

## Roseworthy Student Newsletter

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### NEWS FROM THE APO

As we head towards the pointy end of semester, I just want to wish you all the best over the next few weeks and to remind you to double check your assignment due dates and your exam timetable (when it comes out). Take the time in your mid-semester break to catch up, start reviewing notes and getting organised – there are only 4 weeks of semester left once you get back!

Once you get back, we will be running the Course and Program SELTS. As always, we ask you to give us as much feedback as possible so that we can improve our offerings where we can. Results of the SELTs are discussed at the Working Parties for each program – you are welcome to approach your year level rep if you have any other items that you want raised at these meetings (including positive feedback).

We will be releasing information about the Summer Research Scholarship program soon – keep an eye on your emails for more information.

Congratulations to the Led Steer team on their performance at the Gawler Show, winning the overall School category. And good luck to you as you head off to the Adelaide show this week.

Dr Di Barton  
Academic Programs Officer  
School of Animal and Veterinary Sciences

#### Come and Say Hello .....

to Rebecca who has recently joined us at Roseworthy from North Terrace Campus. Rebecca is the new Roseworthy Student Services Officer.

Rebecca can help you with a range of student services including printing and internet quota, laminating and binding, access cards, payment of fees and lots more!

She sits in the Front Office in the Main Building so wave as you collect your mail!

Please email any contributions to the Roseworthy Student Newsletter to  
Rebecca at [rebecca.dunbar@adelaide.edu.au](mailto:rebecca.dunbar@adelaide.edu.au)

### DIARY DATES

**Friday 14th September -**  
Last Day to Withdraw Not Fail

**Friday 21st September -**  
Last day to apply for  
Alternative Exam Arrangements

**Friday 26th October -**  
Last day to Withdraw Fail

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# ROSEWORTHY RESIDENTIAL COLLEGE

## Residential Term 3 Dinner



THE UNIVERSITY  
of ADELAIDE



**Sign up  
now for Resident  
Paintball—Sunday  
7th October**



**Residential Applications for 2013**  
**Applications for 2013 accommodation will open**  
**in October 2012!**

- Want to join the Roseworthy community and experience the benefits of living on-campus?
- Want to study, socialise and network with a great group of students?
- Come and join the growing number of students living on campus!

If you have any questions come and visit the Accommodation Service Staff.  
**David Purdie**  
Manager, Student Services (Roseworthy)

## Student Care - *EWO on Campus*

### Education and Welfare Officers

An Education & Welfare Officer will be attending Roseworthy on Monday 17 September between 11am-2pm. Venue to be advised.

If you would like any information on the following please make an appointment;

- Advice, advocacy and representation in academic complaints, grievances and student rights issues
- Accommodation assistance
- Loans and small grants
- Information and referral for issues which affect a student's ability to study
- Centrelink, tax and legal assistance

## *Employment services*

Sophie Larsen from Employment services will also be visiting on Monday 17 September at the same time if you require assistance with casual and part time employment, resume preparation and any part time work related issues.

For appointment please call 8313 5430 or email [studentcare@adelaide.edu.au](mailto:studentcare@adelaide.edu.au) and Rosemary will book you in.

## *Walter & Dorothy Duncan Trust*

The Walter & Dorothy Duncan Trust provides financial assistance with educational costs for students who do not have sufficient funds to further their studies, including projects of merit i.e exchange trips or to purchase necessary resources.

This grant is only for continuing students who have completed at least one semester at the University of Adelaide and who have demonstrated academic merit. Grant amounts vary **depending on need**, and availability of funds.

Please contact Student Care on 8313 5430 or see staff in the Union office for an application.



## *TAX HELP 2012*

*Are you a student at University of Adelaide?*

*Do you need help with your tax return?*

Tax Help is an initiative of the Australian Taxation Office.

A free on-campus service is available to assist students with simple income tax returns and queries if your income was less than \$50,000 in 2011/12.

To make an appointment, contact Student Care on 8313 5430

*This service operates from Monday 30 July 2012 until Friday 26 October on Mondays, Tuesdays and Wednesdays and is brought to you by Student Care Inc, an affiliate of the Adelaide University Union.*

## *Free Legal Service*

A free legal service is available on Tuesday afternoons and can assist with issues such as family law, traffic and minor criminal offences, consumer complaints, tenancy, debt, and neighbour disputes. Advice is provided by qualified Legal Practitioners and one hour appointments can be made by phoning Student Care on 8313 5430.

*AUU on campus  
every Thursday from  
11am – 2pm until  
further notice.*

THE AUU & AVSA PRESENT ...



**5PM**  
MEET AT THE ROTUNDA  
BY THE OVAL

**STAFF  
VS  
STUDENTS  
SPORTS**



**\$2 BBQ @ 6.30PM  
TAVERN LAWNS**

**THURSDAY 13TH SEPTEMBER**

**COMEDY ON CAMPUS**

**Craig Annis** (SAFM)

**Lori Bell** (Best Comic 2011)

**Michael Bowley**  
(Best Emerging Artist ADL Fringe)

**Amos Gill** (SA Raw Finalist)

FEAT. BOTTLEROCKETS DJ



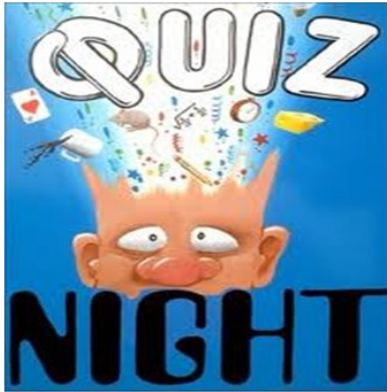
DOORS OPEN  
**6PM**

**PINTS** for the price of a **SCHOONER**  
& other great drink specials  
provided to you by the National Wine  
Centre at Roseworthy Uni

National  
Wine Centre of  
Australia



## Upcoming Events for your Diary!



### AVSA Quiz Night

WHEN: Friday 5<sup>th</sup> October (1<sup>st</sup> week back)

WHERE: St Marks College, Pennington Tce, North Adelaide

TIME: 7:30pm – 11pm

COST: \$10 per head, BYO food and Drinks

Organise your table of 10 and pick your theme, prize for best dressed table

Limited spaces so hurry down and buy your ticket at AVSA Office!



### Staff Vs Student Sport

WHEN: Thursday 13<sup>th</sup> September (Week 8)

WHERE: Roseworthy Oval

TIME: 5pm-7pm followed by a BBQ (gold coin) at the Tav



## Alysha's Australian Small Animal Veterinary Associations surgical conference experience

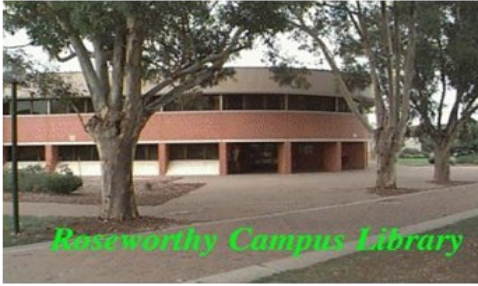
From the 12<sup>th</sup> to the 17<sup>th</sup> of August I was fortunate enough to win a competition run by Royal Canin, giving me the opportunity to attend the Australian Small Animal Veterinary Associations surgical conference held in Perth. The week was filled with lectures on the most up to date techniques in small animal surgery as well as social events and an extensive trade hall. This gave me the chance to network with veterinary practitioners and industry representatives from all over the country.

I found the week to be incredibly worthwhile and it opened my eyes to the depth and range of surgical procedures now available in veterinary medicine. I met many wonderful people who happily shared their knowledge and experience on everything from clinical placements to after-hour's emergencies.

I would like to thank Royal Canin, and especially Rebecca Ham, for the opportunity to attend the conference and for the support they gave me when I was in Perth. It was a fantastic experience.

**Alysha THRISCUTT**





## NEWS FROM THE LIBRARY

### Library Hours - Semester Times

Monday – Thursday	8:30am – 6:00pm
Wednesday	8.30am – 9.00pm
Friday	8:30am – 5:00pm
Sunday	1:00pm – 5:00pm

## NEW LIBRARY PRINT/COPY SYSTEM COMING

A new Library print/copy payment system is coming in **2013** so please add **SMALL AMOUNTS ONLY** to your existing account. The new system will operate at all of the University of Adelaide Libraries.

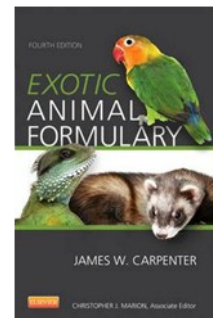
**NO REFUNDS** will be given on the old system so please **Use up your current credit this year!**

## FEATURED NEW TITLES IN THE LIBRARY

Exotic animal formulary/ editor, James W. Carpenter. 4th ed, 2013

Roseworthy Books

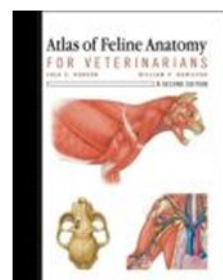
636.089513 C2958e.4



Atlas of feline anatomy for veterinarians / [edited by] Lola C. Hudson, William P. Hamilton. 2nd ed., 2010

Roseworthy Books

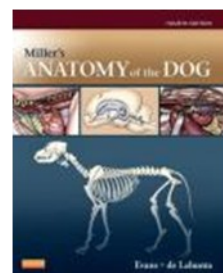
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Millers anatomy of the dog/ Howard E. Evans, Alexander de Lahunta. 4th ed., 2013

Roseworthy Books

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## MAITIDLI CAFE NEWS

**Regular Opening times:**

**8am to 4pm**

**Semester break opening times:**

**8:30am to 2:30pm**

**Chef's salad of the day will be returning after the semester break!**

**Working back late? Why not drop in for dinner? We are open from 6pm to 7:30pm**

**Don't forget to utilise our pre-order/pre-pay system, especially on those busy days! Phone orders are most welcome..37815!**

**Book your upcoming function with us now!**



## ROSI TAVERN NEWS

**COMEDY NIGHT**

**Thursday 13<sup>th</sup> September from 6:30pm**

**THURSDAYS**

**8pm till late during term time only**

**FRIDAYS**

**Knock off and nibbles 4pm to 6:00pm**

Meet new people or treat your staff, after a hard week at the office!

**Bar snacks available from 4:30pm**

***Look out for the next date that "Crafty" will be booked for the Tavern.***

## STUDENT SUPPORT AND DISABILITY ADVISOR

If you need any further support or information contact please contact Sally Polkinghorne,

Phone: 8313 7932 Email: [sally.polkinghorne@adelaide.edu.au](mailto:sally.polkinghorne@adelaide.edu.au)

G27, Williams Building Roseworthy Campus University of Adelaide [www.adelaide.edu.au/student/support/roseworthy](http://www.adelaide.edu.au/student/support/roseworthy)

### **REMINDER: Alternative Examination Arrangements (AEA) -**

**applications must be lodged with the Disability Service by Friday 21 September 2012!**

If you think you may be eligible check out the website [www.adelaide.edu.au/disability](http://www.adelaide.edu.au/disability)

**With the end of the year approaching fast you may be starting to feel anxious, stressed & out of control! Try some of these simple strategies to start taking back control!**

**Take a time-out** - Practice Pilates, yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

**Eat well-balanced meals & keep hydrated** - Do not skip any meals. Do keep healthful, energy-boosting snacks on hand. Avoid processed foods.

**Eat complex carbs** – they increase serotonin in the brain and this has a calming effect.

**Have a protein filled breakfast** – this helps to combat anxiety. Eggs are great!

**Limit sugar**- this depletes the brain of serotonin the “feel good” hormone

**Limit alcohol and caffeine** - This can aggravate anxiety and trigger panic attacks.

**Get enough sleep** - When stressed, your body needs additional sleep and rest. Aim for at least 8 hours a night.

**Exercise daily** - to help you feel good and maintain your health. Check out the fitness tips below.

**Take deep breaths** - Inhale and exhale slowly.

**Count to 10 slowly** - Repeat, and count to 20 if necessary.

**Do your best** -Instead of aiming for perfection, which isn't possible, be proud of however close you get.

**Accept that you cannot control everything** - Put your stress in perspective: Is it really as bad as you think?

**Welcome humor** - A good laugh goes a long way.

**Maintain a positive attitude** -Make an effort to replace negative thoughts with positive ones.

**Get involved** - Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

**Learn what triggers your anxiety** - Is it, study, work, family, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

**Talk to someone** -Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a counsellor, doctor or therapist for professional help.

**Get out in the sunshine** – a lack of Vitamin D is linked to depression (depression & anxiety are often linked). Enjoy the sunshine but don't get burnt!



This year Pilates has been running a class on Monday evening at 5:30pm for students and staff.

Classes will halt over the mid-semester break and are expected to resume on Monday 8th October. However, we need a minimum of 10 participants per week for classes to run.

**If you are keen to be involved please contact Sally Polkinghorne via e-mail to express your interest - [sally.polkinghorne@adelaide.edu.au](mailto:sally.polkinghorne@adelaide.edu.au)**

**Where:** On Campus - Callaghan 18A & 18B

**Cost:** \$8 per class - students

\$10 per class - staff



## **Chaplin's message**

I have been reading a book called "Cross Roads - Navigating your calling and career" by Colin Creel, a Christian author. In it various authors share their perspective on how to find the right path in life. Here are two points of view which I can relate to very well, and I hope that you will too.

Os Guinness in "The Call" (Nashville: Word, 1998) p.47 writes: "The truth is not that God is finding us a place for our gifts but that God has created us and our gifts for a place of his choosing - and we will only be ourselves when we are finally there."

Gordon Smith in "Courage and Calling" (Downers Grove, IL: InterVarsity Press, 1999) p.41, writes: "It is worth noting that we will only be effective in fulfilling our vocation if we joyfully do what we are called to do. Without joy we cannot be effective. It is therefore very important that we come to terms with what it is that gives us joy, even if it means that we will not have comforts or wealth, fame or power."

Points to Ponder:

1. Read Psalm 37:4 and Hebrews 13:17

2. Take a minute to write down 5 things that you love to do. Why do you love these activities? Now write down ways in which you could activate these joys in your profession. (For those of you still studying this is a look to the future.)

In my journey to Chaplain at Roseworthy campus I have had, so far, about 8 different jobs or activities, all quite different, and yet from each of them I can draw knowledge and skills that help me serve you better.

For those of you who might be reluctant to change course or direction and fear an uncertain future if you follow your heart, let me remind you of God's presence in your life "I will always be with you; I will never abandon you." In Joshua 1:5b Have courage to do what is right for you!

God bless.

Ilze Coombe,  
Chaplain at Roseworthy Campus

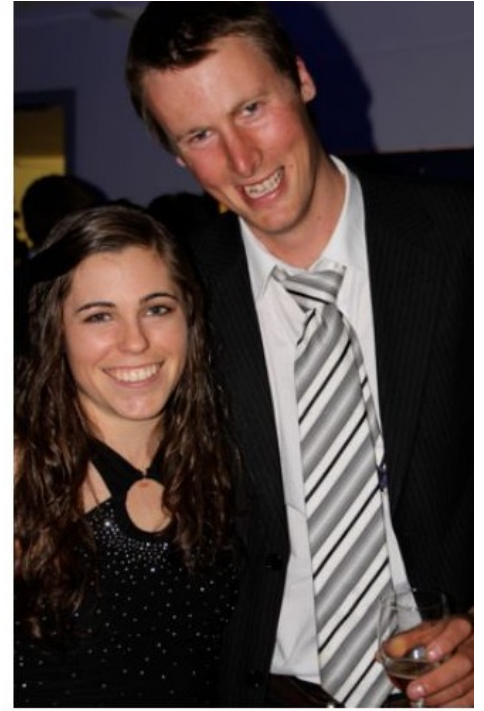
Ph: 0424 972 033. Available for chats on campus in the Roseworthy Memorial Chapel Thursdays 1.15 - 5pm. Other times and places by arrangement.





Photos by Christine McGuinness





Want more photos?

'Like' AVSA on Facebook and check out the 2012 Vetball Album

<<https://www.facebook.com/pages/Adelaide-Veterinary-Students-Association/139729119378560>>

