

Murray Campus Council Presents  
Velocity Magazine, Edition 9, September 2010  
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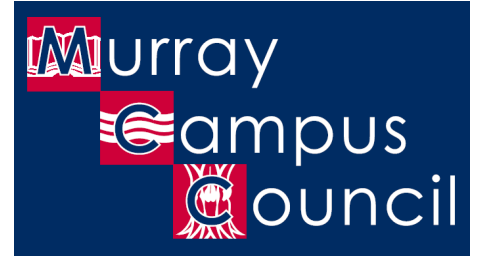
# Velocity



# OT BOWLS!!!!



# MCC Update



**Do you ride to Uni or have a lot of stuff you don't want to carry around all day?** The MCC have just purchased some new **LOCKERS** which are located outside the Learning Commons, around the left-hand side shelter. All students are welcome to use these, just supply your own lock and use as required.

The MCC along with GAP Club are also putting on **Oktoberfest on Friday 8<sup>th</sup> October** and are also contributing to **Wellbeing Day (13<sup>th</sup> Oct)** along with Student Services, Chaplaincy, MARHS, GAP & OT Clubs, more details on back page. 2 great events not to miss!!

The MCC have also provided funding to support all of our local students who have gone to represent CSU at the Uni Games in Perth on this week. Approx 15 Albury Students have gone to the games. A big Congratulations to Ellie O'Kane who just won gold in the 10km track event on Day 1 of the Games.

## **THINGS THAT ARE DIFFICULT TO SAY WHEN DRUNK:**

1. Innovative
2. Preliminary
3. Proliferation
4. Cinnamon

## **THINGS THAT ARE VERY DIFFICULT TO SAY WHEN DRUNK:**

1. Specificity
2. Anti-constitutionalistically
3. Passive-aggressive disorder
4. Transubstantiate

## **THINGS THAT ARE DOWNRIGHT IMPOSSIBLE TO SAY WHEN DRUNK:**

1. No thanks, I'm married.
2. Nope, no more booze for me!
3. Sorry, but you're not really my type.
4. McDonald's? No thanks, I'm not hungry.
5. Good evening, officer. Isn't it lovely out tonight?
6. Oh, I couldn't! No one wants to hear me sing karaoke.
7. I'm not interested in fighting you.
8. Thank you, but I won't make any attempt to dance, I have no coordination. I'd hate to look like a fool!
9. Where is the nearest bathroom? I refuse to pee in this car park or on the side of the road.
10. I must be going home now, as I have to work in the morning.



## **HAPPY 21<sup>ST</sup> LOZZA!**

A special happy Birthday to Lauren Hogan for the 29<sup>th</sup> of September. Hoping you have an amazing day and party!





## **SPEECH CLUB – Glow in the Dark Night**

Well well well, there was definitely not many people who did a 'no glow' at this event. With around 250 people through the door, the night sure was one psychedelic show!

Every light bulb in the venue was changed to a black light allowing explosions of glowing whiteness to be seen by everyone! Glow in the dark jelly shots, glow in the dark arrows to assist with where to wash your hands, awesome 'choons', awesome lasers, GLOW STICKS EVERYWHERE!!!!

Oh what a winner of a night!

Many thanks to everyone for supporting our event – you really did help put the 'OH!' in glow 😊



## CAREERS SERVICE THURGOONA CAMPUS

Most Tuesdays of each teaching session the Careers Adviser located at Wagga campus, Paul Worsfold, visits Thurgoona.

For individual, face-to-face, appointments students can use CareerHub to make their bookings (CareerHub includes other resources too, like 'advanced job search'). Where a group of students might wish to meet with Paul, arrange a group booking via your lecturer(s) or contact Paul via email [pworsfold@csu.edu.au](mailto:pworsfold@csu.edu.au)

Use CareerHub for appointments face-to-face in Thurgoona (Gordon beavan Bldg on Tuesdays) OR phone appointments on other weekdays.

Check out all available appointments times by selecting your "campus" or "Paul's name" in the CareerHub Booking System.

# What's Your Beef With God?

## We asked the question. Here are your top 3 Beefs!

- Where's the proof for God?
- If God is God, what's the deal with the church?
- Why is there suffering?

So what did we do with these? Well, we answered them!

Thursday Aug 5, the Uni Bible Study of CSU and La Trobe packed out the Hangar at La Trobe for an historical look into the top Q – 'where's the proof for God?' A good look into the claims of the Bible regarding Jesus Christ put us on track for tackling this age old question.

Whilst we didn't have time to put answers to all the questions in one night, every week UBS meets at the Hangar for dinner and discussion on the remaining questions.

Topics so far: suffering, what God thinks about sex, why Christians talk about Hell, evolution.. etc

If you're keen to know more, or interested in coming along, UBS meets:

- Every Tues @ The Hangar (La Trobe) 5.30pm, \$5 dinner and discussion (all welcome)
- Every Wed room 111 @ 3.30pm - Uni Bible Study (all welcome)
- Every Thurs @ The Learning Commons @ 7.30 – Res Bible Study (all welcome)

For more details contact Sam Johnson 0448 091 132 or Dave Fowler 0402 600 010

# UNI SPORTS!

## Netball

Wednesday night netball season came to an end before the holidays after a highly successful season, except for the weather gods not being kind to us before the holidays! The winners of the 5.30 timeslots were the pink panthers and the 6.30 timeslot were the Gueridjas. The rain finally held off for the grand final the week before holidays! The game was very exciting played in high spirits, with lots of smiles on the court. The final was won by the Gueridjas (Spanish for Gorilla's!!) winning in the closest grand final in a long time!

All teams celebrated in style with a BBQ and drinks held at the COD afterwards. A big thanks to all team captains and to Kerry for their work!

## Touch Football

Monday night touch football has also been affected by the weather gods! After a few games played in the mud, the season is coming to an end faster than anyone could have thought. Games have been played at a high standard, with all Victorian's having to learn the rules very quickly. Finals begin this Wednesday with Grand final on Monday 11<sup>th</sup> Oct. Come down to the Thurgoona Football Ground to see a high standard of touch, or to have a good laugh...your choice.

## CSU vs La Trobe

We held a successful Wednesday afternoon over at La Trobe in Wodonga playing touch, table tennis (and should have played volleyball!) Numbers were slightly down, but we managed to gather up a few doubles teams and a large touch team. Table tennis was fantastic played inside the Hanger. Touch was played outside, on the straight field. CSU had a great try from Paddy with his dive finish, and Ren win his somersault celebration! CSU retained the touch and table tennis table trophy, the volley ball trophy going to La Trobe by default!! All in all a lovely afternoon, and hopefully will be run again next year, early on!

## CSU Southern Sports Challenge

The Wagga and Albury campus of the Charles Sturt Uni have a great competition when it comes to sport. We took a couple of buses up to Wagga to play touch, netball and basketball on Wednesday 22<sup>nd</sup> September, leaving at 1pm. The weather and sport were great, we lacked a few numbers, therefore those that went certainly got their sport fix for the afternoon. Albury ended up winning the Netball & Basketball on count back of scores as we both won the same amount of games. Wagga won the touch footy. Hopefully it will all happen again next year, with them visiting us.

I am going to need to hand my job down to someone next year as I will be on placement, if you are interested in running the social sport and are available for the entire year, please get in contact with me.

If you have any questions or feedback for sport please email [alburysportcsu@hotmail.com](mailto:alburysportcsu@hotmail.com)

Thanks, Liz



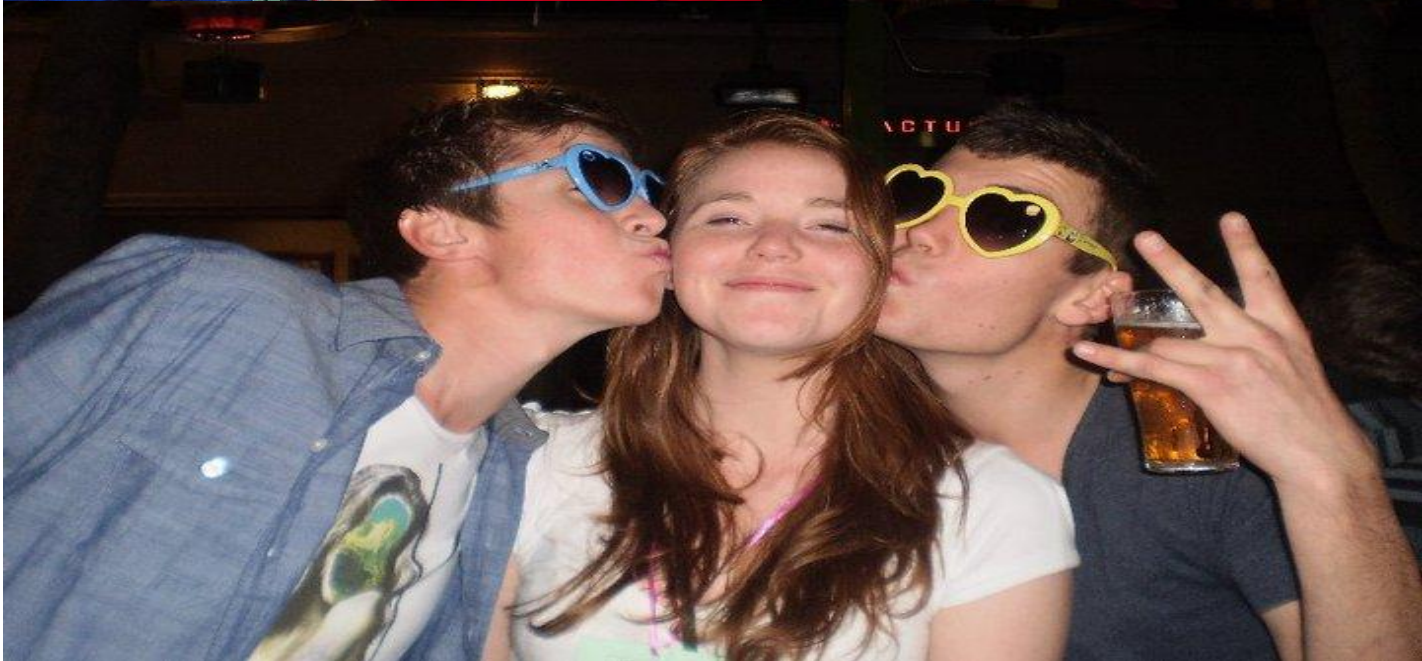
Want to Play Tennis this summer?

For information or to register, visit [www.alburytennisassociation.com.au](http://www.alburytennisassociation.com.au).

Phone: 02 60 213 514.



# PHYSIO MYSTERY BUS TOUR





# Speech Ball

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**Saturday July 31<sup>st</sup>**

Oh what a night! Late July in twenty-ten.  
A night to celebrate yet another unreal cohort of Speechies. Where would the world be without us? After all, we do specialise in tongue placement...and so much more!

With the company of 158 people, a brilliant venue, awesome food and fantastic 'choons', the night sure was jolly and enjoyed by everyone!  
Thanks for your support on this gig guys – look forward to seeing you at the next one 😊





# Subject Online Evaluations -- Your degree

## Your voice

YOU are the reason this University exists.

It is YOUR VOICE that tells us how we're doing in providing you with quality courses, subjects and teaching.

If we don't hear YOUR VOICE, it's hard to know what we are doing well and, more importantly, what needs improving.

FACT: Subject coordinators, Heads of Schools, Dean's, Deputy Vice Chancellors and the Vice Chancellor use the results from these evaluations to shape your learning environment. How you rate a subject and what you say about a subject not only influences change to that subject but can influence your entire course.

FACT: Evaluation results are used during staff performance and promotions. It's your way of ensuring that good staff are rightly acknowledged and staff who need additional professional development identified and supported.

FACT: Evaluation results influence the type of online systems the University supports, the nature of the learning spaces, the provision of multimedia resources, the allocation of suitable laboratory resources and increasing the diversity of opportunities (e.g. international experiences and enhanced placement locations).

You have a VOICE and the online evaluation system is way to make YOUR VOICE heard. Speak up, make a difference, it's YOUR education after all.

Dr. Andrea Crampton  
Sub Dean Learning and Teaching  
Faculty of Science  
Charles Sturt University  
Ph. 61 2 6933 4032

## CSU SCHOLARSHIP OPPORTUNITIES

*CSU offer around 30-35 scholarships each year to students commencing or continuing Research Higher Degrees. If you are a student considering taking their study to the next level and pursuing a career in research or academia we would like to talk to you. The scholarships on offer provide a living allowance that is currently \$22,500pa, usually a tuition fee place for up to four years and in some instances compulsory Health Cover if the successful candidate is coming from another country.*

*We encourage students in 2nd and 3rd year to be thinking about this and to start having the conversations with their academic advisors. If you are further along than that, in the final stages of Honours or similar, now is the time to act.*

*We are accepting applications until 29 October 2010 for 2011 commencements. Please see the Centre for Research and Graduate Training website for more details, give us a call on 02.69334162 or email [pgscholars@csu.edu.au](mailto:pgscholars@csu.edu.au). Website is [http://www.csu.edu.au/research/higher\\_degrees/scholarships/](http://www.csu.edu.au/research/higher_degrees/scholarships/).*

## **Easy Chicken Stir-fry**

### *Ingredients*

- 300g chicken breast fillets
- 1 tablespoon sweet chilli sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon soy sauce
- ½ tablespoon chilli flakes
- 1 red capsicum, diced
- 1 green capsicum, diced
- 6 shallots, diced
- 1 head broccoli, separated into florets



### *Method*

1. Thinly slice the chicken breast fillets. Heat a frying pan, add sweet chilli sauce, hoisin sauce, soy sauce and chilli flakes and stir well.
2. When the sauce begins to bubble, add the chicken fillets and stir to combine. Cook for 2 minutes, then add the vegetables and stir-fry. Cover and cook for another 3 minutes, stirring regularly. Serve with boiled rice.

## **Little snags with yummy sauce**

### *Ingredients*

- 500g sausages
- 1 onion, finely chopped
- 3 tomatoes, finely chopped
- 1 teaspoon sugar
- Salt and pepper taste



### *Method*

1. Dry-fry the sausages in a non-stick frying pan over medium heat for 10 minutes, turning a few times.
2. Add onion, tomatoes, sugar and salt and pepper taste. Lower the heat and cook, covered, for 10 minutes.
3. The sausages can be cut into bite-sized pieces once cooked or left whole. Spoon over the sauce and serve with hot buttered toast.

# 5 minutes in the hot seat with...

## Shauney Apples

**Course & year?** The greatest in all the land... 1<sup>st</sup> year ad eco

**Favourite pick up line?** I'm a saint, I don't use pick up lines :P

**If you could take any girl on a date, who would it be?** There is one girl, maybe two

**Where would you take this girl on a first date?** Hot air balloon of course

**Embarrassing moment?** Embarrassment doesn't really live in my world but I did ride my bike into a parked car and landed on the bonnet once IT WAS AWESOME!!! :D

**Is Apples your last name?** I'm not gonna lie..... It's probably not

**Greatest attribute?** My wicked skills of talking to strangers

**Shauney Apples's quote if the day:** "Look inside and find the key, for you are the only person who may unlock the chains holding you from life."



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- ~ Apply First Aid/CPR
- ~ Occupational Health & Safety
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\*Jindera IGA    \*Howlong IGA

Show your Student Card at any of the participating Stores on Thursdays & receive 8% off you groceries  
(Liquor & cigarettes not included)



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\*VALID 1ST FEBRUARY TO 31ST DECEMBER 2010. NOT AVAILABLE IN COMBINATION WITH ANY OTHER OFFER OR ON SNEAKING. VIP DISCOUNTS ONLY AT THE GOOD GUYS ALBURY ON PRESENTATION OF THIS CARD AND A VALID STUDENT OR STAFF CARD. CARDS MUST BE PRESENTED PRIOR TO NEGOTIATION WITH SALESPERSON.

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Ph 02 6809 0206

[www.itontapnetworks.com.au](http://www.itontapnetworks.com.au)

## 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 equip-  
ment 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



**Tell us what you  
really think of  
your Library...**



...and you could **win \$200!**

You could **win** one of three cash prizes of **\$200** just by completing our **Library Client Survey!**

Visit the **Library Website** between 6 - 17 September to complete the survey online.

**[www.csu.edu.au/division/library](http://www.csu.edu.au/division/library)**

Survey open to **all CSU Students**,  
Staff, Affiliate members and Alumni.



Come and join us for the last 'Sloshed Cod' event ever!!

**Friday 8<sup>th</sup> October**

- Doors open @ 7pm
- No door charge for CSU students prior to 9pm, \$5 cover charge after 9pm
- \$5 cover charge for all non CSU students
- Buses shuttling from Thurgoona Residences from 7pm-9pm
- First 400 through the door get a stein
- Free Recovery breakfast at 10am Thurgoona residences BBQ area (bacon & egg rolls)
- Bought to you by the MCC & GAP

# Wellbeing Day

Wed 13th  
Oct

10:30am-2:30pm

Bought to you by:  
MCC, MARHS, GAP,  
Student Services,  
Chaplaincy  
& CSU Green

Wellbeing Day is:  
World Mental health Day, Ride to Work,  
Sustainability Info & End of year celebration

Activities taking place near the Learning Commons & Gums Cafe

Register for Ride to Work/Uni at <http://www.bv.com.au/ride-to-work/>  
and list work address as Charles Sturt University, Thurgoona NSW 2640

Free Food

Ride to Work

Tai Chi

Jumping Castle

Slack-lining