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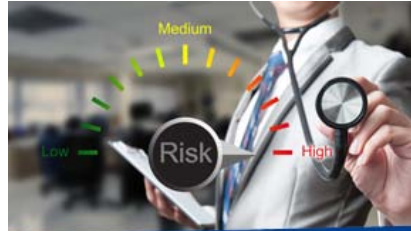
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Forgiving... the only way forward: 19th Annual Hawke Lecture

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by Will Venn



HUMANITIES

Mpho Tutu, daughter of South African cleric and social rights activist Archbishop Desmond Tutu, a man iconically linked with the struggle against apartheid, delivered the 2016 Annual Hawke Lecture last month on the subject of forgiveness.

The event was the 19th in the Annual Hawke Lecture series, presented by The Bob Hawke Prime Ministerial Centre and continuing the tradition of lectures in which the public is invited to listen to the views of someone whose experience of human affairs, and concerns about the world, are notable and worthy of consideration.

This year's lecture, taking place during UniSA's 25th anniversary year, was at Adelaide Town Hall to an audience of several hundred, including Hawke Centre namesake, former Prime Minister Bob Hawke AC.

Mpho Tutu's powerful oration explored the difficulties encountered in making the choice of forgiveness, while emphasising the positive results that can flow from such an act. Using personal and political vignettes she demonstrated how the power of forgiveness can change not just individual lives, but also the fate of a nation.

Having co-written a book on the subject – *The Book of Forgiving* – with her father, Tutu is an ordained Episcopal Priest and founding director of the Desmond and Leah Tutu Legacy Foundation. Her self-declared remit is to harness, preserve and propagate the values, principles and mission of its founders "to contribute sustainably to the creation of a more compassionate world".

Opening her speech, with reference to the recent mass killing in Orlando, Tutu posed probably the most difficult question of the night herself.

"The TV screens are full of Florida, how can you talk of forgiveness now? So I stand before you with the weight of 50 people newly dead to talk about forgiveness. And you may look at me and wonder if what I have just

uttered is an obscenity,” Tutu said.

Tutu addressed this atrocity and also recounted the murder, in April 2012, of her own housekeeper, asking how she could forgive the man who committed this crime.

Tutu’s mantra-like definition of what forgiveness is, peppered throughout the oration, emphasised it is anything but easy.

“Forgiveness is not weakness. Forgiveness does not subvert justice. Forgiveness is not forgetting. Forgiveness is not quick,” Tutu repeated.

“It doesn’t matter the quantum or scale of the affront to be forgiven. It doesn’t matter if the hurt is a lovers’ tiff or an international incident – the path to reconciliation is always the same.

“We can break down forgiving into bite-sized pieces and begin from wherever we are standing. Tell the story. Name the hurt. Grant forgiveness and renew or release the relationship. Tell your story for as long as you need to. Name your hurts until they no longer pierce your heart. Grant forgiveness when you are ready to let go of a past that cannot be changed. Reconcile or release the relationship as you choose.

“Over and again life will offer us the choice. Do we retaliate and inscribe hurt on hurt grinding out the cycle of revenge? Or do we choose the path of forgiveness choosing to tell our story, name our hurt, offer forgiveness and renew or release the relationship?”

At a global level, Tutu highlighted the example of Nelson Mandela as a figurehead of forgiveness whose ability to “let it go” led to the renewal of a nation.

“What elevated the South African story to almost mythical status in the 1990s was that Mr Mandela made forgiveness fashionable,” Tutu said.

“He undertook his journey from imprisonment through the presidency without a hint of arrogance or contempt for his former jailers, without any visible bitterness or desire for vengeance or retribution.

“The word, ‘forgive’, does not appear in any form or fashion in the new South African Constitution or Bill of Rights. But it was a foundation stone for the peaceful transfer of power, dubbed a ‘miracle’ by my father. And the spirit of forgiveness underpinned our Truth and Reconciliation Commission that was to follow.”

Describing Tutu’s talk as “setting a new high bar” for the Annual Hawke Lecture series, former Prime Minister Bob Hawke’s shared his own recollections of meeting Mandela, in the early 1990s.

“I said to Nelson, if you are going to maximise your chance of making a great new South Africa you are going to have to cooperate with those who incarcerated you for more than quarter of a century,” Hawke recalled.

“This great man looked at me and said ‘Bob, I can never forget.... but I can forgive’.

“Such was the character of this marvellous human being, his views prevailed. The concept of forgiveness operated and under his leadership considerable progress was made.”

A podcast of the lecture is available on the Hawke Centre [website](#).



Mpho Tutu with Bob Hawke and Lowitja O'Donoghue

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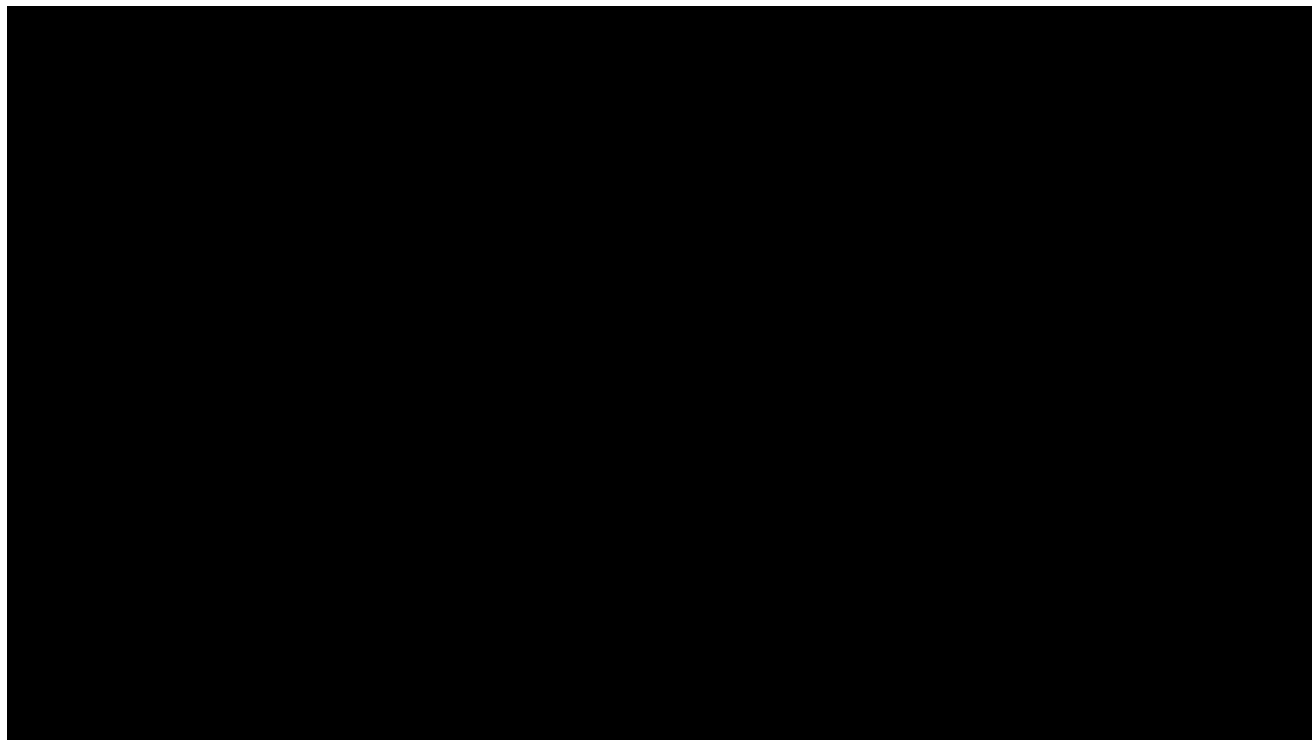
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Adam Goodes signs MoU with UniSA

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The Indigenous Defence Consortium (IDC) and UniSA have formalised a new collaboration designed to advance business and education opportunities in the defence industries for new generations of Aboriginal leaders.

IDC Chief Executive Officer Adam Goodes and UniSA Vice Chancellor Professor David Lloyd signed a memorandum of understanding that will see the University support skills development through its educational offerings in areas such as science and systems engineering, right through to business administration, supply chain management, business marketing and growth and entrepreneurship. See the video above for more about this partnership or read the full story [here](#).

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**University of
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Budget boost: \$7.5 million for Future Industries Institute

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SCIENCE AND TECHNOLOGY

The South Australian Government has announced a \$7.5 million investment in a range of initiatives with UniSA that will support the development of current and future industries in the State.

The package underpins a partnership with UniSA's Future Industries Institute (FII) in which UniSA makes an annual investment of \$14 million for research that is industry-engaged and globally-connected in four key areas – energy and advanced manufacturing; minerals and resource engineering; environmental science and engineering and bioengineering and nanomedicine.

Welcoming the announcement, UniSA Deputy Vice Chancellor Professor Tanya Monro says now, more than ever, effective collaboration between universities and business is essential to drive economic growth and this investment from the Government will intensify and accelerate that collaboration.

"UniSA's Future Industries Institute was established with a completely new research culture in mind – one deeply engaged with industry, with the end goal of building economic growth through relevant innovation and industry partnership," Prof Monro says.

The three initiatives included in the funding will give local businesses and industries access to state-of-the-art equipment at the FII; fund two-way industry/academic placements to support project specific collaborations both 'in the lab' and 'on the floor'; and distribute 12-month, \$100,000 project vouchers for industry to work with UniSA to solve specific industry problems.

UniSA Vice Chancellor, Professor David Lloyd says the investment is encouraging for small to medium enterprises that are highly skilled and enterprising but don't have the infrastructure or research capacity to achieve their goals.

"This funding will open up incredible resources to a variety of local industries," Prof Lloyd says.

“Based at Mawson Lakes, the FII has some of the most advanced laboratories in the country and unique technological capabilities in Australia, fit for research across a range of industrial disciplines and this funding will provide access to those facilities.

“There are also more than 200 highly skilled professors, researchers and research students based at the Institute who are keen to challenge their expertise in real world scenarios and contribute breakthrough ideas that will have flow-on benefits to the community.”

FII Director, Professor Emily Hilder is excited to begin talking with local businesses about how the Institute can help them to reach their goals.

“My ambition is that the FII becomes a model of effective and sustainable collaboration between universities and business,” Prof Hilder says.

“Unlike some countries, Australia does not have a strong, industry-supported, large scale R&D culture, so this support from the State Government will build that capacity and create opportunities for businesses to accelerate their growth potential.

“There is so much to gain by working together. As Director of the Institute I can see these initiatives will help to develop entrepreneurial and business capacity in our university researchers and at the same time, it will create opportunities for businesses to fast-track their growth by being able to employ research-trained staff.

“Ultimately it is a move that will help to change the face of business and industry in SA by creating a sustainable ecosystem in which innovative growth-focussed and complex industries thrive, supported by vibrant links with university research and vice versa.”

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Rio ready: UniSA Human Movement student qualifies for Olympics [Back to story index](#)

by Will Venn



INSIDE UNISA

UniSA student Kurtis Marschall is representing Australia at the Rio Olympics. Photo courtesy of Athletics South Australia.

UniSA student Kurtis Marschall is on the road to Rio, having pole vaulted over 5.70 metres – the requisite height needed to qualify for entry into the event at next month’s Olympic Games in Brazil.

Kurtis, who is 19 years-old and in his second year studying Human Movement, achieved the leap at the Bauhaus Junioren Gala in Mannheim, Germany, in June. This vault saw him beat his personal best by 15 centimetres, reach Olympic standard and set a new Australian Under-20 record.

The leap, which has chalked up more than 1000 likes on Facebook, can be seen in a clip [here](#) on the Athletics Australia website, showing Kurtis power up to the line and defy gravity with a vault that turns him upside down and over a bar that is far higher than a double decker bus. After landing, Kurtis punches the air upon realising the leap was an Olympic-qualifying achievement.

Speaking to Athletics Australia, Kurtis describes his success as “absolutely insane”.

“I never expected to have a jump as big as the Rio standard in me this year. I’ve only attempted it a couple of times but this one was just perfect, everything about it was right,” Kurtis says.

“There were great conditions, I had my coach (Kym Simons) here with me, and it unfolded exactly as I wanted it



Kurtis Marschall. Photo courtesy of Athletics South Australia.

too. I am absolutely over the moon. It's just ridiculous.

"Ever since I started Little Athletics I wanted to go the Olympic Games. I have been a successful athlete as a junior, but I never expected to live my dream at this age. To be on the road to Rio at 19 is something very special.

"I am so privileged to just have the opportunity and I can't wait to see what unfolds in the next few weeks and months."

UniSA Lecturer in Human Movement and Health Sciences, Scott Adams explained how Kurtis' studies would have complemented his preparation and training as an athlete.

"Studying a Bachelor of Human Movement at UniSA is highly authentic in supporting Kurtis' pole vault success, as his lived experiences in athletics extend on from his scholarly knowledge in disciplines such as exercise physiology, fitness and nutrition, motor control and learning, biomechanics, and teaching and coaching," Adams says.

"UniSA takes pride in supporting our elite athletes such as Kurtis to achieve their best in both performance and study through the provision of flexible study options, personalised study plans and a range of support services including study support, counselling and wellbeing services, career and employment advice and a range of extracurricular activities such as UniSA Sport.

"The rapid progress Kurtis has made in recent years is nothing short of outstanding. We were delighted to hear of his qualifying jump and we wish Kurtis every success in competing at this year's Olympic Games."

After his success in Germany, Kurtis is now travelling to Bydgoszcz, Poland where he will compete on July 21 in the IAAF World U20 Championships, after which he is expected to fly to the Athletics Australia Holding camp in Florida, prior to travelling to Rio for the Olympics, which open on August 5.

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While we sit and wait for the dust to settle after last weekend's federal election, which may or may not give us clear direction as to university funding and therefore to the way we run our enterprise from now, we can at least turn our attention to things that we can do.

We can continue to educate our students to become the new professionals driving the national and international economy through their skills, capabilities and innovation potential.

We can continue researching to find innovative and sustainable solutions to some of society's most pressing needs.

And we can build on our strong social mission and commitment to our community by growing our engagement with the society that we live in.

You already know that we are determined to become the University of Choice for Aboriginal and Torres Strait Islander people. We're an active participant in the Australian Indigenous Mentoring Experience (AIME) which provides a dynamic educational program that gives Aboriginal and Torres Strait Islander high school students the skills, opportunities, belief and confidence to finish school at the same rate as their peers. And they've had great success so far. In 2014, 93.2 per cent of their Year 12 cohort completed Year 12. This was 6.7 percentage points higher than the national non-Indigenous Year 12 attainment rate and 34.7 percentage points higher than the national Indigenous rate.

AIME students are also leading the way in closing the gap on post-school pathways into university, further education and training and employment. In 2014-15, 76 per cent of AIME Year 12 students transitioned into positive post-school pathways, 36 percentage points above the national Indigenous rate of 40 per cent and just above the national non-Indigenous rate of 75 per cent. AIME also connects students with post Year 12 opportunities including further education and employment.

It is our aim that 2 per cent of our student cohort are Aboriginal and Torres Strait Islander people which is about

the same ratio as the Aboriginal to non-Aboriginal population. We're a little under that right now but with AIME's influence we could soon meet that goal. And you could become a mentor with AIME and help that goal along. Check them out [here](#).

Universities the world over are places for extending the depth and breadth of human understanding through research, education and engagement. We will soon launch our new Centre for Islamic Thought and Education (CITE) which will be a global knowledge hub with a clear focus on genuine and meaningful engagement between the Muslim and non-Muslim communities to develop valuable two-way conversations and insights.

CITE will give South Australia one of the largest research concentrations in Islamic studies in Australasia which is fitting since this enlightened state was the site of Australia's oldest permanent mosque, built in 1888 from funds donated by a group of Afghan and North Indian camel drivers.

The new Centre will be led by one of Australia's most respected Muslim academic scholars, public intellectual and religious leaders, Professor Mohamad Abdalla, and will bring together researchers specialising in Islamic psychology, ethics and business, leadership and management, finance and education.

The new Centre launches next month.

Muslims in Australia have just celebrated Eid-ul-Fitr (on Wednesday, July 6). On behalf of the University I would like to extend greetings to our Muslim staff, students, alumni and friends and well-wishers by saying "Eid Mubarak". This traditional greeting means 'Blessed Eid'.

Eid-ul-Fitr is one of the two major Islamic festivals and is celebrated upon completion of the month-long fasting during Ramadan (ninth month in the Muslim Hijri calendar). Ramadan is the month of fasting when practising Muslims across the world fast from dawn till sunset. This is also a time for increased prayers and supplication and other forms of worship, increased charity, greater self-restraint and self-reflection.

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

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AWARDS

Queen's Birthday honours for Peter Balan

UniSA Senior Lecturer in the School of Management, Dr Peter Balan OAM, was awarded in the recent Queen's Birthday Honours for service to tertiary education and to the community of South Australia.

Dr Balan has continuously developed innovative approaches to teaching, including starting the School of Marketing's Marketing Project Program and the International Marketing Program.

He mentors entrepreneurs for the Pank/UniSA Prize for Social Innovation and Entrepreneurship, and initiated the Business Innovation Centre Project to support the transfer of technology from research organisations to business.

Dr Balan was previously the Foundation Head of the University's School of Marketing (1996-2000) and during that time, introduced a number of innovations to position the School as one of the leading marketing schools in Australia.

"An important and very satisfying part of my life over more than three decades has been to work with and help a number of community organisations," Dr Balan says.

"I feel greatly honoured that my voluntary contributions have been recognised in this way."

Ten alumni of UniSA were also awarded in the Queen's Birthday list for their achievements, along with several other members of the UniSA community. The full list of awardees is available on the [Alumni website](#).

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Science communicator award for Dr Tasha Stanton

UniSA pain researcher, Dr Tasha Stanton is one of six researchers who were chosen for ABC Radio National's *Top 5 Under 40* project to discover Australia's next generation of science communicators and give them a voice.

Six early-career researchers who have a flair and passion for communicating their work were selected (instead of five) to undertake a media residency at ABC Radio National.

“I am so thrilled to have received such a prestigious award recognising the work that I do in scientific communication,” Dr Stanton says.

“I think that one of the most important parts of my job is to facilitate and contribute to the conversation between the public, clinicians and researchers in medical science, so to be recognised as a leader in this area is fantastic.

“I am incredibly excited to undertake my media residency at ABC RN – it is a great opportunity to work with the best-of-the-best, honing my science communication skills and developing new media production skills.”

Dr Stanton’s research tries to better understand what factors – other than tissue damage – influence how much pain is felt.

“Pain is actually very complex,” Dr Stanton explains. “Have you ever been shocked at how much a paper cut hurt or noticed a bruise but couldn’t remember how you got it?”

“If you can say ‘yes’ to either of these, you have experienced how complex pain is. How much pain you experience often does not relate to the amount of tissue damage present.

“This is important because we know that focusing our treatment only on tissue damage is not very effective in chronic pain.”

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UniSA students shine at SA Media Awards

Aspiring political journalist and final year UniSA student, Ashleigh Pisani, was awarded the Julie Duncan Memorial Award for Student Journalism at the 2016 South Australian Media Awards last month.

Passionate about politics, Ashleigh says she has always aspired to be a national political journalist and is honoured to be acknowledged by the Media, Entertainment & Arts Alliance (MEAA) – the union and industry advocate for Australia’s journalists.

“Winning Journalism Student of the Year is so exciting and completely unexpected,” Ashleigh says.

“It’s just an amazing feeling to have your work recognised by the SA Media Award’s judges.”

Set to graduate in August with a double degree in journalism and international relations, Ashleigh wants to work as a print and online journalist, following in the steps of her idols Annabel Crabb, Leigh Sales, Katharine Murphy, Lenore Taylor and Laura Tingle.

“These are all brilliant political journalists and their ability to get to the heart of an issue and hold politicians to account while remaining fair and balanced is something I hope to be able to one day emulate,” Ashleigh says.

“I follow politics very closely and want to be able to share that information and make politics accessible to as many people as possible.”

Journalism and Professional Writing Program Director, Dr Patrizia Furlan says Ashleigh demonstrates the drive and tenacity required to excel in fiercely contested reporting genres such as politics.

“UniSA students who have succeeded in journalism both here and overseas have all displayed similar traits beyond superior written and oral



Ashleigh Pisani receiving her award from Patrizia Furlan, Program Director of Journalism and Professional Writing.



Benson Siebert receiving his Best Young Journalist award from Department for Communities and Social Inclusion Director, Community Engagement and Grants, Justine Kennedy; and State Disabilities, Mental Health and Substance Abuse Minister Leesa Vlahos.

communication skills and technical proficiencies,” Dr Furlan says.

“These include critical thinking, resilience, insatiable curiosity and fearlessness in the pursuit of stories and sources.”

UniSA students and alumni were well represented in many SA Media Awards categories including:

Journalist of the Year

Winner - Ben Avery, UniSA Journalism alumnus and Channel 9 reporter

Best Coverage of Social Equity Affairs - All Media

Winner - Natalie Whiting, UniSA Journalism alumnus and ABC reporter

Best Radio Broadcaster

Winner - Natalie Whiting, UniSA Journalism alumnus and ABC reporter

Best Print/Digital Journalist

Winner - Lauren Novak, UniSA Journalism alumnus and *The Advertiser* reporter

Best TV News Report

Winner - Ben Avery, UniSA Journalism alumnus and Channel 9 reporter

Max Fatchen Award for Best Young Journalist Award

Winner - Bension Siebert, UniSA Journalism and International Relations current student and *InDaily* reporter

Finalist - Phoebe Bowden, UniSA Journalism and Laws alumnus and Channel 10 reporter

Finalist - Fraser Goldsworthy, UniSA Journalism current student and Channel 7 reporter

Best Rural/Regional Journalist Award

Winner - Elise Fantin, UniSA Journalism alumnus and ABC reporter

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Award of Merit for City West Student Lounge

UniSA's Student Lounge at City West campus has received an Award of Merit in the Interior Architecture category of the Australian Institute of Architects – SA Chapter Awards.

An Award of Merit recognises the project is a work of excellence, demonstrating consummate architectural skill that contributes to the advancement of architecture.

This year 13 projects were submitted for consideration in this category, with one named award and two Awards of Merit presented at the awards night earlier this month.

Project Manager with UniSA's Facilities Management Unit Joanne Camens, says Phillips/Pilkington Architects did a wonderful job developing and detailing the conceptual ideas from students, along with Harrold and Kite Builders delivering the project in a tight time frame.

The new Student Lounge was initially developed as part of a UniSA Design Studio project to provide a direct insight into student needs. Chris Trotta through UniSA's Matchstudio integrated the ideas of six students into a concept proposal which Phillips/Pilkington Architects with Clare Kneebone developed into a welcoming new facility supporting extra-curricular life.

This project will now be considered for a national award in November.

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Broadcast journalism awards

For final year journalism student Madeleine Dunne, becoming a television



Natalie Whiting receiving her Best Radio Broadcaster Award from Samela Harris and State Disabilities, Mental Health and Substance Abuse Minister Leesa Vlahos.



UniSA's award winning student lounge.

journalist has been a dream from a young age. From filming news bulletins in her own backyard when she was younger, Madeleine has realised her dream and is winning awards for her work.

At UniSA's annual 'TV Industry Night', she was part of the team awarded the Channel Nine Best News Bulletin, as well as winner of the Channel Seven Best News Story.

These prizes are awarded annually for students undertaking the Television and Video Journalism subject who are required to film and edit their own stories, which are then judged by the news directors of local television stations.

For Madeleine, undertaking the television subject confirmed her desire to be a broadcast journalist and gave her a career a boost.

"I had finished an internship at Channel Seven and was helping out there two days a week," Madeleine says. "When my boss came to industry night and saw what I'd been doing at uni, he let me start doing my own stories at work.

"Working as a journalist and studying at the same time can certainly be tricky – especially when major assignments are due but most teachers are fairly accommodating.

"I really love being able to bring extra knowledge to classrooms and still cherish the uni lifestyle."

For other students or those looking to start studying journalism, Madeleine says "it's all about experience".

"Do as much work experience and as many internships as you can before you finish your degree," she says.

"They are super easy to facilitate through the university, and it's a great way for people in the industry to get to know your face and keep you in mind when jobs pop up.

"There's some crazy myth that there are no jobs in journalism – there are jobs, if you put yourself out there and know where to find them. In the end, it's 50 per cent hard work and 50 per cent luck... Be in the right place at the right time, and good things will follow."

Also awarded at the TV Industry Night were Sam Reynolds for the Channel 10 Best packaged/filmed/edited story. Sam was part of the same 'Best News Bulletin' winning team as Madeleine, along with Amelie McMahon and Jai Coe.

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Madeleine Dunne at work at Channel Seven.

APPOINTMENTS

UniSA's key role in global cancer care

Two UniSA researchers were recently appointed to lead positions in the field of cancer care following an international event held in Adelaide.

The Multinational Association for Supportive Care in Cancer (MASCC) and International Society of Oral Oncology (ISOO) Annual Scientific Meeting was held in Australia for the first time, bringing together more than 1000 leading experts and researchers from 50 countries around the world.

UniSA's Sansom Institute was an event sponsor and Institute Director Professor Ian Olver was announced as new President of the MASCC/ISOO, while UniSA's Health Sciences Dean (Academic) Professor Rachel Gibson was named Scientific Chair for the next two international conferences.

The ASM – held across three days – featured more than 500 abstracts, and was considered the definitive international event showcasing the latest in patient-centred cancer care.

As cancer survival improves and more people undergo prolonged cancer treatment, finding new ways to support patients and manage their symptoms is becoming increasingly important and this event showcased not only how far cancer care has come, but also how it can be improved in the future.



Professor Ian Olver and Professor Rachel Gibson at a recent cancer care conference in Adelaide.

The event also explored issues ranging from the role of exercise and nutrition in cancer treatment, through to ways that technology supports patients.

Prof Olver who is also Chair of Translational Cancer Research at UniSA says he is looking forward to trying to reduce the disparities in supportive care by sharing expertise with developing countries.

“There are not only burdens from the financial “toxicity” of being able to pay for the newer targeted anti-cancer agents, but we need more research into managing their side effects,” Prof Olver says.

“The ongoing psychological and physical challenges faced by cancer survivors are being increasingly recognised and must be addressed to improve patients’ quality of life after cancer treatment.”

He says highlights from the recent Scientific Meeting included new information on managing side effects of treatment such as hair loss, nausea and fatigue, and research in survivor guilt in patients with lung cancer. The positive impact of moderate daily exercise on the symptoms of anxiety and depression was surprising and something patients could control. A patient seminar to learn from shared experiences preceded the scientific sessions.

MASCC is an international multidisciplinary organisation dedicated to research, practice, and education in all aspects of supportive care for people with cancer, regardless of the stage of their disease. Founded in 1990, MASCC includes members from more than 60 countries and five continents.

Because supportive care encompasses all aspects of care, it involves a variety of disciplines and specialists.

Membership is open to medical, surgical, and radiation oncologists, nurses, dentists, dental hygienists, pharmacists, social workers, dietitians, outcomes specialists, psychologists, statisticians, infectious disease specialists, educators, and others interested in supportive care. MASCC and its members believe that supportive care makes excellent cancer care possible.

In 1998, MASCC joined forces with the International Society of Oral Oncology (ISOO), an organisation that addresses the management of complications arising in oral tissues secondary to cancer and its treatment.

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Professor Anthony Elliott to advance external engagement

Professor Anthony Elliott has been appointed to the newly created senior leadership position of Dean: External Engagement.

Prof Elliott joins UniSA’s External Relations and Strategic Projects portfolio, which was created earlier this year in response to the expanding number of university partnerships and projects within Australia and internationally.

Vice Chancellor Professor David Lloyd says this role has been added to further enhance UniSA’s external engagement capacity.



Prof Lloyd says Prof Elliott, who was previously Director of the Hawke Research Institute, has a proven track-record of developing productive partnerships, especially overseas, most notably in Japan and Europe, and as an ambassador for UniSA.

“He has played a key role in initiating and shaping relationships with Keio University in Japan (including the first ever dual award PhD with a Japanese University); with the Long Room Hub at Trinity College Dublin; with the Université Paris II Panthéon Assas; and with the Mobilities Lab at Lancaster University, UK,” Prof Lloyd says.

“Other achievements include advancing UniSA’s successful bid to the European Commission for the Hawke EU Centre and overseeing its development.”

Prof Elliott will continue to work on public events but will do so in future as part of the Bob Hawke Prime Ministerial Centre program. He will continue to be Executive Director of the Hawke EU Centre and Research Professor of Sociology in the Division of Education, Arts and Social Sciences (EASS).

For the interim, Professor Kerry London will be Acting Director of the Hawke Research Institute, as well as Dean: Research and Innovation in EASS.

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New Director of Student Engagement

Brendan Hughes has been appointed to the role of Director of Student Engagement following an internationally competitive recruitment process.

Pro Vice Chancellor of Student Engagement and Equity, Dr Laura-Anne Bull, says Hughes' significant achievements and experience in managing specialist teams within the student engagement function, over a number of years and institutions, will serve him well as the Director of the newly formed unit.

He joins UniSA from the University of Manitoba in Canada, where he has been a Director and Executive Director in Student Engagement since 2011. During this time he has led the development and implementation of new institution wide programs in orientation, student volunteerism and student leadership which received national recognition through the Association of Universities and Colleges of Canada.

Hughes has led key reforms in co-curricular student engagement and achievement, career services, community service-learning, and international student mobility.

He managed the review and reorganisation of the Indigenous Student Centre at the University of Manitoba, which led to an increase in the number of Indigenous students graduating from the University. He also led the introduction of a successful 'Respect' campaign at the University of Manitoba in collaboration with student leaders, colleagues and community partners.

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Prominent leader takes on new role to lead research in cancer care nursing

Professor Marion Eckert (pictured right) has been appointed as UniSA's inaugural Professor of Cancer Nursing.

Nursing and Midwifery Head of School, Professor Carol Grech says this appointment has been designed to further support UniSA's nursing and midwifery education and research capabilities.

"Prof Eckert's extensive expertise and experience will be invaluable across a range of areas," Prof Grech says.

"With more than 25 years' experience in the health care industry, Prof Eckert is acknowledged as a prominent nurse leader nationally and internationally in research, consultancy, development of consumer-centred care and evidence-based clinical care practices, policies, academic scholarship and nurse leadership."



Prof Eckert previously held the position of General Manager, Support, Research and Policy at the Cancer Council SA where she was responsible for research initiatives, funding and governance; operational services; client support services; nurse leadership and nurse management.

Prof Eckert's association with the UniSA School of Nursing and Midwifery spans a number of years with industry-linked research and publications, and she intends to nurture strong research collaborations that inspire partnerships for translational benefit across the state, the nation and the world.

"Demonstrating research relevance to inform and support clinical care and policy is the key to connecting researchers with the broader community so their valuable work can advance health service planning and delivery," Prof Eckert says.

"I am looking forward to being able to lead, foster and support cancer care nursing research across South Australia, the nation and to potentially inform international initiatives."

See full announcement [here](#).

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ANNOUNCEMENTS

New journal to showcase up-and-coming researchers

UniSA researchers have played a lead role in a new journal aimed at helping honours and PhD students, along with early career researchers to publish their work.

Eat Sleep Work is an online, open access, free and peer-reviewed journal, showcasing high quality research by up-and-coming researchers in lifestyle science.

The scope of the journal includes, but is not limited to, work that explores the relationships between sleep, diet, exercise, work, health and the environment.

Associate Professor Jill Dorrian from UniSA's School of Psychology, Social Work and



Social Policy is the editor-in-chief and has devoted a lot of hard work and persistence over the past 12 months in getting the project launched. Four UniSA staff are also involved alongside editors from Monash University, the University of Melbourne, Flinders University and CQUniversity.

Prof Dorrian says every year, there are thousands of pieces of work from students that get assessed and graded, and then sit gathering dust on professor's bookshelves, or in assignment archives.

"However, in these pieces of work, are the ideas of our next generation of researchers," Prof Dorrian says.

"Students may have difficulty getting their work accepted by the larger journals, despite it providing important new knowledge.

"And the best way to learn how to write well is to practice and to review."

This first volume released in June features a lot of UniSA effort from both from staff and students and it is expected the publication will grow and expand quickly.

Submissions are welcome from student and early-career researchers and their mentors. The editors will consider journal articles, short reports, review articles, case studies, calls to arms and letters to the editor.

"We are also very happy to publish PhD thesis abstracts with short student biographies - we want to let the field know about our colleagues transitioning into post-study roles," Prof Dorrian says.

All papers are downloadable from the website, and there is a mailing list for anyone who is interested in finding out more. The aim is two volumes per year with subscriptions and publications both free.

Find out more [here](#).

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UniSA to host international open data competition

This year UniSA is proud to host Unleashed, South Australia's chapter of [GovHack](#), the annual international Open Data Competition held across Australia and New Zealand.

All digital entrepreneurs, film makers, historians, game designers, marketers, visual artists and those interested in data hacking, are invited to take part in Unleashed on July 29-30.

Over 46 hours, teams explore hundreds of datasets and develop innovative concepts using them. These could be in the form of:

- an application (app)
- a visualisation
- a digitised project
- a game, or
- a piece of visual art.

UniSA is hosting Unleashed for the first time, offering its facilities and unique spaces for all competitors, including the Innovation & Collaboration Centre, Makers Studio in the Kaurna Building and Digital and Design workshops.

Unleashed is encouraging participants from the following broad range of disciplines:

- **Unleashed - Entrepreneurs** – Encouraging digital entrepreneurs to commercialise and advance their ideas. This includes all creative reuse of data via apps, websites and data visualisation tools.
- **The Arts Unleashed - Story Tellers (*NEW)** – For those interested in humanities and social sciences, and to

encourage filmmakers, historians, game designers, marketers and visual artists to get involved and tell a story with Open Data.

- **Machinery of Data (MOD) - Makers** – Makers, artists and crafters will build machines, electronic gadgets and art that is driven by, reacts to and is inspired by Open Data.

Register [here](#) and to keep up to date on everything Unleashed, follow [@ICCUniSA](#) on Twitter.

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Latest content revision: Wednesday, 13 July 2016



University of
South Australia

news

July 2016

> from the University of South Australia

Highlights from the Media Centre

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The past month has seen many accolades and achievements for UniSA and its people; as well as the release of new research and innovations. Here are some of the top stories from our Media Centre:

[Prestigious innovation award for Peter Murphy](#)

Peter Murphy, Professor and leader of the Energy and Advanced Manufacturing strand of the Future Industries Institute, has been awarded a prestigious 2016 Clunies Ross Award, in the innovation category.

The award honours Prof Murphy's research leadership and the work of his team in translating innovative thin-film technology into the world's first lightweight plastic automotive mirror, which has been designed as a highly reflective, distortion-free and shatterproof alternative to glass-based external car mirrors, able to withstand extremes of temperature variation.



[UniSA leads information innovation](#)

UniSA's enterprising approach to research, digital innovation and industry engagement has been acknowledged with a haul of category wins and a merit at the 2016 Australian Information Industry Association (AIIA) SA and NT iAwards.

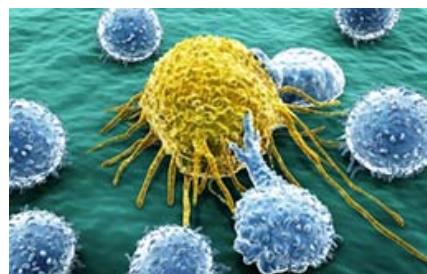
The work of the Institute for Telecommunications Research (ITR) was recognised with the Consumer Category Award for LiPo, an indoor positioning system using visible light; while a collaboration between UniSA Ventures, UniSA's Wearable Computer Lab and the School of Health Science won the Research and Development Project of the Year Award with MoOvi - a virtual reality training tool for chronic pain.



[UniSA's improved cancer detection technology a magnet for commercialisation](#)

Researchers at the UniSA's Future Industries Institute will join forces with New Zealand based nanoparticle specialist Boutiq Science and major IP investor, Powerhouse Ventures to develop an improved system for cancer detection that relies on magnetic rather than radioactive tracers.

While traditional radioactive tracers have been a mainstay for detecting the spread of both breast cancer and melanoma in lymph nodes, they have proved less effective in other cancers such as head and neck, gastrointestinal and oesophageal cancers, where nodes are closely packed or clustered.



[NRF supports treatment advances for devastating brain cancers](#)

New research from UniSA and SA Pathology's Centre for Cancer Biology (CCB) could support more effective chemotherapy treatment for one of the most lethal brain cancers, Glioblastoma.

The research has received a boost of \$68,000 from the Neurosurgical Research Foundation (NRF), allowing leading brain cancer researcher, Professor Stuart Pitson, to take his work one-step closer to clinical application.

As head of CCB's Molecular Signaling Laboratory Prof Pitson and his team



examine the molecular mechanisms controlling the growth and survival of cancer cells with the goal of developing new agents to target these mechanisms for anti-cancer therapy.

[Molten salt technology to benefit mining industry](#)

A collaborative research funding partnership between UniSA, the South Australian and Western Australian governments and Centrex Metals Limited is funding cutting edge molten salt technology that will significantly reduce energy and water usage, and therefore the cost of mineral processing using molten salts.

The research, based around the Oxley Potassium Project and undertaken by UniSA's School of Engineering and Future Industries Institute, will expand current molten salt research for solar energy applications into minerals processing and further strengthen engagement between the research sector and industry with a view to maximising successful technology development and commercialisation.



Read more media releases from UniSA at unisa.edu.au/Media-Centre.

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University of
South Australia

Gaza to Adelaide: how education has changed a family's life

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by Mary-Jane McArdle



HUMANITIES

PhD candidate Wael Jebriil with his wife Asmaa and daughter Joudi, and UniSA PhD supervisor Ruth Geer.

As PhD candidate Wael Jebriil reflects on his journey from Gaza to Mawson Lakes, it's obvious he possesses an unassailable determination to overcome challenges that most people would never dream of facing.

His response to the following question tells a lot about his character; *was it hard to leave your home after being told the border crossing was open for just half an hour, in what may be the one chance to leave your war-torn homeland behind, to say goodbye to family in just minutes, pack your life into five suitcases to make your way through Israel and Jordan, then onwards to Australia knowing you would most likely never return home?*

"Of course it was hard. But it was not my decision," Wael reflects.

"I just wanted to create a better life for my wife and my daughter. Now we are safe, and that's what is really important for us."

Home is the Gaza strip, a small self-governing territory of Palestine, less than half the size of the Adelaide Metropolitan region. With a population of almost two million people, it's considered the sixth most densely populated polity in the world.

Wael's memories of home are a place that is plagued by war.

"What you see on the news, that is what it is like there," he says. "My neighbours, my friends and members of my family have been killed as a result of these wars."

It's members of Wael's family and friends who have chipped into their own savings to loan him upwards of \$US20,000 that finally enabled him to bring his wife Asmaa and young daughter Joudi to Adelaide to undertake

his PhD at UniSA.

"Education is our way out," he says. Education runs in the family; his own father has a Masters and his brothers and sisters have also pursued higher education. Asmaa has a Bachelor in Psychology and may pursue further study here in Australia.

It has been each step in Wael's education journey that has gradually widened the path ahead towards a better life. He first left Gaza for Edinburgh, Scotland in 2005 to complete a Masters in policy studies before returning home again. In 2010 he travelled abroad to undertake further study at New York State University in the United States, under a prestigious Fulbright scholarship.

When he returned from the US, Wael says everything turned upside as a result of war. He had no full-time job (only sometimes a few casual hours as a teacher and tutor), which was not uncommon in a country with 60 per cent unemployment; and lived without consistent access to electricity or clean water.

But as he started a family, Wael was acutely aware that it was now even more important than ever to continue his education journey and create a new life outside of Palestine.

From the moment his UniSA supervisor Ruth Geer read Wael's PhD application, she knew she was interested in supporting him. His topic emerged from his concern for the Palestinian education system.

"He was looking into the role of social media for English Language learning and he had done a thesis in TESOL (Teaching English to Students of Other Languages)," Ruth says.

"His qualifications already meant something and when I spoke to him I was reassured that he was a student I wanted to support."



Wael Jebriil with his supervisor Ruth Geer.

Ruth has since gone well above the call of duty of a supervisor. From rescheduled Skype interviews when Wael relied upon a borrowed generator just to power his computer, through to setting up her own online crowd sourcing campaign to raise money so his wife and daughter could join him in Adelaide, to helping source and even deliver donated furniture to his new apartment in Mawson Lakes.

Ruth is quite modest about how she has helped out, but Wael says what she has done for him is unique and she should be very proud.

"I must thank Ruth very much, my wife and daughter just love her," Wael says. "We don't meet people like her often in my life."

Wael's journey to Adelaide was not straight forward and in fact there were many times following his successful PhD application when he felt he was never going to make it.

His initial start date of February 2015 gave him four months to get organised and Ruth says she immediately realised how critical it was for Wael to bring his wife and daughter.

"He needed time to get the funds together and so he deferred the position for six months," Ruth recalls.

In September 2015, Wael had been unable to raise enough money and sent an email to Ruth saying he wouldn't be able to make it and that he would decline this three-year PhD scholarship opportunity.

"But Ruth said no, I could not decline and she was able to get me another extension until December."

Ruth spent a lot of time trying to find sponsors and went so far as setting up a page on a crowd sourcing website in November 2015. That month, Wael received his Australian visa, and pieces of the puzzle were finally falling into place.

Ruth's crowd sourcing efforts resulted in almost \$3500 she promised to give to Wael to help get settled in Adelaide if he was just able to get here. And after securing loans from family and friends, he now had enough funds to pay for his wife and daughter's airfares and health insurance.

However the problem of getting out of his own country remained a major hurdle.

"We are besieged and to get out of my country is difficult," Wael says.

He applied for a Jordanian visa to gain permission to fly out of Amman, the capital of Jordan as Gaza has no airport and Palestinians are not permitted to fly out of Israel, nor can they exit through Egypt.

His Jordanian visa application was rejected twice with no given reason, and the already extended December

deadline was getting close. Ruth arranged for another extension with UniSA until January and she organised a letter from UniSA's Vice Chancellor to the Jordanian Ambassador in an attempt to aid the visa application. Finally on the third attempt, the required visa was granted.

Now the final step was gaining an Israeli permit to travel through Israel to Jordan, however the infamous Erez Crossing has no certainty about when it will be open and who will be granted permission to pass through.

Without any prior warning, one day in January, Wael received a phone call to say he had permission to leave, the gate was open and he was initially given 30 minutes notice to leave Gaza.

"I had to call my wife who was at her new temporary job and initially she didn't believe me. We were expecting we may have one or two days to prepare but we were given half an hour which was actually impossible considering it was a 45 minute drive to the border."

After some negotiation they agreed to leave the gate open for 90 minutes in which Wael and Asmaa arranged to collect daughter Joudi from kindergarten, to pack and to say goodbye to family, knowing it was likely they would never be allowed to return to Gaza.

"I called my house and my mother answered the phone. I said we are leaving now and my mum said I need to see you. We literally had only minutes to say goodbye to our families and I still remember saying goodbye to my wife's mum upstairs and her father downstairs, we couldn't even see them together."

Once they reached the gate to enter the crossing, it had already been closed and Wael was told to reapply and come back another time.

After some negotiation the gate was re-opened three hours later. It was now 6pm and the family embarked on the one kilometre walk through a barbed wire tunnel.

This left just two hours to make a three-hour journey by taxi to the Allenby Bridge (the border crossing for Palestinians between Israel and Jordan) before it closed and they did not have a permit to stay in Israel.

With some negotiation the bridge was kept open for an extra hour, enabling the family to enter Jordan and all the time, Wael's brother was preparing to book their flights to Adelaide.

After about three days in transit, they finally arrived safely in Adelaide on January 17, 2016, just one day before his January 18 deadline.

Following a few nights in a hotel, the family moved into an unfurnished apartment in Mawson Lakes, spending the first night sleeping on the floor and without electricity – something that was not so foreign to Wael.

The next day, Ruth and her husband collected and delivered a queen-size bed, staying to spend a few hours in the dark putting it together.

The apartment has since been furnished with the help of donations from university staff and wider circles including Ruth's church congregation.

Ruth says the support from everyone, especially from UniSA staff members has been absolutely fantastic and she returned on numerous trips with items including a lounge, fridge, crockery, stereo and bookshelves as the apartment soon became home.

"We are very much settled in now and we know we are safe," Wael reflects. "We have a calendar and we can plan for the future. Back home in my country we did not have calendars because we did not know what was ahead."

Wael proposal topic is *Examining Educators' Use of Social Network Sites (SNS) in the University Classroom: A Pedagogic Perspective*. Following regular meetings with his supervisors he is finalising his proposal draft and expects to have a colloquium at the end of July.

"My future career plan is to become a researcher in the field of education and/or an educator of English language (including TOEFL/IELTS) to non-native speakers of English," he says.

"Since commencing my PhD in January 2016, I became a volunteer at UniSA Community Connect Club and the AIME program, and both my wife and I plan to apply for available jobs to help send our daughter to nursery and enhance our income in Adelaide."

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Latest content revision: Monday, 11 July 2016



University of
South Australia

Interactive body map: what really gives you cancer?

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HEALTH

There's an abundance of advice out there on what you should or shouldn't eat, drink, swallow, or stand next to, to avoid cancer. But it's often lacking in evidence and the jumble of messages can be confusing.

UniSA's Professor Ian Olver is one of the researchers who contributed to [this article published on The Conversation](#) which has received more than 1.4 million page views from across the world.

The article features an interactive body map that brings together the evidence on proven cancer causes. Using credible, scientific sources, it answers questions about whether alcohol, red meat or sun exposure increase your cancer risk.

Prof Olver says the purpose of the body map is to show people what lifestyle choices they could choose to make to reduce their chance of developing cancer.

"By focusing on major risks it dispels myths about the importance of many other things popularly thought to cause cancer," Prof Olver says. "By explaining risk it helps put the impact of these factors on the risk of cancer into proportion."

What the cancer experts say

Cancer occurs when mutations in a cell's DNA cause it to replicate without control, invading other tissues. Some cancer-causing mutations can be inherited; others induced, by infection with bacteria or viruses; or by environmental factors such as smoking, sun exposure and eating red meat.

The [interactive body map](#)'s focus is on induced factors, which are considered "modifiable" because avoiding them lessens your chance of cancer.



Professor Ian Olver

When reading the map, keep in mind that every body and circumstance is unique; one risk factor cannot be considered in isolation when applied to a real life context.

Also remember the percentages portrayed are “relative risks” which are different to “absolute risks” and Prof Olver explains this difference below, which will help you understand what relative risk really means for your chances of getting cancer.

It’s all relative: how to understand cancer risk

Professor Ian Olver explains the difference between “absolute risk” – the risk of developing a cancer over a certain period of time; and “relative risk” – the risk one group of people has of developing a cancer compared to the risk of another group.

The [interactive cancer map](#) featured on The Conversation shows that the risk of bowel cancer is 10 per cent higher for men and women who have one standard alcoholic drink every day, than for those who don’t drink any alcohol.

This is known as “relative risk” and does not mean you have a 10 per cent chance of getting bowel cancer if you drink one drink per day.

As the map says, it means your risk of bowel cancer is 10 per cent higher than the risk of someone who doesn’t drink any alcohol.

Prof Olver says this 10 per cent matters not only in relation to someone else, but also in relation to the absolute risk of getting the particular cancer in the first place. If the absolute risk is small, then a 10 per cent increase still doesn’t make your chances of getting cancer very high.

“For instance, a man living in Australia has an absolute risk of 10 per cent of developing bowel cancer over his lifetime. If he drinks one beer every day and his risk of bowel cancer increases by 10 per cent, then it only goes up to 11 per cent overall – so not much higher than it was in the first place,” he says.

Absolute risk

The absolute risk of cancer is the chance of developing a certain cancer over a specified period of time, say in one year or in five years.

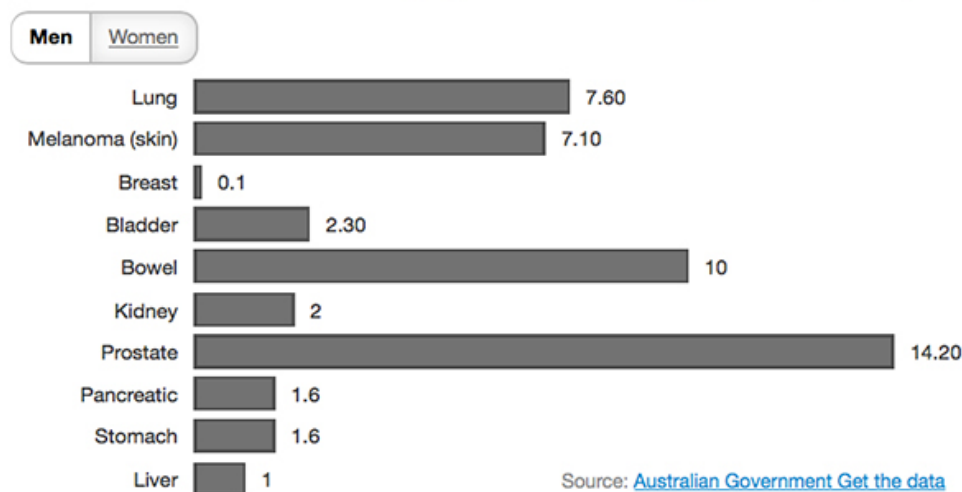
Prof Olver says that chance will change depending on different factors.

“The most important is a person’s age,” he says. “Since most cancers are more common in older age groups, your absolute risk of cancer will be higher as you get older.

“One measure of absolute risk is the lifetime risk, which is the absolute risk of a certain cancer over the period of someone’s life.”

The graph below shows the risk for men and women who live in Australia getting certain cancers before the age of 85.

Australians' lifetime risk (%) of cancer diagnosis (by 85)



Prof Olver says women who have genetic changes in the BRCA1 or BRCA2 genes have around a 60 per cent

absolute lifetime risk of developing breast cancer. This absolute risk is high.

“But this risk is over a whole lifetime, so a woman with altered BRCA genes who ends up developing breast cancer may not do so until she is in her 70s or 80s,” he says.

Relative risk

Relative risk compares the risk of cancer in one group of people to that in another group.

Prof Olver says the chance of a group with a common risk factor (such as obesity) developing cancer can be compared to the chance of another group of people with a healthy weight. “This relative risk ratio will remain constant across the world,” he says. “But absolute risk will vary depending on how common a cancer is in a particular region.

“Relative risk may sometimes be quite high and lead people to believe the absolute risk of developing disease is higher than it actually is.

“For instance, a woman from a Western country has a 2 in 100 chance (2 per cent absolute lifetime risk) of developing cancer of the endometrium (lining of the uterus) by the age of 85.

“If the woman is obese, her risk of endometrial cancer is twice that of a woman of ideal weight. That is, a relative risk of 2 or 100 per cent greater chance of developing endometrial cancer than a woman who is not obese.”

Prof Olver says while this 100 per cent figure may sound like obese women have a very high risk of endometrial cancer, in fact, the risk is still quite low, since doubling the 2 per cent population risk still only makes the absolute risk of endometrial cancer in obese women around 4 per cent. This is still a low probability of cancer.

“Be careful not to confuse relative risk with absolute risk and remember the time-frames over which absolute risk can apply,” Prof Olver says.

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RESEARCH SPOTLIGHT

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Running into Australian gaming history

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by Zoe Lizarralde Gomez



COMMUNITY

Australian Speedrunning Marathon coordinators Jonathan Kovarch and Frank Black.

Prep the energy drinks, cue the mic and grab hold of your joystick – it's speedrunning time!

No, this is not a joke – speedrunning is a sport, but for gamers, and it has a massive national and international following.

Coinciding with the Adelaide Anime and Video Games Festival (AVCon), UniSA's Magill campus will be the headquarters for the first Australian Speedrunning Marathon over 24 continuous hours, running across July 13th and 14th.

Event coordinator and current student, who goes by the gaming name Frank Black, says speedrunning is a fast and furious competition where gamers attempt to complete their chosen game as fast as possible.

"The Australian Speedrunning Marathon is an annual event, featuring more than 30 of Australia's top gaming talent but we are holding the first overnight 24-hour speedrunning marathon in Australian history," Black says.

"It is also the only major speedrunning event in Australia at this time, and it will be the first speedrunning marathon in this country to be done in support of a charity.

"We are supporting *beyondblue*, a fantastic organisation working to raise awareness of and reduce the stigma surrounding depression and anxiety, as well as much more.

"We'll be hosting 23 live speedruns in classics including Legend of Zelda, Pokémon, Kingdom Hearts, Donkey Kong Country, Metroid, Super Mario, Sonic and more.

"Some of the gamers will be meeting face-to-face for the first time, although they may have been playing each other for many years."

UniSA Television Studio Manager and Technical Services Team Leader, Andrei Gostin says the event will incorporate gaming culture and technology into academic teaching and student skill building in a unique educational context.

“As this event is entirely run by UniSA students, they are using the skills that are required of them when they graduate and head into the media industry,” Gostin says.

“Not only are they relying on their technical skills, but also learning new skills in event management, stakeholder engagement, publicity and marketing.

“Although we film and broadcast a number of national TV programs from the studio, this will be the first time we will be livestreaming directly and potentially reaching and connecting with an international audience.”

The level of dedication to become a runner is high and there are world records to be broken so anyone keen to share the running experience can connect online with the [livestream](#), or to see the action in person head to the Magill campus TV studio, which will be open from 11am-5pm on July 13-14.

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Young people choosing drinking over eating

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by Katrina McLachlan



HUMANITIES

UniSA School of Psychology Social Work and Social Policy PhD student Alissa Knight.

Ground-breaking UniSA research has revealed that taking part in regular drunkorexia behaviour is common among young women.

Drunkorexia is the use of dietary restriction, exercise, self-induced purging, and other extreme weight-control behaviours, to offset the calories anticipated or ingested from drinking alcohol. Until this UniSA research, the problem had only been measured anecdotally in Australia.

The study, by School of Psychology Social Work and Social Policy PhD student Alissa Knight, is the first empirical study with Australian females.

Her ground-breaking research, published in *Australian Psychologist*, studied the frequency of drunkorexia behaviours in female Australian undergraduate university students.

"I had come across research that was conducted in America suggesting young female adults had begun a new problematic trend that intertwined two major health problems in Western countries – disordered eating and alcohol misuse – but I couldn't find any evidence for its prevalence in Australia," Alissa says.

"Although drunkorexia is currently a non-medical term, concern is rising steadily among health professionals, about the effects that drunkorexia-type behaviour can have on cognitive, behavioural, and physical health outcomes.

"A considerable percentage (57.7 per cent) of our sample reported frequently engaging in various disordered eating and other extreme weight-control behaviours 25 per cent of the time or more in the three months before, while at, or after a planned drinking event, to compensate for anticipated alcohol calories.

"The most common drunkorexia behaviours in young female university students were skipping meals before a

drinking event (37.5 per cent), consuming low-calorie or sugar-free alcoholic beverages during a drinking event (46.3 per cent), and exercising after a drinking event (51.2 per cent).

“These are dangerous behaviours because evidence shows young female adults who are binge drinking on an empty stomach or after strenuous exercise, have increased alcohol toxicity, which dramatically increases their risk of developing serious physical and psychological health consequences, including hypoglycaemia, liver cirrhosis, nutritional deficits, brain and heart damage, memory lapses, blackouts, depression and cognitive deficits.”

The research, led by Alissa Knight and supervised by UniSA Psychology Clinic Director, Dr Susan Simpson, also revealed the unique finding that while some students reported engaging in eating disorder type behaviour regularly, an unexpected number reported they only used behaviours such as starvation, purging, extreme exercise or taking laxatives when they anticipated the use of alcohol, such as on a Saturday night at a party.

“In general when alcohol is not involved these girls lead a normal life without any disordered eating behaviours,” Alissa says.

“This finding suggests that drunkorexia may represent a new subtype of eating disorder that differs from traditional eating disorders on the basis of the underlying motivation.

“Whereas traditional eating disorders are generally motivated by an underlying desire to be thin and to be in control, drunkorexia predominately appears to be motivated by a desire to drink large quantities of alcohol alongside the desire to be thin.

“Drunkorexia appears to have evolved from the need for young girls to meet possibly the two most prominent social norms for young adults – drinking and thinness.”

Alissa and Dr Simpson’s research also revealed that participants with higher levels of overall drunkorexia behaviours were more likely to binge drink, raising further concerns for the health and well-being of young female adults, who are known to be three times more likely than men to display drunkorexia behaviours.

“Heavy alcohol use on an empty stomach, or following strenuous exercise, is known to be vastly more dangerous than merely binge drinking because of increased blood alcohol levels, with women at greater risk than men,” Dr Simpson says.

“Women typically weigh less, have less alcohol-metabolising enzymes, and less total body water to dilute alcohol in the blood, and these differences in alcohol metabolism make them more vulnerable than men in developing cirrhosis, brain damage, or other health conditions resulting from alcohol misuse.

“Clinicians, parents and educators need to become aware of the way in which drunkorexia-type behaviours may be affecting the physical and psychological health of young female adults in Australia so that they can provide essential information to those at risk.”

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Should we return to having two sleeps?

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by Dr Siobhan Banks, UniSA and Dr Melinda Jackson, RMIT University



Around a third of the population have trouble sleeping, including difficulties maintaining sleep throughout the night.

While night time awakenings are distressing for most sufferers, there is some evidence from our recent past that suggests this period of wakefulness occurring between two separate sleep periods was the norm.

Throughout history there have been numerous accounts of segmented sleep, from medical texts, to court records and diaries, and even in African and South American tribes, with a common reference to “first” and “second” sleep.

In Charles Dickens' *Barnaby Rudge* (1840), he writes: “He knew this, even in the horror with which he started from his first sleep, and threw up the window to dispel it by the presence of some object, beyond the room, which had not been, as it were, the witness of his dream.”

Anthropologists have found evidence that during preindustrial Europe, bi-modal sleeping was considered the norm. Sleep onset was determined not by a set bedtime, but by whether there were things to do.

Historian A. Roger Ekirch's book *'At day's close: night in times past'* describes how households at this time retired a couple of hours after dusk, woke a few hours later for one to two hours, and then had a second sleep until dawn.

During this waking period, people would relax, ponder their dreams or have sex. Some would engage in activities like sewing, chopping wood or reading, relying on the light of the moon or oil lamps.

Ekirch found references to the first and second sleep started to disappear during the late 17th century. This is thought to have started in the upper classes in Northern Europe and filtered down to the rest of Western society over the next 200 years.

Interestingly, the appearance of sleep maintenance insomnia in the literature in the late 19th century coincides with the period where accounts of split sleep start to disappear. Thus, modern society may place unnecessary pressure on individuals that they must obtain a night of continuous consolidated sleep every night, adding to the anxiety about sleep and perpetuating the problem.

Biological basis

Less dramatic forms of bi-phasic sleep are evident in today's society, for example in cultures that take an afternoon siesta. Our body clock lends itself to such a schedule, having a reduction in alertness in the early afternoon (the so-called "post-lunch dip").

In the early 1990s, psychiatrist Thomas Wehr conducted a laboratory experiment in which he exposed a group of people to a short photoperiod – that is, they were left in darkness for 14 hours every day instead of the typical eight hours – for a month.

It may be that our bodies prefer sleeping in two phases. It took some time for their sleep to regulate but by the fourth week a distinct two-phase sleep pattern emerged. They slept first for four hours, then woke for one to three hours before falling into a second four-hour sleep. This finding suggests bi-phasic sleep is a natural process with a biological basis.

Pros and cons

Today's society often doesn't allow for this type of flexibility, thus we have to conform to today's sleep/wake schedules. It is generally thought a continuous seven to nine-hour unbroken sleep is probably best for feeling refreshed. Such a schedule may not suit our circadian rhythms however, as we desynchronise with the external 24-hour light/dark cycle.

To successfully maintain a split sleep schedule, you have to get the timing right – that is commencing sleep when there is a strong drive for sleep and during a low circadian point in order to fall asleep quickly and maintain sleep.

Some of the key advantages of a split sleep schedule include the flexibility it allows with work and family time (where this flexibility is afforded). Some individuals in modern society have adopted this type of schedule as it provides two periods of increased activity, creativity and alertness across the day, rather than having a long wake period where sleepiness builds up across the day and productivity wanes.

In support of this, there is growing evidence suggesting naps can have important benefits for memory and learning, increasing our alertness and improving mood states. Some believe sleep disorders, like sleep maintenance insomnia, are rooted in the body's natural preference for split sleep. Therefore, split sleep schedules may be a more natural rhythm for some people.

Implications for shift work

Split sleep schedules have recently begun to emerge as a potential alternative to continuous night shift work. Working at night has the combined problems of prolonged wakefulness (often working eight to 12 hour shifts) and circadian misalignment (working at a time of night when you would normally be asleep). Shift workers frequently complain of fatigue and reduced productivity at work and they are at increased risk for chronic disease such as obesity, type 2 diabetes and heart disease.

Some industries have employed schedules with shorter, but more frequent sleep opportunities on the premise that the drive for sleep will be less with reduced time. For example, six hours on/six hours off, four hours on/eight hours off, and eight hours on/eight hours off, limit time on shift and reduce extended periods of wakefulness. Split sleep/work schedules divide the day into multiple work/rest cycles so employees work multiple short shifts, broken up with short off-duty periods every 24 hours.

This article was originally published in [The Conversation](#).

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25th Birthday Gala Dinner supports students

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by Katrina Phelps



EVENT

There's just a few weeks until UniSA's 25th Birthday Gala Dinner – the pre-eminent event of this year's birthday celebrations – gets underway at the Adelaide Convention Centre.

More than 850 guests will celebrate UniSA's 25th birthday with the help of James Morrison and the James Morrison Academy Band along with multi-award winning Australian acrobatics ensemble, Gravity and Other Myths.

The James Morrison Academy Band consists of students from the James Morrison Academy of Music – a dedicated Jazz School in partnership with UniSA. James Morrison himself is one of the core weekly teaching staff, along with a faculty of active jazz musicians with wide experience in the industry – as educators, performers, composers and arrangers of the highest calibre.

The Gala Dinner includes fundraising auctions and raffles, and even people who are not attending the dinner, can take part in the silent auction through a live online bidding platform, Gala Bid. A link to the Gala Bid website will be available soon – keep an eye on the [Gala Dinner website](#) for details.

Director of UniSA Advancement, Deborah Heithersay, encourages guests and supporters throughout the world to take part in the fundraising activities.

“All profits raised will support student scholarships, grants and prizes through the 25th Birthday Scholarship Fund,” Heithersay says.

“This is a great opportunity to support students who are most in need of financial support to help them change their lives through higher education.

“Some of the fabulous items up for grabs in the main and silent auctions range from a private lunch with Maggie Beer, to a rare opportunity to fly in a fighter jet, to a grand adventure on the STS Young Endeavour for 11 nights across the Great Australian Bight, to stepping into UniSA's own Vice Chancellor's shoes for the day.”

The Gala Dinner is being held on July 29.

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**University of
South Australia**

New Book

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A New Kid on the Block, by Alison Mackinnon

In UniSA's 25th birthday year, it may almost be forgotten the fierce battles and prolonged negotiations that heralded the University's birth.

The reconstruction of higher education in Australia at the end of the 1980s radically reshaped many existing universities. In South Australia, the Dawkins educational changes brought into existence an entirely new university, formed by merging two former institutions from the advanced education sector, the South Australian Institute of Technology and the South Australian College of Advanced Education.

Emeritus Professor Alison Mackinnon from UniSA's Hawke Research Institute (and its Foundation Director) has trawled through many council records, annual reports and university publications and interviewed key players to put those early years on record.

Her publication *'A New Kid on the Block'* traces firstly the unsuccessful path taken to form partnerships with the two existing universities in South Australia, followed by a reflection on the difficult early years.

Mackinnon says many staff and former staff would remember the sometimes fraught merger meetings which occupied much of 1989 and 1990, and the massive reorganisation that followed the merger.

"It was fascinating to revisit the old records, with so many familiar names, so many arguments lost and won," Mackinnon reflects.

"Having been rejected by Flinders and the University of Adelaide respectively – where a considerable amount of elitism was evident – the two former colleges joined forces and began life as a new university in a new system of higher education.

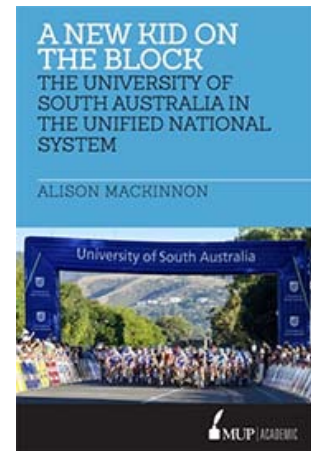
"Lacking the research funding and higher degree students of the University of Adelaide and Flinders in its previous life, the new university started on the back foot.

However it did have considerable strengths which suited the new system, particularly in equity and links with business and the community."

"The story of the University of South Australia is one of the most successful outcomes of the Dawkins educational changes," Mackinnon says.

"After a shaky start, its rapid rise to prominence in South Australia and beyond allows it to be truly seen as 'a new kid on the block' in Australian higher education."

A New Kid on the Block is available from [Melbourne University Press](#) in hard copy or as an ebook. It is one of four case studies supported by the Australian Research Council evaluating the impact of the Dawkins changes and the creation of the unified national system. The other studies deal with The University of Melbourne, The University of Sydney and Griffith University, with a national volume forthcoming.



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**University of
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news

July 2016

> from the University of South Australia

In Pictures

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Research art

As part of UniSA's 25th birthday celebrations, the University ran a photo competition to showcase compelling images created during research. The winners of the Images of Research: Engaged Research, Enterprising Researchers photography competition were announced at the end of June.

Voting in a People's Choice Award is open until September 5. To view the photographs and vote for your favourite out of the 21 shortlisted images, visit the [website](#).



(L-R) Gertrud Hatvani-Kovacs with her winning photograph 'House in the urban heat island'. (R) Second prize winner Morgan Schebella.



(L-R) Third prize winner Dr Maria Alba-Martin and (R) Highly Commended went to Melanie Macgregor-Ramiasa.

Scholarships ceremony

More than 130 scholarships, grants and prizes, valued at over \$600,000, were awarded at the UniSA 2016 Scholarships and Grants Ceremony thanks to the generosity of our donors.



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