

procrastinator

SPEECH AND INTERNATIONAL CLUB PRESENT
MASCARADE
BALL



Friday 5th October
6.30 for 7pm Dinner
\$50/\$60 members/guests
2 course meal \$1 drinks

Tickets can be purchased at the
cashier before 28th September



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Brought to you by



From the editors

Welcome to the new uni magazine!!

The Procrastinator is the re-done, renewed version of the old Velocity magazine. We want this new one to be more attractive and appeal to every student at CSU Thurgoona so if you have any ideas or opinions feel free to send us an email or facebook the Murray Campus Council page!

Inside the new mag we have FREE stuff to give away so make sure you get involved, you've got to be in it to win it!! If you like scoring some free \$\$\$\$ then check out the new 'prime position' and 'caption this' sections. Make sure you enter within a fortnight to secure a chance to win. Need another tool for procrastination? Then flick through the pages to the games and puzzles and keep entertained for as long as you want!

A big congratulations to Deb Kelly who named the magazine! She has won a \$50 voucher for her great contribution. Spend it up Deb, you deserve it!

To contact the editors, email us at csuvelocitymagazine@gmail.com or add the Murray Campus Council on facebook.

Til the next edition,

The Editors

Common ground festival

COMMONGROUND FESTIVAL

Nov 30 - Dec 02 2012

Workshops on
activism,
mindfulness,
food growing
and more

Set on
beautiful
regenerated
bushland, one
hour north of
Melbourne

**THE WOO HOO REVUE / SOL NATION
/ STEPHEN PIGRAM / SHAUN KIRK /
JED ROWE BAND / LILY & KING / THE
SHIVERING TIMBERS / EDDIE JAMES
AND THE PROWL / NIGEL B SWIFTE /
JENNY BIDDLE / BENNY WALKER**



www.commongroundfestival.org.au

All funds raised go towards Commonground's work to create a just, sustainable and non-violent world

CSU library survey

 **CSU** | Library Client Survey

Cash Prizes to be won in our 2012 Library Client Survey



Tell us what you really think of your Library.




Visit the Library website between Sept 10 -
Sept 28 to complete the online survey.



www.csu.edu.au/division/library

Four \$200 CASH PRIZES to be WON
by completing the survey between
Sept 10 - Sept 28

 A collage of Australian currency including a \$20 note, a \$50 note, and a \$1 coin.
Library Survey provided by Insync. Prize value in Australian Dollars. Winners will be notified by email or post.

Easy meals

Lamb Shanks

4 large lamb shanks
2 Tbls. flour
salt pepper
oil
1 large onion, finely diced
1 rasher of bacon, finely diced
1 minced clove of garlic
1 Tbls. ketchup
1 Tbls. soy sauce
1 Tbls. Worcestershire sauce
1 Tbls. brown sugar
1 tsp. dry mustard
1/4 cup vinegar
1/2 cup water



Trim shanks of excess fat and roll in flour seasoned with salt and pepper. Brown shanks in a heavy based pan. Remove.

Sauté onion, bacon and garlic and then add browned shanks.

Combine all other ingredient and pour over shanks.

Bring to a boil, turn down to very low simmer, cover and cook on the stove-top or in a low oven (better) for about 2-2 1/2 hours

Enjoy!

Children Collide





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SPEECH AND INTERNATIONAL CLUB PRESENT

THE
MAGNIFICENT
SEVEN



Composting 101

The Kerr Sustainability Centre – Guide to composting

The Kerr Sustainability Centre is proud to provide a guide to basic composting. The Kerr Sustainability Centre is a community-based project that aims to grow organic vegetables, as well as educate and share knowledge on environmental and sustainability based ideas. The centre is located on Charles Sturt University (Thurgona campus). Any interests about composting and involvement can be directed to kerr sustainabilitycentre@gmail.com

What is Compost?

Compost is broken down, decomposed plant and animal (organic) material. This decomposition is a natural biological process where a combination of micro-organisms (bacteriae and fungi ect..) and macro-organisms (slaters and earthworms ect..) will digest organic material. The decomposition process liberates many important nutrients. The compost will warm allowing a wider variety of organisms to feed, increasing the rate of decomposition. The final residue contains elements available for plant nutrition as well as residue known as humus. Humus is the ultimate soil conditioner able to improve almost every physical quality of either sand, silt or clay soils.

The Technique of Composting



breaking it down

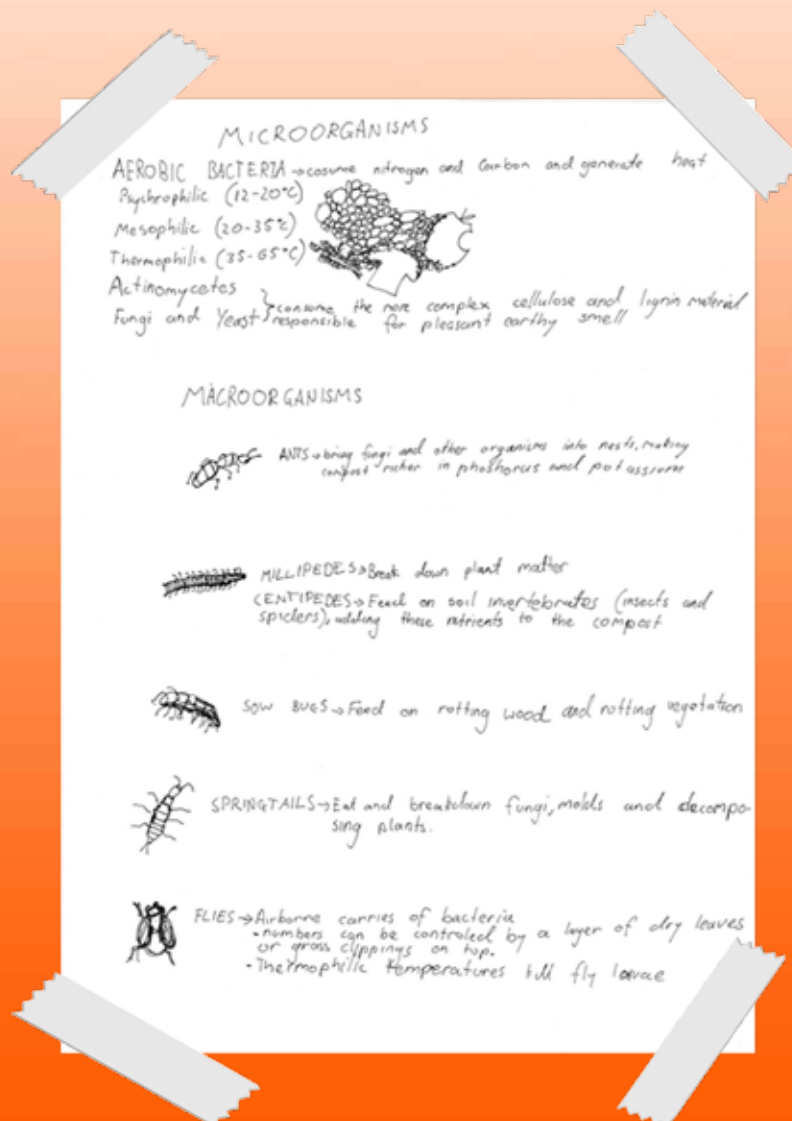
The Benefits of Compost in Soils

- Increases nutrients in soils (carbon, nitrogen, phosphorus)
- Humus assists in drainage in clay soils and water retention in sandy soils
- Better access for plants to absorb nutrients
- Enables strong root development
- Adds useful micro and macroorganisms to the soil (lowers risk of disease in plants and aids in further decomposition of organic matter in soil)
- Compost neutralises soil pH

The Benefits of Composting in the Home

- Reduces putrefying food waste in rubbish
- Reduce waste in landfills
- Utilising kitchen waste to produce beneficial

The Science of Composting



Puzzle time

90's Songs 3

Find and circle all of the 1990's songs that are hidden in the grid.
The remaining letters spell an additional song.

H I G H E N O U G H S A B O T A G E N
Y A W A Y L F S M N A M A T T A H W E
U N P R E T T Y W S T B I O Y S M V Z
E I E T L L B H S E L H N R D T I L O
A B V I H O G K G A E E E N O T T T R
N E I E D G N N C I W T A P I N O I F
G L S Y T T I K I E N H L S O G I W D
E I L B E E P N E A Y D N A E W A C T
L E U A M E M K R P R E L T D T E H D
S V P L S N U P N E S Y H I E Y G R R
W E M L S O H O T N H E D R W I R J E
Y H I U I S T C I A R T F N N E E E A
U E A L K I B C U A T A O T A R L T M
G N H T Z O U A G M L I S N E C E A L
Y I O E S P T A B L O A O M A N A L O
H H O D I U I S S Y L O Y N P I S U V
S S K D L N P E T A N U T R O F E G E
G N I N R O M Y R E V E I M A I M E R
R I T H I S H O U S E Z O M B I E R T

ANGELS
ANOTHER NIGHT
BABY
BLACK
CANDY RAIN
CUPID
DITTY
DREAMLOVER
EVERY MORNING
FLY AWAY
FORTUNATE
FROZEN

HANDS
HIGH ENOUGH
HOLD ON
HOOK
HYPNOTIZE
I BELIEVE
IMPULSIVE
INSENSITIVE
IRONIC
JEREMY
KISS ME
LAST NIGHT

LULLABY
MIAMI
MY BODY
ONE WEEK
POISON
REGULATE
RELEASE ME
SABOTAGE
SHINE
SHY GUY
SWEET LADY
TEMPTATION

THE POWER
THIS HOUSE
TOGETHER AGAIN
TOO MUCH
TUBTHUMPING
UNPRETTY
WATERFALLS
WHAT'S UP
WHATTA MAN
WILD NIGHT
ZOMBIE

Prime position



What's YOUR prime position? Get a photo of you or a friend in a random place at uni and you could WIN a \$10 voucher to the G or Gums!!!

email or facebook us your entry to

csuvelocity@gmail.com

Murray Campus Council



caption this!



Add your caption to this photo taken at Children Collide and WIN a \$10 voucher to the G or Gums!!!

email or facebook us your entry to

csuvelocity@gmail.com

Murray Campus Council



Bluejuice and glow night



Social Calendar

		Tight Azzzz Tuesday			Friday Unwind		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	9 Jul	10	11	12	13	14	15
				Back to School EDU Club		BizIT Club LAN Party	
Week 2	16 Jul	17	18	19	20	21	22
				Pod Club Health and Rehab Club function		Physio Club Mystery Bus Tour	
Week 3	23 Jul	24	25	26	27	28	29
	JAWS UBS Club	JAWS UBS Club	JAWS UBS Club	JAWS UBS CLUB	JAWS UBS CLUB	Health & Rehab & Nursing Club Ball	
		Enhancement Day & sexual health		Speech Club Glow Night			
Week 4	30 Jul	31	1 Aug	2	3	4	5
			Trivia @ The G	International Club Cocktail Party		Pod Club Mystery Bus Tour	
Week 5	6 Aug	7	8	9	10	11	12
					Dining in Excellence		
Week 6	13 Aug	14	15	16	17	18	19
Break	20 Aug	21	22	23	24	25	26
Break	27 Aug	28	29	30	31	1 Sep	2
Week 7	3 Sep	4	5	6	7	8	9
			OT Club Bowls Night	EDU Club		BizIT Club LAN Party	
						Pod Club Ball	
Week 8	10 Sep	11	12	13	14	15	16
				OT Club Gender Bender			
Week 9	17 Sep	18	19	20	21	22	23
			Trivia @ The G				
Week 10	24 Sep	25	26	27	28	29	30
			International Club Spring Festival				
Week 11	1 Oct Labour Day	2	3	4	5	6	7
					Speech & International Club Ball		
Week 12	8 Oct	9	10	11	12	13	14
			Chill out day Ride to Work End of Year Thank you		GAP Passing the Whale		
Exams	15 Oct	16	17	18	19	20	21
Exams	22 Oct	23	24	25	26	27	28
						OT Club Ball	

NON CLUB EVENT

CLUB EVENT

ALL OF CAMPUS EVENT

RESIDENCES EVENT