Dear International Students

Firstly a very big warm welcome to our new international students who will be commencing here at Gippsland this semester. Please make them all feel welcome when you see them around campus. We have business students from Shenzhen Polytechnic, China, engineering students from Zhejian University of Technology, China along with students from Malaysia, South Korea and the United Kingdom.

Our orientation program for these new students is now available at [http://federation.edu.au/midyear-oweek](http://federation.edu.au/midyear-oweek)

Welcome back to all our returning international students. We hope you have enjoyed your break. Look out for the notifications about the International Student’s Association (ISA) “Welcome/Back Free Dinner” which will most likely be held early in Week 2. Hope to see you all there.

Our English Lounge Program will be running this semester. We have revamped the program and hope you can join us from Week 2 in the iLounge 1E108. It’s great opportunity to improve your English conversation skills.

We are fortunate to now have Jarrad Keddie working within Student Engagement here at Gippsland. Jarrad has put together this newsletter for you so please take the time to read through and check out any further information on the websites and links provided.

Remember if you have any concerns or questions throughout the semester please do not hesitate to call in and see me at Student Connect, Room 3N102.

Freda Webb, Coordinator Student Engagement, Gippsland
A musical about teens in love in the 50's! It's California, 1959 and greaser Danny Zuko and Australian Sandy Olsson are in love. They spend time at the beach, but when they go back to school, what either of them don't know is that they both now attend Rydell High. Danny's the leader of the T-Birds, a group of black-jacket greasers while Sandy hangs with the Pink Ladies, a group of pink-wearing girls led by Rizzo. When they clash at Rydell's first pep rally, Danny isn't the same Danny at the beach. They try to be like each other so they can be together.
Please note that in the Spiritual Centre (1N105) there is provision for most religions.

Contact the Chaplain (Frank Lees) to arrange a time for prayer, etc.

He can be contacted at 3N106, on 5122 6499, or at frank.lees@federation.edu.au
10 tips to stay healthy over winter

While many people will be happily saying good-bye to a long, hot summer and welcoming the new season, just as many of us will be dreading the cooler weather arriving. Winter is often given a bad rap as it brings with it the cold & flu season and those cold, dark mornings. However, with a little effort there is no reason for our health to suffer during the colder months! There are a number of things we can do to help keep ourselves just as healthy, happy and active during winter as we are during summer.

Eating well
As winter sets in it can be tempting to start eating more of those warm comfort foods that are often high in fat, salt and sugar. Instead, find comfort in foods such as warming and nourishing soups and stews full of flavour and healthy vegetables. Be sure your diet includes winter fruit and vegetables packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, kiwi fruit, mandarins, bananas, garlic and ginger.

Weight management
Ditching the exercise as well as the salads during winter can often lead to weight gain. While it may only be a small weight gain, it begins to add up as you get more and more winters under your belt! Although it’s tempting to hide behind those bulky winter clothes, by sticking to your healthy diet and exercise routine all year round, you’ll be much healthier in the long run.

Boost immunity
It’s important to take care of our health throughout the year but during the winter months it becomes even more essential. Eating well, getting enough sleep and staying active are all important during winter to help keep you and your family healthy and to support your immune systems. Supplements containing herbs and nutrients such as echinacea, garlic, vitamin C, and zinc will help to support healthy immune function.

Keeping bugs at bay
Although we can do a lot to support our health and immunity during winter it is not always possible to avoid catching a cold or flu. You can have your influenza vaccination with the Campus Nurse at Student Connect. The viruses that cause colds are spread by sneezing, coughing and hand contact. Wash or sanitise your hands regularly and avoid close contact with someone who has a cold. Keep household surfaces clean particularly if you share your home with someone who has a cold. If you are ill, be sure to drink plenty of fluids, including water, hot tea and soup. Avoid alcohol and caffeine and get plenty of sleep. Supplements such as vitamin C, zinc and echinacea may help relieve the symptoms and reduce the duration of a cold.
Sleeping well
Proper sleep (eight hours for an adult) can help keep the body’s immune system healthy and fight off colds. Avoid alcohol, caffeine and cigarettes as these substances can affect the quality of your sleep. Regular, moderate exercise, relaxation techniques and establishing a regular sleep routine may help to promote improved sleep.

Stay hydrated
Don’t forget to keep drinking water! As the weather cools down and our thirst decreases it is easy to forget to drink enough water. You still need to aim for about two litres/day of water during winter as it is essential for our body to function. If you struggle with plain water (like we do sometimes) try herbal tea. There are so many flavours available now that you’re sure to find some you enjoy.

Circulation
During winter our hands and feet can often feel cold. Our hands and feet are at the extremities of our bodies which means they are the furthest from the heart which is pumping blood around our body to help keep us warm. Vitamin E and the herb Ginkgo help to support peripheral blood circulation, thereby alleviating cold hands and feet. Keep moving with gentle exercise to help improve circulation to the extremities of the body and don’t forget your socks and gloves!

Skin and bone health
The cold weather can affect our skin and contribute to conditions such as dry, itchy skin, chill blains and eczema. This may be due to the reduced humidity, drinking less water than you would during summer or possibly due to reduced circulation which may decrease the flow of blood and nutrients to the skin. Using moisturisers daily may help to keep the skin moist and supple whilst supplements containing vitamin E or garlic help assist blood circulation. If you suffer from psoriasis or eczema, try taking fish oils. These provide omega-3 which can help manage these itchy skin conditions. And don’t forget the sunscreen, it is important to remember we can still get sunburnt when the weather is cold! On the other hand, if you are not getting enough time in the sun it may be worthwhile to take a Vitamin D supplement. Everyone needs vitamin D to absorb calcium and phosphorus from their diet. These minerals are important for healthy bones. A lack of vitamin D – known as vitamin D deficiency – can cause bones to become soft and weak. People who take supplements are advised not to take more than 25 micrograms (μg) of vitamin D a day, as intakes from supplements above this amount could be harmful. We also get vitamin D from some foods – including eggs, meat and oily fish such as salmon, mackerel and sardines.

Stress and healthy mood
While stress is a part of everyday life, and some stress helps us to meet challenging situations, excessive amounts of stress may be linked to negative effects across a range of areas. Stress can lower the resistance to nasty bugs by depressing the immune system. Importantly, stress increases your need for dietary magnesium which is important for muscle and nerve function. Many of the B vitamins e.g. B1, B5, B6 and B12 are also needed for a healthy nervous system. The herb St John’s Wort may help to relieve nervousness, irritability and help support emotional balance. It may also be beneficial to help promote healthy mood balance but speak to your doctor or healthcare practitioner before starting a supplement like this.

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MUGSU would like to congratulate you on finishing your semester one units and completing your exams!
Time to rest & relax during the break and we'll see you in semester two!

MUGSU UPCOMING EVENTS
19 July / 2015 Snow Trip
29 July / Doctors & Nurses Uni Nighr
5 August / PJ Slumber Party
12 August / Disney Uni Night
19 August / Trivia Night

DON'T FORGET MUGSU SNOW TRIP
Coming up 19 July to 24 July
For more details email union@monash.edu

FREE breakfast, tea & coffee daily in the Lounge
FREE Pancakes every Tuesday in the Lounge

Contact MUGSU
Find us on Facebook: Facebook.com/mugsu
Arrange a Skype appt by emailing: union@monash.edu
Email enquiries to: union@monash.edu
Telephone enquiries: (03) 5122 6248
YourTutor

YourTutor is a free online one-on-one tutoring service. Available Sun – Fri from 3pm – 12am with subject specific information, such as maths, science, business or research, or more academic topics like essay structure.

federation.edu.au/yourtutor

Part of the ‘Student Futures Program’
FedUni Living
For the best start, Live with us federation.edu.au/feduniliving

Living on residence provides you with the best start to your university experience with proven transition programs, as well as support for academic, social, cultural and personal development, planned events and activities, easy and convenient locations and lots of fun! Residences are located on or close to campus and offer a range of fully furnished options. Find out more and apply online today at federation.edu.au/feduniliving.

A number of exciting events are coming up in semester 2 and international residents are encouraged to get involved. Speak to your RA, or visit the FedUni Living office for further details.

Success – proven transition program to help you settle in
Friends – develop lifelong friendships
Safe – 24/7 access to residential support
Fun – planned experiences and instant networks
Easy – no hidden costs with bills included in your rent
Convenient – residences located on, or close to campus

Did you know Federation University commencing international students may be eligible for an accommodation scholarship? Visit our website for full details, application criteria and to apply.
federation.edu.au/feduniliving

FedUni Store

Everyone's favourite place to shop on-campus is now available 24/7 online, stocking a great range of FedUni merchandise, clothing, memorabilia and stationery products delivered right to your door or pick-up in store during business hours.
Visit FedUni Store online at fedunistore.federation.edu.au and start shopping today.
fedunistore.federation.edu.au
Churchill Neighbourhood Centre
Term 3 2015 classes & activities
Located at the Churchill & District Community Hub
9 - 11 Philip Parade, Churchill

**Creavity**

**Creative Writing with Cora Pal**
Improve your writing skills, put pen to paper and share your stories. Short stories, poetry, fact and fiction.
Tuesdays 10am - 12pm
$60 for 10 weeks

**Patchwork**
Learn patchwork, material choice, techniques and design. Learn new skills as well as share tips and tricks.
Wednesdays 6.30pm - 9pm with Jean Baudendsel & Anne Boothman
Thursdays 10am - 12pm or 1pm - 3pm with Debbie Hamann
$100 for 10 weeks

**New classes**

**Gumleaf Quilters**
A group of volunteers who organise events and fundraising at the Churchill Neighbourhood Centre.
First Wednesday of every month
10.30am

**Pistons Car Club**
Meets on the first Wednesday of every month.

**Saturday Quilters**
Come and join a friendly group of people with varying skills and abilities. We range from beginners to experienced patchworkers who get together to enjoy each other's company and share knowledge and ideas on an informal basis.
The first Saturday of the month
10am - 2.30pm
Gold coin donation

**Quilting Lessons**
Long arm quilting machine lessons.
1st Monday of the month 10am - 12pm or 1pm - 3pm
$15 per 2 hour lesson

**Embroidery**
Work on your own projects and share ideas.
The fourth Saturday of the month
10am - 2.30pm

**Meeting space**

Does your community group need somewhere to meet? Contact the Churchill Neighbourhood Centre to discuss room bookings.

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**Discussion**

**English Conversation for Parents with Isabel Temple**
Practice English conversation skills in a relaxed environment where you can bring your children. This class is for parents with English as a second language who don't have access to childcare.
Wednesdays - Classes starting soon, register your interest
$8 per session

**Discussion Group with Isabel Temple**
Interested in discussing topical issues? Social issues on environment, community and world events are all covered from newspaper articles and documentaries.
Fridays 10am - 12pm
$60 for 10 weeks

**Tuesday Afternoon Discussion with Ebrahim Alrondi**
Open to students and local people, native English speakers and people with English as a second language. An opportunity to expand your social network, share ideas, improve your communication skills and help people in their English skills. Tuesdays 4.30pm - 6pm - starting soon, register your interest
Gold coin donation

**Book Club with Isabel Temple**
Join the Churchill Bookworms, read and discuss a book a month! This is a CAE book club and cost includes the book borrowing. Contact us for the booklist.
Last Friday of the month 10am - 12pm
$15 per year / $82 concession, plus a gold coin donation each week.

Churchill Neighbourhood Centre acknowledges the support of the Victorian Government and Latrobe City Council.
Churchill Neighbourhood Centre
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Health & Wellbeing

Country Kitchen Cooking with Noeline Marchwicki
Learn basic principles of cooking country style using fresh produce. For beginners and more advanced cooks. Contact us for weekly menus.
Tuesdays 10am - 12pm
Thursdays 6.30 - 8.30pm
Wednesdays 10am - 12pm (classes starting soon, register your interest) $120 for 10 weeks

Tai Chi with Julie Lucas
Slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness.
Tuesdays 9am - 10am and 6pm - 7pm
Contact 5122 2588 for all enquiries.

Community Garden
Join other local gardeners and share and learn ideas, skills and interests. The focus is on edible produce and other garden types like sensory, cultural, and native gardens. This is an exciting project in the first stages of development, everyone is welcome.
Mondays 10am - 12pm

Men’s Shed
The Churchill Men’s Shed is a place for all men to spend time working on their own, or on community projects, in woodworking, furniture restoration, metal working or anything else. It is a great chance to meet others and form new friendships.
Mondays 9.30am - 2.30pm
$5 per session

Grow Lightly South Gippsland
Vege bags of locally grown vegetables, fruits and nuts delivered fortnightly to the Churchill Neighbourhood Centre
Contact: 5659 8238
www.growlightly.com.au

Life Skills

Life Skills for Women
Wednesdays 9.30am - 12.30pm
$60 concession or $80 non concession for 8 weeks

Volunteering

There are many ways you can volunteer your time at the Churchill Neighbourhood Centre:
• Help in the office
• Join the Churchill Community Gardeners
• Help with events
• Help with fundraising
• Become a volunteer tutor - help others to read and write
• Join the Board of Governance
• Deliver brochures
Contact us to find out more.

Computer Courses

Intermediate Computers
This class covers ipads, tablets, mobile phones, internet, genealogy, email, skype, social media and Microsoft Office programs.
Wednesdays 1pm - 3pm
$60 for 10 weeks

Computers for Employment
Learn to use Microsoft Office 2010 programs: Word, Excel, Publisher, Access, Power Point, Outlook, Windows 8 and QuickBooks. Internet and email can also be covered.
Tuesdays 12.30pm - 2.30pm
$60 for 10 weeks

Basic Computer Skills and Fire Safety
Learning about bush and grass fire safety while learning computer skills, this can be incorporated in to some of our computer classes, let us know if you are interested in this.
FedReady Program

Get ahead in your studies by participating in the FedReady Program. FedReady is a course running from Tuesday 21st July through to Friday 24th July and is intended to help you get ahead in your studies and provide you with the tools to succeed at University. Here are just some of the things FedReady can help you with:

- Using the University computers and programs
- Library skills
- Note taking
- Critical thinking
- Preparing essays and assignments
- Referencing
- Time management
- Proofreading
- Exam preparation

The days will involve information sessions, group activities and chances to explore and understand the University and its facilities.

Even if you are not a new student this program can still help you. If you are interested in participating please email freda.webb@federation.edu.au and we will send you more information.
Interested in **FREE** movie tickets or gift vouchers??

**Careers and Employment needs your help!**

We are looking for students to become involved in focus groups to gain your ideas and thoughts on what **YOU**, the students, need to transition into professional employment.

Nicole Phillips has joined our team to create a transition to work, online learning program for **YOU**! The main focus of this program is what students require when they are looking to transition from university into employment. We are looking for students to:

- Give us ideas on what information you think you require in regards to employment
- Test the modules and provide us with feedback
- Attend 2 focus group sessions and share ideas
- Be rewarded with movie tickets or gift vouchers

If you are interested in joining us on this exciting project, or for further information, please send us an email stating your interest to studentcareerhub@federation.edu.au.

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**Student Senate’s Pre-Loved Book Exchange!**

*Week 1, Semester 2*

*Tuesday 28 July*

*11:30am – 2:00pm, 3N122*

Outside Student Connect

For more info contact student.senate@federation.edu.au
RES SNOW TRIP
MT BAW BAW

DATE: SAT 15TH AUGUST 2015

Do you want to build a snow man?

Love the snow? So do we! FedUni Living know what it’s like to catch the snow bug, in fact we know so much so that we are offering our residents self-tailored snow packages for a day trip up the snow. So if you just want to build a snow man or want to tear up the slopes we’ve got you covered!

For enquiries, please contact feduniliving@federation.edu.au or Snow Trip leaders, Corey Cornish, Britt Oliveira and Jawin Ratchawong.

Cost is $45 for transport and park entry. Pay via the shopping cart (housing portal) by 4pm Mon 3rd Aug or before we sell out.

Prices

- Return Transport & Entry $45
- Walk & Build Snowmen FREE

Optional Costs

Pay on the day or book online
mountbawhaw.com.au/rentals

- Toboggan $8
- Skis, Boots and Poles $50
- Skis and Poles $32
- Ski Boots Only $18
- Poles Only $12
- Snowboard and Boots $55
- Snowboard Only $40
- Snowboard Boots Only $25
- Helmet $10
- Jacket OR Pants $22
- Jacket AND Pants $35
- Walking Boots $18
- Wrist Guards $8
- Lift Passes $50
- BYO lunch or purchase onsite

Check website for lessons
mountbawhaw.com.au/lessons
ENGLISH LOUNGE

Conversational English Classes

EVERY MONDAY
1pm - 2pm
WEEK 2 - WEEK 10
IN THE i-lounge,
1E 108

Student Connect Gippsland would like to invite you to come along to 8 weeks of on-campus conversational English classes for international, refugee and migrant students.

Conversational English classes are a great way to improve your spoken English in an informal environment.

Contact Jarrad on 51226425 or email: studcongippsrecvm@federation.edu.au
Have you seen the latest student magazine of Fed Uni? If not, pick one up out the front of Student Connect or the MUGSU Info Terminal in 3N.
Student Connect Health, Sport & Recreation Semester 2 Activities

6 on 6 Soccer Competition
Time: Mondays 5pm – 7pm
Date: Starts Monday 10 August and runs until 12 October (9 weeks, no games during holiday break)
Cost: $80 per team for the whole season. Rego forms + money to Sport and Leadership Office 3N 122.
Where: On Campus – Synthetic Pitch

Mixed Netball Competition
Time: Wednesday’s from 6pm
Date: Starts Wednesday 29 July TBC.
Cost: $45 per week per team + Rego and Insurance $50 per player for whole season.
Where: Latrobe Leisure Centre (All bookings and payments to LLC)

Walking Group
Time: Monday & Wednesday 12:30pm – 1:00pm
Date: Every Monday & Wednesday.
Cost: $FREE. Attend 4 Walks and receive a FREE Coffee.
Where: On Campus – Meet at the Knuckle Level One.

Casual Swimming
Time: 7am – 9am
Date: Tuesday 4th, 11th, 18th and 25th August
Cost: FREE – just show you student card when entering the Leisure Centre.
Where: Latrobe Leisure Centre

Social Badminton Competition
Time: Thursdays 7:30pm – 9pm
Sundays 1pm– 4pm
Date: Every Thursday and Sunday throughout the year.
Cost: $FREE – Racquets and shuttles provided.
Where: Latrobe Leisure Centre
Join the facebook group to keep updated – Fed Uni Badminton

Tai Chi
Time: 5:15pm – 6:00pm
Date: Thursday’s – starts 6th August and runs for 7 weeks (Last session is 17th September)
Cost: $20 for all 7 lessons.
Where: On Campus – Hexagon

African Dance
Time: TBC
Date: TBC
Cost: TBC
Where: TBC

Contact: Tegan Rosin, Sport & Rec Officer/ Vonnie Boreham, Campus Nurse. 5122 6221 t.rosin@federation.edu.au or visit 3N122.