







Sam Ockerby - Vice President

Course- Physiotherapy Year- 2nd in 2009

What is your role: To back David up and cover for him when he isn't there.

Reason for joining? wanted to become involved and learn more about what happens behind the scenes.

My Quote: "Life Sucks, get over it" Other involvements: Physio Club

The MCC publishes the free student magazine, Velocity. All contributions are welcome: csuvelocitymagazine@gmail.com

DEADLINE FOR NEXT EDITION: Wednesday, 18th March 2009

MCC CSU CALENDAR- 2009

If you would like your function added to the calendar, please email the details (Updated 7 March 2009 - please note that some dates are subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M A R	9 Ultimate Frisbee @ Noreuil Park 7pm	10 MCC meets @ Gums @ 1.00pm NEW VELOCITY	11 Uni Bible Study 3:30pm – Room 111 Thurgoona	12 Mixed Tennis @ Thurgoona	13 Inaugural Mature Aged Student Club meeting @ Gums	14	15
M A R	16 Ultimate Frisbee @ Noreuil Park 7pm	17	18 Uni Bible Study 3:30pm – Room 111 Thurgoona	19 Mixed Tennis @ Thurgoona	20	21	22
M A R	23 Ultimate Frisbee @ Noreuil Park 7pm	24 MCC meets NEW VELOCITY	25 Uni Bible Study 3:30pm – Room 111 Thurgoona	26 Mixed Tennis @ Thurgoona	27	28	29
M A R	30 Ultimate Frisbee @ Noreuil Park 7pm	31 Census Date for Autumn Session	1 Uni Bible Study 3:30pm – Room 111 Thurgoona	2 Mixed Tennis @ Thurgoona	3	4	5
A P R	6 Ultimate Frisbee @ Noreuil Park 7pm	7 MCC meets NEW VELOCITY	8 Uni Bible Study 3:30pm – Room 111 Thurgoona	9 Mixed Tennis @ Thurgoona	10	11	12



Nominations are now open for 7 of the 15 positions on the Murray Campus Council, Student Representative Committee.

Being part of the Student Representative Council gives you the opportunity to represent and make things happen for all students of the Albury & Thurgoona Campuses.

Nominations close 4pm on Friday 13th March 2009

Elections will be held, if required on Wednesday 18th March, 2009 voting process to be advised.

The nomination form is available to download on most forums. Please return this to Lee Elliott by Friday 13th March.

RETURNING OFFICER

Lee Elliott, Student Services
Building 616 (The Shed), Albury Campus

Phone: (02) 60516764 Email: lelliott@csu.edu.au

Regards, David Atkinson President, Murray Campus Council MAILING ADDRESS Student Services Charles Sturt University PO Box 789 Albury, NSW, 2640

'Survival week – how to survive uni life'

Thurgoona Campus from 23rd - 27th March.

A BBQ will be operating on 24th March from 11am - 2pm at Thurgoona campus.

What is Survival Week?

Two years ago it was realised that students struggle after four to five weeks of university, when reality sets in. Students face all sorts of trials and tribulations associated with leaving home and commencing University life and may discover a range of issues never faced before: problems such as generally looking out for themselves, drugs, alcohol, budgeting and loneliness are just a few. It was decided to bring community support teams back onto campus during this time to assist students with any problems.

Coleen Pearce Health Promotion Officer

MARIS CIUB

WHO CAN JOIN?

- OCUPATIONAL THERAPY STUDENTS
- SPEECH PATHOLOGY STUDENTS
- PHYSIOTHERAPY STUDENTS
- Nursing students
- Podiatry students
- HEALTH AND REHABILITATION SCIENCE STUDENTS

How much:

• \$5 FOR AN ANNUAL MEMBERSHIP

HOW DO I JOIN?

- SIGN UP ON MARKET DAY
- SIGN UP ON CLUB DAY (LATE FEB)
- SEE STUDENT SERVICE OFFICER
- COME TO MEETINGS



REVOLUTION!

EDUCATION BALL IS HAPPENING SOON...

This year the Ball will be held in May/June so keep your eye out for more information!!



If you have any ideas/suggestions/requests for the Ball please email Dayna... daynamk@hotmail.com

Uni Bible Study

Uni Bible Study has had an exciting start to the year. O-week activities were enjoyed by new and old students alike.

Noreuil Park was the place to be on the Tuesday afternoon. We had a relaxed arvo of fun, free food and some amateur kayaking.



MARKET DAY

The Photo Scavenger Hunt was our biggest

challenge of the week, as teams raced to capture a variety of random pictures around Thurgoona campus/res. After climbing trees, doing handstands and catching buses to pose with the driver, we found it a relief to capture an image of "peace." After the shoot, we had a display of the pictures and had a free feed.



Kick off camp is on again...Friday 20th to Saturday 21st March. Join with CSU and LaTrobe Wodonga students for fun, fellowship and teaching. Estimated cost is only \$30 (cheep cheep cheap). Watch out for application forms or feel free to contact us.

Uni Bible Study has started meeting together on campus. This term we're studying Colossians, which is a letter written to some of the early Christians. It reminds us of how Jesus will rescue us and forgive us when we trust in Him.

Come and join us at **3:30pm on Wednesdays** to hear a Bible talk, have a chat and some free arvo tea. **New location** Room 111 Thurgoona campus (near Blake lecture theatre).

Car pooling from city campus is available. Meet at library car park at 3:10pm.

Any questions?

Email UBS committee <u>UBS-committee@alburybf.org</u> or Phone Chris on 0407410894

Are YOU worried about climate change?

Do you wish you knew

- .. other locals who shared your concerns?
- .. what to say to climate sceptics?
- .. how to persuade Mr Rucd to do more?

If you answered 'yes' to any of these questions please come to a climate change action seminar hosted by WATCH (Wodonga and Albury Towards Climate Health)

You'll hear about...

- Latest climate science
- Myth-busting tips
- Rudd's flawed plans
- WATCH actions
- Australia's national climate campaign strategies





There will also be three great workshops to choose between...

> Effective lobbying Engaging others

When: 7.00-9.00pm

Tuesday 17 March 2009

Where: Wodonga Civic Centre

Cost: Gold coin donation

RSVP: Jenny on 6020 8275



Come along and help create a safe climate future

Nest Box Monitoring for Threatened Species 21/22 March 25/26 April 2009



Some keen volunteers about to see who's at home in this well used nest box. Note that our boxes are on the shady side of a tree, for coolness in summer.

Seeing the animals so close up is simply entrancing for people of all ages.

It is a powerful motivator to help with protecting these delightful creatures.





A family of Squirrel Gliders snuggled up for the day after a hard night out!

It is often difficult to count how many animals are present, but there are usually enough bits and pieces visible to make a good estimate.

Here we see the very wide fluffy tail, the creamy coloured belly fur, and the slightly concave bridge of the nose, which are all indicators of the threatened Squirrel Gliders.

Nest Boxes for Rare Species

21/22 March

25/26 April

2009

Perhaps you'd like to see some of these beautiful little creatures that we're working to protect up here at Lurg. Our nest box program has been in operation for 11 years now and we'd love to invite you to join us as we do our annual monitoring work.

We have 200 boxes already in place, with Squirrel Gliders and Sugar Gliders nesting in just about all of them! We're even starting to find the distinctive nests of rare Brush Tailed Phascogales, so we're likely to see some of them face to face when we go checking this year!

We'll also be placing some new boxes to help the animals move around the district more easily. The basic problem is an extreme shortage of natural tree hollows because the old trees were heavily cleared decades ago, and the regrowth forests are still far too young to have many hollows.

These extra boxes will provide crucial shelter and breeding sites that are absolutely the bottom line to support a growing population.

After dark we'll be spotlighting to search for wildlife in several of our oldest planting sites. With binoculars at the ready we get delightful views of the nightlife as they forage through the tree tops, and sometimes we are lucky enough to see the rare Squirrel Gliders in action.

Do come and join us. You'll be helping the wildlife for sure, and it's a first rate opportunity to enjoy some close contact with nature. It's also a good opportunity for you and your friends to meet some new people, while you're all having some fun together in the great outdoors.

Ray Thomas (03) 57 611 515

Regent Honeyeater Co-ordinator raydavidthomas@hotmail.com

Why do we need nest boxes?

It's pretty simple really; much of the regrowth bush in Lurg is still too young to have hollow branches, so the wildlife don't have enough holes for shelter and breeding. Rare species like Squirrel Gliders and Brush Tailed Phascogales need all the help they can get!

Why check them every year?

Regular checking is important so that we can find the extent of local populations, the habitats they prefer, the breeding success of particular colonies, and barriers to their movement across the landscape. We also need to get accurate reports of unwanted species (such as feral bees) taking over our boxes, so that we can remove them at a later date.

How do we use the results?

Results from several years have given conclusive evidence that gliders need the fertile soils along creeks to breed successfully. Our records also show that gliders move out of the dry hills down to the creeks every summer, and they absolutely need continuous corridors to do this safely.

So any major breaks in the tree cover along roadsides or creeks, become serious barriers to glider populations. Isolated 'islands' of habitat have proven empty, because the gliders have been hunted out and they haven't replaced themselves! Solid information like this makes it possible to know what needs doing and also where to act in order to make the most difference with our efforts.

Bush navigation

These weekends provide an excellent opportunity for bush walkers to practise their map reading and navigation skills while looking for the nest boxes. The sites are all mapped carefully on 1:25,000 contour maps, with AMG references and brief location descriptions.

GPS fixes

Most of the box locations have been recorded by GPS, so future groups can find the boxes more easily. If you can bring a GPS unit, it will help confirm some locations that are a bit uncertain. We will be using the GDA 1994 co-ordinate system from now on, to better utilise the new digital maps available.

Meeting: 9.30 am Sat & Sun Dept Sustain & Envir, Benalla

5.30 pm Sat Old Lurg School BYO picnic tea

Activities: Checking nest boxes to see the wildlife at home

Recording observations for our ongoing research efforts Placing some new nest boxes in likely habitat areas Possible stag-watching at dusk to see gliders emerging Spotlighting after dark to survey some old planting sites

BBQ tea at the old Lurg School House (BYO)

What to bring: Sun screen, hat, sturdy shoes, long trousers

Roof rack/ropes (if you have them) to help carry ladders

We have 4 extension ladders of our own, but let me know if you have one, in case we need extras

GPS unit if you wish, to help with easy location of boxes

Meals: BYO lunch & drinks for Sat & Sun, as we are out all day

BYO food for Saturday night BBQ at Old Lurg School

Accomm: Free accommodation at the Benalla Scout Hall if needed

Mattresses supplied

BYO sleeping bag & pillow Minor kitchen facilities available BYO tent if you prefer to camp outside

Bookings: Please let us know numbers expected, to assist planning

Contact: Ray Thomas

ph (03) 57 611 515

email raydavidthomas@hotmail.com





TOM HOGAN

ASSISTANT CATERING MANAGER (in charge of anything non-educational)

Resides: - in the Sloshed Cod

CONTACT DETAILS: thogan@csu.edu.au

6051 6918

What can I do for you??

- we can provide a venue for all sorts of social activities from 21st to presentation nights for local clubs and dance classes
- we look after all food and drinks, most entertainment providing for everything from club functions, and morning teas to concerts for 1000 people
- we try to find a healthy balance between junk food and good nutritional food, all at fantastic prices
- there's always plenty of job opportunities going both at the bar and in both canteens
- I'm always up for a good time and try to keep the students out of trouble at the bar

If there is someone on campus you would like to know more about..... just drop me an email....

csuvelocitymagazine@gmail.com and I'll see what I can do.

Miss csu

How do you do, dear students?

I am the Miss CSU. My profession lies in the task of diligently searching and relentlessly pursuing the facts of what is really happening in this world. From the tall skyscrapers of dear London to the red soiled plains of Australia, I am on the scent of news. I also do a bit of ladylike snooping around the CSU campuses to uncover any suspicious behaviour and thus protect the interests of the poor sweet students who try so hard to be clever. So, down to business:

CSU News: Alas and alack, why are the lawns of the campus grounds dead? My dear, the only outwardly sign that this university is somewhat sophisticated is the neat green grass. Nothing is so endearing to poor students than the soft feel of grass while they sit down to study in the sun. Being environmentally friendly includes having well nurtured grass, I'm sure, and as Mother Nature has no intention of sending rain, please water the lawns without fail.

World News: World economic crisis? Hogwash. In times like these, the rich become richer and the poor become poorer. And Mr Rudd pretends to be Robin Hood wearing glasses, when it is clear he is a clean-shaven Ned Kelly in a pub burning down around his ears. In the meantime the skint little students are forced to pay \$120 for books that they don't really require. Dear students, go to **www.textbookexchange.com.au** and get the books at less than half the price. Don't thank me.

Did You Hear about the robbery in Britain? The gang, very cleverly, broke into the flat above the Royal Bank of Scotland, drilled a hold through the floor and jump down to steal the cash – into an empty office! By the time they had climbed out and found the correct place, it was too late to continue the robbery. Away they went, as Britain's Worst bank robbers.

I must be off, it's time for afternoon tea. For those pleasant sort of students that exist, please send me an email about whatever news, questions, and stories you have.

"It is absurd to divide people into good and bad. People are either charming or tedious." - Oscar Wilde

Yours Truly,

Miss CSU

misscsu@gmail.com





12 - 14 March

Melbourne Playback Theatre Company has been presenting dynamic improvised theatre for over 25 years. In a specially designed presentation for Border audiences, sitting among your friends and community, you have the chance to share opinions, reflections and experiences and then see highly skilled performers transform these stories into theatre that is powerful, poignant, evocative and delightful. Or you can simply sit and observe as the stories of others come to life. There will be four performances, each taking a season as its springboard: Autumn (on Thursday),

Winter (Friday), Spring (Saturday matinee) and Summer (Saturday night). Come to one performance or follow the complete cycle by attending all shows. What's too hot to handle in your life? What chills your bones? What's dropping away? Or what's flowering or beginning to bud?

"There is a common thread to the magic of their work – the ability to understand what is not said, and then reflect those inner thoughts and emotions back in a positive and uplifting way." – Carlton & United Breweries

Artistic Directors

Glynis Angell. Andrew Gray

Venue: Hume Building Society Butter Factory Theatre Wodonga

Cost: Adult \$25. Concession \$15

Book: online at www.hothousetheatre.com.au, at the HotHouse

office at Gateway Island Wodonga, or call 02 6021 7433

www.csu.edu.au/special/murraychildrens/

March

Thu 12 8:00pm

Fri 13 8:00pm

Sat 14 2:00pm Sat 14 8:00pm At HotHouse Theatre RedHot Rush standby tickets are ONLY \$16 at the door of the Hume Building Society Butter Factory Theatre Wodonga 10 minutes before HotHouse season 2009 shows subject to availability! Pay-What-You-Can midweek performances! In 2009 HotHouse Theatre will have one daytime midweek Pay-What-You-Can Performance per show season. All tickets unsold 1 hr prior will be available for purchase in person at the theatre Box Office at whatever price you can afford (minimum \$5, limit two per person). See dates at http://www.hothousetheatre.com au/season/dates/index.htm

NDER 26?

Like to see some of the best

theatre Australia has to offer?

Child Care @ CSU Albury

Murray Children's Centre currently has vacancies available for children aged 6 weeks to 5 years.

The centre is open Monday to Friday, 8.30am to 5.30pm. If you would like further information contact the Director- Michelle Smith in Ph. 60516768, or email micsmith@csu.edu.au or look at our website-



CSU has initiated a partnership with (Albury Wodonga Volunteer Resource Bureau (VRB) to enhance each student's academic and personal engagement with the community.

Albury Wodonga Volunteer Resource Bureau

How To Get Started



Telephone to make an appointment.

Interviews take place on Tuesdays, Wednesday and Thursday

The Interviewer will outline the current volunteer positions available in the community matching your skills, hobbies and experience.

You will then receive a referral to one or more organisations of your choice.

The Volunteer Resource Bureau may contact you after you have started to offer support or further assistance.

Phone: **02 6021 0990**

Email: volunteercentre@vrb.org.au

Web: www.vrb.org.au

Albury Wodonga Volunteer Resource Bureau

Call first for an appointment 6021 0990

DRIVERS CHILDREN

Special Needs Children

YOUR AREA OF INTEREST

We may be able to create a position relating to your skills or interests.

AGED CARE

Friendly/Community Visiting Socialisation/Outings Activities Cosmetic Care **Telephone Support** Cooking

MULTICULTURAL

English Tutoring Friendly Visiting Mentoring Citizenship

YOUTH GROUPS

Youth Support **Activities** Mentoring

LIBRARIES

Re-shelving Toys

ANIMAL SERVICES

Sanctuary Fostering

ENVIRONMENT

Field Work, Office Work

COMMUNITY SHOPS

Customer Service and General Duties Driving/Driver Assistant

CHILDREN

Special Needs Children Families/Youth

COMMUNITY INFORMATION

Information & Referral

DISABILITIES

Activities **Recreation Program Support** Telephone Support Radio Programs

SCHOOLS

Literacy Support Mentoring

TOURISM

Visitor Information Telephone and Counter Reception

FAMILIES

Family Support Respite

EMERGENCY SERVICES

First aid **Emergency Relief Disaster Relief**

ADMINISTRATION

Reception Office computer Marketing Website Design/Management

NEIGHBOURHOOD

HOUSES Office/Computer

Maintenance

Albury Wodonga Volunteer Resource Bureau

Call first for an appointment 6021 0990

Helping Hands March 2009

Environment

Environmental Officer, times are negotiable according to works calendar. Location is Wodonga and surrounding district.

Telephone Support Program

Volunteer from your own home, telephone daily between 8am-9am to check on individual's well-being. The roster is 1 month on, 1 month off.

Day Programs

Become a volunteer with an organisation located in Lavington, patience and kindness are the skills required. Assist with craft activities, music, or as a friendly visitor, are some of the ways to become involved.

Community Radio

Learn a new skill as a radio presenter, training is provided.

Do you love animals? Become a volunteer with the RSPCA

Volunteer with the information centre, assist with the Million Paws Walk, fundraising, Surrender/Welfare.

For Interview and Placement Appointments
Contact: Cheryle Hallows
Ph: 6021 0990
Email: cheryle@vrb.org.au

Major Events

e.g. Relay for Life, Biggest Morning Tea, and Local Shows

Fundraising

E.g. Leukaemia Foundation, Million Paws Walk



TO MARK THE **20TH ANNIVERSARY** OF CHARLES STURT UNIVERSITY.



WILL BE SHED DURING THE MONTH OF
MARCH WITH A CHALLENGE BETWEEN
NORTHERN AND SOUTHERN CAMPUSES.

ALL 'FOR THE PUBLIC GOOD'.

LET YOUR BLOOD RUN......

Location and times:

Albury 528 David St

Mon - Fri

MAJOR PRIZE......Trophy to be forever displayed on winning campus!!!!

Challenges are:

- Northern Campus (Bathurst/Dubbo/Orange) vs. Southern Campuses (Wagga Wagga/Albury/Thurgoona)
- Northern staff vs. Southern staff
- Northern students vs. Southern students
- Any other challenges that each campus wish to promote with in their campus.

Any student of CSU can attend any blood bank site and donate blood but please register with the challenge when you attend. Take your photo ID. Bookings need to be made at any static Australian Blood Bank sites: ph:

131495 www.redcross.org.au

Drink plenty of fluids before you attend and don't be suffering from a big one the night before...the floor is very hard!!!!

LET THE BLOOD FLOW!

SOLUTION from last edition:

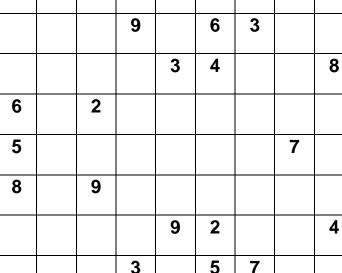
3	9	7	1	4	6	8	2	5
6	8	2	5	3	9	1	4	7
1	4	5	7	2	8	9	6	3
2	6	1	3	8	4	5	7	9
4	7	3	9	5	1	2	8	6
9	5	8	6	7	2	3	1	4
7	3	4	8	1	5	6	9	2
5	1	6	2	9	7	4	3	8
8	2	9	4	6	3	7	5	1











5

9

1

2

9

4

1

8

5



Answers in next edition.







6



The Murray Campus Council has sporting equipment available to borrow at no cost for students.



Items available – basketballs, soccer balls, footballs, volleyballs, touch footballs, tennis rackets & Frisbees

TENNIS: You can also use the tennis courts located on Mitchell Street in Albury at no cost.



PlayStation: Limited games available – See Tom at the Bar.

More Information: Sporting equipment & key for tennis courts available from Lee Elliott (Student Support Officer) located in the Shed (Albury City Campus)



* Your student ID card will be held onto while you borrow the equipment

Student Discounts 2009

The following local businesses are offering discounts to CSU students on presentation of your Student ID Card

Change to Hume and pay no monthly account keeping fees.



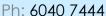


Visit www.humebuild.com.au or call 02 6051 3211 today.

Hume Building Society Ltd ABN 85051 868 56 AFSL No. 244248. You should read a copy of our Product Disclosure Statement before opening an account with us. Correct as at 15/01/09. Terms and conditions apply.

PRINTER WIZARDS

1/1108 Waugh Rd, North Albury



10% discount off all inkjet cartridges, refills & refill kits. 12month extended warranty on all hardware/printers free.



UNDER 26?

Like to see some of the best theatre Australia has to offer? Welcome to the 2009 HotHouse Theatre Season.

REDHOT RUSH TICKETS ARE **ONLY \$16 AT THE DOOR**



10 minutes before most shows, subject to capacity. Also check the website for details of our Pay-What-You-Can midweek performances. Don't miss out! www.hothousetheatre.com.au



We're just an email or phone call away!

RSONAL ASSIS'

Word processing, resumes, transcribing, spreadsheets, basic book keeping, database management, PowerPoint presentations, desktop publishing & more.

10% discount off our hourly rate



P: 03-57281924

F: 03-57281904 contact@nivbeechworthsecretary.com.au

www.mybeechworthsecretary.com.au

ZEN – Day Spa & Salon

Ph: 02 6021 0779

E: zendayspa@gmail.com

W: www.zendayspaalbury.com.au

10% off any hair or beauty service, includes hairdressing, waxing, facials, massage, etc...





TENDER CENTRE

1 South Street, Wodonga

Ph: 02 60561313

E: wtc@tendercentre.biz

No processing fee, ½ price delivery of goods. By bidding or purchasing go into a monthly \$50 aift voucher draw.