

TAKING ENTREPRENEURIALISM TO THE WORLD





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Welcome to the latest edition of *Monitor*, the magazine for University of Canberra alumni and friends. We'd love to hear your story ideas, feedback and thoughts. Contact us at: monitor@canberra.edu.au

Market Day in the Refectory, c.1970s

The UC Refectory has undergone significant changes from its humble beginnings in the late 1960s. Here, the Refectory is buzzing with student activity on a Wednesday (traditionally the day of the week for Market Day) as students catch up with friends, grab a bite to eat and participate in the activities provided by student clubs and societies.

UC's enterprising spirit

Vice-Chancellor and President Professor Deep Saini settles in behind the desk at the University of Canberra and shares his thoughts on the potential of our enterprising young university



Even before taking the reins of the University of Canberra on 1 September, I knew there was something special about this institution.

I was fascinated by its grit, its promise and its bold approach to a changing environment in the tertiary education sector.

What excites me, now that I'm here, is discovering glimpses of its enterprising spirit.

Universities all around the world are looking beyond providing high-quality education and research opportunities and are focusing on addressing big, complex societal problems through imaginative, inventive, resourceful ways.

The University of Canberra is embracing this way of thinking. More and more staff and students are adopting this mindset, taking on critical questioning, looking at problems from different perspectives, pushing the limits, taking risks and finding ways of improvement.

As you will read in the pages ahead, the University is making spirited moves to become a fertile ground for business start-ups by

supporting novel ideas from students and staff and welcoming external businesses to set up operations on the campus, providing a propitious environment to drive collaboration, innovation and growth.

You will also learn how the University of Canberra's entrepreneurial spirit is carried on by our graduates.

A growing group of young alumni, keen on exploring the world beyond our borders, are setting off on adventures and taking up opportunities all around the globe to build their careers and start-up businesses. From California to London, from Vietnam to New Zealand, these graduates are thriving in their chosen fields embodying that enterprising spirit.

But entrepreneurship is not limited to businesses or careers, it transcends onto the social space, identifying and often leading to transformative societal change. An example of this is the commendable story of one of our students, a former refugee, who is driven to overcome the odds and give back to the community.

That is our promise: to shape the next generation of transformative agents who are committed to making a difference in the world around us.

I look forward to nurturing this culture of innovation at the University of Canberra, where our students, staff, alumni, and local entrepreneurs converge, brainstorm, work on potential concepts and get the needed support to turn their ideas into real solutions; where audacious plans are encouraged, mentoring offered and funding opportunities catalysed.

I am thrilled to be at the helm of such a promising institution and look forward to its transformation as a global leader in mission-oriented education and problem-solving research, with a shared entrepreneurial spirit that sees us rise onto the next stage.



Start-up, spin-out, pop-up

Universities have always been centres of thinking and learning but a growing entrepreneurial spirit and a generation more open to taking risks is helping turn the University of Canberra into a hotbed for business start-ups.

**UC's
Entrepreneurs**

PHOTOGRAPHY: LIGHTBULB STUDIO, MONITOR STAFF STORY: MARCUS BUTLER





Access to new technologies, networks of skilled and enthusiastic people and a pool of expertise seldom found anywhere else have fuelled the rapid growth of new business ventures born on campus.

University of Canberra director of strategic engagement and business development, Victor Pantano, said the majority are students with a big idea and the drive to make it happen.

"The University of Canberra has a focus on social entrepreneurialism, helping students, alumni and staff take those first steps into operating their own start-ups," Dr Pantano says.

"Gen Y make up the largest numbers of students we're currently seeing at the University and many seem to share a strong, positive mindset towards taking their ideas from a dream to a business."

That mindset, which is often called "the entrepreneurial spirit", blends creativity, commitment and dedication, an element of risk-taking and the ability to build a network of people with the required skills.

"Often people need a little spark to get going. In today's world there is no limit to the inspirational success stories on social media that make you think 'I can do that too,'" he says.

According to Dr Pantano, entrepreneurialism isn't a straight forward journey. There are risks such as putting money, time, social lives and even pride on the line to make a go of a dream.

"These are the risks, but people who are going to succeed are the ones who weigh those risks up and know the payoff and seeing their idea take form will be worth the risk," he says.

The biggest hurdles identified by most people starting out are the need to find funding and to build a team around them.

"No entrepreneur is going to have all the skills to take their concept to commercialisation and to manage a business as well, but one of the biggest benefits of starting

out at university is the number of people around you," Dr Pantano says.

With the University's campus development plans underway, students will be able to harness the innovation opportunities that will be generated by this growth.

Already there are plans for a co-working space on campus where small start-ups could be based together, to learn from each other's experience and to access mentoring programs.

Providing a work environment which can be opened to micro-businesses when they are starting out can ease some of the financial strain which Dr Pantano identified as a major source of stress for budding businesspeople.

The University has also welcomed external businesses to base themselves at the heart of the educational facility, providing opportunities to students to gain workplace skills.

Cloud control on campus

One of these businesses is Instaclustr, a global database management service, formed in 2013.

Canberra lads Ben Bromhead and Adam Zegelin, who are Instaclustr's original founders, were looking for a management service for the open-source database Apache Cassandra and when they couldn't find one, they created it.

Instaclustr's chief product officer Ben Slater said the company went through a boom phase in 2014 after securing funding worth more than \$2 million.

"In the beginning the company had just one client, but by being able to cater for start-ups which are more open to giving another start-up a go, we've built the business," Mr Slater says.

Instaclustr has since gone global with 60 international clients, with another 60 in the early set-up stages.

Mr Slater describes the company as a truly next-generation business, operating in the public "cloud" and being based at the University of Canberra allows it to draw on emerging talent.

"There's really no pool of experienced people in our field anywhere in the world, so being on campus means we've got skilled people graduating and ready to work right on our doorstep."

Among the University alumni quickly snapped up by Instaclustr is Megan Smith, who joined the company as its digital marketing coordinator.

"I was able to get some work-integrated learning experience with Instaclustr while I was studying and when I finished my degree I was already a part of the team," Ms Smith says.

New perspectives, new opportunities

Following in Instaclustr's steps, the Cross-Cultural Design Lab has established its business on campus, offering design services to everyone from start-ups to well-established businesses.

Co-founders, University of Canberra associate professors Lisa Scharoun and Fenke Peng created the lab to encourage students to consider design for a range of perspectives and to tap into new creative pathways.

Together with associate professor Carlos Montana Hoyos and a group of researchers, they act as a design incubator, challenging students, alumni and even designers from external businesses to take a fresh approach to their work.

US-born Dr Scharoun says the founders draw on a range of backgrounds with Dr Peng coming from China and Dr Montana Hoyos from Colombia.

"We're providing opportunities for designers to experience their concepts through

***“Being on
campus means
we’ve got
skilled people
graduating and
ready to work
right on our
doorstep”***



ABOVE: Digital marketing coordinator Megan Smith and software architect Rob Marshall of Instacluster. (LB)
RIGHT: Associate professors Carlos Montana Hoyos and Lisa Scharoun, creators of the Cross-Cultural Design Lab.

cross-cultural lenses and Canberra’s multiculturalism is the perfect place to do that,” she says.

Dr Scharoun also pointed out that Canberra lacks a traditional manufacturing base which means the wider community is more open to new ways of doing things.

“The designs we’re seeing are different; they are new and for the most part they are really out-of-the-box and surprising.

“All of this adds to the education we can provide to local designers, helping them understand and better target global markets with their business and concepts.”

The Cross-Cultural Design Lab is putting plans into motion to establish a makers’ marketplace giving design students, alumni and industry a platform to go from small-scale businesses to develop more global ventures.





On target and riding the wave

One designer who is already taking on the world is 21-year-old Jonathon Cleaver who is riding the wave of the global *Pokémon Go* phenomenon.

A current honours student doing a Bachelor of Industrial Design, Jonathon developed a 3D-printed phone case designed specifically for fans of the monster-catching game, calling it the Pokéball Aimer Case.

"I was just playing *Pokémon Go* and it frustrated me that any little slip of my hand or shake would affect the game and I'd miss the catch," Jonathon says.

"I wasn't the only one either, my brothers would have the same problem, but I had the design skills to actually put something together to solve the problem."

Jonathon developed a prototype that worked and sought feedback from the maker-community and Facebook.

"I actually received feedback via social media that it was a dumb idea. That was my first experience of negative responses from total strangers and it was disheartening.

"Within a couple of days it had gone viral and I had an influx of interest in the Pokéball Aimer Case. I had 80 orders within two days and had to temporarily close my online Etsy store to cope."

Jonathon approached Dr Montana Hoyos, who directed him to the University's office of Strategic Engagement and Business Development for advice.

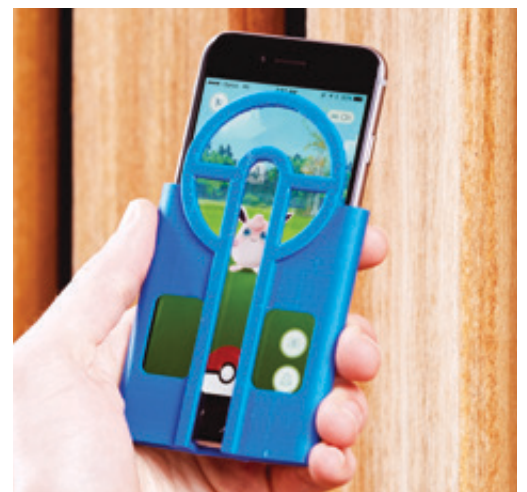
"With a little guidance on making the most from this design, I've linked up with *Creative Element*, which is a maker-space, and I'm also making my design available for people with 3D-printers via the *MyMiniFactory* website," he says.

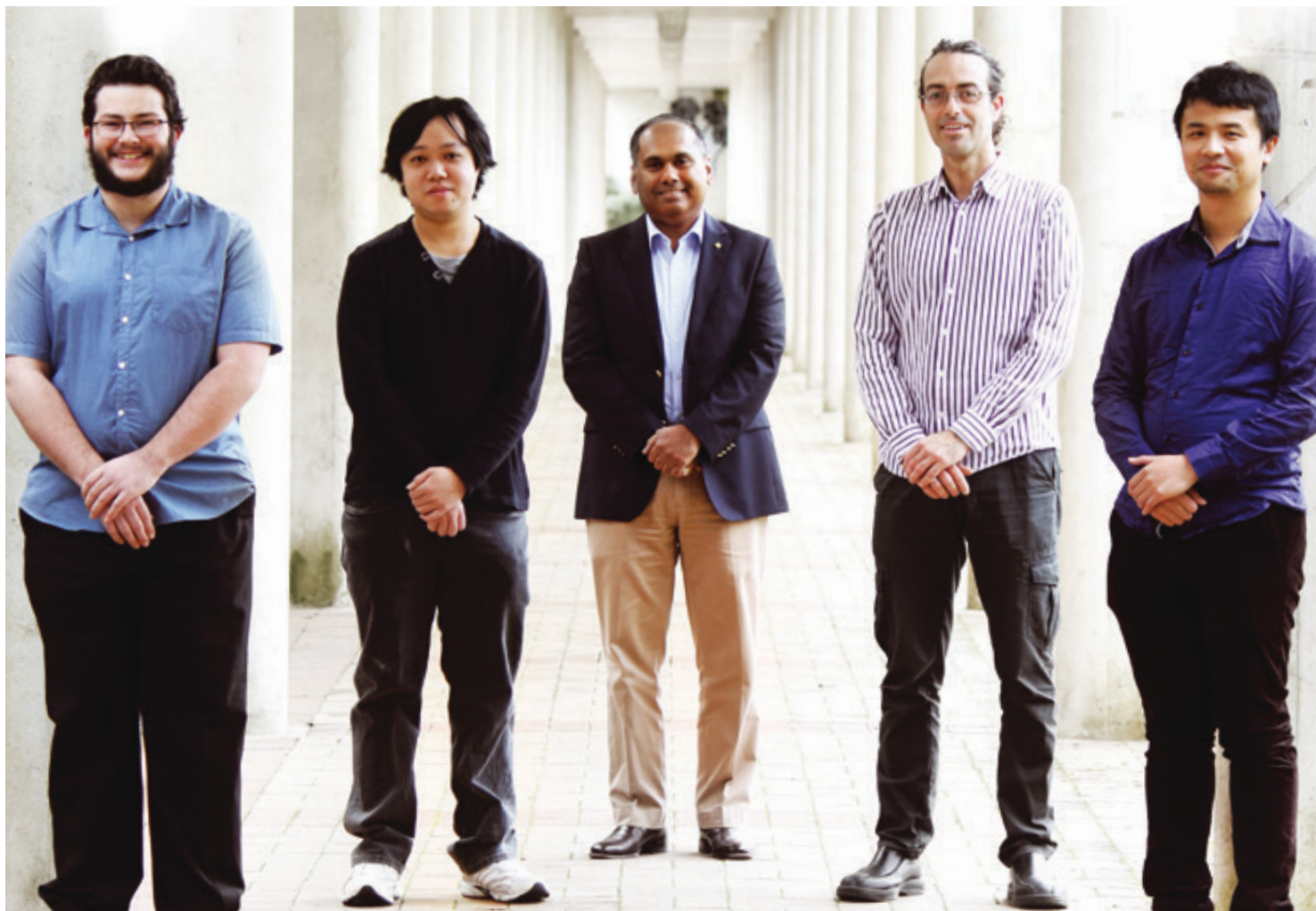
Since creating the Pokéball Aimer Case Jonathon has discovered that it is also opening up the *Pokémon Go* game to new users who may have had trouble with it in the past.

"My design works really well for people with hand-tremors or even a disability; it acts as an aid and really boosts their ability to succeed at the game well."

Jonathon is incorporating the design and his experience developing and commercialising it into his honours project.

ABOVE: UC designer Jonathon Cleaver received a huge amount of interest following the release of his Pokéball Aimer Case, below. (LB)





Taking an idea to new heights... and depths

Linking emerging businesses such as Jonathon's with existing industry is an important start to helping get an enterprise off the ground.

One such promising connection has developed between the mining industry and a small group of network engineers, led by UC associate professor Kumudu Munasinghe.

This group took its initial research into establishing emergency Wi-Fi pathways to allow drones to fly into dangerous areas, such as a mine shaft following an accident, and stumbled on a solution to a very different problem.

"Our design involved small lightweight packages which ran on a rechargeable battery and activated a small Wi-Fi point which connected to the previous one and the next, like a trail of breadcrumbs," Dr Munasinghe says.

"The industry turned out to be far more interested in the wireless mesh network we created than it was in the drone concept, so we adapted."

The wireless mesh network created by the team allows miners to be in contact with the surface, using their own mobile phones through Voice-over-Internet-Protocol (VOIP) or even via an app.

"Part of taking those first steps into commercialisation is being flexible and responding to what your market needs, we took a small part of our system and made it the centre of a new project," Dr Munasinghe says.

Each unit weighs about 50 grams and provides a simple and affordable system for the mining industry, and potentially allowing other people temporarily working in areas just out of reach of a Wi-Fi signal to stay connected.

Dr Victor Pantano laughingly refuses to accept that his job is like a midwife's, helping start-ups, spin-outs and pop-up businesses into the world, but acknowledges that the job fits.

"Universities are incubators," he says. "We are in the business of creating and nurturing ideas and setting people up to take on the world."

"We have a largely young, switched-on population and there are plenty of students and researchers at the University of Canberra who already have the entrepreneurial spirit."

"What we are doing is helping them see the potential, make the connections they need to take those ideas from concept to commercialisation, and personally, being able to do that feels great."

Doctor Kumudu Munasinghe (centre) and his research team (L-R) Matthew Collingridge, Kevin Ngov, Adrian Garrido Sanchis and Kefu Li.

MY FAVOURITES

This issue we talk to UC alumnus and Liberal Senator Zed Seselja about his favourite people, causes and time away from Parliament House.

what's your favourite...

1 ...people

Family: My wife and I both come from big families. She is one of seven and I'm one of six, so we're used to always having people around. We have five children aged between 17 and 4, so we've got a big range of things to juggle as parents. While the life of a politician can be busy, family time is not negotiable for me. When I'm home we always sit down together and have a family meal. On a Friday night, I love nothing more than being at home with my wife and kids eating pizza, watching the footy or a movie or playing a board game.

2 ...activity

Sport: I've always enjoyed playing all sorts of sport. Soccer, touch footy, tennis – I'll give anything a go. My favourite to play, though, is basketball. It's a great competitive sport and always a good workout.

Like most Canberrans, I love to watch Rugby League and Union in the winter and Cricket in the summer. The kids watch a lot of the Big Bash, the Tests and One Days. For me, cricket is like the soundtrack to summer. I love spending time out in the garden or having a BBQ with the cricket on during the summer.

3 ...cause

Working for the community: Adoption reform is something I've been fighting for since I was a backbencher. There's a long way to go but I was really proud to get a motion through the last Parliament that puts this issue on the national agenda. When I talk to people who are in the process of adopting or hoping to adopt, or in the foster care system and they see we're making progress, that's really satisfying.

I was lucky enough to meet actress and producer Deborah-Lee Furness, who is a campaigner for adoption reform, during National Adoption Awareness Week in 2015. I've been inspired by people like her to try and get some meaningful change.

4 ...leisure

Reading: Is something I don't get to do as much but reading a good book is so enjoyable. I read more non-fiction than fiction. I'm drawn to biographies and history. Getting stuck into a good book is something I enjoy but regrettably I don't do as much as I would like to.

The best time to read is a Saturday afternoon after I've been in the garden and just have an hour before dinner or an event. If I can have an hour to myself to read a book, that's a luxury. It doesn't happen every week but when it does, it's great.

5 ...time off

The outdoors: I love hiking and occasionally camping with the family. We have some great national parks on the edge of Canberra and I love getting out there. I especially enjoy climbing a mountain and going somewhere where there's no mobile reception and the air is clear and it's quiet and you are amongst nature.

With the kids, I take them for a one on one when they get to a certain age for a hike and an overnight camp. It's a bit symbolic of a young person transitioning into adolescence and having good quality time and talking to them about moving to a new stage of responsibility and growing up.



ZED SESELJA (Graduate Certificate in Public Administration, 2000)

Zed Seselja was sworn in as Assistant Minister for Social Services and Multicultural Affairs by the Governor-General on 19 July 2016. He was first elected to the Senate for the Australian Capital Territory in 2013.

Since his election to Parliament, Mr Seselja has been appointed to a number of committees including the Joint Standing Committee on the National Disability Insurance Scheme National, the Senate Legislative and General Purpose Standing Committee on Community Affairs, where he served as Chair, and the Senate Select Committee on Health.

He is also a KeepWatch Ambassador with the Royal Lifesaving Society, an ambassador for Focus ACT, Healthy Harold Life Education, Kulture Break, a volunteer for St Vincent de Paul, and was a mentor for Menslink.

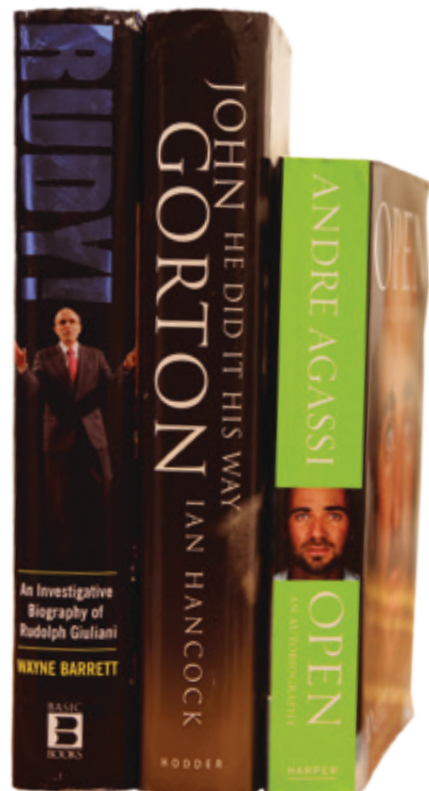
Mr Seselja was born in Canberra to Croatian immigrant parents and was raised in Tuggeranong Valley. He is married to Roslyn and they have five children. Before entering politics, Zed studied Arts and Law at the Australian National University and then moved into the Commonwealth Public Service working for the Department of Transport and Regional Services.



1



3



4

INTERNATIONAL JOURNEYS



Going Global

University of Canberra alumni are part of a global community of graduates who are expanding their horizons, pushing boundaries, chasing dreams and building careers in locations all over the world. We spoke to a number of graduates about why they took the leap and whether it has paid off for them.

International Journeys

STORY CHLOE DIGGINS

INTERNATIONAL JOURNEYS



WHEN I FIRST MOVED TO LONDON,

I made sure I said 'yes' to every opportunity.

Want to have dinner with Portuguese friends at a pop-up restaurant in Brixton? Yes! Want to come to a speed-mentoring night at a wine bar in Fulham? Yes! Want to do an early-morning yoga class at Sky Garden with a view of the city skyline? Yes! All these opportunities allowed me to meet extraordinary people with extraordinary stories, and I've been inspired, challenged and refined as a result. It sounds a bit #eatpraylove, but being a part of a vibrant, progressive, global community has expanded my perspective, spurred new ambitions for my career, and opened doors into experiences that are beyond my expectations."

No one could accuse Suzie King of speaking tepidly about her international adventure. She is incisive and insightful, but injects just the right amount of excitement and zest to sweep you up in the journey from suburban Canberra to inner-city London. Having graduated from the University of Canberra with a Bachelor of Communication in 2008 and again in 2013 with a Graduate Diploma in Education, Suzie has built a career that weaves together her skill in communications, her passion for social justice and her love for education, all of which were consolidated when she moved to London in 2015, where she now works in marketing for Vibe Teacher Recruitment while also freelancing for a few start-up not-for-profits.

While unique, Suzie's story is not uncommon as more and more university graduates consider overseas jobs, postings and even short stints of international work to be a crucial part of their career success and aspirations.

In 2016, the Department of Immigration and Border Protection headline forecast that more than 91,000 Australians will emigrate for a permanent or long-term period – nearly 5.5 per cent increase on the previous year. University of Canberra alumni are certainly part of this trend, with almost 20 per cent of our alumni base living and working outside of Australia. In fact, we have alumni living on every continent across the world. Yes, that includes Antarctica!

Professional and personal growth, proximity to industry hubs, expanding professional experience, family reasons, or a once-in-a-lifetime opportunity are just some of the reasons given for migrating overseas. Some, such as law graduate Ray Zhou, spoke of a karmic "right place, right time"

feeling, where the momentum of their careers swept them into positions overseas. Ray, a UC international student who graduated in 2010, moved back to China to take up a position in a global company, working in compliance, antitrust and anti-corruption. Even though Ray wasn't able to secure a law position in Australia when he completed his studies, he is very happy to have an international focus in his work, and looks forward to possibly returning to Australia to work in the regional headquarters his company is setting up in Melbourne. His hard work has paid off too. "I have gained an important position in a leading global company, which was my dream when I decided to study at UC," Ray says.

Like Suzie King, University of Canberra alumnus, Jason Lu, also moved to London after graduating, but now lives in Vietnam working for an Australian architecture firm as a senior architect. Jason says working in Vietnam has accelerated his career. "There is a shortage of expertise in developing countries like Vietnam, and employers are happy for you to take a bigger lead compared to if you were working back home."

For young graduates, this means they can gain a wealth of experience with higher duties and increased responsibilities that might not have been made available to them in Australia's more developed (and crowded) skilled labour market.

Other alumni working in niche fields also seek greener pastures overseas, largely because the positions and international recognition just aren't accessible in Australia. This is especially true for research scientist Scott Thomson, who graduated with a Bachelor of Applied Science from the University of Canberra but has since moved to the Museum of Zoology in Sao Paulo, Brazil to complete his PhD on fossil turtles. Of his international move, Scott says: "There is an unfortunate history in Australia of defunding taxonomic research and museums, making it difficult to do the work I do in Australia. It's actually easier for me to work on Australian turtles from Brazil."

Employers are increasingly recruiting talent from global markets and studies have shown that potential employees with international experience on their resumes demonstrate a range of desirable skills such as initiative, cognitive flexibility, resilience, and intercultural communication skills. A study released in 2015 by the British Council suggests recruits with



THIS PAGE: *The Milky Way* installation for Vivid Sydney 2013 conceived in part by Jason Lu – photo supplied by artist

INTERNATIONAL JOURNEYS

international experience increase the collective innovation, productivity and problem-solving of a workplace and that those with international experience continue seeking opportunities for further overseas work, travel and study.

For Kate Tolo, a recent graduate from the Bachelor of Fashion at UC's Holmesglen, Melbourne campus, getting international experience on her resume was a massive career booster. Kate made the move to New York straight after graduating in early 2016 and took on an internship with major fashion label Proenza Schouler. The experience and skills she has picked up while working in the frenetic and talent-soaked New York fashion industry has in her words, "elevated her resume tenfold, especially since working with global well-known companies".

The drive to build a resume or portfolio that showcases international experience is clearly a key motivating factor in the minds of many professionals across different industries. And yet, our alumni stress that the most critical factor is a love of travel, a desire to sail uncharted waters, the thrill of exploring the unknown, the happiness you can find in challenging yourself to live a life less ordinary.

"I was always interested in learning about new countries, religions, cultures and ethnicities," Olivia Cribb, a 2014 graduate of the Bachelor of International Studies, says. "There is a large world outside of the immediate bubble in which all of us live that is there for the exploring."

Olivia has built a career for herself in the international humanitarian field, currently working as a consultant to the United Nations High Commissioner for Refugees Jordan Mission, responding to the Syrian refugee crisis. Her path has not been clear-cut, and she urges anyone to consider working in international relations or international development to be creative in their approach to work. Despite the hardships, Olivia wouldn't have it any other way. "I believe that experiences shape you as an individual, both good and bad and pushing yourself outside of your comfort zone abroad provides you an immense opportunity to grow as an individual," she says.

It takes courage, determination, grit, sacrifice, resilience and a healthy amount of hustle to leave everything that is familiar, comfortable and easy and move overseas into the unknown and make it work. It will be tough and it might be complicated, but the professional and personal pay-off is too great to be dismissed and no matter where you go in this world, there will be a University of Canberra alum to welcome you into our ever-growing international network.



ABOVE: Kate Tolo's ANIMA collection at Melbourne Spring Fashion Week 2015 Show – photo courtesy: Melbourne Spring Fashion Week



ABOVE: Robyn Morris's workplace in California
– Facebook Headquarters – photo courtesy: Facebook



From Canberra to California

Working internationally was always a given for Robyn Morris, who works in the tech industry after graduating twice from the University of Canberra, first in 2001 with a Bachelor of Communication and again in 2004 with a Masters of Internet Communication. During his Masters, Robyn lived abroad in Japan and the UK while also running an online design consultancy.

In 2008, his new start-up built a number of web-based products that caught the attention of the team at Facebook. By 2011, Robyn was working as a product designer at the Facebook headquarters, where he still is today having been promoted to the role of design director. "Launching the [Facebook] News Feed redesign was definitely a highlight. It's the most viewed Internet surface there is. That was the most intense work period of my life," Robyn says. "Getting to work closely with Mark [Zuckerberg] on that project made it extra special."

While California seems a long way from his University of Canberra days Robyn is certain the international journey he's taken has enriched his life and career to no end. "There is very little chance I'd be able to do what I'm doing if I'd been closed to leaving Australia. For a great part of my career I've been able to live internationally because as long as I have an internet connection, I'm able to work. That is amazing to me."

Five tips for moving

Ray Zhou

Master of Laws, 2010

Working in compliance, antitrust and anti-corruption in China in a global company.



1. Test it out, and don't be afraid to fail

"Australia is the greatest safety net a young, educated person can have these days. Go abroad for a few months, test it out. If all else fails, you can be sure that Australia will take you back with open arms," Jason Lu says. "Whenever I'm hesitant about making a decision to go abroad, I look at my father who came to this country 30 or so years ago with no internet, no Google, no nothing; not knowing where he would stay, if he could find work and what the people were like: If he could do it, then I sure as hell can." The greatest barrier to moving overseas for many people is the fear of failure, or feeling like the move is a life sentence. There is nothing wrong with moving overseas for three, six, or 12 months and then returning home, and it's completely normal to feel anxious or nervous about making such a big decision.

Jason Lu

*Bachelor of Architecture, 2008
Master of Architecture, 2012*



2. Do your research

"When travelling for leisure, it's great fun just showing up with no idea where to go, finding a random hostel and winging it. When you're moving somewhere to live and be a professional, you want to be comfortable so do some research on how, where, who, and so on," physiotherapy graduate Luke Wilson says. Researching various neighbourhoods, public transportation, climate and how to navigate essential services such as healthcare, bank accounts, phone services and where to get basic household items once you're there will make life much easier once you're on the ground and having to deal with lots of things at once. "Use social media," Luke adds. "There is so much information available; find it, try it on yourself, and evaluate it".



Luke Wilson

Master of Physiotherapy, 2007

Robyn Morris

*Bachelor of Communication, 2001
Masters of Internet Communication, 2004*



3. Sort out visas and money

"Visas are definitely a big deterrent for employers but there's a bunch of advice out there on how to overcome this, and a lot of Aussies who are willing to help you out because they have been in the same boat. Australians are very fortunate as visas require minimal application costs or effort for the employer unlike a lot of other countries," fashion graduate Kate Tolo says. Facebook design director Robyn Morris agrees, and highlights the value a degree can have when applying for a professional visa. "You don't need a qualification to do my job, but it certainly helps for visa purposes," Kate adds: "Money can also be a major obstacle when cost of living is high and income is low." Having a financial safety net and looking for ways to supplement your income, such as freelance or casual work, is worth considering.

overseas for work

5. Be greedy for experience

"I'm constantly looking for ways in which I can develop more experience (volunteer or paid) in the areas I want to work in, because I know that to whom much is given, much is required," Suzie King says. "Experience is an opportunity to learn – to take risks, make mistakes, and find out what your superpowers are. Plus, you'll probably meet the person who has the keys to unlock the next stage of your career." Milk your international experience for everything it's worth to get the most out of your time abroad. You might not have another opportunity to work with certain people or on similar projects, so keep your eyes open to every potential piece of experience that comes your way.



Suzie King
Bachelor of Communication, 2008
Graduate Diploma in Education, 2013

Currently works in London for Vibe Teacher Recruitment while also freelancing for a few start-up not-for-profits



Kate Tolo
Bachelor of Fashion, 2016

4. Build your networks, at home and overseas

"It's hard to stay face-to-face with people from the other side of the planet, so teach your mother how to use Skype!" Scott Thomson says. "You will get homesick, you will get lonely, so you have to establish new social groups quickly. Use your network to find opportunities." When relocating overseas, local contacts can give you invaluable advice and can quickly introduce you to many aspects of local life. Also, expats already living abroad can empathise with your situation. Look to make new friends in social spaces where expats mingle such as bars, cafes and online forums. Having a strong network back home is equally important because you'll need to rely on friends and family in Australia to reassure you and cheer for you when you inevitably hit an obstacle. "Always have a Plan B, don't get stressed out when things go wrong," Scott says.



Scott Thomson
Bachelor of Applied Science, 1998



Olivia Cribb
Bachelor of International Studies, 2014

Currently working as a consultant to the United Nations High Commissioner for Refugees Jordan Mission, responding to the Syrian refugee crisis.

Health & Lifestyle

TIPS ON EATING HEALTHILY with The Healthy Eating Hub Team

We've all experienced how confusing nutrition and healthy eating can be these days. With so much conflicting information at our fingertips, it is only natural to wonder whether the "all chocolate diet" is really going to work for you. The Healthy Eating Hub is a start-up business in Harrison, Canberra offering top quality, individualised nutrition and dietetic services. The Healthy Hub team is made up of four University of Canberra graduates and in this edition they provide a little insight into the world of nutrition backed up by science and facts.

1

EAT YOUR SUPERFOODS

There is no set definition for a superfood, but most nutrition professionals agree it's a food superior in its class. The term is a new trend and you can pay exorbitant amounts of money for the so-called "superfoods". Forget fancy pants ingredients with unpronounceable names and go back to basics. The most legitimate superfoods are vegetables and fruits because of their high nutrient density, think: broccoli, spinach, carrot, capsicum, kale, sweet potato, strawberries, blueberries and apples. Five serves of these per day and you reduce your risk of all-cause mortality by up to 20 per cent. That's pretty super if you ask me!

Kate Freeman
Bachelor of Human Nutrition, 2004

2

BUILD THOSE MUSCLES, LOSE THE FAT

What's the best way to gain muscle and lose fat? Well, for whom? Everyone is individual and has different lifestyles and circumstances. There is rarely a black and white answer in nutrition.

We can break it into three goals: building muscle, losing body fat and the holy grail of re-composition (both at the same time).

Building muscle: requires enough energy through food to provide the body with adequate building blocks, consuming adequate protein and eating plenty of fruit and vegetables consistently over time. You should combine this with a resistance training program that emphasises progressive overload.

Losing fat on the other hand involves creating and maintaining an effective energy deficit via a reduction in food or increase in exercise (or both). Base the majority of your intake on minimally processed whole foods, protein and vegetables.

Toning up can take a frustratingly long time to see results because building muscle and losing fat require opposite processes in the body. One requires a "surplus", the other a "deficit". Pick one or the other and make re-composition or being toned the long-term goal.

James Kuhn
Bachelor of Coaching Science, 2013

THIS PAGE: The Healthy Eating Hub team of dietitians and nutritionists Clare Wolski, Hilary Griffiths, Kate Freeman, Rebecca Mete and James Kuhn share their best tips to stay healthy - photo: Bec Doyle



3

MAINTAIN YOUR WEIGHT, AND STILL BE SOCIAL

The occasional meal out won't impact our weight, but what we do on a consistent basis will. Look at your week or month as a whole. You might have estimated you will only eat out once a week, but when you see it planned out it may be adding up to 10-12 times per month.

The best way to maintain a healthy weight and stay social is to have a realistic plan, prioritise the important things and eat mindfully.

Plan out social events and work out how to moderate food choices. Prioritise what's important to you in each situation. Is having drinks at every Christmas gathering more important than maintaining weight? Eat mindfully. Once you have made a food decision, enjoy it. Don't let it pass you by without realising.

Clare Wolski
Master of Nutrition and Dietetics, 2014

4

EASY GROCERY SHOPPING

Supplies – stocking up on pantry basics is essential. By having these on hand, it is easy to quickly and cheaply create a healthy meal or snack. My “pantry musts” include tinned tomatoes (salt reduced), stock, breakfast cereal, bread, cooking oil, baked beans or other tinned beans.

Planning – meal planning is the cornerstone of weight loss and maintenance. Make sure you have enough healthy snacks and meals for the week. Carry a piece of fruit or a muesli bar as a snack option.

Bulk cooking – can be very cost effective and a major time saver. Curries, soups and stews are great bulk cooking foods.

Love thy vegetable – veggies are the foundation of a healthy diet. Choosing seasonal vegetables can be an easy and cheap way to add or bulk up a meal. Frozen or fresh – it doesn't matter.

Rebecca Mete
Master of Nutrition and Dietetics, 2015



Dare to dream

Bachelor of Medical Science student Bishal Bhujel hopes of one day becoming a doctor and plans to return to the Nepalese refugee camp where he was born to improve healthcare in the small, rural community.



**Think big,
dream big**

PHOTOGRAPHY LIGHTBULB STUDIO STORY AMANDA JONES

DARE TO DREAM

PREVIOUS SPREAD & BELOW:

Bachelor of Medical Science student and refugee Bishal Bhujel hopes to one day become a doctor.



Bishal Bhujel has dreamt of becoming a doctor since he was in primary school. Growing up, however, his dream seemed far from becoming a reality.

After his parents were forced to flee Bhutan because of civil unrest, Bishal was born and raised in a Nepalese refugee camp.

Together with his nine brothers and sisters, the now 20-year-old attended school in a small bamboo-built hut in the camp, where teachers had little experience and there were limited education resources.

“Despite this, I studied everything I could and hoped that one day life would change and something great would happen,” he says.

After more than 18 years in exile, Bishal and his family were resettled in Australia on a humanitarian visa and moved to in Albury, New South Wales.

“We came to Australia with the hope of a better life and now we have a place to call home,” he says.

Bishal applied to study at the University of Canberra and moved to the nation’s capital two years ago. He was accepted into the University of Canberra College where he completed a Diploma of Science before starting a Bachelor of Medical Science.

“Receiving my scholarship has made me work even harder, so that those who supported me know I was worth the investment”

“Going to university has been the hardest and most challenging thing I’ve done. Everything was new and extremely challenging particularly coming from a non-English speaking background, but the support I have received from UC has been amazing,” he says.

One of the first pieces of advice Bishal received after arriving on campus was to apply for a UC Foundation Scholarship, which provides \$2,500 to refugee students in their first year of study so they can focus on their studies.

“The day I found out I was successful and would receive a scholarship was the happiest moment of my life,” he says. “I was able to use the money to help pay my rent, buy textbooks I could not previously afford and buy my own laptop.

“This may not seem like much to someone but it meant a lot to me. It helped ease my parents worry over me studying away from home, and it validated that I was on the right path, that good things happen.

“Receiving my scholarship has made me work even harder, so that those who supported me know I was worth the investment.”

He might be thousands of kilometres from the tiny refugee camp where he was born, but Bishal says he’s found a home on campus, in

Refugee crisis in action

The political, social, financial and humanitarian implications of the global refugee crisis have also taken centre stage in a new unit offered by the University of Canberra.

More than 50 undergraduate and postgraduate students took part in the inaugural World Refugee Crisis in Action unit, held during Winter Term.

The unit included guest lectures, presentations and panel discussions, drawing on the expertise and experiences of people from refugees, migration and refugee support organisations, government, diplomatic staff and leading academics.

Alumnus Khosro Ahmad who was born in Iran where his parents were in exile from Iraq, also shared his experiences of being a refugee.

Associate dean (education) and unit convenor Scott Pearsall said students engaged in intense

discussions and gained a deeper appreciation of contemporary refugee issues.

"This is a really complex, global issue and there are no easy solutions," Mr Pearsall, who specialises in refugee law, said.

Mr Pearsall also drew on the expertise of his colleagues, with University of Canberra academics examining related issues including Brexit, national security, refugee law policy and the impact of increased refugee arrivals on wages and unemployment.

Mr Pearsall hopes to run the same topic again next year.

"Overall, it was a real coup for the University to run this unit, so we'll look at what we can do to make it even better, so we're providing the best possible student experience."



addition to Albury. He's also reconnected with relatives he thought he'd never see again.

"I found friends from Bhutan who had also come to study here," he says. "My dad's sister and her colleagues also came here from Bhutan to study so I was able to meet them. My friend from Albury also lives in the same on-campus accommodation as me."

Bishal says he chose to study at the University of Canberra as he was able to select a pathway program to help him achieve his goal of studying medicine.

"I keep this pathway on my wall. I write the unit I'm currently studying as well as inspirational quotes to keep my dream alive," he says.

"I am working hard on my studies and I love what I am doing but it's getting harder now I reach the end of my degree."

While his UC journey may be nearing its end, with Bishal set to graduate next year, he still has a long road ahead of him.

He is currently studying for the GAMSAT (Graduate Medical School Admissions Test) for admission to a graduate-entry program to study medicine— which is another six years of study.

"I have set myself a big dream but my family keep me motivated to study hard. They are very proud of me," he says.

Bishal says coming to Australia has changed their lives and he's determined not to give up.

"I still remember the houses in Nepal which like our school, were made from bamboo sticks. You could see people walking outside through the wall, the conditions were devastating. In Australia the facilities are very good and everyone is very nice and accepting of us. We are so grateful to be here."

Once qualified, Bishal would like to work in Albury before making the journey back to Nepal.

"My dream is to create a good health system in the refugee camps. I want to return to help people who are in the same position I was once in."

The UC Foundation provides support to students like Bishal – helping them reach their full potential regardless of background or circumstance.

To give or learn more about the Foundation visit canberra.edu.au/foundation.

A Week in the Life of...

This issue we spend a week with UC alumnus Ashley Zmijewski, head of marketing and communications at the National Gallery of Australia.

ASHLEY ZMIJEWSKI

(Masters of Advertising
and Public Relations, 1998)

UC alumnus Ashley Zmijewski graduated with a Masters of Advertising and Public Relations in 1998. He is now the head of marketing and communications at the National Gallery of Australia. One of his latest projects involved bringing the treasures from the Palace of Versailles to Canberra at the end of 2016; a project that has never been attempted before.

In his previous role as the associate director of marketing at the Australian National University, Ashley led a team of marketing and communications specialists to deliver national campaigns and fulfil branding, marketing projects, social engagement and creative services. A man of many talents, he is also a producer and performer under the alias Magnifik and manages a creative marketing, design and music consultancy business called Sound Technique.

Ashley has been heavily involved in producing the CBR Brand Film Soundtrack for which he was awarded a Silver Dolphin at the sixth Cannes Corporate Media and TV Awards in 2015. Ashley's latest major project involved working as the music director for Canberra's premier fashion festival Fashfest.

1.

Step into my office ... though of course I don't have [Jackson Pollock's] *Blue Poles* hanging in it unfortunately.

The best part about my job is that everyone knows what the National Gallery of Australia is and for the right reasons. It's the central venue for visual arts in Australia. The artworks held at the NGA are some of the greatest in the world and people travel from all over the globe to see them, for free, every single day. It's pretty incredible in that sense.

2.

I still can't believe we are bringing treasures from the Palace of Versailles to Canberra. It's the first time in history these treasures will leave France. The exhibition, which will run from 9 December to 17 April 2017, will give thousands of Australians the chance to experience the period's grandeur and beauty of the twilight years of the French monarchy.

3.

I've worn many hats in my career – editor, account manager, consultant, producer and director. But what defines me the most is the notion of creativity, or at least that's what drives me. Everyone needs one thing that gets them out of bed in the morning.

4.

I think the truth of the matter is that when it comes to living and working in Canberra, if you want to do something, you can really make it happen here. There are plenty of opportunities opening Canberra up to the rest of Australia—events like Fashfest, ArtNotApart and the Multicultural Festival are proving that. It's taken someone to say “you know what, this can be done here” and then using their determination and the connected nature of Canberra to make it happen.

5.

Is it weird that in my spare time I like to visit people's houses and take photos? Okay, that does sound weird when I put it like that. I interview Canberra personalities for the online blog *This is Canberra*. I write about their interior design and what makes their home “them”.

The best thing about Canberra is its size. It is just right! If you are particularly interested in a certain thing, it is easy to connect with people about it. Writing has allowed me to meet talented Canberrans and share their lives with the rest of the community.

6.

I find inspiration by going to galleries, looking at graphic design work, going through industrial design catalogues, admiring the aesthetics of nature and generally picking up on subtle details in what is happening around me. Yes, I know I have a bit of OCD but it works for me. I like to take all that inspiration and re-work it in a way that benefits my professional and personal life. My home office is my go-to place.

7.

At the end of the day, there is no place like home. Amid all the self-invited craziness in my life, between the NGA, creative consulting projects, music production and weekly music performances there is nothing like relaxing on the couch, with a good glass of red ... I promise it happens sometimes.



Connecting UC

We're always looking for new and exciting ways to bring together UC alumni around Australia and the world to provide exclusive benefits, community connections and professional development opportunities. In 2016, we organised more than 25 alumni events in cities across Australia and overseas. From Friday night drinks to a cake dressing workshop, a TEDx event, a gala dinner in China and everything in between, we're providing more ways than ever for you to learn, connect, indulge and grow.

UC CANBERRA CAPITALS

PRE-GAME FAMILY EVENT

FEBRUARY

The Alumni Office started the 2016 event year with a slam dunk by inviting alumni and their families to enjoy the ultimate pre-game function for the UC Capitals last game of the season. More than 100 alumni and their families joined us at the Australian Institute of Sport for a family experience like no other. While the kids enjoyed face painting, balloon animals, giant snakes and ladders, connect four and a colouring in competition, the adults were able to kick back, enjoy a glass of red wine and listen to the live entertainment provided by acoustic artist and UC student, Sara Flint. Just as we prepared to farewell our attendees into the game, retiring Head Coach of the UC Capitals, Carrie Graf, made an appearance to gee the kids up to scream as loudly as humanly possible once inside the arena. It must have made a difference as the UC Capitals ended the season on a high, winning the game 78-71.

FRIDAY NIGHT DRINKS IN BRISBANE, SYDNEY AND MELBOURNE

JULY – SEPTEMBER

For the first time in a long time, the Alumni Office travelled interstate to Brisbane, Sydney and Melbourne to put on after-work drinks for UC alumni. Hundreds of alumni and their guests attended the three events, enjoying free food, drinks and live entertainment. It was such a blast to get out of Canberra and see the strength of UC communities and friendships, which have lasted long after the glory days of Bruce campus. We promised that we would return, so we can't wait to greet your familiar faces, and meet many new ones in 2017.

TEDxCANBERRA ADVENTURE:

UC ALUMNI OPEN MIC NIGHT

AUGUST

In collaboration with the TEDxCanberra 2016 crew, the UC Alumni team hosted an open mic night for alumni, staff and the UC community to share their three-minute idea worth spreading.

We heard from nearly 20 different speakers from a range of backgrounds who shared with us their innovative ideas, inspirational research, and captivating stories. From Tasmanian devils to PTSD in military personnel to financial literacy, our UC Alumni Open Mic Night was an incredible learning journey as we packed out the Nishi Gallery in New Acton with close to 100 people and experienced a pop-up professional development event like no other.

UNCOVERING CANBERRA

JULY – SEPTEMBER

In a Canberra first, the UC Alumni Office partnered with prominent Canberra venues and businesses in 2016 to bring UC alumni exclusive access to community events including wine-tasting nights, cake-decorating, painting workshops, terrarium building and degustation dinners.

All over Canberra, our small, exclusive community events were a sell-out success as we partied and crafted and ate and drank with alumni and their guests, many of whom had never attended a UC event before. Our Uncovering Canberra community events series goes to show that lifelong learning isn't just about seminars and professional development – it's also about learning to appreciate (and celebrate) the finer things in life: food, friends, art and creativity.



UC Canberra Capitals Pre-game Family Event
- photographed by Dave Beach Photography.



Friday Night Drinks in Brisbane



TEDxCanberra Adventure:
UC Alumni Open Mic Night



Uncovering Canberra



Uncovering Canberra

GROWING UP, *Deep Saini dreamed of entering the army or going into forestry, following in his father's footsteps.*

Instead, he became an eminent plant physiologist and embarked on a revelatory academic career across three continents.

Professor Saini completed his undergraduate and master degrees at the Punjab Agricultural University in Ludhiana, India; obtained a doctorate from the University of Adelaide and worked at four universities in Canada, including the University of Toronto Mississauga, of which he was principal.

On 1 September 2016, Professor Saini became the University of Canberra's fifth Vice-Chancellor and President.

It's a long way from Pathankot, the small town in northwestern Punjab, India, where he was born. But the golf-loving, cooking aficionado is delighted to continue his journey at UC.

Here's our first conversation with our new Vice-Chancellor and President.

What is the first thing that comes to mind when you hear University of Canberra?

Unorthodox. Ambitious. I spent much of my career at very traditional universities, with the exception of Waterloo, which is somewhat different.

Here, there is a greater inherent focus on careers and employability but it's not a community college type of emphasis on jobs and vocations. It's kind of reversing the whole model: employability is important but let's also make sure that the student has a strong enough formation that they have a critical thinking ability and the broad skills you need for life-long success, rather than just getting a job.

It might sound idealistic but those were the elements in UC that captured my imagination and they are the ones that I seek to emphasise and develop.

What are you passionate about in education?

Access to education and creating that access. I've told the story of my father's journey, how after a random encounter with a teacher in his village he ended up studying at the one-room elementary school after the teacher convinced my grandfather that my dad had potential and paid for his tuition himself. Dad was a natural learner, got a scholarship and kept on studying. I've never lost sight of that.

My dad's brothers never had that opportunity. My daughters and I visited our ancestral village and my daughters met some of my cousins who didn't speak English and were still farming a small piece of land. As we were leaving, my oldest one said: "Dad, we are so grateful that grandpa left the village." They could see the contrast in the life that could have been mine.

That matters a lot to me, the opportunities to transform lives through education. I don't know of a greater equaliser in life than education.

It's a very personal matter. That accidental step of my dad to get education has actually had a multiplying effect. He himself influenced countless lives; he was a very caring person. Working in education, I've been able to carry on his legacy and touched more lives. That's what excites me about our profession.

Are you an optimist?

Boundlessly.

What gets you dancing?

Good music. I was a dedicated folk dancer. I still find a lot of happiness on the dance floor. You'll see me make a fool of myself some time!

But what gets me dancing in life is people around me who have the propensity to take bold chances in life. That's what really gets me excited: an opportunity to work with a team that is willing to embrace risky ventures and go for what others might shy away from.

What is your greatest achievement so far?

As a person, my greatest achievement is the amazing family I have: my wife and daughters. To see the moral compass my daughters have, their values, what drives them in life. Neither of them is driven by money. Their integrity and an absolute uncompromising commitment to honesty in everything, makes me really happy.

At a professional level, the turning around of the Faculty of Environment at the University of Waterloo from what was essentially a faculty almost in free fall into a force to be reckoned with on the global scene, within just four and a half years. Leading that effort was probably the most gratifying achievement I've had.

How would you spend your ideal weekend?

My ideal weekend would be staying in my pyjamas the whole time. It has never happened to me. I dream of that weekend.

What are you reading/listening to right now?

I'm about to start reading a book called *Confessions of an Economic Hit Man*. My taste in music is very eclectic. My comfort music is middle of the road pop music from India (not Bollywood but something a little bit more sophisticated). That's what plays in my headphones when I jog on campus.

What couldn't you live without and why?

I couldn't live without challenge. I get bored very quickly.

A full-page photograph of Professor Deep Saini, a middle-aged man with grey hair, a mustache, and glasses, wearing a dark blue suit, white shirt, and a purple patterned tie. He is sitting on a blue stool and giving a thumbs-up gesture with his right hand. The background is a blurred indoor setting, possibly a library or a study area, with bookshelves and other people visible in the distance.

***“That’s what
matters to me,
the opportunities
to transform
lives through
education”***

Professor Deep Saini
– photo: LightBulb Studio

We Are UC

Find out the stories behind the people who make up the University of Canberra community. Get to know more about your teachers, students and peers, one tale at a time. To see more stories about us, follow the hashtag #WeAreUC

PHOTOGRAPHY KIM PHAM AND CAMERON MURRAY

My whole career as an educator has been focused on wanting to change expectations of Aboriginal children right across Australia. In many ways, I think I've done that. In the Stronger Smarter philosophy, we've built a 'high expectations' relationship culture and we've challenged Aboriginal kids to lift above the negative, stereotypical view that they were so inundated by.

In many ways the concept was inspired by my parents and essentially the good, solid values from a good, solid home. My Italian father taught us the value of working hard and not stopping until the job's done and my very strong and very proud Aboriginal mum said 'you never, ever let anybody put you down. You stand up for yourself because being Aboriginal is something special, something precious'. I grew up with that message reinforced in and around me.

Some kids didn't, it makes me realise how fortunate and privileged I was. It was enough to keep me and my nine siblings free of that toxic stench of low expectations.

Chris Sarra
Gurang Gurang and Tarilbilang Bunda man



My older sister Cait is the reason why I got into climbing. I started climbing when I was seven years old and I remember being so scared the first time and not making it to the top. I stopped climbing when I was about 15 years old but took it up again when my sister was diagnosed with cancer. Climbing was something we both connected with and did together. She actually used to be my coach but the tables have turned a little bit in the sense that I tell her how to do it now.

Cait is also one of the reasons I decided to study sports management. I really looked up to her when I was younger and she was my coach/manager and I decided I wanted to do that on a bigger scale.

I graduated from a Bachelor of Sports Management at UC in September. A month later I went on to compete in the National Boulder Championships. Climbing involves a lot of problem-solving and accuracy, if your foot is one centimetre across on a hold it's going to throw your balance off so you have to be precise.

Emma Horan
UC alumna, holder of 10 national/international climbing titles

Some people are shocked when I tell them I work in construction. They think it's really weird but why is it weird? It's normal for me.

I'm currently studying full-time at UC and working full-time for Multiplex on the University of Canberra Public Hospital project. It's a full-on load but I'm determined to get it done. It's convenient that where I work and where I study are located right across the road from each other.

I'm one of only three females in the team, but I get given the same tasks as the other cadets so it's definitely an equal and level playing field. The team treat me like the rest, I'm not different.

A lot of things make so much more sense when you're actually in the industry and working while learning. You see what you're learning in the classroom translated to what's happening in the office, what's happening on site.

Timnit Tesma,
Fourth year student
Bachelor of Architecture and Bachelor of Building and Construction Management
University of Canberra Public Hospital cadet



I was raised by my mother as my father passed away when I was three years old. I looked up to my grandfather, of the Yued people, as the father figure in my life.

I studied hard and graduated with a Bachelor of Laws/ Bachelor of Politics and International Relations in 2013. After finishing my degree I returned to my home town of Perth where I worked as an associate to Justice Andrew Beech in the Supreme Court, before joining the Victorian Government Solicitor's Office.

I've received a 2016 Roberta Sykes Indigenous Education Foundation Scholarship and have been accepted to study a Master of Laws at the London School of Economics.

As a scholar, I'm looking forward to hearing speakers like Bill Clinton and Aung San Suu Kyi at public lectures, and hope to get involved and help edit the law journal.

Law is an area where Indigenous people aren't well-represented. Large law firms don't have Indigenous leaders and there has never been an Indigenous Supreme Court judge in Australia. Hopefully I can help change that.

The more people who reach positions of power, the more likely it is that young Indigenous children will think one day they can too.

Michael McCagh
2016 Roberta Sykes scholar, Yued man
UC alumnus

A roundup of the latest UC news stories

UC WELCOMES NEW VC

Professor Deep Saini joined the University of Canberra as its fifth Vice-Chancellor and President in September.

Professor Saini was previously the Principal of University of Toronto Mississauga and a Vice-President of the University of Toronto's three-campus system. During his tenure, he oversaw major enrolment growth, program expansion and several multi-million dollar construction projects on the campus.

Professor Saini, a distinguished plant physiologist, said he was honoured to become the University's Vice-Chancellor at such an exciting time for the organisation.

"It is a privilege to have the opportunity to lead such a promising institution at a fascinating stage in its evolution. I look forward to working together with our staff and students to continue building the University of Canberra as a global leader in high-quality education and problem-solving research."



DAME QUENTIN BRYCE DELIGHTED BY UC AWARD

Australia's first female Governor-General, the Honourable Dame Quentin Bryce AD, CVO received an honorary doctorate from the University of Canberra at the September graduation ceremonies.

Dame Quentin's award recognises her distinguished service to the Australian community, as Australia's 25th Governor-General, a leader, pioneer, role model and mentor for women, and an advocate for

human rights, especially for the rights and welfare of women and children.

"I am honoured to receive this recognition from the University of Canberra. It is a great delight as my family has strong connections with this wonderful institution," she said.

Dame Quentin's husband Michael Bryce has been an adjunct professor at the University since 2007, was a member of the University of Canberra Council from 2005-2009, and received an honorary degree 13 years ago.



INVERTEBRATES TO HELP CHECK RIVERS' HEALTH

Assessing the health of Australian rivers is about to become much quicker thanks to University of Canberra water ecology experts Dr Sue Nicholls and Dr Ben Kefford.

The team of researchers from the University's Institute for Applied Ecology (IAE) received almost \$150,000 funding from the NSW Environmental Research program to better understand the organisms living in waterways and therefore, assess their health.

Their project is building a DNA library of fresh water invertebrates and a technique to use this library to measure waterways' health.

Once complete, the library will mean scientists no longer need to spend significant lengths of time visually identifying the organisms present in a waterway, with DNA analysis providing the same information much faster.



FROM TOP: VC and President Professor Deep Saini at his investiture ceremony; Honorary doctorate recipient, Dame Quentin Bryce AD; Climate change could decrease the habitat of 90 per cent of Australian eucalypt species.



NEW ERA BEGINS FOR UC CAPITALS

A number of fresh faces have joined the University of Canberra Capitals for the 2016/17 WNBL season.

UC Capitals head coach Paul Goriss brings extensive Australian and international basketball coaching experience to the role, including more than a decade's experience as a senior coach at the Australian Institute of Sport.

Australian Opals star and alumna Marianna Tolo returns to the club that saw her take home two WNBL championships and a Most Valuable Player Award.

She's joined by Kate Gaze, Keely Froling, Mikaela Ruef, Lauren Mansfield and Jazmon Gwathmey, with Carly Wilson, Abbey Wehrung and Alice Coddington returning for the UC Capitals.

UC ALUMNA APPOINTED ACT GOVERNMENT ARCHITECT

The ACT Government has appointed University of Canberra alumna Catherine Townsend as the new ACT Government Architect.

Ms Townsend completed a Bachelor of Applied Science in Environment Design in 1980. She established Canberra-based company Townsend + Associates in 1993, after working in many prominent regional and national architectural practices.



CLIMATE CHANGE PUSHING TREES TO THE BRINK

The iconic Australian eucalypt is at risk of widespread habitat loss, with international research led by the University of Canberra, finding climate change could decrease the habitats of 90 per cent of its species.

The research, led by the University's IAE postdoctoral research fellow Carlos González-Orozco and associate professor in science Bernd Gruber,

has been published in the prestigious journal, *Nature Climate Change*.

They found a three-degree Celsius warming within the next 60 years would decrease the available climate zones for 91 per cent of Australia's eucalypts, and 16 species would lose their habitat entirely.

The study is the first of its kind, assessing climate change's impact on a family of closely-related trees on a continental scale.



DNA HELPING POLICE PUT A FACE TO SUSPECTS

In an Australian first, police will soon be able to test the ancestry of DNA found at crime scenes thanks to new technology to be based at the University of Canberra.

UC has received \$75,000 in seed funding from the Discovery Translation Fund 2.0 for its Genetic Ancestry Laboratory project.

Investigators are often faced with a crime scene without fingerprints, witnesses or CCTV footage, but they'll soon be able use even the tiniest amounts of DNA to get a general picture of their suspect.

Associate professor of forensic genetics at the University of Canberra Dennis McNeven said this technology will help uncover more information from crime-scene DNA, such as the donor's genetic ancestry, including hair colour, eye colour and other traits to form a molecular photo-fit or a sketch of the DNA donor.

FROM TOP: Center Marianna Tolo and coach Paul Goriss are among the new faces to join the UC Capitals; Catherine Townsend; The Genetic Ancestry Laboratory project has received \$75,000 in seed funding and will be based at the University.



TV ANCHOR JOINS UC

Former ABC News presenter Virginia Haussegger has joined the University of Canberra's Institute for Governance and Policy Analysis as director of the 50/50 by 2030 Foundation.

The veteran journalist left her role at the ABC in October to head up the new foundation which will be dedicated to increasing the representation

of women in government and public sector leadership roles.

Ms Haussegger has long championed women's rights and was made a Member of the Order of Australia for her advocacy for women's rights and gender equity in 2014. She has been widely engaged with the University community since receiving an honorary appointment as adjunct professor in 2011.

MANAGING DIABETES WITH THE TAP OF A FINGER

People with type-2 diabetes have been getting some extra help in managing their condition in a pilot study using iPads and a specific app.

Developed by University of Canberra associate professor of communication Sora Park, the program uses tablets to complement the work of a general practitioner.

Dr Park said the use of smart devices has soared in Australia and harnessing them to provide health support is a logical step.

"A person with type-2 diabetes needs to make a lot of important health related decisions every day. The iPad app gives them a hand in making the right choice," she said.

The project has already helped 28 patients improve their overall health over a nine-month trial, by making informed lifestyle changes.

UC CONTINUES TO SUPPORT CANBERRA UNITED

The University of Canberra will remain the front of shirt sponsor of W-League side Canberra United for another two seasons.

The new deal ensures the University's long-running association with the two-time W-League champions will continue through to at least the end of the 2017-18 season.

A number of University of Canberra alumni are involved with Canberra United including sister duo Nicole Begg (nee Sykes) and Ashleigh Sykes. Lecturer in sports analytics and former United goalkeeper Jocelyn Mara is also working with the team as a data analyst.

The agreement will also see sports studies and communication students undertake internships with the elite sporting team.

UC ATHLETES SCORE IN RIO

More than 16 University of Canberra students, alumni and staff represented Australia in the 2016 Rio de Janeiro Olympic and Paralympic Games.

Winning a total of five medals at the games, University athletes competed in a range of events ranging from judo to rowing.

In the Olympic Games, communications alumnus James Roberts claimed bronze in the men's 4 x 100m freestyle relay final.

At the Paralympic Games, alumna and former staff member

Susan Powell won Australia's first medal of the games with silver in the women's C4 3,000 metre individual pursuit.

Education and science student Scott Reardon brought home the gold medal in the T4 men's 100 metre.

Landscape architecture student Evan O'Hanlon took out silver in the T38 men's 100 metre finishing with a time of 10.98 seconds, while advertising student Michael Roeger won bronze in the T46 men's 1,500 metres.

The University currently has more than 70 student elite athletes, one of the highest numbers in Australia.



UC RISES IN WORLD RANKS

The University of Canberra has confirmed its place among the world's best universities after moving up in two prestigious world rankings.

The University ascended in both the 2016/17 Times Higher Education World Rankings and the Quacquarelli Symonds young university world rankings to move into the top four per cent of tertiary institutions worldwide.

The University was ranked in the 401-500 band in the THE World Rankings and rose to the 81-90 band of universities under the age of 50 in the 2016-17 Quacquarelli Symonds top 100 young university rankings.

Vice-Chancellor and President Professor Deep Saini said the results were testament to the University's growing reputation in research and teaching.

"The University of Canberra is only 26 years old and this is fantastic recognition of its outstanding achievements in its very young history," he said.

ABOVE: Journalist Virginia Haussegger joins the University as director of the 50/50 by 2030 Foundation.

RIGHT: Student Scott Reardon brought home the gold from the Rio Paralympics – photo: Rodney Cowled

If you have an interesting UC alumni story contact us at monitor@canberra.edu.au

“Winning a scholarship from UC was the greatest affirmation that I was on the right track”

.....
RUTH GILBERT
.....

*proud member of the Wiradjuri nation
and 2015 scholarship recipient*

