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HAPPY EASTER

The University is closed on Friday 2 April 2010 for Good Friday and Monday 5 April for Easter Monday.

Human Resources wish all staff a happy and safe Easter break.

Reminder

End of Fringe Benefits Tax Year – Novated Lease Odometer deadline 7 April 2010

Just a Reminder of the deadline for Odometer reading. You can view the above notice in our HR Matters Issue 10 from your Staff Connect.
Tick... Tock... Tick... Tock...
Have you sent in your PDPs?

There’s only 43 working days left to send in all original PDPs to Learning & Development at North Sydney.

Staff Connect is being Upgraded

A new version of Staff Connect will shortly be available for staff and supervisors. Some of the upcoming enhancements are:

- **New Learning and Development module** allowing staff and supervisors to manage some training course requests and approvals online.
- **Edit previously approved leave** – Staff will now retain the ability to edit approved leave right up until it is falls due for processing. Any such amendments are resubmitted back to the supervisor for consideration.
- **Leave History Calendar** will be available to staff with leave periods colour-coded by leave type.

Further information on the timing of the upgrade will be provided in the near future.
Flu Vaccinations

As part of its on-going efforts to help protect your health and that of your fellow staff members, family and students, ACU is encouraging all staff to be immunized against influenza this year. Accordingly, I am pleased to announce that during April 2010, the University will offer free influenza immunisation for all employees. Participation in the program is entirely voluntary.

The composition of the 2010 seasonal influenza vaccine will include protection against the pandemic (H1N1) 2009 influenza strain as well as 2 other influenza strains expected to be common this season. It contains the following:

- **A/California/7/2009 (H1N1) -like virus (this is in the pandemic (H1N1) 2009 vaccine – Swine Flu)**
- **A/Perth/16/2009 (H3N2)-like virus**
- **B/Brisbane /60/2008-like virus.**

For your convenience, you are able to make a booking on-line by clicking on the link: [http://acu.healthyworker.com.au](http://acu.healthyworker.com.au). You will need to register rather than login as the 2010 booking system is an upgraded version. If you have difficulties with the online booking system and/or queries regarding making a booking, this is not something that ACU can resolve, please contact ProVax on **1300 367 434**.

After registration HR will, monitor booking times and once all times have been booked, contact ProVax for the provision of additional dates and times.

If you have already received the swine vaccine, you can still have this flu shot. If you are unsure about receiving the vaccination, please consult your doctor.

If you have other questions about the program, I would ask that you email or call Rod Pumpa, National OHS & Wellbeing Coordinator, rod.pumpa@acu.edu.au or extension 2152.
The dates, times and venues for the 2010 vaccination program are as follows, please note the venue change at the Ballarat Campus and the additional time at the Strathfield Campus:

<table>
<thead>
<tr>
<th>Campus</th>
<th>Date</th>
<th>Session Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisbane</td>
<td>8 Apr 10</td>
<td>0900-1025</td>
<td>First Aid Room</td>
</tr>
<tr>
<td></td>
<td>13 Apr 10</td>
<td>0900-1030</td>
<td>EA Block</td>
</tr>
<tr>
<td>Canberra</td>
<td>8 Apr 10</td>
<td>1430 -1530</td>
<td>First Aid Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Black Friars Building</td>
</tr>
<tr>
<td>North Sydney</td>
<td>15 Apr 10</td>
<td>1500-1630</td>
<td>First Aid Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Level 2, Carroll Building</td>
</tr>
<tr>
<td></td>
<td>29 Apr 10</td>
<td>1230-1345</td>
<td></td>
</tr>
<tr>
<td>Strathfield</td>
<td>23 Apr 10</td>
<td>1200-1320</td>
<td>First Aid Room</td>
</tr>
<tr>
<td></td>
<td>29 Apr 10</td>
<td>1000-1110</td>
<td>Edward Clancy Building</td>
</tr>
<tr>
<td>Melbourne</td>
<td>12 Apr 10</td>
<td>1155-1440</td>
<td>First Aid Room, LG Floor</td>
</tr>
<tr>
<td></td>
<td>30 Apr 10</td>
<td>0900-1100</td>
<td>115 Victoria Parade</td>
</tr>
<tr>
<td>Ballarat</td>
<td>16 Apr 10</td>
<td>0900-0945</td>
<td>Room 314, Pell Centre</td>
</tr>
</tbody>
</table>
Learning and Development Workshop Invitation

Indigenous Cultural Awareness

“There has been only one generation of effort to deal with a situation that has been many generations in the making.” As A Matter of Fact – ATSIC publication

This one day workshop provides the opportunity for participants to develop a greater understanding of the issues facing Indigenous Australians in contemporary society. This will be achieved through an experiential and interactive learning experience that will increase knowledge of Indigenous culture, with a historical perspective that connects to the present.

‘Indigenous Cultural Awareness’ will be presented by Shani Gallegghan, Indigenous Employment Officer, Staff Equity and Diversity.

Who is this workshop aimed at?

This one day workshop is appropriate for all staff.

What will the workshop cover?

- The historical impact of policies and legislation of Aboriginal people and Torres Strait Islanders
- The role culture plays in communication
- Terms relating to Indigenous Australians
- Identifying and workshop ‘barriers to cross cultural communication’ and ‘finding a way forward’

What will participants gain from this workshop?

This workshop will provide participants with an understanding of issues impacting Aboriginal people and Torres Strait Islanders. It will enhance their knowledge and ability to interact and communicate with people from an indigenous background in the workplace.
When will the sessions be held?

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signadou</td>
<td>Wednesday, 7 April 2010</td>
<td>9:00am – 5:00pm</td>
</tr>
<tr>
<td>St Patrick’s</td>
<td>Thursday, 8 April 2010</td>
<td>9:00am – 5:00pm</td>
</tr>
<tr>
<td>Aquinas</td>
<td>Friday, 9 April 2010</td>
<td>9:00am – 5:00pm</td>
</tr>
<tr>
<td>Aquinas</td>
<td>Friday, 9 April 2010</td>
<td>9:00am – 5:00pm</td>
</tr>
<tr>
<td>McAuley</td>
<td>Tuesday, 13 April 2010</td>
<td>9:00am – 5:00pm</td>
</tr>
<tr>
<td>MacKillop</td>
<td>Thursday, 15 April 2010</td>
<td>9:00am – 5:00pm</td>
</tr>
</tbody>
</table>

To register your place in this workshop, please complete the [L&D Nomination Form](#) and send it to Learning and Development by [Monday, 29 March 2010](#).

**Please Note:** There is no cost to attend this workshop, however please be aware of our cancellation policy found on the Nomination Form.
Tip of the Week...

Peel This Tropical Treat for Blood Pressure

Your blood pressure could be lower just by indulging more in this sweet tropical treat: bananas. Cheap and plentiful year-round, bananas are bursting with potassium. And a review of several major studies suggests that people who add the potassium equivalent of an extra 1 1/2 to 2 bananas to their day could drop their blood pressure 2 to 3 points.

More Points for Potassium

Dropping blood pressure by 2 or 3 points is nothing to sneeze at. In fact, it is enough to lower stroke risk. In research, people with the highest potassium intake levels cut their stroke risk by a whopping 38 percent compared with the people who got the least potassium. This magical mineral works by encouraging your kidneys to filter more pressure-boosting sodium out of your bloodstream. It also helps tiny blood vessels relax and makes pressure sensors in artery walls function more efficiently.

Here is another sweet treat that snares high blood pressure:

It's creamy, it's tangy, and it starts your day off right. And it's good for your blood pressure. We are talking about low-fat yogurt.

In a recent study, a diet that was rich in low-fat dairy seemed to help curb the risk of high blood pressure by as much as 31 percent.

Dairy foods like yogurt make your blood vessels happy - but you have got to go low fat. In the study, low-fat dairy was the only kind associated with a high blood pressure benefit. And don't stop at breakfast. You'll want a little low-fat dairy at every meal. In the study, the maximum blood pressure protection was achieved with 4 1/2 servings of low-fat dairy per day.

Mass A-Peel

Aim for 3,000 milligrams a day of potassium to get optimal benefits. But don't rely on pills; they can be dangerous if you have kidney problems. Go with fruits and veggies instead -- not just bananas but prunes, watermelon, baked potatoes with the skin, mushrooms, tomatoes, and other produce, too. Produce will also give you a head start on these important blood pressure control strategies:
• **Slash the sodium.** Fresh produce is naturally low in salt. And licking the salt habit can lower your blood pressure even if it's just a bit high. Here are three ways to slash more salt.

1. **Limit meals out.** Typical restaurant meals are notoriously high in sodium. Try cutting your dining-out schedule in half - unless you know you can special order low-sodium meals.

2. **Read labels closely** when you buy pre-made, pre-packaged, or canned foods. Words to look for on ingredients lists: sodium chloride, monosodium glutamate, baking soda (sodium bicarbonate), baking powder, disodium phosphate, sodium nitrite, sodium propionate, and sodium sulphite.

3. **Put away the salt shaker.** Don't add salt before or after cooking. Instead, experiment with flavours like black pepper, lemon pepper, garlic, curry, lime or lemon juice, and red wine vinegar.

• **Mine more minerals.** Fruits and veggies pack not just potassium but calcium and magnesium as well, two additional pressure-pampering minerals.

• **Seek a sleeker you.** Low-cal fruits and veggies can help you hit a healthy weight, which is important for your blood pressure.

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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:

<table>
<thead>
<tr>
<th>Position</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Database Administrator - Strathfield</td>
<td>28 March 2010</td>
</tr>
<tr>
<td>International Student Advisor – North Sydney</td>
<td>30 March 2010</td>
</tr>
<tr>
<td>Disability Advisor - Melbourne</td>
<td>4 April 2010</td>
</tr>
<tr>
<td>Academic Coordinator - Canberra</td>
<td>7 April 2010</td>
</tr>
<tr>
<td>Administrative Assistant - Melbourne</td>
<td>7 April 2010</td>
</tr>
<tr>
<td>Administrative Officer - Strathfield</td>
<td>11 April 2010</td>
</tr>
</tbody>
</table>