



CHARLES STURT
UNIVERSITY

VELOCITY

Charles Sturt University Albury Student Magazine





From the Editors...

Hey guys,

Another 2 weeks has past, hope you all enjoyed the first edition for 2nd semester.

First major social event of the semester 'MCC's Back to School' went off with a bang, hope you all enjoyed it as much as we did!

Enjoy this edition!

Cheers, Erin, Kate, Ro and Bec.



Joke of the week... By Kristen Lang



A mother passing by her son's bedroom was astonished to see the bed was nicely made, and everything was picked up. Then, she saw an envelope, propped up prominently on the pillow.

It was addressed, 'Mum' With the worst premonition, she opened the envelope and read the letter, with trembling hands.

'Dear, Mum.

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Dad and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercings, tattoos, her tight Motorcycle clothes, and because she is so much older than I am. But it's not only the passion, Mum. She's pregnant.

Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter.

We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!!

Don't worry Mum, I'm 15, and I know how to take care of myself.

Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Nicholas.

" P.S. Mum, none of the above is true. I'm over at Jason's house.

I just wanted to remind you that there are worse things in life than the school report that's on my desk"

I love you!

Call when it is safe for me to come home





TRACEY SAWYER

Avid Conference

1. The Adventure Begins

Well, here it is 23rd June and tomorrow we set off for the AVID Conference in Dallas Texas. Finally, after all the paperwork is done, I have time to take a few minutes to draw a deep breath and assess where I'm at: My prac is finished, I've written up my reflections and my journal, been to CSU to drop it in the box. I'm almost organised for next semester. All the travel side of things is in place:

Passport? - check

e-Tickets? - check

Travel insurance? - check

Accommodation booked? - check

book to read on plane? - check

Clothes, shoes etc all washed and packed? - check

Cats' carer organised? - check

Lift to airport organised? - check

Everything is falling into place so smoothly, its left me wondering what I've forgotten. Oh I know, I knew there'd be something... I'm supposed to book us into the Medieval Experience for dinner on the Wednesday night in Dallas. Well, if that's all I've forgotten that's OK...

The plan is we leave Australia at 8:30 Thursday night, travel for 13.5 hours and arrive in LA at 5:30... three hours before we leave. lol - time travellers R us!!

Then we'll spend a couple of days sightseeing in LA (Grauman's Chinese Theatre, Universal Studios etc); then onto Dallas for the AVID Conference (there are a couple of museums we want to see, the aforementioned restaurant experience, an official luncheon, etc to keep us busy there); then the Grand Canyon on the 4th of July (sleeping at Vegas for a couple of nights); San Francisco, with dinner at Fisherman's Wharf and a tour of Alcatraz (not sure if there'll be time to drive up to see the giant sequoias, we'll have to wing it a bit and see), finally returning to LA for a day or so before we fly home.

I'll log on every couple of days to update this blog, and if I can't for some reason, one of the others might find time to fill in for me. I'll try to post photos, although I will have to work out HOW to do that... I'm new to blogging - I guess the old Irishman was right "You're never safe from learning something new, until you're dead!"

CU L8R,

Tracey



DO YOU WANT TO GET YOUR FACE IN VELOCITY
MAGAZINE??

Join velocity magazines facebook page and upload
your photos!



GAP Club 2010: Students of Sustainability conference Adelaide 2010

During the break while most of you relaxed on a beach or hit up the snow, 16 students from Charles Sturt University and 3 mates went on rd trip of a lifetime!

LAKE MUNGO: 1st-3rd July 2010

It started on the 1st of July where they loaded up the minibus and drove to the amazing Lake Mungo 2 hours North of Mildura. Along the way we discovered the rumoured origins of the Kinross woolshed, *Slippery* rd conditions, and a magic sunset in big sky country.



The 'Kinross sign'

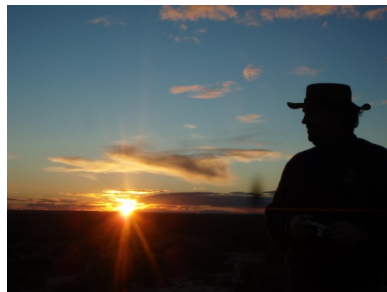


Sunset arriving at Lk. Mungo

Here we stayed for two nights and experienced a hint of the mungo magic that included a special live music performance by indigenous rangers and some talented members of our group, a wander around, silly games and sightseeing the lunette formations during sunset, campfire music & memories.



Sunset at Lk. Mungo



Chilling in 'the tree' at Perry Sandhills



On July 3rd we bid goodbye to Mungo & headed off on a 12 hour drive to Adelaide. Along the way we were lucky enough to see the Perry Sandhill's one of Wentworth's 32 attractions on our way through the historic town of the Murray and Darling confluence. Upon our arrival in the city of churches and really big signs, we were greeted with smiling faces of the conference organisers and given our first vegan meal of our stay.

NURSING MYSTERY BUS TOUR



The Albury CSO Nursing Club is holding a Mystery Bus Tour on Friday the 13th of August.

Tickets are \$20 (members) & \$25 (non-members).

Price includes: Bus Tour, BBQ Tea & 2 Complimentary Drinks.

Tickets will be on sale at the Cashiers Office CSO Thargoona later this week.

Theme: Friday the 13th/Halloween

Prizes for best dressed.

We look forward to seeing you there!

THE CONFERENCE 4th – 8th July 2010

(SOS-Students of Sustainability Conference run by ASEN the Australian Student Environment Network).

The next five days were spent camped on a tennis court at Flinders University in Adelaide, attending workshops, presentations and lectures about many topics related to sustainability ranging from Permaculture and Uranium mining to Climate change and politics. For five days we ate a Vegan diet and immersed ourselves in a gathering of inspirational people from all over Australia. During the days if there was ever a spare moment you could simply relax in somewhere, get on board an excursion, join in a protest, head to the beach or jump in on activities from Yoga to tree climbing workshops and everything inbetween. And by night there was also much fun to be had either chilling watching a movie or by heading to the bar for a slice of amazing live music action from local or far away bands.



Chilling at the conference



On the steps of parliament house in Adelaide

HEADING HOME 9th -11th July 2010

We left Adelaide heading for Mt Arapiles via a great lunch in Kieth and a detour through the amazing Little Desert National Park. Arriving at Araps we met up with climbing gurus Tim and Aaron for some climbing the next day. That night we chilled around the campfire with new found friends while the clouds rolled in! The next morning we woke to the sound of raindrops and falling trees. Due to the weather it was decided to head home a day early so the 10 hour drive began.

AMAZING STUDENT PRICES

For more info
Ph 02 6009 0206

www.itontapnetworks.com.au

The advertisement features three laptops (black, silver, and red) arranged in a row. To the left is a logo consisting of a grid of blue and white squares. The text is in a white, monospace-style font on a dark background.

CLOSE THE GAP

Demand Indigenous health equality

MARHS Club invites you to:

Close the Gap ceremony

1:45pm, CD Blake Theatre, Thurgoona

Bush Bash Ball

7:30pm, Kinross

Sat 7th August 2010

contact marhs.csu@gmail.com to find out more!



BUSH BASH BALL

CHEAP RECIPES FOR STRUGGLING STUDENTS

CRUNCHY RISsoles

Ingredients:

450 gm (1 pound) beef mince
1 small can water chestnuts, drained and chopped
1 large garlic clove, finely chopped
1 rounded teaspoon stock powder
2 cups quick cooking oats
1 egg, beaten
1/4 cup tomato sauce
1/2 teaspoon salt
Pepper to taste

Method:

Mix all ingredients well. Form into 8 patties. Cook over low heat in a non-stick pan for about 45 minutes to an hour, turning half way through cooking.

Serves 4



LAMB AND BACON CASSEROLE

750 g lamb neck chops
1 teaspoon worcestershire sauce
250 g bacon pieces
2 teaspoons tomato sauce
1 large onion
1/2 green capsicum
1 1/2 cups water
1 1/2 tablespoons flour
1 chicken stock cube
salt
pepper



Fry bacon and peeled, chopped onion lightly, remove from pan. Add chops to the pan and brown well. Add a little butter to pan, if necessary. When chops are browned on both sides, remove from pan.

Add flour to pan drippings, cook until brown but not burnt. Add water gradually, bringing it to the boil, stirring. Add seasonings, sauces and crumbled stock cube. Put onion and bacon in casserole dish, pour sauce over. Cover, cook in moderate oven 1 1/2 hours. Add chopped green capsicum for last 15 minutes of cooking time.



VIP CARD
GREAT DISCOUNTS ON ALL PRODUCTS*
FOR UNIVERSITY STUDENTS AND STAFF

SAM WEALTH
THE GOOD GUYS
DISCOUNT WAREHOUSES

CNR YOUNG ST & HUME HWY
PH. (02) 6042 1777

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



THURGOONA
Training Academy
RTO 91279 Nationally Accredited Training

- ~ Construction Induction (White Card)
- ~ Apply First Aid/CPR
- ~ Occupational Health & Safety
- ~ Safe Work at Heights

Student Discount Available

Ph: (02) 6043 1306
Fax: (02) 6043 3258

Location: 137 Williams Rd, Thurgoona, NSW 2640
Web: www.thurgoonatraining.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 -

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



Speech Pathology Ball

'Black & White with Something Bright'

Saturday 31st July, 2010.

7:30pm start.

Crown Lounge, Paddys.

(491 Kiewa Street, Albury).

\$45 members, \$50 non members

Beer, wine, soft drink & hors d'œuvres provided.



What Stress Does to Your Body



Head

issues with mood, anger, depression, irritability, sadness and a lack of energy, swings in appetite, concentration problems, sleeping issues, headaches and pain, mental health issues, like anxiety disorders and panic attacks

Skin

skin problems like acne

Joints and Muscles

aches and pains, tension, lowered bone density

Heart

increased blood pressure, increased heart beat, higher cholesterol and instances of heart attack

Stomach

stomach cramps, reflux, and nausea and weight fluctuations

Pancreas

diabetes

Intestines

digestive issues like irritable bowel syndrome, diarrhoea and constipation

Reproductive System

reduced sex drive, lower sperm production (for men) and increased pain during periods (for women)

Immune system

reduced ability to battle and recover from illness

Session 2: Albury CSU Activities

	MON- DAY	TUES- DAY	WEDNES- DAY	THURS- DAY	FRIDAY	SATURDAY	SUN- DAY
1 J u l y	12 th Jul	13 th	14 th Back to School, The Cod Netball	15 th	16 th Clayton's Club AGM, Paddy's	17 th Hockey Club mystery bus tour	18 th
2 J u l y	19 th	20 th MARHS – mental health first aid (UNSW) 6-9:30pm	21 st Netball	22 nd MARHS – mental health first aid (UNSW) 6-9:30pm	23 rd Thurgoona 70s festival - trivia	24 th Thurgoona 70s festival MARHS – mental health first aid (UNSW) 9-5	25 th MARHS – mental health first aid (UNSW) 9- 5
3 J u l y/ A u g	26 th	27 th MARHS – mental health first aid (UNSW) 6-9:30pm	28 th UBS – JAWS free BBQ Club's Execu- tive Meeting, Pavilion, 3:30pm Netball	29 th MARHS – mental health first aid (UNSW) 6-9:30pm	30 th Bluebottles trivia night, The Cod	31 st Speech Club Ball, Paddy's	1 st Aug
4 A u g	2 nd Touch Footy	3 rd	4 th Netball Semi's	5 th UBS – JAWS evening meal	6 th	7 th MARHS Close the Gap & Bush Bash, Kinross	8 th
5 A u g	9 th Touch Footy DAW BBQ @ touch	10 th DAW Promo- tion day Pancake day (Speech Viet- nam fund- raiser)	11 th Netball Pre- liminary finals	12 th	13 th Nursing Club Mystery Bus Tour	14 th	15 th
6 A u g	16 th Touch Footy	17 th	18 th Netball func- tion, The Cod Netball Grand Final	19 th (Latrobe De- viants)	20 th	21 st	22 nd

CSU TOUCH FOOTBALL COMPETITION

CSU runs a mixed touch football competition to be run in Thurgoona on Monday evenings during the university term.

See Kerry Read in the Pavilion to get a team sheet or print a team sheet off the Sports Forum

Maximum of 10 people per team

(please note only 3 males can play on the field at one time,)

All competitors must be current CSU students.

Cost of \$80 per team will need to be paid to the cashiers office by Wednesday 28th July.

Bring your receipt from the cashiers and your team sheet back to Kerry Read in the Pavilion

Competition Starts Monday 2nd August.

Games will be played at 5.30, 6.30 & 7.30. if you require a certain timeslot please state on team sheet.

The draw will be posted on the **Sports forum** prior to 02/08/2010

If you have any questions see Kerry, or email Liz Russell on alburysportcsu@hotmail.com



5 Minutes in the Hot Seat with....

JASON LUKIES

Course and Year: 3rd year, adventure
Ecotourism

Favourite Food: Kim Mitchell's lasagne

First CD: Queen

Favourite Music: Coastal Chill

Favourite sport: Outdoor rock climbing and
skiing

What is your favourite pick up line?

Did you fart? Because you just blew me away

**If you could go on a once off date with anyone
who would it be and why?**

Megan Fox or Keira Knightly (Hot accent)

**Where would you take someone on your first
date?**

Petrol Station... While your filling up the car,
she can be washing your wind screen and her
shirt may get a bit wet?

For the next edition of Velocity, nominate
yourself or a friend for 5 minutes in the
hot seat!

Email: csuvelocitymagazine@gmail.com



We really appreciate your feedback on Velocity so please email any photos, ideas, jokes, articles or suggestions for up and coming editions or post them on Velocity by MGC facebook site!

