

HUMAN RESOURCES MATTERS

Newsletter of Human Resources

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2010 Payslips

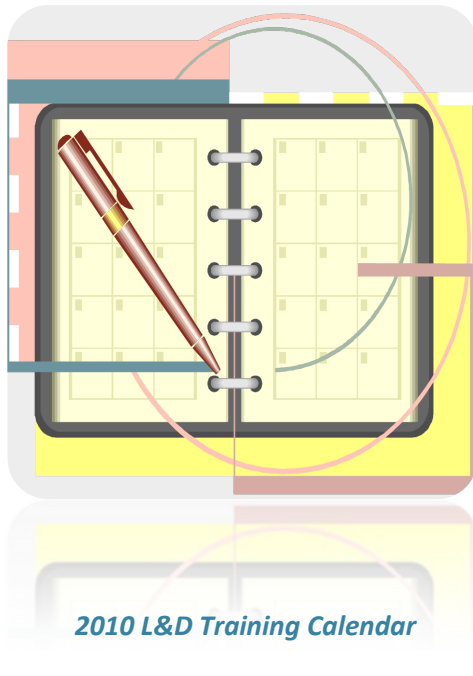
A new 2010 Payslips folder has been created within Staff Connect to hold the payslips and payment advices for this year. For ease, the “My Payslips” menu option in Staff Connect will continue to be linked to jump quickly to the payslips of the current calendar year (now the 2010 folder). Payslips and payment advices from previous years can be found in the “2008” and “2009” folders respectively via the “My Documents” menu link, then “Payslips” folder.

2010 Learning and Development Training Calendar Update

Learning and Development have been busy finalising the 2010 Training Calendar. This new and exciting program will be confirmed shortly and an email will be sent to all staff once the calendar has been confirmed.

This year’s soft skills program from external providers includes:

- Business Writing Essentials
- Leaders of the Future
- Great Leaders at Work
- Mental Wellbeing at Work
- Crystal Clear Team Communication
- DISC Personality Profiling
- Psychology of Influence
- Planning for Retirement



And the following courses from our internal presenters include:

- One-Day Induction Program (incorporating Mission, EEO/OHS & Terms & Conditions)
- Indigenous Cultural Awareness
- Work Smarter, Not Harder

A number of lunchbox sessions will be run for staff members and nominated supervisors on the following topic areas:

- PDPs for General Staff
- PDPs for General Staff Supervisors
- Rewarding Excellence in Performance
- Position Classification
- Change Management and Industrial Relation Issues
- VC's Development Award
- Indigenous Employment Strategy
- Staff Connect for General Staff
- Staff Connect for Supervisors
- Academic Workload
- Probation – for Supervisors
- Study Support

Keep an eye out for the launch of the new and exciting 2010 Learning and Development Training Calendar.

Tip of the Week...

Try This Nutritious Alternative to Summer Fruits

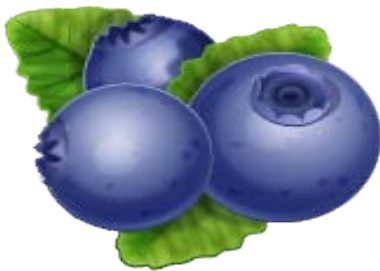
Alas, the fresh fruits of summer are a distant memory for many right now. But chin up! You might be able to get just as much nutrition with this winter alternative: freeze-dried.

A recent study showed that, ounce for ounce, freeze-dried black raspberries contain even more cancer-fighting anthocyanins than fresh berries do. And freeze-dried fruit can keep for over a year.

Better-for-You Berries

Blackberries, raspberries, blueberries, and cherries are some of the best cancer-fighters around, thanks to their high anthocyanin content. And since they are made up mostly of water, freeze-drying the berries concentrates the nutrition. For example, the black raspberry study showed that you need only a couple of tablespoons of freeze-dried black raspberries to get the anthocyanin content of a cup of fresh berries. Not too shabby. But keep in mind that, berry for berry, some nutrition *is* lost through freeze-drying. Plus, you'll feel less full with freeze-dried fruit because there's no water content. **(Did you know?** Some berries are also a good source of resveratrol.)

- You don't have to pour red wine on your Cheerios to get the heart-healthy goodness of resveratrol in the morning.
- Bring blueberries to your breakfast table instead. Blueberries are rich in the same potent anticancer and heart-protective resveratrol compound found in abundance in red wine. Blueberries and other berries of the same species are known for their antioxidant prowess, thanks to the fact that they're brimming with phenols. Some of the phenol compounds recently identified in different blueberry species include not only resveratrol but also piceatannol, a cancer-fighting phenol, and pterostilbene, a phenol credited with helping control blood sugar. Blueberries are loaded with fiber as well. Do you get enough fiber?



Berries



Vegetables

Tip of the Week... contd

- The latest research on blueberries suggests that the combination of health-promoting substances found in blueberries may work synergistically to dramatically slash disease risk. That's probably why studies link the berries to better brain function, lower cancer risk, and possibly even improved stroke outcomes.

More Anti-aging Diet Advice

You can add freeze-dried berries to cereal, yogurt, trail mixes, and even bread and muffin batters. And there are lots of other ways to up the nutritional benefits of the things that go into your mouth.

- Salads are a perfect meal for after-holiday dieters. Using olive oil, colourful leaves, and herbs can boost the nutrient quotient.

10 popular veggies are the most nutritious:

Make sure the vegetables you eat the most are the most nutritious veggies you can eat. If you're a broccoli lover, you've picked a winner. From a list of 10 of the most commonly consumed vegetables in the country, broccoli holds the top spot for having the most phytochemicals -- compounds everyone's urged to consume because they protect against chronic diseases. At the bottom of the list? Cucumbers, described by some people as "water you can eat."

The 9 runners-up to broccoli were spinach, yellow onions, red peppers, carrots, cabbage, potatoes, lettuce, celery, and cucumbers. Red peppers actually beat out broccoli in terms of having the highest levels of antioxidants. The same researchers also have rated 10 of the most popular fruits. Cranberries -- with the most phytochemicals and the most antioxidants -- topped that list, followed by apples, red grapes, strawberries, peaches, lemons, pears, bananas, oranges, grapefruit, and pineapple.

- Add veggies where you least expect them. Like in party dips.



Citrus - Orange Juice

Tip of the Week... contd

- Elevate your oatmeal to a superfood by adding a citrus beverage.
- Drink a glass of *this* with your oatmeal to help elevate your breakfast to superfood status: orange juice. Why? The nutrients in oatmeal and OJ work synergistically to provide *double* the benefits you'd expect from simply adding their powers together.

Food Synergy

The phenols in oatmeal and the vitamin C in OJ both help make **LDL** more stable -- and that's a good thing, because the more stable LDL is, the less likely it is to rupture, stick to artery walls, and cause *this*. But consume the phenols and vitamin C together and they'll stabilize LDL at twice the level expected from adding their effects together. It's like this: $2 + 2 = 8$, not 4, when it comes to phenol + vitamin C benefits.

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Careers at ACU

Careers at ACU

All positions advertised internally and externally are now placed on the University's Careers at ACU website. The website provides applicants with the ability to search for suitable vacancies; apply for vacancies on-line and obtain information about ACU as an employer.

To search and apply for vacant positions at ACU National please visit the Careers at ACU website <http://www.acu.edu.au/careers/>

Current Positions Available

Current positions available on the Careers at ACU website are listed below. Please select the position titles for further details:

Administrative Officer (Yalbalinga) - Strathfield	28 January 2010
Technical Officer (Science Labs) - Brisbane	31 January 2010
Associate Dean Research - Various	8 February 2010
Associate Dean Learning & Teaching - Various	8 February 2010