

# VELOCITY

A group of students are jumping on a large, colorful inflatable castle. The castle has sections in yellow, orange, and red. The students are in various poses, some with arms raised, suggesting they are jumping or playing. The background is a plain wall with a yellow and brown pattern.

## In This Edition:

- Letter from the Editor
- OT week timetable
- MARHS compressed
- WMHD report
- Muffins!

And

- Your all important Uni calendar.

Photo: see that stress melt away! Students took full advantage of the jumping castle, one of many activities for World Mental Health Day at the City campus on October 10

# Letter from the Editor...

Wow, is it that time of the week again?? O well!

Its been a bit of a crazy past 2weeks, thinking now, I'm not even sure if it really IS 2 weeks that have passed. 4 weeks of Uni left for the year - its all a bit exciting really (and if it wasn't for the 6 assessment tasks that I have to do in those 4 weeks it could be a whole lot more exciting now that the weather is warming up)

Talking of warming up, I'd like to congratulate all those students who have been accepted into various international study exchanges, I myself am off to Canada for 6 months mid December and I'm sure even plunging myself into the -30°C conditions that I've been promised is going to be a life changing experience. If you're thinking of going on an exchange or maybe you just want some more information on what you can do - email our wonderful exchange liaison Lynn at [LFurze@csu.edu.au](mailto:LFurze@csu.edu.au) or visit the web site here: <http://www.csu.edu.au/division/internat/exchange/>

On Saturday the 20<sup>th</sup> of October Albury was host to around 70 performers from across VIC and NSW for the 6<sup>th</sup> annual Applause festival/busking competition. I was there with bells on (no, really, I had bells on and I've been dieing to use that line) for the event and had a great day out playing my violin, Irish bouzouki, recorders, singing and telling a few stories. The art of busking is one that I have practiced for a long time and its really great to be able to show off your stuff at an event like this. Now, I'm not sure how they do the judging of the comp - but there are 6 divisions on the day that fit in the acts - under 16's, youth and Open (aka everyone over 18) - for both performing arts and for music. (I was competing in Open Music)

After 2 half hour performances on Dean street, I was called by the organisers saying that I'd won first place - making it the second year in a row that I had done so. Not bad for a folk muso who grew up in Bega really!

So, what do we have for you this week...

World Mental Health Day was a hoot in at the city campus, (you'll find a report as you read deeper). This week is OT week and the club has a few things planed. And don't forget that as the weather warms up - and your wanting to get outside - that the uni has some sports equipment that is available for students to use (just see Kerry in at the shed).

Just one more note from me - please keep sending in those articles - I know that we all feel like we're on the home stretch going into summer and all that, but the reality is that uni is going for another 6 weeks - so keep up the good work. I'll still be doing most of velocity while I'm in Canada - but don't think I cant reach you just because I'm on the other side of the globe. The internet is an awesome thing, and I have several people who have offered to help with the 'on the ground' work that needs to be done. (thanks Wendy, Doug and Kieran)

Thanks for your comments on the magazine - I do read them all, and talking to people out there (you people, the readers not just random people!) it seems that your all enjoying what goes in.

Thanks to:

**Kerry Read**

**Amy Anderson**

**Chris Wilson**

**Bridget Leahy**

**And Danielle**

For their fantastic input making this edition possible.

**Want Velocity in colour?? Just email the magazine:**

**[CSUVelocityMagazine@gmail.com](mailto:CSUVelocityMagazine@gmail.com)**

**and I'll add you to the mailing list**

***Sven Helland.***

# OT WeEK:

## WhatS ON

Occupational Therapy Week 2007 will be held from Sunday 21st to Saturday 27th October.

### Events:

Wednesday 24th - BBQ breaky @ Uni, 9:00 - 11:00

Egg and Bacon rolls, gold coin donation



Not quite sure what OT is or what OT's do? come along to OT info night and find out

Thursday 25th - starting @ 7:30 - 8:30

### Guest speakers include:

- ◆ Representative from Get Together House Wodonga;
- ◆ Students who went on placement to Vietnam & Canada sharing some stories
- ◆ Supper included
- ◆ All money raised throughout the week goes to Get Together House - a local mental health community group.

Also: were running a comp during the week to see which year can raise the most money for Get Together House. SO put your thinking caps on and talk with your year reps about money making ideas.

# Sports Equipment



The Murray Campus Council has sporting equipment available to borrow at no cost for students.

**Items available** – basketballs, soccer balls, footballs, volleyballs, touch footballs, tennis rackets & frisbees

You can also use the tennis courts located on Mitchell St

Equipment & key for tennis courts available from Kerry Read (Student Support Officer) located in the Shed (Albury City Campus)

\* Your student ID card will be held onto while you borrow the equipment.

---

## **EDUCATION CLUB WANTS YOU!!!!**

**FOR THE LAST PARTY OF THE YEAR  
WEDNESDAY THE 14TH NOVEMBER**

**8PM ONWARDS**

**SLOSHED COD**

**\$2 MEMBERS, \$5 NON-MEMBERS**





# MARHS



**Executive:**

**Multidisciplinary Albury Rural Health Society**

**Co- Presidents:**

Jodi Frogley  
Sherin Kingston

**NRHN Reps:**

Daniel Baker  
Kathleen Denny



**Treasurer**

David Shannon

**Secretary**

Jessica Drummond

**Whats New?**

MARHS and the NRHN are now groups on Facebook! Join them both now

Because MARHS believe that jumping around and a massage makes for a healthy mind!

MARHS, CSU Albury's rural health club, is proud to have been able to contribute to the festivities and gaiety that was Mental Health Awareness Day!

We are sure Mental Health Week 2007 will be a memorable one, with many of us channelling the child within by having fun in the sun, jumping around, and relaxing! MARHS would like to thank the National Rural Health Network (NRHN), a derivative of the Department of Health and Ageing, whose funding allowed us to provide students (and other Uni staff!) with the jumping castle and neck massages, which were an enormous success! Well done to all the MARHS members who helped on the day, and thanks also to the other CSU clubs and association for creating a festival atmosphere and putting on such a great day for all!

**Members: Collect your Mental Health Guide and Rural Placement Guide**

In March 2007, at the NRHN Forum Jeff Kennett launched this Mental Health Guide "When the Cowpat Hits the Windmill" for health students who are to attend a placement in a Rural or Remote area, very relevant to CSU students. It has practical ways to ensure you are prepared and are coping! It also contains personal accounts and experiences from many different students who've attended these areas. Also available, is the Rural Placement Guide...both well worth the read! Ask the MARHS executive for your copy.



**CROC FEST SEPT '07**

In the Sept break 8 members of the MARHS club, in two hot looking cars, embarked on the 6hr trip to Dubbo for the 2007 Croc Fest, an event which brings students from surrounding primary secondary students together for an enlightening educational experience. We, along with numerous others from various NSW universities, represented the NRHN and taught the students about what different health professionals do, university life, how the body works, a novel way to peel apples, and how to be the quickest at donning scrubs! What did we get out of it? Among other things, fantastic networking opportunities, questionable stilts and unicycle skills, a leisurely bike ride around the Zoo, and a greater understanding of other health disciplines. MARHS will certainly support students who would like the opportunity to attend future Croc Fest's.



Pic: Evan, Daniel, Gemma, Jocelyn, Bridget, Jeremy, Jodi, Kristen, and Rahm relax for an entertaining night out at one of Dubbo's locals!

**Rural High School Visits (RHSV):**

So far this year MARHS has travelled to Wodonga High School, Albury High School, Finley High School, represented Albury CSU in Wagga, and held its first RHSV Night for Parents and Students. A huge THANKYOU to those who have helped plan, organise, and execute these visits— as they would not go ahead without CSU student support.



# World Mental Health Day



On **Wednesday 10<sup>th</sup> October** we promoted **World Mental Health Day** on Albury City Campus with a 'Stress less' theme. Lots of students and staff were able to have a go at the activities on campus and it seems from the feedback that everyone enjoyed the day immensely.

**MARHS** were the biggest sponsors behind the day providing the awesome giraffe jumping castle and the free massages from Hand on Health.

The **Murray Campus Council** provided the badge maker, which was nearly worn out by the end of the day, the art supplies for the art therapy and gazebos.

A group of **4<sup>th</sup> year OT** students contributed their time to co-ordinate the art therapy.

**Student Services** provided the yoga, qigong and meditation.

There was also the fabulous performance by the Fruit Bats a local group of people over 50 years old with the oldest members being about 77 years old. They juggled, balanced, danced and showed us that keeping active and learning new things is so important no matter how old you are.



We had about 7 students ride in from Thurgoona as part of the activities and some local community health workers from Greater Southern Area Health came down and offered advice and information on mental health issues at the mental health information stand, where we had loads of information supplied by beyond blue, NSW mental health strategy and the Australian Government Department of Health and Ageing.



A lot of people felt it was the best day activity that they have had on campus in

their time here and would like to see more things like this happen again. Some people felt it could have been advertised better. There were lots of posters put around on both Albury & Thurgoona campuses prior to the event, messages were put on What's New for a whole week, messages on forums and there was advertising done in the last two editions of this magazine. We would welcome feedback to know how we could better get the message across for any future activities we are holding.



A lot of people suggested water activities would be great to have next time. We decide to steer away from this, this year due to the drought and not wanting to waste water, but it would be great!!

Thank you to everyone that helped with organising in the lead up to the day and also to those people who helped out on the day, by all accounts it was a great success.

If people have ideas for future activities please let your student representatives know from the Murray Campus Council of come and talk to me (Kerry Read – Student Support Officer).





# CALENDAR

IF YOU WANT YOUR FUNCTION PUT INTO THE CALENDER, EMAIL IT TO  
[CSUVELOCITYMAGAZINE@GMAIL.COM](mailto:CSUVELOCITYMAGAZINE@GMAIL.COM)

(Updated 21<sup>st</sup> October 2007 - **please note that some dates are subject to change**)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OCT</b>	22. • Ultimate Frisbee @ Billson Park 6-8pm • MARHS club meeting 5pm @ the Shed.	23.	24. • OT Breaky @ the Cod 9:00-11:00 am • Education Club meeting @ the gums café 3:15 pm	25. • OT info night 7:30pm	26.	27.	28.
<b>OCT/NOV</b>	29. • Ultimate Frisbee @ Billson Park 6-8pm	30.	31. • Enviro Network meeting 6:30 pm @ the Cod • Parks and Eco meeting 7:30 @ the Cod	1.	2.	3.	4.
<b>NOV</b>	5. • Ultimate Frisbee @ Billson Park 6-8pm • MARHS club meeting 5pm @ the Shed.	6.	7. • Education Club meeting @ the gums café 3:15 pm	8.	9.	10.	11.
<b>NOV</b>	12. • Ultimate Frisbee @ Billson Park 6-8pm	13.	14. • Enviro Network meeting 6:30 pm @ the Cod • Parks and Eco meeting 7:30 @ the Cod • Education Club Christmas party @ the Cod.	15.	16. • Last Day of 2007 semester	17.	18.
<b>NOV</b>	19. • EXAMS START	20.	21.	22.	23.	24.	25.
<b>NOV/DEC</b>	26.	27.	28.	29.	30. • EXAMS FINISH	1.	2.

## Carrot, Zucchini & Walnut Muffins

**Preparation:** Approx. 20 mins | **Cooking:** Approx. 20 mins | **Makes:** 12

### Ingredients

- Butter, for greasing
- 2 cups self-raising flour
- 2/3 cup caster sugar
- 1 tsp ground cinnamon
- 1 1/2 cups grated carrot (1 Medium)
- 1/2 cup grated zucchini (1 Small)
- 1/2 cup walnuts or sultanas
- 100g butter, melted
- 2 eggs, lightly beaten
- 1/2 cup reduced fat milk or normal (depends how healthy you want to be)

**Note:** Store in airtight container and best eaten within the next couple of days

Enjoy ~ Amy.

VELOCITY

### Instructions

1. Preheat oven to 200 degrees. Grease 12 muffin pan with butter or line with paper cases.
2. Sift flour into large bowl. Stir in caster sugar and cinnamon. Add carrot, zucchini and walnuts. Mix until well coated with flour mixture.
3. Wisk butter, eggs and milk together in a medium bowl. Using a large metal spoon, quickly fold butter mixture into carrot mixture until just combined.
4. Spoon mixture evenly into muffin pan. Bake for 18-20 min or until cooked through when tested with a skewer. Remove a cool in pan for 5 min. Transfer to a wire rack to cool completely.
5. Eat and enjoy the tasty goodness of yummy muffins!!!  
October 2007, EDITION FIVE