

MCC Bytes



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Back 2 school 2013 Restoring Faith in the education system, and boy did you guys ever get ED-U-MA-CATED !!! What a night! From driving rain, to thundering base. That was the party night you guys have needed and not since O week have you let your hair down like that. That's what Uni night is U guys together U-night.



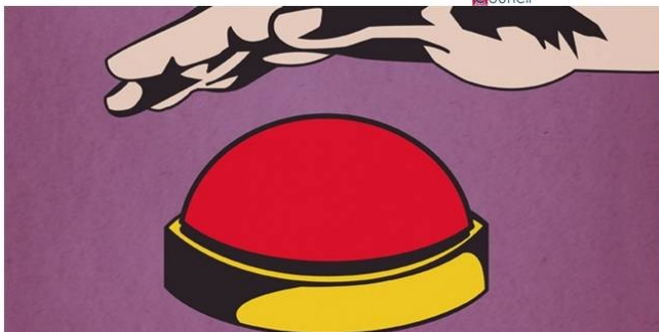
TRIVIA NIGHT

THURSDAY 8 AUGUST

7.30PM @ THE 6

\$5 per person – maximum 8 people per table

BROUGHT TO YOU BY THE Murray Campus Council



BRING YOUR FRIENDS ALONG FOR A NIGHT OF GOOD OLD FASHIONED TRIVIA! GREAT PRIZES TO BE WON





What's Been Happening

Congratulations to CSU sport and our athletes! "It's all fun and games"

If you were to sideline yourself and take in some of the action at the 2013 Eastern University Games (held in Wollongong, July 7th – 11th), you'd be sure to see plenty of Charles Sturt red and white, while the abundance of CSU branded cheers would make you feel right at home; "CHARLES WHAT!?... CHARLES STURT!" being a personal favourite.

This year 330 students from all 5 NSW campuses (25 from Albury) represented CSU at the games in 17 different sports. Fashioning the new sports attire the CSU crew were looking red hot, and it showed with some great teamwork, comradery and medal winning efforts.

The CSU medal count ended with:

2 GOLD - Women's Touch & Lawn Bowls

1 SILVER - Men's basketball

3 BRONZE - AFL 9's, Ten Pin bowling & Tennis (Greg Lynch).

A FANTASTIC EFFORT ALL AROUND! With CSU ranking in at 6th overall in the competition.

However EUGs is not all about the competition; the nightly themed parties were set to explode. There's something tremendous about more than a thousand uni students getting their zombie on, repping Maclemore with a thrift shop getup, and keeping warm while rocking in winter onesie land.

An awesome week was had by all regardless of the sporting outcome. Every CSU kid throws down and 'leaves it all on the court' during the day, and backs it up in the eve with their new found friends from a range of competing universities, especially CSU.

Needless to say CSU always shows up to do it big, and that my friends we most certainly did. Enquire with CSU sport if you want to be one of more than 2,800 university students who compete in the annual EUGs, lets show NSW and the ACT what we've got! CS-WHO!? CS-YOU!

Also! Keep a lookout for fundraising efforts and support your CSU athletes to get on their way to the Gold Coast in September, the teams lucky enough to qualify will be representing Charles Sturt at the Australian University Games! GO CSU! Rattle your spare silver along to the donation tin in the G!



Sports Equipment & Facilities

There is a range of sporting equipment available to borrow for the day or overnight. See Lee Elliott, B 672.

Students can also use the Tennis Courts at Thurgoona Country Club free, just have your student card on you.



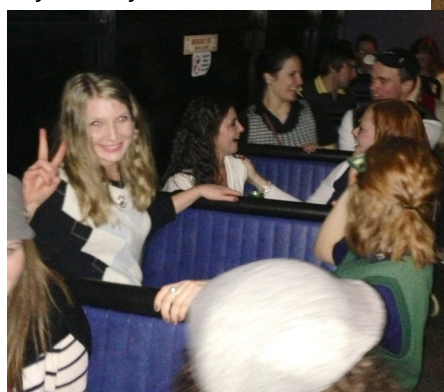
Speech Club: Mystery Bus Pub Golf

The Speech Club's first ever mystery bus tour was an absolute hit, with students from other disciplines and even non uni kids joining in on the fun. We toured our way around NSW playing a hit of pub golf, dressed up in our finest golf attire of course!

It was fantastic to see everyone really getting in the spirit and breaking out the vests and knee high socks! Nothing like wearing op shop clothes that are 3 sizes too big to be comfy while you drink!

It was about time that the Speechie's showed that they know how to party! It was such a hit that we plan to make the bus tour an annual event and we're already looking forward to the next one.

It was an amazing night and we're so glad that everyone got involved and enjoyed themselves.



U@CSU took place on Tuesday 23rd July. It was a great day with lots of atmosphere.

A number of stall holders from services within the University, outside organisations and student clubs had information, resources and free items available on the day.

The MCC's free sausage sizzle was a hit as was the inclusion of some live entertainment during the day in the Gums



Friday Afternoon Ultimate Frisbee

Ultimate Frisbee happens every Friday at 4pm, we have two different locations and they alternate each week. Kelly Park Wodonga and Noreuil Park football oval Albury,

Check out the Facebook group "Friday Afternoon Ultimate" for more information

<https://www.facebook.com/groups/359809330752725/>

Murray Campus Council—MCC

Brings you Tight Azzz Tuesday.

Cheap Lunch @
the Gums

Subsidised by
the MCC





Students of Sustainability Conference

On the 4th of July an elite team of environmentally aware and environmentally curious students brave the high waters of the Hume freeway to travel to by road ship to Tullamarine airport and to be transported in an airship to Launceston UTAS, where they would attend the infamous Students of Sustainability conference. It was a trip that would last for 7 days yet would be remembered for the rest of their lives. For I and the Sunshine Samurai it was a voyage of epic proportions in helping others learn the things I had learn me whole life. Weather the crew was prepared for the unforgettable battle and the onslaught of wisdom and knowledge let alone the responsibility that underlies that knowledge is a question for their own self dwelling, none the less here are their stories....

Jack Fry (Captain)

Amazing insights, inspiring speakers, engaged community and scrumptious food; too difficult to encompass the experience of Students of Sustainability in such a brief passage. Have you ever had to choose between 5 sessions of equal importance at the same time slot three times a day for five days? That's how it felt for me. From Earthships to saving the Ta,an forests to morning yoga, there's no better conference to invigorate any doubts that Australia's youth and students have the power to sway our nation and the globe into a sustainable future.

-Pat McGraw (Activated Scientist)

"Students of Sustainability represented an amalgamation of issues, ideas and people from every aspect of maintaining our planet. This program and its workshops provided information AND alternate action for us to employ in our own lifestyles (Ultimately teaching others over time). The variety of topics made it impossible to experience it all; however we experienced workshops on agricultural sustainability, population growth, politics, climate change, economics, cultural awareness and interactions with the global community. Which only inspires me more to attend in the future and spread the passion with those that join one of the greatest weeks of our lives?" SOS

-Lewis Tinley (The Verbalist)

This would have to be the hardest sentence I have ever had to write!

SOS provided me with an amazing chance to learn how to improve the way we interact with the environment and ways that we can get others to help us help the environment while meeting some incredible people with the same values, I believe that it is an unforgettable experience that everyone can take something valuable away from!

-Em Banting (Hungry Hungry Hippo)

To try and encapsulate the whole atmosphere of the Students of Sustainability conference is a task that cannot be completed with a great amount of ease. Personally I found it to be one of the most amazing and life changing experiences that I have had the pleasure of being involved in, in particular I enjoyed the diversity of people attending; it was not only environmental science students or the like as I had thought, it was anyone and everyone interested in the environment! This made me realise the sheer volume of people interested in environmental management and issues. The main thing I took from the entire conference was that as a single person, I can make a change! Whether it be as small as changing what products I buy and where I purchase them or as large scale as joining a campaign and becoming an activist, every little bit helps in the quest to save our environment.


-Claire Garner (Polypop)

SOS was an amazing experience for me. There was so many workshops that open your mind to new possibilities of the world. The people were also amazing. The conversations and skills I learnt from people were great. Plus the vegan food was amazing.

-Nikita Tabuteau (Moonsong)

It's hard to cram 5 days worth of life changing experiences into one paragraph. If I were to try, I would say that the people I met were amazing, the presentations were inspiring and the atmosphere was incredible. Being around 300 passionate people, who all share common beliefs, and who all want to change the world, is an incomparable experience. I don't have the words to tell you all about SoS. You have to go experience it for yourself, and I strongly suggest that you do.

-Nina Campbell (Pseudoanonymous)

*** Thanks to CSU Green, GAP Club & MCC for their financial contributions and support to make this trip happen 



Powershift

13th of July 2013, the crew has been separated, second in command Pat McGraw (a fine sailor) has stepped up to the challenge and taken over half the crew back to the homeport of Albury-Wodonga. They will rest up and recuperate the emotional battle scars they've gathered. I had to send me beloved Sunshine samurai back a well for commitments have arisen at home, and the dreaded monster of anthropocentric climate change we are to face at the town of Port Melbourne's, Monash University, I fear may be too much after such an event as SOS. First mate L.Tinley, skipper N.Tabuteau and I will brave the seas as they continue to grow...

Powershift acted as a catalyst for me, in fuelling my passion to induce action and emot others in the sustainable use of our finite resources. The interconnected nature of the planet and its issues in regards to climate was re-illustrated to me, allowing a revelation of awareness as to the importance of social movements when instigating positive change. This ultimate social experience provided me with new understanding which has focused my future studies and activities as a driver of change in a world we collectively control. I cannot encourage participation enough.

-Lewis Tinley

Powershift is an experience that I would love to have again. The workshops there taught me things I didn't know about climate change. It opened up more doors to learn about more environmental issues in Australia and in the world.

Nikita Tabuteau



Returning for Session Two: Four Hot Tips To Get You Through Uni

Welcome back to uni for second session. As you know, aside from nights at The G, parties etc, Uni can also involve a lot of hard work and stress so here are some tips to help you cope:

1. Reflect and Learn from Feedback

Think back over session one – what feedback did you get from lecturers. What do you need to do differently this session and what study skills do you need to develop or improve? Check out these study resources for some great tips and ideas.

2. Get Organised

Good planning, time management and scheduling are the key to succeeding at uni. Having a wall planner (that you actually write stuff on – no, not just your mate's 21st party but also when assessment tasks are due) is key. Grab one from the Co-Op Bookshop on campus. Develop to-do lists and update these at least weekly – write down homework for classes, assessment tasks, study time. And then prioritise the tasks. If you develop a study schedule make sure you schedule in time for doing your washing, hanging out with mates and leave some time blank – who knows what might come up.

3. Care for yourself

I know, I know, this article is starting to sound like a parent but it turns out that they are right when they say exercising and eating healthy food is good for you. Joining a CSU sporting group can also be a great way of meeting people if you are having trouble making friends. Try to get regular sleep. Take time out from study and work to catch up with friends and family. Learn relaxation and mindfulness techniques to calm down when feeling stressed out. Overall remember to live a balanced lifestyle – you will succeed academically if you are satisfied and happy in other areas of your life.

4. Find out where to get support

CSU actually gets that you might experience a variety of issues this year. If you are having trouble financially speak to a Student Support Officer or a Scholarship and Equity Officer. Loans and other assistance can be arranged. advice. Facing personal issues and struggling to cope? Make an appointment to speak to the CSU Counselling Service or have a look at their webpage for resources. Remember if you live on campus you will find on the back of your accommodation door 24 hour services for you to call for further assistance. Make sure you keep up with *MCC Bytes* for more tips throughout the year.

<http://student.csu.edu.au/support/counselling>



Student Blog

Why join the CSU student Council...?

On the final day of nominations for the next term for Student Council at CSU I find myself asking this very question. I have recently been informed that to date Albury Wodonga Student Council only has 2 nominations to fill eight available positions on the Council. This was quite disappointing news and left me to return to my original question, why join student council?

Throughout my years at CSU I have generally always been involved with a club or representative body of some description be it; Physio Club, Australian Physiotherapy Association (APA), Murray Area Rural Health Society (MARHS), or the Murray Campus Council (MCC). Prior to University I was involved with my High School Student Representative Council (SRC) for a number of years. I guess like most people involved in these roles, my main motivation was that ultimately I believe I could make a difference. I believe I have the capacity to represent the views of my peers in a professional manner and play a role in implementing positive change.

Why is it that we now appear to be lacking students with the motivation, passion and desire to be a part of student council and play a role in affecting change. Where are the next generation of students who will ensure that their fellow student's rights are upheld and views are represented?

Is it that students are completely satisfied and see no real need for representation or no desire for change? "No," I do not believe this to be the case. I can only make assumptions based on conversations I hear or have been engaged in but, no I do not believe people are completely satisfied. People regularly have concerns or frustrations about campus life and or study at CSU. Equally let us be realistic. In any given situation where you have a mass collective of people with various ideas and opinions it is unlikely that there will ever be an instance where 100% of people are 100% satisfied, 100% of the time.

I believe this decline in the desire of students to be a part of student council is largely of CSU', the organisations own doing. Since the abolishment of the student unions and CSU's decision to disbandon previously well established student associations to move to the current model of student councils. We are left in this new current model where the student's ability to implement affective real change is minimal.

Each campus' student council is given a determined allocation of funds each year but with that they are also given strict guidelines around how they may and may not spend 'their' funds. Student council no longer has any direct say in the Uni Bar + Cafe, student services or any direct ownership of property on campus. We are regularly fed the idea that 'we want input from students' but what does this really mean. An electronic survey to the student body as a whole every six months that maybe fills the universities vain notion that, 'yes, we value the opinion of our students.'

Maybe they will occasionally ask for our opinion, sometimes they may even hear it. On the odd occasion they might respect it.

Whether or not this opinion leads to any desired change is yet to be determined.

Whenever we have had any desire to do something we are 'handpassed' between staff and departments. We are left with our idea to go from one staff meeting to the next. CSU Committees that will go back and forth on a simple idea because everyone is to fearful of potential ramifications of their decision. Committees that spend large portions of their budget on research and planning and so by the time it comes to implementation of the project there is almost nothing left to spend. The product we are left with ends up a mere shadow of the idea that had been requested six to twelve months earlier and so leaving us back where we started. Now questioning why we bothered in the first place but still we try again and hope somehow the next time we raise our idea the result will be different.

Does CSU value its student's opinions???



LAZINESS

Level: boss.

fakeposters.com

So why join the student council at CSU.

When I joined the Murray Campus Council there were two main things I was passionate about changing on campus. I wanted to see a bus shelter and accessible footpaths.

I am passionate about equal access to education for people with a disability and I believe these simple changes would go a long way to enabling CSU to provide this.

Though, let's be honest in the twenty first century on a university campus in a developed country these two simple requests realistically should be standard practice. Whilst the university has appeared receptive to these requests it has now been over 12 months and to date there is no evidence to suggest we are any closer to a solution. This is extremely disappointing for what are logically simple problems with clear solutions. As stated earlier we have funds, we have enthusiastic students with progressive ideas but we left with a situation where we no longer have the capacity to implement our ideas.

So why join student council? Why indeed?

Student council plays an important role in a student's university experience. Being a part of student council is helping develop future leaders. Being a part of student council helps young adults to gain valuable knowledge about leadership, democracy and governance. It is critical that we continue to encourage and foster student's involvement with student council as a part of their university experience.

It is time for CSU to reconsider the value it places on the opinions of its students.

I will continue to be a part of student council until the conclusion of my studies with CSU. I will continue to fight for the rights of students and push for positive change.

Why join student council? If you don't who will? If you don't, nothing will change!

Daniel Searle

Current secretary of the Murray Campus Council

these are my views and do not necessarily represent the views of the council

MCC Sporting Subsidy

If you are playing in a local sporting comp or have a membership at a local gym, the MCC will subsidise up to 25% of the costs for you (up to \$100). Bring your receipts /proof into an SSO -

Lee Elliott, Building 672

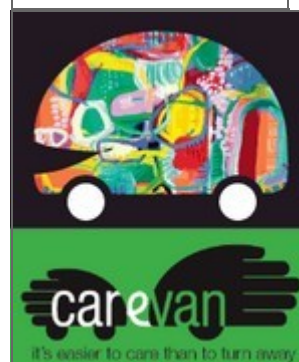
Rachel Ayton & Kerry Read, Building 673

Free Soup Day

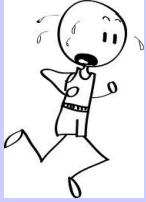
On Monday 22 July, the St David's Uniting Church Social Responsibility group brought over 100 litres of homemade soup onto campus, together with bread rolls donated by Baker's Delight and muffins donated by Muffin Break to provide a free lunch for the campus community in association with the Chaplaincy service.

St David's first started soup lunches when CSU was based in town and the church invited students and staff to lunch in the church hall. Since teaching was transferred to Thurgoona, they've tried a number of different options, but using the CareVan as the base for soup delivery seems to be the easiest. In addition to the free food, they also had hats, gloves, socks and scarves donated to students through Chaplaincy by members of a number of local churches – quite a few of the items are hand knitted.

Although the soup lunch only happens once a year, free non-perishable food, toiletries and hats etc are available in the Pavilion (Building 762 – where the bookshop is located), with deliveries of day-old bread on Thursdays during teaching time. This is part of churches putting their faith into action: God gives, so we share.



Would you like to be the editor of MCC Bytes? You can earn a bit of money for your time. We'd like to have it out twice a term (4 times a session). You just need to be able to format a document & bug people for information. Contact Kerry Read if you're interested. kread@csu.edu.au or 60519435 (Mon, Wed, Thu)



Do you enjoy Running/Jogging???

CSU Albury-Wodonga Campus is establishing a Running Club. This is for everyone of all abilities, speeds and styles. The club is a way of bringing some student together with a common

interest. With this kind of club, you may also be able to get fit and learn some pointers from others.

Join the Facebook Page (CSU Running Club—Albury) to start getting in on the conversation. Eg student's meeting up to go for a run, meetings, fun runs, etc..

A couple of other things to keep an eye out for is a Fun Run on Campus in September and maybe some personal training sessions.

Also if your into competition running, maybe we can get you some financial support for those entry fees!!



IT'S ON...AT THE

YOUR GUIDE TO EVENTS & SPECIALS EVERY DAY OF THE WEEK



Monday by the **MONDAY Pool comp**
CSU student and staff pool competition \$5 entry start at 6:55pm-10:55

TIGHT AZZZ, TUESDAY
Eat on the cheap the whole day
\$8 Pot and Parm
Choice of soft drink or tap beer or cider

WINED UP WEDNESDAY
OR WINED DOWN WHAT EVER FLOATS YOUR BOAT.
\$5.00
BOTTLES OF WINE TO SHARE WITH A FRIEND 6-9

THURSDAY
CSU OFFICIAL
UNI NIGHT
GET YOURSELF ED-U-MA-KATE-ED YOUR UNI. YOUR CLUBS. YOUR PARTIES. CHECK FACEBOOK EVERY MONDAY. LOOK OUT FOR POSTERS.

Friday Unwind
Open at 2:00 Unplug, real people, real music, real sport Followed by live Footy AFL & NRL

\$2 pots
\$3 schooners

Happy Hour
 Every day 5 to 6
 Friday 2:30 to 3:30 and 5 to 6



| | Mon | Tue | Wed | Thu | Fri | Sat/Sun |
|---------------|-----------------------------------|--------------------------|-----------------------|--------------------------------------|---|--|
| Week 4 | 5 Aug Pool Comp @ G - 7pm | 6 Aug Tight Azzz | 7 Aug Touch Footy | 8 Aug Trivia @ G Great Prizes | 9 Aug Friday Unwind Happy Hour 2pm | 10/11 Aug Physio Ball @ Commercial Club |
| Week 5 | 12 Aug Pool Comp @ G - 7pm | 13 Aug Tight Azzz | 14 Aug Touch Footy | 15 Aug Doctors & Nurses @ the G | 16 Aug Friday Unwind Happy Hour 2pm | 17/18 Aug |
| Week 6 | 19 Aug Pool Comp @ G - 7pm | 20 Aug Tight Azzz | 21 Aug Touch Footy | 22 Aug | 23 Aug Friday Unwind Happy Hour 2pm | 24/25 Aug |