



Solving Zambia's poverty crisis one drop at a time

Water is a cherished resource all over the world – particularly vital for a developing country's health and wellbeing. Well-versed in the significance of water resources and hoping to make a change in his home country of Zambia is Irrigation Engineer, Alex L. Kabwe. [more...](#)



Creating a cornucopia of Aboriginal and Torres Strait Islander art

South Australian Artist, Nici Cumpston, has dedicated her life to the art of creating. Creating both her own art and opportunities for other artists to showcase the ever-evolving and contemporary artwork of Aboriginal and Torres Strait Islander artists in Australia. [more...](#)



A fast-paced career in retail property

After realising that challenge and new opportunities were just as important as climbing the business ladder, Chad Hermesen took a calculated risk which paid off. Since then he has worked on some of Australia's largest and most exciting retail developments. [more...](#)



Chris Adams Research Grant supports cutting-edge brain cancer research

The inaugural Chris Adams UniSA Research Grant has been awarded to support vital brain cancer research creating a new immunotherapy for brain cancer, honouring the life of Chris Adams, a UniSA graduate, who was diagnosed with a brain tumour in 2015. [more...](#)



How to survive the Holiday Season

Christmas is officially upon us and while this time of year can be magical, it can also be quite overwhelming. Luckily Dr Evangeline Mantzioris – accredited practicing Dietitian and Nutritionist, Program Director, Lecturer and Researcher in Nutrition & Food Science at UniSA – knows how to get the most out of the holiday season. This month she's sharing her tips with us. [more...](#)



>> Image gallery: UniSA alumni events

Alumni Events

UNTIL 28 APR Challenge your perception of peace and Visit MOD's new exhibition – **WAGING PEACE**

MOD's new exhibition will open your mind to the possibility of proactively and aggressively pursuing peace. In the exhibition galleries, you can try your hand at serious gaming, explore satellites in space and interact with defence technologies through the design of a deployable field hospital in augmented reality. Plan your visit at: mod.org.au

28 FEB-05 APR **Adelaide/International**

The Adelaide/International is a new series of exhibitions for the 2019, 2020 and 2021 Adelaide Festivals, each comprising works by artists from Australia and overseas, along with associated forum programs. The 2019 exhibition will also include world premieres of work from Brook Andrew and Eugenia Lim.

02 MAR **Performance, Forum + Party**

Held on the opening weekend of the Adelaide Festival, the 2019 Adelaide/International forum will provide a platform for debate on our changing and ever-more-connected world, and will feature talks, panel discussion, and a performance by Eugenia Lim.



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Solving Zambia’s poverty crisis one drop at a time

Alex L. Kabwe

Principal Irrigation Engineer, **Ministry of Agriculture, Zambia**
Master of **Environmental Science** (Water Management)



According to the Global Water Partnership, Zambia has faced a number of challenges in regards to managing their water resources and this has resulted in inadequate supplies to meet the population’s needs and pollution risks.

This access to water is a basic human right which is often threatened when the resource is not properly managed. The issue, very pertinent in Alex L. Kabwe’s home country of Zambia, is why he has pursued a career in water management and the chance to make a real change.

Inten on pursuing this cause, Alex graduated from the University of South Australia this December with a Master of Environmental Science (Water Management) thanks to an Australian Award Scholarship.

Australia Awards Scholarships from the Department of Foreign Affairs and Trade provide opportunities for people from developing parts of the world to drive change and contribute to development in their own countries. Alex explains it was through opportunity he was able to study in Adelaide.



Image: Alex L. Kabwe, crouching in the white cap, measuring the flow of water in the furrow supplying water for irrigation

“The Australian Award Scholarship which enabled me to pursue Master of Environmental Science (Water Management) was timely, and it could not have come at a better time than this one, when the skills and knowledge in water management were urgently required in the Ministry of Agriculture in Zambia,” says Alex.

“The qualification from the University of South Australia was the reason for my promotion to the new position of Principal Irrigation Engineer in the Ministry of Agriculture, based at the national headquarters in Lusaka, the capital of Zambia.”

Despite being in the Sub-Saharan region of Africa – with a humid, subtropical climate – Zambia is described as a relatively arid landlocked country, and with the agricultural sector supporting livelihoods of 85% of the population, effectively regulating and conserving water resources is vital.

Access to safe and sustainable water, sanitation and hygiene reduces stunting, improves education quality and learning outcomes, and is essential for the community’s health and wellbeing.

With access to basic sanitation barely improving since 2000 (when it stood at 26%), and basic water coverage in Zambia in 2015 standing at just 61% (86% in urban areas and 44% in rural areas), time is critical in this developing area in the world.



Image: Irrigation furrow is clogged during night time, so that water is stored in the pond formed with the weir. With the stored water, farmers could extend irrigation to more farmlands.

Alex is passionate about providing safe sustainable water options to the Zambian population, especially considering the poorest and most vulnerable communities are usually the hardest hit.

A key way to combat this poor water resources management, and aid in the development of the country, is by investing in the agricultural sector. This is something Alex is particularly passionate about and has now dedicated his career to.

“Zambia’s rainfall pattern is from late November to late April. During the rainfall season, farmers cultivate crops that should be enough to sustain household food security and a surplus crop yield sold to supplement household income,” says Alex.

“But the potential to improve subsistence and rainfall dependency farming is significantly huge in Zambia as the country has productive soil for suitable for cropping and abundant sources of water –holding about 40% in the southern Africa sub-region.”

“The Government of Zambia is currently rolling out poverty reduction but sustainable projects through diversification programmes, and the Ministry of Agriculture is implementing programs through irrigation development.”



Image: Cabbage production is a part of major farming among the youth utilising water

Alex is playing a key role in these irrigation schemes now being planned in Zambia and developed in the Southern Province, Central Province, and in the Copperbelt of the country.

Agriculture Minister Given Lubinda, is further stressing the importance of this step as farming is one of the main sectors that has contributed to the country’s development, commenting, “farmers need to be empowered to work efficiently with them and boost agriculture exports”.

With his new role as Principal Irrigation Engineer in Hydraulic Structures at the Ministry of Agriculture’s Technical Services Branch – and fresh out of his UniSA degree with all the skills and understanding this provides – Alex is incredibly positive about Zambia and his own future.

“With this knowledge and qualifications I have acquired, the sky is no longer the limit.”



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Creating a cornucopia of Aboriginal and Torres Strait Islander art

Nici Cumpston

Artistic Director, **TARNANTHI: Contemporary Aboriginal and Torres Strait Islander Art**
Curator, Aboriginal and Torres Strait Islander Art, **Art Gallery of South Australia**
Bachelor of Visual Arts (Photography), First Class Honours



Image: Nici Cumpston, Artistic Director, TARNANTHI, during the exhibition *John Mawurndjul: I am the old and the new*, Art Gallery of South Australia, 2018; photo: Ben Searcy

Artist Nici Cumpston has enjoyed an eclectic career. From nursing to processing photographic evidence for the SA Police, teaching, writing, and most notably her work as a curator and photographer. She is now lead Curator of the Aboriginal and Torres Strait Islander collection for the Art Gallery of South Australia (AGSA) and Artistic Director of TARNANTHI, Contemporary Aboriginal and Torres Strait Islander Art.

Nici's interest in art though was first inspired through her father's work as a radiographer.

"I have been drawn to photography since I was a young girl," she says. "My father taught me how to use a film camera and together we developed black and white film and prints in makeshift darkrooms at home."



Image: TARNANTHI Art Fair; photo: Nat Rogers

Chasing her passion, Nici enrolled in the North Adelaide School of Art to study photography in her early 20s while working as a nurse. It was here she became fascinated with how art tells a history of the world. This experience inspired her to deepen her education at university and began a Bachelor of Visual Arts at the University of South Australia.

"At UnISA I had the opportunity to engage one on one with artists who were my lecturers; we had such interesting, insightful conversations. They were informative and patient people and through their wisdom I was able to see where I needed to go to continue my lifelong learning," she says.

Nici's family are Barkindji people from the Darling River in New South Wales, and she also has Afghan and English heritage. She is culturally affiliated with the River Murray people and the surrounding lands, imbuing her art with her profound relationship with this history.



Campsite, Nookamka Lake II (2008) by Nici Cumpston

"Through my photographs I am interested in sharing the deep connection that Aboriginal people have with their country and portraying signs in the landscape that show evidence of Aboriginal occupation that goes back thousands of years," she says.

In her artistic process, Nici photographs and then meticulously hand paints the depth and feeling of the environment back into the black and white stills. Her technique involves a forensic approach that lays bare the effects of colonisation on the land and inhabitants.

A particular focus of her works has been the Murray-Darling River where her photographs reveal how the work to control the river system has led to a devastated ecosystem. The artworks also showcase a rich history of culturally significant sites such as the scar trees and ring trees found in the landscape, and act as a reminder that many important cultural sites have been lost.



Image: Scar tree, Fowler's Creek (2011) by Nici Cumpston

Nici's work is widely recognised and exhibited throughout Australia, the USA and Europe, including the National Gallery of Australia, National Gallery of Victoria, Parliament House Collection, Adelaide Festival Centre Foundation, Kluge-Ruhe Aboriginal Art Collection at the University of Virginia and toured through Europe.

When asked why art plays such an important role in her life, Nici says, "Through art we learn a universal language. Wherever I travel I have a way to feel at ease and part of a broader society through visiting art galleries and museums."

This is evident in the 10 plus years she has spent tirelessly creating opportunities for Aboriginal and Torres Strait Islander artists to showcase their contemporary work.

"Through art-making there is an opportunity to connect to culture in a meaningful way and to also enable the wider population to gain an understanding of aspects of Aboriginal culture that they may otherwise never know about," she says.

"It is important for all people to have access to basic human rights and unfortunately in this country this is not the case for many Aboriginal and Torres Strait Islander people. I have travelled extensively to Aboriginal communities and to exhibitions around the country and can personally see the difference creative expression can make to people's lives.

"Art enables people to share their inner most feelings and emotions. It enables us to be empathetic and to learn and experience other people's perspective of the world around us."



Image: TARNANTHI Art Fair; photo: Nat Rogers

Nici is also the driving force behind TARNANTHI (pronounced tarn-nan-di) festival in Adelaide.

"I have been Artistic Director of TARNANTHI Contemporary Aboriginal and Torres Strait Islander Art for the past four years, which has given me great joy," she says.

"Through TARNANTHI we have been able to provide a platform for artists from across Australia to exhibit and showcase new, exciting and ambitious works of art. It is an incredibly important opportunity to support and showcase new work, work that enables artists to experiment and be ambitious."

This year the event featured the forty-year career of one of Australia's leading contemporary artists, master bark painter, John Mawurndjul. The exhibition, *John Mawurndjul: I am the old and the new* will be at the Art Gallery of South Australia until the end of January 2019 before touring Australia for two years. It also features a microsite johnmawurndjul.com where visitors can learn to speak and pronounce Kuninjku language with the artist and his family.

"This exhibition has been three years in the making. It is a collaborative project between the Art Gallery of South Australia, the Museum of Contemporary Art, and Maningrida Arts and Culture in central Arnhem Land, the artist's home Country," says Nici.



Image: TARNANTHI Festival, Art Gallery of South Australia; photo: Nat Rogers

"Each year we also feature the TARNANTHI Art Fair which has been held at Tandanya National Aboriginal Cultural Institute. This year 43 art centres from across Australia travelled to Adelaide to sell their original works of art directly to the public."

The event broke all previous year records, attracting over 5,600 visitors and generating more than \$900,000 in art sales – a key income source for many Aboriginal and Torres Strait Islander communities – and a massive success for the South Australian art and culture scene.

Next year the city-wide TARNANTHI Festival will return and the TARNANTHI Art Fair will be held on the 18-20 October 2019. More information on the exciting event can be found at the [Tarnanthi](http://Tarnanthi.com) website.

For more information about Nici's artworks please visit www.nicicumpston.com.



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A fast-paced career in retail property

Chad Hermesen

Portfolio General Manager – Retail (Global Real Estate) for QIC
Post-Graduate Certificate **Business Administration**
Master of **Business Administration** (MBA)



When Chad Hermesen applied for his first job at Woolworths (whilst still at school), he had no idea where it would take him. Nor perhaps, that he was already developing a love for the fast pace of the retail business environment. An early withdrawal from a marketing degree might seem like a false career start, but in reality it gave Chad the time to collect experiences and choose a path in which he would ultimately thrive. A path that would take him to his current role as Portfolio General Manager – Retail (Global Real Estate) for QIC.

"My career interests definitely started to develop at Woolworths, which prompted me to look for roles in sales," says Chad.

Over the next seven years he built success in roles as a Business Development Manager (BDM) with Coca-Cola Amatil, Sales Executive at Austereo (Triple M), and BDM roles with Australian Central Credit Union and BankWest.

"In retrospect changing sectors was very important. I enjoyed learning the subtleties and differences between them. The challenge of discovering a new sector was as important to me as the results I could deliver."

"I've been fortunate enough to work in many different fields from Fast-Moving Consumer Goods (FMCG), retail, media, banking and finance, and now retail property. I've always searched for new opportunities, and this is how I ended up in the shopping centre space."

In 2007, with an idea and a one-way ticket to Dubai, Chad went hunting for an opportunity to develop his career even further. While this might seem incredibly risky, one of the most inspirational people in his life had given him some perspective. Chad's Opa (Grandfather) lived in The Netherlands throughout the WWII Nazi occupation. Growing up listening to Opa's stories of survival, moving to Australia with no English language and setting up a new life for his family, Chad began to understand the true meaning of resilience. And he has carried it throughout his career.

"Play the long game," Chad advises, "keep working on a career path until you either find it doesn't work, or another opportunity takes you in a different direction. It's okay to change paths. If something fails, you can survive it. You realise it's not quite as insurmountable as you first thought."



Image: Chad (right) with Daniel Cremona and David Loh at a Melbourne restaurant opening

Chad's first offer in Dubai wasn't the best fit so he approached a recruiter. "I asked them to find the most interesting role they could in sales and business development," he says.

A great interview for a job that didn't quite fit ended up being Chad's lucky break when the employer created a new role for him. The role was Group Sales and Business Development Manager for Majid Al Futtaim (MAF) – Leisure & Entertainment. It was this career journey that highlighted the need for further study.

Chad explains, "When you're moving between countries and sectors, having a qualification is important to support you as a candidate. And interestingly for expats, pay grades in the UAE depend on your education status."

After graduating from UniSA in 2011, Chad moved to Melbourne. As Project Leasing Executive at Vicinity Centres, Chad was appointed to the two largest developments in the country at the time: the major \$600M Chadstone development (2016), and the \$1.2B Melbourne Emporium (2014). He then moved to Head of Leasing for the Pacific Group of Companies.



Image: The 2016 \$600M Chadstone Shopping Centre development in South-Eastern Melbourne

Here he managed leasing across the Group's multiple retail and commercial assets, including the \$400M Pacific Werribee development, and the recent Pacific Epping and Hoppers Crossing centres.

"In 2018, the Pacific Group of Companies sold a 50% share of their two key assets to QIC, along with management rights. As a part of the sale I accepted a new role to continue managing the Pacific Assets under QIC.

"It's a fantastic role," says Chad, "the best part of my job is seeing new retail concepts come to life. Retail is fast-paced. You have to anticipate what the next generation will need and want, while understanding your market and demographics. No day is boring!"

In this role Chad manages the overall leasing and strategy of a portfolio of shopping centre assets across the QIC group. He works with Leasing Executives from each centre to develop strategic relationships with key retail partners across the industry.

"Ultimately," says Chad, "the team I lead focuses on new ways to improve the performance of the assets. We do this through new retail offers and optimum tenancy mix execution, to improve the traffic and sales performance throughout the centres.

"My MBA gave me so much in terms of business learning, new friendships and colleagues. These things matter when you are building a successful career," says Chad.

"The world is changing rapidly and careers of today will be different tomorrow. Technology is evolving at a pace almost beyond imagination. Which makes it all the more important to choose qualifications that are versatile, portable and well-respected. The 5-star rated UniSA MBA, with its holistic approach to business and prominent position in the market, has offered all of that to me."

Chad's advice to students and recent graduates is straightforward.

"Sometimes it's hard to see the next step in your career, but you need to grind it out. It can take years to see change. Experience is an advantage, remain consistent and continue to learn. Highs and lows are a part of it all, just stick to the process. And always be open and comfortable with change."

Outside work, taking part in the UniSA Business Career Mentor Program for three years gave Chad great pride in seeing others succeed. He continues to guide aspiring business leaders informally.

"You need variety in life to provide perspective. Whether it's your own family or connecting with your community. It helps you listen to and understand others. Another great skill I learnt from my Opa.

"I'm fortunate to have a wonderful family," says Chad. "My wife and I are the proud parents of three amazing girls. They are who we live for and in guiding them we need to listen, understand, assess and change priorities, sometimes at lightspeed! Handy skills in any situation."

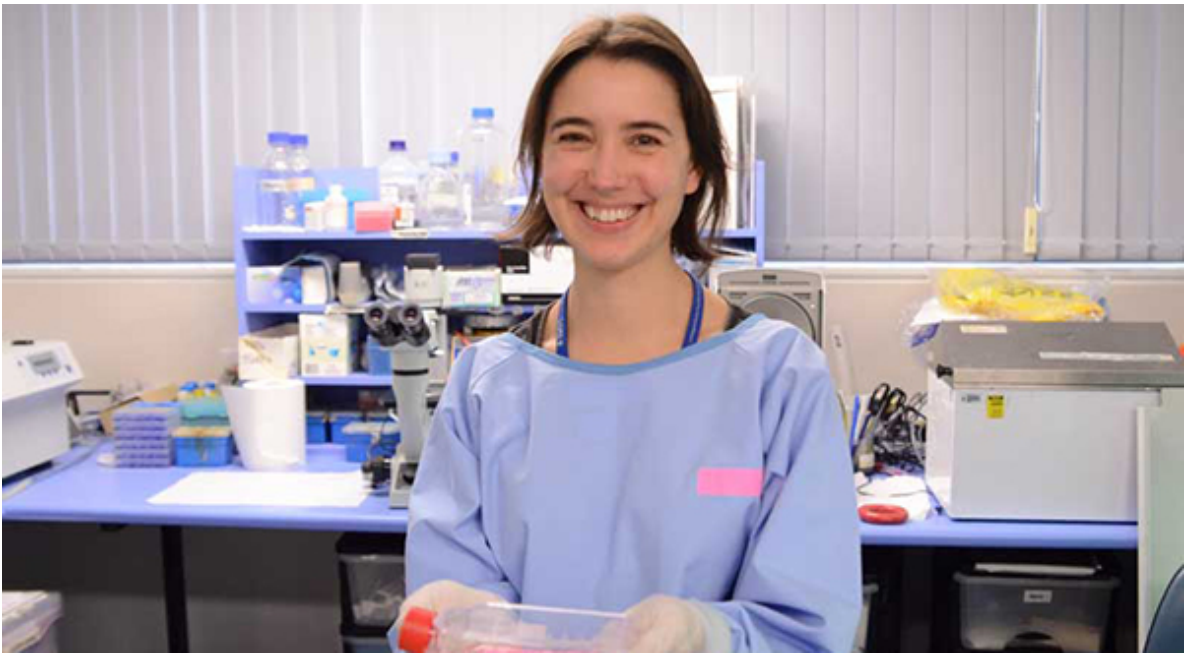
If you'd like to play a role in seeing others succeed, consider joining the Business Career Mentor Program in 2019, just like Chad Hermesen. Express your interest in mentoring by emailing businesscareers@unisa.edu.au.



Image: Chad with his wife Melissa, proud parents to their three daughters

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Chris Adams Research Grant supports cutting-edge brain cancer research



Brain cancer research will get a boost this year thanks to the memorial Chris Adams UniSA Research Grant that pays homage to Chris's indomitable spirit to help others facing a brain cancer diagnosis.

Made possible thanks to Chris's family and the NeuroSurgical Research Foundation, the inaugural grant has been awarded to Dr Tessa Gargett – an early-career researcher who is working to translate an effective melanoma immunotherapy to adult and child brain cancers.

Chris Adams lost his battle with the rare grade-three anaplastic astrocytoma brain tumour in November 2015, in the midst of his business degree, the same year he was diagnosed.

Taken far too early by a disease that has devastating effects on the lives of patients and their loved ones, Chris' family is now dedicated to honouring his memory and spirit by supporting vital research to find a cure with the Chris Adams UniSA Research Grant.

"We would like to congratulate Dr Gargett on being the inaugural recipient of the Chris Adams Research Grant," say Cherrie and Marty, Chris' parents.

"We hope that the fundraising initiated by Chris and continued in his name will assist research in finding a cure for this insidious disease."



Image: NRF Vice-President, Dr Glenn McCulloch, Dr Tessa Gargett, Cherrie and Marty Adams, and NRF Executive Officer, Ginta Orchard at the Grant Recipient Afternoon Tea

Dr Gargett, a newly awarded Cancer Council SA Beat Cancer Project Early Career Researcher based at Royal Adelaide Hospital and the Centre for Cancer Biology at the University of South Australia, explains, "Our lab specialises in developing novel immune-based therapies that stimulate the immune system to attack and kill cancer".

"We have had some success trialling a targeted CAR-T cell therapy in melanoma patients.

"We know that the cellular target we are using in melanoma is also expressed in brain and other cancers, so now we are working toward extending our trials so more patients can ultimately benefit – particularly for brain cancer patients as the outcomes are often so devastating."

In Dr Gargett's lab studies, the treatment has effectively killed glioblastoma cell lines in vitro. Once safety is confirmed, the next step will be to trial the therapy in patients at the Royal Adelaide Hospital and Sydney Children's Hospital Kids Cancer Centre (KCC).

Glioblastoma is the most common adult brain cancer with one of the worst survival rates of any adult cancer. On the other hand, Diffuse Intrinsic Pontine Glioma (DIPG) is a rare childhood brain cancer but is the leading cause of death under 10-years of age from a brain tumour.

Brain cancers are notoriously difficult to treat and survival rates have improved very little in over 30 years. When compared to the improvements made in other cancer that were once considered terminal, the significance of this lack of improvement and need for more research is obvious.



Image: The touching moment Dr Tessa Gargett received a Chris Adams 'Strong Enough To Live' campaign wristband from Cherrie Adams to "welcome her into the family".

"DIPG is a heart-breaking disease for families because there is often nothing that can be done for these young children. We hope that our research will ultimately lead to some hope for these families and adults with glioblastoma by adding to the research that will one day improve their odds of survival," says Dr Gargett.

The funding will allow Tessa to travel and present her work at a national and international conference to share the team's findings with other researchers. It will also allow her to spend time collaborating and learning from the projects partners at the Sydney KCC and the Peter MacCallum Cancer Centre in Melbourne.

The annual \$5,000 grant has been made possible thanks to the 'Strong Enough To Live' campaign, established by Chris's family and friends. 'Strong Enough To Live' has currently raised \$120,000 to support the grant which will be awarded each year to an early-career researcher working in a field of high-quality brain tumour research.

For more information on the Grant visit: www.unisa.edu.au/Research/Research-degrees/Scholarships/Chris-Adams-UniSA-Research-Grant.



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How to survive the Holiday Season



Generally we nutritionists are not fussed what people eat on a couple of special days a year. Festivities like Christmas, New Years, Easter and birthdays are always cause for celebration. However, in an increasingly commodified and commercialised world, there is usually a long lead up of gatherings, work functions and parties to the silly season that can be quite overwhelming.

It's important to be mindful of what we are consuming during these periods with the abundance of foods with high fat and salt contents, often served with copious amounts of alcohol, to really get the most of out of this special time of the year with your family and friends.



Drinking

It's very common to indulge in a couple more glasses of wine than usual around Christmas and New Year's compared to the rest of the year, but it is also something that can quickly get out of hand – causing more harm than intended.

So, remember for drinks, the [National Health and Medical Research Council \(NHMRC\)](#) recommendation for average, healthy men and women is no more than two standard drinks on any one day, and no more than four standard drinks on a single occasion. This also reduces the lifetime [risk of harm](#) from alcohol-related disease or injury.

If you know you will be drinking throughout the day or night a good tip is to have water or mineral water in between each of your alcoholic drinks. Alcohol over 4.5% is dehydrating, so also consider choosing one of the low-mid range beers on the market. The best way to check your hydration is by the colour of your first morning urine – it should be a hay colour.

The festive season is also smack-bang in the middle of summer's warm weather where dehydration is far more prevalent. Remember in summer you may need to drink more fluids to counteract the dangerous effects of dehydration, due to water loss.



Image: : Australian Alcohol Drug Foundation

Activity

It is always a good idea to include some form of activity in your day – try a game of traditional backyard/beach cricket or sneak in a walk between functions during the day. Easy ways to incorporate exercise seamlessly into your normal routine include: walking to work when you can, taking public transport, utilising stairs when available, or go for lunch-time walks in the lead up to Christmas.

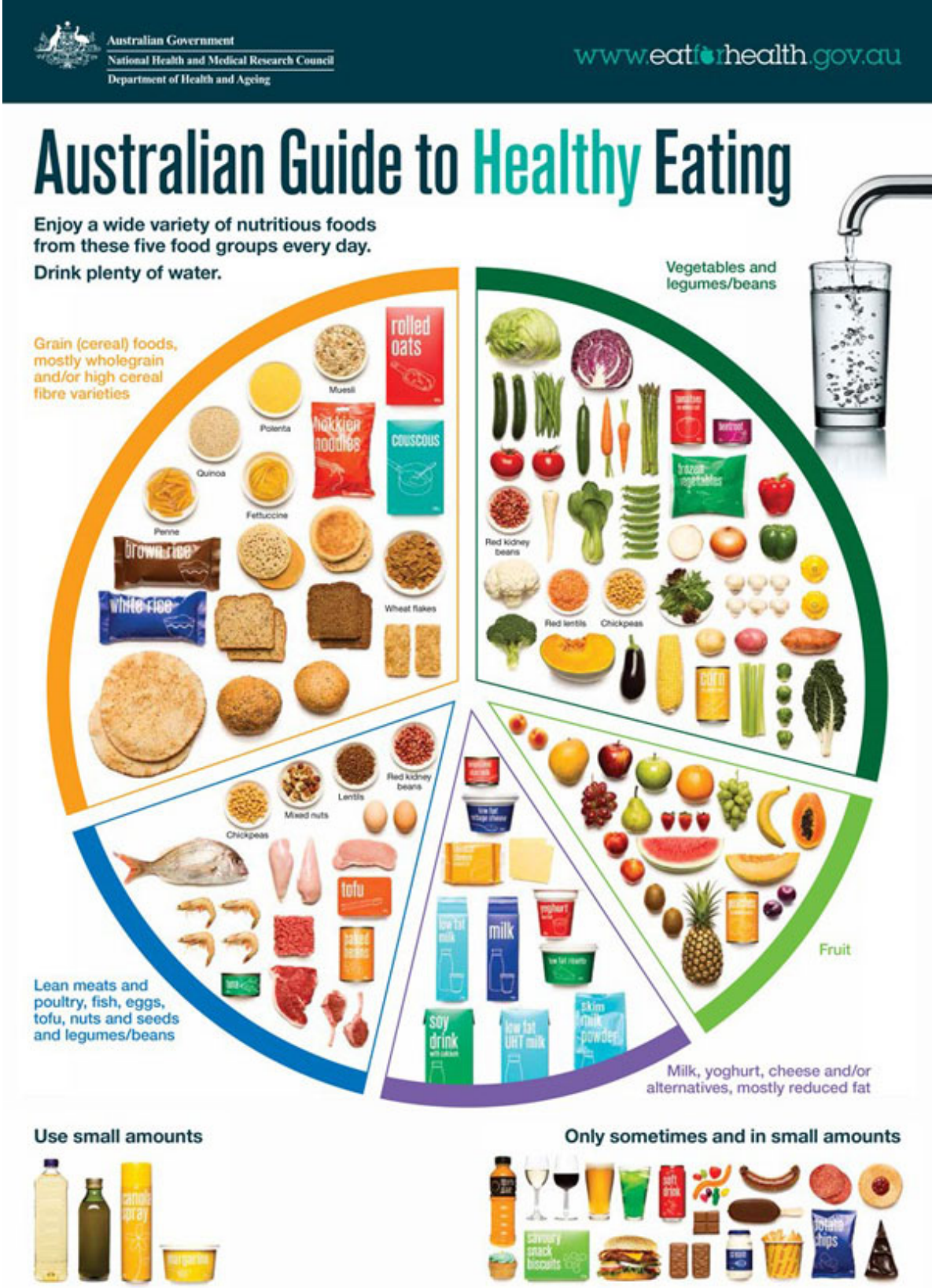
You can refer to the Department of Health's exercise guidelines [here](#) – and remember it is all a matter of balance.



Servings

Being aware of your serving sizes throughout the holiday season is also a good tip for being more mindful during this time of the year. The [Australian Guide to Healthy Eating \(AGHE\)](#), which is an evidence-based resource derived from the analysis of over 50,000 journal articles, have many handy resources that breaks down the [appropriate serving sizes](#) for each food group.

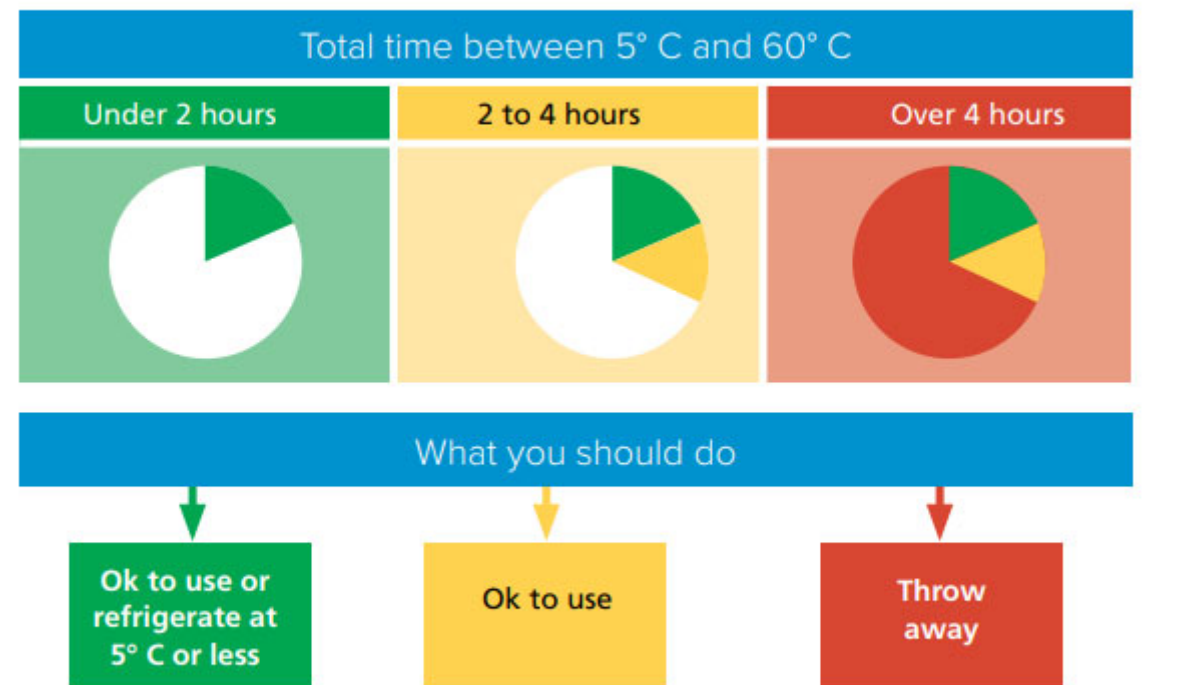
When at holiday functions, it is wise to avoid fatty fried foods and pastries (e.g. pies, pasties, chips, arancini, chicken nuggets, and other fried meats) or keep your portions of these particular foods in moderation. Instead, actively go for fresh foods (e.g. cold rolls, sushi, fish, salads, vegetables, fruit) – or consider sharing a piece of the traditional Christmas Pavlova with a friend.



Food Safety

No one wants to get sick over the holiday period, so make sure you look after your food. Keep raw meats, and dishes containing them, away from cooked meats. Keep food cool and chilled until you need it. Be mindful how long it is kept out.

It takes time for food poisoning bacteria to grow to unsafe levels. Apply the following time limits to ensure these risky type foods remain safe to eat.



The total time includes all the time the food has been at room temperature, for example during delivery, preparation and transportation.

Image: SA Health, Government of South Australia

Remember the **two and four rule**. If food is kept out of fridge for less than two hours, it can go back in fridge and be eaten later. Food can be out of the fridge for up to four hours and okay to eat, but after four hours you need to throw it out – which brings up the big problem about food waste.

Waste and Leftovers

Leftovers are always a big part Christmas and large celebrations, however it is good to keep in mind the amount of waste you are producing so you can minimise the negative impacts on the environment and the [heavy burden of food waste](#).

Minimise food wasted by thinking carefully about the amount of food you actually need over Christmas. Check out this [portion calculator](#) that takes all the guess work out whether you are catering for individuals or crowds.



Christmas is about enjoying time with your loved ones, so enjoy your favourite foods and drinks with family, but just ensure there are healthy alternatives on offer. Think great salads and colourful fruit platters – with my favourite cherries which we are blessed to have here in Australia – they perfectly complement any dessert on Christmas Day.

Happy Holidays!

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