

ARTICLE

## BOWLING JUST GOT BETTER!

*Special Offer  
To All*

*TAFE Students  
At  
Tenpin City*



Lidcombe Power Centre - Top Level  
92 Parramatta Rd, Lidcombe  
9737 8044  
\* Bookings essential

Offers Valid All Year 2009

PRESENT YOUR STUDENT CARD  
AND  
RECEIVE THESE GREAT OFFERS

\* 2 Games of Tenpin

\$15.00 pp

\* Pizza

\$10.00

\* Pool Tables

\$2.00

Bellissimo Café  
& Bar 300

10% off



### CONTRIBUTE TO THE STUDENT ASSOCIATION MONTHLY

Have you got any ideas for contributing to the SA Monthly - a short story, poem, drawing or articles? The Student Association welcomes any contributions. If you would like to submit something please contact us on the number below.

## Contribute to the SA Monthly

To contribute please contact us at

Ph: (02) 9217 3689

Address: Level 1, Building Z, Ultimo Main Campus

[www.studentassociations.info](http://www.studentassociations.info)

SYDNEY INSTITUTE

TAFE<sup>NSW</sup>

Ultimo College

Student Association

SA Monthly

# Student Association

**June 09 – In this Issue**

- World Environment Day
- Drug Action Week
- Red Nose Day
- What's on Events & Activities

Ambition in Action

## Introduction

Welcome to the June edition of SA monthly, here to provide you with the latest news on student & TAFE related activities

## What is Red Nose Day?

Red Nose Day, held annually is the major fundraiser for SIDS (Sudden Infant Death Syndrome) and Kids. Funds raised through Red Nose Day activities assist SIDS in providing vital services and programs.

SIDS and Kids is an international leader in the field of health promotion, dedicated to the elimination of sudden and unexpected infant death. Best known for SIDS-related research and education programs, in 2002 SIDS and Kids changed their name to reflect the expansion of services, and now provide much-needed counselling and support to all Australian families who have suffered the sudden death of an infant or young child, regardless of the cause. This service is provided free of charge and is available 24 hours a day, every day of the year.

Who benefits from SIDS services? Since 1990, the SIDS and Kids Safe Sleeping program has been instrumental in reducing the SIDS infant mortality rate by 90%, equalling more than 4,500 Australian babies' lives saved.

## TIPS TO HELP THE PLANET

### Energy Savings at Home

- People all over the world are taking measures to reduce the greenhouse gases emitted as a result of the way they live.
- Using less energy not only helps the planet, but also saves money on household bills.
- An energy-efficiency refrigerator could save nearly half a tonne of CO2 a year, compared with an older model.
- Insulating windows, doors, and electrical outlets and adding more insulation to the attic and basement reduces energy consumption
- Compact fluorescent, spiral light bulbs are 75% more efficient than standard light bulbs.

### Energy Savings on the Road

- Walking, cycling, using a car pool or taking public transport, all produce fewer emissions than those emitted by a single person in a car.
- Choosing the most efficient car available, such as a hybrid gasoline electric model, and keeping any car well maintained, will reduce emissions.
- Sharing a car and avoiding short journeys by car, saves energy.
- Driving at 8 km below the speed limit over an 10-km commute to work saves 350 kg of CO2 per year.

### Reducing Garbage

- On average a person throws away 10 times his or her bodyweight in rubbish per year. One kilogram sent to landfill produces 2 kg of methane. The simplest way of reducing this burden is to buy and waste less unnecessary packaging.
- Recycling paper, glass, aluminium, steel and other materials to produce "new" materials, can make energy savings.
- Using both sides of the paper and recycling it can save 2.5 kg of greenhouse gases for every kilogram of paper used.

## What's On - JUNE

Mon	Tues	Wed	Thur	Fri
<b>1</b> <b>Red Cross- Donate Blood -all week</b> in Jones St Mall	<b>2</b> <b>Entertainment</b> 12pm-1.30pm Bldg W, level 2	<b>3</b> <b>World Environment Day</b> 12pm-1.30pm The Square	<b>4</b>	<b>5</b>
<b>8</b> <b>Public Holiday</b>	<b>9</b> <b>Events Students Event - Building W, Level 2</b>	<b>10</b> <b>Free Cuppa Soup</b> Bldg Z level 1 12pm-6pm BldgW level 2 12pm-4pm <b>Events Students Event - W, Level 2</b>	<b>11</b> <b>Events Students Event - Building W, Level 2</b>	<b>12</b>
<b>15</b> <b>Men's Health Day</b> The Muse & The Square 12.00 - 1.30pm	<b>16</b> <b>Coffee &amp; Lolly</b> BldgW level 2 12pm-4pm Bldg Z level 1 12pm-6pm <b>Music Students</b> Turner Hall 6.00pm	<b>17</b> <b>Table Tennis Competition</b> Bldg Z level 1 12pm-1pm <b>Music Students</b> Turner Hall 6.00pm	<b>18</b> <b>Music Students Ultimo &amp; EORA</b> Lansdowne Hotel 4.00pm	<b>19</b>
<b>22</b>	<b>23</b> <b>Drug Action Week</b> 12pm-1.30pm The Square	<b>24</b> <b>Red Nose Day</b> 12pm-1.30pm The Square	<b>25</b>	<b>26</b> <b>Last Day Term 2</b>
<b>29</b>	<b>30</b>			

## Other News

**World Environment Day  
Wednesday 3<sup>rd</sup> June  
12.00pm—1.30pm**  
Environmental stalls and more!



**Red Nose Day  
Wednesday 24<sup>th</sup> June  
12.00pm-1.30pm**  
Donate to this worthy cause!

