



# AIAS Newsletter

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New AIAS College opens its doors

## College of Hospitality now cooking with gas

The AIAS College of Hospitality opened its doors at the end of September this year.



Since then, lecturer Terry Simpson's class of international students has progressed in leaps and bounds, enjoying a variety of different subjects designed to develop their hospitality skills, while working with colleagues

and customers in a socially diverse environment.

Terry has a wealth of experience, having worked in the hospitality industry for most of his life. He has owned and managed hotels and coffee shops, and has also lectured

extensively. Subjects being taught at the moment include Health, Hygiene and Safety in the

Workplace, Quality Customer Service, and Food and Beverage Service.

And the big news is that our hospitality classroom now boasts a brand new state of the art baking facility. With the emphasis on practical hands-on experience, each student will have their own mixing machine and learn a variety of skills when our pastry and baking courses start in the new year.



### Important dates for your diary



**4 December 2009**  
End of semester 3

**7 December 2009**  
Summer School commences

**11 December 2009**  
Semester 3 assessments finalised

**19 December 2009**  
Graduation 2009

**24 December 2009 – 4 January 2010**  
Summer School mid-semester break

**19 February 2010**  
Summer School concludes

### Herbs factoid

Belladonna, also known as deadly nightshade, has been used for centuries to treat a wide range of health problems.

Its name comes from the Italian for beautiful woman, as an ingredient of this plant acts to dilate the pupils, giving the eyes a brighter appearance. The woman may not have been able to see as well, but that was not the point!

The side effects of constipation, urinary retention and confusion must have been interesting, as belladonna was used by women to make them appear more attractive! It can also be deadly.

### Did you know?

20/20 vision means that you can see at 20 feet away the same things that a person with normal vision can at that distance. If you have 20/30 vision, then you have to be 30 feet away to see the same as a person with normal vision would at 20 feet.

Notice that this is using measurements in the old system. Under the metric system a person is referred to as having 6/6 vision if they have perfect eyesight (referring to 6 metres instead of 20 feet).

This seems to be one area that has not gone metric yet.



natural  
medicine



beauty  
therapy



sport &  
fitness



hair-  
dressing



massage  
therapy



aged  
care



english  
college



hospitality  
college

## Graduation 2009

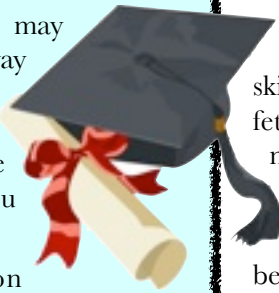
December 19 may seem a long way off at this stage, but it will be here before you know it.

Why mention this date?

Well it is graduation night for students who have completed awards over the past year.

This means that those wanting to graduate should make sure they have completed all of the necessary subjects, and completed all of the other requirements to do so.

There also is that issue of working out who you would like to invite to your graduation, and making sure they are free that evening.



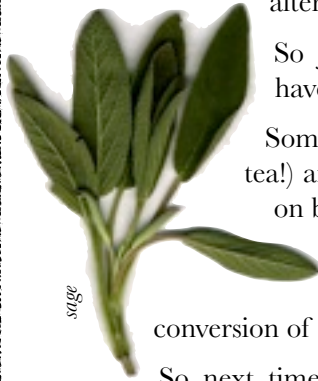
## Herb corner: Menopausal hot flashes and sweats...I've had enough thank you!

All those comics about menopausal women sleeping in a fridge, and stories I overheard about them taking skinny dips in the pool at 2am, seemed a bit far fetched until I witnessed with my own eyes how much a woman going through menopause could drip sweat while sitting in a cool room.

Now that hormone replacement therapy has been alleged to have a link with cancer, people want an alternative to relieve their symptoms.

So just what does herbal medicine have to offer?

Some people swear by chaste tree, black cohosh, sage (as a tea!) and wild yam. Although there has been a bit of bad press on black cohosh, most herbalists consider it to be a safe herb.



Another angle of treatment that is often overlooked is the liver herbs. Liver herbs can assist with the conversion of the bad estrogens to the good estrogens!

So next time you hear about someone having a difficult time with menopause, maybe you can suggest a few liver herbs like St. Mary's thistle or Dandelion root?

Oh, and remember to suggest some positive alternatives to the typical western diet and lifestyle.

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



## Study tip

Referencing in assignments and reports is something that causes grief to many students. While the AIAS provides a good booklet explaining how to reference your assignments, there are a couple of other tips that may help.

The first is that whenever you read anything for an assignment, note at the time all of the details you need to reference it. That is so much easier than trying to find it at some later stage.

The second is that scraps of paper to make notes for your assignments should be avoided. It is preferable to use a notepad, such a spiral bound one that lies flat, to take all of your notes and comments. This keeps them together in one place. All you have to do then is not lose it at a critical stage!



For this Newsletter we interviewed AIAS student **Isabelle Sharkie** (on the right, with her friend Kellie in the Beauty Clinic).

\* **What are you studying and when did you start?** The Diploma of Beauty Therapy and I started this year.

\* **What made you choose AIAS?** My mother trained here six years ago and recommended I study here as well. Also the clinics provide hands on experience which is important when applying for jobs.

\* **What's the best part about being a student?** The freedom of not

## Student profile

having any commitments. I like the social aspect as well. It's interesting meeting new people. Oh and not having a boss...yet!

\* **What's the worst part about being a student?** The lack of money.

\* **What's your favourite subject?** Massage. I enjoy things that make people feel good.

\* **What do you plan on doing after you graduate?** In the short term, help my mother open a new salon at Manly and in the long term, work in a luxury resort in some exotic location like the Whitsundays or overseas.

\* **Have you any tips for fellow students?** Try to get along with your lecturers. Pay attention and take it seriously.

\* **If you were an animal, what would you be?** Definitely a lion because they are so regal.

\* **What's your favourite pastime?** I play basketball and generally enjoy sport.