

Murray Campus Council Presents  
Velocity Magazine, O-Week February 2011  
CSUVelocityMagazine@gmail.com

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**Special Super Hero-Week Edition!**





# From The Editors...

Hey Guys!

Welcome to a new year of uni and a new year of Velocity! A big hello to all the first years we're sure it won't take you long to figure out how the uni life works and welcome back to the already existing students.

Over the holidays hard work has been put into finishing the new UNI BAR which everyone has probably seen. After its official opening the other week, the G Bar is now welcoming its first o week which is sure to be great!

We hope everyone settles in to a new year at CSU and expect to see you all at our O-Week events!

Cheers!

Erin, Kate, Ro and Bec.



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](mailto:csuvelocitymagazine@gmail.com) or post pictures on our facebook site Velocity by MCC!

# 5 minutes in the hot seat with...



## Lauren 'Lozza' Hogan

**Course and Year:** Occupational Therapy, 2<sup>nd</sup> year.

**Hometown:** Nullawil, Victoria

**Favourite/ Most successful pick-up line:** "hey, lets be like nike, just do it"!

**If you could take anyone on a date, who would it be? And where would you take them?:** Definitely Ben Cousins. I'd take him to Antarctica so he had endless ice supplies ;-)

**Most Embarrassing CD:** Aqua

**It scares me, but I'd love to...** Fail uni, so I can stay for an extra year!

**What's the best advice you've ever been given?** "Twenty years from now you will be more disappointed with the things you didn't do, than by the ones you did"

**If I was prime minister I would...** dye my hair ranga to look like Gillard

**Funniest memory:** Probably ending up in hospital with a yeast infection after I cut my foot open on a broken Schooner at the Kinny one night. My friends being the capable health professionals they're training up to be, provided me with emergency first-aid... they cleaned out the wound with beer.

**I have never understood:** people who don't drink

**If you could be reincarnated, what would you come back as?** A cat, so I could have another nine lives

**What do you want to be when you grow up?** A garbage truck driver

**Personal words of Wisdom:** "dream as though you'll live forever, live as though you'll die today"



**Each Week we put some poor soul on the spot to answer a few questions. If you would like to be our next victim or if you know someone who would love the opportunity, please shoot us an email at [csuvelocitymagazine@gmail.com](mailto:csuvelocitymagazine@gmail.com)**

# CSU services for students

**Movie Tickets** – Are available from Gums Café, at the discounted rate of \$11.00 for Students.

**Student Loans** – The aim of the loans scheme is to provide short term financial assistance to enable students to continue their studies. Loans are interest free and you get to the end of the following semester to pay it back. A student will first need to make an appointment with the Student Support Officer. The student will be required to complete an appropriate Loan Application form, together with providing supporting documentation. For detailed information on student loans go to the website, you can also download the application forms from here <http://www.csu.edu.au/division/studserv/support/money/loans.htm>

**Student Support Officer** = Kerry Read, Building 672  
Ph: 02 60519130, email: [kread@csu.edu.au](mailto:kread@csu.edu.au)

## NEED A LOCKER?

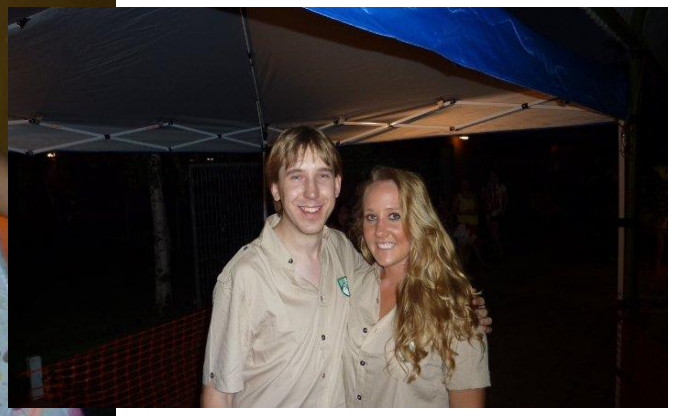
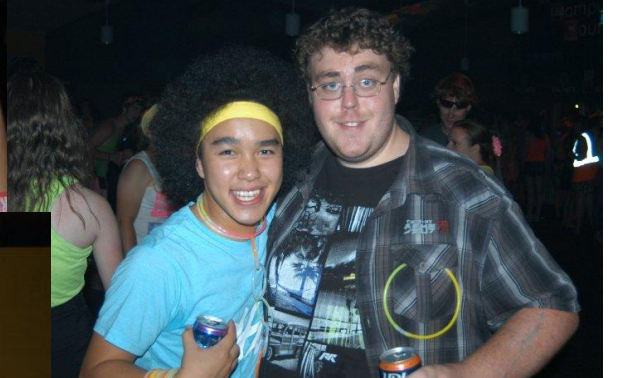
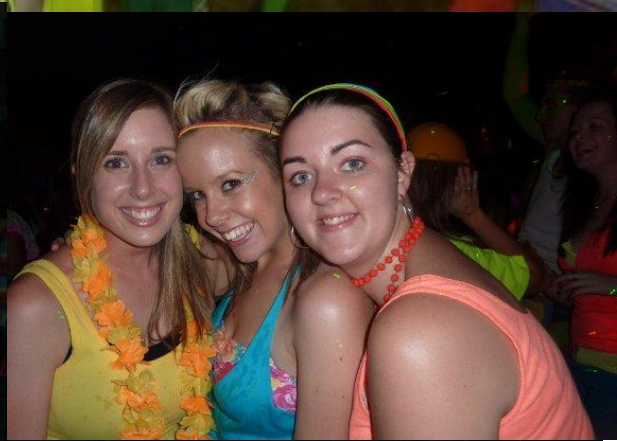
There are Lockers available to use under the left hand side shelter of the Learning Commons. Supply your own lock and use as required



Supplied by the MCC  
Albury-Wodonga  
Student Representative  
Committee

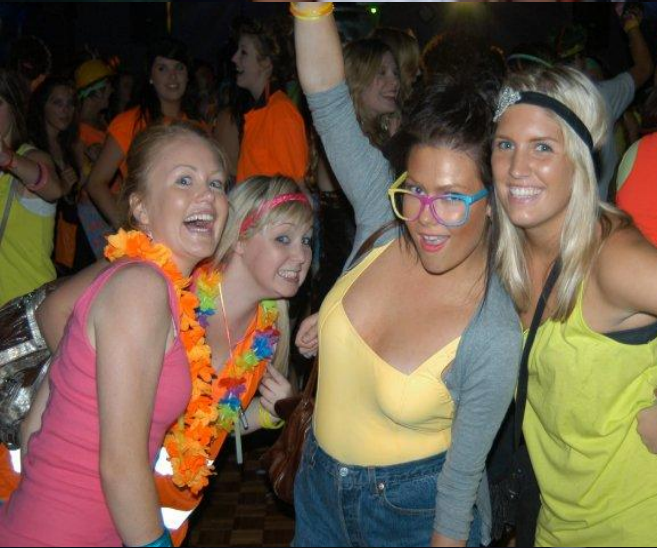
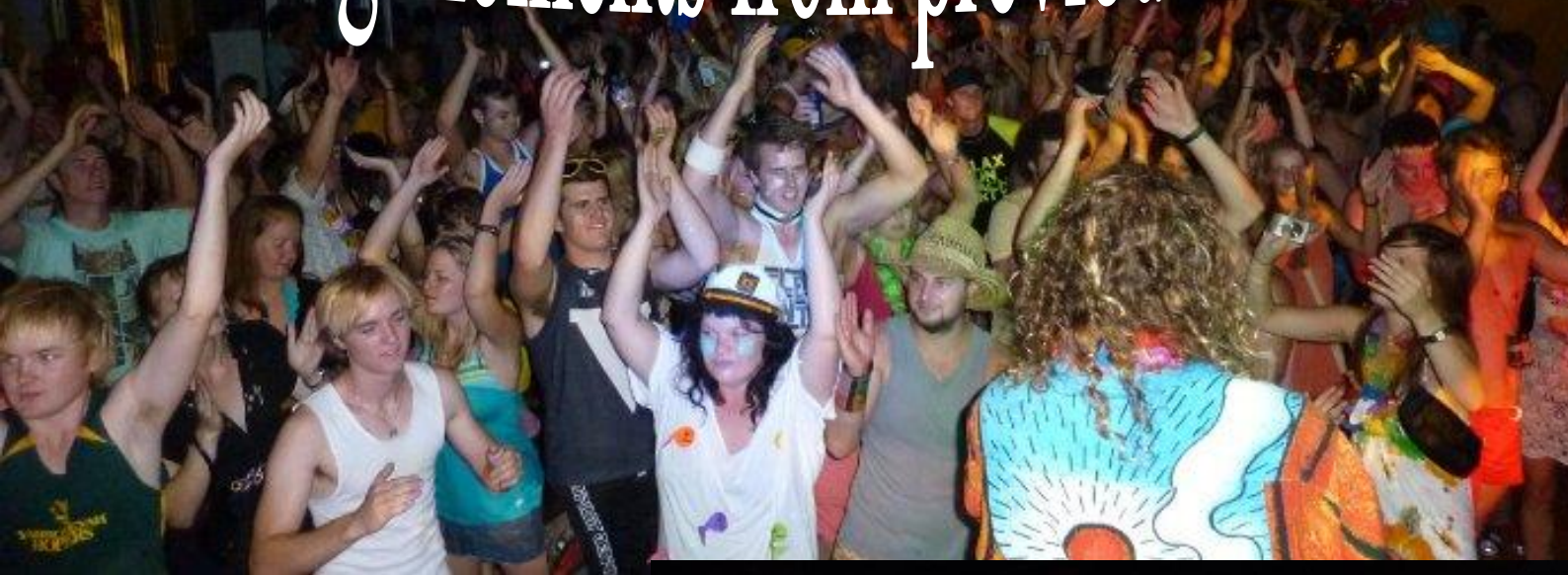


# Flash Back

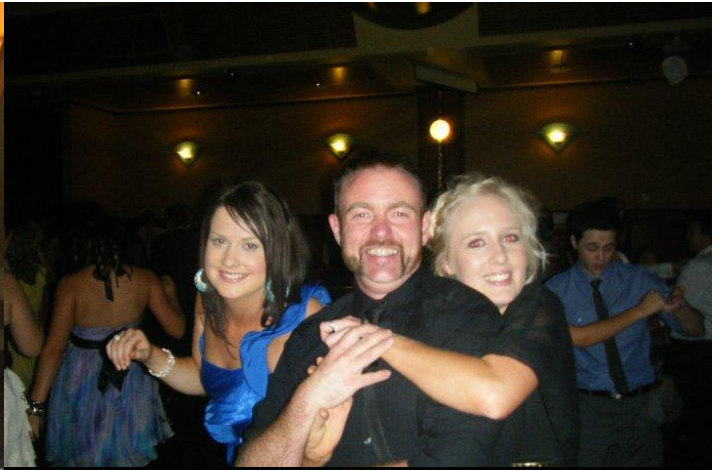
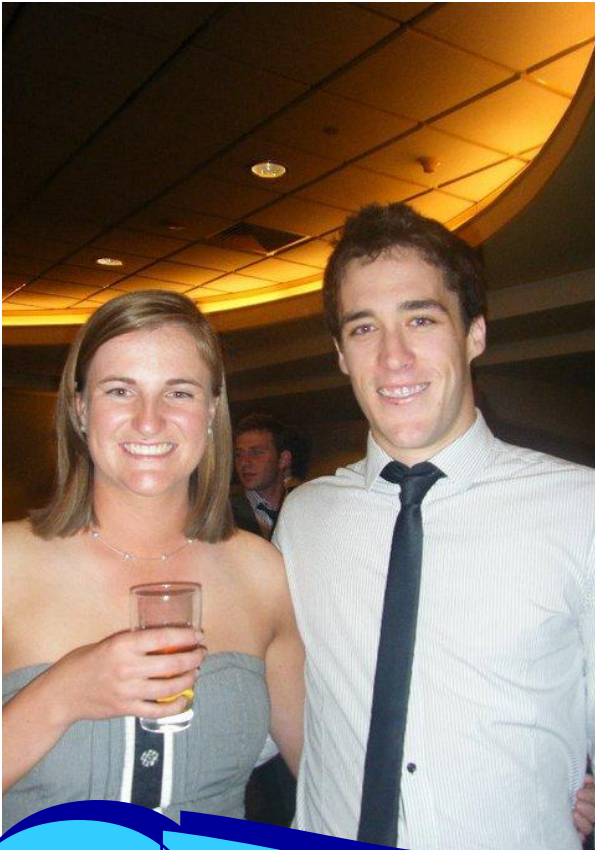




# Re-living moments from previous O Weeks

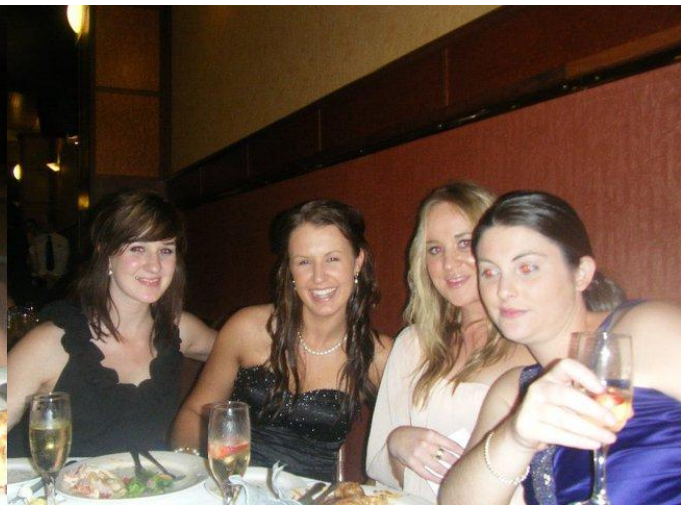






# OT BALL!

After last year's final exams CSU's students thought of no better way to celebrate the end of term with the OT Ball. Held at the commercial club, those who were still in Albury after exams and those who made the trip back especially had a fantastic time!



# UNI BIBLE STUDY



## (UBS)

UBS is **THE** Christian bible study group on campus. We are a group that is all about **Jesus**, and it's our mission to share him with others as we grow in maturity as Christians, spend time together encouraging each other. We meet **every Wednesday** at 3.30pm to hang out and hear awesome teaching from the Bible (followed by arvo tea!)



**Dave Fowler** is a country boy turned full time staff worker, bible teacher, dad, Frisbee extraordinaire and he's been with us for 1 year. He's a funny bloke and we think he does alright, so we've kept him for another year!



## Things we do:

- **TNT (Tuesday Night Training):** dinner and Gospel training every Tues over with our friends at La Trobe, Wodonga. 5pm the Hanger.
- **Wednesday Bible Study:** Awesome teaching from the Bible followed by arvo tea and a chance to hangout. 3.30, room 111 C. D. Blake, Thurgoona.
- **Ultimate Friday Frisbee:** Albury CSU vs Wodonga La Trobe (or The Trobies as they like to be called). We play every Fri arvo down at the river (Oddies Park). All welcome.
- **Kick off Camp:** our weekend away of chilling out and learning from the bible together. Mud slides, late night hikes, great food (March 18-20)
- **JAWS (Jesus Awareness Week):** our campus outreach week where we host events, give out free food, and take to the campus with the good news!

**Other Social Events include:** bonfires, movie nights, progressive dinners etc. Keep your eye out for **more details** in Velocity or on posters around campus.

**Better yet,** come along and see what we are about. Room (111?) every Wed.

More details, contact **Dave Fowler: 0402600010**

or email: [ubsalbury@gmail.com](mailto:ubsalbury@gmail.com)

Check us out on Facebook too!





# MARHS

## Multidisciplinary Albury Rural Health Society

Fancy tackling sheep, fine tuning your bush dancing, kick-starting your health networking or learning about mental health??? Well then come and join over 200 fellow health students in the amazing MARHS club! We run mental health first aid courses and a Close the Gap event for Indigenous health, enable students to attend national conferences, organise rural high school visits, and provide great social opportunities including our annual Bush Bash Ball!

MARHS is a part of the National Rural Health Students Network (NRHSN), which comprises of over 9 000 students around the nation. Our aims are to attract health students to rural areas, promote health and health careers to Indigenous and rural high school students, provide professional development and networking opportunities for our members, and have FUN while doing it!

### How much does it cost?

It only costs \$5 to join- that's membership for the WHOLE year! Benefits include bargain ticket prices to exclusive MARHS events, and access to many fantastic opportunities including scholarships, subsidised rural health trips, and discounted mental health first aid and suicide prevention courses.

### How can I become involved?

Come along to our Welcome night on Monday 7<sup>th</sup> March to find out more about MARHS, what we have planned for 2011, and ways to get involved in the club. Become a member on clubs day or sign up at the cashiers, then make sure you register online at <http://marhs.nrhsn.org.au>.

### How can I contact MARHS?

Send us an email at [marhs.csu@gmail.com](mailto:marhs.csu@gmail.com) or check out our website: [www.marhsclub.org](http://www.marhsclub.org). Alternatively visit the NRHSN website ([www.nrhsn.org.au](http://www.nrhsn.org.au)) and check out our page.

## 2011 events

- Welcome to MARHS night 7<sup>th</sup> March
- Clubs Day 8<sup>th</sup> March
- Close the Gap event and Bush Bash Ball
- Rural High School Visits
- Indigenous festival
- Mental Health Trivia night
- Student Presentation Night

## What's **NEW?**-NRHSN database

- \* Receive the latest news on what's happening in rural health around the country
- \* Find club members in the same discipline

**Plus join now and be in the running to win a \$20 ColesMyer voucher!!** Contact us for more information or visit our stall.



# The GAP club

The Green Adventure People - closing the GAP between students and the environment



The GAP club covers a wide range of areas including adventure activities such as mountain biking, climbing and skiing, environmental issues and activities, crazy parties and anything else the members are interested in doing. The GAP club is **not** just for students who are in the School of Environmental Sciences.

There are lots of opportunities to attend/organise some awesome events such as the Students of Sustainability (SoS) Conference which this year will be in Albury, climbing days, movie nights, road trips, OzGreen's Youth Lead, camping trips, ski trips, BBQ's and Crate Stacking.

The club is a great way to meet other likeminded people to hang out with and to go on trips with, to learn about work experience opportunities, and to learn about environmental issues and different adventure activities.



## Joining and More Information

It is free to join the GAP club and is as simple as dropping us a line with your email address, so we can let you know about when meetings will be held and about all the events that are coming up. For more information email us on [greenadventurepeople@gmail.com](mailto:greenadventurepeople@gmail.com), check us out on facebook (green adventure people) or come and talk to Erin, Casey, Tim, Isobel, Annie, Jimmy or Meryn (2011 Coordinators).





# Clubs at CSU Albury- Wodonga

There are a number of Clubs on this campus. Mostly these are social clubs based around courses, but you can still become a member of clubs even if you're not in that course.

Most clubs organise social activities throughout the year, club merchandise and fundraising activities. By being a member you usually get discounts, eg. Cheaper entry fee to events they hold, cheaper prices when they order merchandise.

## **PAYING FOR CLUB MEMBERSHIPS**

- Go to the Cashiers to make your payment. The cashiers will give you a membership form to fill out when you make payment. They cashiers will collect the form back from you. Cashiers are located in the reception area, level 2, Gordon Bevan Building 673

Cashiers are open Monday to Friday, 10am to 4pm.

- The cashiers will give you a form to fill out with your details, fill this out and hand back to the cashiers. When you have paid your name then goes on the club's membership list. The form is passed onto the Student Support Officer for your clubs information.

**The following table details the clubs we currently have operating on this campus and their membership fee:**

<b>Club</b>	<b>Membership fee</b>
<b>BizIT – Business &amp; IT Students (unsure of status)</b>	\$5.00
<b>Bluebottles – Water Polo</b>	\$10.00
<b>Clayton's Mature Age</b>	\$1.00
<b>Education</b>	\$10.00
<b>GAP – Green Adventure People</b>	No fee
<b>Health &amp; Rehab</b>	\$5.00
<b>Hockey Devil's – playing under North's Hockey Club, Albury</b>	\$10.00
<b>MARHS – Multidisciplinary Albury Rural Health Society</b>	\$5.00
<b>Nursing</b>	\$10.00
<b>OT</b>	\$5.00
<b>Physio</b>	\$10.00
<b>Podiatry</b>	\$5.00
<b>Speech</b>	\$5.00
<b>UBS – Uni Bible Studies</b>	No fee



# Cheap meals for uni students

## Baby Spinach, Potato & Egg Salad

### Ingredients

- 18 (720g) tiny potatoes, halved
- ½ cup (125ml) olive oil
- 6 eggs
- 4 bacon rashers, chopped
- 200g baby spinach leaves
- 2 tablespoons white vinegar
- 4 anchovy fillets in oil, drained
- 2 tablespoons coarsely grated parmesan cheese



### Method

1. Combine potatoes and 2 tablespoons of oil in large baking dish; bake, uncovered, in very hot oven for 20 minutes
2. Meanwhile, cover eggs with water in medium saucepan; bring to boil. Simmer, uncovered, 10 minutes; drain. Rinse eggs under cold water; shell and cut into quarters.
3. Cook bacon in large heated dry frying pan until crisp; drain on absorbent paper.
4. Gently toss bacon in large bowl with potatoes, eggs and spinach. Blend or process remaining ingredients, drizzle over salad.

## Chocolate Rum n Raisin Muffins

### Ingredients

- 1 cup (170g) raisins, chopped finely
- ¼ cup (60ml) rum
- 2 ½ cups (375g) self-raising flour
- ½ cup (50g) cocoa powder
- 1 cup (200g) firmly packed brown sugar
- 150g dark chocolate, chopped finely
- 2 eggs
- 125g butter, melted
- 1 cup (250ml) buttermilk



### Method

1. Preheat oven to moderately hot. Grease 12-hole (1/3 cup/ 80ml) muffin pan.
2. Place raisins and rum in small bowl; stand 10 minutes.
3. Sift flour and cocoa into large bowl; stir in sugar and chocolate, then raisin mixture and combined eggs, butter and buttermilk. Spoon mixture into prepared pan. Bake in oven for 20 minutes.



# 10 Commandments of a University Student

## **I- Thou Shalt Nap**

And God gave unto Student a great gift, the gift of napping. God said to him, You shall spend half your day napping. You shall nap in class, in your room and in your friend's room. And God said, if you don't nap, you will not be able to stay up all night drinking. And Student said, Nap I shall, and it was good.

## **II- Thou Shalt Get Ill All the Time**

Now God said to Student, you must be ill all of the time. And student said why. And God said unto him, you shall share drinks, stay up too late, drink too much and hook up with people you don't know. Therefore, God said, you shall be ill all year round. But God said, blessed are the sick for they have partied the hardest. And it was good.

## **III- Thou Shalt Acquire A Nickname**

And Student asked of his name, for he had heard that names often change at university. And God said unto him, you shall acquire a nickname and that is what people will know you as forever. Some may even forgot your real name, God added. And student asked if he could choose the name he was to be known by. And God laughed a mighty laugh and said to Student, he who attempts to pick his own nickname shall be called Assknuckle! And Student understood his wisdom and determined to accept whichever nickname he was given.

## **IV- Thou Shalt Wear a Hoodie**

And then Student asked God, God how do I look like a university student. And God said unto student, you must wear a hoodie, for it is a useful garment. And you shall never wash it either. Student asked God, "What kind of Hoodie should it be?" And God said, "You shall own many of varying colours and creeds." And Student was pleased and God was pleased.

## **V- Thou Shalt Embarrass Yourself Online**

And next student asked God of technology and how one should conduct himself online. And God said to student, thou shalt embarrass yourself online. And student was confused but God explained it to him. Said God, you will log into facebook drunk and write embarrassing things on your friends profiles. You will message people you are attracted to and then completely forget you have done so. You will post pictures of yourself that will someday be the reason you cannot find a job. And student began to weep so God took a video of this and put it on youtube.

## **VI- Thou Shalt Order Many Takeaways**

Student asked unto God if there were any need for takeaways given the numerous recipe books he had already acquired, but God said to him, "You shall order many a takeaway, but you are poor, with little money and shall eat 8p value noodles instead of using said books." Student ordered takeaway and ate 8p value noodles and it was good.

## **VII- Thou Shalt Hook Up**

Student then asked of sex. And God said, Student, you shall hook up and be happy. You shall go home with random people every weekend, do the walk of shame and forget about them the next day. You shall see them at uni and be awkward amongst their company. You shall exchange saliva at clubs and parties and it will be good. And Student became gleeful and said 'giggity, giggity' and it was good.

## **VIII- Thou Shalt Join a Club and Never Go to Meetings**

Student inquired of his spare time and God reminded him that he should be napping. But Student said he wanted to do other things. So God said unto him, you shall join a club at the beginning of the semester, but then never go to meetings. And Student asked why he should not go to meetings, and God told him, because the glee club is gay. And Student understood His wisdom.

## **IX- Thou Shalt Wake Up Confused**

God said to Student, there will come many a day when you shall wake up in the bed of another and not know where you are. You will not remember what you did last night and you shall be confused. You will see that you have nipple rings and a tattoo now and are covered in marker pen. And Student was disturbed by this, but God said, you shall tell great stories about it to your friends someday. And Student understood and God took a sip of a beer.

And God gave Student the final Commandment

## **X- Thou Shalt Gain Weight**

And Student wished to hear the final commandment and God said he would not like it. But Student insisted, so God said unto him, you shall gain weight. However, God said, you will not buy new clothes, so you will wear sweat pants a lot. God said, Student, you will watch a lot of TV and become fat to which Student wept profusely. But God comforted Student saying, you will still hook up even if you cannot tie your shoes anymore for many will be like you and that is good. The student felt better and God pointed to Students chest saying, those will soon be bitch tits.





**A Nationwide search for talented female athletes to compete in cycling at the 2016 Olympics in Rio De Janeiro, Brazil**



Successful athletes will enjoy the benefits of superior coaching, training camps, competition and sport science.

***WE ARE SEEKING THE NEXT GENERATION OF OLYMPIC AND WORLD CHAMPION FEMALE CYCLISTS TO REPRESENT AUSTRALIA IN ELITE ROAD AND TRACK CYCLING.***

### **Overview of the Program**

The "Ride to Rio" Program is a joint initiative of Cycling Australia and the Australian Sports Commission to identify talented female athletes for elite road and track cycling. The aim of the Program is to provide successful athletes with an enriching environment and improved training and competition experiences in order to fast-track their development towards the 2016 Rio De Janeiro Olympics.

### **What are we looking for?**

We are looking for females aged between 16 and 28 years who have:

- a background in endurance or team sports (e.g. cycling, rowing, netball, soccer)
- the dedication to join an elite development program
- the passion to be an elite cyclist and represent Australia and
- have the desire to be an Australian Olympian.

### **How to register?**

To obtain an application form, please send an email with your name, date of birth and contact details to [Joshua.sear@ausport.gov.au](mailto:Joshua.sear@ausport.gov.au) before February 14th, 2011.



CRAIG DENT REGIONAL EVENTS PRESENTS

# Y-FEST

INVASION OF THE NEXT GENERATION

FEATURING

WMY  
MEREDITH  
MINX



PLUS

NeonCity

- BLOODLOSS VEGAS-
- RADIO SHOCK THERAPY-
- BOUNCE BROTHERS-
- ZUCKR DJ-
- Y-FEST BATTLE OF THE BANDS WINNER-
- HOSTED BY KATE HARTLEY-

NORTH ALBURY  
SPORTS CLUB

SATURDAY  
9TH APRIL  
4PM - 9PM

25 AND UNDER  
DRUG AND ALCOHOL FREE EVENT

\$25 (PLUS BOOKING FEE)

AVAILABLE FROM THE ALBURY  
ENTERTAINMENT CENTRE BOX OFFICE

PROUDLY SUPPORTED BY



Lisa Stevenson  
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# Sports Guide

This guide gives details on sporting clubs and competitions in the local Albury-Wodonga community. Please note you can also develop a club through the university in relation to some of these Sports. When a club has been developed you can apply for funding from the Student Representative Council (Murray Campus Council) to assist with the costs associated with playing these sports eg. Registration fees & equipment. See your Student Support Officer (SSO) for more information on developing a club.

The Murray Campus Council also offers a **Community Sporting Subsidy**. You need to provide evidence of the costs associated with playing the sport you will be subsidised 25% of the costs up to a maximum of \$100. Please see the SSO for more information (located in The Pavilion, Building 672).



## FOOTBALL/ NETBALL CLUBS

### Lavington Panthers Football & Netball Club

**Contact:** Stephen Chalmers

**Phone:** 0418 690 838

**Email:** [lpfc@westnet.com.au](mailto:lpfc@westnet.com.au)

**Web:** [www.lavingtonpanthersfc.com.au](http://www.lavingtonpanthersfc.com.au)

The Lavington Panthers play in the Ovens & Murray League, with Senior, Reserves and U18 sides in the football and A, B and C grade netball teams. The club enjoys the best facilities in regional Australia.

### North Albury Football & Netball Club

**Contact:** Travis Hodgson

**Phone:** (02) 6025 8877

**Email:** [northalburysportsclub@bigpond.com](mailto:northalburysportsclub@bigpond.com)

The North Albury 'Hoppers' play in the Ovens & Murray league, with Senior, Reserves and U18 sides in the football and A, B and C grade netball teams.

### Tallangatta Football & Netball Club

**Contact:** Darren Mathey / Leo Kirk

**Phone:** 0418 552 670 or (02) 6071 2342

**Web:** [www.tallangatta.fc.vcfl.com.au](http://www.tallangatta.fc.vcfl.com.au)

Tallangatta Football & Netball Club plays in the Tallangatta & District League. They have had a large number of university students play for the club over the past few years, therefore they hold one of their training nights in Wodonga at Emerald Oval and the other night is held out at Tallangatta.

### Thurgoona Football & Netball Club

**Contact:** Tony Way

**Phone:** 0438 574 823

**Email:** [tonyw@lba.com.au](mailto:tonyw@lba.com.au)

**Web:** [www.thurgoonafc.vcfl.com.au](http://www.thurgoonafc.vcfl.com.au)

Thurgoona Football & Netball Club plays in the Tallangatta and District League. Thurgoona fields four football and five netball teams. Home Ground is conveniently located opposite CSU's Thurgoona campus.



## HOCKEY

### Hockey Albury-Wodonga Inc

**Contact:** Angus Beath

**Phone:** 0431 138 529

**Email:** [admin@hockeyalburywodonga.com.au](mailto:admin@hockeyalburywodonga.com.au)

**Web:** [www.hockeyalburywodonga.com.au](http://www.hockeyalburywodonga.com.au)

Albury-Wodonga prides itself as being the hockey capital of Australia. The league has a number of clubs and a range of levels in its competitions; Under 12, 14 & 16's (boys & girls), senior divisions 1, 2 & 3 and Veterans (male & females).

### CSU Hockey Devil's / Norths Hockey Club Inc

**Contact:** Amelia Hayes

**Phone:** 0404 618 713

**Email:** [csuhockey@gmail.com](mailto:csuhockey@gmail.com)



## RUGBY

### Lavington Panthers Rugby League Club

**Contact:** Richard O'Connell

**Phone:** 0408 431 087

**Email:** [rick.oconnell59@gmail.com](mailto:rick.oconnell59@gmail.com)

Lavington Panthers R.L.F.C is the main Rugby League team in Albury Wodonga. We play in Group 9 and have four grades. We train at Greenfield Park. We also have Women's League Tag in its third year of competition.

### Albury Wodonga Rugby Union Football Club

**Contact:** Justin Clancy

**Phone:** 0438 203224

**Email:** [justin@familyvet.com.au](mailto:justin@familyvet.com.au)

**Web:** [www.alburysteamers.rugbynet.com.au](http://www.alburysteamers.rugbynet.com.au)

The Steamers are Albury-Wodonga's Rugby Union club and play in the Southern Inland competition. The Steamers have 3 senior grades and train on Tuesday and Thursday evenings at Murrayfield (part of the Alexandra Park Sporting complex)



## SOCCER

### Melrose Football Club

**Contact:** David Pye

**Phone:** 0407 733 026

**Email:** [david.pye@iplexpipelines.com.au](mailto:david.pye@iplexpipelines.com.au)

### **Albury City Soccer Club**

**Contact:** John Ferguson

**Phone:** 0417 217 222 or 6058 4678

**Email:** [john.ferguson@gsahs.health.nsw.gov.au](mailto:john.ferguson@gsahs.health.nsw.gov.au)



### **TENNIS**

**Contact:** Di Wurtz or Sandra Rouvray

**Ph:** (02) 60 213 514

**Email:** [alburityennis1@bigpond.com](mailto:alburityennis1@bigpond.com)

**Web:** [www.alburityennisassociation.com.au](http://www.alburityennisassociation.com.au)

Albury Tennis Association is the main provider of tennis in Albury having 11 member clubs around town. Saturday morning junior comp (9:30am-11.30am), Saturday afternoon Pennant competition (1pm-5:30pm), as well as Tuesday morning ladies (9:30am-12:30pm), both winter and summer competitions.

Association headquarters is at the Albury grass courts in Townsend Street (entry off Hovell Street). Court hire and social membership available.

### **Albury Tennis Club**

**Contact:** Carolyn Takle or Roy Scholz

**Phone:** Carolyn-(02) 6021 7998, 0412 629 753

Roy-(02) 6021 7907

Albury Tennis Club is located on Mitchell St in the CBD of Albury. Social tennis takes place on Thursday & Saturday afternoons, all welcome. Saturday pennant runs from Oct to Mar & May to Sep.

**Casual Tennis Court Use:** CSU has arrangements with the Thurgoona Country Club Tennis Courts for students to use facilities free of charge. The courts cannot be used if there is another competition in progress. You can borrow rackets & balls from the Uni if you don't have your own. You may go down and play on the courts when they are open, Staff of the facility will request your student ID card. Ensure you have this on you otherwise you will need to pay a fee or be asked to leave.



### **TOUCH FOOTBALL**

#### **Albury Touch Association**

**Contact:** Tim Semple

**Address:** Jelbart Park, North Albury

**Phone:** 0418 166 762 (Kate Stevens)

**Email:** [tjs070@hotmail.com](mailto:tjs070@hotmail.com)

**Web:** [www.alburytouch.com](http://www.alburytouch.com)



### **VOLLEYBALL**

#### **Albury Wodonga Volleyball Association**

**Contact:** Darren White

**Phone:** 0422 178 115

**Email:** [pres@awvolleyball.org.au](mailto:pres@awvolleyball.org.au)

**Web:** [www.awvolleyball.org.au](http://www.awvolleyball.org.au)

*See website for details of hard-court Volleyball Seasons & Beach Volleyball Season.*



### **WATER POLO**

#### **CSU Bluebottles Water Polo Club**

**Email:** [bluebottles@csu.edu.au](mailto:bluebottles@csu.edu.au)

CSU has a Water Polo Club called the Bluebottles who play in university competitions (AUG's & EUG's). There is a membership fee of \$10 for the year.

#### **Ovens & Murray Water Polo Association**

**Phone:** 0418 620 852

**Email:** [admin@omwaterpolo.org.au](mailto:admin@omwaterpolo.org.au)

**Web:** [www.omwaterpolo.org.au/cms/](http://www.omwaterpolo.org.au/cms/)

Season runs from October to March. Please contact the Association if you would like to get involved in a club/team.



### **SPORT STADIUMS**

#### **Albury Sport Stadium**

**Address:** 229 North Street, Albury

**Phone:** (02) 6051 3490

**Web:** [www.alburysportsstadium.com.au](http://www.alburysportsstadium.com.au)

Evening indoor sporting competitions: Basketball, Volleyball, Badminton, Netball. See website for more info and contact details.

#### **Major League Indoor Sports & Function Centre**

**Contact:** Matt Mitchell

**Address:** 119 North Street, Albury NSW 2640

**Phone:** 02 6021 6855

**Email:** [mlis@bigpond.com](mailto:mlis@bigpond.com)

Major League is a netted four court indoor sports centre with a fully licensed bar and function room. Senior sports from Monday to Thursday include, mixed and ladies netball, men's cricket, mixed volleyball and men's, mixed and ladies soccer.

#### **Wodonga Sports & Leisure Centre**

**Address:** Hedgerow Court, Wodonga

**Phone:** (02) 6043 4545

**Web:** [www.wodonga.vic.gov.au/sports\\_leisure](http://www.wodonga.vic.gov.au/sports_leisure)



### **UMPIRES**

#### **North East Umpires Board – Australian Rules**

**Contact:** Robert Bartholomew

**Phone:** 0409 561 451

**Email:** [bartholomew@austarnet.com.au](mailto:bartholomew@austarnet.com.au)

North east Umpires Board services the local Australian Rule Football fraternity with field, boundary and goal umpires, who umpire games in a radius of approx 250-300kms. The Albury based group train at Noreuil Park every Tuesday and Thursday at 6pm. Experienced support staff provide education and training to all umpires.



# 2011 CSU Student Discount Directory

**HEAPS  
FREE  
STUDENT  
OPTIONS  
IS HEAPS  
GOOD**

If you're a full time student get heaps good benefits.

To get heaps free, drop into your local Albury branch at 482 Dean Street, 02 6023 966.



10% off all of our services when you show your student card @

**Blush Me > Beauty & Nails**

**Shop 3, Sesame St Wodonga**

**60241979**

Quality second-hand goods, CHEAP!!!

**Tender Centre Wodonga**

[www.tendercentre.biz/wtc](http://www.tendercentre.biz/wtc)

No processing charge or 1/2 price delivery, on presentation of your Student ID card

65 Wigg St Wodonga

Phone 02 6056 1313

Just like E-bay in a shed!

OPEN 7 DAYS

**Thanks to the Following Businesses for their O-Week Donations**

**FIREFLY**  
EXPRESS COACHES

**SPORTSPOWER**

A logo for "Carv'n It Up" featuring two crossed knives.

**CARV'N  
IT UP**

*Come in for a delicious roast dinner or takeaway.*

**THE ROAST MEAT SPECIALISTS**  
Ph: (02) 6041 2786  
Fax: (02) 6041 2793  
2/617-621 YOUNG STREET  
ALBURY NSW 2640

*Having a function?  
Talk to us about catering your event.*

**Y-FEST**  
INVASION OF THE NEXT GENERATION

A logo for "Intencity" with the word in a white oval on a green background.

**INTENCITY**  
games fun prizes  
[www.intencity.com.au](http://www.intencity.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 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





# What's On 4 Term 1!!

	Mon	Tue	Wed	Thu	Fri	Sat/Sun
<b>Week 1</b>	28 Feb Mellow Monday @ The G	1 Mar Poker @ The G	2 Joker Poker @ The G  <b>Speech Club welcome night 6.30pm @ the pavilion (672)</b>	3 OT Club Welcome Night  <b>Toga Night, 7:30pm @ The G</b>	4 Teams to be in for Netball Comp  Friday Unwind @ The G	5/6
<b>Week 2</b>	7 MARHS Welcome Night  Mellow Monday @ The G	8 Clubs day 11am -2pm  Poker @ The G	9 Health & Rehab Club welcome @ The G  Netball Starts@ JC King Park  Joker Poker @ The G	10 Pod & Physio Club Welcome Night @ The G	11 International Club Welcome BBQ  OT Club Mystery Bus Tour  Friday Unwind @ The G	12/13 Sunday Sport run by RA's
<b>Week 3</b>	14 Mellow Monday @ The G	15 Poker @ The G	16 Netball @ JC King Park  Joker Poker @ The G	17 <b>St Pat's Day @ The G</b> <b>The King Cannons</b>	18 Friday Unwind @ The G	19/20
<b>Week 4</b>	21 <b>Harmony Day</b>  Mellow Monday @ The G	22 Poker @ The G	23 Netball @ JC King Park  Joker Poker @ The G	24 <b>Southern Zone Challenge Sports Day, Wagga &amp; Latrobe come to Albury</b>	25 Albury Gold Cup	26/27 Sat: NRL Screened on Oval (BIG SCREEN)  Sunday Sport run by RA's
<b>Week 5</b>	28 Mellow Monday @ The G	29 Poker @ The G	30 Netball @ JC King Park  Joker Poker @ The G	31 <b>Mardi Gra, 7:30pm @ The G</b>	1 Apr Residences Dinner  Friday Unwind @ The G	2/3