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#### How your friends affect your health

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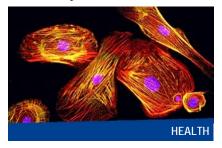
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# Science and society through a long, wide lens

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by Michèle Nardelli



The newly appointed director of UniSA's Science Creativity and Education (Sci.C.Ed) Studio, Dr Kristin Alford believes taking in both wide and long perspectives on some of the big issues of our times is vital if we are to work towards creative solutions.

A specialist in foresight planning, Dr Alford says Sci.C.Ed will play an important role in engaging new audiences with science and its potential and that dual lens – the wider environment and context and the long view into the future.

Two years out from the completion of the studio, which will be a key space in the new Health Innovation Building under construction on North Terrace, she says it is wonderful to be able to start building the Sci.C.Ed community and networks now.

Announcing Dr Alford's appointment, UniSA Vice Chancellor David Lloyd says her diverse expertise and practical experience in science and science leadership, management and communications could not be a better fit for the role of Foundation Director of Sci.C.Ed.

"Our vision for Sci.C.Ed is that it will transform public perception and engagement with science in Australia - become a hub for community participation and exploration, collaborating nationally and internationally with science centres and galleries and showcase local innovation, science and creativity," Prof Lloyd says.

"All of this will be interactive, inspiring, fun and focused around education about science today and into the future.

"We want Sci.C.Ed to give more young people that 'ah-ha' moment where science and its power and potential in the world becomes crystal clear and exciting for them – so that they want to get involved and learn more.

"Kristin's extensive experience in foresight, science communications and curation will bring a unique and innovative approach to engaging people beyond those who are traditionally attracted to science. Launching Sci.C.Ed with Kristen at the helm is incredibly exciting."

With a degree in Engineering and a PhD from the University of Queensland, Dr Alford forged her early career in metallurgy and the resources sector before moving into strategy development and science communications and completing a Master of Management at Swinburne University.

Prior to this appointment, she was the Founding Director of foresight agency Bridge8, a consultancy working with organisations on how to consider, communicate and act on complex challenges.

She has been CEO of a start-up company, a marketing consultant, a stakeholder engagement consultant and worked in human resources management and workplace strategy for major companies and organisations from BHP to Air New Zealand.

"Having spent more than 10 years running our consultancy, Bridge8, my work was always conceptual and advisory – it was then for the client to take the next steps and bring suggestions and plans to reality so I will relish being able to carry this project through and then continue to develop its innovative potential," she says.

She says the key goal for Sci.C.Ed is to engage new audiences for science and to engage them for longer.

"I want to help people understand more thoroughly how science underpins the future but also how it is linked to the other ways humans express themselves. So, we might explore the relationships between poetry and maths or music and engineering or tap into bigger themes such as peace or joy and see what science can offer and how it can inform these concepts in the short and long term.

"Sci.C.Ed will be a place of wonder, a place that encourages imagination and thinking. It will also be more than a street address – I see us connecting people and science across several platforms, digitally and through collaborative projects and partnerships."

Dr Alford took up her new role this month.

The idea to establish Sci.C.Ed (pronounced 'psyched') was a key initiative of unijam, an online consultation with staff, students and the wider UniSA community staged in 2013 to establish future initiatives and targets for the University.

The goal for Sci.C.Ed is to present science and technology in ways that go beyond the displays of many modern museums, with dynamic exhibitions, events, performances and installations that encourage the public to participate in, experience science, and engage in relevant and significant contemporary issues.





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# Latest rankings place UniSA as SA's leading international university

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by Katrina Phelps



UniSA is officially one of the world's most international universities, according to the *Times Higher Education (THE)* rankings released in January.

The *THE* international outlook indicator considers each institution's proportion of international staff, international students and proportion of research papers published with at least one co-author from another country.

Listed at 57 in the top 200 of the world's most international universities, UniSA is a leader in the rankings in Australia and ranked number one in South Australia.

UniSA Vice Chancellor Professor David Lloyd says the ranking reflects the University's ongoing commitment to global engagement.

"We have been working really hard to become a more globally-visible university with global reach and leverage," Prof Lloyd says.

"We see ourselves as having open borders. We welcome productive partnerships with universities, industries, business and government locally and internationally, and we encourage our students to develop the same openness to the world.

"We want our graduates to feel confident as international citizens and have a range of experiences at university that encourage them to explore beyond Australia and to understand the global context for their studies and later, their careers."

Senior Lecturer with UniSA's School of Marketing and Senior Research Associate at the Ehrenberg-Bass Institute for Marketing Science, Dr Armando Maria Corsi – who first visited UniSA while he was a PhD student in his home country of Italy at the University of Florence, to work with the Ehrenberg-Bass Institute for Marketing Science – collaborates with people around the globe on a daily basis.

"It is funny when people say that they would like to pack more than 24 hours in one day, because I often feel I can do it," Dr Corsi says.

"I can start working with my colleagues in Australia in the morning, then have a chat with those living in the Americas, and finally exchange emails with the Europeans.

"Then, when I go to class I can see a United Nations of students. In week one I always bring to class a blank map of the world and I ask my students to put a sticker on their country of origin. There are really only a few empty spots, which I am sure will be soon filled out.



"Multiculturalism is something you can feel in the air at UniSA, and this is wonderful. It is a constant discovery of traditions, ways of dealing with people, stories, relationships, moments of joy, and a touch of melancholy for having left the family and the old friends behind.

"Yet, staff and students - we're all motivated by the desire of living better lives - which is a powerful spark to keep the engine of multiculturalism running in the proper direction."

For Beauty Nolan, a Master of International Studies student from Zimbabwe, the multiculturalism of UniSA has boosted her university experience.

"I enjoy that UniSA is a very multicultural university," Beauty says.

"In my first year of study I made friends with people from Sweden, Germany, Japan, China and Africa. I have maintained most of these relationships and it's an experience I recommend to anyone."

Editor of the *Times Higher Education* rankings Phil Baty says making the list of the top 200 most international universities in the world is a sign of great potential, competitiveness and dynamism.

"An institution's global outlook is one of the key markers of a prestigious university," Baty says.



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# Australia Day honours for 12 UniSA alumni

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by Mary-Jane McArdle



Andrew Hill pictured in one of his visual art projects entitled Hand-in-Hand which linked young refugees with Indigenous youth and elders. Photographer: Yianni Hill.

UniSA would like to congratulate our 12 alumni who received 2016 Australia Day honours including one of our current staff members Adjunct Associate Professor Andrew Hill AM.

Assoc Prof Hill, who has a Graduate Diploma of Teaching with UniSA, received the honour for significant service to education as a visual artist and academic, to multiculturalism, and through innovative art programs for young refugees.

Upon receiving his Member of the Order of Australia honour, Assoc Prof Hill said while his recognition was an amazing personal honour, that from his perspective it was significant because it highlighted those areas of which he is passionate - education and the arts.

"It officially recognises that young refugees are a major constituent within contemporary Australia and that working with them to tell their stories and describe their aspirations is a worthy endeavour," Assoc Prof Hill says.

"As someone who has worked within Australia's new and emerging communities for many years, it's especially gratifying to see such recognition, where often there has been, and unfortunately sometimes still is, blame and depreciation."

The remaining 11 alumni to receive Australia Day honours were:

#### Companion of the Order of Australia (AC)

His Excellency The Hon Mike Rann CNZM DUniv AC Honorary Doctor - for eminent service to the Parliament and the community of South Australia, particularly as Premier, through broad-ranging policy design and implementation, and to the advancement of Australia's diplomatic, trade and cultural relationships.

#### Officer of the Order of Australia (AO)

**Emeritus Professor Gwendolen Juli AO** Graduate Diploma Advanced Manipulative Therapy – for distinguished service to medical education in the field of physiotherapy, as an academic, researcher and administrator, and to professional associations.

#### Member of the Order of Australia (AM)

**Barry Frost AM** Graduate of Adelaide Technical High School - for significant service to motor sports at the national and international level, particularly as a time-keeper.

**Reginald Williams AM** Bachelor of Management (Marketing), Bachelor of Business (Marketing) - for significant service to youth through Scouting at the local and national level, to historical organisations, and to the community.

#### Medal of the Order of Australia (OAM)

**Errol Chinner OAM** Advanced Diploma, SA College of Advanced Education - for service to the community of Port Adelaide.

**William Harrison OAM** Bachelor of Education (Primary) - for service to the community of Bathurst, and to education.

**Robert Sleigh OAM** Bachelor of Technology in Electrical Engineering - for service to the community of South Australia.

#### **Australian Police Medal (APM)**

**Detective Inspector Gregory Hutchins APM** Bachelor of Social Science (Justice Administration) - Australian Police Medal.

**Chief Superintendent Douglas Barr APM** Graduate Certificate Business Administration, Bachelor of Social Science (Justice Administration) - Australian Police Medal.

#### **Ambulance Service Medal (ASM)**

**Phillip Knight ASM** Graduate Diploma Management, Bachelor of Teaching (Education & Training of Adults) - Australian Service Medal.

#### Conspicuous Service Medal (CSM)

**Flight Sergeant Gavin Jones CSM** Graduate Certificate Engineering Systems Engineering - for meritorious achievement in the improvement of aviation safety critical maintenance at Number 92 Wing.

For more including UniSA's past Australia Day honours visit our Alumni website.

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# Do you want to host a 25th Birthday celebration?

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by Katrina Phelps



A birthday box on City West campus.

As UniSA celebrates its 25th Birthday this year, staff and students have the opportunity to run their own university-supported celebration.

The 25th Birthday Grant Fund forms part of the Student Experience Grants Program, however it will be open to staff and student initiatives with a maximum \$1000 grant per application.

For more information about the grant fund, including the funding criteria, please see the 25th Birthday Grant Fund web page.

Applications will open on February 29 and close on March 31.

And while birthday boxes and inspirational quotes have popped up on campuses to mark the birthday year, a timeline video has been put together to showcase the University's history. Take a look at the three-minute video on the <u>birthday website</u>.

There are a range of events and activities taking place to celebrate the University's 25th Birthday. See the <u>25th</u> <u>birthday events website</u> for the full list.

One of the first significant celebrations will be the campus parties, held in March.

- Mawson Lakes campus: Monday 21 March, 12.00 2.00pm
- Magill campus: Tuesday 22 March, 12.00 2.00pm
- Mt Gambier campus: Wednesday 23 March, 12.00 2.00pm
- City East campus: Wednesday 23 March, 12.00 2.00pm

- City West campus: Thursday 24 March, 12.00 2.00pm
- Whyalla campus: Thursday 24 March from 12.00 2.00pm

And earlier in March, WOMADelaide will be held which includes the Planet Talks program, presented by UniSA.

UniSA staff, students and alumni can still purchase WOMADelaide tickets for up to 20 per cent discount until February 29. See the <u>University's WOMADelaide page</u> for more details.

One of the biggest birthday celebrations of the year will be the 25th Birthday Gala Dinner on July 29, featuring Australia's leading jazz maestro, James Morrison. For ticketing and sponsorship enquiries, please contact Christine Halim on email giving@unisa.edu.au.

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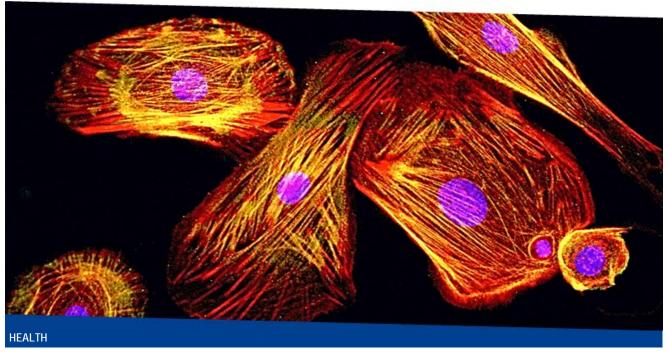
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# A new approach to speed up wound healing

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by Kelly Stone



Skin cells in which  $14-3-3\zeta$  has been inhibited very actively moving around and building a scaffold.

Researchers at the Centre for Cancer Biology (CCB) have discovered that inhibiting a particular protein in the skin can accelerate the healing of wounds.

The significant discovery was published in late 2015 in the peer-reviewed international scientific journal *Developmental Cell*.

Senior author Dr Michael Samuel says chronic wounds – injuries to the skin that fail to heal properly within three months – affect hundreds of millions of people around the world and cost the Australian economy \$2.6 billion a year.

"When skin is wounded, the first priority of healing is to close the wound quickly to reduce the risk of infection," Dr Samuel says.

"However, before this can be done, a scaffold needs to be set up to support the new skin, quite like when building a house. But making this scaffold is a slow process."



Dr Michael Samuel with Dr Jasreen Kular.

Dr Samuel and his team have discovered a way to speed up the process of building this scaffold, by inhibiting a protein called 14-3-3ζ.

"Interestingly, 14-3-3ζ is present at very high levels in chronic non-healing wounds like, for example diabetic wounds, suggesting that this may be the reason chronic wounds heal so slowly," he says.

"The next step of our research is to find out whether inhibiting 14-3-3ζ can be used to help people with chronic non-healing wounds to heal their wounds quickly."

The research was led by Dr Michael Samuel and his team including Dr Jasreen Kular and Kaitlin Scheer in the Tumour Microenvironment Laboratory at the CCB, a Medical Research Institute created by an alliance between UniSA and SA Pathology.

The work also involved colleagues from UniSA's Future Industries Institute and the Kinghorn Cancer Centre and Garvan Institute of Medical Research.

UniSA Vice Chancellor Professor David Lloyd says this latest research is a great example of how the CCB's specialist knowledge in basic cell biology has important applications across a broad range of medical settings.

"Chronic wounds seriously impact on a sufferer's quality of life, affecting their productivity and mobility," Prof Lloyd says.

"I congratulate the CCB on this latest work and look forward to the next steps of the research ultimately helping those suffering from chronic wounds."

Discover more about this research at the <u>CCB website</u> and visit the <u>support page</u> to discover ways to support the centre's research.

The full article can be read online at <u>Developmental Cell</u>.

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Professor David Lloyd Vice Chancellor and President Chair of the Australian Technology Network of Universities

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# How your friends affect your health

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By Dr Carol Maher and Professor Tim Olds from the School of Health Sciences



Think about your five closest friends. What do they care about? Do they love the gym? Long walks on the beach? Maybe they smoke, or are overweight. You should choose your friends wisely, because they can have a big influence on your health.

Growing evidence suggests disease spreads through social networks. According to a US study which followed 12,000 people for 32 years, if you have a close friend who becomes obese, your chances of becoming obese increase by 171 per cent. And your risk of attempting suicide is four times higher if you have a friend who has tried to take their own life.

So, if social networks can make you sick, can they also make you healthier? It seems they can, but in one of life's annoying asymmetries, the health effect doesn't seem to be as strong as the illness effect.

Recent studies have shown that quitting smoking spreads through social networks. If your significant other quits you have a 67 per cent decreased chance of smoking.

And research confirms what we have always suspected – happiness is contagious. Your chances of becoming happier increase if you are surrounded by happy people.

The strength of the contagion depends on how close you live, and your relationship with the happy person. The strongest effect occurs if you have a happy friend who lives within 1.6km of you (25 per cent increased chance of becoming happy).

Happy siblings or spouses can also help, but less so, increasing your chances of becoming happy by 14 per cent and 8 per cent respectively. Happy co-workers has no effect at all, so it's okay to be grumpy at work.

#### Is health really contagious?

But couldn't all this be due to like people attracting like? Scientists have tested this. It seems the effect really is

due to the behaviours spreading over time, from key central "nodes" to their social connections. The spread can be seen up to three degrees of separation, so you can actually influence the friends of your friends' friends.

The "direction" of the connection is also important. The study examining obesity's spread through social networks found that if you consider someone your friend and they became obese, your chances of becoming obese increase modestly (57 per cent increased risk).

Yet if they consider you a friend but the feeling isn't mutual, your risk of obesity is unaffected. Worst of all, if you consider each other as friends and your friend becomes obese, your chances of becoming obese nearly trebles (171 per cent increased risk). But we're not suggesting that you unfriend your overweight friends as a preventative measure.

As this contagion effect of health has become recognised, researchers have tried to exploit it to improve health. In a 2015 study, public health scientists delivered a multivitamin supplement program in rural villages in Honduras.

The program was spread using word of mouth, starting with five per cent of village residents. In some villages they randomly selected the initial targets, and in other villages they randomly selected individuals, asked them to name a friend, and then these nominated friends became the initial targets.

Uptake of the multivitamins was significantly higher in the villages where the initial targets were the nominated friends.

#### What about online social networks?

Online social networks also present a ripe opportunity to deliver health programs. Our recent review identified burgeoning scientific interest in this idea, with promising results. Our study of a gamified Facebook app which helps users team up with online friends to compete in a 50-day physical activity challenge led to a two-hours-perweek increase in physical activity.

Other programs have targeted a wide range of health behaviours, including weight loss, exercise, quitting smoking and sexual practices.

Using online social networks to improve your health isn't for everyone. Sharing health information online can be confronting. But, on the upside, social networks provide public accountability, opportunities for social support, and friendly rivalry – all powerful motivational tools.

This article was originally published by <u>The Conversation</u>.

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Research fellowship into congenital heart defects
16th year of Tour success
Celebrating the success of Indigenous health graduates
Award for CCB's ACRF Cancer Genomics Facility
Fire Monkey Studio exhibition on now

#### **New Research and Innovation dean for EASS**

Professor Kerry London will be joining the Division of Education, Arts and Social Sciences (EASS) in March as Dean: Research and Innovation.

Prof London comes to UniSA from RMIT University where she was Director of the Centre for Integrated Project Solutions and Deputy Head: Research in the School of Property, Construction and Project Management.

In 2014, Prof London was appointed to the prestigious Australian Research Council College of Experts Humanities and Creative Arts Panel and has recently become a member of the Australian Institute of Company Directors.

Pro Vice Chancellor of EASS, Professor Denise Meredyth, welcomes Prof London to UniSA and thanks Associate Professor Rob Hattam for acting in the role.

"Prof Hattam has been helpful in driving our research agenda during the past few months and Prof London will certainly build on this with her expertise," Prof Meredyth says.

Prof London is currently coordinating active research programs in areas of collaborative project solutions, supply chain theory and practice in project based industries, internationalisation of megaprojects and organisational citizenship effects on innovation management for project delivery.

Prof London has a strong connection with industry and is a Fellow of the Chartered Institute of Building Australasia (CIOB) and is immediate past President. She is currently a member of the Australian Sustainability Built Environment Council and is an active member of ASBEC's technical Working Parties; National Construction Code Working Group and Urban Design Protocol.

#### Research fellowship into congenital heart defects

UniSA Centre for Cancer Biology (CCB) researcher Dr Quenten Schwarz has been awarded a Future Leader Fellowship from the Heart Foundation to further his research into congenital heart defects.

Head of CCB's Neurovascular Research Laboratory, Dr Schwarz is delighted to receive the four-year Fellowship for his work defining the mechanisms controlling cardiac outflow tract formation in the human embryo.

Awarded in late 2015, this fellowship is for researchers with under 10 years' experience since obtaining their PhD and comes with salary funding and research costs. It capped off a successful year for Dr Schwarz who also

received the 2015 South Australian Leading Light Award from the Australian Society for Medical Research for his achievements in developmental biology, while he also published research in prestigious journal *Proceedings of the National Academy of Science* (PNAS) on how the jaw is formed.

"This four-year fellowship will allow me to pursue the translational relevance of some of our recent breakthrough discoveries towards better health outcomes," says Dr Schwarz.

He says abnormal formation of the cardiac outflow tract and cardiac valves in the embryo lead to common malformations affecting over two per cent of all births.

"As these complications have poor clinical outcomes and require ongoing medical treatment throughout life, new diagnostic and therapeutic tools are desperately required," he says.

"Taking advantage of state-of-the-art technologies, my research is aimed at identifying how a specific cell type, termed neural crest cells, controls formation of the cardiac outflow tract and cardiac valves."

Dr Schwarz says information generated from his study stands to identify new molecular targets which may be used for predictive testing and regenerative therapies for these highly prevalent disorders.

"This research also stands to provide new insight towards regenerative therapies to replace heart muscle that is damaged as a result of common heart attacks."

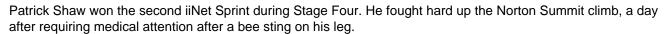
#### 16th year of Tour success

Team UniSA-Australia has provided a gateway to Australia's up and coming cyclists for the 16th year at the Santos Tour Down Under.

Sean Lake's Stage One King of the Mountain heroics highlighted another strong performance from the UniSA sponsored team with Lake going into Stage Two with the King of the Mountain jersey.

"It was a special day for me in front of the Aussie crowd," Lake said. "I am really proud to wear a jersey like this at a World Tour Event. It will take a while to sink in."

Across the Tour all Team-UniSA riders had moments in the sunshine.



And the youngest rider at the Tour this year, Team UniSA's 19-year-old Lucas Hamilton had his own moment of glory during the infamous Willunga Hill climb at Stage 5, making a dash to be third amid competition from some of the best climbers on the international scene.

Team-UniSA offers an opportunity, for emerging Australian cycling talent to test their mettle in the world of professional cycling - to learn, to take to the road with the best and see how they stack up.

Led by coach Dave Sanders, who is acknowledged as one of the best cycling development coaches in Australia, the team battled adversity and injuries this year, showing flashes of brilliance and courage across the week.

"I am very proud of the boys," Sanders said. "This is a really young team but I think they showed talent, courage and commitment."

"There is a lot of potential here – you will hear some of these names in years to come because there are some definite future stars in this group."

Among the Australian cycling stars who performed strongly at this year's event were former Team UniSA-Australia riders Caleb Ewan, Rohan Dennis, Richie Porte, Jack Bobridge and Simon Clarke.

See our Tour Down Under video and photo galleries for more action of the week.

#### Celebrating the success of Indigenous health graduates

UniSA has recognised the achievements of Indigenous graduates in its Health Sciences division including the first Indigenous-identified pharmacy graduand Sarah Logan.

The Division of Health Sciences Graduating Indigenous Student Luncheon was held at the end of last year, hosting 13 undergraduate and four postgraduate students.

Dean of Clinical Education and Equity, Professor Esther May says she would love to make this an annual celebration "where we can look back at the success of Aboriginal students at UniSA".

UniSA's first Indigenous-identified pharmacy graduand Sarah Logan with UniSA Provost Allan

Prof May said it was an exciting time for the health of the community as graduates were going into areas of health with traditionally low numbers of Aboriginal professionals.



"These professionals will provide leadership in addressing the health disparities we see between Aboriginal and non-Aboriginal peoples," Prof May said.

"We had 17 Aboriginal students graduating from the Health Sciences division in 2015, which is the largest number we have had, but more exciting is that finishing students come from across many professional areas including pharmacy, physiotherapy, occupational therapy, nursing, midwifery, nutrition and food sciences, and human movement," she said.

The event acknowledged Sarah Logan as the first Aboriginal identified graduand from UniSA's School of Pharmacy and Medical Sciences. Sarah will officially graduate from UniSA in April and has secured a position as a pharmacy intern at Lyell McEwin Hospital.

"I chose pharmacy because it encompasses a lot of the things I am interested in. I knew I would enjoy it," Sarah said.

"I was really surprised to hear I will be the first Aboriginal identified pharmacy graduate from UniSA. It feels a bit nerve-racking to think about but it is exciting at the same time.

"I hope other Aboriginal students give pharmacy a go."

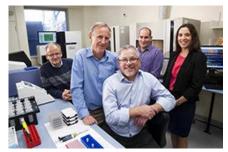
#### Award for CCB's ACRF Cancer Genomics Facility

The Centre for Cancer Biology's Australian Cancer Research Foundation (ACRF) Cancer Genomics Facility recently won a SA Health Award for Excellence in Non-Clinical Services.

The facility's team was presented with the award for implementing new genetic technology, Next Generation

NGS dramatically improves the speed and numbers of diagnoses for patients and families affected by genetic disease, at a reduced cost to the healthcare system.

This includes patients with familial cancer syndromes such as retinoblastoma, cardiac diseases causing sudden death, and a wide range of childhood diseases which were often previously unable to be diagnosed.



(L-R) Andreas Schreiber, Greg Goodall, Hamish Scott, Joel Geoghegan, Karin Kassahn.

The CCB's ACRF Cancer Genomics Facility is the first Australian laboratory to receive official accreditation to test all 20,000 genes in a single test, a major achievement demonstrating national leadership in innovative patient care.

Watch the video on implementation of clinical next generation sequencing on the CCB website.

#### Fire Monkey Studio exhibition on now

UniSA's Kerry Packer Civic Gallery is celebrating the Chinese New Year and the 30th Anniversary of the South Australia and Shandong Sister State Relationship, with its new exhibition *Fire Monkey Studio: A South Australia & Shandong Preview*.

The exhibition, open until March 11, will preview and celebrate the launch of a new residency project for artists and creatives in Qingdao, China.

The Residency aims to embrace and further develop the creative, cultural and commercial links between SA and Shandong Province, by providing selected artists an exciting creative space to engage with Chinese art, history, and culture.

The exhibition has been produced by the Australia China Development Company and Gus Clutterbuck Art & Design, and supported and presented by the Kerry Packer Civic Gallery at the Bob Hawke Prime Ministerial Centre.



Away in The Land of the Wattle and Gum - Gus Clutterbuck. Photo by Grant Hancock.

It will present the work of Australian artists working across the genres of contemporary art, fashion and film, in a dynamic collection of works that indicate the possibilities of this new space.

The exhibition is open 9am-5pm weekdays and Thursdays until 7pm in the Hawke Building Level 3, UniSA City West campus, 55 North Terrace, Adelaide. To find out more about the exhibition and to see what else is on at the Kerry Packer Civic Gallery in 2016, see the <u>Gallery website</u>.

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February 2016

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# A special year to start at UniSA

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by Will Venn and Mary-Jane McArdle



Almost 10,000 students are about to embark on their UniSA experience, joining the University in its 25th anniversary year.

With 7800 due to start undergraduate degrees and 1800 taking on postgraduate study, the most popular programs this year are nursing and midwifery with over 1300 preferences, followed by education with over 1000 preferences and the range of Bachelor of Business programs attracting more than 950 preferences.

For the class of 2016, those starting university fresh from high school would have been born in 1998, the same year that Google and Windows 98 came into existence, when *Titanic* hit the cinema screen and the first MP3 players went on sale.

The rapid pace of change in the wider world since then continues to be met and set by UniSA, whose remit to provide graduates with the skills, capabilities and innovation potential to succeed and lead in today's society, is evident through the range of relevant learning opportunities the University creates.

This includes, in 2016, a number of new programs such as a Bachelor of Business (Information Strategy and Management), and a new double degree: Bachelor of Psychological Science (Counselling and Interpersonal Skills)/Business (Human Resource Management).

Students commencing at Mount Gambier this year will also be the first to experience the latest in university learning facilities following the completion of a \$12.5 million Learning Centre.

The special anniversary year also sees 25th Anniversary Outstanding Achievement Scholarships worth up to \$40,000 being available to students who have achieved an ATAR score of 99.95, with a second round of anniversary entry scholarships for excellence, each worth \$5000, being available to students with an ATAR of 99.

Modbury Heights student, Hope Stahl spoke of her delight at becoming the first recipient of a 25th Anniversary Outstanding Achievement Scholarship.

"I found out about UniSA's 25th Anniversary Outstanding Achievement Scholarship in mid-2015 and I knew it was offered to students who achieved an ATAR of 99.95 in Year 12, however I had little idea that I would accomplish this result," Stahl says.

"I was surprised and delighted to discover my 99.95 result, and equally delighted to receive a letter of offer from UniSA. Luckily, I was set on studying Pharmacy at UniSA in 2016, so I was eligible for this prestigious scholarship.

"I chose to study Pharmacy this year because I really enjoyed chemistry, and the Open Day pharmacy event at UniSA piqued my interest as to how pharmaceuticals can aid patients and assist hospital practices.

"In 2016, I hope to improve my study and research skills, and develop my knowledge of the pharmaceutical industry. I'm looking forward to meeting new students and getting used to the university lifestyle."

Getting used to the lifestyle and getting off to a good start is what O-week is all about, says Director of the Student Engagement Unit, Anne Marie Parsons, adding that the University has increased its focus on orientation over the past few years, with an expanded O-week program of events planned for this year.

"2016 brings with it more opportunities for students to engage with the University and their peers, with a focus on flexibility through the creation of evening sessions and the addition of more social activities including morning Brekky Bar meet ups and a free outdoor movie night," Parsons says.

"It's core that every student should check their Program Information Session, which provides an opportunity to meet their program director, teaching staff and also meet and talk to other new and current students from their discipline.

"The second step is to head down to Campus Day; a vibrant welcome to university event where students can get familiar with their campus and find out about all the activities outside of the classroom, including various support services, clubs and societies, UniSA sport and the students association.

"Students will be able to discover that there are many more experiences on offer outside the classroom that will really add to their time at UniSA."

For more information about orientation for students, see the 'new students' website.





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# Do we need more police, or are there better ways to cut crime?

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by Professor Rick Sarre, Professor of Law at UniSA



We have more police per head in Australia than ever before but Prof Rick Sarre discusses why increasing the force even further is not a guarantee to reduce crime.

Do we have enough police in Australia to manage our security needs? This is an important question because we spend more than \$10 billion a year to pay for the police services that we have. Should we spend more?

Let's start with a little history. We have more police per head of population than ever before. Australia had 129 police officers per 100,000 population a century ago. Twenty years ago the figure was 221 per 100,000. It is now 270. Of the states, South Australia tops the list with 314.

So there are more police. But if crime rates are rising, even these extra police numbers will be inadequate to meet the task of keeping us safe. True? No.

#### Fact: crime rates are falling

The fact of the matter is that crime rates are not rising. Over the past 15 years, generally speaking, crime has fallen – dramatically in some cases.

Figures show the following percentage changes in police-recorded crime across Australia from 2001 to 2011: fraud down 12 per cent, arson down 14 per cent, criminal damage down 22 per cent, theft down more than 30 per cent and burglaries and robberies down 50 per cent. Even the numbers of homicides, which usually remain relatively stable, decreased by 23 per cent. Car theft was down a staggering 60 per cent, a trend that continues today.

The only crimes for which police recorded increases during that period were assaults (up 12 per cent), shop theft

(up 10 per cent) and sexual assaults (up 3 per cent). However, there is always a suspicion that these numbers often simply reflect levels of confidence in reporting by victims.

The above trends are mirrored by the data emerging from victimisation surveys. These are very useful in helping to eliminate the "dark" figure of crime that bedevils official police data.

The Australian Bureau of Statistics (ABS) keeps very good victimisation data. The ABS reported in 2015 that the number of recorded victims across Australia decreased for the majority of offence categories between 2013 and 2014.

Robbery had the largest proportional decrease of some 16 per cent. Homicides and car theft are two of the most reliable indicators of the accuracy of victimisation figures, as they rarely suffer from reporting or counting problems. The numbers of homicide and motor vehicle theft victims fell to five-year lows, along with victims of abduction, robbery and unlawful entry with intent.

#### So more police, less crime? It's not that simple

The next question is whether the high police numbers can take credit for these significant drops in crime. If that were the case, then one could assume that more police on the beat would drive crime down even further. The evidence for this argument, however, is scant.

It is well accepted that a combination of factors other than police strength can accurately predict crime trends. The correlations between these factors and crime are well known to criminologists. They include education levels, employment levels, income levels, school-leaving rates, the number of families that regularly need crisis assistance, and the heterogeneity of a relevant population. None of these factors is under the influence of police numbers, or indeed police powers.

Any evidence that higher imprisonment rates significantly reduce crime is weaker than many people might think.

Various commentators have explained the crime drop. The more reliable reasons are as follows: the better economic conditions in the West in the past three decades, better-financed social services, greater emphasis on intelligence-led policing, the removal of lead from petrol, and more affordable and available home alarms and business security services.

One could add higher imprisonment rates to the list, but that is a long bow to draw.

My preferred explanation (with regard to serious assaults at least) is a demographic one. The last of the baby boomers reached 40 years of age a decade ago, and most violent crimes are committed by men aged 18 to 35.

#### Is more police a cost-effective response?

The final question is this: if we are to outlay more than the \$10 billion we spend on policing, what are the opportunity costs? In other words, what has to be cut from government expenditures to cover the increase?

Employment projects, especially for Indigenous Australians, pre-release and rehabilitation schemes, diversion schemes, enhanced parole supervision, programs to prevent child abuse and neglect, and developmental educational schemes have each been shown to have a positive effect on crime prevention. Should we cut them?

Ironically, if we do, crime will increase and there will be greater pressure on governments to hire more police in response.

I don't envy governments in setting their budgetary priorities, but some choices are better than others. Police are important, but not sufficient, in the crime-reduction effort. I have enormous faith in their abilities, but that doesn't necessarily mean we need more of them.

This article was originally published on *The Conversation*.

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#### Stillbirth in Australia: Can we reduce the numbers?

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by Dr Jane Warland, registered midwife and senior academic at the UniSA School of Nursing and Midwifery



Dr Jane Warland is a registered midwife and senior academic at the School of Nursing and Midwifery at the University of South Australia. Since suffering the unexplained stillbirth of her daughter Emma in 1993, she has been a passionate researcher into preventative and modifiable risk factors for stillbirth as well as promoting awareness of stillbirth.

As news consumers in Australia we are regularly reminded about the number of fatalities on our roads. The national road toll for 2015 revealed that 1209 lives were lost and a lot of publicity is devoted to raising awareness around road safety in an attempt to reduce these statistics.

However there's another death toll that we don't hear much about, yet it is nearly double the annual road toll. It is the number of babies stillborn in Australia and in 2013 it was 2191. This means that six Australian babies are stillborn each and every day.

It is important to point out that unlike the road toll which is updated monthly, the release of perinatal data lags behind by two years, so the 2013 Australian Institute of Health and Welfare (AIHW) Australian mothers and babies report was published in December 2015.

One telling comment in this annual report is this: "The stillbirth rate of seven deaths per 1000 births has not changed substantially since 2003."

Why don't we know that so many are babies dying and can anything be done to prevent these deaths?

I think there is a lack of awareness of the stillbirth rate in Australia for two main reasons:

• There is a widespread belief that these babies probably were destined to die anyway because of extreme prematurely, significant maternal illness and/or fetal abnormality incompatible with life. Whilst that is true for

some, for more than 30 per cent of these babies, that is actually not the case at all. Those deaths often occur in women with no risk factors, in babies who have a good chances of survival (delivery after the 7th month of pregnancy) and who have no abnormalities.

• Another reason is that people think that there is little than can be done to prevent stillbirth. Again whilst this is unfortunately true for some babies, many of the babies who die in the last few months of pregnancy actually do give warning signs that they are in trouble by slowing growth and/or movement to conserve energy.

Stillbirth is a heart wrenching experience for the families involved and with many stillbirths being potentially preventable, there is actually great capacity to prevent these deaths but there is a need for further research.

Recently prominent stillbirth researcher from the University of Manchester, Dr Alexander Heazell, was the lead author on a publication reporting a stillbirth research priority setting process in the United Kingdom. It has been known for a while that the UK has the "worst" stillbirth rate in Europe and this has sparked a lot of subsequent activity to try to do something about it.

After following a rigorous process the steering group set the following research priorities for the UK:

- How can the structure and function of the placenta be assessed during pregnancy to detect potential problems and reduce the risk of stillbirth?
- Does ultrasound assessment of fetal growth in the third trimester reduce stillbirth?
- Do modifiable 'lifestyle' factors (e.g. diet, vitamin deficiency, sleep position, sleep apnea, lifting and bending) cause or contribute to stillbirth risk?
- Which investigations identify a fetus at risk of stillbirth after a mother believes she has experienced reduced fetal movements?
- Can the wider use of existing tests and monitoring procedures, especially in later pregnancy, and the
  development and implementation of novel tests (biomarkers) in the mother or in early pregnancy, help
  prevent stillbirth?
- What causes stillbirth in normally grown babies?
- What is the most appropriate bereavement and postnatal care for both parents following a stillbirth?
- Which antenatal care interventions are associated with a reduction in the number of stillbirths?
- Would more accessible evidence-based information on signs and symptoms of stillbirth risk, designed to empower women to raise concerns with healthcare professionals, reduce the incidence of stillbirth?
- How can staff support women and their partners in subsequent pregnancies, using a holistic approach to reduce anxiety, stress and any associated increased visits to healthcare settings?
- Why is the incidence of stillbirth in the UK higher than in other similar high-income countries, and what lessons can we learn from this?

Apart from the last one, these priorities can actually be applied in all high income countries across the globe and therefore there would be no reason why these couldn't also be adopted in Australia.

In fact, in Australia we have great capacity to lead the world in all kinds of research and we certainly should be leading the world in stillbirth research too. One of the reasons why we aren't is because there is little political will to increase funding and innovation commensurate with the scale of six deaths a day.

A UK medical journal, *The Lancet*, recently published a series of papers focused on "ending preventable stillbirth". One of these papers was a comprehensive literature review which showed that there is a substantial economic and psychological burden of stillbirth on society. In particular the paper pointed out that:

- A stillbirth needs more resources than a livebirth, both soon after the death and also in the next pregnancy.
- There are usually indirect and intangible costs of stillbirth which are extensive and usually met by families alone.
- There are many ongoing negative effects, particularly on parental mental health.

The paper concluded that the value of the baby, as well as the associated costs for parents, families, care providers, communities, and society, should therefore be considered when making investments to prevent stillbirths and thereby reduce the associated morbidity.

Late last year, Australian Prime Minister Malcom Turnbull announced that he was prepared to spend one billion dollars on innovation in Australia, and I would like to ask that surely some of those funds could be directed to stillbirth research to help save babies lives both in Australia and across the globe as a matter of urgency.

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February 2016

> from the University of South Australia

# New report examines Islamophobia in Australia

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by Kelly Stone



A new report from UniSA reveals that one in 10 Australians display strong feelings of Islamophobia – that is, negative and hostile attitudes towards Muslims – but the overwhelming majority of Australians don't share these feelings.

The <u>report</u> from UniSA's International Centre for Muslim and non-Muslim Understanding shows 70 per cent of Australians have very low levels of Islamophobia, about 20 per cent are undecided, and 10 per cent are highly Islamophobic.

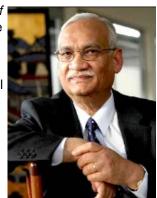
Centre Director and lead author of the report, *Islamophobia, social distance and fear of terrorism in Australia*, Professor Riaz Hassan says the great majority of Australians are comfortable living alongside Muslims.

"While there are pockets of antipathy towards Muslims, an overwhelming majority of Australians feel comfortable with their fellow Australian Muslims, and this is the hopeful and encouraging message of this research," Prof Hassan says.

The report is based on data collected through a telephone survey of a nationally representative sample of 1000 Australian adults.

The main findings include:

 There are no significant differences between Islamophobic attitudes in men and women, and people living in capital cities versus non-capital cities, though people in Victoria were found to be significantly less likely to be Islamophobic in this survey.



Report author Professor Riaz Hassan.

• The great majority of Australians feel comfortable having a Muslim as a family member or close friend.

- People are more worried about terrorism if they are older, have lower levels of education, are unemployed, or employed in a non-professional role.
- Women are more worried about terrorism than men.
- People are less likely to be worried about terrorism if they have regular contact with Muslims.

Prof Hassan says with Islamophobia and fear of terrorism being headline news, grounded social scientific research can make invaluable contributions and offer useful insights into how Australians feel.

"Prompted by the recent appalling terrorist atrocities in Paris, Ankara, Beirut and San Bernardino, international and Australian media have been replete with stories of fear of terrorism, asylum seekers, and reports of Islamophobia," he says.

"Attitudes are invariably influenced by current circumstances but they do not transform collective consciousness."

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# UniSA commits to Red25 program

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by Katrina Phelps



The Red Cross Mobile Donation Unit.

The UniSA community helped save more than 3000 lives last year through taking part in the challenge to make 500 blood donations through the Australian Red Cross Blood Service.

UniSA staff, students and friends – who signed up to UniSA's Red25 program when donating – more than doubled this goal with 1041 donations made to the end of 2015.

UniSA Vice Chancellor, Professor David Lloyd, says the University has now set a new target of 1200 donations for 2016.

"I encourage all staff and students who are able to donate, to join us in meeting this new target," Prof Lloyd says.

"Blood donation is a unique contribution for people to make – a donation that doesn't involve a monetary contribution, but is invaluable.

"I am pleased to support UniSA's involvement in this challenge, and thank all of those community members who helped us reach last year's target."

The Red Cross Mobile Donation Unit regularly visits the Mawson Lakes campus and the Whyalla and Mount Gambier regions; while city donors can visit their closest <u>donation centre</u>. When signing up to be a donor, make sure your donor ID is linked to UniSA's Red25 program.

Community Relations Officer with the Australian Red Cross Blood Service David McFarlane explains that Red25 is a unique giving program uniting organisations around Australia to save lives through blood donation.

"We're on a mission; to achieve 25 per cent of all blood donations needed in this country to meet patient demand," McFarlane says.

"Twenty-five per cent is just the right amount to ensure a strong and sustainable foundation for Australia's blood supply."

McFarlane shares his top four reasons to donate:

- Making a donation takes just one hour of your time and every donation saves three lives
- 25,000 blood donations are needed in Australia every week
- 1 in 3 Australians will need blood in their lifetime but only 1 in 30 currently donate
- Cancer patients, new mothers and trauma victims all rely on life-saving treatments from donated blood

The Mobile Donation Unit will be in Whyalla from March 29 to April 1; in Mount Gambier from April 4 to 8; and Mawson Lakes from April 13 to 15. Keep an eye on the student or staff portals for session times closer to the date.

The Australian Red Cross Blood Service will also have a stand at the metropolitan O-Week events, encouraging students and staff to pledge a blood donation.

Who can donate? Anyone aged between 16 and 70 years old, who weighs more than 50 kilograms and is in good health (e.g. no coughs, cold or flu). See the Australian Red Cross Blood Service website to find out more or take an eligibility quiz.

UniSA staff can donate blood during work hours under the 'Special Leave Procedure' with their manager's approval.

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February 2016

From the University of South Australia

# Sending a satellite balloon in to the stratosphere

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by Will Venn



A 1.6kg helium filled balloon which soared 36km above Mount Barker to the edge of space, has returned to Earth with a payload of thousands of images capturing the agricultural landscape below and the curvature of the planet itself.

The successful balloon launch was the culmination of intense team work undertaken by 31 students participating in this year's Southern Hemisphere Summer Space Programme (SHSSP), which UniSA is hosting in partnership with the International Space University (ISU).

Over the course of a single week students split into teams charged with specific tasks including the design and building of the balloon's payloads, the tracking of its telemetry during flight, the recovery of payloads after its descent and the analysis of what data was collected.

Launch day was attended by the Mayor of Mount Barker, Ann Ferguson, and presided over by former NASA Chief Exploration Scientist and ISU SHSSP director John Connolly, who welcomed and spoke to assembled onlookers about the purpose of the venture, thanking sponsors of the project.

At 9.30am air traffic was diverted away from the Murray Bridge region, leaving only a patch of cirrocumulus clouds peppering the skyline as a ten second countdown gave way to the balloon's release. It ascended at a speed of 5 metres per second until it reached the Earth's stratosphere and its target altitude of around 36,000 metres – four times the height of Mt Everest.

As atmospheric pressure increased the balloon burst, bringing the satellite payload back to Earth at an area 96km away from the launch site.

Student Bruce Clarke, who was responsible for the build and design of the camera payload attached to the balloon, explained that the purpose of the project was to collect and analyse visible and near infra-red images of local

South Australian agricultural areas, to develop a greater understanding of the health of crops in the area.

"We used a Raspberry Pi computer – it's a small inexpensive computer, a versatile bit of technology often used for hobby electronics that you can hook up to a monitor, which we did and we programmed it to take pictures," Bruce says.



With two cameras facing down and a camera attached to the side of the payload, more than 8000 images were captured and stored on a USB drive during the balloon's flight, as well as video footage of the journey.

"Pictures were taken in near infra-red and we can compare them with frames from the video footage which helps us determine how green certain crops in the region are – this tells us about the level of chlorophyll in the plants and how healthy they are," Bruce says.

"It is technology that could equally be applied by small agricultural-based communities in more remote parts of the world; enabling them to have some way to monitor the growth of their crops and determine which areas need greater maintenance."

Student Lisa Stojanovski, who led the video production team, was also part of the recovery group who travelled through mallee scrub to retrieve the payload after the balloon came down to earth.

"We did a live webcast of the balloon launch and filmed the project as it developed," Lisa said.

"It's important to have documentation of the whole process and it serves as a template for anyone wants to do this kind of project in future. Our team had a week to do this and we worked hard to get it done but it shows what can be achieved by working collaboratively."

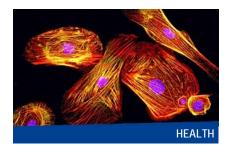


"The launch was amazing – it went without a hitch and knowing the balloon had been 36km up in the air and then seeing it back on the ground was kind of like seeing an old friend again, it was a joyful experience."

Program Co-Director, Michael Davis, congratulated the team following their success.

"This is a great illustration of how a group of enthusiastic participants from diverse backgrounds and cultures can work together to design and test a new solution to a global problem."

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TEMS February 2016

> from the University of South Australia

# Assessing the benefit of hip and knee replacements

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by Kelly Stone and Mary-Jane McArdle



The impact of hip and knee replacements on day-to-day function is the focus of a new study underway at UniSA.

With more than 3000 hip replacements and around 4000 knee replacements performed in South Australia so far this year, School of Health Sciences researcher and physiotherapy lecturer Dr Julie Walters wants to find out how joint replacements affect people's activity levels and quality of life.

Dr Walters says the early response since the study was announced in December has been fantastic with 10 participants already taking part and almost 30 more volunteers expressing their interest, with places still available.

"We have seen a mixed demographic with volunteers from Adelaide, along with rural areas and interstate," says Dr Walters. "The early feedback has been fantastic and people have been really happy to help with the hope that learnings from their personal experiences could help others."

Dr Walters says the number of joint replacements performed in South Australia continues to rise each year and the figures have more than doubled in the past decade.



"Anecdotally we hear that people are having them done to reduce pain and increase their ability to participate in functional and other activities," she says.

"But we also hear that after surgery, people's participation hasn't changed as much as they'd hoped or expected it to. This research will help us to find out how much joint replacement does improve day-to-day function so people have all the information they need before deciding to have it done."

Dr Walters says in the public health system, the wait for joint replacement surgery can be up to three years.

"That's from the time your doctor sends you to the surgeon, to actually having a hip or knee replacement," she says.

"Before that, people are usually on medication to help with the pain and gradually reduce their activities so they don't aggravate the joint as much. Of course, doing less means other areas of the body are affected, muscles get weaker and fitness drops, so the affected joint has a significant and lasting impact on people's pre-operative quality of life.

"After surgery, recovery is getting better and better in terms of getting home faster and, for most people, having less pain. What we're not sure of is whether that translates into being more active and being able to participate more in activity."

Anyone interested in taking part can phone Dr Walters on 8302 2587 or email Julie.walters@unisa.edu.au.

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# February 2016 > from the University of South Australia

## See inside the Great Hall

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Foundation works are continuing for the UniSA Great Hall which is being built on Hindley Street, next to the Jeffrey Smart building.

UniSA Vice Chancellor Professor David Lloyd says the Great Hall will be an iconic venue where thousands of memories will be made.

Due for completion at the end of 2017, the Hall will include a multifunction space for the home of UniSA Sport, where graduations, exams and events will also be held. It will also include a 25-metre, 5 lane pool, gym and fitness studio.

See the <u>Great Hall webpage</u> to watch the fly through - which captures the details of what the Great Hall will look like.

The Great Hall is designed by award-winning South Australian firm JPE Design Studio, in association with internationally renowned Norwegian architecture firm, Snøhetta (working on its first Australian project), as well as South Australia's own JamFactory.

"The Great Hall Consultant Team has worked closely with the University to produce a building design which will transform Adelaide's West End," says Senior Project Management with UniSA's Facilities Management Unit, Rebecca Lawson-Cooke.

"Site works began in October last year and are well underway, with substructure works progressing rapidly. Site levels are currently being excavated, and the project is on-track for completion in December 2017."

All UniSA community members have the opportunity to embed themselves in the DNA of the Great Hall through the integration of their name and three inspirational words for a \$1000 donation. See the <u>Great Hall webpage</u> for more details.

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In Pictures

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## **Taking in the Tour Down Under**

In its 25th Birthday year, UniSA's annual Penny's Hill Winery luncheon for over 280 guests included some very special guests. Along with the SA Premier and Federal Minister for Education UniSA welcomed back two former Vice Chancellors and two former Chancellors. They joined key donors and industry representatives, and senior UniSA Staff and Government representatives on Saturday 23 January, Stage 5 of the 2016 Santos Tour Down Under. Photographer Alice Healy.



(L-R) David Klingberg (Former Chancellor), Professor Peter Hoj (Former Vice Chancellor), Emeritus Professor Denise Bradley (Former Vice Chancellor), Dr Ian Gould (Former Chancellor), Professor David Lloyd (Current Vice Chancellor) and Jim McDowell (current Chancellor).



Peleton racing under the University of South Australia arch during Stage 5 of the Santos Tour Down Under.



(Left image L-R) The Hon Geoff Brock MP, Melissa Bailey, The Hon Jay Weatherill MP, The Hon Kyam Maher MLC and Carmel Maher. (Right image) MC's Kim Robertson and Brenton Ragless from Channel 9.



(L-R) Pat Jonker (former TDU winner), Madeleine Steele (current UniSA student who will be competing in cycling at the World University Games, and who also competed in the Santos Women's Tour during the TDU), and Jeff Kasparian.

## In case you hadn't noticed, there's a birthday celebration

There are a few reminders popping up around campus about UniSA's 25th birthday which will be acknowledged in various ways throughout 2016. Visit the <u>25th birthday website</u> for more details around this year's celebrations.







25th Birthday signage including a historical timeline.

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