

# news

March 2016

&gt; from the University of South Australia



HEALTH

## Unwrapping chocolate's cognitive benefits

With Easter almost here and chocolate eggs towering high in shopping aisles, those who feel guilty for sampling such sweet treats can rest a little easier; new research reveals that cognitive benefits can result from eating chocolate. [more](#)



HEALTH

**Moving ahead in the race for Zika virus vaccine** [more](#)



COMMUNITY

**Preparing for the future of digital learning** [more](#)



HEALTH

**How do you work out your ideal weight?** [more](#)



ART AND DESIGN

**UniSA students boost cyclone-damaged Vanuatu**



INSIDE UNISA

**From the Vice Chancellor** [more](#)



INSIDE UNISA

**The latest achievements and announcements** [more](#)

[more](#)



HUMANITIES

**Colombo plan brings cultural gain for education students in Indonesia** [more](#)



COMMUNITY

**New regional Indigenous pathway program gets underway** [more](#)



COMMUNITY

**How to have fun and boost your career prospects** [more](#)



HUMANITIES

**Radio research project boosting littlies' literacy** [more](#)



RESEARCH SPOTLIGHT: HEALTH

**Epidural during labour: making informed decisions** [more](#)



HEALTH

**Bush nurses' legacy supports Mt Gambier education** [more](#)



HUMANITIES

**Beware what you share: Cyberbullying, sexting and the law** [more](#)



BUSINESS & LAW

**Smarter wine marketing crucial for industry** [more](#)



EVENT

**Tickets and sponsorships are selling fast – get yours now** [more](#)



NEW BOOKS

**The latest books from UniSA researchers** [more](#)



IN PICTURES

**On campus this month** [more](#)

Your UniSA News community  
TOTAL AUDIENCE REACH **107,619**

[top](#)



University of



## Moving ahead in the race for Zika virus vaccine

[Back to story index](#)

by Kelly Stone and Mary-Jane McArdle



HEALTH

A UniSA research laboratory is pressing ahead with its project to develop a vaccine to combat the mosquito-borne Zika virus which is fast becoming an urgent global health priority.

Melbourne-based biotech company Sementis Ltd is actively backing the Zika virus vaccine project in collaboration with UniSA's Experimental Therapeutics Laboratory.

This move follows a protective vaccine that is now ready for the clinical manufacturing process based on the Sementis Copenhagen Vector (SCV) System and developed by the UniSA lab in partnership with Sementis for the mosquito-borne Chikungunya virus.

UniSA lab head, Associate Professor John Hayball hopes his team can rapidly adapt the Sementis Chikungunya virus vaccine for Zika virus, which the World Health Organisation says is strongly suspected of causing birth defects and could infect three to four million people in the Americas over the next year. Already, Zika has been detected in 23 countries in the Americas.

Assoc Prof Hayball says Zika virus, for which there is currently no treatment, has caught the world 'flat footed'.

"It's really a race against the clock to find a vaccine for Zika virus and our lab is starting preclinical laboratory based experiments immediately," Assoc Prof Hayball says.

"We have just had delivered synthetic DNA constructs from German company GeneArt which encode the structural genes of the Zika virus and these will be used to rapidly make the new vaccine in the SCV System we developed with Sementis Ltd.

"We now have import permission from the Australian Quarantine and Inspection Service to bring the virus into Australia and have it on order from the American Type Tissue Culture Collection and this will be used to establish different models of Zika virus infection."

The Experimental Therapeutics Laboratory together with Sementis developed a protective vaccine for Chikungunya virus late in 2015, and is currently finalising a contract for manufacturing clinical grade material which will be tested in toxicity studies and early phase clinical trials.

“The UniSA-Sementis team has taken the Chikungunya virus vaccine all the way through pre-clinical studies and shown it’s 100 per cent effective,” Assoc Prof Hayball says.

The Chikungunya virus vaccine was developed out of the SCV System, a vaccine platform technology invented by Sementis and developed jointly by the UniSA-Sementis partnership.

“The SCV System is a bit like a cassette system that we can plug and play ... so we plug the platform with different antigens to target a specific condition. The beauty of this vaccine platform is that it’s not a one-product platform. We’re continuing to work with Sementis on vaccines in their portfolio which include peanut and cat allergy.”

Zika virus is spread by the same group of mosquitoes that spread the Dengue viruses and Chikungunya virus, and are typically urban breeders called Aedes. Those infected with Zika virus may develop symptoms such as fever, rash and headache.

Assoc Prof Hayball says the work his lab has done with the Chikungunya virus vaccine shows the UniSA-Sementis approach with the vaccine platform is ‘rapid and effective’.

“What we’re hoping to do here is not only prove that our approach is the best way to make vaccines for emerging infectious diseases, but that we can really make a difference with this urgent situation,” he says.

“It’s an area that’s wanting for input and we have one of the most efficient and effective ways to make vaccines quickly.

“Working closely with Sementis on the Chikungunya vaccine has provided unique opportunities to our team of young scientists and is a perfect example of collaboration between industry and researchers to find solutions to real world problems and to create new jobs and opportunities.”

[Tweet](#)

[Share](#)

## RELATED STORIES



HEALTH

**Unwrapping chocolate’s cognitive benefits** [more](#)



RESEARCH SPOTLIGHT: HEALTH

**Epidural during labour: making informed decisions**

[more](#)

[top^](#)





## Preparing for the future of digital learning

[Back to story index](#)

by Will Venn



COMMUNITY

A group of leading experts in digital learning from across the world will visit UniSA this month (March) to help build a roadmap to outline the evolving role digital learning plays in the modern economy.

From March 7, as part of UniSA's *Digital Learning Week*, the visiting scholars will stage keynote addresses, learning cafés, workshops and other opportunities for staff to experiment and play with emerging learning technologies and to gain a better understanding of the research and innovations that are informing the future of learning in universities such as UniSA.

The vision – to bring an international team of researchers together to tackle complex educational problems – was proposed by UniSA's Professor Shane Dawson, Professor George Siemens from the University of Texas at Arlington and Professor Dragan Gasevic from the University of Edinburgh.

The professors have worked together on numerous national and international research grants as well as developing and offering Massive Open Online Courses (MOOCs) in learning analytics, and were also founding members of the Society for Learning Analytics Research (SOLAR).

Their long standing research partnership includes authoring a recently published report titled: *"Preparing for the digital university: a review of the history and current state of distance, blended, and online learning"*.

The report emphasises the considerable role technology has played in making distance and digital education as effective as traditional classroom instruction. Research also shows how an increasing number of students are taking online courses and how universities have responded by offering a greater range of blended and digital learning options on campuses.

According to the report, as information becomes easily accessible, with sophisticated technology and the proliferation of data and analytics, the potential for personalised adaptive learning has increased

Professor Siemens says the world is digitising and higher education is not immune to this transition, as we are moving from a knowledge revolution to a learning revolution.

“The trend is underway and seems to be accelerating, and it is clear that academic organisations are required to facilitate the advancement and adoption of digital learning research,” says Prof Siemens.

“Higher education leaders around the world are facing the difficult challenge of re-architecting the university to reflect the modern economy and the digital age. This learning week will enable time to evaluate the scope of changes facing higher education and to explore ways that universities can respond to ensure continued research and education excellence.”

The group of 16 national and international researchers visiting UniSA have extensive expertise in the fields of learning analytics, computer supported collaborative learning, networked learning, artificial intelligence, learning sciences, e-learning, natural language processing, complex systems and more.

Professor Dawson says it is the first time the multi-disciplinary group will come together to initiate a roadmap of collective research and innovation as well as aid the promotion and effective adoption of digital learning strategies.

“The digital learning week is one of many new initiatives at UniSA that reflect the University’s commitment to support its staff and students in experimenting and transitioning to new modes of learning and teaching practice,” Prof Dawson says.

“The digital learning week provides a unique opportunity for university staff across Adelaide to connect and engage with renowned international and national experts.”

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

## RELATED STORIES



**How to have fun and boost your career prospects** [more](#)



**Bush nurses’ legacy supports Mt Gambier education** [more](#)

[top](#)

## How do you work out your ideal weight?

[Back to story index](#)

by Professor Tim Olds, UniSA Professor of Health Sciences and Nathan Daniell, former UniSA Research Fellow in Health Sciences



### HEALTH

Public health authorities are forever telling us how much we should weigh, but one essential element is missing: shape.

Let's start with a little quiz. Below is a series of 3D laser scans of bodies, each seen from the front and the side. A 3D laser scanner is a miracle machine that creates a digital statue of your body painlessly and in a matter of seconds. Your task is to rank the bodies in order of fatness.

Now there are lots of ways to measure fatness — we'll come back to that — but for this quiz I want you to rank them according to body mass index (BMI), the most commonly used method of quantifying fatness.



Rank the bodies in order of fatness.

You will recall that you calculate your BMI by dividing your weight in kilograms by the square of your height in metres. For adults, a BMI under 18.5 is considered dangerously thin, 18.5-25 is the healthy weight range, 25-30 is overweight, and 30 or over is obese.

Okay, have you ranked them? To get the answer, you will have to read all the interesting stuff between here and the end of the article.

I've written before about [the shortcomings of BMI](#). What it all boils down to is this: BMI doesn't take body shape into account. If we went at this logically, we'd observe that the volume of a box increases with the cube of the length of the side.

So if humans were geometrically similar regardless of their size, we should have an index that divides weight by the cube of height. There is in fact such an index – it is called the Rohrer Index or the Ponderal Index, and was proposed in 1921 by the eponymous Dr Rohrer.

But humans are not geometrically similar. As people get taller, their legs, and particularly their upper legs, get proportionally longer. Tall people look a little more like wolfhounds, shorter people like staffies. If someone 190cm tall had the same relative leg length as someone 150cm tall, they would shrink to 185cm. So the volume (and hence the mass) of tall people is somewhat less than you would expect based on their height, and taller people are at a BMI disadvantage.

Take gym junkie Jenny. She's 170cm tall, weighs 70kg and is ultra-lean with only 10 per cent body fat. We can calculate that her body volume is 65 litres. Now compare her to her sedentary sister Suzie, also 170cm and 70kg, but 40 per cent body fat. They've got the same BMI (24.2), but Suzie has a body volume of 69 litres, because fat is less dense than muscle and takes up more space. Those extra four litres have to go somewhere, and Suzie's got a pretty good idea of just where they have gone.

In the same way, the shape of people has changed over time. People today are fatter at the same BMI than people in those slimmer, bygone days — more Suzie, less Jenny.

Those who study the human body and its movements, anthropometrists, seem to enjoy creating indices of ideal weight. My favourite is Broca's Index, named after the French anatomist Paul Broca. I like its simplicity: your ideal weight is your height in centimetres minus 100. For me (Prof Olds) that makes exactly 80kg, which is also exactly my weight. I rest my case.

I like this more than the stripped-down versions of my ideal weight prescribed by other various body weight scales such as Hamwi (77.9kg), Creff (77.5kg), Devine (75.5kg), Monnerot-Dumaine (74kg), Robinson (73kg), Lorentz (72.5kg), Miller (72kg) or – and this is really getting absurd — the lower limit of my healthy BMI range (60kg).

Researchers are hard at work developing new shape-based indicators. These typically use combinations of height, weight and waist circumference of often mind-boggling complexity.

The A Body Shape Index proved to predict risk of death quite well, but just never caught on. It needed waist circumference, which is not easy to measure. There are at least six different waist measurement sites, and it

requires a bit of expertise to get it right.

My hopes are similarly low for the recently launched Surface-Based Body Shape Index, even if it does outperform BMI as a predictor of all-cause mortality. The Surface-Based Body Shape Index also requires a complex measurement that involves running a tape from the groin over the shoulder to the bum crack, which I can see leading to some resistance in the average GP's surgery.

So the bottom line, so to speak, is this: yes, shape-based indices would be better than BMI, but they are hard to measure, they mean nothing to the general public, and there is only limited data for comparison. In the meantime, hard-done-by Jenny's and disadvantaged wolfhounds will just have to put up with it.

So, how do the bodies compare? Well, all of these people have BMIs of exactly 25. The first person is 1.68m tall and weighs 70.6kg. The second is 1.59m and 63.2kg, and the third is 1.74m and 75.7kg.

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

Tweet

Share

## RELATED STORIES



HEALTH

**Unwrapping chocolate's cognitive benefits** [more](#)



RESEARCH SPOTLIGHT: HEALTH

**Epidural during labour: making informed decisions**

[more](#)

[top](#)



# news

March 2016

&gt; from the University of South Australia

## From the Chancellery

[Back to story index](#)


INSIDE UNISA

What happens when you take 60 people away on a bus and lock them in a room for two days?

Senior staff recently spent a day and a half at a retreat in the Barossa, taking a long hard look at ourselves and measuring where we are at in the midway point of *Crossing the Horizon*. If you remember, *Crossing the Horizon* had a time frame of 2013-2018 and so it's time for an internal check-up.

We gathered all senior staff – heads of school, research leaders, unit directors and the senior management group – and looked at what we have done; whether we were happy with the way it was done; whether it was really done; and what was yet to be done.

We have already gone a long way towards meeting our commitments – we've launched the new digital strategy; we have cut the red tape with a series of enterprise support plans across functional areas of the University; we have vastly improved orientation for new and returning students; we have increased our engagement with our alumni; and built on our industry connections. And then there's the Great Hall, the Campus Connector bus, smoke-free campuses and new UniSA branded gear.

There are also some things that need further work: we need to re-examine our students' core capabilities to be absolutely certain that they meet the Graduate Qualities we promise they'll take with them when they graduate; and of course there is further work to be done on our innovation agenda, which will remain a commitment for our next 25 years and beyond. Because it's only by staying nimble and agile that we will continue to not only keep up with change but to lead it.

But on top of everything else, we discovered that we have a vibrant and energetic group of people who drive this university. A collegial group who all see the enormous potential of UniSA and are focused on making sure that we seize every opportunity to fulfil that potential. This is a university with a great mix of people with big visions and people who go about getting the job done. There is a camaraderie that is the envy of the sector; we have a shared purpose and we're perfectly capable of meeting any challenges we face as we build and grow into the future.

One of the benefits of being a young and successful university is that we have the roadmap and can continue the journey with confidence in our ability.

And we're not going to be shy about it. We have a very good story to tell and people are listening. Potential students. Potential employees. Potential business partners. The more they see of our successes, the more they'll want to be part of it.

It's also important that we have and continue to have, a conversation about UniSA and our commitment to be the University of Choice for everyone. It is as much your responsibility as it is mine to continue our success and to make good on the commitments we made to our future.

And so, on May 19-20 at Unijam2 we want to hear your voice. Make your views known, let the university know what you think. Remember last time? Someone asked for a Great Hall - and got it. What would you like to happen?

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

Tweet

Share

## RELATED STORIES



INSIDE UNISA

**Achievements and Announcements** [more](#)



COMMUNITY

**How to have fun and boost your career prospects** [more](#)

[top](#)



# news

March 2015

&gt; from the University of South Australia

## Achievements and Announcements

[Back to story index](#)
[Tanya Monro joins board of Australia's engine-room of science and innovation: CSIRO](#)
[Prestigious Ronald Dubner Research Prize for Tasha Stanton](#)
[First Papua New Guinean woman to receive APEC fellowship](#)
[Gear up for WOMADelaide](#)
[Placement leads to work for Media Arts students](#)
[Inaugural Dean: Academic for Health Sciences – Professor Rachel Gibson](#)
[Professor Christopher Saint appointed new ITEE Dean: Research and Innovation](#)
[Red Cross thanks UniSA community for blood donations](#)
[UniSA currently 'the one' for student eyeing off fame and fortune](#)

### Tanya Monro joins board of Australia's engine-room of science and innovation: CSIRO

Professor Tanya Monro has been appointed to the board of Australia's leading science research organisation, the CSIRO.

Announcing her five-year appointment, the Minister for Industry, Innovation and Science, Christopher Pyne, said Prof Monro would bring a valuable mix of skills to the board with her broad knowledge of innovation.

"Professor Monro is an experienced board member and chairperson, whose membership on the Commonwealth Science Council and the South Australian Economic Development Board will be of great benefit to her role on the CSIRO Board," he said.

UniSA Deputy Vice Chancellor: Research and Innovation, Prof Monro, is a top Australian physicist, a leader in higher education and an advocate for the power of valuable links between research and industry in support of innovation.

Prof Monro says she is delighted and honoured to serve on the board.

"From the time I was a school girl I have known CSIRO as Australia's engine-room of science and innovation," she says.

"I'm looking forward to making my contribution at a time when science and innovation are very much back on the national agenda and are more important than ever for Australia's economic growth and the development of future industries."

Chair of the Deputy Vice Chancellor Research Group of the Australian Technology Network of Universities and the National Youth Science Forum Council, Prof Monro was recently named in the Australian Chief Scientist's Knowledge Nation 100 "star" innovators.

### Prestigious Ronald Dubner Research Prize for Tasha Stanton

Dr Tasha Stanton, National Health and Medical Research Council Early Career Fellow, from UniSA's Body in Mind Research Group was recently announced as the prestigious Ronald Dubner Research Prize Winner for 2016.

The Prize is from the world's premiere pain society – the International Association for the Study of Pain (IASP) and will be presented at the IASP World Congress in Yokohama, Japan in September.

Dr Stanton is a postdoctoral research fellow working with the Body in Mind Research Group both here at UniSA and in Sydney at Neuroscience Research Australia.





Professor Lorimer Moseley who leads the Body in Mind research group congratulated Dr Stanton for this “amazing and well deserved endorsement.”

“This prize was open to every post-doctoral fellow or equivalent, from any profession, doing any basic or clinical science research in the pain field, anywhere on the planet,” Prof Moseley said.

Dr Stanton says she is incredibly proud to receive this prize.

“It recognises hard work and high-quality research important to the field of pain and it is fantastic that IASP felt that I exemplified these things,” she says.

“There are so many things that I love about my job – the chance to ask and test the burning questions that I have, the chance to work with incredibly good people, and the chance to travel to conferences and collaborate with some of the best minds in the field – what is there not to love?”

“I think it is very important to recognise that getting these awards is not possible without an excellent team and an excellent work environment and the Body in Mind group at UniSA, led by Prof Moseley, certainly checks all these boxes!”

Dr Stanton won this award for a series of papers based on her work around perceptual dysfunction in osteoarthritis, her research in evidence synthesis in pain and her research in experimental pain science (effects of expectancy on pain).

### **First Papua New Guinean woman to receive APEC fellowship**

UniSA researcher Dr Martha Yahimbu Mungkaje is one of 10 women from Asia-Pacific Economic Cooperation (APEC) developing countries to win the 2015 Australia APEC-Women in Research Fellowship which she is using to further her research here in Adelaide this year.

As the first Papua New Guinean woman to win the APEC fellowship, Prof Mungkaje is now utilising this sponsorship for her research at UniSA under the supervision of Associate Professor John Hayball and within the Experimental Therapeutics Laboratory.

Assoc Prof Hayball says Prof Mungkaje is a highly ambitious self-starter and it is astonishing what she has achieved to get to where she is.

“This fellowship is actually the third funding source contributing to her research at UniSA which began in January with at least a six month tenure and hopes of an extension,” says Assoc Prof Hayball.

Prof Mungkaje’s work investigates the anti-inflammatory and antibacterial effects of kino – the name of a plant gum or sap produced by various plants and trees, particularly eucalyptus. There are no records of medicinal uses for kino from Papua New Guinean eucalyptus species. In contrast, the kino has been widely used by Indigenous Australian communities for the relief of pain, arthritis, fever and gastrointestinal infections for many years and Prof Mungkaje is looking into a comparison of kino from Australian and Papua New Guinean eucalyptus species.

She is working in conjunction with Senior Research Fellow Dr Susan Semple who has a background in pharmacy and natural products chemistry and research interests in Australian medicinal plants and complementary medicines.

A second sponsorship supporting Prof Mungkaje’s research is the Allision Sudradjat Award (ASA) managed by the Australian Government’s AusAid program. And thirdly, in February Assoc Prof Hayball and Prof Mungkaje



also won a Commonwealth Science Follow-on Grant from the Royal Society UK.

## Gear up for WOMADelaide

If you're heading to the WOMADelaide music festival this weekend, keep an eye out for the UniSA Tea Bar and while you are there, enter our photo competition.

For your chance to win, simply upload a photo of your WOMADelaide experience using #UniSAWOMAD to Facebook, Twitter or Instagram by midnight on March 14.

First prize will be a \$200 voucher for WOMADelaide 2017.

See our photo competition [YouTube](#) clip for more details.

UniSA is a proud sponsor of the WOMADelaide Planet Talks series which will explore new ideas and discover how we can live more sustainably and harmoniously on our planet.

UniSA PhD researcher Georgina Pollard will lead a workshop about different methods of transforming organic waste into compost; while the University's Professor John Boland will be involved in a workshop about designing and maintaining a sustainable garden.

UniSA Deputy Vice Chancellor of Research and Innovation, Professor Tanya Monro will be part of a session on Monday, March 14 with Dr Karl Kruszelnicki which will explore the question: should we trust scientists?.

See the [UniSA Planet Talks web page](#) for more details of the program.

The Tea Bar area will feature furniture and a solar phone charging station which has been designed and built by UniSA industrial design and engineering students. It's a great place to buy a cup of tea and relax while at WOMADelaide.

Find out more about the furniture projects in our [YouTube](#) clips or read our [UniSA News article](#).

## Placement leads to work for Media Arts students

Three UniSA graduates have secured full time jobs at Rising Sun Pictures (RSP) after taking part in a work placement with the company last year as part of their studies.

Kurt Debens, Benjamin Holen and Nick Beins completed their Bachelor of Media Arts programs at the end of 2015 and are now settling into their professional roles as junior artists with RSP and looking forward to their first big movie project.

In August 2015, RSP partnered with UniSA to create the 10-week Media Placement program for third-year students undertaking a Bachelor of Media Arts.

Ten students trained in a studio environment using animation software such as VFX in Houdini with artists Dan Wills and Thomas Cant, whose collective credits include such films as *Gravity*, *The Hunger Games* and *X-Men: Days of the Future Past*.

Kurt says the placement opportunity took what he had learned about Houdini at UniSA and allowed him to expand that knowledge dramatically.

"Not only did we gain huge insights into Houdini, we were taught basic Nuke compositing skills essential for visual effects artists," he says.

Kurt is now focused on learning as much as he can and continuing his progress. His advice to other prospective artists is to follow his example by "working hard and taking advantage of opportunities that arise."

Ben said he really enjoyed the placement experience, which included some great advice about applying for jobs and insights into what recruiters wanted to see.

Nick said that the students received "countless networking opportunities and first hand insight into how a VFX house operates".



Last year's winning photo entry at WOMADelaide.



UniSA graduates Kurt Debens, Benjamin Holen and Nick Beins.

RSP's Education and Training Manager, Kirsty Parkin said the program came about because the company wanted to help students build on the skills they had learned at university, and provide them with intensive training offered in the context of a working visual effects studio.

"Students are taught by experienced professionals and master skills they will need to land jobs in the industry and build productive careers," she said.

Meanwhile, two current students in the Graduate Certificate in Visual Effects are now working while completing their studies.

Tim Fagan has a FX internship at AnimalLogic Sydney; while Joseph Roberts is working with Rising Sun Pictures as a junior modeller on *X-Men: Apocalypse*, which he is fitting in around his studies.

Parkin said it's a tribute to the success of the program that current students are gaining employment while still completing their study, in what can be a very competitive industry.

### **Inaugural Dean: Academic for Health Sciences – Professor Rachel Gibson**

Professor Rachel Gibson has taken up the role of inaugural Dean: Academic within the Division of Health Sciences.

Prof Gibson joins UniSA from the University of Adelaide, where she was Associate Professor and Head of the Gut Microbiome Group within the School of Medicine.

In welcoming Prof Gibson to the role, Pro Vice Chancellor: Health Sciences Professor Robert Vink said she was a passionate educator with significant experience in teaching and learning across a number of health disciplines, including Nursing and Health Sciences. Prof Vink said Prof Gibson's expertise in leading faculty-wide initiatives relating to curriculum innovation, improving student outcomes and introducing e-learning approaches, including the University of Adelaide's first Massive Open Online Course (MOOC), will be instrumental in achieving the University's Crossing the Horizon objectives within the Division.



"Focusing on implementing the University's Digital Learning Strategy, Prof Gibson will develop and implement a strategic plan for the Division's teaching and learning agenda," Prof Vink said

"Prof Gibson will provide dynamic and strategic leadership to the rapidly evolving internal and external Health Sciences environment.

Prof Gibson completed her Bachelor of Health Sciences (First Class Honours) and PhD at the University of Adelaide, before being awarded a Cancer Council SA Postdoctoral Research Fellowship at the Royal Adelaide Hospital.

In her role as head of the Gut Microbiome Group, Prof Gibson has managed an internationally-recognised laboratory which investigates the toxic effects of chemotherapy on the gut microbiome of cancer patients. Her work in this area has resulted in 76 publications and attracted external grant and industry funding, including a current ARC Linkage Grant.

In 2010, she was a finalist in the Telstra South Australian Young Business Woman of the Year Awards.

### **Professor Christopher Saint appointed new ITEE Dean: Research and Innovation**

Professor Christopher Saint has been appointed as the new Dean: Research and Innovation in the Division of Information Technology, Engineering and the Environment (ITEE).

ITEE Pro Vice-Chancellor Professor Simon Beecham says Prof Saint will be familiar to many in the University from his recent role as Director of the Centre for Water Management and Reuse.

He is currently Research Director in the School of Natural and Built Environments, where he has led the initiative to establish a new school-wide centre, the Natural & Built Environments Research Centre (NBERC).



"Prof Saint is a highly accomplished researcher who has personally attracted over \$16m in external research funds, has published over 150 scientific papers and is Chief Editor of *Water Conservation Science & Engineering* and an editor of the *Journal of Applied Microbiology and Letters in Applied Microbiology*," says Prof Beecham

“He has also been an invited speaker at many international conferences and I am confident that he will play a pivotal role in driving ITEE’s research performance over the coming years.”

Prof Saint is a current member of the ARC College of Experts and has been the recipient of several scientific awards. He has strong collaborative links in the USA, China, UK, Malaysia, Austria and Ireland and holds external professorial positions at the University of Adelaide and at the Chinese Academy of Sciences’ Research Centre for Eco-Environmental Sciences, in Beijing, China.

Prior to joining UniSA, Prof Saint managed the Research and Development portfolio at SA Water’s Australian Water Quality Centre where he also established an internationally recognised water microbiology research group. He has provided high level advice on water related issues to government and industry organisations and brokered several key research and development alliances and linkages.

Prof Saint takes up the new role in April.

## Red Cross thanks UniSA community for blood donations

UniSA was named the second highest blood donation group in South Australia for 2015 at the Australian Red Cross Blood Services’ annual Red25 awards presentation.

As reported in [UniSA News](#) last month, University staff and students made 1040 donations last year as part of the Red25 annual challenge held by the Blood Service. This total was just 144 donations shy of the state’s highest donation group, Flinders University.

Australian Red Cross Blood Service donor services SA/NT manager Lawry Sancilio said the UniSA donations had saved the lives of 3552 people needing blood products, including much needed plasma.

“Red25 is the donation program of the Australian Red Cross Blood Service which aims to rally corporate and community organisations and groups together to achieve 25 per cent of the annual blood donations needed by Australians,” he said.

Last year more than 1000 Red25 groups from South Australia made 38,000 donations, collectively saving the lives of 114,000 people needing blood products for cancer treatment and blood loss during childbirth.

UniSA Vice Chancellor, Professor David Lloyd, says the University has now set a new target of 1200 donations for 2016.

“I am pleased to support UniSA’s involvement in this challenge, and thank all of those community members who helped us reach last year’s target,” says Prof Lloyd.

The Red Cross Mobile Donation Unit regularly visits the Mawson Lakes campus and the Whyalla and Mount Gambier regions; while city donors can visit their closest donation centre. When signing up to be a donor, make sure your donor ID is linked to UniSA’s Red25 program.

## UniSA currently ‘the one’ for student eyeing off fame and fortune

While watching TV with friends may not be the most romantic of Valentine’s Day dates, it steps up a notch when you are watching yourself star on the world’s most popular TV dating show, *If You Are The One*.

Second year Master of Social Work student, Siqun ‘Queenie’ Dong, was the only Adelaide contestant on the hit Chinese show’s two-part Australian special which aired on SBS on Valentine’s Day.

The special edition of the spectacularly successful reality series featured 18 women and 10 men — all fluent Mandarin speakers living in Australia — competing to find their own perfect match.

Despite having lots of fun on the show, Queenie says the odds of her actually finding her perfect match weren’t stacked in her favour.

“With just 10 guys in the Australian special and limited time, we didn’t get to know each other so it wasn’t easy for girls to find true love on the show,” Queenie says.

Despite not having found her perfect match on the show, Queenie has plenty of UniSA



(L-R) UniSA Student Volunteering Coordinator Froukje Jongsma, Billy the Blood Drop and Australian Red Cross Blood Service donor services SA/NT manager Lawry Sancilio, at the Red25 awards ceremony in Adelaide on February 18.



UniSA student Siqun ‘Queenie’ Dong recently starred on the world’s most popular TV dating show, *If You Are The One*.

admirers and friends who spent Valentine's Day with her watching the Chinese dating show that has become a worldwide cultural phenomenon, on the big screen in the Student Lounge at the City West campus.

"I worked during the day and then joined in the party held by the Alumni International and Special Projects team at night," Queenie says.

"I really like Adelaide since it is a beautiful city with lots of beaches and nice people who have become my local friends while I have been studying.

"I speak to friends and family and the media in China all of the time about how much I like learning here at UniSA."

Before moving to Adelaide to study at UniSA, Queenie was a lawyer. Just like reality television contestants here in Australia, she is keen to forge an entertainment career in China but also has her heart set on becoming an immigration lawyer or a politician.

"I have achieved a Chinese lawyer licence and thought I would pursue a law degree so I could deal with international cases," Queenie says.

Who knows what the future holds for Queenie who is enjoying studying at UniSA but is still looking for 'the one'.

[Tweet](#)

[Share](#)

[top](#)

[Disclaimer](#) | [Copyright](#) | [Privacy](#) | [Web accessibility](#) | [CRICOS Provider no 00121B](#) | [Contact UniSA](#)  
[Site help](#) | [Open Day](#) | [UniSA Events Calendar](#) | [Read this page](#)

Latest content revision: Thursday, 23 March 2017



University of  
South Australia

## Unwrapping chocolate's cognitive benefits

[Back to story index](#)

by Will Venn



HEALTH

With Easter almost here and chocolate eggs towering high in shopping aisles, those who feel guilty for sampling such sweet treats can rest a little easier; new research reveals that cognitive benefits can result from eating chocolate.

Research undertaken by Dr Georgie Crichton (pictured right), of the Alliance for Research in Exercise, Nutrition and Activity ([ARENA](#)) at the Sansom Institute for Health, in collaboration with the University of Maine and the Luxembourg Institute of Health, shows that those who eat chocolate at least once per week performed better on multiple cognitive tasks, compared to those who ate chocolate less frequently.

Dr Crichton contacted Professor Merrill Elias, who headed the Maine-Syracuse Longitudinal Study (MSLS) – a study which has tracked 1000 people over 30 years, measuring a whole range of health variables, and together they examined whether habitual chocolate intake was associated with cognitive function.

“We examined whether habitual chocolate intake was associated with cognitive function (brain function - memory, concentration, reasoning, information processing), in nearly 1000 individuals in the MSLS and found that those who ate chocolate at least once per week (or more), performed better on multiple cognitive tasks, compared to those who ate chocolate less than once per week,” Dr Crichton says.

These cognitive measures included verbal memory, scanning and tracking, visual-spatial memory and organisation, and abstract reasoning, including testing the ability to remember and recall a list of words or remember where an object was placed, retain that information, process it and then recall it.

“With the exception of working memory, these relations were not attenuated with statistical control for



cardiovascular, lifestyle and dietary factors. This means that irrespective of factors including age, sex, education, cholesterol, glucose, blood pressure, total energy and alcohol intake, the relationship between chocolate intake and cognition remained significant,” Dr Crichton says.

Dr Crichton says that where historically beliefs about the beneficial effects of chocolate were more anecdotal, science is now starting to back up some of these claims.

“Chocolate and cocoa flavanols have been associated with improvements in a range of health complaints dating from ancient times, and have established cardiovascular benefits, but less is known about the effects of chocolate on neurocognition and behavior,” Dr Crichton says.

Further good news is that it doesn't matter whether the chocolate consumed is dark or milk chocolate.

“Most research to date has focused on the acute effects of eating dark chocolate or drinking cocoa-rich beverages. This is because dark chocolate is higher in cocoa flavanols than milk chocolate. Participants are given chocolate or cocoa to consume, and their cognitive performance is tested within hours,” Dr Crichton says.

“Our research is novel because it has asked people to self-report their normal/habitual intakes. Secondly, these people would have consumed all types of chocolate, and US national diet data shows that milk chocolate was the most frequent type of chocolate consumed at the time of the study. Long story short - we found this positive association without isolating only dark chocolate.”

Dr Crichton, a self-confessed milk chocolate eater, was surprised by the extent of worldwide media interest that her research has generated in the past few weeks, having been interviewed by outlets including ABC in Australia and *Men's Health* magazine in the US.

“Obviously people love chocolate and are fascinated by its benefits, also I think people get a little tired of hearing about what we shouldn't eat, so it is a nice change to hear a positive food story,” Dr Crichton says.

But, just like *Charlie and the Chocolate Factory*, the happy ending to this story is measured with a degree of moderation, as Dr Crichton warns of over-indulgence.

“Of course chocolate intake should always be considered within an overall healthy eating pattern, with consideration given to total energy intake and an individual's energy needs,” Dr Crichton says.

[Tweet](#) [Share](#) 6

## RELATED STORIES



HEALTH

**How do you work out your ideal weight?** [more](#)



SCIENCE AND TECHNOLOGY

**Moving ahead in the race for Zika virus vaccine** [more](#)

[top](#)



## UniSA students boost cyclone-damaged Vanuatu

[Back to story index](#)

by Mary-Jane McArdle



### ART AND DESIGN

The Port Resolution community held a working bee to help rebuild the restaurant on the beach, which was blown away in the cyclone.

A major milestone is expected this year when visitor accommodation being built by UniSA students in conjunction with a local community in Vanuatu will be opened.

Three study tours are planned to Vanuatu's Tanna Island in 2016 to progress the Port Resolution Project, which involves the design and construction of accommodation facilities to enable the community to generate income for their children's secondary education.

The project began in 2012 but was delayed last year after the devastating Cyclone Pam struck in March 2015.

Project coordinator and UniSA Architecture Lecturer Joti Weijers-Coghlan says Tanna Island was severely hit by the cyclone, which wiped out most crops, livestock and buildings.

"Instead of continuing work on the visitor accommodation, we decided to donate the money we had raised for the project to buy much needed rice and building supplies," he says.

"In late 2015 I visited Tanna with (fellow project coordinator and lecturer) David Morris to survey the damage and we were pleased to report that the community is getting back on its feet and eagerly awaiting our return to continue."

The project was initiated by the Port Resolution community to generate income to help pay for secondary schooling, which is often beyond the means of most families; limiting the opportunity for a child to complete any further education beyond primary school years.



The community are continuing the production of concrete blocks, to be used in the construction of the bungalow wet areas and water tanks.

Three UniSA study tours were held between 2012 and 2014 to consult the community, present designs and begin construction.

“We are fortunate enough to be in a position to return in April this year to continue building the first three wet areas and begin the timber framing of the bungalow accommodation,” says Weijers-Coghlan.

Depending largely on UniSA’s own fundraising, along with funding further afield, the project will benefit from approximately \$7000 raised by students in 2015.

“We owe a huge thank you to the interior architecture and Masters of architecture graduating students of 2015, who raised a surplus for their graduation exhibition and donated it all towards the Port Resolution Project,” says Weijers-Coghlan.

This year’s fundraising was kicked off by third-year Bachelor of Architectural Studies student Jemima Nannes, who has been leading bake sales at O-week.

After visiting Port Resolution in 2014, Jemima fell in love with the project and has been involved ever since, including a lot of hours spent baking for fundraising stalls.

“I fell in love with the community, site, and the notion that design can have a truly meaningful impact on a community,” says Jemima.

“The opportunity to work with students across all year levels and other programs really drew me in; and since I first became involved, I knew I was in it for the long run.

“Finance permitting, I plan to attend as many Vanuatu study tours as possible for the duration of the project.

“Nonetheless, whether I’m on site or not, I will continue to put my efforts towards raising funds for a project I strongly believe in.”

The site is on the waterfront at Port Resolution and includes about one hectare of white sand beach, pandanus trees and bush surrounds.

The community hope the accommodation will entice visitors to the area, which features the popular Mt Yasur volcano that attracted Captain Cook to the island in 1774.

The accommodation is also intended to be used for workshops and conferences.

Anyone looking for more information or ways to help in the fundraising efforts can visit the [project page](#).



Jemima Nannes (left) and fellow Architecture student Sasha Mattschoss (right) at a fundraising bake sale.

## RELATED STORIES



COMMUNITY

**Colombo plan brings cultural gain for education students in Indonesia** [more](#)



COMMUNITY

**How to have fun and boost your career prospects** [more](#)

[top^](#)



## New Colombo plan brings cultural gain for education students in Indonesia

[Back to story index](#)

by Will Venn



HUMANITIES

A study tour to Indonesia – funded through the New Colombo Plan, saw 15 UniSA students teach English across a range of schools in West Java – at the start of the year.

The two-week long study tour, hosted by Universitas Indonesia in Depok, Jakarta in West Java and organised by Dr Greg Restall from UniSA's School of Education, proved a cultural eye opener for the teacher education students, as well as providing opportunities for them to practise basic communication in Indonesian.

Dr Restall said the trip enabled students to learn more about Indonesian politics, society, lifestyle and culture, as well as gain valuable insight into the country's education system.

"One of the highlights was a visit to a Muslim boarding school (Pesantren) in Ciamis, West Java," Dr Restall said.

"We were warmly received by the Director, his family and the staff, and the 1000 students attending the school. We participated in a range of activities, including a welcome ceremony, performances and discussions with teachers about a range of English teaching and learning issues, and English language teaching in classrooms.

"At the Pesantren, a choir sang beautiful renditions of the Indonesian and Australian national anthems to the audience of 1000 students with staff and the study tour group. A banner was hung high at the front of the auditorium with the Australian and Indonesian flags and the UniSA logo.

"The trip was a seven-hour bus ride each way from Jakarta, traversing some very scenic countryside around and between volcanic mountains."

For student teacher, Noan Mangubat, the study tour was life altering.

"My trip to Jakarta, Indonesia was an eye-opening experience. Before the trip I knew little about Indonesia and

now I have gained a greater understanding of the Indonesian culture which I have grown to love," Noan says.

"I found the experience of learning in another culture challenging, but it was also an opportunity to understand myself as a future educator. The experience has now changed the way I see my future which is pursuing my goals in teaching students with a non-English speaking background."

Dr Restall described UniSA as being incredibly supportive throughout the two week study tour.

"Overall, the student group learned a great deal from the experiences of the trip and believed that the study tour added value to their degree program and to their personal and professional learning as developing educators," Dr Restall says.

"Through the New Colombo Plan (NCP) there are now greater opportunities for our students to travel and learn and also impart their own knowledge and skills within the Indo Pacific region.

"This study tour has helped to strengthen our relationship with this region of the world and given our students an unforgettable experience and further confidence to become top class educators."

At the end of last year UniSA students won six scholarships in the latest round of NCP funding, more than any other university in South Australia

UniSA is one the most successful universities in Australia in securing NCP funding.

The NCP is an Australian Federal Government initiative which aims to lift knowledge of the Indo Pacific in Australia by supporting Australian undergraduates to study and undertake internships in the region.



The students visited Old Jakarta (Kota Tua).

## RELATED STORIES

---





ART AND DESIGN

**UniSA students boost cyclone-damaged Vanuatu**  
[more](#)



COMMUNITY

**New regional Indigenous pathway program gets underway** [more](#)

[top^](#)

[Disclaimer](#) | [Copyright](#) | [Privacy](#) | [Web accessibility](#) | [CRICOS Provider no 00121B](#) | [Contact UniSA](#)  
[Site help](#) | [Open Day](#) | [UniSA Events Calendar](#) | [Read this page](#)

Latest content revision: Thursday, 23 March 2017



**University of  
South Australia**

## New regional Indigenous pathway program gets underway

[Back to story index](#)

by Mary-Jane McArdle



COMMUNITY

Daphne and Kathryn have travelled down from Ernabella in the APY lands to attend the IPP program in Ceduna.

A new program offering opportunities for Indigenous students from rural areas has welcomed its first intake of 35 students aged from 18 to 73.

UniSA's Indigenous Participation Pathway Program is modelled on its successful Foundation Studies program and leads to entry into a university degree or a UniSA College diploma program.

The program is being taught out of Ceduna, Port Lincoln and Mount Gambier.

UniSA Vice Chancellor Professor David Lloyd says the University is working hard to further strengthen its position as the 'University of Choice' for Aboriginal and Torres Strait Islander people in South Australia and beyond.

"I'm personally quite excited about this new program and what it can do to help fulfil the dreams of Indigenous people in rural and remote communities. I wish the students all the best with their studies and look forward to hearing about their achievements in the years to come."

Veda Betts from Port Lincoln who has commenced the program at the age of 74 says she continues to surprise herself.

"Learning is endless and there are no limits," she says. "Every day I discover new things, my mind grows as I become more proud of myself. My family and friends are proud of my achievements. Everyone can achieve their dreams."

Fellow student Kashay Mahomed also from Port Lincoln has provided several suggestions to help students with their future studies.

“Be prepared, organised and on-time to class,” she says. “Be persistent and never give up.

“Always contribute to group conversations and be confident to ask questions when you need help. Have a good balance of fun and study time. Never stress or get overwhelmed and always take good notes.”

UniSA College Head Stephen Dowdy says the 35 students are coming from regions up to 150km away from their nearest teaching centre to learn the skills required for successful university study.

“The program is delivered through a mix of intensive teaching weeks in the regional centre, with local tutor and program coordinator support provided to students at home between these weeks,” Dowdy says.

“The program covers courses including information skills, critical literacy, computing, Aboriginal knowledge, academic communication and much more, and ends with a week spent at the University’s Mawson Lakes campus to help transition the students to on-campus university life.”

UniSA College Deputy Head Associate Professor Sharron King says the new program extends existing work by UniSA to broaden educational outcomes for rural and remote Indigenous communities.

“UniSA has been training students from the APY Lands to become independent classroom teachers in their own community schools and, through this existing work, we became aware of many Anangu students’ aspirations to work in professions other than teaching in their own communities,” Assoc Prof King says.

“The Indigenous Participation Pathway Program will create a culturally-safe environment for Aboriginal and Torres Strait Islander students to study and develop in their own communities and move towards the career of their choice.”

UniSA’s Indigenous Participation Pathway Program is free. For more information, click [here](#).



Pt Lincoln students and their project coordinator Barbie Clutterbuck.

[Tweet](#) [Share](#) 4

## RELATED STORIES



HEALTH

**Bush nurses’ legacy supports Mt Gambier education** [more](#)



COMMUNITY

**How to have fun and boost your career prospects** [more](#)

[top](#)





## How to have fun and boost your career prospects

[Back to story index](#)

by Mary-Jane McArdle



COMMUNITY

UniSA student Benjamin Clewer (left) pictured at last year's Team UniSA City to Bay marquee.

What is one of the most common tips from successful UniSA graduates for current students about how to have some fun during their degree and at the same time boost their career prospects?

It's to get involved with clubs and volunteering, and a new event offers the chance for students to explore the wide range of extra-curricular options in one place with the inaugural [UniSA Volunteering and Clubs Fest](#). It's on this Wednesday March 9 from 11am to 3pm at City West campus, with free buses to transport students from Mawson Lakes, Magill and City East.

Manager of UniSA Sport, Brad Breeding says the collaboration between UniSA Career Services, the UniSA Students' Association (USASA) and UniSA Sport makes this new event a one-stop shop for students to find out about a wide range of different areas and opportunities available throughout their degree.

"The event will host more than 80 different groups from community non-profit organisations to a wide range of sport, social, academic, political, religious and cultural clubs," says Breeding.

"Joining a club or connecting with a non-profit organisation as a volunteer is a great way to enrich your university experience, follow your passion, expand your resume and meet new people."

Graduate Adam Bartrop – who has just accepted a role as a Graduate Engineer at the Detmold Group – says his experience with the UniSA Hockey Club helped him to stand out from the crowd when applying for graduate positions and to successfully transition from university into the business world.

"My involvement with the UniSA Hockey Club

throughout my studies allowed me to develop unique relationships with past and present students from a variety of disciplines, creating a large support network throughout my time at university,” says Adam.

“By also being a part of the club's governing body as president I was able to develop a multitude of skills which I have been able to apply throughout my studies and within real world projects. It was invaluable community experience that helped me to stand out from the crowd.”

UniSA student Benjamin Clewer says university sport has allowed him to have new experiences with new friends in new environments that he never thought possible.

“Being on the committee of the UniSA Tennis Club and UniSA Boardriders Club has allowed me to gain skills in organisation, communication and leadership, all valuable qualities when entering the workforce,” says Benjamin.

“It has given me the opportunity to make new like-minded friends in different degrees and across different campuses that I otherwise wouldn't have been able to make.

“UniSA Sport can be summarised by - mates, fun, competition, rivalry, fitness, health, socialising and opportunity.”

Any students interested in the event are encouraged to visit the [Volunteering and Clubs Fest webpage](#) for more information, including bus timetables or check out the event on [Facebook](#). For those unable attend, the webpage also contains links to further UniSA Sport, USASA and volunteering information to provide all of the details needed to get involved.

[Tweet](#)

[Share](#)



UniSA graduate Adam Bartrop (centre holding cup) with members of the UniSA Hockey Club after being awarded Club of the Year at the 2015 UniSA Sport Awards.

## RELATED STORIES



ART AND DESIGN

### UniSA students boost cyclone-damaged Vanuatu

[more](#)



COMMUNITY

### Colombo plan brings cultural gain for education students in Indonesia

[more](#)

[top](#)



## Radio research project boosting littlies' literacy

[Back to story index](#)

by Katrina McLachlan



HUMANITIES

Dr Heather Anderson with Evie May Chalklen (8) and Jesse Chalklen (4).

With around one in five Australian children starting school considered to be developmentally vulnerable, an innovative UniSA research project promoting early literacy is just what the teacher ordered.

Statistics show that learning to love reading time is so important as children who don't connect with books and stories, are at risk of slipping into long-term disadvantage.

Poor adult literacy is also commonly reported to contribute to high unemployment, lower earnings, low self-esteem, high rates of welfare dependency and substance abuse.

Developed in partnership with [United Way South Australia](#), the United We Read Radio Story-time program is providing free books for parents to share with their children, supported by a regular story-time radio show to help boost literacy levels.

Long-time community radio presenter/producer and UniSA Journalism Lecturer, Dr Heather Anderson, says the shows are part of a broader research project exploring how radio can add value to the United We Read early intervention book reading program currently underway in Adelaide's northern suburbs.

"The benefits of radio in encouraging and facilitating community engagement and individual empowerment are well established, as are the benefits of reading to children from a young age," Dr Anderson says.

"What we're investigating in this research is how radio can further engage children in their love of reading and assist parents' involvement, regardless of their own levels of literacy.



"While the internet radio station, [UniCast](#), which operates out of the School of Communications, International Studies and Languages at UniSA, is not a community radio station as such, it recently ran a short series with young people of refugee experience which provided on-air training over a period of three months so this is UniCast's second community engagement project."

The family story-time is being broadcast several times a week online at [unicast.com.au](#) and at PBA-FM 89.5 until the end of April with books being read including tales by Mem Fox and Tim Winton and Margaret Wild's *There's a sea in my bedroom*.

United Way South Australia Chief Executive, Greg Franks, is enthusiastic about the United We Read Radio Story-time pilot.

"Research shows that if a child is read to daily from birth and there are many books in the home, those children will not only be ready for school but get better NAPLAN results," Mr Franks says.

"We've seen an astonishing increase in the amount of reading in homes to children under five in our Elizabeth program and we hope the Radio Story-time pilot will help increase home reading and better prepare children for school."

The United We Read Radio Story-time program is explicitly tied to books so that families are physically engaging with books while listening and any problems for those who may be vision-impaired are also overcome.

"This is a pilot project and the participant families have already been recruited but anyone is welcome to listen and enjoy the books," Dr Anderson says.

"The study participants are already participating in the United We Read program in Elizabeth which involves the monthly delivery of a free, high-quality, age-appropriate book chosen by experts in childhood education, as well as a local reading group.

"The United We Read program is open to children younger than five currently living in Elizabeth Downs or Elizabeth Park but we announce each week which book is being read, so it's possible for anyone to borrow the books in advance from a library and listen to the stories.

"Shared reading is the most commonly cited home-based literacy activity influencing a child's reading development but parents with poor literacy skills are less likely to buy books, visit libraries or read with their children.

"The role of early literacy development in changing lives cannot be underestimated so the hope is that this radio show and our research will support the development of cost-effective strategies that produce higher reading results in school."

#### **United We Read Radio Story-time sessions and books:**

Tuesday's and Thursday's at 10.05am on [PBA-FM 89.7](#).  
And Thursday's at 11am / Sunday's at 4pm on [UNICast](#).

**Week Starting Sun March 6** *Big Rain Coming* by Katrina Germein AND *Kissed by the Moon* by Alison Lester

**Week Starting Sun March 13** *John Brown, Rose and the Midnight Cat* by Jenny Wagner Jesse by Tim Winton

**Week Starting Sun March 20** *A Nice Walk in the Jungle* by Nan Bodsworth

**Week Starting Sun April 3** *Tiddalick: The frog who caused a flood* by Robert Roennfeldt

**Week Starting Sun April 10** *Me and You* by Genevieve Cote AND *A Giraffe in the Bath* by Mem Fox

**Week Starting Sun April 17** *Big Red Hen and the Little Lost Egg* by Margaret Wild

Tweet Share 1

## RELATED STORIES



HUMANITIES

**Beware what you share:  
Cyberbullying, sexting and  
the law** [more](#)



COMMUNITY

**New regional Indigenous  
pathway program gets  
underway** [more](#)

[top^](#)

[Disclaimer](#) | [Copyright](#) | [Privacy](#) | [Web accessibility](#) | [CRICOS Provider no 00121B](#) | [Contact UniSA](#)  
[Site help](#) | [Open Day](#) | [UniSA Events Calendar](#) | [Read this page](#)

Latest content revision: Thursday, 23 March 2017



University of  
South Australia

## Epidural during labour: making informed decisions

[Back to story index](#)

by Elizabeth Newnham



RESEARCH SPOTLIGHT: HEALTH

*Elizabeth Newnham has been working in midwifery for more than 10 years, including as a [lecturer at UniSA](#). She recently submitted her PhD, looking at the various influences of women in their choice to use an epidural during labour.*

As a practicing midwife I have become concerned about the increasing uptake of epidural analgesia during childbirth. In particular, I am concerned that women are not always well informed, particularly about the fact that having an epidural moves them out of the category of 'low-risk' labour and increases the risk of other interventions.

An epidural is regarded as a relatively safe option for women but it also involves having an IV drip and more frequent monitoring, often restricting movement.

Research into epidurals has been conflicting, in part because it is hard to separate it out from the other interventions often associated with it.

A recent survey of women in the United States found that women who experienced both induction of labour and an epidural had an unplanned caesarean section rate of 31 per cent.

Those who experienced *either* induction of labour or an epidural, but not both, had caesarean rates of 20 per cent. For those first-time mothers who had *neither* intervention, the unplanned caesarean section rate was 5 per cent.

These results do not mean that the induction or epidural caused the caesarean section, but signifies that they are co-related.

The most recent systematic review shows an increase in caesarean section for foetal distress when epidural



analgesia is used, but no increase in the overall caesarean section rate. However, women who have an epidural are 1.4 times more likely to have an instrumental birth.

There are also less obvious complications such as interruptions in the production of oxytocin, the primary labour and bonding hormone, and decreased breastfeeding rates.

Labour and birth is a unique and individual experience and a woman has the right to choose whatever she thinks is best for her and her baby.

Pain relief should be available to women, but it is also really important that women are well-informed about their pain relief options and that there are more options available for women to support them during birth.

My research, conducted in a large maternity hospital, found that hospital culture did not necessarily support low-tech strategies such as the use of water very well – while high-tech practices were common and more acceptable, leading to what is sometimes termed the ‘cascade of intervention’.

My findings showed that many women had still not really made up their minds about what they would do in labour because it is such an unknown, and they were extremely reliant on the support they would receive in labour from the midwife.

For many women, this support is actually more significant than the pain of labour, where some degree of pain is expected and requests for pain relief can signify loneliness or vulnerability. The midwives in this study were aware of the need to provide choices for women, but were often restricted by the institutional focus on risk and throughput.

These findings add to the growing body of international research pointing to the need, as a society, to rethink where birth occurs. To me, it seems that large acute hospital services that focus on risk and throughput are not the ideal setting for birth.

It was far easier for women to access an epidural in this setting than it was for them to hop in a bath. Smaller units that recognise individual needs and the rhythms of labour may be better suited to promote physiological birth.

Midwifery-led units also offer women less risk of intervention, less pre-term birth and greater satisfaction with no increase in adverse outcomes.

Especially in light of health budget shortfalls, I would urge policy makers to consider that moving birth out of acute-care institutions is a 21st century reality that should be implemented – with timely transfer mechanisms in place should they be necessary.

To pregnant women, I would say – carefully investigate your options of care and the statistics that accompany them. Ask lots of questions to your health care providers. Access a midwifery model of care if possible, and if not, go into labour knowing what your options are, well supported by a partner or friend.

Tweet

Share

11

## RELATED STORIES

---



HUMANITIES

**Colombo plan brings cultural gain for education students in Indonesia** [more](#)



HUMANITIES

**Beware what you share: Cyberbullying, sexting and the law** [more](#)



## Bush nurses' legacy supports Mt Gambier education

[Back to story index](#)

by Katrina McLachlan



HEALTH

It is a new flagship development in Mount Gambier officially opening in April, and [UniSA's Learning Centre](#) is not only providing better educational opportunities and more life on campus for regional students, it has also become the focus of some amazing support from the local community.

Regional nursing students are now able to access resources of the same quality and at the same rate as their metropolitan counterparts, thanks to a recently completed \$12.5 million world-class specialist experiential learning facility and a wonderful donation from the Mount Gambier Nursing Support Group Inc.

The group, formally the Mount Gambier branch of South Australian Royal District and Bush Nursing Society of South Australia, had dwindled in numbers and wanted to distribute its remaining funds before dissolving.

President, Bub McDonnell; Treasurer Joan Aikman; and the Secretary Greg Muller, wanting to ensure the Group's objectives around community nursing were prioritised, believed the development at Mount Gambier was a perfect project for some nursing-focused philanthropy.

"Over the past two or three years, we looked at the sorts of initiatives that were occurring in Mount Gambier that were focusing on community nursing," Mr Muller says.

"Most of our funds (\$95,000) were distributed to UniSA with a smaller donation going to the Mount Gambier Hospital-Community Health.

"UniSA is a well-established community organisation (in Mount Gambier), providing the opportunity for young people to be educated close to home and then be of service to the community.

"The University's presence in Mount Gambier is magnificent – bringing university degree programs to the district is so important and a statement of faith by the University in our region."

The new facilities in Mount Gambier offer not only contemporary learning spaces for the delivery of specialised

theory but include a state-of-the-art simulated hospital and health service that can be used for undergraduate clinical preparation and continuing professional development of registered nurses and midwives employed in the regional health services.

The 120-seat civic lecture gallery in the Learning Centre will also provide the space to hold community events, public lectures, seminars and forums that will be of significant benefit to the region.

The Mount Gambier Nursing Support Group's generous donation was allocated to the construction of the Mount Gambier Community Nursing Support Room that will be used for training and support for nursing students and those involved in nursing in the wider community.

Head of UniSA's School of Nursing and Midwifery, Professor Carol Grech says having the opportunity to study nursing and midwifery in regional locations is an essential component of maintaining a strong health workforce in country areas.

"School leavers coming into the Bachelor of Nursing or Bachelor of Midwifery, can stay in their local community and within their well-established support networks while having the same learning experience and outcomes as those studying at a metropolitan campus," Prof Grech says.

"Similarly, many mature-age learners coming into our programs are well established in Mount Gambier and the surrounding regions and have family responsibilities that restrict their ability to access higher degree studies in the city, so being able to stay local is an enabler for them to gain a nursing and, or midwifery qualification and then take up positions in local hospitals and health services.

"To provide the infrastructure to support our innovative approaches to teaching and learning, as well as the ongoing maintenance and resourcing of our Horizon Hospital and Health Service training facility, requires significant funding.

"We are very grateful for the generosity shown by the Mount Gambier Nursing Support Group and thank them for their ongoing support.

"The investment of the University, the Mount Gambier Nursing Support Group and the community as a whole will allow us to produce the best nurses and midwives possible and this will benefit the delivery of health services in the region as well as create a sustainable workforce into the future."

Third year nursing student Hannah Walshaw, 23, who lives in Port McDonald - 25km south east of Mount Gambier - is grateful to be studying locally.

"I studied psychology in Adelaide but really needed to come home to help my partner with his business," Hannah says.

"I don't have the self-motivation to study externally so being so close to home and part of such a close-knit educational community is perfect for me.

"I have been fortunate enough to use the new facilities a couple of times and can't believe how up-to-date and state-of-the-art they are and now I feel totally prepared to go out on placements.

"We have everything as it would be in a metropolitan hospital so I feel confident training to hopefully become a registered nurse and work for Country Health SA."



Third year nursing student Hannah Walshaw in the new learning facilities at UniSA's Mount Gambier campus.

Tweet

Share

## RELATED STORIES

---





COMMUNITY

## Preparing for the future of digital learning [more](#)



RESEARCH SPOTLIGHT: HEALTH

## Epidural during labour: making informed decisions [more](#)

[top^](#)

[Disclaimer](#) | [Copyright](#) | [Privacy](#) | [Web accessibility](#) | [CRICOS Provider no 00121B](#) | [Contact UniSA](#)  
[Site help](#) | [Open Day](#) | [UniSA Events Calendar](#) | [Read this page](#)

Latest content revision: Thursday, 23 March 2017

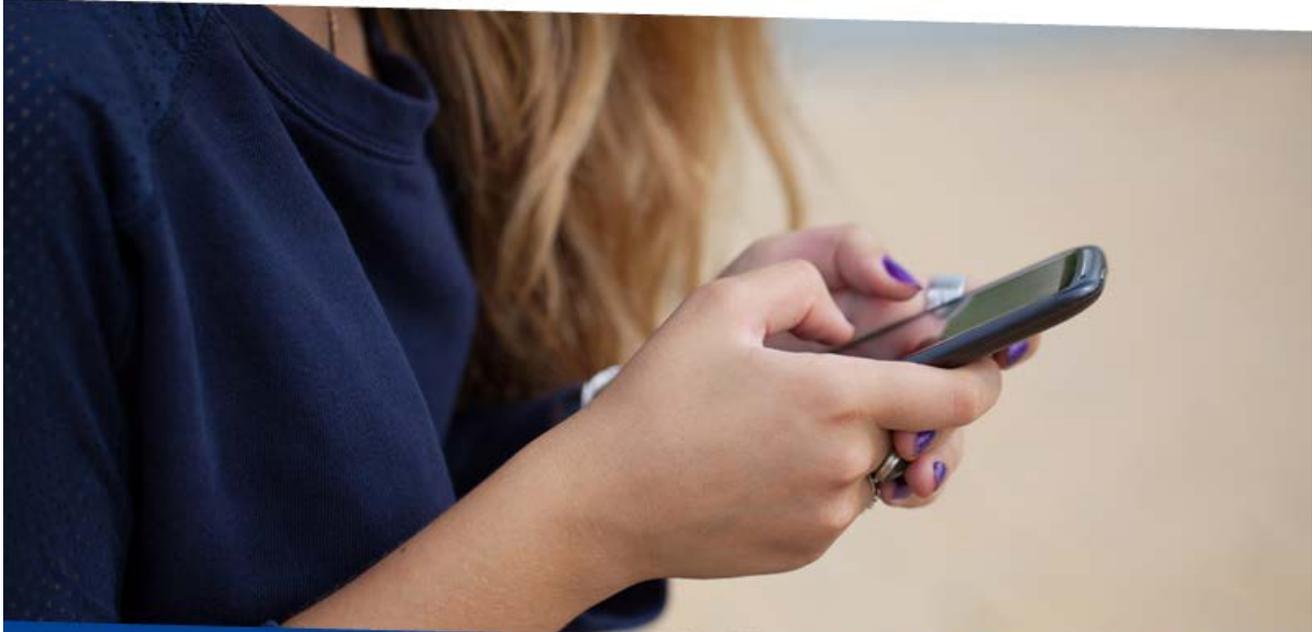


University of  
South Australia

## Beware what you share: Cyberbullying, sexting and the law

[Back to story index](#)

by Will Venn



HUMANITIES

Before the advent of mobile internet technology and the ubiquity of social media, “sexting” as a word did not exist.

Today it’s a teenage phenomenon, with research revealing more than 50 per cent of sexually active secondary students in Australia having sent a sexually explicit nude or nearly nude photo or video of themselves using new technologies.

Under current South Australian Law, a large proportion of those students are potentially and unknowingly at risk of criminal prosecution - their actions are legally tantamount to distributing and sharing child pornography, regardless of their age and involvement.

The concern that so many young people are unaware of the criminal prosecution risks associated with sexting has informed a landmark new report: *Cyberbullying, sexting and the law* which was prepared for the South Australian Minister for Education and Child Development, Dr Susan Close.

The report, produced by Dr Barbara Spears, UniSA Director of the Wellbeing Research Group in the Centre for Research in Education, Professor Phillip Slee of Flinders University, and former school counsellor Jillian Huntley, is a response to rising national and international concern about the risks and potential harms of cyberbullying and sexting, and the inadequacy of existing laws to deal with these behaviours.

It highlights the disjunct between a young generation whose carefree attitude towards privacy is manifest in what they share online and a legal system whose laws have yet to differentiate cases of childish playfulness and sexual experimentation, from cases of child exploitation.

Dr Spears says the problem itself is multifaceted; with legal, social, cultural and gendered practices and

consequences.

“The report articulates four main themes relating to cyberbullying, sexting and the law. These are: that the law is confusing, cyberbullying and sexting are intertwined, there is a significant role for parents to play and it is a community responsibility,” Dr Spears says.

“Whilst sexting is not a cyberbullying act when it occurs between two consenting individuals, when those images are shared and re-shared with and by others for the express purpose of harm, then it enters the cyberbullying domain.”

The report calls for an urgent review of child pornography legislation; indecent filming and misuse of telecommunications laws, so as to not criminalise South Australian children and young people for consensual sexting.

“Clarifying the law in terms of what is legal or illegal for minors involved in bullying, cyberbullying and consensual and non-consensual digital image sharing is paramount,” Dr Spears adds.

Already the report has had impact and influence; most of the recommendations from this report are being actioned by the Department for Education and Child Development, including liaising with the Attorney General's Department in relation to existing and proposed changes to legislation.

At the end of 2015, the State Government released draft legislation to deal with the practice of sexting and “revenge porn”, with proposed new laws addressing concerns about the potential for minors who engage in the practice of sexting being listed on the Child Sex Offender Register.

“Whilst there will still be cases where a young person may be properly charged with an offence relating to child exploitation material, these new laws ensure there is flexibility for prosecutors and courts to consider the context of the behaviour,” says Attorney General John Rau.

And while the response to the report, which was released on Safer Internet Day in February, has been encouraging, Dr Spears says that greater community awareness and involvement is also required to tackle the issue. Information about sexting is now being disseminated to all schools and will be included in the *Responding to Abuse and Neglect* training for all teachers.

The report's recommendation, to provide practical guidelines for the school sector in addressing sexting and cyberbullying incidents, includes developing a social media campaign to educate young people and their parents of their legal rights and responsibilities in relation to state and commonwealth laws relating to cyberbullying sexting and the law.

“Parents and educators are not sufficiently aware of the legal ramifications of sexting, and whilst it will be difficult to stop it from happening altogether, parents and teachers need to consider approaching it from a sexual health and relationships perspective, so as to assist their young people in their decision making about such practices,” Dr Spears says.

[Tweet](#)

[Share](#)

## RELATED STORIES

---



HEALTH

**Unwrapping chocolate's cognitive benefits** [more](#)



HEALTH

**Radio research project boosting littlies' literacy** [more](#)



## Smarter wine marketing crucial for industry

[Back to story index](#)

by Mary-Jane McArdle



BUSINESS & LAW

The Australian wine industry has transformed itself over the past 50 years to become a producer of quality wines but the rest of the 'new world' has caught up and to keep pace globally, it is wine marketing that is high priority.

This was the key theme at the inaugural Australian Wine Industry Marketing Conference held at UniSA's City West Campus last month with 200 attendees from across the industry and sponsored by the Wolf Blass Foundation, PIRSA and the Ehrenberg-Bass Institute.

Dr Justin Cohen from UniSA's Ehrenberg-Bass Institute who delivered the closing address said industry growth had been restricted in the last decade as a result of market saturation in key export markets, combined with the challenges from fluctuating exchange rates and rising costs of labour.

"Smarter marketing has never been more important," said Dr Cohen. "Australia certainly is a nation of great marketers and there are many creative people in the wine industry doing really exciting things."

"The challenge is making sure there is science behind that creativity and that strategies for growth are evidence-based."

'Success Through Smarter Marketing' was the conference theme, with the purpose of exploring relevant route-to-market pathways deemed most important to Australian wine brands.

Dr Wolf Blass opened the event with a passionate speech about the state of the industry, which was followed by UniSA's Professor Larry Lockshin who set the stage with some scientific truths for the industry audience.

Prof Lockshin said at this critical time for the Australian wine industry, it is important for wineries to invest in their marketing the same way they would invest in planting and maintaining a vineyard.

"It takes time and effort to create a brand and to grow it into something worthwhile," said Prof Lockshin.

Conference attendee and editor of *Australian Wine Business Magazine* Anthony Madigan said in the boom times, Australia didn't have to try too hard to sell wine but 'how things have changed'.

"Savvy, educated, global-thinking marketers are crucial to the success of any wine business," said Madigan.

"In terms of wine quality, Australia can match it with any wine country in the world. We also have the technical side of things covered, with the Australian Wine Research Institute recognised as a genuine world leader.

"However, where the industry can improve – and must improve – is in wine marketing."

Overseas opportunities were a key focus throughout the event, especially in light of the fact that Australian wine exports in 2015 reached the highest value since 2007 as revealed in the Wine Australia Export Report for December 2015, with a jump of 14 per cent to \$2.1 billion.

The strongest growth was in China, which grew 66 percent to \$370 million.

Dr Cohen said the significant opportunities in China were no secret, but acknowledged that this market was a challenge for the world.

"Australia is positioned well in China. France is still the top dog, but Australia has a strong standing," he said.

"However, there is much to be done in terms of how to acquire new customers and grow the category. Australia's proximity to China and the China-Australia Free Trade Agreement should make this easier."

Dr Cohen said the domestic market was obviously challenged by the dominance of Woolworths and Coles controlling a lot of retail categories.

"However, there are still opportunities for small and medium sized-brands to work in Australian retail channels."

The conference heard how the excitement about Australian wine in the United States was long gone.

"The category hardly exists anymore," said Dr Cohen. "There are a few commercial Australian brands that are dominant in retail, but there is almost no demand for the Australian premium offer.

"The industry has to work towards creating a demand again in the US. If consumers are interested in buying these products, we will see channels want to sell them."

He said there was a similar, but slightly less severe pattern in the United Kingdom.

"There is consolidation in retail meaning only the biggest brands can compete having sufficient volume and the ability to cope with small margins," Dr Cohen said.

"There are opportunities in independent retail and on-premise, but again we have to find a way to communicate to UK consumers that Australian wine is premium and suitable for on-premise channels and independent retail."

Dr Cohen said his closing remarks tied together knowledge from the day under the umbrella of the marketing principles espoused by the Ehrenberg-Bass Institute of the need to acquire new customers and to build physical and mental availability.

Tweet

Share

## RELATED STORIES

---



COMMUNITY

**Preparing for the future of digital learning** [more](#)



HEALTH

**Unwrapping chocolate's cognitive benefits** [more](#)



## New Books

[Back to story index](#)

### ***Identity Troubles* by Anthony Elliott**

In our turbulent world of global flows and digital transformations, pervasive identity crises and self-reinvention have become increasingly central to everyday life.

In his new book – *Identity Troubles* – UniSA Director of the Hawke Research Institute, Professor Anthony Elliott, shows how global transformations – the new electronic economy, digital worlds, biotechnologies and artificial intelligence – generates a metamorphosis across the force-field of identities today.

*Identity Troubles* documents various contemporary mutations of identity – from robotics to biomedicine, from cosmetic surgery to digital lives – and considers their broader social, cultural and political consequences.

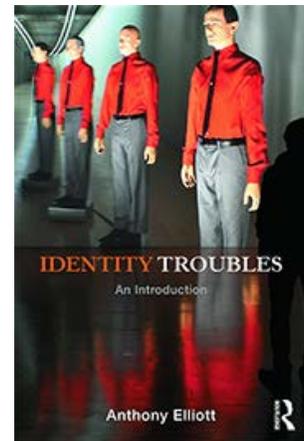
In the book, Prof Elliott offers a synthesis of the key conceptual innovations in identity studies in the context of recent social theory.

He critically examines accounts of “individualisation”, “reflexivity”, “liquidization” and “new maladies of the soul” – situating these in wider social and historical contexts, and drawing out critical themes.

The book follows with a series of chapters looking at how what is truly new in contemporary life is having profound consequences for identities, both private and public.

Prof Elliott says this book will be essential reading for undergraduate students in sociology, cultural studies, political science, and human geography. It offers the first comprehensive overview of identity studies in the interdisciplinary field of social theory.

Find more information, click [here](#).



### ***This Little Pinot Went to Market: A Guide to Wine Marketing*, by Larry Lockshin**

Internationally-respected wine marketing expert Professor Larry Lockshin has teamed up with WBM – Australia’s Wine Business Magazine, to publish a new book called *This Little Pinot Went to Market: A Guide to Wine Marketing*.

A collection of magazine columns Prof Lockshin has written over the past 17 years, the book covers a range of topics including branding, consumer behaviour, communication, distribution, tourism and merchandising.

Prof Lockshin says he wrote this book for two reasons, one because he has been writing about and conducting research into wine marketing for almost 30 years and felt it was time to consolidate all of the things he had learned into a book.

“And secondly I like writing, it was fun and I wanted to make it a fun book to read.”

“At this critical time for the Australian Wine Industry, it is important for wineries to invest in their marketing the same way they would invest in planting and maintaining a vineyard.

“It takes time and effort to create a brand and to grow it into something worthwhile. This book provides down to earth advice for all aspects of starting and marketing a wine brand as well as a wine region.”

*Australian Wine Business Magazine* editor Anthony Madigan says this is an important book for the Australian wine industry, and it will help marketers and business businesses sell more wine.



“The timing is perfect,” says Madigan. “Various wine industry organisations have been lobbying the Federal Government to change the criteria for WET Tax Rebate eligibility – while angling for \$25 million in funding for the wine industry to spend on marketing.

“The industry desperately needs these millions to compete globally. That debate rages on. It underlines how critical wine marketing has become in this business.

“In terms of wine quality, Australia can match it with any wine country in the world. We also have the technical side of things covered, with the Australian Wine Research Institute recognised as a genuine world leader.

“However, where the industry can improve – and must improve – is in wine marketing.”

The 228-page book is available in both digital and printed formats from \$49.95 through publisher Newstyle Media.

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

## RELATED STORIES

---



INSIDE UNISA

**From the Chancellery** [more](#)



BUSINESS & LAW

**Smarter wine marketing  
crucial for industry** [more](#)

[top^](#)



## In Pictures

[Back to story index](#)

### Warm welcome with 2016 O-Week activities

UniSA celebrated orientation across its campuses in the last week of February and welcomed more than 9000 new students. We captured pictures from some of the Campus Day activities.

#### Magill Campus Day



#### Mawson Lakes Campus Day



City East Campus Day



City West Campus Day



## Movies on Campus

The first Movies on Campus for 2016 was on the last day of O-Week on George Street at City West. Students were treated to a free screening of *Mad Max: Fury Road*, complete with free fairy floss and popcorn, as well as a food truck and drinks.



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

[top](#)