



## POINTS OF INTEREST

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- Public Decorum
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- The Law and You

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# St Patrick's Day - A Day of Celebration



Fajita Chantherakumar  
Social Science  
Melbourne

Each year on March 17<sup>th</sup> people in many parts of the world wear green coloured clothes and have feasts in the name of Saint Patrick. In Ireland, this religious holiday is observed traditionally by attending church in the morning and celebrating the day in the afternoon. Many Irish people wear a cluster of shamrock on their lapels; children wear badges in the colours of the Irish flag, while girls traditionally wear green ribbons in their hair. The date falls during the fasting season of Lent, however prohibitions against the consumption of meat were waived and people dance, drink, and indulge in the traditional Irish meal of bacon and cabbage. For over a thousand years, this holy day has been celebrated in honour of St Patrick.

Who exactly *is* this St Patrick, one might ask? He is the very saint that ACU's Melbourne campus is named after. The patron Saint of Ireland; one of Christianity's most widely known figures... although much of his life history has been shrouded in mystery.

What *is* known however is that St Patrick was born in Britain near the end of the fourth century and is believed to have died on March 17<sup>th</sup>, around 460 AD. Legend has it that at the young age of sixteen, Patrick was enslaved by a group of Irish raiders



when his family's estate was attacked. He was then transported to Ireland where he spent many lonely years in captivity. Feeling lost and afraid, he turned to his religion for comfort, eventually becoming a staunch Christian. After more than six years of incarceration, Patrick finally escaped to Britain where he began religious training that lasted fifteen years. Following his ordination as a priest, Patrick was said to have been sent back to Ireland to minister to Christians already living in Ireland and to begin to convert the Irish.

On St Patrick's Day this year, many enjoyable activities are expected to take place at the Vault (basement 1) at ACU's Melbourne Campus. The MCSA will be organising exciting events which will take place around lunch-time on the 17<sup>th</sup> of March. The overall theme of the day will be green, however most of the details are under wraps at the moment as the MCSA is still in the early stages of planning the event. So, keep your ears pricked for any news on the happenings at Vault this St Patrick's Day! There's believed to be a St Pat's day pub crawl happening sometime that week, although the date of the event is yet to be finalised. So let's wear green this March 17<sup>th</sup> and celebrate St Patrick's Day the Irish way!

Check with the Student Association on your campus to see what is happening there!

Sláinte!



# When doing your own thing may be unsafe...



Mohit Virmani  
MBA  
Melbourne

When I was in Thailand, I learned that it is offensive to touch a person, especially a child on the head. This was seemingly unusual and bizarre to me since in most countries touching people on their heads is considered an affectionate behaviour. Certain activities that might be normal and acceptable in one country might be rude and offensive in another. It is our job as international students to be aware of such things. For instance, it is quite normal in India to speak loudly in public and blow car horns frequently. But in Australia both these things are considered very rude. Speaking loudly in public is one thing, but speaking in one's native tongue is another. There is no rule which states that you have to speak in English, whether it is daily chit-chat with friends or a phone call from home; but over here in Australia it is considered rude behaviour if you talk loudly in your native tongue in public. The basic reason behind this is that Australians are honest people and presume that when immigrants speak in their native language they are trying to hide something, and can assume that talking loudly in public is an act of aggression. Therefore it is important for us as international students to respect these norms.

This is only a cultural adjustment that is required on the part of international students, after all we are in a different country and must learn how to fit in with the locals, learn their way of life and general practices but at the same time not forget or subdue our own cultural and ethnical practices. We are not required to change ourselves, but simply

adjust daily activities so that when in public we do not unintentionally offend anyone. Public decorum is an essential part of our life in Australia.

A couple of international students when asked about this matter responded: "We understand it is rude to speak in our own language while on the train, but what can we do if our parents or grandparents cannot speak English very well? A little understanding and empathy from the locals would be appreciated."

Recently, 'The Age' reported that international students, particularly from India, had been targeted by some gang members. The reason behind these attacks was the intent to rob students as they make easy targets, especially foreign students. It was not like these students were violating any laws or intentionally responsible for causing trouble, but they were attacked and robbed since they were supposedly flaunting expensive items like laptops, music players, mobile phones and other similar gadgets. Now, if you think about this, it is quite frankly an absurd reason since a lot of people, from students to office workers carry such items during their daily commute or even while walking on the streets. It is next to impossible to find a person without mobile phones and music players these days.

An Indian student studying at ACU had this to say: "Why are we being specifically targeted for using gadgets when everyone else carries mobiles, laptops and ipods while travelling and going to classes. The police have to help us, telling us

not to carry mobile phones or ipods is an act of helplessness."

In my opinion this matter is simply an excuse by some anti-social miscreants to exploit the international students. However it goes without saying that students and in particular international ones must be aware of their surroundings especially while travelling alone or at night. These are simply precautions to take care of in the case of such exceptional circumstances, as public transport in Melbourne, and Australia for that matter is very safe.

Some students felt this was an act of racism and could not comprehend why only Indian students were being targeted. "We hear a lot of other ethnical groups and even locals talking very loudly on the phone or with each other in public. We don't wish to point out which groups but saying that only Indians talk loudly or talk in their own language is a racist and discriminatory comment."

It is my simple and humble request to all international student - please adjust a bit to the Aussie way of life, it will only guarantee a more pleasant experience for your time over here. These little things go a long way in building trust and friendly relations with our dear hosts.

The international students' council and advisor are always available for you in case you have some questions, remarks or wish to discuss some unfortunate incidents. The international office is your home away from home in ACU; do make full use of it.

## Dealing with Addiction - Part 3



Rosemary Williams  
Counselling Psychologist  
Counselling Service

Life is something of a gamble because all our important decisions are made on the basis of insufficient knowledge. As Denis Diderot (1774), the French philosopher, wrote: 'The world is the house of the strong. I shall not know until the end what I have lost or won in this place, in this vast gambling den where I have spent more than sixty years, dice-box in hand, shaking the dice'. Blaise Pascal, a century earlier, had seen belief in God as a (wise) gamble too: 'Belief is a wise wager. Granted that faith cannot be proved, what harm will come to you if you gamble on its truth and it proves false? If you gain, you gain all; if you lose, you lose nothing. Wager, then, without hesitation, that He exists'.

We all live, then, with some uncertainty and we have to take risks in life in order to contribute to society and to grow and develop as human beings. The colonisation of Australia, especially by English emigration, attracted risk-oriented individuals because establishing a satisfactory life in the colonies was no sure thing and making one's fortune in the Gold Rush (from the 1850s) could be similarly elusive. Beginning from these historical events, gambling – the act of staking money or some other item of value on the outcome of an event determined by chance – came to have a prominent role in

Australian culture and, today, it is an accepted leisure pursuit enjoyed by the majority of adult Australians, whether through gaming, betting or lotteries, including casino table games, electronic gaming devices such as video-draw poker and keno, poker machines, horse-races, tattsлото and bingo – some played online.

At a fete some years ago, I stood beside my little god-daughter, Fionnuala, watching the spin of the wheel. I was worried to see her standing there, her body erect, utterly confident that the prize of a baby doll would be hers. The alternative did not seem to occur to her. To my surprise, the wheel stopped on her number and she hugged her new doll with elation. Winning can be intoxicating and Australian advertising glamorises gambling by giving the misleading impression that the majority of players are winners. While occasional wins are possible, the reality is that the odds invariably favour the 'house' and that most people lose in the long run.

Gambling becomes a problem when there is a chronic failure to resist gambling impulses that results in disruption or damage to a person's social, vocational, familial or family functioning. Each year, a significant number of international students develop a gambling problem

(just as Australians do). While some students were gamblers in their home country, many start to gamble in Australia, often on casino tables.

The need for money is a significant predictor of who will develop a gambling problem and, as losses are incurred, larger sums of money are gambled in an attempt to 'chase' the loss. Problem gambling devel-



ops too when gambling is used as a vehicle for the expression of feelings that are hard to articulate in everyday life. For international students far away from home and family, gambling can be an attempt to express grief, loneliness, depression, anxiety, frustration and anger. This can be the case particularly when students come from cultures that discourage the direct expression of difficult emotions.

Gambling involves the psychological defence of denial. The human mind has an amazing capacity to invent mechanisms that shield us from mental pain and conflict and from becoming aware of unpleasant emotions and thoughts. Psychological denial means that we cannot see what is right before our eyes. We are blinded to our mounting losses

at the gaming tables. A student told me how he sat up with a start in bed one night with a sudden, dreadful realisation of all the money he had lost over months of gambling. He simply had not seen it until that moment – a reminder not to underestimate the power of our defence mechanisms nor to be unobservant of own mental lives.

Problem gambling can cause stress, agitation, depression, anxiety and ill health. Relationships deteriorate; study suffers; part-time jobs are lost. Money for food, housing, mobile phones and tuition fees is lost; students lose contact with family and friends; are unable to reenrol and visa cancellation looms.

International students – unused to consulting the helping professions in their home countries – can be hesitant to access services which assist with gambling problems. But in the West, getting help is an important part of the repertoire of any adult. Consult the International Student Adviser or Counselling Service on your Campus or ring the National Gambling Helpline on 1800 858 858 for free, confidential support and advice.

## A Vibrant Festival of Colour - Holi



Mary Hemant  
Master of Teaching  
Melbourne

As it is with the transition of seasons in nature, spring comes just when people begin to get tired of their heavy gear, sniffy noses and everything else related to winter chills. Back home in India, it is a time when many parts of the country eagerly await the sunny days that lie ahead even though the harshness of Indian summers can be as daunting as the bleakness of the colder season.

It is also at this time of the year that the spring festival of Holi is celebrated. Originally, Holi was a fertility festival that celebrated the fertile earth getting ready for the upcoming harvest. Just when the trees begin to adorn themselves with fresh new leaves and the flowers burst open with a vibrant display of colours, Indian communities also decide to have fun and give in to good cheer.

All festivals have a story to tell, and according to ancient folklore this festival had its roots in the life and times of Prahlad, a devotee of Lord Vishnu (Preserver of the Hindu Holy Trinity of Creator-Preserver-Destroyer). The brave boy refused to submit to the wishes of his arrogant father, the demon King Hiranyaka-

shyap who demanded that everyone worships him.irate at his son's audacity to defy him, the king ordered him to be put to death.



In spite of using several methods to kill Prahlad, including throwing him off a cliff, Prahlad always escaped unharmed. Finally, the demon king ordered his sister, Holika (who had been granted a boon to make her 'fire proof') to sit on a burning pyre with Prahlad in her lap. Though Holika was scared stiff of her brother's cruelty, she had no other choice but to agree. Yet, as the legend goes, Prahlad miraculously remained unscathed while Holika was charred to death.

Now Vishnu, Prahlad's saviour, appeared in the form of Narasimha (half-lion and half-man) to kill the demon king at twilight on a porch. There was a reason for this too. Hiranyakashyap had been granted a boon that rendered him almost invincible. He could be killed by neither man nor beast,

neither during day nor at night, neither indoors nor outside. That is why Vishnu took care to disguise himself as Narasimha and chose the time of twilight and the porch setting to make Hiranyakashyap history.

Thus began the tradition of lighting the ritualistic bonfire to solemnise this legend every year in spring. On the eve of Holi which is called Choti Holi or 'Little Holi', everyone joins in to collect the firewood for the night of the big bonfire. Families and friends gather together while the bonfire is lit, amidst loud shouts of cheer, followed by singing and dancing as they wait for the fun and frolic of the following morning. While the other major Hindu festival of Diwali is more of a family affair, Holi involves entire communities in Indian villages and cities. As in all festival seasons however, women busy themselves with the usual ritualistic cuisine process, buying or preparing sweets, snacks and other bits and pieces needed for the festivities of Holi, especially packets of gulal (coloured powder), pichkaris (large syringe-like instruments used to shower coloured water on people), water-soluble colours and whatever else the family would need to make merry.

Dawn heralds the arrival of the vibrant festival of colours; it is time to celebrate Holi. All the colours that the Indian subcontinent is famous for probably fade into oblivion once the colours of this rich festival take over. Special clothes are reserved for each member of the household, clothes that could do with a bit of thorough cleaning later on or even be disposed of. Children wake up with greetings of Happy Holi and get to work with the planning of the day ahead.

Buckets and barrels are filled with coloured water and water balloons greet friends and neighbours. It is a time of reconciliation too as enmities are forgotten while people go around smearing each other with gulal. Children shoot out colourful jets of water from their pichkaris, while everyone has a great time getting drenched and coloured, and drinking thandai (a marijuana-based drink)



as the day progresses. Singing and dancing to the beat of dholaks (drums) makes the festival come alive.

While everything is done in good cheer and no offence is taken at any of the days' events, the evenings are spent scrubbing and more scrubbing. This is repeated for days afterwards and in India it would be a normal sight to see people with patches of yellow or green skin, purple hair, pink hands and silver or golden nails, days and even weeks after the festivities of Holi end. Why, even the cows and buffaloes in the friendly Indian neighbourhood get their



share of patches in colours they would never have known existed!

As I sit down to write about the colours and beauty of my country, I cannot but resist the urge to add a few lines about my adopted homeland down under. And so, before I put the final full-stop to this article, let me say that the bonfires of Holi will continue to remind me this year of the immense tragedy and destruction that fire can also bring about.

My heart goes out to the families who have to go through the agonizing trauma of having their lives changed forever in a matter of minutes, of having to see their loved ones and what remains of their homes in flashes of photographs on a TV screen or newspaper for the rest of their lives. On behalf of every student at ACU and especially, all of us in our ISV editorial team, I would just like to say to these brave people, "Hang in there; God is with you, and so are we".

## A Reflection on Exchange

Justin Inverarity  
Melbourne

I first found about exchange through a friend at university who was in the process of having their application completed and after hearing their experience and the benefits of going on exchange I decided to meet with Herta the International Exchange Officer. Herta was very helpful and informed me of all the scholarships and government grants that I could receive as well as all the information I would need and the requirements needed to attend one of the various 40 institutions available. After deciding to attend St. Johns University in New York City both Herta and myself arranged all the paperwork required which was sent off for approval. Once I was approved for exchange it was quite easy arranging everything. It was all quite hassle free and the next thing I knew I was off to New York to study for 6 months.

Being on exchange in New York City was an amazing experience and one I will never forget. I arrived on the 17<sup>th</sup> of August and found an apartment within 3 days in the west village. Classes started on the 24<sup>th</sup> of August. I had settled in by that time and was ready to take on my new school. I had expected to run into a few problems enrolling in my course but the opposite was the case, I enrolled in all the subjects I wanted to, there were no clashes or computer glitches and the staff were friendly and helpful. I took three sociology subjects and a history subject and I found all of the course material interesting and the lecturers captivating. While based in New York I travelled to Puerto Rico, Washington DC, Baltimore, Philadelphia and the Catskill Mountains. I worked at Student Life at St. Johns University and participated in community work and volunteer programs. I attended Broadway and off Broadway theatre, went to 6

flags amusement park, strolled in central park, partied in the city, shopped on 5<sup>th</sup> Avenue and watched the basketball at Madison Square Gardens. I achieved great results in the semester and would highly recommend student exchange to anyone who is considering it. Good Luck!

*If you are interested in going on exchange, contact the Exchange and Study Abroad Coordinator, Herta Derrij at:*



*h.derrij@patrick.acu.edu.au*

**Ph: (03) 9953 3074**

**Remember: International students can also go on exchange and study abroad.**

*www.acu.edu.au/exchange*

***"Broaden your experience. Spread your wings and fly! Take advantage of the exchange program and do part of your degree in another country and discover other cultures!"***

## Recipes - Rice Pudding (Kheer)



Kunal Mehta  
MBA  
Melbourne

### Ingredients:

1 cup cooked rice  
1 Litre of Milk  
Dried Fruit (almonds, raisins, cashews etc)  
1/2 gram Saffron

### Method:

Pour all the milk in the deep saucepan and bring it to boil.

Mix all the rice in it and continuously stir it.

Allow the mixture to become little thick.

Then add sugar and stir nicely in order to dissolve all the

sugar in it.

Add cardamom powder, dry fruits and saffron and stir till all the nuts are mixed properly.

Pour in a serving bowl and serve hot or chilled according to choice.

Garnish with remaining saffron and nuts.



### ROOM FOR RENT: (Melbourne)

Room available in shared house in Heidelberg. \$90.00 per week + bills.

Unfurnished room, however rest of house is fully furnished.

Very close to shops, cafes and public library. Public transport extremely convenient.

Contact Erin on 0447 844 804 for details.



## Carrot Pudding (Gajar ka Halwa)

### Ingredients:

1 kg grated carrots  
1 Litre Condensed Milk  
2 Cups of Sugar  
1/2 cup Dried Fruit (sliced almonds, cashew nuts and raisins)

### Method:

Mix grated carrots and condensed milk in a deep saucepan and bring it to boil. Cook over medium heat until all the milk gets dried up. You should stir the mixture occasionally to prevent any sticking.

2. Add sugar, cardamom powder, 1/4 cup dry

fruits and continuously stir for 5-7 minutes.

Decorate with remaining dry fruits and serve hot or chilled as per one's liking. (Optional- decorate with silver leaf).



## Ask Aunty Rosemary



Rosemary Williams  
Counselling Psychologist  
Counselling Service

"Dear Aunty Rosemary,

I am a student at the Sydney campus. I am due to complete my studies at the end of next semester and am really having some problems. Although I am doing well, I dread completing my course because my parents, who are very traditional and quite strict, insist that I return to my home country. I want to apply for permanent residence in Australia and stay here. I have become accustomed to the Australian way of life and the idea of having to return to a more restricted lifestyle is very concerning to me. I want to be a good son/daughter and obey my parents, but I also feel that I should have the right to choose my own destiny. I am torn between my obligations to my parents and my own personal desires for my future. What can I do? Do you have any suggestions? Thank you Aunty Rosemary. Yours, Desperately Seeking Answers."

Dear Desperately Seeking Answers,

Yours is a difficult dilemma for which there is no one right answer. The question of whether one should obey one's parents or choose one's own destiny is a familiar quandary faced by so many people down through history. Scientists, saints and scholars have had to grapple with it. Western psychology points to the resentment we feel when we are unable to follow our deepest yearnings, yet, it knows only too well the suffering that arises from a disruption to our relationship with our parents. Carl Jung, the Swiss psychoanalyst, noted our propensity for being torn apart by two opposing points of view about situations; conflicts that he regarded as the cause of so much of our torment in life. He saw that we are inclined to view our dilemmas as requiring an either/ or solution – either return to my home country or stay in Australia - even though it is often apparent that we cannot simply blot out one side of the balance. Jung thought that we need to change our approach. Instead of pitting one option against the other, he thought that we should hold both together in our consciousness and allow a creative solution

to emerge which honours both sides of the issue. In your case, freedom is good and so is the acceptance of authority, so, Jung would encourage you to allow them to exist in your mind in equal dignity and worth. There is pain involved in bearing such duality but, if you can stay with these two conflicting impulses long enough, the two of them will teach each other something and produce an insight that serves them both. This is not compromise but a depth of understanding that will put your life in perspective and will allow you to know with certainty what you should do.

All the best from Aunty Rosemary

Dear Aunty Rosmery,

I am an International student and Came to Australia recently. I joined ACU to do 3 years nursing degree. After I came I met a friend who is a 3rd year nursing student at ACU. When we were discussing the nursing assessments, she told me that for nursing we have to do presentations in front of the class as part of assessments. Aunty my problem is I am a person who is so nervous to do presentations in front of a group. I am very good at written exams but not with Presentations. When I am doing a presentation I am frighten that I would make mistakes and everybody in front of me will laugh at me or my presentation might be boring to them. I am not confidence in standing in front of a group and talk about a topic. I have lots of friends and I do not have any problems communicating with them. Only thing I cannot stand is giving talks/presentations to a group. So Aunty I am now so nervous about this. I really want to get through all my assessments and pass the exams. I am sure I will fail my presentations. I know I have to face this. Please tell me how I can get over this problem ( my fear of doing presentations) and face the situation and get through my presentations.

Worried student

Dear Worried Student,

John Powell, an American Jesuit, was seated waiting to give a presentation to Loyola University, Chicago, in the 1970s. Loyola was his own community and he was worried to a frazzle about his own performance. He recognised men and women in his audience who he knew struggled with personal and family problems. And an inner voice came to him: 'I don't want a performance. I want an act of love. Your sisters and brothers do not need you to impress them but to love them'. At this, Powell's anxiety subsided and fell away.

Powell's experience can instruct your own a little because, when you stand up to do a presentation to your student colleagues, it may help to remember that they too will be facing a range of difficulties inherent in being human. They do not so much need you to perform for them or impress them, but, rather, to communicate your subject in a manner that both respects them and helps them understand your material. This is a more manageable task for you than a perfect performance.

Along with re-defining the nature of your task, your nervousness will be reduced by being well-prepared and practising your presentation beforehand before a friend or a mirror. Use teaching aids to assist you – e.g. index cards with dot points, a video or DVD, Powerpoint slides or a guest speaker. Construct an activity for the class that engages them in your topic and takes the focus away from you. Keep your presentation simple by deciding on some main points that you wish to communicate and by not overloading your audience with too much information. Use your own words, not complex jargon, and finish on time.

Both international and local students can find presentations daunting and it is understandable that you feel nervous about the prospect of them. Do not hesitate to consult with an Academic Skills Adviser and/or a Counsellor on your Campus who will be happy to assist you.

All the best with your studies from  
Aunty Rosemary



## WHAT'S ON IN MARCH

March 12 - Mauritian National Day

March 17 - St Patrick's Day

March 26 - Bangladesh National Day

March 8 - Last day to add a unit without penalty

March 15 - Last day to withdraw from semester 1 unit without notation on your record

March 31 - Census Date - Last day to withdraw from semester one units without financial and academic penalty. Also last day to add semester one unit (with a late fee).

### Editor

John Crowder

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Mary Hemant- 1st Year Education

Kunal Mehta- 1st Year MBA Accounting

Mohit Virmani - 1st Year MBA

Sharmalie Wijesinghe-3rd Year Nursing

## Obligations? Are you Contracted? What is a Contract?



Sokha Um  
Solicitor,  
Melbourne

We use contracts all the time and its essence is that it creates legally enforceable obligations, which are created by us through our promises.

Not all contracts need to be in writing to be enforceable. This means that some agreements may be enforceable even though there is no recorded evidence of it. However, some other contracts would be unenforceable unless in writing or evidenced by some memorandum in writing and signed by the party to be sued.

When you breach a contract, the other party will be entitled to an award of damages as monetary compensation for the breach. The causation, remoteness, mitigation and contributory negligence may, however, limit the award of damages. Further, there are many other issues affecting the quantification of damages including the time damages are assessed, damages for late payment of money and taxation.

It should also be remembered that, in the event that a contract is being terminated, one or other party may have a claim other than in damages, for example, restitutions, a sum fixed by the contract in the nature of a debt or liquidation demand.

Just think of one day of your week and think of how many contracts you have entered into, for example, contracts are involved in buying a cup of coffee or lunch at a café, travelling on a train, hiring a car or purchasing a movie ticket or a mobile phone. While you may not have thought of them as contracts, they are, and it is expected by you and the other that the contract will be performed according to its terms.

Please note that some agreements may be unenforceable, for example, where two housemates agree that one will do the lawn mowing and the other will do the washing and this agreement is broken up, neither housemate would expect to be sued for the breach because there is a lack of intention to be legally bound

by the agreement.

There are many other circumstances where the court may still refuse to enforce the contract, for example, where the contract is not in the required form, one of the contractual parties lacks contractual capacity, there is an absence of genuine consent, or where there is an illegal object or purpose to the contract.

If you are involved in the breach of a contract or you are unsure whether the contract that you have entered into is enforceable or not and what is the appropriate remedy, it is essential that you seek assistance immediately. Your International Student Advisor, in particular, may assist you in seeking legal advice from a private lawyer or Legal Aid or a Community Legal Centre. **But don't wait until the last minute!**