



Murray Campus Council Presents
Velocity Magazine, Edition 4, April 2011
CSUVelocityMagazine@gmail.com

From The Editors...

Hey Guys!

Hope you all had a fabulous holiday and that the Easter Bunny spoiled you rotten!

Enjoy the rest of the term,

Erin, Kate, Ro and Bec.



Sotally Tober

Starkle starkle little twink

Who the hell you are I think

I'm not under what you call

The alcofluence on incohol

I'm not drunk like twinkle peep

I don't know who is me yet

But the drunker I stand here

The longer I get

Just give me one more drink

To fill me cup

'cuz I got all day sober

To Sunday up.

Remember guys if you want your face in Velocity or have anything you want to contribute to the magazine email us at csuvelocitymagazine@gmail.com or post pictures on our facebook site Velocity by MCC!

2011 CSU Student Discount Directory

**HEAPS
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STUDENT
OPTIONS
IS HEAPS
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60241979

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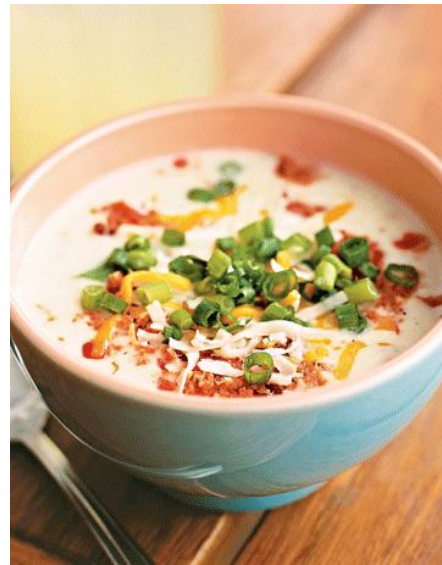
534 David Street, Albury ph:02 6041 5855

Cheap meals for uni students

Potato and Bacon Soup

Ingredients:

500 gm (1 pound) potatoes, peeled and cubed
1 teaspoon oil
chopped
ounces) bacon pieces
plain flour
beef stock powder
chopped parsley
of chopped chives



4 cups of water
1 onion,
125 gm (4
2 tablespoons
2 teaspoons of
2 tablespoons
2 tablespoons

Method:

Cook potatoes in water until just tender. Don't drain.

In separate pan heat the oil, add the onion and bacon. Sautee until the onion is golden brown. Add flour to bacon and onion mixture, stir until flour has browned a little.

Put the onion and bacon mixture into the potato pan and stir until soup boils and thickens. Add stock powder, parsley, chives and salt and pepper.

Serves 4 - 5.

Creamy Tomato & Basil Chicken

Serves 4

- * 500g cherry tomatoes
- * 4 chicken breasts, sliced
- * 250ml low fat Philadelphia cooking cream cheese (or just sour cream)
- * 1/4 cup basil, torn



Method

1. In non-stick frying pan, add 2 tbs water & sautee tomatoes for 2 minutes. Set aside.
2. In the same pan, sautee chicken for 4-5 minutes, turning once
3. Add cream/cheese, season with salt & pepper. Stir to melt over low heat.
4. Simmer 4-5 minutes until slightly thickened. Add tomatoes & basil. Mix. Serve.

CSU Blood Drive

2011



**Australian
Red Cross**

Charles Sturt University is running a cross-campus competition between 4 April and 24 June to see who can donate the most blood. CSU has organised the competition in association with the Australian Red Cross Blood Service to help raise awareness of the need to donate blood, and to encourage people to do it more regularly.

The competition is open to all CSU students, both internal and distance. All you need to do is:

- Join Club Red online at **donateblood.com.au/clubred** and select the "CSU Charles Sturt University" group. Enter your campus under "location".
- Make an appointment to give blood by calling **13 14 95** or book online at **donateblood.com.au**.
- Mobile blood banks also count, so be sure to donate when the Blood Bus rolls in to uni.
- Remember to register each donation you make.

A single blood donation can save the lives of 3 people and takes less than an hour. Turn your university pride into something life-saving and give blood!



Australian Red Cross

BLOOD SERVICE

Mitch Seaton

Australian University

Rugby League Team



Flying over, I had no idea what I had got myself into. A squad of 21 and a support staff of 11 going over to tour France and England to take back two trophies that would cement Australia as one of the powerhouses in world rugby league. We flew into France settled into our hotel which was a ten minute plane ride from Paris. Talk about an amazing city, filled with some of the world's greatest man made buildings like the Eifel Tower and the Arc De Triomphe. Blown away by the culture and the sights, still we knew we had a job to do in preparing to play 5 games over 3 weeks. Being an Australian side, we had boys from all over our country, which meant it was impossible to do a whole team training run before we had left Aussie shores. So we did two sessions a day, one in the morning and one in the afternoon working on defense, attack and game plans that would beat the French and the Poms. It was amazing; it was like we had been training for months. Everyone was getting along so well and gelling with combinations which put a really positive feeling amongst the group.

Game one had come and we were to play a warm up game vs the French Selection 13 at Jean Guimer Stadium Nanterre. With our speed, size and strength we were able easily account for the win, running out convincingly. Game 2 was our first test match vs the French university side. Playing in front of a vocal crowd at Mercier Stadium in Paris, we stood arm in arm and sang our national anthem. At this moment it hit home, I was representing my country, my family and myself. Something I had dreamed of doing throughout my childhood. We started off slow letting the French dominate us in all areas of the game. For 70 minutes we played like rubbish, making mistakes, dropping the ball and playing un-Australian like football. But with 10 minutes to go and down by 14 we clicked and score 3 tries to snatch victory on the buzzer. Our first test match win and winning never tasted so sweet winning 30-26. With only playing a one off test against the French, we caught the euro star train over to England to try and conquer the old enemy. Our first point of call when we came to England was to stay and play at the English combined services barracks in Gosport. We slept, ate and showered like we were a soldier, which was an eye opener to say the least. To warm up for Great Britain we battled the combined services rugby league team. Playing in -4 and snow we dominated the lads from the get go. Their size and strength was no match for our speed, winning

convincingly 50-0. From there we travel 4 hours to Manchester. If we thought it was cold in Gosport then we had another thing coming, with the thermometer dipping to -13 on occasions. We went into camp in St Helens and with the English organizing our itinerary and our accommodation we had been stitched up. Staying in an old high school boarding house where there were 12 to a room and the living conditions were quite low. The English had got a small victory over us but we would make sure that was the last. We pushed this aside and started to prepare for our first test match vs Great Britain. Before the game we were presented our jersey by Royce Simmons former Australian rugby league representative and West Tiger's assistant coach, which was an honor in its self to meet a man of such high regard. As we sung our national anthems and then the ashes rivalry arose. It was game time. It was a brutal encounter with two teams bashing each other to gain ascendancy over the other. The Poms started to take the upper hand with them scoring 3 unanswered tries. We needed a lift and 3 minutes before half time I was able to hit a hole and set our halfback up, got our first try and just like that the momentum changed in our favor. After half time we dominated, playing typical Australian football. We scored 30 points after half time to win the first match 30-20. We travel 2 hours to Cheltenham to prepare for our last match of the tour. With England experiencing their worst start to a winter in 42 years we were forced to move venues due to the fields being fully frozen! Much like the first game it was a physical match with each side wanting to smash the other. We came out of the blocks playing our best football of the whole tour, scoring 30 points and being able to dominate the other side. Great Britain fought back but they left their run too late with Australia capturing the ashes they had lost 4 years ago. Winning had never felt so sweet.

Thank you again to Charles Sturt University Albury for all your support.



CAREER DEVELOPMENT FOR FIRST, MIDDLE & FINAL YEAR STUDENTS

Careers Service Appointments and Workshops for Wagga and Thurgoona campuses.

Always available online <https://careerhub.csu.edu.au/> AND
<http://www.csu.edu.au/division/studserv/my-studies/careers/workshops>

Always available face-to-face. Steps to a Student Appointment with a Career Development Officer:

1 - Register to use CareerHub - <https://careerhub.csu.edu.au/RegisterCurrent.chpx>

2 - Login to CareerHub - <https://careerhub.csu.edu.au/Login.chpx?ReturnUrl=%2fdefault.chpx>

3 - View available appointments in CareerHub <https://careerhub.csu.edu.au/Appointments.chpx>

Job search also available. Contact Paul Worsfold pworsfold@csu.edu.au for further information.

Introducing Judy Redman... Our new chaplain

Judy Redman is the new Ecumenical Chaplaincy Coordinator on campus. Judy is a Uniting Church minister with nearly fifteen year's experience as a university chaplain. She's worked at Monash Gippsland and the University of New England before coming to Albury Wodonga, where she spends half her time at CSU and the other half at La Trobe. She coordinates a team of volunteer chaplains from a range of different churches, with the aim of having someone on campus every day. She is always happy to "do coffee" and usually keeps a good supply of "real" coffee and "real" decaf on hand for people who drop in, together with a range of "real" and herbal teas and some biscuits.

Judy has worked with both Australian and international students of all faiths and is strongly committed to helping people to find the spiritual expression that best meets their needs. She has tertiary qualifications in Agricultural Science (Animal Husbandry), Human Nutrition and (not surprisingly) Theology and is currently working on a PhD on the parables of the reign of God in the Gospels of Thomas (no, there isn't a Gospel of Thomas in the Bible) Matthew, Mark and Luke. At UNE she did some teaching in the area of Early Christianity and at Monash, she was the world's first chaplain to a virtual university campus.

Amongst her other interests are: sustainability and ecotheology; the peace movement; cooking; and reading fantasy and detective books—Phyrne Fisher and Mma Precious Ramotswe being two of her favourite detectives. She also tries to go to the gym regularly, because regular exercise is good for you. :-)

Judy's at CSU on Mondays and Tuesdays from about 9.30 am to 5 pm in room 111 in the Gordon Beaven building - just drop in or make an appointment beforehand. Other days, a chaplain is normally on campus from 11.00 am to 2 pm. The chaplaincy office phone number is 6051 9975 and Judy can be contacted directly by emailing jredman@csu.edu.au or on her mobile 0437 044 579



2011 PHYSIO BALL!!!

The physio ball 2011 is coming up shortly!!! From 7pm on **Sat 30th April**, at the SS&A function room!!

Tickets on sale at the Cashier's from 29th March!! Get in quick!!!

Sat 30th April!



Members: \$55

Non-members: \$60

Included in this price you get:

2 course meal

Live Band: Idle Fret

DRINKS ALL NIGHT (beer, wine and a few specified others)

Free entry to the after party

Theme: Las Vegas – so dress up and party hard!

Don't miss out!! One of the best and biggest nights of the

Proudly presented by the physio club ☺

year!!!



CSU Social Sports 2011

Mixed Netball

This year's social sporting calendar at CSU has started earlier than in previous years. Netball started after the second week which has helped avoid running into exams. The mixed netball competition began on a wet and wild night but most players were keen to stick it out and the competition ran as per usual. The ladder is starting to take shape and with three rounds to go the competition is starting to heat up.

This year, in order to make the finals, you have to finish the season in the top eight. The finals will be sudden death and will go over three weeks. The team that finishes in position one plays position eight, two plays seven and so on. For teams who are on the fringe of the eight there are some important games ahead.

Below is the ladder after round 6.

Ladder Pos	Team	W	L	D	F	D/F	FOR	AGAINST	POINTS	%
1	26.)The Harlem Globe Trotters	6	0	0	0	0	196	61	18	321
2	23.)Stephen Street	6	0	0	0	0	142	48	18	295
3	17.)The Ultimates	6	0	0	0	0	134	57	18	235
4	3.) Ice Tigers	6	0	0	0	0	115	59	18	194
5	7.)Greater Trochanters	5	0	1	0	0	177	84	17	210
6	20.)Gypsy's	5	1	0	0	0	152	38	16	400
7	5.)Meramine	5	1	0	0	0	105	67	16	156
8	14.)Silly 7	5	0	0	1	0	183	66	15	277
9	29.)The Pink Panthers	4	1	1	0	0	137	85	15	161
10	13.)Fire Breathing Dragons	4	1	1	0	0	129	109	15	118
11	30.) The Tip Rats	4	2	0	0	0	134	66	14	203
12	12.)Thunder Down Under	4	2	0	0	0	121	76	14	159
13	22.)PBP Warriors	4	2	0	0	0	93	83	14	112
14	9.)Tap That	3	2	1	0	0	140	139	13	100
15	21.)The Alpha's	3	2	1	0	0	130	106	12	122
16	16.)Percs n Vibes	2	3	1	0	0	109	72	11	151
17	1.)Sexy Time	3	2	0	1	0	94	72	11	130
18	10.)Mad Shredders	2	3	1	0	0	92	128	11	71
19	27.)Shifty Handwork	2	2	1	1	0	56	92	11	60
20	6.)Yellow Submarines	1	5	0	0	0	91	119	7	76
21	18.)Noorla Knights	1	5	0	0	0	60	118	7	50
22	19.)Mirrors	1	5	0	0	0	55	111	7	49
23	8.)Shits & Giggs	1	5	0	0	0	73	147	7	49
24	2.)Bluey's	0	5	1	0	0	65	161	7	40
25	15.)The Josh Martins	1	5	0	0	0	24	133	7	18
26	25.)Little Fockers	0	6	0	0	0	61	124	6	49
27	24.)The Disciples	0	6	0	0	0	42	138	6	30
28	11.)Team Extreme	0	6	0	0	0	35	132	6	26
29	28.)Not a Chance	0	5	0	1	0	28	148	5	18
30	4.)Jiggly Jo	1	2	1	2	2	48	77	3	62

Southern Zone Challenge

This year the Southern Zone Challenge took place at the Thurgoona Football Oval. CSU Albury competed against CSU Wagga and La Trobe Wodonga. Once again rain was a factor which scared off a proportion of our softer Wagga counterparts. However, CSU Albury managed to fill four netball and four touch football teams. Between La Trobe and Wagga CSU there was plenty of competition. The competition was never too fierce and everyone seemed more than happy to dress up and have a casual run around. In the end, CSU Albury retained the netball trophy while they won back the touch football crown. After a hard days exercise everyone was keen to go back and have plenty of beers and a barby at the G. Unfortunately the rain prevented us from using the outdoor area, however top shelf bands Jonathan Boulet and the John Steel Singers rocked the gums cafe.

Touch Football

The mixed touch football competition is also starting earlier than usual this year. The competition will once again be held at the Thurgoona footy oval on Wednesday nights. Games will be held within three different time slots (5:30pm, 6:30pm and 7:30pm). Team sheets and the \$120 entry fee will need to be handed into the cahiers office by Wednesday the 6th of July as round one is on the 13th of July, so it's almost time to start getting a team together. If you would like any information about touch football feel free to contact Matt Baxter on 0435907033 or mattbaxter3735@gmail.com.

Uni Games

Again this year there is an exciting opportunity for anyone who is interested in participating in the 'Australian University Games' (AUG). This year to participate in the AUG, students will need to participate in the Eastern University Games (EUG) to qualify. The EUG will be held from the 3rd – 7th July 2011 in Canberra. This is a lead up event to the AUG which will be held at the Gold Coast from 25th – 30th September. For more information visit <http://www.unisport.com.au/Events/AUG/Pages/Home.aspx>

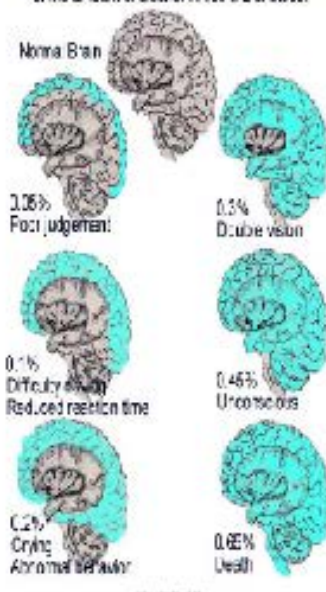


24 Foods to Assist with Hangovers



Effect of Blood Alcohol Levels on Brain Function

Blood alcohol concentration (BAC, %) is a measure of the amount of alcohol in 100 mL of blood.



Help Rehydration:

Sports Drinks have electrolytes you need to beat bad breath & that pounding headache

Miso Soup contains choline to help the liver metabolise alcohol.

Tomato Juice once "break the seal" goodbye potassium hello headaches, fatigue & nausea

Orange Juice contains Vit C & fructose to also help the liver metabolise alcohol

Eggs break down toxins—but Good Luck keeping them down!

Milk soothes irritability.

Beating Fatigue:

Honey contains sodium, potassium & fructose.

Natural Yoghurt good

for Vit B8

Cabbage contains folic acid which levels are a victim of the 'pub crawl' or 'historic visit'.

Cinnamon modulates glucose levels.

Vegemite contains huge levels of energy boosting B vitamins.

Venison Sausages sweat by the post binge fry? Venison snags high in Vit B12.

Clearer Head:

Pumpkin Seeds contains magnesium to stabilise cell membranes & nerve cells

Bifidus bacteria that breaks down alcohols toxic by-product.

Tuna contains enzyme to help rid alcohol from system.

Cayenne Pepper activates pleasure centre's in brain & releases endorphins.

Rosemary promotes cerebral circulation—blood flow to the brain.

Oysters contain zinc needed to metabolise alcohol.

Lessing Nausea:

Ginger best consumed as a juice or tea.

Garlic makes you feel less fragile

Peppermint acts like a mild anaesthetic to the stomach

Banana high in B8

Sodium Bicarbonate neutralizes an acidic stomach.

Prickly Pear relieves nausea & dry mouth, best taken before drinking.

Prevention better than cure:

things you could do to help reduce painful hangover

The Big Night:

- try not to mix drinks, stick to one kind of spirit or liquor
- Space out your drinks, give yourself time before reaching for the next.
- If you can't taste the alcohol then you are way

past the point of no return and about to make a fool of yourself!

- At the end of the night, stay up long enough to drink a litre of water with a squeeze of lemon juice. Works wonders!

The Morning After! Headache?

You pretty much missed all the points previous.

You have abused your body and you have to pay the price.

Water is Key!

Alcohol dries out your body like nothing can and your hydration level drops drastically



Chlamydia The silent STI!

What is it?

Most common bacterial STI in Australia particularly among men and women aged between 15-25.

Why should I be worried?

On the rise over the last 10 years. In 2010 the number of reported cases in Australia were 78,358. That's only reported cases.

What could happen if left untreated?

It could lead to infertility in both men and women. In women it can spread into the fallopian tubes and cause pelvic inflammatory disease. In men it

can spread to the tube that carries sperm from the testicles causing pain and swelling.

How is it spread?

Spread through unprotected vaginal, anal & oral sex. It can pass from infected mother to her baby at birth.

How do I avoid infection?

Always use a condom or dam. A dam is a thin square of latex, which fits over the vagina or anus. Also annual check ups for sexually active people under 25yrs.

How will I know if I have it?

You won't!!! Many people have no symptoms. In women they may have unusual vaginal discharge, burning feeling with urinating, pain during sex with possible bleeding after, vaginal itching/soreness or lower abdominal pain. In men they may have discharge from penis, discomfort when urinating, swollen or sore testes, itching inside the penis or pain on ejaculation.

What is the test?

Simple swab or urine test.

How is it treated?

Course of antibiotics and partner/partners needs to be treated.

Condoms/Dams Why use them?

It is not difficult to avoid catching STIs. You can prevent most STIs by using barrier protection such as condoms, female condoms and dams (a thin piece of latex placed over the anal or vulval area during oral sex).

Condoms and dams are effective in helping prevent the spread of most STIs if they are used every time you have sex. Some tips for correct use include:

- Use well known brands and check the expiry date.
- Store in a cool, dry place away

from direct sunlight.

- Make sure the condom or dam is free of holes or breakage before use.
- Use water based lubricants like KY. Don't use Vaseline, baby oil or massage oils, which can weaken and split condoms or dams.
- Use each condom or dam once only.
- Use dams for oral sex only – do not use as protection for anal or vaginal sex.

Reported cases of Chlamydia in

Australia YTD are 13,104.

That equates to 145.6 cases everyday!!!!

Condoms are provided free from various outlets at the university but this service will no longer continue if condoms are misused. This is a service to you, abuse it and you lose it!!

Male condoms



Female condom



Dams



Health Bulletin

Upcoming Events ... Drug Action Week ... May/June

Drug Action Week is a National Program which is to run during the break in June, so CSU will hold events across all campuses during the month of May.

Overall theme this year is 'Looking After YOUR Mind!'

A number of topics will be covered during this time:

'Don't mix Alcohol & Other Drugs'

People who use illicit drugs are more likely to have a mental health issue than the general population. This co-occurrence of mental health disorders & drug use is

'comorbidity' or 'dual diagnosis'.

'Change the Drinking Culture of Young Australians'

Binge drinking has increasingly be-



Your mind on Drugs!!!

come a major health issue for all Australians, particularly young people. Total economic impact of alcohol is \$36 billion annually, more than double from previous estimates.

'Country Communities "At Risk" from Alcohol & Other Drugs'

How do we handle the unique pressures here in the country area when dealing with issues relating to the mis use of alcohol & other drugs? What can we do?

Activities

- BBQ's
- Information stands
- Pizza nights
- Guest speakers
- Putting Youth in the Picture
- Prochocs
- Competitions
- Written articles

When?

Notices will be displayed around your

Drink Spiking

Myth #1

Drink spikers most commonly use drugs such as Rohypnol, GHB & Ketamine.

Toxicology results do not support this. Alcohol is the most common drug used to spike a drink.

Myth #2

Alcohol alone could not produce the severe effects commonly associated with drink spiking.

Most common effects of 'drink spiking' are: vomiting, loss of consciousness, poor coordination/balance, slurred speech, lowered inhibitions,

sleepiness/drowsiness, dizziness, loss of motor skills, impaired judgement, visual problems, nausea. Sound familiar to a night on the grog?

Myth #3

Drugs used to spike drinks are tasteless, colourless & odourless.

Most tablets leave some sort of residue in the glass, some have strong taste/smell. Tasteless alcohol (vodka, tequila) not easily detected when added to a strong or flavoured drink.

Myth #4

Drink spiking always results in sexual assault.

Vast majority of reported sexual assaults do not involve 'spiking'. A person who spikes a drink may well be a friend or acquaintance with no other intent except to see what effect it will have on the victim.

Myth #5

Drink spiking only occurs in nightclubs or pubs.

It can occur in any location where you consume a drink.

Myth #6

Drink spiking is a new crime.

This is an old crime usually carried out as a prank.

My friend is 'just drunk', they'll be OK, won't they?

Maybe not!

Alcohol is a toxin and alcohol poisoning is a potentially deadly condition.

Symptoms include:

- Mental confusion, stupor, coma or person cannot be roused.

- Vomiting
- Seizures
- Slow breathing (< 8/min)
- Irregular breathing (>10 secs between each)
- Hypothermia, bluish skin colour, paleness.

DIAL 000 immediately!

If you think your drink was spiked tell someone! Get someone to take you to hospital.

REPORT IT!

IT IS A CRIME!

CSU Health Promotion Service
Colleen Pearce
Health Promotion Officer

Boorooma Street
Lockindrag 688
Wagga Wagga, NSW 2678

Phone: 02 69332263
E mail: ccp@caroc@csu.edu.au

We are on Facebook :

CSU Health Action Team (HAT)

Check it out! Watch for upcoming events on your campus! Join Us!

CSU Website:

<http://www.csu.edu.au/division/studserv/mv-support/health-services/home>

Health is a vital part of learning, CSU Health Promotion Service works to create and sustain a healthy campus community in which students can achieve their personal and academic goals. Health Promotion seeks to make the campus healthier by connecting students with information and resources, cultivating healthy attitudes and behaviours, and fostering a culture that values and supports a healthy community.

The Health Promotion Service role is to:

- Strategically plan to prevent student health issues at the community level.
- Collaborate with our colleagues across the University to improve the health of the campus.
- Implement theory and evidence based informed health

**Counselling
available free at
CSU.**

**STI checks view Health
Promotion Service website for
contacts near your campus**

Disability
Officers are on
CSU campuses to
help you if you
need assistance
with your learning
due to a medical
condition.



What health information would you like in the next bulletin? Drop me an email on a topic you would like more information on or think relevant to the university community.

Reference List:

http://www.police.nsw.gov.au/_data/assets/pdf_file/0005/81374/fact_sheet_drink_spiking_myths.pdf

<http://au.reachout.com/find/articles/drink-spiking>

<http://au.lifestyle.yahoo.com/mens-health/nutrition/galleries/g/-/9019915/1/24-foods-that-beat-hangovers/>

Have you seen a **DOCTOR**
in the last year?

Have you used **CANNABIS**
in the last year?

We need YOU!

We are asking participants to have their say regarding their expectations and experiences with how their general practitioner dealt with cannabis use concerns.

Have your say by completing our online survey

[http://ncpic.org.au
/go/gpsurvey](http://ncpic.org.au/go/gpsurvey)

ncpic
national cannabis
prevention and
information centre



KOKODA YOUTH LEADERSHIP CHALLENGE

26 SEPTEMBER – 7 OCTOBER 2011

"You can read about it, you can watch documentaries, you can watch the movies, but until you have walked the footsteps you'll never understand it."

Charlie Lynn – former Australian Soldier
& NSW Upper House Politician

Australians walk the Kokoda Track in memory of more than 2,000 soldiers who died during World War II while defending Papua New Guinea from the invading Japanese army. Walking the Kokoda Track is both a mental and physical challenge that has the potential to draw out previously unseen leadership skills. This is an opportunity no young Australian should pass upon.

ClubsNSW is seeking five people between the ages of 16 and 22 from across Australia to walk the Kokoda Track in late September this year as part of the *Kokoda Youth Leadership Challenge*.

For more information: www.clubsnsw.com.au/kokoda
or contact kokoda@clubsnsw.com.au

Applications close 8 May 2011.



Applicants must be between the ages of 16 and 22 (as at 27/09/11) and reside in New South Wales. Applicants will be required to pass a medical examination to prove their fitness. Expenses including airfare (international and domestic), accommodation and food will be covered by ClubsNSW and assistance also provided for standard equipment.



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!

Name and Course: Peter 'Canadian Cougar' Muma, B. Finance

Hometown: Regina aka The Vag, Canada.

Favourite Pick Up line: Oh baby, there is a god...

If you could take anyone on a date, who would it be, and where?
Christina Aguilera, and i'd take her to a genie in a bottle and rub her the right way.

Quote of the Day: Geeeeettt Suuuuummmmmme, awwww yea-ah. get some!

Most embarrassing CD: Aqua, Barbie Girl

It scares me but I'd like to..... Sleep with the lights off.

Best Advice you've ever been given:

1. Don't get married.
2. Always wear a toque.

If I was prime minister I would provide specialised fitness programs for select members of society.

Funniest Memory: Climbing the 10 ft barbed wire fence to get back into Paddy's after being kicked out, only to get kicked out again.

I have never understood... Anson Zhu



MCC introduces MAY DAY!

Theme: DEFENCE FORCE

Thursday the 12th of May at 'The G'



Entry: Gold coin donation.
All proceeds will be going to Legacy.

What's on in Session 1!!

	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Week 7	25 Easter Monday/ANZAC Day	26 Public Holiday	27 Netball @ JC King Park, round 6	28 Half way to Halloween Night @ The G Graduation	29 Graduation	30/1 May Sat: Physio ball Sun: Visit from Albury Dog Rescue
Week 8	2 Mellow Monday @ The G	3 Poker @ The G	4 Netball @ JC King Park, round 7	5 Sports Arvo (International Club) Gender Bender 7pm @ the G	6 Volunteer Info Day (find out how to be a volunteer in A/W)	7/8 Sunday Sport
Week 9	9 Mellow Monday @ The G	10 Poker @ The G	11 Netball @ JC King Park, round 8	12 MCC May Day @ The G	13	14/15
Week 10	16 Mellow Monday @ The G	17 Poker @ The G	18 Netball Finals @ JC King Park,	19 Speech Club Night @ The G	20	21/22 Sat: Education Ball Sunday Sport
Week 11	23 Mellow Monday @ The G	24 Poker @ The G	25 Stress Less Day Netball Finals @ JC King Park,	26	27 MARHS Trivia Night	28/29
Week 12	30 Mellow Monday @ The G	31 Poker @ The G	1 Jun Netball Finals @ JC King Park, Netball Function @ The G	2	3	4/5 Sunday Sport