Principal’s Message

Welcome to the summer issue of Pacific Reflections!

A Happy and Prosperous New year to all our students and staff at Pacific College of Technology. We are excited at what this year has to offer to all of us and my desire is, whatever your set goals for the year they will come to pass.

2015 was very exciting year for us as in that we won the Outstanding Education Service provider of Auburn Local Business Awards and we were also Finalist for two categories in the Western Sydney Awards for Business Excellence (WSABE) for Excellence in Export and Excellence in Education. All credit goes to our students and staff for the hard work. It is in view of the aforesaid, we will work to achieve even more accolades for the college and further provide quality training and education to our students in 2016 and the years to come.

Since the last issue of Pacific Reflections, the College also held an Excursion to Auburn botanical gardens; we were also involved with the community like helping the Burmesse community and Zambians living in New South Wales.

This year will mark our 14 years of offering quality education and training for industry needs. I sincerely hope all our students have a rewarding and memorable experience at Pacific College of Technology and I look forward to celebrating all your future successes.

Enjoy reading this issue of Pacific Reflections!

Pradip Dhakal
Principal
Deepawali / Diwali Celebration

Diwali is certainly the biggest and the brightest of all Hindu festivals. It’s the festival of lights.

The origin of Diwali can be traced back to ancient India, when it was probably an important harvest festival. However, there are various legends pointing to the origin of Diwali some believe it to be the celebration of the marriage of Lakshmi with Lord Vishnu.

Diwali also commemorates the return of Lord Rama along with Sita and Lakshman from his fourteen yearlong exile and vanquishing the demon-king Ravana. In joyous celebration of the return of their king, the people of Ayodhya, the Capital of Rama, illuminated the kingdom with earthen diyas (oil lamps) and burst crackers.

All the staffs and students gathered to celebrate this event.

Melbourne Cup celebrated (The race that stops a nation):

The $6.175 million Emirates Melbourne Cup is the centrepiece of the Melbourne Cup Carnival. There are a total of ten races taking place throughout the day, with varying race distances and prize values on offer. While the 3200 metre Emirates Melbourne Cup is by far the longest, most valuable, and most prestigious event, the entire Melbourne Cup day spectacle is organised as a complete and enthralling package.

The Melbourne Cup truly is the richest prize in Australian sport, contested by horses from all over the world. It is amazing when you think that Australia stops to a standstill to listen to and watch the big event, with a 100,000 plus crowd also expected to witness the race live. 2015 saw the first-ever female jockey, Michelle Payne to win the Melbourne Cup, riding Prince of Penzance to take the $3.6 million prize. PCT staff and students also gathered to watch this prestigious event.

Australia Day Celebration

What a great country we live in! This year, to celebrate Australia’s national holiday, Australia Day, Pacific College of Technology decided to put together an Aussie-themed party for our staff and students to enjoy.

A delicious spread of Aussie snacks was provided by the College, for a light morning tea, including those typical Aussie favourites lamingtons (small, rectangular sponge cakes dipped in chocolate sauce and coconut), Anzac biscuits (sweet oat cookies with raisins) and a variety of juices.

Throughout the day, we bopped along to a mix of the most popular Aussie music from the last 30 years and a great time was enjoyed by all! During the day, PCT staff and students even spontaneously joined together to belt out a stirring rendition of the Australian national anthem! Now that’s patriotic!
Brekkie Day
As an ongoing activity, PCT Organises brekkie day for all its staff and student from time to time.

Christmas Party celebration:
The end of year celebration is the one of the event that everyone looks forward to. Pacific college of Technology also organised the end year party for staff and students. This was a special event where both staff and students had a lot of fun! Drinks, music, surprises… It was the best party of the New Year’s Eve!

Stay Cool this summer.
Staying cool when temperatures hit record high isn’t just about comfort but is the healthy way to look after your body. Here are some tips:

1. Alter your pattern of outdoor activities to take advantage of the cooler times, if unable to change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
7. Keep plastic bottles of water in the freezer; grab one when you’re ready to go outside. As the ice melts, you’ll have a supply of cold water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat dehydration by drinking plenty of water along with sportsdrinks or other sources of electrolytes.
10. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
11. Consider what tennis pro’s do: if you’re wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid caffeine and alcohol as these will promote dehydration.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won’t have to cook next to a hot stove

TIPS TO BEAT THE HEAT!

National Home Doctor Service
National Home Doctor Service is Australia’s and Sydney’s largest network of home visiting doctors. Our 500 doctors provide afterhours care to patients at home on weeknights, weekends and holidays. While awareness of the service is low, we are growing as more people become aware of the option calling 13 SICK (13 74 25) for a doctor to visit them at home when their GP is closed. This service is also available to International Students with appropriate OSHC cover. Terms and conditions apply
Biggest news stories of 2015

Paris attacks kill more than 120 people
A Paris city hall official said four gunmen systematically slaughtered at least 87 young people attending a rock concert at the Bataclan music hall. Anti-terrorist commandos eventually launched an assault on the building. The gunmen detonated explosive belts and dozens of shocked survivors were rescued.

Some 40 more people were killed in five other attacks in the Paris region, the city hall official said, including an apparent double suicide bombing outside the national stadium, where Hollande and the German foreign minister were watching a friendly soccer international.

Nasa scientists find evidence of flowing water on Mars
Images taken from the Mars orbit show cliffs, and the steep walls of valleys and craters, streaked with summertime flows that in the most active spots combine to form intricate fan-like patterns. Scientists are unsure where the water comes from, but it may rise up from underground ice or salty aquifers, or condense out of the thin Martian atmosphere.

Germanwings plane crash – as it happened
German wings Flight 9525 was a scheduled international passenger flight, crashed 100 kilometres (62 mi) north-west of Nice in the French Alps after a constant descent that began one minute after the last routine contact with air traffic control and shortly after it had reached its assigned cruising altitude.

All 144 passengers and six crew members were killed. It was German wings’ first fatal crash in the 18-year history of the company. The crash was deliberately caused by the co-pilot Andreas Lubitz, who had previously been treated for suicidal tendencies and been declared “unfit to work” by a doctor.

Syrian Refugee Crisis:
Europe is struggling to manage its worst refugee emergency since World War II. More than 500,000 people have crossed to Europe by sea and land so far this year. Many of those making the arduous journey are fleeing the civil war in Syria, now in its fifth year.

Nepal Earthquake:
Also known as the Gorkha earthquake killed over 8,000 people and injured more than 21,000. With a magnitude of 7.8. Its epicentre was east of the district of Lamjung. It was the worst natural disaster to strike Nepal. The earthquake triggered an avalanche on Mount Everest, killing at least 19. Hundreds of thousands of people were made homeless with entire villages flattened, across many districts of the country.
NY Fireworks display
At the stroke of midnight, we celebrated the start of the New Year in spectacular fashion. The 12 minute display features a huge range of pyrotechnic effects from 7 barges in the harbour, 4 sails of the Sydney Opera House, and firing points from across the Sydney Harbour Bridge. The theme for the Sydney New Year’s Eve 2015 celebrations was unveiled as ‘City Of Colour’. It is reported that an additional 2,400 fireworks were launched off the harbour bridge itself, and featured new flora-and fauna-inspired effects as tribute to the 200th year anniversary of Sydney’s Royal Botanic Garden & 100 years of Taronga Zoo. The total cost for the Eve celebrations was $7.2 million, with $750,000 going on fireworks only.

2016 NRL season-Previews
As the off-season continues, take time to check out who will line up for your favourite side for 2016. All the ins and outs for each club for 2016 are almost finalised for what will turn out to be another thrilling season of exciting footy. Check out who is expected to start for your team next season, and keep this page www.nrl.com in mind when selecting your 2016 NRL Fantasy squad.

This year’s season will kick off with a Charity Shield pitting local rivals the Roosters and Rabbitohs who will resume their hostilities at Allianz Stadium in Round 1, with South Sydney welcoming back grand final hero Sam Burgess in what will be his first game in cardinal and myrtle since the 2014 NRL decider.

Stacked with a host of fresh faces and attacking talent, 2016 is an important year for most teams seeking for club glory and supremacy.

Cricket -Previews
Australia is off to a good start after winning against India for an unassailable 3-nil series lead.

Big scores have been the norm this ODI series against India, with Australia successfully chasing down 309, 308 and 295 in their opening three games.

The next game will be played at Manuka Oval in Canberra which is shaping up to be an exciting game for both teams.

After a good start, the Australian team has faulted losing the resultant games.

Tennis – Previews
It’s another exhilarating time for tennis lovers as all the Big names of Tennis gather at the Australian Open from Men’s number One Nova Djokovic to the Women’s number 1 Selena Williams.

Indeed, the Australian Open lived up to its expectations with Nova Djokovic meeting Andy Murray in the finals. Selena met little known Angelique Kerbe in the Women’s finals. Check out the match and fixture reviews to relive the moments.
Welcome from
Student Contact Officer

Dear Students,

I hope you have had a good Summer Break!! I would like to welcome you all to Term 1 2016. To ensure the best quality of education and a good experience at PCT, the following points must be followed:

- All students enrolled in Term I 2016 must pay fees according to the Tuition fee payment plan of PCT. Although we understand that everyone’s financial circumstances are different, we must insist that students now pay any overdue tuition fees to the college.
- Students are to maintain their attendance for every week and achieve at least 80% minimum during each term.
- Students must pass all assessments and exams during each term (please see college policy with regard to this).

Please also note that PCT will not issue any documents regarding attendance, reference letters, Statements of attainment, Certificates etc if students do not satisfy our course progress and attendance policy and are in arrears of their student fees.

We ask you to understand that timely payment of fees is necessary for PCT to continue to develop its services and provide facilities which its students enjoy.

As always, it is our commitment to provide the best possible service, and we appreciate your co-operation in these matters. If you have any questions at all, please do not hesitate to contact us.

Yours sincerely,
Ajiv KC
Student Contact Officer

Triva
Come and see us at the reception and grab a gift bag if you think you know the answers!!

Questions:
1. What sits on Bennelong Point?
2. What horse won the 2014 Melbourne Cup?
3. Which geologic period followed the Jurassic?
4. Which planet in the solar system has the largest number of moons?
5. Which Australian states and territories field at least one team in the AFL?
6. In which state is Mount Kosciuszko?
7. Australia has offshore detention camps on which three islands?
8. What is the smallest species of dog in the world?
9. Order these services from oldest to youngest: Twitter, Gmail, Instagram, and Facebook.
10. Who was Australia’s longest living prime minister?
11. Which is furthest from sea level: the top of Mount Everest, or the bottom of the Mariana Trench?
12. What was the mission that successfully landed Neil Armstrong and Buzz Aldrin on the surface of the moon?
13. Which planet is bigger: Venus or Mars?
14. What is the capital of Canada?

Student Focus
Contributions - At Pacific College of Technology, we love all things artistic. We would like to publish your poems, artwork, photographs, stories and more in our next newsletter! Please contact us to have something considered for publication at romi.kharel@pct.edu.au.
**Featured Staff Member & Student**

**Staff Member in Focus**
We caught up with Roma Ale, Accountant, to ask her a few questions about her experiences at PCT.

**Where are you from?**
I'm from Kathmandu, Nepal.

**What do you think is the best thing about working at Pacific College of Technology?**
We have a great-diversified work team. Professional environment to work and a lot of opportunities for career development! Dealing with various international students from all walks of life is also a great motivational factor to work pleasantly at PCT.

**Could you share a favourite PCT memory?**
Most favourite PCT memory is PCT being the winner of Auburn Local Business Award in 2011. It was the most outstanding award under the category of specialised business and it has left a lasting impression on me as being a great event so far.

**What are your hobbies and interests?**
Reading, quilting & travelling. I especially, prefer to read biography books. I love to play with assorted fabric, print, colour and accessories and sometimes I spend my leisure time on designing. Other fascinations include travelling to various part of the world, meeting new people and places.

**What is your favourite book?**
Specially, I like to read the books of Asian American writers. “A Fortunate Life” of Albert B. Facey is one of the interesting memoir I loved. Currently I am enjoying Julia Gillard’s “My Story”.

**What is your favourite song?**
She will be loved by Maroon 5

**What is your favourite TV shows?**
Australian Story of ABC, Gateway from Channel 9 & the TV show of Oprah Winfrey

**What is your favourite holiday destination?**
Hong Kong and South Pacific regions

**Student in Focus**
Shamira Bukke is currently taking an Advanced Diploma of Accounting program at Pacific College of Technology.

**Where are you from?**
I am from Kampala, Uganda.

**What is the best thing about studying at Pacific College of Technology?**
The staff at the college are helpful to the students, according to my experience I am very happy with the staff and the services they provide. The best thing about studying at PCT is that the tutors teach very well and as students we are given good study materials which helps us to learn and understand more. we have access to computers and internet, this makes our work easier when doing our assignments and other research. PCT is a multi-cultural college, it has given me the opportunity of meeting people from different cultures and getting to know them which is very interesting and exciting

**Could you share a favourite PCT memory?**
My memorable moment was when we got together as students and I was selected for the photo shoot for the College’s annual Calender for 2016. it was so much fun!

**What are your hobbies and interests?**
My hobbies and interest, I enjoy listening to music, singing, reading, and spending time with friends.

**What is your favourite book?**
My favourite book is “Things Fall Apart” by Chinua Achebe.

**What is your favourite movie?**
My favourite movie is a “Walk to Remember”.

**What is your favourite song?**
My favourite song is “Listen” by Beyonce Knowles.

**What is your favourite TV shows?**
Australian Story of ABC, Gateway from Channel 9 & the TV show of Oprah Winfrey

**What is your favourite holiday destination?**
Hong Kong and South Pacific regions
If you would like to provide comment or contribute to future editions of Pacific Reflections, please contact the Newsletter Publications Team. It has been a pleasure bringing you this edition of Pacific Reflections; we hope you enjoy reading it!

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