



A defender on and off the court

After balancing a decorated professional netball career and a Bachelor of Management Marketing, Kathryn Harby-Williams AM is now able to combine her two passions as the CEO of the Australian Netball Players' Association, where she advocates for the welfare of Australia's elite netballers past and present. [more...](#)



Engineering the next generation of STEM leadership

Emilio De Stefano's pursuit of a career that brings together technology and business has led him on a path inspiring the next generation of STEM leaders in South Australia to play a pivotal role in our State's bright future. [more...](#)



Puppies, paella and pilates – could they be the secret to staying young

Humans are living longer than ever but the quality of that life can be impaired by poor health – both physical and mental. UniSA Alumna and Adjunct Senior Research Fellow, Natalie Parletta, speaks to a range of researchers about the secrets of staying well as we age. [more...](#)



Uncovering the truth through journalism

Human Rights Journalist, Shaila Koshy has played a key role in fearlessly breaking significant stories, uncovering truths, and shining a necessary spotlight on corrupt institutions in Malaysia. [more...](#)



Wastewater screening program for new-wave drugs

Research funded by the Thyne Reid Foundation will add vital new tests to the National Wastewater Drug Monitoring Program, one of the best in the world, to track the use of new psychoactive substances in Australia. [more...](#)



Santos Tour Down Under 2019 – Challenge Tour

The University of South Australia has been a long-standing partner of the Santos Tour Down Under since 2001, and each year we invite our alumni, staff and students to participate in the Challenge Tour and take advantage of the unique UniSA discount. [more...](#)



Congratulations to the Class of 2018!

Hundreds of new University of South Australia Alumni, fresh off their graduation, gathered outside Pridham Hall on Wednesday and Thursday last week after their long awaited walk across the graduation stage to collect their hard-earned parchment. Join us in welcoming them to our Global Alumni Community! [more...](#)



>> Image gallery: UniSA alumni events

Alumni Events

- 8-26 OCT

Hawke Centre - Visualising Mental Health – Adelaide
Facilitated by Match Studio, this exhibition presents clinical tools and product prototypes designed and developed by UniSA's Communication Design students in consultation with practicing psychologists to 'visualise' complex mental health concepts. Themes of the 2018 exhibition include 'theory of mind', the mental health of university students, emotions, and behaviour change.
- 8-26 OCT

Hawke Centre - Concepts for a Modbury Age Friendly Precinct: retrofitting Australia's suburbs for the future – Adelaide
Working in partnership with the City of Tea Tree Gully, aged care services provider ECH (Enabling Confidence at Home) and the Office for the Ageing, SA Health, an interdisciplinary team of Match Studio students and academics explored the application of age friendly community principles in a real-world setting.
- 12-13 OCT

Annual Competition Law and Economics Workshop – Adelaide
Hosted by the School of Law at UniSA Business School, this is a high-level forum for debate on competition policy. At the Stamford Grand Hotel Glenelg.
- 17 OCT

Alumni Cocktail Reception – Perth
Join UniSA's Professor David Lloyd, Vice Chancellor & President for an update on the merger discussions with Adelaide University and fellow alumni for a networking event at COMO The Treasury in Perth.
- 19-20 OCT

Asia-Pacific Law Forum – Adelaide
With the theme 'The Rule of Law on the Silk Road', the forum will explore legal issues pertaining to China's Belt Road Initiative. Hosted by the School of Law at UniSA Business School at City West Campus.
- 22 OCT

Hawke Centre - The Good, the Bad and the Outrageous of SA women in Parliament – Adelaide
A panel of politicians and activists asks the question: How are SA women tracking 125 years after women gained the right to take their place in Parliament?
- 22 OCT

UniSA Research Day – Adelaide
This day is an opportunity to recognise, celebrate and provide insight into the high-quality research conducted across the University, as each Research Theme showcases their research. 9am to 7pm at city West Campus.
- 31 OCT-26 NOV

Hawke Centre - IGNITE! UniSA Illustration and Animation Graduate Exhibition 2018 – Adelaide
The IGNITE! exhibition is the graduate exhibition of the inaugural 2018 UniSA Illustration and Animation program. It is a brilliant showcase of Illustration and Animation studio projects and portfolios which highlights the professional achievement, recognition and diversity by this year's graduating students. On display is creative talent and expertise in making pictures for various industry applications and publishing mediums.
- 2 NOV

Alumni Reunion Dinner – Hong Kong
Join Vice Chancellor Professor David Lloyd and fellow alumni for the annual reunion dinner at the Intercontinental Grand Stanford, Hong Kong.



A defender on and off the court

Kathryn Harby-Williams AM

CEO, Australian Netball Players Association
Bachelor of Business (Marketing)



In May this year Kathryn Harby-Williams AM, South Australia's most successful netball player, inaugural Thunderbirds and Australian captain, and netball hall of famer, embarked on her new role as Chief Executive Officer of the Australian Netball Players Association (ANPA).

As the first CEO of the ANPA, Kathryn believes in the power of pursuing your passions, working hard and a building a strong, supportive community within the netball world.

She has embodied this spirit with her significant service to netball as a player, national captain, coach, commentator, Netball Australia board member and player's advocate, for which she received a Member of the Order of Australia from the Queen earlier this year.

"It's an honour to be recognised for doing something I love," she says of the accolade.



Image: Harby-Williams playing for the Adelaide Thunderbirds, Netball, Australia

Kathryn's elite netball playing career as a fierce Goal Defence though, spanned 18 years. Including captaining the Adelaide Thunderbirds for seven years and leading them to two premierships, more than four years as Australian Captain, two Netball World Championship gold medals, two Commonwealth Games gold medals, being named Australian Netballer of the Year in 1995, and Australian International Player of the Year in 2001.

As a result she describes her eventual career in management as an evolution around her netball interests. But while Kathryn could not have envisaged the specific career outcomes she has achieved today, she attributes the journey to simply doing what she loves and being open to different opportunities.

"I have followed my passion, been open to learning and made the most of the opportunities available. I've enjoyed every role I've had, not one has felt like a chore," she says.

"Pursue what you're passionate about, rather than what is expected."

Reflecting on her experiences at university, Kathryn acknowledges her time UniSA has informed the work she's doing now and was grateful for her lecturers' understanding of

her demanding professional sports career.

"Some of the lecturers were really accommodating of me as an elite athlete, and I'm now working to give the athletes I represent the same opportunities during their study."

kathryn also credits the broad nature of her studies in giving an overview of all aspects of business in helping her career post playing professional netball.

"My current role entails an understanding of marketing, accounting and management which were the key elements of my degree."

Kathryn later undertook her study at UniSA part-time while working as a Commercial Manager at the Adelaide Football Club and says her time at the club also guided her own management style.

"Bill Sanders, then CEO, created a culture of people willing to work hard but able to enjoy themselves, and this was very influential," she says.



Image: Harby-Williams after winning gold at the 2002 Commonwealth Games by Leon Mead, News Limited

Following her playing career in Australia, Kathryn accepted a three-month contract playing in New Zealand. Only to leave eight years later.

Her time in New Zealand saw her working extensively in media as co-host on a popular weekly television show, 'On Court', a commentator at Sky Sport NZ, reporter at Sport 365 News NZ, and broadcaster Radio Sport NZ.

While she enjoyed her time in New Zealand, Kathryn wanted to raise her family in Australia and returned in 2013. Upon her return she joined the Board of Netball Australia as Director, which she held for four years, an achievement she is particularly proud of.

Presently, as the CEO of the Australian Netball Player's Association, Kathryn ensures players continually have a voice that represents them.

Away from the court, she has always been a driving force in ensuring that Australia's elite players received respect, fair treatment and conditions as the sport moved into an era of professionalism, so her current role was a natural transition.



Image: Harby-Williams, far left, after winning gold at the 2002 Commonwealth Games by Leon Mead, News Limited

Kathryn sees her priorities as CEO as supporting player's wellbeing and education, with a particular eye on life after netball as she knows how difficult the transition can be.

"It's important to have a seat at the table representing the playing group," she says.

"When players move out of the sport it's critical that we keep an eye on them and provide the structures necessary to look after them as well.

"I think it's important to use your skills and background to help others."

"I'm proud of having been able to make a difference as Director of Netball Australia and now, at ANPA, I'm able to help the sport move forward."

As one of the few sports in Australia dominated by women, the ANPA work together with other members of the Australian Athletes' Alliance, to set the best practice policies in place to support women in sport and hopes we can get to a point where equality doesn't even have to be discussed anymore.



Image: kathryn Harby-Williams with her family at Government House

When asked to reflect on her time as a professional sportswoman, media commentator and leader in the field, she recalls a particularly priceless moment meeting Mohammad Ali while she was Australian Captain.

"I've met a lot of high profile athletes during my career, but he had 'a glow,'" she recalls.

"I told my husband that I'd received a kiss from Mohammad Ali and I'd fallen in love with someone else!"

Kathryn does maintain though her proudest personal achievement is her family, and the three children she is raising with her husband, Cory.

She's even taken up the role as Netball Director at her daughter's school, passing on her love of the game to the next generation.

[Share](#) [Share](#)

[Back to Alumni News](#)

Engineering the next generation of STEM leadership

Emilio De Stefano

Director & Principal, **De Stefano & Co**

Keynote Speaker, **Emilio De Stefano**

Bachelor of Engineering (Electrical & Mechatronic with Honours)

Bachelor of Management

Master of Engineering (Military Systems Integration)



With an adventurous and fearless spirit – and little need for rest – Emilio De Stefano has surmounted considerable challenges to become one of South Australia’s youngest business leaders in the engineering and defence industry.

His passion for inspiring people to overcome their fears and take risks has led him to invest his time working to inspire students to pursue careers in STEM. He explains why it is important to focus on younger generations and the exciting opportunities they will have following a STEM career in SA in the coming years.

Shortly after graduating from UniSA, armed with his double degree in Engineering and Management, Emilio secured a dream job at BAE Systems Australia as a Hardware Engineer. BAE Systems, as the country’s largest defence contractor, allowed Emilio to work on state-of-the-art electronic warfare systems: including radar-warning receivers and directed infrared counter measures to protect aircraft operated by the Australian Defence Force (ADF).

Emilio was quickly promoted within BAE Systems to become one of the youngest Technical Authorities in the company. Proving himself to be a capable technical talent with tenacity and leadership potential, Emilio won the Defence Teaming Centre (DTC) Young Achiever Award in 2010.

The following year he won the BAE Systems Australia Early Career Engineer of the Year Award, substantiating his place as an essential part of the team.

This led him to join the South Australian Defence Industry Leadership Program (SADILP).

“The leadership program allowed me to grow my network and work out who I was as a person. It was here I made a connection that led me to take on a new role as General Manager of Smart Fabrication, where I led a team of 60 employees, and learnt how to run a multi-million dollar business.

“People would say I was crazy for even thinking of leaving BAE. I loved my job there but this opportunity was something I knew I’d regret if I didn’t take it. It was the right decision and it really set my career up for the future in a big way and gave me the confidence I needed to go on and start my own business.

“I guess I’m a big believer in taking calculated risks and continuously pushing yourself outside your comfort zone. If it doesn’t work out, then so be it, as long as you’ve learned from it. At least you’ll never regret not having given it a go.”

It was here he started doing more public speaking and was asked on a tour to promote STEM careers in schools around Australia.

“I started getting asked regularly to speak about my career in schools and universities to provide students with some insight into the types of things that are possible with engineering and STEM-based skills,” he says.

“When you’re young and someone suggests you go into engineering you think about maths and other subjects that might seem too hard or unexciting, and that can put you off. It’s a real problem – right now STEM enrolments in Australian schools are at a 20-year low.

“But when I go in to talk to students about my career I show them photos of the fighter jets I was working on, and the Lear Jets that would become my office during the flight trials we undertook to test the technology we had developed. They get to see where your skills can lead you.

“I see their eyes light up because students get really excited about that kind of stuff.”



To grow his network and stay at the forefront of the engineering industry, Emilio has engaged heavily with The Institution of Engineering and Technology (IET) since his second year of university.

Having practised in roles as senior as Chair of The IET nationally, through the professional institution that has over 167,000 members worldwide, he has had the opportunity to travel and meet STEM professionals around Australia and the world who share his passion for promoting STEM-based careers.

“In South Australia we will see a sizeable opportunity in the coming years in the defence industry. The biggest problem is that we have a huge challenge ahead to give students the skills they need to enter the industry,” he says.

“If we are serious about succeeding with these large-scale technology and defence projects in South Australia – and keeping them here – we really need to find ways to get STEM enrolments back on track and develop the pipeline of talent that will be needed.

“I think a way to do this is to integrate the arts and humanities into STEM curriculums (creating what is known as STEAM) – this will not only help to attract a wider and more diverse group of students into STEM curriculums but also foster the soft skills that are so crucial to our personal, project and organisational success.

“It’ll also get them out of the classroom to work in teams and solve real problems through what is known as Project Based Learning.

“This kind of approach gives students the opportunity to experience how these STEM skills are used outside the classroom; to see where their maths skills will actually end up being used.”



Since 2015, Emilio has been running his own management consultancy and advisory firm, De Stefano & Co, which sees him and his team spending the majority of their efforts supporting organisations operating in the engineering, manufacturing and technology sectors.

As an accomplished Keynote Speaker, he speaks to audiences nationally on topics including navigating change and disruption, and is also the Co-Founder of Adelaide Gardening Group, a provider of turn-key garden and grounds maintenance solutions to the government, commercial and strata management sectors.

Emilio owes his success – and ever-busy schedule – to his entrepreneurial spirit, diligence, and courage to take calculated risks in his professional career.

“I truly believe that we often regret the decisions we never made, more than the regretful decisions we did,” he says.

“I try to follow the things I really enjoy and I am opportunistic in that I will always have a good look into opportunities that come up. If you don’t give it a go – you won’t know what does and doesn’t work.

“The way I see it – you can always go back to the job or industry you were in before, and you might just learn something valuable along the way.”



[Back to Alumni News](#)

Uncovering the truth through journalism

Shaila Koshy

Freelance Investigative Journalist

Bachelor of Applied Science in Property Resource Management



Shaila Koshy's love of information – the dissemination, analysis and presentation of the knowledge – has always been vital to her career path as a reporter. With almost three decades as a human rights investigative journalist under her belt, this love has served her well, tirelessly raising awareness on various human rights matters over the years, including the rights of indigenous people, migrants, women and children.

Shaila started at *The Star*, Malaysia's premier tabloid-format newspaper and largest English masthead in the country, in 1989 three years after graduating from one of UniSA's precursor institutions, South Australian Institute of Technology (SAIT).

At SAIT Shaila worked towards a Bachelor Degree in Applied Science in Property Resource Management in the Playford Building on North Terrace and Frome Road at the City West Campus that currently houses UniSA's Health Science students. When asked how her degree led to her current career as a journalist, Shaila insists that it was actually the other way around.

With her parents contributing to her Australian education out of their hard-earned savings, Shaila compromised after her father expressed concerns about the working hours and tough conditions for reporters – in particular female reporters.

"I wanted to study journalism in 1983 but my father said no because he didn't think the work hours were suitable for a girl. His brother was a journalist and we hardly saw him," she says.

"I knew of good journalists who didn't attend journalism school, and hoped I could do the same.

"So I went through the SATAC Guide and felt that the process of examining a property or researching a property development project before coming up with a report for the client sounded the same as working on a news story or feature.

"Both fields involved getting information, analysing it and presenting it. The only difference was the subject matter."

This fighting spirit and urge to rise above such stereotypes carried her through her degree – and eventual career – explaining that she loved her three years at SAIT as she has put into practice most of what she learned in Adelaide.



Image: Shaila Koshy with her nephew Aaron George Koshy

"The Constitutional and Land Law subjects introduced me to Aboriginal land rights. It got me thinking about our own indigenous people and how government policy for their development often didn't take their culture into consideration," she says.

"I remember several of my fellow students did not appreciate the Property Resource Analysis course but it helped me devise and analyse surveys of the newspaper's readers on several issues."

When she returned home to Malaysia, the country was in a recession. So she took a job teaching English and then worked as a valuer for one year before she became a journalist for a national newspaper, thinking about ending up as a business reporter.

But soon Shaila found her niche and her passion took over during the 29 years at The Star as she focussed largely on human rights; legal aspect of issues, law-making, the criminal justice system in the civil and Syariah (Sharia) courts and the judiciary.

Throughout her time there, Shaila showed a talent for navigating the murky waters of Malaysian politics and was led by her strong moral compass.

"When I first started, I was told that several members of government didn't like to read about 'human rights', that they didn't apply to us because they were a western concept," she says.

"So I would write about 'fundamental liberties' and 'constitutional guarantees' instead because very few Special Branch personnel checking the news reports would know what those words meant.

"It's just a question of justice. There are many marginalised groups who don't even know they have rights."



Image: Shaila Koshy with then Chief Judge of the Syariah High Court, Dato' Dr Mohd Na'im Mokhtar, in the state of Selangor and two court officers in 2016 after an interview at his office

It hasn't always been smooth sailing though she explains.

"I understand the need for national security, but I do not appreciate the need for secrecy in government when there is no need for it. That was always fair game for me and I managed to get away with disclosing such 'secrets'."

"Only once was I interrogated by the police under the Official Secrets Act. They were more interested in getting the person who gave me the report than in the newspaper publishing the information.

"I refused and they went away."

Her tireless work was rewarded in 2013 when the Human Rights Commission of Malaysia (Suhakam) named her recipient of the Suhakam Human Rights Award 2013 in recognition of her reports on issues, including the Suhakam National Inquiry into the Land Rights of Indigenous People, detention of children, prisoner's rights and the people's rights on judicial review.

"It was an honour, but I am embarrassed by such things, so I told them that as far as I was concerned I was only writing about human rights violations and how the government and society need to address them," she says.

"The ones who should be getting such awards were the human rights activists themselves. The chairman and his fellow commissioners laughed."

Looking back on her career, Shaila cites many highlights including covering a Brisbane criminal trial involving the chief minister of a Malaysian state in the late 1990s and watching the famous Geoffrey Robertson QC in action, but is currently embarking on a freelance journalism career.

This is not an excuse to rest on her laurels though.

"The old Opposition is now the new government in power. It's time to watch them and be a thorn in their side," she says.

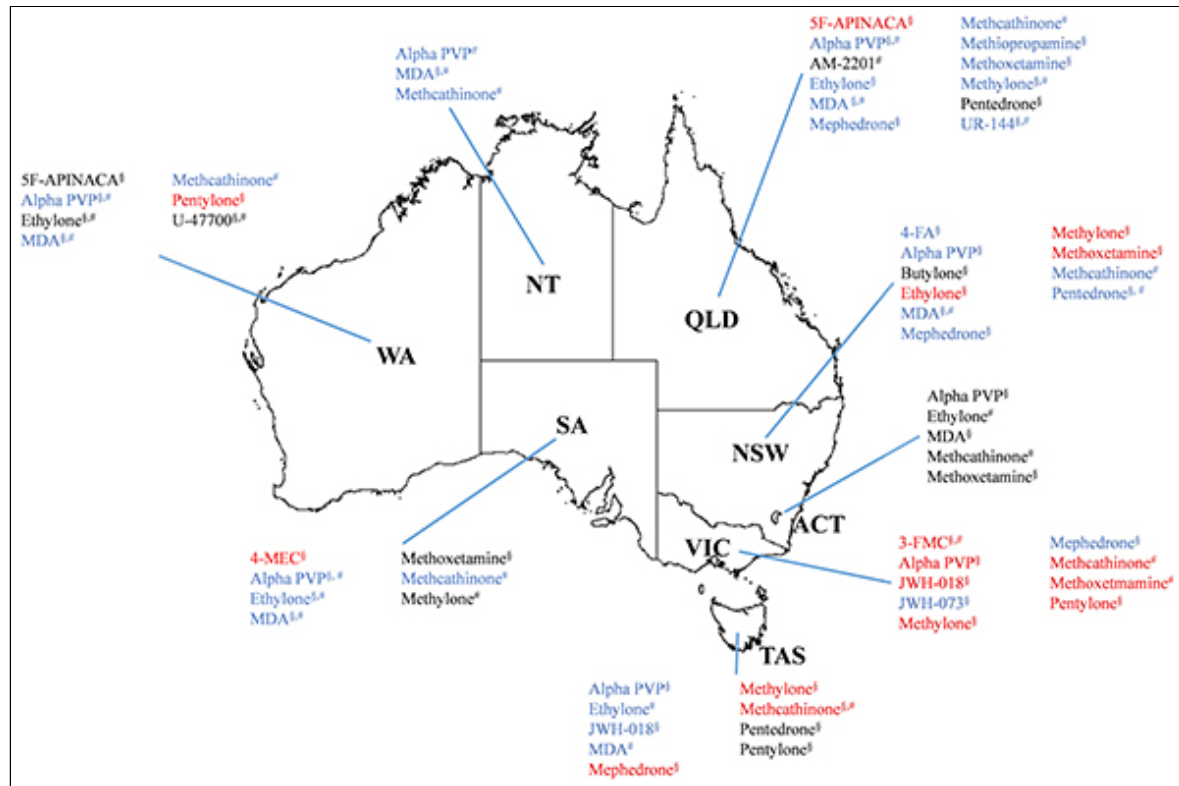
"Maybe I'll register a business and call it 'Like a Dog with a Bone.'"



[Back to Alumni News](#)

A portrait of Dr. Michael J. Griffin, President of the American Society of Mechanical Engineers. He is a middle-aged man with short, light-colored hair, wearing a dark suit, a light blue shirt, and a red tie. He is sitting in a laboratory or office setting, with his hands clasped in his lap. Behind him is a large window looking out onto green trees. To his left is a computer monitor and some equipment. To his right is a white lab bench with various items on it, including a small robot-like device.

"In our recent study, we found that a number of new NPS were being used across Australia. Some were used extensively and others sporadically, but the main type of substance was cathinones – substances that mimic methamphetamine."



 Share
 Share

DISCLAIMER OF LIABILITY: While every effort is made by the University to ensure that accurate information is disseminated through this medium the University of South Australia makes no representation about the content and suitability of this information for any purpose. It is provided 'as is' without express or implied warranty.

Santos Tour Down Under 2019 – Challenge Tour



Discounted registration for UniSA alumni

Attention cycling enthusiasts! The 2019 Santos Tour Down Under Challenge Tour is taking place on **Saturday 19 January**.

Presented by *The Advertiser*, the Challenge Tour is Santos Tour Down Under's mass-participation ride, in which riders tackle the same route as the pros just hours before they begin their ride!

UniSA will once again have a team in the Challenge Tour and be providing a shaded recovery area with refreshments for those riders who register as part of **'Team UniSA'**.

HOW TO REGISTER:

1. Explore the [Santos Tour Down Under Challenge Tour webpage](#) and click "Book Now".
2. Fill in your details and when completing the "Riding with a Team" section, your options are:
 - a. "No, ride by myself"
 - b. "Yes, ride with my own team" – from the dropdown list select "Team UniSA".
3. Once the form has been completed select "Add to cart".
4. On the following page click "Proceed to Payment".
5. Enter your payment information and the UniSA discount code **"UN1S410OFF"** to receive \$10 off.

If you wish to ride as part of 'Team UniSA' in 2019, **register by 4 November 2018**.

If you wish to ride as an individual (the UniSA discount code still applies), individual registrations **close 9 January 2019**.



Riding with 'Team UniSA'

For those riding with 'Team UniSA', UniSA's very own cycling aficionado Associate Professor Colin Hall will be your Ride Captain.

Your Ride Captain will communicate with you prior to the Challenge Tour to organise some training rides, provide friendly reminders and share words of encouragement! We will also be in touch with you about how to collect your UniSA Challenge Tour jersey and any key information.

On the day, after your ride, be sure to visit the UniSA marquee at the finish line to grab some shade and refreshments, catch up with your fellow riders and wait for those pros to arrive!

Should you have any queries regarding 'Team UniSA' and riding with us in please contact tduchallengetour@unisa.edu.au.



Get your hands on the latest UniSA riding gear

As part of your Challenge Tour registration you will receive an official 2019 Challenge Tour event jersey to be worn on the day. If you choose to ride as part of 'Team UniSA' your Challenge Tour jersey will have the team name printed on it.

However, for those interested in flying the UniSA flag during your other rides, we have UniSA Riding Kits (which includes jersey and knicks) available for purchase.

Details on how to purchase are available at unisa.edu.au/team-UniSA-Australia.



[Back to Alumni News](#)