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How military veterans are fighting depression

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by Candy Gibson



The Aussie 10 Peaks Challenge through the Snowy Mountains. Photo courtesy Mates 4 Mates.

> PhD research to reveal benefits of competitive sport for veterans

Walking the challenging Kokoda Track, climbing Mt Kosciuszko, and undertaking other adventurous pursuits may be the key to helping treat depression among military veterans, new research shows.

The preliminary finding is from a UniSA study of 45 current and ex-serving Australian military personnel who signed up for adventure-based challenges in the past 12 months.

UniSA PhD candidate Daniel Padovan, who led the study, found strong evidence that adventure tours not only reignited a sense of camaraderie among veterans but also improved their social interaction in the months afterwards.

The adventure experiences were run as part of the Rehabilitation Adventure Challenge program provided by <u>Mates 4 Mates</u>, a not-for-profit organisation that helps support wounded, injured or ill current and ex-serving Australian Defence Force (ADF) personnel and their families.

Groups of between five and 10 defence veterans bonded over life-changing experiences in the jungles of Papua New Guinea as well as the NSW Snowy Mountains, tackling the <u>Aussie 10 Peaks Challenge</u>.

"Veterans who took part in such tours all reported an increase in self-esteem as well as less reliance on alcohol and other negative coping behaviours afterwards," Padovan says.

"Crucially, their levels of depression significantly decreased, which is an outstanding outcome."

The findings coincide with UniSA awarding a new PhD scholarship (see below) to examine how training and participation in the Invictus Games affects the psychological, social and physical wellbeing of military veterans.

Padovan's research comes in light of a 2016 study by the <u>Australian Institute of Health and Welfare</u> (AIHW) revealing that 325 ADF veterans took their own life between 2001 and 2015 as a result of depression. Another <u>News Corp</u> special investigation also found that between January and July 2016 alone, 41 ADF personnel and veterans committed suicide. These seven months in 2016 equalled the total number of ADF personnel killed in Afghanistan during 13 years of war at the time.

"This year marks the 70th anniversary of the ADF's involvement in United Nations (UN) peacekeeping activities and the 103rd anniversary of its involvement in global conflicts since the beginning of the First World War. It is important that we recognise and value the significant contributions that our military personnel have made – and continue to make," Padovan says.

"With these global deployments in mind, we need to look at the impact of war on mental health and how we can address the psychological fallout on many members of our defence forces."

The UniSA study could also have positive spinoffs for people working in other dangerous and stressful professions, including police, firefighters and emergency services personnel who often experience job-related depression, Padovan says.

"It is sobering to note that suicide due to depression or post-traumatic stress disorder is the number one killer of men and women in dangerous professions year on year.

"In Australia, more military personnel and first responders die from these causes than are killed in the line of duty."

Daniel Padovan is a PhD candidate in UniSA's School of Management. His thesis, Examining the effects of adventure tours as a treatment approach for depression: a focus on military veterans, is supervised by <u>Dr Michael Gross</u>, <u>Dr Duncan Murray</u> and <u>Adjunct Professor Sam Huang</u>.

Find out about UniSA's defence industry expertise and engagement here.

PhD research to reveal benefits of competitive sport for veterans

New research by UniSA will help determine the benefits of wounded, injured or sick armed services personnel training for, and taking part in, an international competitive sporting event – the Invictus Games.

<u>The Invictus Games</u> were developed to harness the power of sport to help wounded, injured and sick service personnel physically, psychologically and socially by inspiring recovery, supporting rehabilitation, and generating a wider understanding and respect for those who serve their country.

A new UniSA program will provide allied health training services to those who aspire to compete in the Invictus Games, drawing on the expertise of health professionals and UniSA students.

In partnership with <u>The Road Home</u> – a leading national veterans' health and wellbeing research organisation – the Invictus Pathways Program will also provide a fully-funded PhD scholarship to investigate the long-term effect participation has on personnel's health and wellbeing.

Psychology graduate Suzana Freegard, who has extensive experience in health research, has been awarded The Road Home Invictus

Pathways Scholarship. The scholarship is funded by The Road Home in partnership with The Hospital Research Foundation and will support Suzana to evaluate the psychological, social and physical health and rehabilitation of participating service personnel, to travel to the 2018 Invictus Games in Sydney and to attend specialist conferences.

Suzana says she is passionate about helping people in some way through her work.

"I have always been interested in the impact of physical activity on mental wellbeing," she says.

"What attracted me to this project specifically were the personal experiences of the military personnel and veterans who were training for and competing in the games. I found their stories very moving and inspiring, and I knew I really wanted to be a part of the whole project."



Suzana Freegard has been awarded The Road Home Invictus Pathways Scholarship, supporting her to undertake a PhD through which she will examine how training and participation in the Invictus Games affects the psychological, social and physical wellbeing of military veterans.

Suzana left her home in Bosnia and Herzegovina in the 1990s because of the Bosnian War.

"My background has given me an insight into some of the consequences of being in the war torn areas which I believe will be helpful in conducting my study," she says.

She says it could also bring about improvements in other health and wellbeing programs for veterans.

Head of the School of Health Sciences, Professor Roger Eston, says it's a unique opportunity - the first in the world - to assess the psychological importance and impact on the athletes and their families of participating and training for competition on the world stage through the Invictus Games.

"The study will provide valuable and critical insight on the importance of taking part in the training for the Invictus Games – a wonderful and inspiring event," Prof Eston says.

"We are hugely grateful to The Hospital Research Foundation and The Road Home for providing the scholarship to undertake such an important area of study and to Prince Harry and the Invictus Games Foundation for supporting and agreeing to the title of the scholarship."



The head of the School of Health Sciences Professor Roger Eston, the School of Health Sciences' Dr Steven Milanese, scholarship recipient Suzana Freegard and The Road Home Executive General Manager Karen May at the Remembrance Business Breakfast.







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Ultrasound training to save lives in regional SA

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by Adam Joyce



Dr Nayana Parange is leading a project that will see a number of healthcare professionals from rural South Australia brought to City East for on-campus training in point of care ultrasound.

Thousands of soon-to-be mothers across rural and remote Australia are missing out on potentially life-saving antenatal ultrasounds because of a lack of trained healthcare professionals.

It's something that Dr Nayana Parange, from UniSA's Division of Health Sciences, is determined to change, building on work that she's been involved in over several years, including on UniSA's Whyalla campus.

With more than \$100,000 funding from <u>The Hospital Research Foundation</u>, Dr Parange is leading a <u>Healthy Newborn Project</u> that includes training up to 20 GPs and midwives from rural and regional South Australia in point of care ultrasound. With in-kind support from UniSA, the training will be held early next year at the University's specialist facilities on the City East campus, which includes a state of the art ultrasound simulation lab.

At least two ultrasound scans during pregnancy are considered best-practice antenatal care. They provide vital information for a pregnant woman and the health professional, such as an estimated due date for the baby, which can be crucial in diagnosing complications. Ultrasounds can identify a range of complications, including ectopic pregnancies, which can be life-threatening.

Dr Parange says the lack of regionally-based GPs and midwives who are trained to perform antenatal ultrasounds, as well as a lack of equipment, is a widespread problem putting lives at risk.

"An antenatal ultrasound can be life-saving but at the moment not everyone is receiving at least one ultrasound during pregnancy – as health guidelines recommend – because of a lack of equipment and a lack of staff trained to use it," Dr Parange says.

"Thanks to the generosity of The Hospital Research Foundation community, we are now able to deliver a training

program to GPs and midwives that will bring lifesaving antenatal point of care ultrasound service within easier reach for pregnant mums and communities living in regional and remote South Australia.

"We also hope the government will come on board and provide equipment in the rural and remote areas that need it."

While some pregnant women will travel for an ultrasound, many don't - for a range of reasons - or are unable to do so. But there's little data to provide reliable numbers around this.

The Healthy Newborn Project will also enable Dr Parange and her team to undertake a needs analysis survey to provide data around access to antenatal ultrasound scans in rural and remote communities across Australia. Over the next 12 months the research will examine factors such as the impact of needing to travel, and determine how many lives could be saved through improved access to antenatal ultrasound.

Women living in the APY Lands in South Australia's remote north west, face a five-hour drive and a plane journey to be able to receive an ultrasound scan.

"Which makes it difficult in itself, and there's no funding for a support person to go with them either, so that's another factor that can discourage them," Dr Parange says. "If women are able to get the service locally, then life-threatening conditions can be picked up in a timely way."

The program is currently recruiting participants. If you are a health professional in remote South Australia and interested in more information about the antenatal ultrasound training, please contact Dr Parange.

Dr Parange, who was Program Director: Medical Sonography, has just commenced in the role of Associate Dean: Online Education with UniSA Online.







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Expert recruited to steer defence industry engagement

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by Michèle Nardelli



Australian Army, US Army, US Marine Corps and Chinese People's Liberation Army personnel arrive in the Daly River region of the Northern Territory on 28 August 2016 for the training phase of Exercise Kowari. *Photo courtesy Department of Defence.*

In a flagship 'expert' role created to steer engagement with South Australia's burgeoning defence industry sector across research and education, UniSA has appointed defence industry executive and former Army Officer, Matt Opie, as its new Director, <u>Defence</u>.

A specialist in defence, most recently as <u>Head of Industry Engagement for Saab Australia</u>, Opie has experience across a range of disciplines, including strategic management and business development.

He has also worked on projects around the world, from Australia and the Asia Pacific to the United States and Europe.

Announcing the appointment, UniSA Deputy Vice Chancellor: Research, Professor Tanya Monro says Opie will bring both high calibre skills to the new role and a powerful knowledge of what the defence industry needs from universities.



"Matt's appointment signals the University's strategic intention to provide the most effective and supportive collaboration to support defence industry development, growth and leadership in South Australia," Prof Monro says.

"The breadth of his experience in defence industry, coupled with an intimate knowledge of the Australian Defence Force gained from 15 years' service in the <u>Australian Army</u>, will help to ensure UniSA brings the right

elements to the table to work with the defence industry.

"His long career working in project management and developing teams will be invaluable in ensuring the University strengthens its multidisciplinary, cross-institutional and industry-collaborative approach to research and engagement, underpinning defence industry growth in the State and the nation."

Opie will work across research and education at the University to develop research and development alliances, defence industry partnerships and support the development of education projects that offer a graduate pipeline for the sector.

Excited by the challenge, Opie says UniSA is taking a strategic approach and showing real insight to create a role that will work closely with the defence industry.

"I'll be dedicated to improving the way university research and industry collaboration can develop and deliver what the Australian Defence Force needs," Opie says.

"That involves a clear understanding what end-users need - from the kinds of graduates industry require to complete and improve defence industry projects, to the types of research projects that will truly inform advancement in defence capability and deliver solutions."

Opie says he is delighted to be joining a university with such a clear spirit of enterprise and engagement.

"UniSA is approaching the opportunities presented by the growth in the defence industry with energy and I see my new role as a vital nexus between industry, academia and government," he says. Opie will take up his position at UniSA in December.

Find out about UniSA's defence industry expertise and engagement here.



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From the Chancellery

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I do some of my best thinking on long haul flights. Having just come back from celebrating the graduation of our Hong Kong students and launching several new professionals into careers in Nutrition and Food Science, Business Management, Marketing and Communications and Media, it struck me again what an enormous impact we, as Australia's University of Enterprise, have on the wider world.

We regularly celebrate our successful rise in the world university rankings, from being considered one of the world's best young universities to now being included in the list of the world's best universities of any age. From having a 10-year-old law school that is already ranked as one of the world's top 100 (number 88 in case you were running a sweep) to being one of Australia's most successful universities when it comes to attracting end-user linked research income, we have a lot to be proud of. And while we educate and graduate around 8000 new professionals every year, what we're also doing is giving the world high performing, creative, innovative and entrepreneurial people who not only add value to a nation's economy, but offer a very real commitment to the community.

This year we inaugurated <u>The Vice Chancellor's International Alumni Leadership award</u> that recognises the enormous value offered to the community by the people we graduate. In July in Singapore the award was made to Mr Andrew Chen, a Fellow of the University of South Australia, the founder and chief executive of the Asia Pacific Management Institute in Singapore, for his devotion to education and support of future leaders. That support comes to the tune of \$100,000 donated to our scholarship funds.

In Malaysia the award was made to Mr Yeong Chee Meng, also a Fellow of the University of South Australia, who studied his Masters of Applied Science in Project Management with UniSA in 1994 and now runs a major hydropower project. He is also a donor to our scholarship fund because he believes that it is his responsibility to give back to his community some of the opportunities that education has given him.

In Hong Kong at the start of November the award was made to Dr Edward Lam who took his Masters of

International Business Administration at UniSA and, with his own business, is a passionate supporter of small and medium enterprises in Hong Kong and is incredibly supportive of UniSA, mentoring students and giving them work opportunities.

As you may know, we celebrate <u>four outstanding alumni each year in Adelaide</u>. We will be announcing and celebrating the UniSA Alumni Award recipients this weekend (Saturday 18 November).

This year we again chose fantastic examples of successful alumni, men and women who, although they come from completely different backgrounds, all share common values: to help their communities in humanitarian ways, to educate those with limited access to education and to serve their communities in whatever way they can.

We have also initiated a new way to recognise major donors, the Hetzel Group, named for the late and much missed the <u>Honourable Dr Basil Hetzel AC</u>, our former chancellor and one of South Australia's great contributors to public health and the intellectual life of the State.

The people who are now members of the Hetzel Group have donated more than \$100,000 to the University. They are: Winemaker Wolf Blass AM DUniv; Bob and Gayle Cowan; Associate Professor Margaret Davy AM; former Chancellor Dr Ian Gould AM DUniv and his wife Christine; former UniSA Vice Chancellor Professor Peter Høj; psychologist Dr Pamela Ryan OAM DUniv; Tom Pearce; and Emeritus Professor Kym Adey AM. As it's not a secret I can say that there are a couple of other familiar names included in the group – they may include a couple of Irishmen – one from the North and one from the South - who are known to wear stylish blue robes at our graduation ceremonies. Their precise roles in the institution are never clear cut – but they enjoy a good function, and they're proud to give back as best they can.

There are some donors in this group who would prefer to remain anonymous and some who will be inducted in the future. I'm hoping there will be many more to join in future years.

Professor David Lloyd Vice Chancellor and President



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ACHIEVEMENTS

Two UniSA researchers win Churchill Fellowships

Two UniSA researchers will travel the world looking for new ways to help cancer survivors in rural areas and to support pregnant women who've had female genital mutilation.

UniSA's <u>Dr Kate Fennell</u>, Research Fellow, Sansom Institute Health Research Operations and Academic Researcher <u>Monica Diaz</u>, have been awarded a prestigious <u>Churchill Fellowship</u>.

From 1140 applications, the two are among 109 Australians to gain fellowships worth more than \$2.8 million in total.

Dr Fennell was awarded the Leslie (Les) J. Fleming Churchill Fellowship to investigate sustainable methods of improving the health and wellbeing of rural cancer survivors.

People living in remote areas of Australia are 35 per cent more likely to die within five years of their diagnosis than someone diagnosed with the same disease who lives in a major city.





Dr Kate Fennell and Monica Diaz.

Dr Fennell says she's passionate about addressing this disparity and grateful to have support from the Churchill Trust and UniSA to do so.

Dr Fennell plans to visit the USA, the Netherlands, Canada and possibly Scotland, and is interested in "finding effective ways to break down the barriers that make it difficult for rural people to access optimal treatment, as

well as interventions that could cost-effectively address the challenges rural cancer survivors face after treatment".

Monica Diaz received her fellowship to explore the care and support available during pregnancy to women with female genital mutilation. She will visit the UK, Ireland, Switzerland and Belgium.

The World Health Organisation estimates that 200 million women and girls have been subjected to female genital mutilation/cutting (FGM/C) in 20 African, Asian and Middle Eastern countries. In Australia, it is estimated that 83,000 women and girls live with some form of FGM/C.

"The Churchill Fellowship will fund a project to explore the care, support and resources available to women with FGM/C during pregnancy in countries with high prevalence of FGM/C," she says. "The aim is to gain knowledge that will form the foundation for midwifery practice in South Australia for the care of pregnant women with FGM/C."

The Winston Churchill Memorial Trust was established in 1965 to honour the memory of Sir Winston Churchill and fulfil his wish to offer people from all walks of life, the opportunity to travel overseas to gain new knowledge and insights that can be practically applied in Australia to positively impact our communities and society at large.

Grant to help develop ovarian cancer detection test

Researchers hope to develop an early detection test for ovarian cancer with support from a \$130,000 grant from the Ovarian Cancer Research Foundation.

Professor Peter Hoffmann, from UniSA's <u>Future Industries Institute</u>, and Professor Martin K Oehler (University of Adelaide), have won one of eight clinical grants from the <u>Ovarian Cancer Research Foundation</u> (OCRF).

Prof Hoffmann and Prof Oehler, as lead researchers, have investigated the presence of protein biomarkers in ovarian cancer patients in the past, and identified several good candidate biomarkers with high accuracy in detecting ovarian cancer in its early stages.

The grant will allow them to develop a robust detection test with these biomarkers with the aim of using it for ovarian cancer population screening.

About 1500 women in Australia are diagnosed with ovarian cancer each year, with one woman passing away from the cancer every 10 hours.

Prof Hoffmann says that if the new early detection test is successful, they will be able to save lives.



Professor Peter Hoffmann.

"With previous grants from the foundation we've been able to develop biomarkers for an early detection test, and this new grant will help us to validate those biomarkers in a bigger patient cohort," Prof Hoffmann says.

The success of Prof Hoffmann and Prof Oehler's grant application is particularly significant, with the OCRF receiving an unprecedented number of grant applications in its 17-year history.

OCRF CEO Lucinda Nolan says the strength and quality of research applications "bolsters our faith that we can achieve a world where every woman, everywhere can be free from the threat of ovarian cancer".

Prof Lorimer Moseley made fellow of academy of health and medical sciences

Physiotherapist and renowned pain specialist, Professor Lorimer Moseley, has been made a Fellow of the <u>Australian Academy of Health and Medical Sciences</u> (AAHMS).

The AAHMS welcomed a number of new Fellows in October, who have all displayed outstanding leadership and contributions to health and medical science in Australia.

Prof Moseley has made pivotal contributions to the understanding of persistent pain disorders and the role of brain processes in the causes of conditions and their treatments, while also generating new fields of research and clinical practice.



He has developed a specific treatment which targets disrupted brain processes in chronic pain that is now recommended in clinical guidelines internationally and considered best practice, while his contributions to the field have been recognised by awards and honours on every continent.

Prof Moseley is one of three South Australians to be inducted and the only recipient from UniSA.

Professor of Education recognised in education 'hot list'

UniSA Associate Professor of Education Anna Sullivan has been named as one of The Educator magazine's top 50 educators for 2017.

Assoc Prof Sullivan is included in the <u>Hot List 2017</u>, for her outstanding work in ensuring students have the highest quality educational experiences.

Assoc Prof Sullivan was recognised for her substantial contribution in raising the public profile of educational research in Australia and encouraging fellow researchers to engage with the media to inform and reach the general public about research projects and outcomes.

Assoc Prof Sullivan is also the co-founder and chair of the Media Centre for Education Research Australia.

The Educator Magazine is an Australian magazine and news website for senior educational professionals.

The Educator Hot List includes people working in education from primary to tertiary level, as well as in influential organisations, including businesses and in government.



Head of school becomes architecture ambassador

The head of the School of Art, Architecture and Design, Professor Joanne Cys, has been made an ambassador for the International Federation of Interior Architects / Interior Designers (IFI).

<u>IFI Ambassadors</u> are senior and esteemed individuals who care for the quality development of the Interior Architecture/Design discipline and the professional community at a global level.

Prof Cys was selected to be an ambassador because of her passion for the profession, service to the region and understanding of IFI's mission and objectives.

The appointment is for two years beginning in November 2017.



Students' robot comedy film gets more than one million views

A short film that features dozens of visual effects made by 17 UniSA and Rising Sun Pictures students, has been viewed more than a million times on YouTube and Facebook.

UniSA and <u>Rising Sun Pictures</u> partnered to create the <u>Graduate</u> <u>Certificate in Compositing and Tracking</u> and the <u>Graduate Certificate in Dynamic Effects and Lighting</u>, incorporating industry based training to prepare graduates for the workforce.

The two classes collaborated to create the visual effects for a short film *Lucy & DiC*, which had its world premiere at the Adelaide Film Festival in October. The students' visual effects include an animated, talking drone that stars in the film.



Lucy and DiC – a short film (comedy) made by UniSA / Rising Sun Pictures students.

The students completed more than sixty visual effects shots in three weeks with guidance and mentoring from Rising Sun Pictures staff, transforming the classroom into a small operational studio for the duration of the

project.

Lucy & DiC – about a girl and her robot – is directed by Jeremy Kelly-Bakker and produced by Tom Phillips. Kelly-Bakker and Phillips are looking to expand Lucy & DiC into a larger web series.

Five staff recognised for outstanding contribution to mental health services

Five UniSA staff were recognised through SA Health's Mental Health Excellence Awards, which celebrate the achievements of people and organisations who have made an outstanding contribution to mental health services in South Australia.

<u>Professor Nicholas Procter</u> and members of UniSA's Mental Health and Substance Use Research Group (MHSURG), <u>Dr Mark Loughhead</u>, <u>Dr Monika Ferguson</u>, <u>Ms Heather Eaton</u> and <u>Ms Melissa Gibson</u>, won two of the five awards.

The <u>Partnering with Lived Experience Award</u> was given to the MHSURG for their partnerships with people with firsthand experience of mental illness and mental health care and its promotion of the benefits of partnering with



The Mental Health and Substance Use Research Group (MHSURG) with Minister for Mental Health and Substance Abuse, The Hon. Peter Malinauskas MLC

consumers and carers to the other sector partners, research collaborators, nursing students and the wider health community.

The prestigious <u>Dr Margaret Tobin Award</u> was given to Professor Nicholas Proctor for his outstanding leadership in mental health and suicide prevention reform in South Australia for more than 20 years.

During that time Prof Procter has developed a community of practice – bringing together consumers, clinicians, policy makers and academic faculty as well as supervised postgraduate students across many disciplines on mental health and suicide prevention practice. This has had a significant, positive impact on hundreds of clinicians across South Australia.

Professor recognised for lifetime contribution to ICT industry

Emeritus Professor Mike Miller has been awarded the annual Pearcey Medal for distinguished lifetime achievement and his contribution to the development and growth of the information communication technology industry in Australia.

The medal is awarded by the <u>Pearcey Foundation</u>, which raises the profile of the Australian information and communications technology industry and profession in the memory of Dr Trevor Pearcey, a pioneer of the Australian ICT industry.

Prof Miller has worked with the Postmaster General's Department, the School of Electronic Engineering at the South Australian Institute of Technology (now UniSA) and founded the Digital Communications Groups at The Levels Campus in 1982.

In 1994 Prof Miller became the director of UniSA's Institute for Telecommunication Research (ITR) and in 1997 became the Deputy Director of the Cooperative Research Centre for Satellite Systems, a joint venture between the ITR and CSIRO.



Emeritus Professor Mike Miller receiving his award.

Prof Miller has previously been federal vice president and chairman of the Membership Committee of the <u>Australian Academy of Technology and Engineering</u> as well as chair of its SA Division.

Recognition for service to the Aboriginal community

Deanne Hanchant-Nichols has been awarded the Shirley Peisley Award at the prestigious Gladys Elphick Awards for her service to the Aboriginal community.

Established in 2003, the annual <u>Gladys Elphick Awards</u> honour the achievements and contributions of Aboriginal women who work tirelessly to advance the status of Aboriginal people in all areas of the community.

With this year's theme being 'advancement through education', Hanchant-Nichols is a worthy recipient currently working to support up to 56 Aboriginal staff members as UniSA's Aboriginal and Torres Strait Islander employment and development consultant.

Hanchant-Nichols was also awarded the Hills Treasure Award to recognise the contributions of residents over the age of 65, or 50 for Aboriginal residents, across all Hills council regions.

Honorary Doctor and graduate of UniSA, the late <u>Alice Rigney</u>, was posthumously awarded the Gladys Elphick Perpetual Trophy, which honours the achievements and contributions of Aboriginal women in South Australia in all areas of the community.

With a great career in education, Rigney was Australia's first female Aboriginal school principal and first Aboriginal person to join the professional ranks of the South Australian Department of Education.

Robert Hattam on research council's College of Experts 2018

Associate Professor Robert Hattam has been appointed as one of 47 new members of the <u>Australian Research</u> Council (ARC) College of Experts in 2018.

Members of the <u>ARC College of Experts</u> are recognised as highly qualified experts of international standing drawn from the Australian research community: from higher education, industry and public sector research organisations.

Assoc Prof Hattam is Associate Head of School: Research, Director of the Centre for Research in Education and leader of the Pedagogies for Justice research group. His research focuses on teachers' work, educational leadership, critical and reconciliation pedagogies, refugees, and school reform.

As a member of the 182-member ARC College of Experts, he will play a part in identifying research excellence, moderating external assessment of research grant proposals, and recommending projects to be funded.

Professor awarded lifetime achievement award for health services research, training and teaching

A UniSA professor has been recognised for a lifetime of achievement in the fields of health services research and health policy.

The Health Services Research Association of Australia and New Zealand (HSAANZ) has presented the School of Pharmacy and Medical Sciences's Professor Libby Roughead its 2017 <u>Distinguished Investigator – Lifetime Achievement Award</u>.

The awards recognise investigators who have made significant contributions to the field of health services research and health policy in Australia and New Zealand through scholarship and teaching, advancement of science and methods, and leadership.



Libby Roughead receiving the Distinguished Investigator – Lifetime Achievement Award from Jon Karnon.

Prof Roughead received the award for her lifetime achievement in the field with respect to research, translation, training and teaching.

Prof Roughead also received a citation highlighting her management of a multidisciplinary team of 26 research and support staff, eight PhD students and more than 200 published papers.

2017 UniSA teaching award recipients

Staff from across UniSA have been recognised for excellence in teaching through the awards of the 2017 UniSA Teaching Awards.

The annual awards cover four categories.

2017 UniSA Award for Teaching Excellence

Anna Rogers - School of Education

For providing preservice student teachers with exemplary teaching and learning experiences in mathematics that help prepare them for successful careers in education.

2017 UniSA Indigenous Education Teaching Award

Dr Freya Higgins-Desbiolles - School of Management

For excellence in scholarship based on the development and delivery of curricula which showcases Indigenous values and knowledge, and places Indigenous peoples at the centre of the debate around fostering tourism in different regions.

2017 Citations for Outstanding Contributions to Student Learning (Digital Learning)

Digital Literacy Team: Jennifer Stokes, UniSA College (UCO); Rebecca Godwin, UCO & School of Communication, International Studies and Languages (CIL); Cameron McTernan, UCO & CIL.

For leadership in digital learning through innovative course design which empowers students as digital citizens and producers.

2017 Citations for Outstanding Contributions to Student Learning

Dr Alpana Sivam - School of Art, Architecture and Design

For designing an authentic curriculum linking theory with planning practice that enables students to graduate with industry skills and professional knowledge.

Dr Don Clifton - School of Management

For teaching business ethics in an authentic and supportive environment that is engaging, practical and rewarding, gives positive student outcomes, and enhances UniSA's reputation.

Dr Emily Ward - School of Health Sciences (HLS); Dr Margarita Tsiros - HLS; Dr Sophie Lefmann - HLS

For development of physiotherapy graduates who provide paediatric care within the changing clinical landscape of the NDIS through development of a UniSA paediatric clinical service.

Dr Gabrielle Todd - School of Pharmacy and Medical Sciences

For excellence in formative assessment of learning that demystifies neuroscience.

Pharmacy Undergraduate Practical Teaching Team: Dr Kristen Bremmell - Pharmaceutical Science School of Pharmacy and Medical Sciences (PMB); Dr Tim Barnes - Pharmaceutics/Pharmaceutical Sciences, PMB; A/Prof Bernard Hughes, PMB; Dr Vijay Suppiah - PMB

For development of program wide pharmaceutical compounding practicals using the scaffold learning approach to improve student learning outcomes.

South Australian tourism student of the year

Bachelor of Business student Kelsey Reilly has been named South Australian tourism student of the year.

Kelsey won the student of the year category at the <u>2017 South Australian</u> <u>Tourism Awards</u>, held at Adelaide Convention Centre earlier this month.

Kelsey is currently studying a <u>Bachelor of Business (Tourism and Event Management)</u>.

Kelsey has travelled solo through 18 countries and undertaken international study tours to France and South Korea as part of a New Colombo Plan Student Mobility Scholarship.

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She has volunteered at many events and recently completed a placement at Tourism Barossa.

ANNOUNCEMENTS

Yes vote a 'step in the right direction'

The majority of Australians have voted in favour of legalising same-sex marriage. Almost <u>62 per cent of respondents</u> voted that the law should be changed to allow same-sex couples to marry.

Responding to the outcome, UniSA social philosopher Dr Katrina Zaworski says that despite the opposition, many Australians contributed towards the recognition of human rights of important members of our national community.

"This yes vote is likely to contribute positively towards decreasing the rates of LGBTQI youth suicide in this country, which is about 30 per cent higher in comparison to heterosexual youth," she says.

"LGBTQI young people struggling with depression and anxiety, struggling to find reasons to live, will know from the vote that their lives matter, that they can live without shame.

"The yes vote is an important and much needed step in the right direction but sadly, marriage equality will not prevent many of our young people turning to suicide."

UniSA makes more five-star history with its MBA

UniSA has been awarded a five-star rating for its Master of Business Administration (MBA) for the tenth consecutive year by the Graduate Management Association of Australia (GMAA).



UniSA is the only institute to receive this recognition consecutively for so many years.

The <u>Graduate Management Association of Australia (GMAA)</u> ratings are one of the nation's most rigorous and highly-regarded MBA ranking schemes.

The success follows the release of the <u>Australian Financial Review BOSS Survey</u>, which placed UniSA's MBA program among the top 10 MBAs in Australia for the tenth year, ranking it seventh in Australia overall and fifth for value for money and research output.







UniSA has also been awarded five stars by Quacquarelli Symonds (QS).

For more information visit unisa.edu.au/mba.

Funding awarded to support research themes

About \$1 million has been awarded to UniSA researchers to undertake work that addresses one or more of the University's research themes.

The <u>Research Themes Investment Scheme</u> (RTIS) supports research that crosses traditional disciplinary boundaries and builds collaborative partnerships.

Earlier this year, UniSA held six 'Big Question' workshops, with interdisciplinary teams discussing:

- An Age Friendly World how can we enable and support active ageing across the lifespan?
- Scarce Resources how do we eliminate waste in this State?
- Healthy Futures how can we build, sustain and strengthen the mental health of South Australians?
- Transforming Industries how can we provide sustainable and stable energy for South Australia?
- Cancer how can we reduce the burden of cancer and its progression on society?
- Transforming Societies how can we reduce inequality and give all South Australians a better future?

About 80 per cent of funding awarded under this year's Research Themes Investment Scheme will go to proposals that address one of those questions. The full list of successful applications, announced in October, is available online.

APPOINTMENTS

Expert in spatial planning joins UniSA

An international expert in spatial planning, Professor Stefanie Duhr, will join UniSA in 2018 as Professor of Planning in the School of Art, Architecture and Design.

Professor Duhr's appointment is part of UniSA's strategic action plan, Crossing the Horizon, through which 100 academic staff are being employed across the University's research themes and key disciplinary strengths.

Prof Duhr has more than ten years' experience with Radboud University based in Nijmegen, the Netherlands, most recently as the Professor of European Spatial Planning Systems.

Pro Vice Chancellor of the Division of Education Arts and Social Sciences Prof Denise Meredyth says Prof Duhr will strengthen the University's expertise in spatial planning.

"Professor Duhr has published extensively and is an expert in policy-oriented research in the fields of strategic spatial planning, territorial cooperation, visualisations in planning and the role of spatial planning in achieving sustainable development," Prof Meredyth says.

"We look forward to Prof Duhr joining us in 2018 and sharing her knowledge, expertise and enthusiasm, which includes an interest in the communicative potential and power of maps in different spatial planning cultures."

Prof Duhr says she's looking forward to working with new colleagues at UniSA "to make a difference to planning education and research in Australia and beyond".

Prof Duhr holds a PhD from the <u>University of the West of England</u> and a Masters in Applied Geography/Spatial Development from the University of Trier in Germany. Her books Visual Language of Spatial Planning (Routledge 2007) and European spatial planning and territorial cooperation (2010, with C.Colomb and V. Nadin, 2nd edition in preparation) have become key references in the field of spatial planning for academics and practitioners.

Prof Duhr will join UniSA in April 2018.

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How can we make Adelaide less car-centric?

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by Candy Gibson



While Adelaide is offering more shared transport options in the CBD – such as the bike-sharing schemes Ofo, oBike, and EcoCaddy – adoption levels remain low. *Photo courtesy EcoCaddy*.

Growth in share bike and car schemes could help end Adelaide's car-centric mentality.

UniSA is partnering with the <u>State Government</u> and <u>Adelaide City Council</u> to examine ways to encourage people to use shared transport options in the CBD.

South Australians own more cars per person than any other Australian state or territory, according to the Australian Bureau of Statistics.

This obsession with private transport could be given a major shakeup in the coming decade through shared bike and car schemes, eco-caddies and Uber services.

The global shift to a shared transport economy is already transforming European and North American cities and UniSA researchers are investigating the potential impact for Adelaide's CBD. UniSA will use a \$300,000 grant from the Cooperative Research Centre for Low Carbon Living to map the role that shared economy mobility services can play in reducing inner-urban transport systems.

Project leader Dr Stephen Berry, a researcher in SA's <u>Barbara Hardy Institute</u>, says younger people and techsavyy baby boomers are behind the shift in transport use.

"Generations of transport users are growing up within the paradigm of the sharing economy. Many residents, workers, students and tourists are now seeking access to a broader range of transport options, partly due to cost, partly due to convenience, but also because they are fun ways to get around," Dr Berry says.

RAA figures show Adelaide has the highest percentage (79 per cent) of people commuting to work by car of any Australian capital city.

Research indicates that economic and environmental sustainability is a key motivator for people to join commercial share schemes but little is known about the obstacles to achieving this.

Sustainable marketing expert Associate Professor Anne Sharp from UniSA's <u>Ehrenberg-Bass Institute</u> predicts that shared transport options will become the norm in future.

"They will be used across the board, not just by a few sustainability-minded people. This is what we have seen happen in other markets," Dr Sharp says.

"An interesting question is to see how share cars challenge the notion of car ownership which has been our behaviour since their invention. Moving into a rent-by-the-hour transaction is truly reshaping how we think about cars and how they fit into our lives."

Dr Berry says that if Adelaide follows the same trend as Europe, carbon emissions will be reduced significantly in the city, along with traffic congestion and relieving pressure on providing car parking places.

"One of the key challenges is that – due to its diversity and rapid evolution – it may be difficult to regulate shared transport schemes.

"From a carbon neutral perspective, we also want to find out how the shared transport economy will influence people to adopt human-powered, electric and other low carbon technologies."

While Adelaide is offering more shared transport options in the CBD – such as the bike-sharing schemes Ofo and oBike – adoption levels are currently low.

"We will be looking at who is currently using these schemes and what the triggers and barriers are to people either supporting them or rejecting them," Dr Berry says.



"If the international experience is replicated in Adelaide, we expect these schemes to take off soon to become an integral part of a low carbon transport system, utilising the convenience of smart phones and GPS technology to revolutionise the way we get around the city."

EcoCaddy founder Daniels Langeberg, who launched his pedicab business in Adelaide in February 2015, has just clocked up an impressive 40,000 trips, reflecting the strong consumer demand for environmentally-friendly transport options.

"In that time I estimate we have reduced 7.4 tonnes of carbon emissions, with 80 per cent of our customer base local residents and the remaining 20 per cent visitors," Langeberg says.

Dr Berry says the world is in the middle of a transport system transformation with UniSA research at the cutting edge of understanding the role share economy services such as EcoCaddy, share bikes and share cars can play in delivering a more environmentally sustainable future.







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UniSA Online offers new community health degree

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by Georgia Minarelli



In the past 10 years, more than 1.5 million Australians have chosen to study their degree qualifications online.

While the trend of online learning is on the rise, students are becoming more discerning and are increasingly seeking inspiring and satisfying learning experiences online.

With a suite of 100 per cent online degrees launched earlier this year, each <u>UniSA Online</u> degree offers students the opportunity to explore their passion or change career path, without adding stress to their already busy lifestyles.

This includes a new degree never offered before at UniSA – a Bachelor of Community Health, which will give graduates a generalist professional skill set to enter the fastest growing workforce in Australia.

<u>Dr Anna Gregory</u>, who oversees the courses for the <u>Bachelor of Community Health</u>, says it presents huge opportunities for students.



"It is a vastly growing area ... health and social care tops the bar as the fastest growing employment industry in Australia," Dr Gregory says.

The National Disability Insurance Agency employs about 1700 staff and Dr Gregory says that number will rise, with the need for far more disability planners and non-clinical community health staff. And just as demand is increasing, many people who currently work in community health are looking to retire in the next decade.

"There is an entirely new workforce that's only really started up in Australia in the last couple of years so it is a

whole area for people who have a real passion and interest for health without a clinical degree, including people with an interest in administration and management," she says.

"There are many roles that graduates from this degree will be able to apply for in assessment and planning services, team leadership and coordinating roles in community care. There's also project management roles in local councils and other workplaces, for improving health and wellbeing. So the community health degree graduates could end up working in a heap of different places."

"When you haven't worked in the sector in the past, these roles can be hard to understand or spot. But graduates will have a much better understanding of what they are on the lookout for. We bring our industry experience into helping them to understand the sector."

Dr Gregory says the course leaders and facilitators have liaised with industry experts in aged care, disability, mental health, and the relevant peak bodies. Industry experts have stressed that there is a vital need for graduates with professional skill sets who can adapt to changing roles.

"This sector needs people who can adapt into jobs that aren't here today but will be here tomorrow.

"This degree trains students to be able to problem solve, adapt, find new solutions and have the type of skills to actually take on changing roles and direction. That's why problem solving and critical thinking are important skills that we are teaching – this is what the industry is telling us they need."

More interactive than you'd expect, the UniSA Online degrees won't see students tapping away at a keyboard in isolation. A lot of interaction and engagement has been built into the courses with tutors and support staff available seven days a week.

Dr Gregory says one of the big differentiators of online learning is how well prepared graduates will be to work in the community health sector.

"Working in health and social care, a lot of the organisations are quite large and span a lot of different states. Students will develop strong communication, teamwork and problem solving skills, allowing them to hit the ground running when they graduate.

"This is all part of a professional skill set which students will be learning and practising through their education, giving them exactly what they need when they hit the workplace."

Dr Gregory says community health suits a range of people, including people who have been in the workforce for a number of years but are ready for a career change, people who are looking to advance in their career, as well as those with family and work commitments.

There are job opportunities in a range of areas including:

- Aged care
- Disability care
- · Mental health
- Aboriginal health
- Community services

Dr Gregory says she's passionate about working in community settings and is excited about establishing the new degree in an area of need.

"I've been working with managers who are struggling with not having the people they need to care for the community," she says.

"This degree will teach students the skills they need to take on the roles of tomorrow. I am passionate about filing the gaps I've seen first-hand."

100 per cent online, on demand degrees:

Bachelor of Business (Human Resource Management)

- · Bachelor of Business (Management)
- · Bachelor of Business (Marketing)
- Bachelor of Commerce (Accounting)
- **Bachelor of Communication**
- · Bachelor of Community Health
- Bachelor of Construction Management
- · Bachelor of Digital Media
- Bachelor of Health Science (Nutrition and Exercise)
- Bachelor of Information Technology and Data Analytics
- Bachelor of Psychological Science and Sociology
- Bachelor of Criminal Justice (June 2018)





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Should water services stay in public hands? New research.

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by Candy Gibson



Adelaide's desalination plant at Port Stanvac. Photo courtesy Melody Ayres-Griffiths.

Most South Australians do not want the State's water services to be privatised, despite Adelaide's desalination plant costing taxpayers \$13.5 million last financial year.

That's the overwhelming community feedback from a three-year research project undertaken by UniSA, five years after the controversial \$1.83 billion desalination plant opened at Port Stanvac.

In an extensive case study analysing the decision to build desalination plants in South Australia and Victoria to ensure urban potable water supplies, UniSA PhD candidate Elnaz Ettehad found there was a lack of overwhelming support for both plants.

Ettehad surveyed more than 900 people in Adelaide and Melbourne metropolitan areas to evaluate the public interest in desalination delivery.

"Most people want the water sector and desalination plants to be run by either the state or federal governments, with water prices set by either these bodies or an independent regulatory organisation," Ettehad says.

The results reveal that the private sector is among the least preferred organisations to manage water supplies.

"They feel very strongly that water is a basic human right and under private ownership these rights could be compromised," Ettehad says.

"Desalination plants were built to create greater water security for people but in the public's eyes it has not been the best choice.

"The survey shows there needs to be an integrated and holistic approach when it comes to sustainable water supplies and achieving water security, taking into account climate change, energy supplies and the ecosystem.

"We shouldn't just be focusing on the physical aspects of supplying water but adopting a far broader approach," Ettehad says.







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Reform holds the key to a stronger European Union

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by Michèle Nardelli



Economist and international relations expert Professor Loukas Tsoukalis speaking at the Hawke EU Centre Annual Lecture.

Despite recent turbulence, there are new signs of hope for a reinvigorated European Union according to leading EU expert Professor Loukas Tsoukalis.

Speaking at the <u>Hawke EU Centre Annual Lecture</u> in October, economist and international relations expert, Prof Tsoukalis described the EU as highly resilient.

Heralded as Greece's "greatest living public intellectual", Prof Tsoukalis is Professor of European Integration at the <u>University of Athens</u> and president of the <u>Hellenic Foundation for European and Foreign Policy (ELIAMEP)</u>.

He has studied and taught at universities across Europe including the <u>University of Manchester</u>, the <u>College of Europe</u> in Bruges, and the <u>University of Oxford</u>, where he completed his PhD. In 2016, he was Visiting Professor at the <u>Kennedy School at Harvard University</u> and among many publications on European international relations, he has recently published In <u>Defence of Europe: Can the European Project Be Saved?</u>

Prof Tsoukalis says the challenges the European Union has faced since the devastating Global Financial Crisis of 2007-2008, have come thick and fast – the decline of the value of the Euro, the burgeoning refugee crisis, and most recently the Brexit vote in the UK.

Despite these challenges, he says fear of European nations having to go it alone and the underlying resilience of the union have brought new hope.

"The extraordinary political success of pro-Europe French President Emmanuel Macron, demonstrates a new era of optimism surrounding the European project," he says.

"It will be essential that this pro-EU sentiment materialises into European reform to strengthen the Union.

"Now what we need is to see new agreements reached between France and Germany, the de facto leaders of the EU, in the post Brexit environment.

"Only through such reforms, can the European project continue to provide a source of peace, democracy, and rising living standards."

UniSA's Hawke EU Centre lecture was attended by more than 300 people including the Consul General for Greece and representatives of the State Government.

You can listen to Prof Tsoukalis give a talk on the same topic on ABC's Big Ideas radio program.



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Technology could help safeguard Aboriginal knowledge

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by Adam Joyce



A girl learns how to weave through a video of Aunty Ellen.

Technology could prove a lifeline to support the handing down of Aboriginal knowledge to younger generations, according to the research of a PhD candidate.

UniSA PhD student Jelina Haines has spent more than 15 years working alongside the Elders at <u>Camp Coorong</u> – a race relations and cultural education centre run and managed by the Ngarrindjeri people at Meningie in the State's south east – most recently, as a researcher. The primary aim of her PhD is to record and disseminate research participants' knowledge ethically with the aid of technology.

Jelina (who won first prize in this 'year's <u>Images of Research Photography Competition</u> for an image related to her research) says the passing down of Aboriginal Elders' stories from one generation to another is under threat.

"Elders are chosen as knowledge keepers are given the responsibility of passing on their knowledge to the future generation," Jelina says.

"Knowledge is traditionally shared through storytelling, dance, singing, arts and crafts and social interactions, interwoven with their strong connection to the land and culture."

But the ability to hand down oral knowledge in these ways are being eroded by a range of factors including new technologies which create barriers between generations; the difficulty maintaining the integrity of spoken knowledge, particularly when translated to written form; and the failure to capture stories ethically (for and with Aboriginal people) and

Uncle Moogy Sumner

transcribing them fully.

Jelina says that health issues in Aboriginal communities also have an impact.

"Some, by the time of their death, have not chosen the appropriate person to carry forward their knowledge for future generations," she says.

"It is also heartbreaking to see that drugs, alcohol and youth suicide are major barriers to potential future generation to continue their traditional knowledge."

Jelina says that authorities and policymakers tend to overlook the principal cause of these issues, including a lack of health services.

"My heart goes to the Elders that work hard to deal with the issues by themselves. In the community I work with, there are only a handful of Elders who were educated in the traditional way of life."

But Jelina's research has found that technology – particularly video – whilst currently a barrier, could also be a way to safeguard and help share Aboriginal knowledge for future generations.

Aunty Ellen Trevorrow

Although most of the Elders involved in her research have limited access to and experience in using technology, that could be addressed – and in doing so, help bring generations together.

"Why not bring these technologies to the Indigenous communities who need it most?"

Jelina says that through partnerships involving school children and industry, a research technology hub could provide mentoring and training for Aboriginal communities to create, edit, preserve and share video content.

"Giving them access to video cameras, computers and iPads allow the Aboriginal community to record their own stories, and that way it complies with their beliefs and Indigenous ways of knowing," she says. "At the same time, it brings community spirit back and provides some purpose and ownership of their knowledge."

While many Aboriginal stories have been captured by non-Indigenous people and researchers, Jelina says it needs to be done in partnership with the community, with benefits for the community, and without treating people as research subjects.

Jelina has made a series of videos with Elders from Camp Coorong, with participants involved as co-researchers and as "proof-readers of translated information about them".

"Working in partnership is part of Indigenous knowledge preservation ... it is crucial that appropriate ethical principles and protocols are followed in disseminating Indigenous knowledge."

She says video offers the ability to capture Aboriginal people's resilience, traditional practices and experiences holistically and within the cultural context.

Ellie Trevorrow-Wilson

"It's important to see and hear the stories directly from the people who experienced it," she says. "It provides that visual context as well as a sense of connection, feeling, passion, empathy, resilience and human touch. All senses that you don't fully grasp from reading alone."

Jelina will present her research paper, In search of Indigenous wisdom and interdisciplinary ways of learning together, to the 2017 Research Applications in Information and Library Studies (RAILS) conference, held at City West from 28-30 November 2017.







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Leader in child protection recognised with national business women's award

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by Georgia Minarelli



Professor Leah Bromfield with her award.

One of Australia's foremost child protection researchers and co-director of the <u>Australian Centre for Child Protection</u>, <u>Professor Leah Bromfield</u>, has been awarded the national Telstra Business Women's Award in the public sector and academia category.

Prof Bromfield was one of three UniSA researchers who were the finalists in that award category in the state awards, with <u>Associate Professor Rachel Kennedy</u> of UniSA's <u>Ehrenberg-Bass Institute</u> and <u>Lee Martinez</u> from the Department of Rural Health in Whyalla, being the other nominees. After winning the state category, Prof Bromfield went on to win the national award this month.

Prof Bromfield says dealing regularly with the mistreatment of children helps her stay focused on the overall goal of her team's research: to inform real change in policy and practice around child safety and wellbeing.



Rachel Kennedy, Lee Marinez and winner Leah

She is a research expert in issues affecting child protection systems, chronic maltreatment and cumulative harm and has worked closely with state, national and international governments on establishing and implementing child welfare reforms, including the National Framework for Protecting Australia's Children.

Prof Bromfield was also the Professorial Fellow to the Royal Commission into Institutional Responses to Child

Sexual Abuse, established by the Australian Government, and led its extensive research program.

In her acceptance speech, Prof Bromfield told the audience that a guarter of all South Australian children are reported in relation to child protection by age 10.

"When the problem you face is this critical, you need to approach it as a business to grow and support high functioning teams to undertake this important work," she said.

"My teams are producing world-class research that is leading change in policy and practice in child protection."

A passionate advocate for modern working women and women in leadership, Prof Bromfield said she was completely "astounded to be surrounded by so many inspiring and talented women".

"Winning this award, an award for women, it's significant to me, because these awards are about more than just success - it also matters how we achieve that success and what you've overcome to get here."

The Telstra Business Women's Awards celebrate the achievements of extraordinary business women, shining a light on women's achievement as business leaders.



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UniSA students excel at International Student Awards

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by Marina Barbaro



Highly Commended for Academic Excellence (Postgraduate Research category), Doctor of Philosophy student Ahmad Abuhelwa (second from left) from Palestine with his wife (left); Bachelor of Pharmaceutical Science student Santhni Subramaniam (second from right), who won the Academic Excellence – Undergraduate category, with UniSA Program Director of Pharmaceutical Science Dr Matt Sykes (centre) and Student Engagement Unit Director Brendan Hughes (far right).

Six of UniSA's international students have been recognised for their achievements at the 2017 StudyAdelaide International Student Awards, held last month at Government House.

Four UniSA students won their award categories while another two students were highly commended. The <u>Study Adelaide</u> awards celebrate the hard work of international students studying in Adelaide, as well as the contribution they make to the local community.

The winners included Bachelor of Pharmaceutical Science student Santhni Subramaniam, who won the Academic Excellence – Undergraduate category and received a Special Commendation as runner-up for the International Student of the Year.

It is the second award the Malaysian student has taken home this year, after winning the coveted Sir Eric Neal Award from the <u>Australia-Malaysia Business Council of South Australia</u> earlier in August.

While still an undergraduate student, Santhni says she has already had the chance to work with a number of prominent researchers to contribute to real-world research projects.

"I spent eight weeks working on formulating <u>antimicrobial</u> to meet the current pharmaceutical demand with UniSA researchers Professor Clive Prestidge and Dr Nicky Thomas, through the High Achiever Research Vacation Scholarship program in 2016," she says.

"This year I was given the opportunity to work on another research project with UniSA senior lecturer Dr Anton

Blencowe, working to develop innovative technologies for saving native wildlife animals from introduced species."

Santhni has a long list of academic achievements – which include representing South Australia at Gothenburg University in Sweden to undertake laboratory studies and being invited to join the Golden Key International Honour Society – but it is her efforts outside of her studies that she is most proud of.

"I have dedicated a large amount of my time in Adelaide to volunteering roles, as I am passionate about giving back to the community that has welcomed me with open arms since my arrival," she says.

"These experiences have not only taught me valuable lessons, they have helped me analyse the similarities in social issues that my home county and Australia share, with homelessness being one of them.

"This semester, I started volunteering with Do Unto Others under The Salvation Army, not just to help, but to learn their ways of fighting the issue of homelessness so that I can take those ideas back to my home country for the benefit of the wider community.

"As well as pursuing postdoctoral studies in pharmaceutical research, my main goal for the future is to take bigger steps in fighting homelessness by taking sustainable actions both in Australia and Malaysia."

Santhni had the chance to celebrate her achievements alongside her peers and His Excellency the Honourable Hieu Van Le AC, Governor of South Australia, at the StudyAdelaide International Student Awards event.

"I dedicate this award to my parents and all the teaching staff at UniSA who are the backbone of my achievements.

Below is a full list of UniSA international students who were honoured for their achievements:

- Winner of Academic Excellence Undergraduate category Santhni Subramaniam from Malaysia
- Winner of Arts and Culture category Hung Yue Ng from Hong
- Winner of Sporting Excellence Siew Li Ooi from Malaysia
- Winner of Community Engagement category Valérie Baya from Mauritius
- Highly Commended for Community Engagement category Sharifah Aida Hana Syed Osman Abadi from Malaysia
- Highly Commended for Academic Excellence Postgraduate Research category – Ahmad Abu Helwa from Jordan.

See In Pictures to view photographs from the awards ceremony.



Winner of the Arts and Culture category, Master of Management student Hung Yue Ng from Hong Kong, with her parents at Government House.





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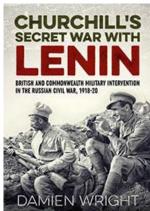
The Palgrave Handbook of Australian and New Zealand Criminology, Crime and Justice

Churchill's secret war with Lenin. British and Commonwealth military intervention in the Russian Civil War, 1918-20

It was the war to end all wars, originating in Europe and lasting from 28 July 1914 to 11 November 1918. Yet it remains a little known fact that the last British troops killed by the German Army were killed in the Baltic in late 1919, nor that the last Canadian and Australian soldiers to die, suffered their fate in North Russia in 1919, many months after the Armistice.

In Churchill's Secret War with Lenin: British and Commonwealth Military Intervention in the Russian Civil War, 1918-20, author <u>Damien Wright</u> explores the virtually forgotten two-year battle between the British Government and the Russian Bolsheviks, seeking to uncover the truth about the Russian Civil War.

"When I first starting investigating the Russian Civil War, asking around British military history circles, few knew anything about the British campaign in Russia after the First World War," Wright says.



"This seemed bizarre, given the significance of the Secretary of State for War, Winston Churchill, pursuing an undeclared war against the first leader of the Soviet Union, Vladimir Lenin.

"The ultimate victory of the Bolsheviks in the Russian Civil War – and the establishment of the Soviet Union – shaped most of the 20th century, so why would this important period of history slip under the radar?"

Wright says that as Russia fractured into loyalist 'White' and revolutionary 'Red' factions, the British government became increasingly drawn into the escalating Russian Civil War after thousands of German troops were transferred from the Eastern Front to France for the 1918 'Spring Offensive' which threatened Paris.

"What began with a small number of Royal British Marines landing at Murmansk in 1918 to protect Allied-donated war stores, quickly escalated into an undeclared war against the Bolsheviks," Wright says.

"By mid-1919, British troops were simultaneously fighting the Soviets far into the Russian interior in the Baltic, North Russia, Siberia, Caspian and Crimea. The full range of weapons in the British arsenal were deployed including the most modern aircraft, tanks and even poison gas."

Wright says that after the withdrawal of all British forces in mid-1920, the British government attempted to cover up its military involvement in Russia by classifying all official documents.

"When files on the campaign were quietly released decades later there was little public interest in what happened, and today, few people in Britain even know that their nation ever fought a war against the Soviet Union," Wright says.

Both presidents Nixon and Reagan made the same mistake (US troops also fought under British command in Russia) in speeches declaring that the US and Soviet Union had never been at war. However the Soviets had much longer memories with Soviet Premier Khrushchev declaring: "Never have any of our soldiers been on American soil, but your soldiers were on Russian soil. Those are the facts."

Wright says that despite the loss of hundreds of soldiers, sailors and airmen from across the British Empire including Canada, India, Australia, New Zealand, South Africa, Ceylon and Rhodesia, most of whom remain buried in Russia, and five Victoria Crosses being awarded (including one to a South Australian and another to a Victorian soldier who received the award posthumously), the campaign remains virtually unknown in Britain

today.

Churchill's Secret War with Lenin is the culmination of more than 15 years of painstaking and exhaustive research with access to many previously classified official documents, unpublished diaries, manuscripts and personal accounts.

Virtually an unofficial war history, this book is the first comprehensive campaign history of British and Commonwealth military intervention in the Russian Civil War 1918-20.

The book is available online.

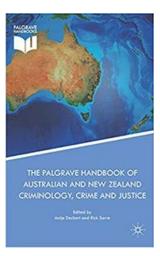
The Palgrave Handbook of Australian and New Zealand Criminology, Crime and Justice

The Palgrave Handbook of Australian and New Zealand Criminology, Crime and Justice, a new research volume by Dr Antje Deckert and Professor Rick Sarre, is a valuable resource for dedicated academics, public policy analysts and university students.

The book covers the last 50 years of key debates on the subject of criminology in Australia and New Zealand. It contains a comprehensive collection of criminological writing from the two countries and is designed for an international audience.

More than 70 leading researchers and practitioners contribute to the investigation of topics such as the history of criminology; gangs; youth crime; cybercrime; terrorism; Indigenous courts; child witnesses; children of prisoners; gun laws; criminal profiling, and more.

Deckert and Sarre invited selected Indigenous researchers to contribute their unique perspectives on crime and criminal justice issues in Australia and New Zealand. It is an important feature of the book.



Moreover, leading academics examine the implications of past and current trends in official data collection, crime policy, and academic criminological investigation. The work is designed to build up an understanding of underresearched topics, as well as examining emerging problem areas for future research.

The Palgrave Handbook of Australian and New Zealand Criminology, Crime and Justice is available in hardback and online.

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Using clinical yoga therapy to alleviate the symptoms of chronic combat-related post-traumatic stress disorder, and a new Urban and Regional Planning Space at the City West, are two of the top stories from UniSA's Media **Centre** for November:

Combat-related PTSD calmed by yoga therapy

Clinical yoga therapy has been found to alleviate the symptoms of chronic combat-related post-traumatic stress disorder (PTSD), potentially providing a treatment to deliver much-needed relief for the hundreds of military veterans in Australia suffering from the debilitating condition.

In a dynamic industry partnership, the research from the Repatriation General Hospital, the UniSA and Mindful Movement Physiotherapy, reveals across-the-board improvements for PTSD sufferers, including reduced stress, depression and anxiety.



Lead researcher, senior psychiatrist and director of the PTSD Unit at the Repatriation General Hospital, Dr Linda McCarthy, says the Australian-first study confirms the clinical utility of yoga as an adjuvant strategy for combat-related PTSD.

<u>Liveable cities – it's all in the planning</u>

Urban planning history says as much about the evolution of civil societies as everyday politics, according to UniSA's Dr Johannes Pieters.

Program Director for the Master of Urban and Regional Planning and the Bachelor of Urban and Regional Planning, Dr Pieters believes says planning and politics have always gone hand-in-hand in the creation of great cities.

"People have lived in cities for thousands of years and the responsibility for deciding how land should be used to build a safe, settlement and feed the population has always been political but politics alone isn't enough to plan great cities," Dr Pieters says.



To coincide with World Planning Day, UniSA is opening a new Urban and Regional Planning Space at the City West campus showcasing the work of its students and in particular the projects that third year students are involved in during their placements with industry.



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2017 International Student Awards

The seventh annual International Student Awards were held at the Government House in Adelaide. The Governor, His Excellency the Honourable Hieu Van Le AC, presented awards to the winners in eleven categories.

Students from 14 countries including China, India, Malaysia, Vietnam, Jordan, Mauritius and France were recognised for their outstanding achievements at the awards.







(L) Study Adelaide Chair, Bill Spurr AO, Highly Commended: Ahmad Abu Helwa from Jordan and Governor of South Australia, the Honourable Hieu





(L) Highly Commended: Sharifah Aida Hana from Malaysia. (R) Winner: Val'erie Baya from Mauritius.





(L) Winner: Hung Yue Ng from Hong Kong. (R) Winner: Siew Li Ooi from Malaysia.

Chancellors atop HIB

UniSA Chancellor Jim McDowell (centre) took his predecessors Dr Ian Gould AM and Dr David Klingberg AO on a tour of UniSA's Health Innovation Building, which will open in 2018.



Ubud Writers & Readers Festival

For the first time, The Bob Hawke Prime Ministerial Centre proudly presented at the Ubud Writers & Readers Festival, an event championing literary and artistic talent. Bringing together some of the world's most powerful voices in a melting pot of artists, authors, thinkers and performers, the festival is a platform for meaningful exchange and cross-cultural dialogue. As thousands of creative minds converged at the festival to connect, learn and be inspired, The Hawke Centre's Executive Director, Jacinta Thompson, presented three events with Nusrat Durrani, a pioneering media executive, producer and award-winning creative with MTV World, writer, photographer, furniture and clothing designer. This followed on from a very successful public presentation and student masterclass at The Hawke Centre in Adelaide.





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