



Connecting our community

It's what we do

Welcome to the September edition of our Connection Series – bringing our community together online.

For this edition we've checked in with a few of our alumni in Victoria to get their take on life in lockdown and how they're coping with the restrictions due to COVID-19. We're thinking of you all and hoping there's some light at the end of the tunnel as we spring into Spring.

Alumni advice

Pankil Shah (Master of IT, 2019) aims for 5-10 minutes of meditation every day for a sense of peace and tranquillity.

Ruby Rhodes' (Master of Emergency Management, 2015) tips for staying "relatively" sane include enjoying some sunshine and attempting three-ingredient meals from what's in the pantry.

Emma Stevens (Graduate Certificate in Sustainable Agriculture, 2017) recommends being honest with your workplace about where you're at so you can set a new pace if you need. She says, "Creating smaller chunks of manageable work that can be ticked off is also helpful."

Brooke Draper (Bachelor of Nursing, 2011) has been working on the frontline during the COVID-19 crisis and getting out to exercise with her family (when she can) has been great for her heart, mind and soul. "Keeping in touch with friends and family is extremely important too."

Andrew Barden's (Master of Information Studies, 2019) advice is to keep your mind active!

Debbie MacLeod (Bachelor of Health Services Management, 1996) has started a group phone call every Wednesday night with her friends. She says, "It's the best part of the week and we get to keep an eye on each other."

Bryan Winnett (Associate Degree in Vocational Education and Training, 2008) has been staying away from the news, doing hard physical labour and looking out for family members.

Kate Earl (Bachelor of Education (Primary), 2005) depends on her group chat with other mums for incredible support and is remembering to laugh at herself. Her advice to home schooling parents is "You do not have to do the same job as your child's teachers! Be kind to yourself and take a break when you need it."

Eleanor Brown (Bachelor of Business (Marketing), 1993) says, "I have an emotional pyramid of needs next to my computer to remind me every day of what I can control at the moment."

Maria Rinaldi (Bachelor of Education, 2006) is trying to keep things in perspective and have a positive attitude. She's also keeping busy working part-time teaching Italian in three schools.

New look website

Our website alumni.csu.edu.au has had a refresh and is looking great, if we do say so ourselves! Check it out.

Get colouring

Get your kids colouring for Charles Sturt with our colouring in sheets featuring the uni mascot [Charlie the Cockatoo](#)! Download the printable sheets [here](#) and share your best colouring work on Facebook and Instagram using the hashtag #charlessturtlife!

Listen

Did you know you can stream Charles Sturt's radio station 2MCE from your computer or smart phone? Catch the weekly Oz Music Showcase from 1pm on Mondays. Or maybe the Retro Top 40 on Saturdays from 4pm is more your style, with classic hits from the 60s, 70s and 80s. Visit 2mce.org and click on Listen Live in the top right corner of the website.

Watch

Happy Father's Day to all our father's and father figures for last Sunday. We asked some of our alumni to share their favourite memories of their father or father figure. WARNING: Get the tissues ready.



Grant now open

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Connect

If you're an alum and keen to get involved in our Connection Series, get in touch! We'd love to hear from you if you've got a story or an opportunity to share. Please email us your ideas at alumni@csu.edu.au