



DHPS Newsletter

WELCOME MEMBERS:

Hello to our new and returning members! Welcome to 2019. This year we have lots of exciting activities and events planned and we are looking forward to having a great year with you all.

REVIEW OF FEB:

We had a great O'Week it was so good to meet so many of you and we are very impressed by the number of new members this year. We hope you are all enjoying your goodie bags and good luck for the first week at Uni. We are looking for more general committee members if you think this could be you email us at deakinhealthpromotionsociety@gmail.com

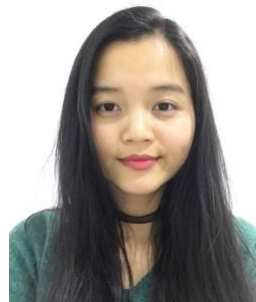
Make sure you follow us on Facebook and Instagram. I would like to introduce you to our 2019 committee...



President- Vivienne



Vice President- Sarah



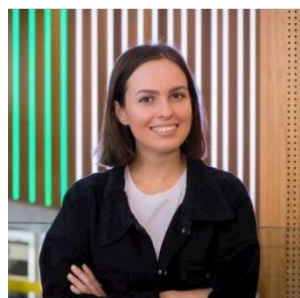
Secretary - Rose



Treasurer- Giselle



Volunteer
Coordinator- Ciara



Events and Activities
Coordinator- Carina



Social & Multi Media
Coordinator- Abdûl



General Member-
Caitlin



Boroondara Volunteer Expo

Description:

The event will feature over 50 stallholders from local community organisations across a range of sectors including environment and conservation, aged care services, education and tutoring, community events, health services and more.

A great opportunity to see what is out there and find some volunteering options.

Link: <https://www.boroondara.vic.gov.au/community-support/>

[volunteering/boroondara-volunteer-expo](https://www.boroondara.vic.gov.au/community-support/volunteering/boroondara-volunteer-expo)

**Wednesday 6
March 2019!**

Time: 1pm - 6pm

Address: Hawthorn
Arts Centre, 360
Burwood Rd, Hawthorn

**No need to
RSVP just show
up!**

Volunteer with Starlight

Description:

The Melbourne Storm have been working closely with Starlight to help grant Starlight Wishes and unique experiences to seriously ill children or young people. Volunteers needed to join starlight amongst the cheers, shaking tins and selling Starlight merch to raise much needed funds for Starlight's programs!

Link: <https://www.volunteer.com.au/volunteering/opportunity/131423/volunteer-with-starlight--good-friday-melbourne-storm-game->

*copy and paste links into google as the hyperlink will not work



Commitment: One off

Time: 5 pm- 7:45 pm.

Volunteers will receive a free ticket to the game afterwards!

Date: Friday 19th April

Chilli Tofu and Sweet Potato Stir Fry

Cooking Time: 15 Minutes (5 minute prep time)

Serves 4

Vegetarian

Gluten Free

Method

1. Spray a wok with olive oil and place over High heat. Add sweet potato and cook, stirring occasionally for 6-8 minutes, or until almost cooked through, remove from pan.
2. Add spring onions to the pan and cook for 2 minutes. Add box choy and broccolini and stir-fry for 3-4 mins, until tender-crisp. Add tofu and sweet potato and mix well. Reduce heat to low and cook for a few minutes, stirring.
3. Add soy sauce, sweet chilli sauce and chilli flakes and stir through just before serving. Garnish with fresh coriander leaves.

Ingredients

- 2 Medium Sweet Potato- Cut into matchstick size
- 4 spring onions, sliced
- 1 bunch baby bok choy, chopped
- 1 bunch broccolini, sliced
- 680g extra firm Tofu, chopped into large cubes
- 1 tbsp. salt-reduced soy sauce
- 1 ½ tbsp sweet chili sauce
- 1 ¼ tsp chilli flakes
- 2 tbsp fresh coriander to garnish

Coming up Next Month

Tuesday 5th March: 'Welcome Brunch'. Come along to the oval between 12 and 2 on Tuesday for a chance to meet some new people, enjoy some food and play some games. Bring along any friends as this event is open to all! Free for DHPS members, \$5 for DUSA members and \$10 for general public.

Monday 18th March: 'Health promotion for People and Planet'. Join us for this unique opportunity to hear from Dr. Trevor Hancock, an internationally recognised public health physician and health promotion consultant, who has been described as "one of the ten best health futurists in the world". His major contributions have been in the areas of Healthy Cities/Communities and the links between human health and global ecological change. He also contributed to the development of the Ottawa Charter.

Visit our Facebook Page to register for these events!

Study Tips

Get into a good routine for the start of the Trimester, force yourself to go to all classes and keep on top of readings in the first couple of weeks. It will help you when exams come along, and you don't have to work double as hard to catch up.

Find a friend who's doing the same class as you and help each other to keep on track. Set up study dates and check in to see how you are both going.

Message from the President

Hello Members of DHPS, welcome to our society! I hope that every one of you will be able to get something useful out of DHPS, whether it is the volunteer positions listed here or the fun and engaging events that we will be holding. Hope to see you all at our upcoming events!

-Viv, Studying Bachelor of Biomedical Science

