

VELOCITY



Edition 3, September 2007.

Letter from the Editor...

So, I've had a few comments about VELOCITY and it's a great thing to know that all this work is appreciated by people out there. Much of my feedback has come through word of mouth during the past 2 weeks and especially from the **Murray Campus Council BBQ's** that were run last week at both campuses to raise awareness about the **MCC** and what we do.

The MCC website will be up and running soon thank you to the wonderful Wendy Cotter (Publicity) so you'll be able to check out what's on, who your Student Reps are and download **VELOCITY IN COLOUR**. But before this, you might like to join the mailing list and receive **Velocity in colour** right to your inbox. The email address again is CSUVelocityMagazine@gmail.com - just email with a message to the extent that you would like to be added to the mailing list and the next edition will be flying your way through the ether as a string of zeros and ones.

Well, what's been going down in Albury Town in the past 2 weeks?

THIRSTY MERC was a hoot from what I've heard, and there are photos later on, so keep reading! For those of you who watched the total eclipse of the moon last Tuesday (the 28th) you had a real treat because the sky couldn't have been better for the occasion. Myself and around 25 other people made a great night of it all - with fire twirling, discussing about the moon and uni, lots of photos and the odd drink or two. (Oh! and we had a couch at the top of the hill where we watched it from too!!) A great night had by all. (and thanks Evan for the couch!!!)

The Parks and Eco club had their very first Keg-party and it was a huge success with everyone having a good old catch up either around the beer pong table, listening to tunes, around the bin fire or out on the front porch, accompanied by quite a few stunning brews as well as the ever present ParkyPunch (I just can't get away from that stuff at house party's these days!)

Holidays are hurtling towards us like a 04:30 freight train and I personally can't wait for them to hit. (Well, except for the fact that I have a lot of school work to get done before Friday!) But all the same I hope that you all have fun in your time off classes. People will be off to res-schools, placements, field trips, going home to see friends and relations, us second year adventure ecotourism students have our advanced hike for 7 days up in the Jagungal Wilderness, and of course - people staying around to work! With all that, make sure you have the time to have to relax and get ready for the last stint of the 2007 university year, AND because when you come back - its all going to be party, party, PARTY!!!

First Friday back (5th October) **OCTOBER-FEST** will be on@ the **SLOSHED COD**, tickets on sale now. The following Wednesday is **WORLD MENTAL HEALTH DAY** and will be supported by **MARHS** (more details in this edition) also on the 10th is the **Enviro-Network's TRIVIA** night @ the Cod so come along and have some fun.

The Cod is an awesome place to start out your Friday night as I've said before - and another reason to go will be the beginning of **OPEN MIC NIGHTS @ the COD** (as soon as we work out a date) So if you can act, play music, tell a tale or think that you're a bit funny - keep a look out for it cause now that its in print - we're going to have to do it!

This is the last edition for this term, but don't think that it's a reason to stop the articles coming - the next edition should be out the first week back, on the 3rd of October, so keep sending them to me here at CSUVelocityMagazine@gmail.com

Till then, have a great break, keep safe and I'll catch you all up in a few weeks.

Sven Helland.

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Want Velocity in colour?? Just email the magazine: CSUVelocityMagazine@gmail.com and I'll send it to you!

A huge **THANKYOU** to everyone who sent in articles for this edition:

- Elly Cashmore
- Philip Reed
- Emma Biffin
- Kate Carroll
- Mel Day
- Kathleen Denny
- Marney Jury
- Daniell M
- And of course, Kerry Read.

Good on you guys! Keep it up!
- Sven Helland *Velocity Magazine editor.*
Murray Campus Council.



Some of the people who came to watch the total eclipse of the moon with me last on the 28th August, it was a great night and we all had fun. I'll be running an introduction to stargazing for the Enviro-Network club in the second week of next term. (You're more than welcome to join us) Just email the club for details at enn_csu@yahoo.com.au
Sven Helland.

WORLD MENTAL HEALTH DAY @ CSU

STRESS LESS AT UNI!

World Mental Health Day (WMHD) is an initiative of the World Federation for Mental Health (WFMH) and is co-sponsored by the World Health Organisation (WHO). WMHD takes place on the **10th October** each year, and within Australia WMHD coincides with National Mental Health Week.

This year, in recognition of the importance of good mental health for students and staff, CSU will be holding a special WMHD of our own at the Albury campus.

We all know what it's like to be overtired, stressed-out, worried about assignments, money, how we look etc. And without positive, constructive releases for these emotions or by trying to suppress them with drugs and alcohol, things can go from schneizen to really bloody ugly.

So come along on Wednesday 10th October from 11am until 3pm and learn how you can ease the stress and tension of uni life and ***stress less!***

There'll be a range of activities and information available on the day dealing with all facets of mental health, so wear your **pyjamas**, bring a **pillow** to lay out on the lawn....anything that helps you to stress less on WMHD!

Stay tuned for updates of WMHD @ CSU closer to the day or contact GSimmons@csu.edu.au or kread@csu.edu.au for more information.

Elly Cashmore

Equal Opportunity Officer
Murray Campus Council
(MCC)

MURRAY CAMPUS COUNCIL STUDENT BBQ

MONDAY 27TH AUGUST AND TUESDAY 28TH AUGUST

The Murray Campus Council held a free barbecue for all students last Monday 27th August at City Campus and on Tuesday 28th August at Thurgoona Campus.

It was a great day with a turnout of 70 people or so at City Campus (thanks to the efforts of Tara, Cilicia and Dave's spruiking!) and 40 or so at Thurgoona. The students took advantage of the free sausages, rissoles, veggie burgers and salad on offer. It was a casual event with lots of chatting going on and the chance to meet both familiar and new faces.

Thanks to the effort of Sven who gave up both days to cook up a storm as well as Wendy for her wonderful poster of the Murray Campus Council Board. And we can't forget the efforts of Alex, Dave S, Elly, and Ewen.

Philip Reed (Entertainment Officer MCC)

OT UP Coming Events:

Grab your whites it's the OT Bowls night!



When: 10th of October.

Where: SS&A Bowls Club

If you're on the greens its **drinks at takeaway prices**



Also OT week starts on the 21st of October with activities during the week including a breakfast and presentation night.

Then we finish the year off with the OT Ball on the 30th of November.

Its set to be an awesome Semester...

Thirsty Merc Concert Report

29th August 2007

By: Emma Biffin, Kate Carroll & Mel Day



After weeks of anticipation our Thirsty Merc experience began on a cosy bus trip to Wagga CSU with everyone getting in the mood with a few drinks. An hour and a half later everyone celebrated as we passed through the gates of the Wagga Campus. When we got inside 'The Crowbar' we were greeted by a wealth of fellow Merc fans.

The concert began with The Hampdens, a Melbourne-based group, who are supporting Thirsty Merc for their current tour. The Hampden's easy-listening/soft-rock style getting everyone ready for Thirsty Merc. Following their performance the entire crowd had migrated towards the stage, screaming and cheering for Merc.

After for waiting for what seemed like an eternity, Rai, Sean, Phil and Karl all took to the stage and the crowd went wild! The boys performed songs from their latest album including: Kaleidoscope, homesick, She's My Brother, 20 Good Reasons, and The Hard Way. As well as original tracks, Someday Someday and capped off the evening with an encore performance of Emancipate Myself.

Following the show they spent time meeting the fans at the "Thirsty Merc-andise" stand, signing a variety of goods and body parts....

Before we knew it, the clock struck twelve and we were back on bus heading for Albury with a mixture of tired and intoxicated people all on a high after the concert.

On behalf of everyone, a massive thankyou to Kerry for all her work organising the event, without which we wouldn't have had the opportunity to get to the concert.

Overall, it was an unforgettable evening that was well worth the trip to Wagga!



THIRSTY MERC PHOTOS



Murphy's Laws

No_1: 'Anything that can go wrong, will go wrong'

No_29: If it jams - force it, if it breaks, it needed fixing anyway.

No_42: Anything good in life is either Illegal, Immoral or Fattening

No_49: Celibacy is not hereditary.

No_50: Never sleep with anyone crazier than yourself.

No_53: Never play leap-frog with a unicorn.

No_40: There is never time to do a job right, But there is always time to do it again.

Just some food for thought!



Finally Physio Club has made it onto the pages of this sensational Velocity Mag!!

The Physio Club of 2007 consists of:

President - Marney Jury
Vice President - Melissa Haberfield
Secretary - Bridget Leahy
Treasurer - David Cameron
4th Year Rep - Mikaeli Ferguson
3rd Year Rep - Melissa Haberfield
2nd Year Rep - Adrian Cush
1st Year Reps - Daniel & Henry
Social Rep - Julia Brown
Social Committee - Jacinta Gill, Mia Muldoon, Teala Stevens, Joel Rogerson,
Peta Cook
Merchandise Rep - Rahm Ranjan
Merchandise Minor - Neil
APA Officers - Jason Whittingham, Evan Kovesy, David Cameron
APA Rep - Ruth Whale
MAHRS Rep - Evan Kovesy

2007 has once again proved to be a successful year for our club...

Our feats have so far included:

- Signing up of 145 members
- O' week Amazing Race
- Biggest Ever annual Pub Crawl!
- Awesome Physio Ball with 230 people in attendance
- Australia's Biggest Morning Tea fundraiser - Raised \$300!!
- Awarded 7 Physio Club Scholarships/Prizes

CoNgrAtUlAtiOns to this years scholarship winners:

1st year: Neil Van Der Ploeg
2nd year: Prue Neely & Rahm Ranjan
3rd year: Julia Brown & Ruth Whale
4th year: Lauren Chapman & Mikaeli Ferguson

Upcoming events:

- PHYSIO WEEK!! (Wed 10th - Sunday 14th Oct)

Includes:

- 1) **Wed 10th - Cake and massage stall.** Fundraising event with all proceeds going to SWBIRS. Come along, make a donation and enjoy some yummy home-baked goodies and/or a MASSAGE by fully capable physio students!!
 - 2) **Fri 12th - MYSTERY BUS TOUR.** Yes that's right, the time has come for our annual, CrAZY, oUtRaGeOuS, FuN, sllLy bus trip out around the countryside, calling in at numerous quaint little friendly pubs and writing ourselves off!! Look out for further details and expect a BARGAN PRICE and AWESOME EVENING! Come along, *The wheels on the bus go round & round.....*
 - 3) **Sun 14th - APA Personal Development Day.** Topics to be covered are likely to include: Sports Physiotherapy, Physiotherapy from the perspective of a Neuro patient, Osteopathy / Chiropractic, Hypermobility in Children. Lunch and refreshments will be provided on the day and everything is FREE for APA members.
- Symposium 2008 in ALBURY - Mon 7th - 11th Jan 2008.
A large range of national, international and local speakers have been booked in and planning for each night's social event is currently underway. The week will be like a first class O'week, with social activities including a wine tour, pub crawl, amazing race, theme night and formal dinner! If any physio's would be so kind as to help with the organisation of the social events that would be sensational, please contact a Physio Committee member.

Be sure to put these dates in your diary and put in a huge effort to not only support these events, but to ensure we all have a **SPLENDID SEMESTER!!!!**

Jonesy's take home message: Sure work hard....but don't forget to have a **HEAP OF BLODDY FUN** along on the way!!!!



"Plagiarism?" But my roommate gave me permission to use his paper and said I didn't have to cite him."

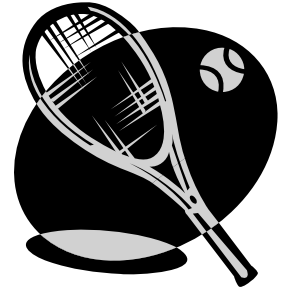
Tennis

CSU students can use the tennis courts located on Mitchell Street in Albury free of charge.

Get the key from Kerry Read (Student Support Officer) located at 'the Shed'.

Can't play because you don't have a racket??

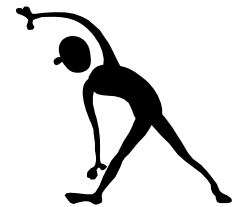
There are also tennis rackets and balls available to hire free of charge.



Look Out for World Mental Health Day



Wednesday 10th October
(next term)



One the grass at Albury City Campus

There will be lots of fun activities to benefit your mental wellbeing and resources available from Mental health Organisations

It will all be taking place over lunch

DIARY DATES

Every **MONDAY** night at **BILLSON PARK** (opposite the big netball courts) the **DETOUR CLUB** has **ULTIMATE FRISBEE** from **18:00 to 20:00** **ALL WELCOME.**

It's a great fun evening and for having a chat, having a run and **HAVING HEAPS OF FUN.**

If you have a notice that you want put into the **Velocity Diary Dates** just email it to the editor @

CSUVelocityMagazine@gmail.com

OCTOBERFEST @ THE SLOSHED COD.

Friday 5th October. (*First Friday Back*)

Come along, get a stein, have 3 drinks, get a T-shirt!!

**\$10 pre-paid
\$15 at the door.**

**CHECK OUT POSERTS
FOR MORE INFORMATION**

**WEDNESDAY 5TH
SEPTEMBER**

Podiatry Club

**Cowboys & Cowgirls 7:30pm
@ the Sloshed Cod**

**WORLD MENTAL HEALTH
DAY**

**Wednesday October 10th
Albury Campus.**

Keep an eye out for posters

**Wednesday
September 5
Sustainable Food Day
@ the Gums Café**

Mmmmm, YUMMY...

AND IT'S FREE!

HAVE YOU EVER WANTED TO BE A REPORTER, LIKE CHLOE SULLIVAN? OR VERONICA MARS? (just minus the weird stuff) BUT YOU JUST DIDN'T HAVE THE PLACE TO PUBLISH YOUR JOURNALISTIC ASPERATIONS??

WELL NOW YOU DO! JUST EMAIL YOUR STORIES, JOKES, COMIC STRIPS, REPORTS, SOCIAL COLLARGES, ANNOUNCEMENTS ETC TO CSUVelocityMagazine@gmail.com WE'RE LOOKING FOR A VIARITY IN OUR MATERIAL, AND YOU ARE THE PERSON WE WANT TO WRITE IT.

**YOGA @ THURGOONA
CAMPUS**

Thursdays 5.15 pm

Room 751.111

Sessions are for anyone interested
If you are please contact Janet on 064329867



CALENDAR

IF YOU WANT YOUR FUNCTION PUT INTO THE CALENDER, EMAIL IT TO
CSUVELOCITYMAGAZINE@GMAIL.COM

(Updated 2 September 2007 - please note that some dates are subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S E P	3. • Ultimate Frisbee @ Billson Park 6-8pm	4. • Hip Hop Dance Classes 5-6:30pm @ the Cod	5. • Education Club meeting @ the gums café 3:15 pm • UBS meeting @ Norwik 3, 3:30pm • Cow Boys and Cow Girls 7:30 @ the Cod • Sustainable Food Day @ the Gums Café	6.	7.	8.	9.
S E P	10. • Ultimate Frisbee @ Billson Park	11.	12.	13.	14.	15.	16.
S E P	17. • Ultimate Frisbee @ Billson Park 6-8pm	18.	19.	20.	21.	22.	23.
S E P	24. • Ultimate Frisbee @ Billson Park 6-8pm	25.	26.	27.	28.	29.	30.
O C T	1. • Ultimate Frisbee @ Billson Park 6-8pm	2. • Semester Starts Back	3. • Enviro Network meeting 6:30 pm @ the Cod • Parks and Eco meeting 7:30 @ the Cod	4.	5. • OCTOBERFEST @ the Cod.	6.	7.
O C T	8. • Ultimate Frisbee @ Billson Park 6-8pm • MARHS club meeting 5pm @ the Shed.	9.	10. • Education Club meeting @ the gums café 3:15 pm • World Mental Health Day. • Enviro-network Trivia night @ the Cod	11.	12.	13.	14.
O C T	15. • Ultimate Frisbee @ Billson Park 6-8pm	16.	17. • Enviro Network meeting 6:30 pm @ the Cod • Parks and Eco meeting 7:30 @ the Cod	18.	19.	20. • Albury Applause Buskers Festival.	21.
O C T	22. • Ultimate Frisbee @ Billson Park 6-8pm • MARHS club meeting 5pm @ the Shed.	23.	24. • Education Club meeting @ the gums café 3:15 pm	25.	26.	27.	28.
O C T / N O V	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.
N O V	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.