

MCC BYTES

Term 2, Edition 4, 2015

The 'Stress
Less' Edition

dear stress,
let's break up.



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Credits

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Cut off date for next issue: 8th of July

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The G



GAP club presents



The Falls Creek Snow BUS

Leaving CSU campus on Fridays Semester 2
Ticket includes transport and park entry on half price student day*
\$30 non-members
\$20 dollars for members
(\$5 joining fee)

* Bus dependent on student numbers, ticket price does not include lift ticket or ski gear

Physio Club Presents
Almost Spring Carnival

**SAVE
- THE -
DATE
8-8-15**

More information to come



Hello Everyone !

The nursing club has been busy over the last month or so. A group of members have just completed a short venepuncture course which taught the skills and knowledge for routine blood collection. This will add to our members resumes and skill base.

We have just ordered our nursing club hoodies and are eagerly awaiting these.

Next semester on the 13th November we have booked the nursing club function. This will be held at the Zed bar Albury and tickets will be on sale around September. We will keep you all posted on this event !

Lastly Please let prospective members know that they can join the club any time and they have not 'missed out' on joining. They will have to pay there \$10 membership at the cashiers and then join the nursing club Facebook page, search for - "CSU Albury Nursing Club 2015"



Movie nights,
sports and adventures during the week.

UBS IS A GROUP OF STUDENTS THAT MEET UP ON CAMPUS TO FIND OUT ABOUT **JESUS** AND GET TO KNOW HIM BY READING THE BIBLE.

Main study, dinner and basketball @ 5-6:30pm every Monday.
Building 751.

FIND US ON FACEBOOK: UNI BIBLE STUDY

CALL RUSS: 0466 064 284

O WEEK 2016 LOGO DESIGN COMPETITION

WHAT WE WANT:

- LOGO FOR USE ON ALL O WEEK PARAPHERNALIA (STUFF- HATS., SHIRTS ETC)
- NEED A B&W AND COLOUR VERSION
- CONTAIN "O WEEK 2016" (YES, REALLY.)
- BE ABLE TO USE ASPECTS OF THE LOGO SEPERATELY (WORDING ETC)

WHAT YOU GET:

**OPPORTUNITY TO WIN \$200
FAME, FORTUNE & GLORY***

*FORTUNE ONLY TO VALUE OF \$200. CAN'T GUARANTEE THE OTHERS EITHER.

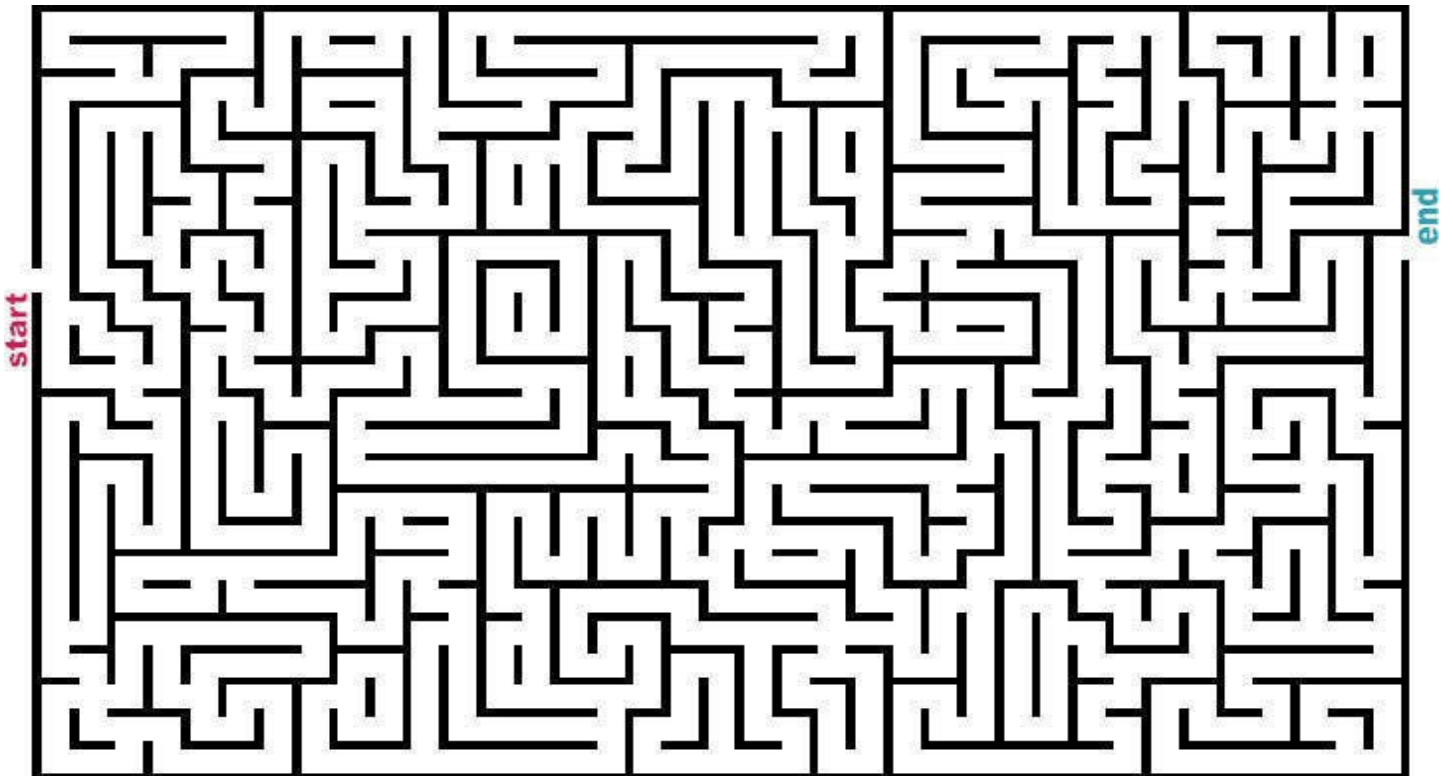
SEND IT THROUGH TO ALEX LEIS - ALEIS@CSU.EDU.AU
ENTRIES CLOSE JUNE 20

Game Central

(Take a break from study.. You need it!!)

6			1	8	2		3
	2			4		9	
8		3			5	4	
5		4	6	7			9
	3					5	
7			8	3	1		2
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	2		1	7	8		3	
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 H F I U C I F K X B X U S Q S W P N I K Q C X S N

ALBURY	EXAMS	MCC	STUDY
ASSESSMENTS	GOON	NETFLIX	TEACHERS
BUSINESS	GUMS	NURSES	THEG
COFFEE	HOLIDAYS	PHYSIO	THURGOONA
CSU	LECTURE	RESIDENCES	TIRED
ENVIROS	LIBRARY	ROTHIES	UNIVERSITY

STRESS

1. Go for a 10 minute walk

(Consider walking in a park or other green space, which can actually put your body into a state of meditation)

2. Eat a snack!

(Pick a snack that will fill you up because nothing is more stressful to the brain, than feeling like you've run out of nourishment)

3. Step away from the screen!

(Uninterrupted computer use has been associated with stress, lost sleep and depression. Late night computer use was also associated with stress -- in both men and women)

4. Hang up!

Then turn off your phone

(Cell phones stress you out, there's no question about that. Talking can even raise your blood pressure)

5. Pucker Up!

(Kissing relieves stress by helping your brain to release endorphins)

LESS

6. Visualise

(A short visualization is an easy way to get back to center)

7. Put on some music

(Any music that you love will flood your brain with feel-good neurochemicals like dopamine)

8. Treat yourself!

(Eating or drinking something sweet is soothing because it stems the production of the stress hormone, glucocorticoid)

9. Chew a piece of gum

(Chewing gum doesn't just make your breath better -- it can relieve anxiety, improve alertness and reduce stress during episodes of multitasking)

10. Watch a viral video

(Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain)

LOOKING FOR SOME EXTRA CASH?

The Murray Campus Council is looking for people to submit articles or photos to be published in their student magazine - the MCC Bytes.

If you submit:

Up to 500 words - \$20 visa card

Front Cover Photo - \$15 visa card*

Photo - \$10 visa card*

Send your full name & submission to
mccbytes@gmail.com



Yummy Yummy!

Pumpkin Soup

1 pumpkin

2 chicken stock cubes

1 large onion

1/2 container of cream

1 tbsp. margarine

Salt & Pepper to taste

1. Chop pumpkin into medium sized pieces, place in a large pot and add the two crushed stock cubes. Top with water.
2. Boil pumpkin until cooked and mash.
3. Meanwhile sauté onion and margarine until onion becomes translucent (clear).
4. Add the onion and the cream to the pumpkin mixture.
5. Mix with hand blender and season with salt and pepper to your liking!

This soup can also be frozen! Pop it into meal sized containers and save for later!



GOOD LUCK
IN YOUR EXAMS

knock 'em out with your GENIUS!

&

Happy Holidays