

FACULTY OF SCIENCE RESEARCH BULLETIN



ISSUE 25: OCTOBER 2018

Welcome to Issue 25 of the Faculty of Science Research Bulletin. The year is moving very swiftly towards summer but the research continues at a very steady pace.

In this issue we get to know Blake Collins, a HDR candidate in the School of Exercise Science, Sport and Health. We also learn about CSU's 3MT representative at the national finals, and the successful regional ageing symposium organised by Maree Bernoth and Marguerite Bramble. If you are on the Wagga campus on October 12th you are welcome to attend a morning tea to celebrate World Thrombosis Day where you can have a free health check. PdCSU is hosting Distinguished Professor Lesley Hughes on the 30th of October in Wagga, all are invited to attend her presentation on the twists and turns of academia.

The bulletin is emailed to all staff and HDR candidates in the Faculty of Science in the first week of each month. If you have a news item, a resource, announcement or a great achievement related to research or HDR candidature you'd like to share, please send it to [Deborah](#) or [Melanie](#) for inclusion in the next bulletin.

Previous issues of the bulletin can be downloaded from the Faculty of Science Research News and Highlights page [here](#)

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Congratulations – Approved for Graduation



Diane Hughes, thesis titled “Measurement and evaluation of biomarkers of oxidative stress, inflammation, haemorheology and whole blood antioxidant capacity in healthy, rheumatoid arthritis and Parkinson's disease populations”

Elyce Green, thesis titled “Quantitative and Qualitative Inquiry into the Use of Noninvasive Ventilation to Treat Acute Asthma in Adults: A Multi-Site Study”

Katrina Onus, thesis titled “The Physiology of Self-paced Exercise: Pharmacological Intervention and Cell Stress Response in the Heat”

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Writing Up Awards - Congratulations



Writing-Up Awards for Higher Degree by Research (HDR) Students are designed to assist them during the preparation of research articles or books which are based on their thesis submitted for a PhD, Research Doctorate or Masters by Research. The objective of the award is to support the increase of publication rates of HDR students at CSU. This year the round was very competitive with many high quality applications being received.

Congratulations to the following students who are the lucky recipients of the \$10,000 tax exempt scholarship to support the preparation of research outputs which are based on their submitted thesis.

- **Forough Ataollahi**, School of Animal and Veterinary Science
- **Joshua Sumankuuro**, School of Community Health
- **Praneel Titheradge**, School of Exercise, Sport and Health

Congratulations all.

2018 3MT Final CSU Representative – Michelle Toutounji



After competing in the CSU 3MT campus heats and going on to win the CSU 3MT final, **Michelle Toutounji** went on to present at the Asia-Pacific 3MT finals at the University of Queensland on Thursday 27 September in Brisbane. Michelle, from the **School of Biomedical Science** presented her 3MT on “**White rice: Naughty or Nice?**”

There were 58 presenters from 58 Universities across Australia and the Asia-Pacific region who presented their 3MT in 8 semi-final sessions divided into 2 concurrent streams. The top 5 from each stream went on to present again in the final following the presentation from Keynote speaker Dr Jeffrey Robens of Springer Nature “**The Importance of Publishing for Your Career**”.

Hopefully some of you had the chance to watch Michelle’s presentation via the 3MT live streaming link. She presented very well and received compliments from many other competitors and audience members.

3MT will run again at CSU in 2019 and will be bigger and better than ever! We will get in touch with you early in the year with more details about how you can participate.

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Applications for Domestic Scholarships - Closing soon

HURRY!
HURRY!
HURRY!

Applications for the below Australian Government Research Training Program scholarships will be closing soon at **5:00pm (AEDST) Wednesday 31 October 2018**.

- [Australian Government Research Training Program Full-Time Scholarship](#)
- [Australian Government Research Training Program Scholarship - Indigenous](#)
- [Australian Government Research Training Program Part-Time Scholarship](#)
- [Australian Government Research Training Program Scholarship – Graham Centre](#)
- [Australian Government Research Training Program Scholarship – ILWS](#)
- [Australian Government Research Training Program Scholarship – NWGIC](#)
- [Australian Government Research Training Program Scholarship – PACT](#)

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Getting to know – Blake Collins (HDR Candidate)



What School do you belong to? School of Exercise Science, Sport & Health

How did you come to being a PhD student as CSU? I have always been passionate about exercise and had an interest in the physiological effect it has on the body. So when I completed high school in Bathurst I enrolled in CSU’s undergraduate degree of Exercise Science and Rehabilitation before completing an Honours year and successfully applying to the Higher Degree by Research - Doctor of Philosophy course.

What were you doing prior to starting at CSU? I Started University at CSU straight after completing my higher school certificate at Bathurst High.

What is the focus of your PhD? Investigating the role of circadian rhythm, sleep architecture and physical activity on the general health and well-being of shift workers.

Who is funding your research? I am fortunate enough to receive an APA Scholarship for the duration of my research.

Why does this research interest you and why is it important? I have always been passionate about exercise and had an interest on its physiological and biological effect within the body. As to why the research is important, 25% of the modern workforce is estimated to be involved in some type of rotational style shift work. A style of labour division associated with a 40% increase in cardiovascular disease and a 50% increase in the risk of developing metabolic syndrome. Therefore investigating the pathological mechanisms and designing appropriate interventions is a key issue.

What's your favourite meal? Homemade pizza

If you could invite anyone to a dinner party who would you invite and why? Prof. Jordan Peterson. I've been watching too many of his YouTube videos lately and would love to pick his brain.

Thanks Blake for being interviewed.

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Australasian Association of Gerontology, NSW Regional Symposium - Wagga



(L to R) Marguerite Bramble, Melissa Brodie of Nambucca Valley Care and Maree Bernoth at the Forum Cinema.

Associate Professor's Maree Bernoth and *Marguerite Bramble*, of the School of Nursing, Midwifery and Indigenous Health, were the drivers behind the decision to hold the symposium at CSU, Wagga between the 8th and 10th of August. The event was supported by AAG and a grant of \$40,000 from the **NSW Government, Regional Conferencing Development Grants Program**. The aim of having the event in Wagga was to showcase the significant and creative contributions to aged care by older people, aged care staff and service providers within the CSU footprint.

The symposium attracted 111 delegates from across NSW, Victoria and the ACT. There was a large contingent from Catholic Healthcare who travelled in one of the free buses provided through the grant and who played a significant part in sharing the initiatives they have implemented in residential aged care in Bathurst. Their attendance enabled CSU to showcase the work done by *Associate Professor Marguerite Bramble* in her role as the Clinical Chair in Innovative Practice in Aged Care held between CSU and Catholic Healthcare.

The symposium commenced with an event for the delegates and the general public at the Forum Cinemas in Wagga where two short films were shown and pizzas shared over conversations. The first film was captured by Catholic Healthcare in their new facility in Bathurst. It showed the incredible results gained by engaging people with dementia in an arts program. The second film was an animation produced by *Professor Joe*

Ibrahim which prompted the audience to think about the rights of people with dementia especially their right to engage in activities they enjoy even though some risks may be involved.

The keynote speakers challenged the audience in our thinking about ageing and the provision of services. This was confronting but significant in motivating service providers and researchers to ensure we have an industry, supported by research, that embraces and values the older population.

Associate Professor Maree Bernoth, Dr Denise Winkler and Dr Clarissa Hughes for the SNMIH, launched the Older People Teach and Empower Aged Care and Health (OPTeACH) web site. This was the outcome of a NSW Government, Liveable Communities Grant in 2016. The AAG also launched their policy related to ageing in rural areas – *Towards an action plan for aged care for people in rural and remote Australia*.



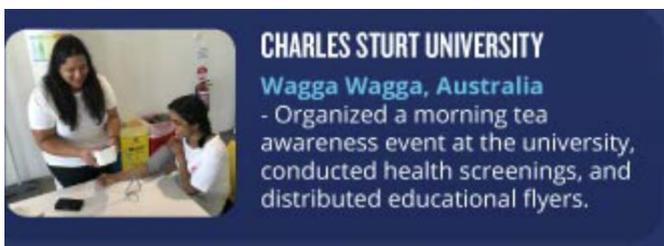
One of the highlights was the inclusion of older people in the program. Uncle Charlie and Uncle Tunny from Albury, supported by CSU's Brett Biles, provided an entertaining but informative session related to the experiences of older Indigenous men. Dr Ray King ignored his health issues and presented a session about the Older Men New Ideas Groups that he established in Wagga and how important they are to supporting men especially farmers who have had to leave their farms and move into town.

Matt Olsen and his band had everyone (except Maree's husband) up and dancing at the dinner and the food and service supplied by CSU Catering was second to none. The organisation was made seamless and much less stressful with the invaluable support of Alex from Riverina Events Solutions.

The positive comments during and after the symposium were universal and hopefully we will be able to organise another event in a few years.

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Invitation to World Thrombosis Day Morning Tea - Wagga



For the second consecutive year, CSU will be hosting a World Thrombosis Day Morning Tea. You are invited to attend the morning tea in the break out room of **Building 288 (Wagga campus) on the 12th of October at 10.30am**. There will be delicious food and **FREE** health checks.

World Thrombosis Day (WTD) shines a worldwide spotlight on thrombosis as an urgent and growing health problem.

WTD 2017 united more than 1,000 partners across the world. CSU was one of 75 partners in the Oceania region.

Above: WTD 2017 – CSU Wagga Wagga featured in Global WTD Impact Report

For more information please contact Dr Abishek Santhakumar, Lecturer in Haematology, asanthakumar@csu.edu.au or 6933 2678.

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NEW – Cross Faculty Research Area – Ageing Well



You are invited to participate in a **Cross Faculty Research Area focused on Ageing Well**. The aim of establishing this Research Area is to encourage cross-disciplinary researchers from different schools (and Faculties) to work together to maximise opportunities in meeting current and future needs of our ageing population.

Establishing the **Ageing Well Research Area** does not mean that staff would be compelled to join or conduct all their research through such a group, but the idea is to create a community of scholars so we can better identify people from other disciplines and schools we might usefully work with on publications, grants, and consultancies.

If you are interested in joining this group, please register your interest via email ageingwellresearch@csu.edu.au by 8 October 2018. We will then organise a meeting of interested researchers to discuss next steps.

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Five Minute Research Pitch at CSU – Closes 8 October



CSU is entering the 5RP competition for the third consecutive year. Researchers deliver a **FIVE** minute presentation of their current or recently completed research with the aid of **THREE** PowerPoint slides.

The competition is open to Level A, B, and C academics, provided they have an employment contract (continuing or fixed-term) current at the time of the national finals (19 November in Brisbane). CSU heat winners will receive **\$1000** for their research account.

The competition is designed to showcase recent research projects. Research presented must be current, meaning either in the process of being completed or published in 2017 or 2018, and will be judged against the six criteria detailed in part six of the guidelines.

CSU internal institutional finals are scheduled for the week of **15 October 2018**.

Group One – **Sciences and Health** – (Biological Sciences and Biotechnology; Health and Medical Sciences; Engineering, Mathematics and Informatics; and Physics, Chemistry and Earth Sciences) **16 October 2019 – 2pm – 4pm**

Group Two – **Arts, Humanities & Social Sciences** – (Humanities and Creative Arts; Education, Social and Behavioural Sciences; Law; and Business, Commerce and Economics) **18 October 2018 – 2pm – 4pm**

If you'd like information about the rules or eligibility, please contact your Faculty Research Liaison Officer, Deborah Munns – dmunns@csu.edu.au

Registration are now open – To register please contact Lisa McLean – lmclean@csu.edu.au

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GRANT OPPORTUNITIES



*** Please note that all applications for external funding must be submitted to the CSU Research Office 10 working days prior to the granting bodies closing date with a completed Notice to Submit (NTS) form including all signatures.*

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ARC and NHMRC Intent to Submit Process – Closes 19 October



To maximise the success of applications to the Australian Research Council (ARC) or National Health and Medical Research Council (NHMRC), the RO has set up the annual intent to submit support and planning process.

The Intent to Submit process will be coordinated by the Research Office, in conjunction with the Associate Deans Research, Centre Directors, and Deputy Vice-Chancellor (Research Development and Industry).

To better support the submission of high quality applications and to improve potential success rates for the University, interested CSU researchers are required to engage with this process, regardless of which institution will lead the proposed project.

Why we work with you early?

- To provide quality mentoring and grant development assistance to CSU researchers
- To provide timely administrative support and eligibility review for applicants
- To ensure applications submitted align with the research priorities of CSU Faculties and Research Centres
- To enhance the University's profile and reputation by submitting high quality competitive applications

Researchers who do not participate in the Intent to Submit process will be disadvantaged by not having access to the full support process. Researchers may also not be considered for leverage funding towards proposals.

We will provide feedback to applicants on issues identified where an application is not likely to meet eligibility requirements.

Eligibility

It is the responsibility of the lead investigator to conduct an initial check to ensure their proposed project, track record and stage of career meet eligibility requirements for the appropriate ARC or NHMRC scheme by checking the scheme documentation found at:

[Australian Research Council Grants Program](#)

[National Health and Medical Research Council Grants Program](#)

The internal deadline for the **Intent to Submit is 19 October 2018**. The [Intent to Submit form](#) and lodge the completed form and supporting documents to research@csu.edu.au

For further information please contact the Research Office on 02 6933 2578 or research@csu.edu.au

ARC and NHMRC Information Sessions



If you are interested in learning more about the ARC and NHMRC funding rounds four information sessions are being conducted by the research office. These sessions will be of particular interest to researchers intending to submit an application commencing in 2019/2020.

<p>Tuesday 9th October 2018 – 12noon – 1pm – ARC information session</p> <p>https://connect.csu.edu.au/arc1-2018/event/event_info.html</p> <ul style="list-style-type: none">• Updates on ARC funding rounds• the CSU Intent to Submit process and support available for application preparation and review• Key Tips for Applicants from the CSU ARC College of Expert member• Q&A	<p>Wednesday 10th October 2018 – 1pm-2pm – NHMRC information session</p> <p>https://connect.csu.edu.au/nhmrc1-2018/event/event_info.html</p> <ul style="list-style-type: none">• Updates on new NHMRC funding program• the CSU Intent to Submit process and support available for application preparation and review• Key Tips for Applicants from NHMRC Assessor• Key Take-Away's – ECR and RO Observations from the 2018 Assessment Panels• Q&A
<p>Monday 15th October 2018 – 11-12 noon – ARC information session</p> <p>https://connect.csu.edu.au/arc2-2018/event/event_info.html</p> <ul style="list-style-type: none">• Updates on ARC funding rounds	<p>Wednesday 17th October 2018 – 3.30pm – 4.30 pm – NHMRC information session</p> <p>https://connect.csu.edu.au/nhmrc2-2018/event/event_info.html</p> <ul style="list-style-type: none">• Updates on new NHMRC funding program

- the CSU Intent to Submit process and support available for application preparation and review
- Key Tips for Applicants from the CSU ARC College of Expert member
- Q&A

- the CSU Intent to Submit process and support available for application preparation and review
- Key Tips for Applicants from NHMRC Assessor
- Key Take-Away's – ECR and RO Observations from the 2018 Assessment Panels
- Q&A

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External Funding Opportunities:

2019 Agricultural Science and Innovation Awards grants



Grant applications are now open for the 2019 Science and Innovation Awards for Young People in **Agriculture, Fisheries and Forestry**. If you're **18-35**, this is your chance to apply for a grant of up to \$22,000 to fund your project on an innovative or emerging scientific issue that will benefit Australia's primary industries.

There are thirteen industry Science Award categories open for applications: cotton, dairy, eggs and poultry (layers), established, new and emerging rural industries, fisheries and aquaculture, forest and wood products, grains, health and biosecurity, meat and livestock, pork, red meat processing, viticulture and oenology, and wool. Each category includes a \$22,000 grant, and is generously supported by the research and development corporations and industry organisations as Science Award partners.

More information is available on the [Australian Government – Department of Agriculture and Water Resources page](#).

Applications close 5pm AEDT Friday 12 October 2018.

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Bupa Health Foundation – Emerging Health Researcher of the Year Award

Offered once a year, this award recognises the valuable contribution of emerging health researchers (no more than 5 years post PhD) to the improvement of health outcomes for all Australians, particularly in applied research.

The national winner will receive **prize of \$25,000** to put towards continuing their research career.

Nominations can be made online via the Bupa Health Foundation website at www.bupa.com.au/foundation. Applications close on **Wednesday 17th October 2018 (9am AEDT)**.

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Perpetual 2018 Impact Philanthropy Applications

Perpetual distributes more than \$80 million annually from the charitable trusts and endowments they manage. You can [preview the application form](#) here to prepare for your application. **Opens Monday, 29 October at 9am**

<https://www.perpetual.com.au/advice-and-trustee-services/impact-philanthropy/impact-funding>

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PROFESSIONAL DEVELOPMENT

Winning Negotiations Masterclass – Free in Bathurst



Secrets of the Great Negotiators - Skills and Tactics That Get You to Yes!

- * Why the best prepared negotiate strongest - and how to do it
- * Making 'win-win' a reality in all types of negotiations
- * Extracting the maximum value from every deal
- * Tips and tricks for each stage of the negotiation process
- * How to handle manipulative negotiators Kevin will draw on the latest research

on the art and science of mutually-beneficial negotiation.

About our presenter:

Kevin Ryan: Twenty years of speaking experience combines with thirty years in management to give Kevin Ryan impressive credibility on his topic. A prodigious author (10 books), he incorporates leading-edge thinking with practical strategies in lively, engaging seminars and workshops.

Cost: FREE Wednesday 10 October Bathurst 5.30pm for 6.00pm to 7.30pm Bathurst Memorial Entertainment Centre (BMEC), William St Bathurst [Register now!](#)

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From Ants to Advocacy: Twists and turns along an academic road



PDCSU (CSU's Postdoc Society) presents Distinguished Professor Lesley Hughes on Tuesday 30th of October in the Graham Building (Building 229) in room 182 at 2pm.

Lesley an ecologist at Macquarie University runs the University's Early Career Researcher Network, and is involved in gender equity and promotions policy development. Lesley will be talking about her career.

All are welcome to attend.

For more information email pdcsu@csu.edu.au

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Research Office PD Recordings – Access all sessions



We are pleased to announce that some recordings made of our PD sessions are now available for viewing on our Research Office i2 site. To access you need to become a member of the Research Office Interact site, "Research Office".

To register:

- Login to Interact2
- Click on 'organisations'
- Look under 'my organisations'. If you're already a member of Research Office, it will show up in this list on the page
- If not, do an Organisational Search for Research Office
- Hover over the title code, 'O-R-OFFICE (RESEARCH OFFICE)', a drop down arrow button appears
- Click on this arrow and 'enrol'

Being a member will also give you direct emails about new updates, presentations, announcements, news and more.

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Research Writing Bootcamp – Friday, 19 October 2018



Natalie Thomson and Judy Redman will be hosting the next 1-day Bootcamp for research writers, on Friday the 19th of October.

The bootcamp is online in Adobe Connect, and face to face on Albury-Wodonga campus (in VC EDU AW02 763.146 - the Barbara Sparrow room, upstairs in the walkway between the Education and Business buildings.)

Nat will be hosting the F2F day and Judy will be hosting online. *Doctoral candidates, research staff, and anyone else* who would like to take part is warmly welcome.

You can expect to **achieve noticeably MORE** than you would ordinarily, and it's a good way to protect your time for research writing (or editing, planning, data analysis, etc.)

If you would like a calendar invitation, with the schedule for the day and the link to join - or if you have any questions, you can email me at jredman@csu.edu.au

Note: that bootcamps are opportunities to work on your own research tasks in a structured environment and in the company of others. They are not how-to-write training. If you are interested in learning more about various aspects of HDR writing, visit the Workshops section of [this site](#) where you will find recordings of Adobe Connect sessions and copies of handouts etc from these sessions.

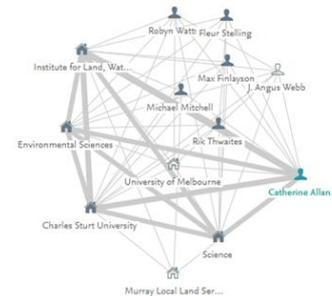
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Library Lowdown October - Advanced features of CRO

This month's topic is going to be a bit more about **CRO**, and some of the more advanced features.

Once you go into your profile you can click on the **Network** tab to create graphical representations to demonstrate your links with collaborators, Research Organisations, and External Research units.

You can even create a map of the countries where your collaborators are from.



Individual researchers can enhance the data contained in these graphic representations by adding in further information to your CRO profile, and your research outputs. The accuracy of the map is dependent on the data in the individual research outputs. This extra data can then be used to demonstrate engagement and impact.

Upcoming Library Training for October

Date and time	Session Details & Registration
3rd Oct 2018 9.30-10.30 am	Establishing a Research Profile Need to set up a Research Profile and not sure what is out there or how to go about it? This session will show you the different profiles available, and their features and how to establish and maintain your profile.
8th Oct 2018 9.30-10.30 am	Measuring and Evaluating Research Impact This session will show you the tools to assess the impact of your research and help identify where to publish to maximise your research impact.

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Regular `R` trouble shooting meeting



Do you use `R`? Do you find yourself unable to solve problems efficiently? This group can help!

In discussion with R users, we regularly find that roadblocks occur where users spend excessive time on solving problems that others in the same community may have previously encountered and solved.

`WaggR` is a new R Users group focused on troubleshooting problems people in the community are experiencing. The main goals of the group are to accelerate basic skill development and enhance problem-solving abilities, through a community-based platform.

The aim is to develop an online environment where problems and new/interesting applications of `R` can be published. Based in Wagga, `WaggR` also aims to have a triweekly face-to-face meetings, with the potential for video conferencing. These sessions will be designed to support the `R` user community in a similar way to the online environment, using the combined skills of the group to overcome user roadblocks.

At this stage, `WaggR` invites CSU, DPI, and Wagga-based professionals to register an EOI.

EXPRESSION OF INTEREST:

Potential community members are asked to complete the below 1-minute survey

<https://goo.gl/forms/qWoZhYzqlvoERvfE3>

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Finally....here comes the sun, and I say.....move your clocks forward 🎵 🎵



For those of you located on CSU's NSW and Victorian campuses, Daylight Saving begins this coming weekend with clocks going forward on Sunday (2am) morning. So that you don't forget, just think of the **Beatle's** song '**Here Comes the Sun**', which is a guaranteed earworm.

Science related fact: Noted astronomer [Carl Sagan](https://www.thoughtco.com/the-beatles-here-comes-the-sun-history-2523652) lobbied to have the song included on the record sent out with the Voyager spacecraft in 1977, a record meant to provide other life forms with a sample of Earth culture. Sadly, EMI refused permission. (Source: <https://www.thoughtco.com/the-beatles-here-comes-the-sun-history-2523652>)

Next Issue:

If you would like to contribute a story to the November 2018 issue please send it to **Deborah or Melanie** by the **26th of October**. The next issue will be released in the first week of **November 2018**.

Until next issue.....

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