

Student Services

# Newsletter

## Message from the Editor

**Acknowledgements:**

**Sub Editor**  
Sue Hart

**Staff Participation**

Siew-Kim Lim  
Dianna Peterson  
Paul Medi  
John Finlayson  
Melita Lind  
Graeme Chalmers

**Special Feature**

Stage 4 Event Mgt Team

Hi everyone,

For this issue I have featured a special highlight on the voluntary involvement with Blaze Aid of members of our vocational department and share with you their story of teamwork and humanitarianism.

This term also signifies the growth of a bigger and stronger team at Student Services with the arrivals of two new staff members, whom I have the pleasure of introducing through our Spotlight section.

I also have the pleasure to welcome and introduce your Career Guidance and Industry Placement Coordinator.

This issue also brings you the latest listings, survival hints on health and safety, news on recent student events, and of course some puzzles for you to enjoy.

Happy Reading!

Jadeyn Ly

Editor

**SHORT COURSES**

|      |                                 |
|------|---------------------------------|
| 8/8  | First Aid Level 1               |
| 15/8 | RSA                             |
| 22/8 | Wine Appreciation               |
| 29/8 | Cert 4 in Training & Assessment |
| 29/8 | Coffee Making                   |
| 29/8 | Bar Operations                  |
| 29/8 | First Aid Level 2               |
| 30/8 | Winter Warmer                   |

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*Student Services congratulates the following staff members and students for their voluntary involvement with Blaze Aid:*

**STAFF**

Graeme Chalmers  
Greg Francis  
Mischa Grupp  
Peter Morrison  
Murray Twaits  
Chrissy Hudson  
Martin Ramage  
Harold Firth  
Ken Loong Yip  
Tom Schroeter  
Andrew Thompson

**STUDENTS**

Khanh Mai  
Arpana Neupane  
Navyna Rajiah  
Gwen Phaik Fen Chin  
Noel Ilangantileke  
Jeffery Sorovit Riremkul

## Blaze Aid Volunteers

The Commercial Cookery students with the help of Carrick staff (pictured below) prepared over 350 meals for volunteers who are working with Blaze Aid who have been rebuilding fences on properties that were destroyed in the Black Saturday bushfires. At this stage over 500 km have been rebuilt...

The three course meals were donated to Rhonda and Kevin Butler who with a handful of volunteers had been preparing meals three times a day for four months. See more on [www.blazeaid.com](http://www.blazeaid.com).

We have now completed over 700 meals and will continue to do this once a month until September.

The meal preparation also forms part of the students Food Service Skills development within the Commercial Cookery program.



Hi, I am Melita Lind. I am the Career Guidance and Industry Placement Coordinator here at Carrick.



Carrick offers a free service to students to help in the following areas:

- Resume development and generating a professional cover letter
- Job search skills
- Telephone interview skills
- Providing interview preparation skills
- Advice on personal development
- Assistance to graduates moving into work placement
- Career and work-based workshops

Carrick Recruitment and Training Services is proud to have over 100 signed agreements with employers to help assist student's employment opportunities. We are currently located in Docklands and appointments can be made at the Student Services reception, Level 3, to see us.

I look forward to meeting you to discuss resumes, career goals or just to say hello!



Introducing Melita Lind...

## Survival Hints for Students

### Hints: Looking after your health and well being during the winter months

Written by: Slew-Kim Lim

This winter, June to August, has been exceptionally cold, windy and wet. If you have not fallen sick, you have done well in looking after yourself but need to be vigilant about it still as you are likely to come in contact with others who have some type of virus or flu infection.

Unfortunately, for many international students who have not experienced winter, the greatest danger is when they resort to their summer-wear even in winter. I am amazed at the number of international students who wear their slippers out, turn the heater in the house up to match what they are used to and dress in tee-shirts and shorts at home!

To help you stay healthy and well, here are some hints:

- Eat well. Winter is the time for hearty comfort food like soups, casseroles, steam boat, curries and lots more.
- Drink lots of water. Add lemon, honey or both as it soothes the throat!
- Load up on Vitamin C! Eat lots of seasonal fruits and vegetables.
- Get fit and healthy! Exercise with your friends and have fun! This combats fatigue and energises you.
- Be considerate and socially responsible. If you are sick, see a doctor and avoid sharing it.
- Stay positive and be happy. Keep your spirits up by renting funny dvds, cooking with friends, organising karaokes.
- Moisturise. If you suffer from the 'winter itch' which is a form of dry skin/eczema (as prickly heat or heat rash in hot weather), shower in warm (not hot) water, avoid soap and use Sorbolene or a vitamin E cream.
- Lip Balm to moisturise cracked lips. If you have cold sores, seek doctor or pharmacist advice.
- Adopt good hygiene. Wash your hands with soap and warm water or use a hand sanitiser.
- 'Rug Up' and dress to cater to the weather and environment. Melbourne is known for its '4-seasons-in-1-day' weather, hence, dress in layers. You can take it off when it's hot and put it on again when cold. It is worth investing in a set of thermal wear, a jacket or coat (with hood is useful), socks, gloves, scarf, boots or shoes.
- Stay and dress warm in the home but do not overheat the house (18-21C) unless you want a huge bill!



## Puzzles

### SUDOKU

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

Source: Sudoku One-A-Day by Puzzler Media Australia Pty.

### MIND TWISTER

**Instructions:** Two opposite words with their letters in the correct order are combined in each row. To solve the puzzle, separate both words. **Hint:** No letter is used more than once.

Example: DWERTY (DweRtY) = DRY, WET

1. BLWHAITCEK \_\_\_\_\_

2. MAMRIDGDILNE \_\_\_\_\_

3. BIRNOKTEANCT \_\_\_\_\_

### Hints: If you become the victim of a crime

Courtesy of Victoria Police

- Try to remain as calm as possible and make some observations about the offender(s):
  - How many offenders are there?
  - Which direction did they go?
  - What is their age, height, build, clothing?
  - Was there anything you noticed about the clothing (logos, colours, etc)?
  - If the offender (s) use a car then try to get the registration number and colour of the car
- Contact police straight away on 000
- If you are assaulted and you have property stolen then tell police you were **ROBBED**
- Police will ask all of the questions listed above
- See if there is anyone else around who may have witnessed the incident
- Report the robbery as soon as possible, do not wait
- Reporting a crime **WILL NOT** impact on your visa if you do not have permanent residency



If the matter is urgent, call '000' for assistance.

## Student Events

### July Graduation

Every Graduation Ceremony held celebrates the culmination of hard work and enhances the academic experience of our graduates.

The July 9th ceremony was rather special with the provision of professional photography with students in their gowns; and the formal certificate presentation conducted by the course coordinators and Executive Director of Campus Operations, Sanjeev Singh (pictured right with Ad Dip of Hosp Mgt (Pat) graduate, Uday Pal Rathore).



The popularity of the photography sessions exceeded expectation this time and definitely a moment students would cherish.

The night ended with an after party where students with the company of their friends and staff boogied to the latest hits...

### Red Planet Term Party

Once again our Stage 4 Event Management students have impressed, bringing a twist to the traditional student party and themed their July 14th term party 'Red Planet', where everything from promotional materials to invitations to decorations to dress code, was 'red', as evidenced below.



Here is what they had to say...

*"We had to organise an event as part of our assessment. The RED Planet Party was planned for all Carrick students. The posters and invitations were created following our theme which encouraged all students to wear red...Good songs, hot games and cool prizes were organised to attract students and make a fun environment.*

*We hope you all enjoyed the party. We would like to thank you for your co-operation and participation in our party. We loved to see your smiles and hear your laughter too. You guys were so fantastic.*

*We tried our best to organise a great party for you to open your chances to know to make new friends. You guys were not alone.*

*Hope to see you again next term party."*



Raffle ticket winner, ELICOS student Kesinee Jitgaroon, flaunts her winning prize—"I love Melbourne" t-shirt.



Above: Graduates eagerly awaiting their 'walk of fame' during the certificate ceremony.

Top left: Ad Dip of Hosp Mgt (CC) graduates, Baijin Li & Fan Zhang. Top right: Our graduates added colours to their special day with fancy cultural costumes.

*Congratulations to Alex, Darunee, Pat, Praewtip and Titima, who have put in commendable team efforts in organising a fantastic party.*

### What's happening in Melbourne...

| EVENT                            | DATE | LOCATION                           |
|----------------------------------|------|------------------------------------|
| Dr Phil                          | 5/8  | Rod Laver Arena                    |
| Chicago The Musical              | 15/8 | Her Majesty's Theatre              |
| National Science Week            | 15/8 | QV Market                          |
| David Copperfield                | 15/8 | Rod Laver Arena                    |
| Business Week 09                 | 26/8 | MEX                                |
| Taste of Melb.                   | 27/8 | Royal Exhibition Building          |
| Melb. Awards 09                  | 30/8 | Melb Town Hall                     |
| Melb. Day 09                     | 30/8 | Various CBD                        |
| Spring Fashion Week              | 31/8 | Melb Town Hall, QV                 |
| AFL Finals Series                | 5/9  | MCG                                |
| Spring Into Shape                | 13/9 | CBD—Kings Domain                   |
| Royal Melb. Show                 | 17/9 | Showgrounds                        |
| Int'l Cuban Dance Express        | 18/9 | Forum Theatre & Melb Music Academy |
| AFL Grand Final Parade           | 25/9 | Swanston St                        |
| AFL Grand Final Week & Live Site | 26/9 | Fed Square                         |
| AFL Grand Final                  | 26/9 | MCG                                |
| Alfa Romeo 100th Anniv.          | 26/9 | Argle Square—Carlton               |
| Earthdance Melb.                 | 27/9 | Princess Park                      |

For event details, visit [www.melbourne.vic.gov.au](http://www.melbourne.vic.gov.au).

## Staff Spotlight

**Name:** John Finlayson  
**Position:** Student Liaison Officer  
**Time at Carrick:** One Month

**Highlights at Carrick:** Getting to know the regulars who come to the front desk  
**Three words that describe me:** Hopeful, passionate, laidback  
**Top three holiday destinations:** I haven't really holidayed much, but I love camping, forests and the beach, and Wilsons Prom is an amazing combination of them all  
**One wish list item:** Maybe a bigger bass amp, but I'm pretty content with what I've got. More free time would be nice, though.  
**Favourite saying:** "There is more to life than increasing its speed" - Mohandas Gandhi  
**Most embarrassing moment:** I don't think I can tell everyone that...  
**What you should know about me:** I'm vegan!

**Name:** Paul Medi  
**Position:** Student Liaison Officer  
**Time at Carrick:** Two weeks

**Highlights at Carrick:** A funny moment was when I needed to take photos for a couple of Student ID cards. After taking the first photo I asked the student where his friend had gone. "In the bathroom putting on her make-up. She'll only be a couple of minutes"...and as you could probably guess she needed a couple of shots before she got the right photo!  
**Top three holiday destinations:** Isla de Sol on Lake Titicaca. I stayed on top of the island, at an altitude of 4000m, from where you could see the brilliant blue waters of the lake in all directions, and the shores of Peru and Bolivia with snow-capped mountains beyond. The air and surroundings were so pristine that it felt like stepping back in time a few thousand years. Varanasi in India is an incredible place - the entire spectrum of human life and death can be observed here on the shores of the River Ganges. Kata Tjuta (and Uluru) in Central Australia are both magical places...and right here on our backdoor!  
**Favourite saying:** "Life is far too important a thing ever to talk seriously about"—Oscar Wilde  
**Most embarrassing moment:** When I crashed a car. Driving while lost I was looking around to see whether I was at the street that I needed to turn into, not paying attention to what was ahead. Although it was a minor incident it was completely my fault, and the guy who I crashed into was not very happy to say the least.  
**What you should know about me:** That I would love to walk around the world one day.

### Did You Know...?

Student Services is the first department to secure three men on board our Student Liaison frontline in the history of Carrick!



Our newest additions—Paul and John (right).

### Need a laugh?

Those who know me well know how much I love photography and will take every chance I get to snap candid moments within my department. Here's something for you to have a laugh about—my personal favourite Student Services "Photo of the Term"!



## Accommodation

**Legend:**  
 F/F = fully furnished  
 p/w = per week

| Location    | Room Avail. | Details  | Cost                                | Contact                  |
|-------------|-------------|--|-------------------------------------|--------------------------|
| Yarraville  | 1           | F/F, single, close to public transport, avail. from 10/8, Zone 1, 10 min. travel time to CBD, 2 min. walk to shopping centre   | \$110 p/w                           | Helena 0431 159 884      |
| Murrumbeena | 3           | F/F, short walk to bus and train station, 20 min. travel time to CBD, 5 min. walk to Chadstone shopping centre, quiet neighbourhood, facilities incl. wireless broadband internet, heating/cooling/washing machine/dryer | Single \$250 p/w & Double \$200 p/w | Atri Arinia 0412 988 536 |
| Balaclava   | 1           | F/F, couples only to apply, good size bedroom & living area, 5 min. walk to Balaclava train station Zone 1, close to Chapel St & St Kilda  | \$597 p/m                           | Sunny 0413 465 987       |
| Forest Hill | 2           | F/F, singles only to apply, 2 min. walk to bus stop & 5 min. to Nunawading train station, 30 min. travel time to CBD, swimming pool & jacuzzi, 5 min. walk to shopping centre  | \$80 p/w                            | Kris 0434 415 199        |

For accommodation assistance, visit Student Services.