



AIAS Newsletter

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AIAS now cooking up a storm in the patisserie Who loves pastries?

AIAS is now offering yet another couple of awards, adding to the substantial number that are already available.

Starting in semester 3, 2009, AIAS students will be able to enrol in a Certificate III and IV in Hospitality (Patisserie).

The Certificate III provides the skills and knowledge for an individual to be



competent as a qualified cook who specialises in patisserie. The Certificate IV lets you take a leading role in a patisserie.

Work would be undertaken in various hospitality enterprises where patisserie products are prepared and served, including patisseries, restaurants, hotels, catering operations, clubs, pubs, cafes and coffee shops.

Those with the Certificate III are able to perform roles such as basic cooking, and preparing hot and cold desserts, pastries, cakes and



yeast goods. Certificate IV graduates may also have roles supervising the pastry kitchen in a large hotel or catering operation, or supervising a small patisserie. Those with a Certificate IV could become a chef patissier, or a chef de partie.

Either award allows employment as a patissier. And you get to sample what you produce!

If you are interested in these new awards, contact any AIAS staff member.

Important dates for your diary

- 28 August 2009**
End of semester 2
- 4 September 2009**
Semester 2 assessments finalised
- 7 September 2009**
Semester 3 starts
- 19-27 September 2009**
Mid-semester break
- 4 December 2009**
End of semester 3
- 11 December 2009**
Semester 3 assessments finalised

Fitness factoids

Fitness is important not only to allow you to run faster or perform better at some other exercise.

Fitness improves your brainpower. It reduces stress. It increases your energy levels for the rest of the day if you exercise in the morning. It reduces your risk of a number of diseases such as diabetes, arthritis, stroke and hypertension. It improves your heart function.

The killer reason for being fit, though? It gives you a much higher quality of life for everything you do.

Did you know?

The *Ginkgo biloba* tree is important in natural medicine. It's a living fossil related to trees that grew 200 million years ago, surviving in just one small area in China (and many gardens elsewhere since being cultivated).

But did you know how to spell ginkgo? Many people get that wrong.

Ginkgo trees can live up to 2,000 years, with one recorded at 3,500 years old.

Following the atomic bomb blast over Hiroshima in 1945, ginkgo trees were among the survivors.



natural medicine



beauty therapy



sport & fitness



hair-dressing



massage therapy



aged care



english college



hospitality college

Mask up

If you have flu symptoms, or have been in contact with anyone who has, then please be kind to your fellow students and staff and stay away from the AIAS to avoid infecting others. And please wear a face mask. Don't forget to pimp up your mask.



Study tip

Study buddies can be good and bad. Bad if they start to turn the study event into an occasion to socialise and to try their skills at chatting up potential partners. Good if they help everyone to understand what they are supposed to be learning.

So who are study buddies? They are people studying the same subject who get together to discuss what they understand from their course notes, text and lectures.

Often, discussing specific topics with other students in such a focused group can be a real help.

So, if you can control some of the more socialising instincts of a few of your friends, try getting some study buddies together. Regular meetings usually are the go.

Herb corner: for the not-so-restful sleeper

Ever find periods in your life where the part of the brain that likes to 'mull over things' just won't switch off at sleep time? Or maybe you wake in the night and find it difficult to get back to sleep...

The answer to your dreams maybe a simple infusion of herbs 1–2 hours before bed.

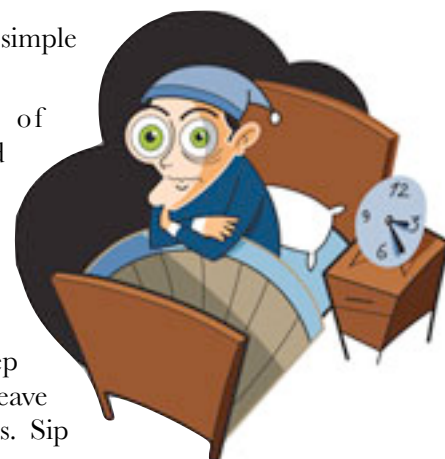


Place one teaspoon each of chamomile and passionflower in a cup and pour hot water in to fill the cup. Place a saucer or plate over the top to keep the steam in and leave for 5–10 minutes. Sip slowly.

If this mix is not quite enough for a pleasant sleep, you can add a teaspoon of valerian to the mix. But be warned: valerian can make some people feel rather drowsy in the morning!

It is important to note that one of the most common causes of insomnia is stimulant use. Did you know that caffeine can affect people for up to 12 hours!

Herb corner is written by Dale Deanshaw, a lecturer at AIAS



Student profile



For this Newsletter we interviewed AIAS student **Renee Leonard-Stainton**.

- * **What are you studying and when did you start?** Advanced Diploma of Naturopathy, Nutrition and Western Herbal Medicine. I started with AIAS in 2007.
- * **What made you choose AIAS?** I liked the flexibility that enabled me to travel, have a career and a life.
- * **What's the best part about being a student?** Meeting inspirational and like minded people. Learning something you're passionate about.

- * **What's the worst part about being a student?** Student debt!
- * **What's your favourite subject?** Clinic subjects on campus—it's when everything comes together and you really feel you are practicing all that you've learnt. Massage classes were pretty good too.
- * **What do plan on doing after you graduate?** I'm really lucky to have landed a job as the in-house Naturopath and Brand Manager for a natural health company.
- * **Have you any tips for fellow students?** Look at the bigger picture when you are stressing out about deadlines.
- * **If you were an animal, what would you be?** A cat—I love curling up in the sun
- * **What's your favourite pastime?** Travelling. I'm always trying to save and plan for some sort of excursion!