm and wet.

FAULT: Improper bladder control.

ACTION: Stand next to nearest dog, complain about house training.

SYMPTOM: Beer unusually pale and tasteless.

FAULT: Glass empty.

ACTION: Get someone to buy you another beer.

SYMPTOM: Mouth contains cigarette butts.

FAULT: You have fallen forward.

ACTION: See above.

SYMPTOM: Beer tasteless, front of your shirt is wet.

FAULT: Mouth not open, or glass applied to wrong part of face.

ACTION: Retire to restroom, practice in mirror.

SYMPTOM: Floor blurred.

FAULT: You are looking through bottom of empty glass.

ACTION: Get someone to buy you another beer.

SYMPTOM: Hands hurt, nose hurts, mind unusually clear.

FAULT: You have been in a fight.

ACTION: Apologize to everyone you see, just in case it was them.

SYMPTOM: Don't recognize anyone; don't recognize the room you're in.

FAULT: You've wandered into the wrong party.

ACTION: See if they have free beer.

SYMPTOM: Your singing sounds distorted.

FAULT: The beer is too weak.

ACTION: Have more beer until your voice improves.

SYMPTOM: Don't remember the words to the song.

FAULT: Beer is just right.

ACTION: Play air guitar.

uperher-O Week 2011

O-Week for 2011 began, for some, on Saturday the 19th of February with new students moving into the residences and meeting the people who would become their 'house families' for the next year. Parents and siblings stayed for an information session and dinner then headed off leaving the new residents to settle in and make new friends.

Monday was the real beginning for many of the University's new students, with our O-Week leaders busily taking group after group of new students on informative tours of the expansive Thurgoona campus. For some leaders this was a great opportunity to visit some facilities which they would not otherwise see as part of their various courses. Many (including ourselves) were very impressed with the labs and equipment that the health students have access to during the course of their studies and which we hadn't known existed previously.

The Superhero Beach party at new social centre 'The G' was a fun filled night attended by more than 700 new and returning students and guests. The match up superhero pictures game saw student mixing with many new people as they endeavoured to find their 'other half' in order to claim their prize from The G staff.

Tuesday saw a flurry of activity as students, parents and

community members bussed their way over to Trinity

College to attend the official commencement ceremony.

Whilst this was under way, a band of dedicated leaders and community organisations set up the Market Day showcase

back on campus. This day was attended and enjoyed by hundreds of new students who saw much that Albury-Wodonga has to offer and consumed a great deal of lollies and

pancakes to boot.

Tuesday night's Trivia contest at The G saw teams fight it out for some fantastic prizes and bonus rounds provided opportunities for beauty, dance skills and limbo abilities to be showcased and applauded.





Wednesday held the first of the academic information sessions and students were given the first batch of information which will help them to successfully begin their chosen studies as well as to meet lecturers and other people from within their courses. Students were also introduced to their Peer Support leaders and groups so they have a point of contact to ask questions and advice from someone who has been right where they are. The busy morning was followed by a scrumptious BBQ lunch and some more course specific info sessions. The Wednesday night event at The G was Poker Night where new players were coached in the art and experienced players shined up their skills. A fantastic night was had by all (especially the people in the final round, battling it out for a massive amp with an iPod dock!)

Thursday's Student Support information sessions saw a few less students in attendance but no less enthusiasm from the staff who were letting students know about the massive amount of services and support which are available to them.

Thursday's Gotham City Op Shop Formal started off a hit with some absolute ripper costumes everyone looked hideously beautiful in their Op Shop clothes. Nina Las Vegas and Bag Raiders rocked The G and it was GREAT to see everyone out on that dance floor having a ball!

The last day of the week saw about 40 students participate in the Amazing Race around the University. Students successfully completed all tasks with fun had by all. The Friday Recline at The G saw many students, staff and their families finish off a hectic week with a relaxing drink, some amazing music and a game of giant twister with new found friends.

Throughout the week all CSU campuses were raising money for Youngcare, which is an organisation that helps get young people that require assistance out of aged care facilities and into places with people their own age.

Though raffles, Lolly guessing competitions and the amazing race we raised \$500 which is a great effort thanks to all who participated in any of these activities.

The winners of the raffle were:

- 1st prize – Isobel Thompson (student)
- 2nd prize – Jasmin Dykstra (student)
- 3rd prize – George Pender (staff)

The lolly guessing competition was won by Jamie Lowe (student) with the correct guess of 377 lollies and the mystery prize of a \$15 coffee voucher to gossips coffee was Tom Millar (student)



Massive thank you to the O-Week Leaders who volunteered their time and helped out in a billion different ways. Without you all, we co-ordinators would have gone completely insane!! (which we almost did!)

We hope you had an AMAZING O-Week, made new friends and new memories that will stay with you forever I know ours did!

Thanks for an awesome week

Nat Lebner and Hannah Birkinhead
(O-Week Co-ordinators)

Thank you to the following businesses for donations and contributions to O-Week events & fundraising activities.

- Y-Fest Concert
- Gossips Coffee Bar - \$15 voucher
- Carv'n It Up
- Regent Cinema's & Intensity
- Sports Power - Albury
- Albury Ten Pin Bowling
- Warehouse Sales Electrical
- Regent Cinemas
- The G
- Fire Fly Coaches
- Co-op Bookshop
- CSU Global





Chaplaincy

Chaplains are available to support and assist students and staff - especially during the sometimes challenging transition to University life for new students.

The new Chaplaincy Coordinator at Thurgoona (starting 21 March) is Rev. Judy Redman. Judy has extensive experience in tertiary chaplaincy and comes to us from the University of New England, Armidale. Judy will oversee a group of volunteer chaplains who are available weekdays from 11.00 am - 2.30 pm.

The Volunteer Chaplains are:

Kim Beaumont (City Central Church, Albury)

Denis Devcich (Thurgoona Catholic Parish)

Br Denis Golden (Thurgoona Catholic Parish)

Allen Hampton (St John's Anglican Church, Thurgoona)

Marie Lee (St Matthews Anglican, Albury)

Prof David Mitchell (St Mark's North Albury and St John's Anglican, Thurgoona)

Elizabeth Thomas (St. David's Uniting Church, Albury)

You will find the chaplains in Room 111, Ground Floor in the Gordon Beavan Building (673). Students from all religious and faith backgrounds are welcome. Please feel free to drop in and say hi.

For more information: <http://www.csu.edu.au/division/studserv/my-life/support/communityspiritual/religious>

YOUNG VOICES NEEDED AT SUMMIT – HAVE YOUR SAY

What do you need to keep you studying, living and working in this region?

Organisers of the *Ideas on the March* Rural Summit to be held in Rutherglen in March want young people to attend and provide answers to this question - and tickets for fulltime students are just \$80 for the two-day conference.

One of the main topics for the summit is *Improving opportunities for rural young people*.

The summit is being hosted by the Indigo Shire Council in partnership with Rural Councils Victoria. Indigo Council's Economic Development Officer, Leanne Bussell said young people will hear from a range of speakers whose stories demonstrate how people act to face the issues of rural communities. "Lin Crase, Executive Director of La Trobe University at Wodonga will talk about strategies to engage and keep students in the region. This will be followed by discussion and we would like to

have the input of young people to tell the community what they need to keep them here," Ms Bussell said. The summit is designed and priced to be accessible to community members.

The summit will be held at All Saints Estate in Rutherglen on Wednesday and Thursday, 23 and 24 March. Student two-day ticket prices include all meals and are \$80. This includes the formal dinner on the Wednesday night.

For more information or to register, please go to

http://www.indigoshire.vic.gov.au/Services/Rural_Summit

For more information contact: Leanne Bussell on (03) 5728 8030

Say No To Fat Talk!

Start a different conversation - Say No to Fat Talk...
The Butterfly Foundation is supporting
Cosmopolitan magazines month long campaign to
Say No To Fat Talk in March.

The Butterfly Foundation is committed to raising awareness of the serious effects of negative body image and the critical links this behaviour has to body image disturbance, disordered eating and the very serious health consequences of an eating disorder.

It is important for people to understand that the way a person looks, their shape, size and appearance is not a measure of their true value.

With such a strong emphasis and focus on 'how we look' within our society, Fat Talk has sadly become an accepted means of communicating to ourselves, our friends and peer groups. Fat Talk directly impacts negatively on the way a person might feel about themselves or their body.

Unfortunately the more negatively a person thinks and feels about themselves and their body, the more likely they are to engage in unhealthy practices with food and exercise. The more regularly and intensely a person engages in these unhealthy practices, combined with other factors, places them at greater risk of developing

disordered eating or a clinical eating disorder - which severely impacts on a persons physical and mental health and penetrates every facet of their life, including work, study and relationships.

The Butterfly Foundation encourages everyone, regardless of their age or gender, to make a pledge this March to replace 'Fat Talk' conversation with supportive, kind and positive language. It is surprising just how powerful this can be in boosting your own and others, self esteem and body confidence.

Follow us this month on Facebook & Twitter

We encourage you to raise the topic of the dangers of Fat Talk with your peers, friends, family and work colleagues and actively work to change the dialogue used when discussing appearance, shape and size.

For more information about Fat Talk and the campaign please visit our website.

The Butterfly Foundation is Australia's largest charity supporting people with eating disorders and negative body image and provides free support to all Australians via 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au (Monday-Friday, 9am-5pm)

The Butterfly Foundation Team

'Celebrating Diversity in 2011'

“A Call for Volunteers”

to assist in the development of sport for people with intellectual disabilities

For the thousands of people with an intellectual disability in Victoria, sport is a way of celebrating and transforming their lives. In sport, every effort is rewarded with a smile and every journey is more momentous than any victory.

Special Olympics is a global not for profit organisation with a presence in almost 200 countries worldwide, providing year round training and competition for people with an intellectual disability. It provides athletes the opportunity to train and compete at levels from regional right through to International.

Special Olympics Victoria (SOV) provides ongoing sports training and competition for children and adults with an intellectual disability. Through the work of dedicated volunteers our programs are offered within 13 regions and in 14 sports across Victoria. One of these regions is Ovens & Murray and they require more volunteers to get involved in various volunteering roles.

We invite you to discover what Special Olympics is all about and what the Victorian branch of this worldwide organisation hopes to achieve over the next few years by attending an information evening at the Albury City Council on Thursday 17th March commencing at 6pm.

For more information please contact the SOV State Office on (03) 9275 6922 email victoria@specialolympics.com.au

Or

Mandy Wilson – SOV Ovens & Murray Representative

on (02) 6023 8295 / 0409 468 848





However the overall winner was green house who put in an outstanding competitive edge to final fantasy, with blue house coming closely second.

Overall everyone had a really enjoyable time at final fantasy and green block better watch their back as final fantasy may be the last time they see that belt!



LEFT: Ninja Daniel 'Ren' Jacobs

KICK OFF CAMP!

What are you doing on the weekend of the 18th-20th March?

Studying? Facebooking under the guise of studying?
Sitting at home bored?...



Fancy late night hiking, mud sliding into a dam, bonfires or improving your cross-border relations by meeting our friends over at La Trobe Wodonga?

Well here is your chance!

At the **end of Week 3**, a bunch of people from Uni Bible Study are heading out to a farm on the other side of Wodonga for a **great weekend of chilling out**, getting to know one another and God better through awesome times hanging out, already mentioned fun stuff and reading the bible.

Cost?

- Only \$35 for the whole weekend, which covers everything!

What to bring?

- Yourself
- Some warm cloths
- Your sleeping gear
- An adventurous spirit

For further details, contact **Dave Fowler**: 0402600010, email: ubsalbury@gmail.com or check us out on Facebook.

Better yet, come along to one of our regular groups and see what we are about. Every Wednesday @ 3.30pm, CD Blake, Room 111.

UBS Happenings

Regular Events

- **TNT (Tuesday Night Training):** Dinner and Gospel training every Tuesday over with our friends at *La Trobe, Wodonga*. 5.30pm, *The Hangar*
- **Wednesday Bible Study:** Awesome teaching from the bible followed by arvo tea and a chance to hang out. 3.30pm, *CD Blake, Room 111*.
- **Small groups:** meet with other students to read the bible.

Other Happenings to watch out for!

- Bonfires
- Movie nights
- Progressive dinners
- Chicks/Blokes nights
- JAWS (Jesus Awareness Week): Our campus outreach week where we host events, give out free food and take to the campus with the Good News!
- MYC (Mid-year conference): A week-long camp in the mid-semester break where we get together with other Christian uni groups from all the other CSU campuses to learn from God's word and each other while having tonnes of fun.



Next Steps:



Building a new engagement agenda

Leadership | Research | Partnerships | Learning

AUCEA International Conference

11-13 July 2011

Sydney, Australia

Student Showcase of Community Engaged Learning

A Student Showcase of Community Engaged Learning will be a feature of the programme at the 8th AUCEA International Conference. Entitled "**Next Steps: Building a new engagement agenda**" the conference is being held at the Sheraton on the Park in Sydney from 11-13 July, 2011.

Conference Aims to:

- Provide a forum for provocative and interactive discussion about University-Community Engagement in Australia and across the world;
- Provide an opportunity for universities to showcase University-Community Engagement research, theoretical aspects and best practice;
- Engage with individuals and organisations outside of the higher education sector in order to better sustain University-Community Engagement;
- Provide a venue for high quality 'scholarship of engagement'; and
- Attract new members, individuals, institutions and organisations, to AUCEA from across Australia and internationally.

The conference aims will be enabled through active delegate participation, the sharing of knowledge and experience, and presentations that focus on the identified themes and streams (see below).

AUCEA will sponsor the registration of up to 2 students from each AUCEA Member University to attend the conference on **Wednesday 13 July 2011**. Daily student registration is valued at \$150. It is proposed that each Member University nominates up to 2 students to submit a Proposal for a Poster (electronic or hard-copy) to be displayed throughout the conference. The Proposals will be reviewed and students need to demonstrate their experience of community-engaged learning while reflecting the conference themes and streams as outlined below. (See <http://www.aucea.org.au/news/call-for-proposals-2011-conference/> for further details)

Conference Themes:

- Leadership
- Learning
- Research
- Partnerships

Conference Streams:



- Collaboration
- Community Voice
- Action and Change

A dedicated venue will be established for the display of **Student Showcase of Community Engaged Learning** posters. Students must be available at their poster to answer questions or conduct a conversation about their poster at a designated time on Wednesday 13 July 2011 at the conference.

Posters can illustrate or describe learning outcomes, and/or elaborate on the experience of Community Engaged Learning from a student perspective. Posters may include photographs, statistical tables, figures, charts, or other graphic material relevant to the project and e-posters are also encouraged.

Student/s may also have the opportunity to do a 5-minute presentation as part of the Student Showcase session on **Wednesday 13 July 2011**. It is proposed that each member university would cover the student/s travel and accommodation costs

About Community Engaged Learning

Community Engaged Learning can take on many guises. It can include: Students in Free Enterprise (SIFE), work integrated learning, internships, academic service-learning, international experiences and other forms of experiential learning that provide opportunities for students to develop a sense of commitment to their career, certainly, but also a commitment to lifelong learning and the betterment of their communities.

Research has shown that engaged teaching strategies enhance student retention, career selection, academic performance, and the development of social and civic responsibility. These positive effects arise from student opportunities to learn outside the classroom where they experience knowledge through direct action that confers benefits such as self-esteem, confidence, communications skills, and motivation.

Student learning as part of an engaged teaching program will ensure graduate employability while also communicating leading edge knowledge to the government, business, industry, school and community-based settings that host students. Because of the positive impacts on student learning and development, engaged teaching strategies are important and enriching activities that universities seek to provide, within the resource constraints created by current funding models driven by lecture-dominated instruction. Engaged teaching and learning depends on external partnership relationships and the greater benefits in learning are derived from a greater investment in experiential and active learning models.

Source: <http://www.aucea.org.au/publications/position-papers/>

Cheap meals for uni students

EASY CHICKEN STIRFRY

Ingredients

- 300g chicken breast fillets
- 1 tablespoon sweet chilli sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon soy sauce
- ½ teaspoon chilli flakes
- 1 red capsicum, diced
- 1 green capsicum, diced
- 6 shallots, diced
- 1 head broccoli, separated into florets

Method

1. Thinly slice the chicken breast fillets. Heat a frying pan, add the sweet chilli sauce, hoisin sauce, soy sauce and chilli flakes and stir well.
2. When the sauce begins to bubble, add the chicken fillets and stir to combine. Cook for 2 minutes, then add the vegetables and stir-fry. Cover and cook for another 3 minutes, stirring regularly. Serve with boiled rice.



Banana Pancakes



Ingredients

- 2 tablespoons butter
- 2 cups pancake pancake mix or 375g shaker pack
- 2 medium bananas, sliced
- ¼ cup cinnamon sugar
- 1 1/3 cups golden syrup
- 6 small scoop ice cream

Method

1. Combine the pancake batter and sliced bananas.
2. Heat the butter in a frying pan and cook the pancake mixture in butter in the pan until bubbles appear on the surface. Turn and cook until golden in colour.
3. Serve each portion with a good sprinkle of cinnamon sugar, golden syrup, and a scoop of ice cream

2011 CSU Student Discount Directory

**HEAPS
FREE
STUDENT
OPTIONS
IS HEAPS
GOOD**

If you're a full time student get heaps good benefits.

To get heaps free, drop into your local Albury branch at 482 Dean Street, 02 6023 966.



Quality second-hand goods, CHEAP!!!

Tender Centre Wodonga

www.tendercentre.biz/wtc

No processing charge or 1/2 price delivery, on presentation of your Student ID card


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Phone 02 6056 1313
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10% off all of our services when you show your student card @

Blush Me > Beauty & Nails

Shop 3, Sesame St Wodonga

60241979



stathfield
in tune with you

'yes' OPTUS Premium Dealer

10% off on all stock store wide to ALL STAFF AND STUDENTS when you present your CSU ID card

- * Not including Mobile phones, recharge vouchers and sale items.
- * Special offers on Mobile phone accessories when you sign up on new Optus plans

Cheap Tuesday Student Meal Deal

Go to the
Gums to get
the \$2 meal
of the day
(cash only)



Sports Equipment

There is a range of sports equipment to borrow, either during breaks in class or overnight. See Kerry Read to Borrow items.

As a CSU student you can use the tennis courts free at Thurgoona Country Club



Sports Subsidy

If you are playing in a local sporting comp or have a membership at a local gym the MCC will subsidise 25% of the cost (up to \$100). Just bring your receipts/proof into Kerry Read

Student Funding

If you're doing some extra curricula type activities that add to your student experience, you maybe able to receive some funding from the MCC to help with costs. Eg. Conferences
*Cannot be used for academic requirements

Murray Campus Council: CSU Albury-Wodonga SRC

Above are some of initiatives put in place by the MCC for student benefit. If you have more ideas, have issues about the campus or would like to be part of the MCC, please contact the Student Support Officer— Kerry Read

Building 672, Ph: 60519130, kread@csu.edu.au



5 minutes in the hot seat with...

Adrian **RED** Carey



Course: Physiotherapy 3rd year

Hometown: Umina beach (central coast)

Favourite pick-up line: I don't need pick up lines, I've never needed one

If you could take anyone on a date, who would it be? And where would you take them? Marilyn Monroe, for a walk on the beach and Italian food

Quote of the day: "If toast always lands butter-side down, and cats always land on their feet, what happens if you strap toast on the back of a cat and drop it?" Stephen Wright

most embarrassing CD: Shaggy- hot shot

It scares me, but I'd love to... sky dive

If I was prime minister I would: make every week have a 3 day weekend

Funniest memory: seeing Lisa try and eat a bedrock tablet without putting it in water first

I have never understood: why people bag out rangas

If you could be reincarnated what would you come back as? A blue whale

when I grow up I want to be orangutan.



We are always looking for

5 minute in the hot seat

candidates, so nominate yourself or dog your friend and send them into:

csuvelocitymagazine@gmail.com

There are also Gums vouchers and movie tickets available for velocity contributions so get writing!

What's On 4 Term 1!!

	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Week 2	7 MARHS Welcome Night Mellow Monday @ The G	8 Clubs day 11am -2pm Poker @ The G	9 Health & Rehab Club welcome @ The G Netball @ JC King Park Joker Poker @ The G	10 Pod & Physio Club Welcome Night @ The G	11 International Club Welcome BBQ OT Club Mystery Bus Tour Friday Unwind @ The G	12/13 Sunday Sport run by RA's
Week 3	14 Mellow Monday @ The G	15 Poker @ The G	16 Netball @ JC King Park Joker Poker @ The G	17 St Pat's Day @ The G, from 2pm The King Cannons	18 Friday Unwind @ The G	19/20
Week 4	21 Harmony Day Mellow Monday @ The G	22 Poker @ The G	23 Netball @ JC King Park Joker Poker @ The G	24 Southern Zone Challenge Sports Day, Wagga & Latrobe come to Albury	25 Albury Gold Cup	26/27 Sat: NRL Screened on Oval (BIG SCREEN) Sunday Sport run by RA's
Week 5	28 Mellow Monday @ The G	29 Poker @ The G	30 Netball @ JC King Park Joker Poker @ The G	31 Mardi Gra, 7:30pm @ The G	1 Apr Residences Dinner Friday Unwind @ The G	2/3

St Pat's Day, Thursday 17th March

Start your day @ The G

Doors Open 2pm, free entry

Bands 5-8pm, featuring The King Cannons
& 'Red' playing his Bag.....pipes

