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"Just think how happy you would be if you lost everything you have right now, and then got it back again..."

-Anon



Message from the Editor

Hello everyone,

Welcome to the April 2009 edition of the newsletter!

A HUGE thanks for everyone's submissions!

Unfortunately this will be my final issue as editor... but an extra special thanks to all my staff profilees over the past year for your willingness and contribution.

I hope you will enjoy this edition of the newsletter.

Kind regards, Renee Farnham

IMPORTANT DATES (May's looking a little quiet...)

15 May

Last day to drop 1st semester classes without failure

Student 21 Training Schedule May – June 2009



All new users must lodge an access form and attend a Overview Course. The form, a Training Schedule and Course Outlines can be found at http://www.anu.edu.au/sas/student_21.

Should you wish to book a place on a Student 21 training course, please log onto HORUS at <https://horus.anu.edu.au> and go to the Training Menu and select the Training Catalogue. You can search for a particular course using the SA reference number beside the course name. ie. SA002 to search for the Overview Course, alternatively you can email the following details to S21Train@anu.edu.au:

- Name of participant(s)
- Staff ID number(s) of participant(s)
- Contact Phone and/or email of participant(s)
- Area of the University that the participant(s) works in
- Job role of the participant(s)
- Course(s) required

You will be contacted with confirmation of your request.

If you require training in an aspect of Student 21 not listed on the training schedule or have any questions, please contact the Student 21 Training Coordinator (X55467).

Student Admin System Courses on Offer		
Overview SA002		
13/05/09 (9:30am – 12:30pm) Menzies Flexible Lab	27/05/09 (9:30am – 12:30pm) Menzies Flexible Lab	10/06/09 (9:30am – 12:30pm) BPB Language Lab E2.13
24/06/09 (9:30am – 12:30pm) BPB Language Lab E2.13		
Student Admin System Reporting SA016		
13/05/09 (1.45pm – 4.45pm) Menzies Flexible Lab		
Colleges – Research SA017		
03/06/09 (1.45pm – 4.45pm) Menzies Flexible Lab		
Colleges – Results Processing SA019		
06/05/09 (1.45pm – 4.45pm) Menzies Flexible Lab		
Drop In Sessions SA024		
6/05/09 (9:30am – 12:30pm) Menzies Flexible Lab	20/05/09 (9:30am – 12:30pm) Menzies Flexible Lab	3/06/09 (9:30am – 12:30pm) Menzies Flexible Lab
17/06/09 (9:30am – 12:30pm) BPB Language Lab E2.13		
Coursework Enrolments & Transfer Credit SA049		
27/05/09 (1.45pm – 4.45pm) Menzies Flexible Lab		
Admissions & Letters SA050		
10/06/09 (1.45pm – 4.45pm) BPB Language Lab E2.13		
Admissions Letter Generation SA047		
17/06/09 (1.45pm – 4.45pm) BPB Language Lab E2.13		

Please note that dates and times are subject to change without notice. Participants registered on courses will be advised of changes. Finish time is dependant on class size, often courses will finish early.

COUNSELLING CENTRE

The Counselling Centre group programs and seminars are off and running for the year! Recently, we held group workshops for students on **Making Friends and Social Connections, Understanding Depression and Staying Calm when Anxiety Hits**. We have also held newly created seminars for staff and students on **Resilience and Adopting a No Complaints Policy in Your Life**. All staff and students are invited to attend our next seminar being run by Relationships Australia on **The Changing Nature of Relationships in the 21st Century** (for more info see www.anu.edu.au/counsel).

Another initiative the Counselling Centre is running is a program called, **Get Up and Go** which pairs students up to 'get up and about' for a one hour walk each week with the aim of improving well-being (<http://counselling.anu.edu.au/get-and-go>). Daniel Costin and Michelle Linmore trained volunteers in March and so far we have 15 pairs walking regularly!

The Counselling Centre also has a revised website done with the assistance of Kudasai, so please visit: www.anu.edu.au/counsel

-Kylie Woodward

STATISTICAL CONSULTING UNIT

Strengthening ties with an ANU IARU partner...

The Statistical Consulting Unit (SCU) has initiated an exchange program with the statistical consulting group at UC Berkeley. Catherine Tuglus, a graduate student in the statistics department at UC Berkeley and an aspiring statistical consultant, will come to the ANU for 6 weeks in June-July 2009 for consulting training as well as statistical collaboration. Cathy is a California native who completed her bachelors of science degree in chemical engineering, and now works under Professor Terry Speed in biostatistics and bioinformatics. She has several ongoing consultancy projects at UC Berkeley and Lawrence Labs, including statistical modelling of chemical seepage through soil, and modelling regulatory networks using gene expression data. The SCU is very grateful to UniLodge and its general manager Peter Warrington for assisting with this visit.

HEALTH SERVICE

CONGRATULATIONS!!!



Congratulations to Krystal and Marty Garner with the arrival of Hannah Jane. Born 12th Feb 2009.

Is this the beginning of another top class medical receptionist?

FAREWELL & WELCOME...

Farewell to Alix Costan (Registered Nurse). Alix has moved on to the greener, or at least wetter, pastures of Coffs Harbor. Best wishes, Alix, and thanks for your valued contribution over the past two years.

Welcome to Sue Fallon (Registered Nurse). Sue commenced work on the 22nd April. Sue has many years' experience in Practice nursing and has also worked with elite athletes at the AIS.

DID YOU KNOW?

From January 2009 the Health Service is now considered a "paperless" Practice. Meaning your medical records and consultations are now recorded and stored electronically.

Pathology and imaging result are received electronically allowing faster patient care.

Hospital discharge records are received electronically

We have now moved to On-the spot Medicare claiming. This provides direct payment into patients' nominated bank account so you don't have to visit a Medicare office. Or if you haven't already registered your bank details with Medicare you will be sent a cheque.

Compared to 2008, this year the Health Service almost doubled the amount of Influenza vaccinations provided to students and staff. After experiencing difficulties in getting messages out this year, we are determined to improve communication.

SIGN SOCCER!

The SIGN program hosted a Mentees versus Mentors soccer match on the 27th March held on Fellows Oval, where students had the chance to intermingle with each other in an enjoyable atmosphere. With approximately 40 participants, all students ended up having a great afternoon enjoying the opportunity to interact in a fun and relaxed environment.

The SIGN program will also be holding another event for its mentors titled a 'Movement for Balancing Body and Mind' session which will focus on some of the principles of breathing, posture, balance, coordination, flexibility and strength to enhance individual well being. The session will be held on Tuesday 5th May, 4:00-5:00pm in the Multi Purpose Room – ANU Sports & Recreation Centre.



SIGN
MENTORING PROGRAM

MENTORS VS MENTEEES

SOCCER MATCH

Date : 27th March 2009

Time : 12.00 – 2.00 pm

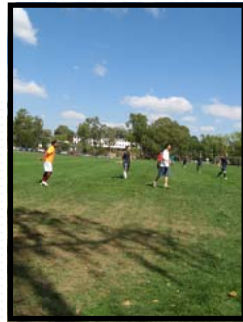
Kickoff : 12.30 pm

Location : Fellows Oval (Near the Chifley Library)

- All participants should wear proper footwear
 - Soccer boots, sports shoes, canvas or sneakers accepted.
 - Thongs, high heeled footwear or bare feet not accepted.
- All participants should fill in indemnity form prior to the match.
- All participants should have valid health cover.
- Discipline should be maintained at all times in the field.
- SIGN Mentors are required to bring their SIGN t-shirts.

For more information contact :

Zan Daroesman - zan.daroesman@anu.edu.au
Sathyan Pooranachandran - u4474983@anu.edu.au



SEMESTER 1 - THANK YOU CEREMONY

The SIGN program's Thank You Ceremony was held on the 8th of April to congratulate and show gratitude to the mentors who have successfully acted as advisers to new students and demonstrating a commitment to the social and learning environment of The Australian National University.

The event was held at University House where Mentors were presented with a certificate and speech given by Professor Ian Chubb thanking them for their dedication and invaluable role within the university.

The Mentors enjoyed a delightful afternoon tea after the ceremony and had the opportunity to take some memorable photos to conclude their involvement in the SIGN program for Semester One 2009.



April 2009 Staff Profile

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## Jacki Arnold!



Last week I had the absolute pleasure of interviewing Jacki-Lyn (Jacki) Arnold (artist formally known as Jacki Christian) who has joined the team as the Acting Director for JIHEC while Peter Radoll is on his PhD completion roll. Jacki was born in Windsor in Sydney and grew up with both a brother and sister.

When faced with the 'What to study at University' dilemma, Jacki found the answer an easy one... Teaching... She commenced her degree at the University of Canberra, and later finished it off at the Australian Catholic University in Sydney where she was able to major in Primary Education and Indigenous Education. Not only did this degree enable her to follow her heart as a teacher but it enabled her to focus on education of indigenous students. After graduating, Jacki was asked to be a teacher at the CIT/TAFE teaching Literacy and Numeracy with Indigenous students.

Jacki used to work at the JABAL Centre years ago as Academic Coordinator and has relished the opportunity to come back to the ANU to help contribute and oversee the fabulous services JIHEC provides ANU's Indigenous students and even the wider Indigenous community. In the 'ANU Gap' Jacki worked with DEST/DEEWR doing program management for the Indigenous Tutorial Assistance Scheme (ITAS), and writing policy on Indigenous Education, which she also really enjoyed.

Jacki has a beautiful chirpy daughter called Rachel whom I was lucky enough to meet... SUPER cute! Married to a Kiwi, Leon comes from Auckland. They were married in the beautiful Port Macquarie and blessed with lucky rain on their wedding day.

**The most important thing about the field?** Indigenous education is really rewarding and the differences made to students can be long term... there's a multiplying type effect on the positive influence of Indigenous staff on the indigenous community ever increasing cultural awareness.

**What things keep you motivated?**

Dark Chocolate!!! mmmmmmmmmmmmm

**What did you want to be when you were young and what is it about your current life that reflects this initial desire?**

A Teacher, Jacki really likes the concept of life education and the sharing of knowledge. Encouraging cultural understanding is a primary objective of Jacki's.

**Memorable Life Experiences...**

Number 1 of course was having her gorgeous Rachel... and another memorable occasion was a recent vacation to the land of the white clouds...

**Hobbies...** Cooking... Yoga... Talking... Reading & Gardening just to name a few!

**Favourite place on campus ~** More the Uni's close proximity to the lake... for lunch time strolls...

**Favourite book ~** Lord of the Rings Trilogy

**Favourite television show ~** Lifestyle Channel - Especially Grand Designs

**Last Movie at the Movies ~** The Boat that Rocked!

**Favourite restaurant ~** Cream in the City

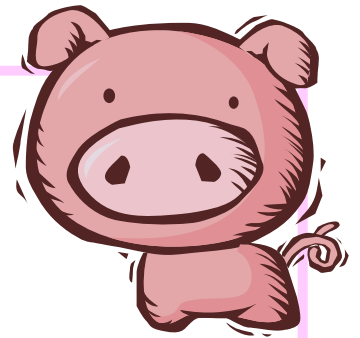


## DR&SS Lotto!!!

Congratulations to the DR&SS Lotto winners to date!!!  
Some were VERY lucky!!!

| Draw   | Date         | Lucky # | Winner           |
|--------|--------------|---------|------------------|
| Draw 1 | Mon 6 April  | 6       | Rose Metcalfe    |
| Draw 2 | Wed 8 April  | 1       | Jenny Carlin     |
| Draw 3 | Mon 13 April | 23      | Samantha Ingham  |
| Draw 4 | Wed 15 April | 1       | Jenny Carlin     |
| Draw 5 | Mon 20 April | 6       | Rose Metcalfe    |
| Draw 6 | Wed 22 April | 13      | Priscilla Wadham |
| Draw 7 | Mon 27 April | 25      | Not Used         |

## How to avoid Swine Flu...



- Eat right! Make sure you get your daily dose of fruits and veggies.
- Take your vitamins and bump up your vitamin c.
- Get plenty of exercise because exercise helps build your immune system.
- Walk for at least hour a day, go for a swim, take the stairs instead of the elevator, etc.
- Wash your hands often. If you can't wash them, keep a bottle of Antibacterial stuff around.
- Get lots of fresh air. Open windows whenever possible.
- Get plenty of rest.
- Try to eliminate as much stress from your life as you can.

Or you can take the doctor's office approach.

Think about it, when you go for a shot, what do they do first? Clean your arm with alcohol. Why? Because alcohol kills germs. So.....

Walk to the bottle shop (exercise), put lime in your Corona (fruit), celery in your Bloody Mary (veggies), drink on the bar patio (fresh air), get drunk, tell jokes, and laugh (eliminate stress) and then pass out (rest).

If you keep your alcohol levels up flu germs can't get you!!!!