



HOTCH POTCH

- Budget Cuts threaten TAFE
- New Creative Music Competition
- Get fit and save money: exercise without spending
- One bite of the elephant: a profile of Craig Schepis

Editors' Welcome

It's no secret that Australian universities are struggling financially, and UB is no exception. New government TAFE budget cuts mean that many TAFE courses will have to be cut. Needless to say, this will benefit neither teachers, students, nor the unemployment rate.

TAFE offers people an alternative to university. It has a mix of long and short courses, and the education is much more hands-on. Neither one is necessarily better. However, we should have the choice of which we attend should we wish to continue our studies.

We urge you to get involved in Tafe4All, a campaign against the State Government's changes which will result in higher fees, lower quality, and loss of courses.

Until next time,

Melita and Alexandra

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Thank you to Jeannie King, the Director of Student Connect.

TAFE Cuts Affect Many

Imagine this situation: you enrol in a course, pay the fees, attend classes, dedicate your time to doing well, and then half way through it ends; the course is cancelled and you've just wasted months maybe even years. This sounds absolutely absurd, right? Well this is what will be happening to hundreds of students across Victoria.

The TAFE budget cuts that Mr Ted Baillieu is enforcing means that many courses will be eradicated. Campuses will close down, thousands of teachers and support staff will lose their jobs, and students will no longer have the opportunity to study.

The Minister for Higher Education and Skills Peter Hall has already stated that he cannot guarantee regional TAFE campuses will not close. There is already talk at the University of Ballarat SMB campus of courses not surviving the year; including the one I am currently enrolled in.

Students from all over the state will lose their means of starting a career. Instead, private companies will offer subsidised courses for profit, which will not be up to the standard of a TAFE institute.

On Thursday 10 May, a rally was held in Melbourne at Treasury Gardens. Two thousand people joined to show their disgust of the Victorian government.

Australian Education Union president Mary Bluett said: 'It's a criminal act of social and economic vandalism that this government is wreaking on our TAFE system.'

This decision will affect people's education, something we all have a right to. It will affect the futures of our chosen careers. It will affect people's lives.

\$300 million is what's being taken away from Victorian TAFEs, and will be put towards prisons so criminals can live an easier life after breaking the law. It's unfortunate when the guilty are looked after better than the innocent. I urge you all to get behind the cause. Visit the



TAFE4ALL

website Tafe4all.org.au. There are letters that can be sent to politicians, and upcoming rallies to attend. As students we need to fight back and show our abhorrence of this poorly made decision.

By Courtney O'Neill (Professional Writing and Editing)

Hotch Potch How have you been affected by the TAFE cuts? Let **Hotch Potch** know: hotchpotchmagazine@gmail.com

New Student Experience Officer

Students at SMB and Camp Street are about to see many more activities happening on campus as we welcome our brand new Student Experience Officer, Naomi Biggs.

Naomi's role is to enhance the student experience by developing a whole range of student activities and events at both city campuses, as well as helping to set up student based interest groups and clubs.

Students are invited to give as much input as possible into creating new activities for the development of student life on campus. So if you're keen to take part in something you love, try something new or even to help run some activities please get in touch with the Student Experience Officer on 5327 8146 or email nbiggs@ballarat.edu.au.

One Bite of the Elephant

In the inexhaustible search to improve myself and my lifestyle I've read a trove of self-help books, completed exercises and chanted mantras but never have I come across a person—in day to day life—who I found truly inspirational, until I met Craig Schepis. Craig manages, teaches and trains at On Track Fitness, a gym in the Ballarat CBD. He also founded the On Track Foundation which funds the Ballarat Soup Bus and for a personal challenge, competes in Iron Man competitions.



When I first entered the gym three years ago to meet my personal trainer, the motivational prints on the walls put me off. I had visions of gold Mercedes',

high fives and boisterous businessmen. It wasn't till much later, whilst silently cursing in a Pilates class run by Craig and hearing him say '... concentrate on what you have control of ...', that I realised these phrases of inspiration were a clear expression of the man himself.

This calm personification of belief is profoundly reassuring in today's New Age spiritual explosion. Craig doesn't spout motivational quotes or brandish his successes, he doesn't need to, he wears them like a finely tailored suit; a suit that he'd easily shuck off and wrap around someone in need.

His lack of pretence and pomp has an obvious effect on those around him and I imagine is what makes the business and foundation so successful. A requirement that Craig insists is a key to his accomplishments: 'You've got to come with no expectations except that you love what you do and you want to learn more. And with that people make their own success.'

'A statement that I stay fairly true to is ... "one bite of the elephant at a time". If I had looked at what had been achieved with On Track—or with the foundation, or the soup bus, or the scholarship fund—if I'd look at the logistics that needed to be implemented to make that successful, it would have been too hard. So you've just got to take one step at a time.'

'It's no different to the Iron Man. I know it's going to be a long day. But one step at a time and eventually you'll get over that finish line. There are times if you look at the bigger picture—when you're not feeling well—it's overwhelming and you think 'I can't do this' but you've just got to go to the next drink station, another 2km. You're always thinking ways to psychologically override what you're feeling.'

'The state of mind is such an amazingly strong tool. It's scary really. That's why successful people surround themselves with other successful people.' And like most successful people, the life Craig is leading now was originally just a dream. His vision formed the ingredients and, if the prints on the gym wall are anything to go by, a strong methodology created the cake.

The On Track name rolls all those pieces of wisdom into one and acts as a signpost pointing in the right direction. Whether it be helping clients to reach their fitness goals or assisting members of the community, Craig's original catch phrase 'Get on track—Stay on track' is a clear edict. And whilst (like most excellent pieces of advice) it is easier said than done, I'm assured that I'm not the only one who struggles to get on track.

'That's what we find a lot with people who are trying to break out of a cycle ... it's getting out of the comfort zone and being prepared to do that. I'm here to encourage others to ... break that cycle and take a chance and to have them know that I'm here to support them. If they start to get a bit jittery, I'm there. Because you know, we've all been there. It's the fear of the unknown and you've just got to dare to be different.'



And sometimes, as the gym wall states—*Courage: The ability to overcome obstacles along the course*—all it takes is continuous steps in the right direction. I'm confident now that those prints aren't a vague display of disembodied encouragement, which is often the case in a world of 'I'll take your money to help you feel good, they truly are an indication of how Craig Schepis manages to eat the elephant.

By Alexandra Meerbach (Professional Writing and Editing)

Mini Pizzas

Makes 6 small pizzas

Ingredients

- 6 small pita bread
- 4 tablespoons of tomato paste
- Teaspoon of garlic
- Tablespoon of herbs – basil, oregano, marjoram (fresh or dried)
- 1 ½ cups of mozzarella cheese

Toppings

Hawaiian

- Small can of pineapple pieces
- 180grams shredded or shaved ham

Supreme

- Finely chopped small red &/or green capsicum
- ¼ cup button mushrooms
- Small can of pineapple pieces
- 180grams shredded or shaved ham
- 50grams salami (hot or mild)
- ¼ cup olives

Pumpkin & feta

- ½ cup of lightly fried cubed butternut pumpkin
- ¼ cup of feta or goats cheese
- Small finely chopped Spanish onion (red)
- Tablespoon of fresh or dried rosemary

Method

1. Preheat oven to 200° Celsius.
2. In a small bowl, mix tomato paste, garlic and herbs.
3. On two oven trays spread out the pita bread bases.
4. With a spoon – I find that a soup spoon works best – dollop paste onto pita bread and spread around.
5. Sprinkle 1 cup of cheese over the 6 bases.



6. Add desired toppings.

7. Spread the remaining ½ of cheese over the toppings.

8. Place in fan forced oven for 15 minutes or until cheese is melted completely. Non fan-forced ovens may take a little longer.

Party Ideas and Other Options

- Instead of using pita bread bases, use English muffins cut in half to make smaller, thicker pizzas
- Place ingredients in bowls and let people make their own pizzas
- Gluten free options available from most supermarkets

By Alexandra Meerbach (Professional Writing and Editing)

Do you have a flair for cooking or a recipe you want to share? Perhaps you have some helpful hints to reduce grocery costs or give a dish that extra flavour.

Hotch Potch is now seeking submissions for the next issue. Send your recipes and hints along with a photo to hotchpotchmagazine@gmail.com.

Exercise without Spending a Dime

A few ways to burn extra calories without spending money is easy—just use your own body. Every day for a week challenge yourself to do 100 reps of your chosen action or movement. These exercises will not only help you burn a few extra calories a day but will also help tone up muscle and most importantly save you money.

For example:

Monday	Tricep Dips
Tuesday	Squats
Wednesday	Bicycle Crunches
Thursday	Lunges
Friday	Boxing Punches
Saturday	Push Ups
Sunday	Star Jumps

Above is just an example of the types of movements you can do. You can choose which movements are better for your own personal style. These can be done anytime of the day, but the best way to make sure you keep up with it is to do it at the same time every day, for instance before dinner or as soon as you wake up. You can do the 100 reps as 5 sets of 20 or 10 sets of 10, just make sure you do the whole 100. To challenge yourself you can even add extra

By Jordyn Chapman (Professional Writing and Editing)



Get Into Volleyball

Are you interested in getting involved in some social and/or competitive volleyball and beach volleyball? Then why not come to the weekly training or social hit on Mondays from 4-5.30pm in the Brown Gym at Mt Helen. All are welcome.

There are even upcoming events which you can be involved in:

Mixed and Pairs Beach as well as Indoor

When: 23-28 September

What: Australian University Games

Where: Adelaide

We will be sending various teams to the AUGs this year.

For further information and to find out what's going on and when, head to Facebook and search UB Volley/Beach Volleyball. You can also contact Dan on

Hotch Potch is now seeking submissions for the next issue. If you play a sport or have an interest in health, then why not submit an article or idea. Articles such as sports coverage, sports round-ups of health and lifestyle tips are all welcome.





Kid Icarus Uprising

Platform: 3DS

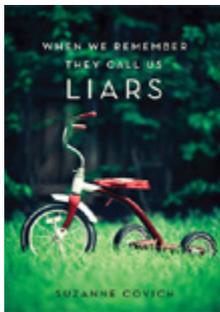
Rating: PG

After 25 years Pit is back on the Nintendo 3DS. The story of Uprising sees Medusa launch an attack on earth with her minions from the underworld.

Uprising is split into two distinct parts: an on rails flying section and an action packed ground section. The game is fast-paced, intense and looks great with the 3D enabled. There is a solid online component which places you and your allies against another team. The game has full voice acting for the character and all the characters sound great, unfortunately they never stop talking. A big downside to the game is the control set up. The touch screen and awkward button use is annoying, but you can alter it enough to find a comfortable setting. Overall *Kid Icarus Uprising* breathes new life into an old series.

By Oliver Pidgeon (Professional Writing and Editing)

When We Remember They Call Us Liars By Suzanne Covich



Suzanne Covich's compelling novel *When We Remember They Call Us Liars*, published by Fremantle Press, is as engaging and approachable in narration as it is grippingly honest. Suzanne Covich paints simple, relatable pictures of rural Australia and gently intertwines the sick realities of domestic abuse. In an era of 'children should be

seen and not heard', the title of her novel eloquently describes generations of experiences where families shove skeletons into closets and the 'neighbourhood' covers their ears. Suzanne's Covich's first person – childlike then teenage – voice – describes things as they were, matter-of-fact and to the point. She doesn't drown the reader in lengthy graphic descriptions that would compel you to put the book down to draw breath, but guides you on her alarming journey. It is a novel that will start conversations and opens doors into memories some might want to leave untouched — it is not a book for the faint-hearted.

By Alexandra Meerbach (Professional Writing and Editing)

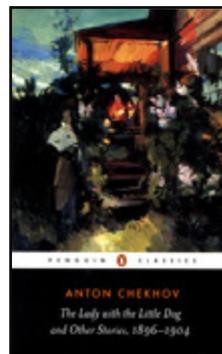


American Pie: Reunion

The long-awaited fourth *American Pie* film (not including the direct-to-dvd films) brings back all of its original cast such as Jason Briggs, Alyson Hannigan and Seann William Scott, just to name a few, and sees all the gang back to attend their high school reunion. It mainly focuses on the rekindling of the relationships of the group who have all gone in different directions in life since high school. The film has all the same elements that made the original trilogy so great. It's got all of the same raunchy humour from the previous films and captures the audience's attention by focusing on the characters we have grown to love. But in saying that it is still its own film and if you are a fan of the other three this is one not to miss!

By Jordyn Chapman (Professional Writing and Editing)

The Lady with the Little Dog and Other Stories by Anton Chekov



Anton Chekhov's anthology *The Lady with the Little Dog and other Stories* is one of the best collections of his work. Translated by Ronald Wilks, this collection contains both the simple love story and many stories to do with Russian culture.

Since these stories were originally written in Russian there is a certain amount of understanding lost through translation. With most of these stories containing issues about Russian lives and culture it can be difficult for readers to put themselves in the situations and to understand how the characters would be feeling.

The style and quality of his stories is very consistent throughout this anthology. Chekhov manages to set the scene well, often with large paragraphs describing the scenery or even a person.

This is one of Chekhov's most beloved anthologies and I can see why. It has a broad enough range of topics in the stories to keep you interested but overload you with a number of different issues.

By Sophie Ross (Professional Writing and Editing)

Ballarat

What: Hairspray

Where: Her majesty's Theatre

When: Friday, 27 July- Sunday 12 August

Cost: Adult \$42, Conc/Group 10+ \$35, Child \$28. Restricted view: Conc \$31, Child (under 16) \$24

What: Biddies

Where: Her Majesty's Theatre

When: Tuesday, 1 August. 8pm

Cost: Adult \$60, Conc \$55, Member \$50, Groups 10+ \$55, Studen/Youth/Child \$25

Who: Saskawatch

Where: Karova Lounge

When: Friday, 3 August. Doors open 8.30pm

Cost: \$10

What: Ballarat Girls Night Out

Where: Ballarat Golf Club

When: Saturday, 4 August. 7pm

Cost: \$45.00 includes canapes, wine, sparkling and lager from 7.00pm to 9.00pm

Money raised through ticket sales and auction prizes go directly to the Ballarat Regional Integrated Cancer Centre Patient Wellbeing Fund.

What: Strategic Networking

When: Thursday, 9 August. 4.30-6.30pm

Where: Mt Helen, Room F311

Cost: Free

Who: King of the North

+Electric Sinkings

+Hailmary

Where: Karova Lounge

When: Thursday, 9 August. Doors open 8.30pm

Cost: \$10

Who: Hilltop Hoods

+Horrorshow

+Briggs

Where: University of Ballarat

When: Thursday, 9 August. Doors open 8pm

Cost: Students \$39.95 (at UBuy store), or \$44.85 (+b/f) from New Generation or Oztix.com.au

What: Cops and Robbers; Writing the Perfect Crime Scene with Jarad Henry

Where: Ballarat Mechanics' Institute

When: Saturday, 11 August. 10am-4pm

Cost: Ballarat Writers Members \$75, Non-Member \$100

What: The Sapphires

(screening)

Followed by complementary finger food at the George Hotel

Where: Regent Theatre

When: Sunday, 12 August. 2pm

Cost: \$15

Tickets available from the BRMC (5332 5941)



Who: Barry Breen

What: Let's Talk Poetry with Barry Breen

Where: Art Gallery of Ballarat

When: Tuesday, 14 August. 12.30-1.30pm

Cost: Free

Who: Dianna Wells

What: Art Gallery of Ballarat Lunchtime Talk

Where: Lecture Room, Old Courthouse, Camp St

When: Wednesday, 15 August. 12.30-3.30pm

Cost: Free

Who: Frankenbok

Where: Karova Lounge

When: Friday, 17 August. Doors open 8.30pm

Cost: \$10

What: Vintage-a-fair

Where: Brown Hill Hall, Humffray St Nth

When: Saturday, 18 August. 10am-3.30pm

Cost: \$2 per person

Proceeds to benefit RSPCA, Child & Family Services (CAFS) & Uniting Care.

Who: Prudence Flint

What: Art Gallery of Ballarat Lunchtime Talk

Where: Lecture Room, Old Courthouse, Camp St

When: Wednesday, 22 August. 12.30-1.30pm

Cost: Free

Who: Clint Boge
Where: Karova Lounge
When: Thursday, 23 August. 8.30pm
Cost: \$13.30

Who: Hunting Grounds
+Gung Ho
+Them 9's
Where: Karova Lounge
When: Friday, 24 August. Doors open 8.30pm
Cost: \$15 + b/f

What: University of Ballarat Open Day
Where: All Ballarat Campuses
When: Sunday, 26 August. 10am-3pm
Cost: Free

What: Red Cross Bake Sale
Where: Mt Helen Quad
When: Monday, 27 August
Cost: \$1 per slice or cupcake

What: MWF presents Simon Callow
Where: Wendouree Performing Arts Centre
When: Saturday, 28 August. 7pm
Cost: Adult \$42.50, Conc. \$32.50 (includes \$2.50 b/f)

What: What Employers Want
When: Thursday, 30 August. 4.30-6.30pm
Where: Mt Helen, Room F311
Cost: Free
RSVP to k.laidlaw@ballarat.edu.au or phone 5327 9832

Who: Victoria Chorale and Mario Dobernig
What: Carmina Burana
Where: St Patrick's Cathedral
When: Saturday, 1 September
Cost: \$65. Or \$40 concession

What: Ballarat Writers and Illustrators Festival
Where: Ballarat Mechanics Institute
When: Sat. and Sun. 1-2 September
Cost: Two-Day Pass: \$115 (Ballarat Writers members \$90). Single-Day Pass: \$90 (Members \$65). Light lunch, morning and afternoon tea is provided.
The Evening with Eva Mills: \$20. Includes finger food.

What: Cultural Awareness: A Focus on Indigenous Australia

When: Wednesday, 5 September. 4.30-6.30pm
Where: Mt Helen, Room C002

Cost: Free

RSVP to k.laidlaw@ballarat.edu.au or phone 5327 9832

What: Art Insight: Student Videos

Where: Lecture Room, Old Courthouse, Camp St
When: Wednesday, 05 September. 12.30-1.30pm

Cost: Free

Who: Alpine

+ Clubfeet

+ Georgi Kay

Where: Karova Lounge

When: Thursday, 6 September. Doors open 8.30pm

Cost: \$15 + b/f

What: UB's Got Talent

When: Monday, 10 September

Cost: \$10

What: Understanding Self – Emotional Intelligence and Leadership

When: Thursday, 20 September. 4.30-6.30pm

Where: Mt Helen, Room F311

Cost: Free

RSVP to k.laidlaw@ballarat.edu.au or phone 5327 9832

What: Design Exchange Market

Where: Mining Exchange

When: Sunday, 7 October. 10am-4pm

What: Ethical Decision Making

When: Thursday, 11 October. 4.30-6.30pm

Where: Mt Helen, Room TBC

Cost: Free

RSVP to k.laidlaw@ballarat.edu.au or phone 5327 9832

Who: Oh Mercy

Where: Karova Lounge

When: Saturday, 13 October. Doors open 8.30pm

Cost: \$16 + b/f

Do you have an event you want students to know about? Or maybe you have some good photos from an event you went to. Let us know of an event, or send us a pic. at hotchpotchmagazine@gmail.com

Horsham

What: Wildlife-Australian Birds and Animals (Exhibition opening)

Where: Jubilee Hall

When: Sunday, 12 August. 3pm

Cost: Free

What: Family Fun Day

Where: Jubilee Hall

When: Sunday, 19 August. 1.30-4pm

Cost: Free

Who: Melbourne Piano Trio

Where: Wesley Performing Arts Centre

When: Tuesday, 21 August. 8pm

Cost: \$5-20



Ararat and Stawell

Who: Lionel Lindsay

What: Lionel Lindsay: prints from the permanent collection

When: 12 July-2 September

Where: Ararat Regional Art Gallery

Who: Melbourne Ballet Company

What: Infinite Space

Where: Ararat Performing Arts Centre

When: Monday, 13 August. 8pm

Cost: Adults \$29, Conc/Child \$27



What: The Divine Miss 'O' Fiona O'Loughlin

Where: Wesley Performing Arts Centre

When: Friday, 14 September. 8pm

Cost: \$20-35



Who: David De Vito

What: The Voice

Where: Wesley Performing Arts Centre

When: Wednesday, 15 September. 8pm

Cost: \$35-\$49

What: Rhinestone Rex and Miss Monica

Where: Wesley Performing Arts Centre

When: Tuesday, 18 September. 8pm

Cost: \$5-30

What: Haven Market

Where: 4378 Henty Highway

When: First Saturday of the month

Cost: Free

What: Miniature Train Rides

Where: Sawyer Park

When: Second Sunday of the month. 1-4pm

Cost: \$2.50 per ride

What: Mikado

Where: Ararat Performing Arts Centre

When: Tuesday, 18 September. 7.30pm

Cost: Adult \$20, Conc \$18, Under 17 \$10, Family (2A + 2C) \$45



What: Stawell Fairdinkum Farm and Craft Market

Where: Stawell Showgrounds, Patrick Street

When: Last Sunday of month (Jan-Nov). 10am-2pm

Cost: Free

If you have an upcoming event, let us know here at Hotch Potch so we can include it in the next issue.

Just email hotchpotchmagazine@gmail.com

Live On Lydiard

On 27 April, I attended a live music show put on here at SMB by the University. The show took place in the Courthouse Theatre and was free entry to people of all ages. This show was a sort of 'introduction' to what the Live Production course do regularly throughout the year.



I'm sure you'd like to know what 'theme' of music there was. However, it would be very difficult to describe the range of music in just a few words. The show opened with *Demi Louise*, a singer/songwriter whose music was mostly acoustic and very mellow. The next act was a complete contrast, with the *23rd of Elvis* being a heavy rock band whose music appeared too loud for some. *The Electric Sinkings* were up next with their own kind of alternative rock music. *The Grim Fandangos* who describe their own music as acid, boogie, funk and revival, were extremely upbeat and energetic in their performance; however their music would definitely not be for everyone. Ending with *DJ Nick*, this was a great show with a variety of different music styles.

Overall, this show was a great way to spend my Friday night and I saw many great local acts. I recommend attending at least one, if not more, of these shows this year to not only support the university, but also our local artists.

By Sophie Ross (Professional Writing and Editing)

Clunes Booktown 2012



BIG JOB

It's kind of ironic really, when I swore an oath to defend this country once; as cliché as I know it is, down to my bones I tried to keep to this, but seven years out of the Army, and I wish the whole damned country would just collapse; maybe then I would be worth something more than a night-filler or burger flipper. I'll spare you here from the boredom of another pissed off ex-soldier cursing his shoulda-coulda-woulda's, I'm not going to bore you with that crap, or try to impress on you that the forces are a bad thing, quite the contrary. I would implore you to make wholehearted efforts to spend at least some of your life in the Green, and let me speculate that you will achieve more to your character in any brief time there than you could in heavy years on any other avenue available in a civilian world., tThis being said, let me leave it with this point:...anyone discharged from the institution with or without the option, may rightfully tell a tale of how hard it is to reclaim the old life you once had and prospered in; see how many former soldiers, particularly the unskilled grunts (like myself) end up with substance addiction, mental disorders, on welfare or in prison, sometimes all of the above and more; by comparison to some of these I am most fortunate, but deeply bitter, as

my brilliant career ended with one cruel, abrupt moment, and a leg broken in three places, rendered quite useless for all but the most mundane occupations I couldn't bear to shackle myself to. In darker moods that still visit me, I will admit whole-heartedly, my wish that I had died right then and there; But enough of this digression...

Shortly after Agent Grant's leaving, his subtle words mulling in my skull, I left my reserve, and, after the usual performance of anti-surveillance techniques, I came to what will come to be called our 'hideout', for hiding our intention was its main purpose. Which brings me finally, to the most enigmatic part of this farce; the man who should be credited for all which I am due to receive, the man we called Andrew Wilson.; tThe unremarkable name belying the nature of the being, and the man, whose story is now so convoluted with my own that it is impossible for me tell mine without his. I continue with the story with a call for patience on my behalf, and ask you not to dwell on my imploration of Andrew's involvement as a means to exonerate, or draw attention from my own part in this tale, this is not my intent. All the parties here mentioned are guilty, this will become evident with progress; do not forget this...

A serial by Shane Hartwig (Professional writing and Editing)

Grab the next copy of Hotch Potch to find out what happens next, or go online to read previous parts.



By Teghan Johns (Bachelor of Graphic Design and Multimedia)



By Teghan Johns (Bachelor of Graphic Design and Multimedia)

New to UB

What: Cultural Corner
When: Tuesdays, 12-1pm
Where: Foyer of the Brewery Building

Fluent English speakers are invited to volunteer just 1 hour each Tuesday lunch to chat with SMB's Migrant & Refugee students. Share your language and culture with students from all over the world. Call 5327 8146 for more info.

What: Coffee Club
When: Thursdays, 12-1pm
Where: SMB's Hub
Cost: FreeFree coffee or hot chocolate with something dif-

ferent to be involved in each week.

What: Games Hour
When: Tuesdays, 12.30-1.30pm
Where: SMB's Pit area of the Hub Cafe

Challenge your course mates every Tuesday lunch time to a game of pool, chess, cards, Jenga, Uno or even become the master of the Wii. Pop in for a five minute game or stay for the whole hour.

What: Stretch and Relax
When: Tuesdays, 12.30-1.15pm
Where: SMB's gym
Cost: Free

Massage teacher Steve Wescott will take you through the principles of Myotherapy, allowing your body to unwind. Please wear loose clothing and bring a bottle of water.

What: Computer Club
When: Wednesdays, 4pm
Where: SMB Library

Meet with other enthusiasts or to get some computer first aid! Use your own laptop, or bring a uni login for library computer hire. Power and Wi-Fi provided. For more info please contact Cohen Lewis on 0448 880483 or e-mail cohen@cohenl.net

What: UB Cast
When: Every Friday.
Where: Download from www.facebook.com/ubcast

Created by Cohen, Kiran and Zac—Live Production, Theatre and Events students—UB Cast will keep you up to date with the latest UB news and events across all campuses. If you have an event to plug please contact the guys via email general@ublive.net

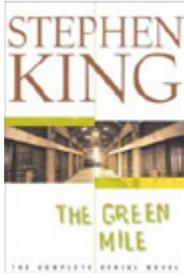
Feeling stuck, alone or like you need support?

Come and talk to Miriam, SMB's new student counsellor. The UB counselling service offers free, confidential and supportive counselling to students. Appointments can be made by calling 5327 9470 and are held in the Student Admin Building at SMB.

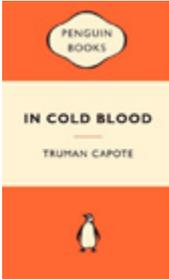
Milly's Top 5:

Authors Every Writer Should Read

1. Stephen King: Though he's had some flops, Stephen King is one of the best and most read authors of our time. King is not only a master of horror, but is also famous for his supreme writing style and detailed, enthralling plots. Some of his better novels are: *The Shining*, *Salem's Lot* and *The Green Mile*. He also has one of the best books on writing called *Stephen King: On Writing*.



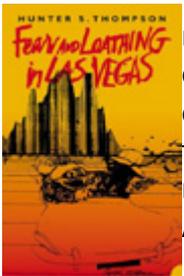
2. Truman Capote: With his epic non-fiction novel *In Cold Blood* being the first and most famous of its time, Capote is a must-read for every writer and journalist. *In Cold Blood* took Capote almost a decade to write, and is one of the best journalistic pieces ever to be released. Other notable titles include *Breakfast at Tiffany's*, *The Grass Harp* and *Other Voices, Other Rooms*.



3. Edgar Allan Poe: Made famous to our generation through *The Simpsons* (think *The Raven* and *Lisa's science experiment rendition of The Tell-Tale Heart*), Edgar Allan Poe has lasted over a century as the King and creator of horror as a genre, and one of the greatest short story writers in history. Some of his stories include *The Fall of the House of Usher*, *The Black Cat* and *The Masque of the Red Death*.



4. Hunter S. Thompson: America's favourite journalist and the creator of *New and Gonzo Journalism* is not only questionably one of the best, but one of the craziest writers and protagonists of the 20th century. Thompson was made famous to this generation in the Johnny Depp rendition of his journalistic findings of the American Dream: *Fear and Loathing in Las Vegas*. Some of his novels include *Hell's Angels* and *The Rum Diary*.



5. Khaled Hosseini: This author, though only having two books out currently is one I feel is important to read for the political content of his writing. Between them, *The Kite Runner* and *A Thousand Splendid Suns* cover the history and impact of the two most influential wars of Generation Y: Iraq and Afghanistan. You get to see both wars through the eyes of the civilians affected by it, and follow several people's journeys through consistently beautiful and heartbreaking writing. Both are harrowing and unforgettable reads.



By Amelia Siebring (Professional Writing and Editing)



Teghan Johns (Bachelor of Graphic Design and Multimedia)

Cafe Review: The Java Lounge



The Java Lounge, conveniently located across from the cinemas on Lydiard St, has a wonderful relaxed atmosphere suitable for breakfast, lunch or dinner. The couches are the perfect setting for sharing a bottle of wine and some dips before a jaunt at the theatre or night-clubs.

Even when it's busy the Java Lounge never gets too loud, making it the ideal spot for a post-movie chat, quiet date or even an 'I've got a splitting headache' hangover breakfast – which I am delighted to note is served 'til 5pm. When it's quiet, you can bring a book and lounge on a couch – which is a great way to break cabin fever in the Ballarat winter.

The coffee is reliably good, the food is consistently delicious and affordable, and the service is always friendly and efficient. The menu has simple, quality meals and the kitchen don't mind slight changes to the menu, meaning you can swap a side of chips for a salad if you so desire. Paying as you order takes the hassle out of hailing a waiter and splitting bills, and means that you can leave to catch the movie as soon as you've finished!



By Alexandra Meerbach (Professional Writing and Editing)

Three of a Kind... Soups

If you have to brave the cold air to do some shopping then why not warm yourself up at the Noodle Canteen on Little Bridge Street, opposite Coles Supermarket - it's an excellent place to get cheap, filling (it's a big bowl) soup. The curry laksa is perfect for fuelling your inner fire.



Whilst you're shopping grab some cans of Heinz Big 'N' Chunky Soup range. Made with lean meats, they're filling and good for you. You can even choose something a little spicy to clear the sinuses. A quick and easy food fix to help plow through your homework.

Try making your own spicy pumpkin soup. All you need is pumpkin, chicken stock, garlic, onion, (sweet) potato. Chop it all up and put it in a pot. You can add more or less depending on your taste. Add a touch of curry, pepper, caraway seeds or chilli to give it some extra kick!



Your Student Senate

The UB Student Senate is now up and running. If you have any queries, questions or feedback in regards to student services and amenities affecting your student experience contact the Student Senate at student.senate@ballarat.edu.au. Further details, including dates for discussion forums and names of elected members are available from www.ballarat.edu.au/student-senate.

Hotch Potch is currently seeking submissions for the next issue. Contact hotchpotchmagazine@gmail.com if you are interested in submitting:

- Artwork
- Opinion
- Travel pieces
- Event photos
- Sports articles
- Band profiles
- Hard news
- Story ideas

Here at *Hotch Potch*, we love to hear your opinions and feedback. Did you love the issue? Hate it? Do you agree or disagree with what you read? Let us know by emailing us at:

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