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canberra.edu.au/monitor

Welcome to the new look Monitor, the magazine for University of Canberra alumni and friends. Monitor was originally a 12-page tabloid published twice a month but is now published online throughout the year and in print two times a year. We’d love to hear your story ideas, feedback and thoughts on the new Monitor. Contact us at: monitor@canberra.edu.au

University of Canberra Bird’s Eye View, c.1970s

The University of Canberra is a young university with a bold vision. In the past 25 years, it has expanded its physical space and has significantly evolved as an education and research institution. Now it has ambitious and exciting plans for the future. In the following pages you will learn more about these plans, where the University is heading and how it fits within Canberra.
It’s no secret that Canberra is changing. New cafés, trendy shops and boutique hotels have opened in recent years, while stylish apartment buildings and modern entertainment spaces now call Canberra home. The nation’s capital is being transformed into a cool, hipster city.

At the University of Canberra, we are proud to be part of that transformation. Our alumni have directly contributed to the crafting of the city as you’ll read in the following pages. Whether in architecture, design, fashion, communication, politics or business, our graduates are having a hand in helping shape this new Canberra.

The University is conscious of the role it plays in the city’s development as Australia’s education capital and is embracing this change. We know that learning processes are rapidly evolving. There is a transition of knowledge from the traditional lecture theatre to the cloud and from the textbook to the app. There is a real risk that campuses will become empty spaces as students spend less time on them, instead connecting via the comfort of their own home or from halfway across the world.

Our dream of an “Educated Life” is one in which the University commits to providing life-long learning for the whole community, on and off campus. To do this, we have been working behind-the-scenes for some time in preparation for significant campus development that will see the University of Canberra become a vibrant academic and social hub.

By 2030, the UC campus will be a leading example of how a modern, world-class university transformed its physical surroundings to create an integrated learning community where academics, students and a mix of generations from childhood to senior years intermingle in a common quest for life-long learning.

Organisations from nearby and around the world will collaborate with the University creating new knowledge and developing solutions for real and important problems.

There are examples of such campus development in other parts of the world. In the last year I have visited the University of Cambridge in the United Kingdom and Simon Fraser University and the University of British Columbia in Canada to see for myself the extraordinary projects that are bringing people onto their campuses to live, work and play.

Our journey into this next stage is well under way. Recent amendments to legislation, including the University of Canberra Act 1989, have allowed us to enter into arrangements which will bring health providers, research organisations, community groups, businesses and members of the public onto campus.

We are doing this carefully to ensure we benefit our academic mission, for example, through work-integrated learning opportunities for students, and applied research opportunities for staff, while also benefiting the surrounding community in Belconnen, the economy of the ACT and the University’s long-term financial future.

By 2030, you will see a health precinct, an innovation park, and a lively residential community on campus. There will be more childcare facilities and at some point primary and secondary education institutions. The University of the Third Age, with which we collaborate already, will be a full partner and we hope to have many of Canberra’s growing retiree community coming to some of our courses and learning with us.

We will have a Great Hall, open spaces and expanded sporting facilities. The Belconnen district will be a thriving and bustling part of Canberra; the Territory will indisputably be the education capital of Australia.

Visitors coming to campus will soon see how the University’s strong sense of mission is manifested in its physical environment and people will know that they have come to an institution which engages fully with the world not one that retreats from it.

Although I am stepping down as vice-chancellor on 1 July, I look forward to seeing from afar these exciting projects become a reality.

I extend my best wishes to all the readers of Monitor and thank you for your support of the University.
Vice-Chancellor Stephen Parker stands in front of Cooper Lodge, one of the University’s high-quality accommodation options for students.

Photo: Rohan Thomson / Fairfax Syndication.
Unlocking campus potential

The University campus has come a long way since its inception as a teaching college. However, we still have big plans to transform its physical surroundings into a series of precincts that will provide an integrated learning community for young and old by 2030.
The Precincts

BY 2030, the University of Canberra campus will be transformed into a series of precincts renowned for facilitating national and international partnerships and transformational research and learning. A series of legislative reforms undertaken in 2015 have laid the groundwork for the University to bring in health providers, businesses, research organisations, community groups and members of the public into campus. With major health, innovation and residential projects under way, there is an enormous range of opportunities to be a part of this journey. Anticipation is high.

The Health Precinct

A Health Precinct on the north-west corner of the campus will include public and private hospitals, a cluster of independent living and aged care facilities, numerous specialist clinics and research enterprises such that the University has become a regional health hub with one of the largest health faculties in the country. Student demand for our places will be strong, because we offer more clinical experience and work-integrated learning than anywhere else locally. Clinicians will be attracted into the Territory by the prospect of joint appointment in the University. The cluster will have changed the health landscape, providing a platform for innovations that address the healthcare challenges the community faces, and will have improved the health and wellbeing of people in the Canberra region.

The Health Precinct will feature:

- the forthcoming University of Canberra Public Hospital, a sub-acute, teaching hospital with 140 inpatient beds and 75 day places which will provide a range of rehabilitation services, treatment for various mental health conditions and will provide targeted services and care for older Canberrans.
- The already operating Health Hub, home of the GP super-clinic and UC’s student-led clinics, a pharmacy, pathology labs, radiation and other health-related services.
- an aged care facility with embedded education and integrated research opportunities with the UC Health Research Institute, as well as paid employment for students.
**CAMPUS COMMUNITY PRECINCT**

This is a 15 year project to mix broad scale innovative residential development into the campus structure. The plan is to build 3,300 dwellings that will offer an opportunity for staff, alumni and members of the general public to live in housing topographies co-designed by leading architects, along with staff and students of the University. These dwellings will be held up as attractive, innovative and sustainable living units, only made possible by their location in the special context of a university campus. Residents will be able to use the cultural, sporting, education, health and retail amenities of the campus, and will be able to be part of a vibrant, learning community.

**INNOVATION PARK**

An Innovation Park in the south-east corner of the campus will be a thriving environment of research and development in biomedicine, biotechnology, sports technology, materials fabrication and IT solutions, where national and global organisations will compete for space to be close to research academics and students. It will comprise up to eight separate but integrated development sites, each master-planned to focus on commercialising the research conducted at UC and other Australian research organisations. The Park will be a significant contributor to the ACT economy and enable collaboration on next generation research and technology to create links and opportunities for emerging entrepreneurs, potential customers and funding entities.

To find out more about the University’s campus development visit www.canberra.edu.au/on-campus/campus-development
Lumio Lamp: This beautifully designed lamp was one of the Good Design Award winners in our Furniture and Lighting Category in 2015. It folds up into a timber-covered book when not in use and when you open it up, it fans out to reveal a soft and elegant light. The best thing about this light is that it runs off a rechargeable battery so you can take it anywhere – I just love it.

Hegs Peg: This clever clothes peg received a Good Design Award in our Lifestyle Category. It is a peg with a hook that allows you to hang clothes on a line and also hook certain items securely (such as heavy, wet jeans). It was designed by a friend of mine in Adelaide and to me, it represents everything about good design. It is simple, it works really well, it has been very well made with high-quality materials and commercially, it is doing really well in the market. I love this little peg as it reminds me there are so many things that can still be re-designed to be better and more useful.

Elephant: This is a very special gift that was given to me at the end of my term as president of the International Council of Societies of Industrial Design – now called the World Design Organisation. The gift came from the incoming president who is from South Africa and who told me I reminded him of a wise elephant.

Pen Holder: One of my most treasured items. My little boy bought this for me for Father’s Day with his pocket money (he was only six at the time). He was so proud to give it to me and told me how much time he spent thinking about the perfect present that was both functional and would look good on my desk. Every time I look at it, I think of him!

Sonos: This wireless speaker represents design excellence in every way. It is so incredibly intuitive to use and produces brilliant sound quality. We constantly have music playing in our house and without a doubt, this device is one of the most used products in our house. The people who started Sonos were designers from Bose and absolutely understand how important design is to products in this space. Simplicity and elegance make this one of my favourite things.
IMAGES: Attendees at the 2015 Distinguished Alumni Awards, National Museum of Australia
Accomplished alumni

The co-founder of the Mental Health First Aid program, a former Olympian swimming champion and an Indigenous inventor were among the University of Canberra graduates announced as winners of the 2015 Distinguished Alumni Awards.
On 17 September 2015, 200 members of the University of Canberra community gathered in the Great Hall of the National Museum of Australia to celebrate the contributions of these and other outstanding alumni to their communities and professions. The guests, which included alumni, current students, scholarship holders, staff, donors, UC Council members, senior executive staff, business leaders and friends of the University, were treated to an evening of excellence as nine high-achieving alumni were recognised across eight different categories.

For the first time, the ceremony included Chancellor’s Awards for Contribution to Sport and Service and Philanthropy. Congratulations to all winners, finalists and nominees!

**Other winners:**

**ALUMNI EXCELLENCE - Health**

Professor Pam Russell AM

Graduate Diploma of Education (Applied Science), 1976

**ALUMNI EXCELLENCE - ESTEM**

Professor Eric Willmot AM

Master of Education (Research), 1980

**ALUMNI EXCELLENCE - BGL**

Helen McDermott

Bachelor of Arts (Administration), 1994

**ALUMNI EXCELLENCE - FAD**

Dr Kabu Okai Davies

PhD in Communications, 2014

Bachelor of Philosophy (Honours), 2010

Masters of Creative Writing, 2008

Graduate Diploma in Professional Writing, 2007

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**CHANCELLOR’S ALUMNI AWARD**

Betty Kitchener AM

Master of Nursing, 1998

Bachelor of Nursing, 1994

Graduate Diploma in Community Counselling, 1990

Graduate Diploma in Special Education, 1987

Betty Kitchener is a four-time UC graduate and co-founder of the Mental Health First Aid Program (MHFA). The innovative training program teaches members of the public and healthcare professionals how to provide initial help to a person developing mental illness or experiencing a mental health crisis. The program was founded in 2000 and has revolutionised the ways in which mental health problems are responded to and treated within the community.

“I studied education, counselling and nursing at UC, and worked casually as a tutor in physiology and anatomy and with Indigenous students at the University’s Ngunnawal Centre,” Ms Kitchener says.

“I think my work in developing Mental Health First Aid training and disseminating it internationally drew on these diverse areas of training. It all turned out to be relevant in ways I would never have imagined at the time.”

**YOUR CHILDHOOD DREAM JOB?**

I wanted to be a farmer because I wanted to work with animals.

**BEST THING ABOUT UC?**

I cherished the opportunity to be a tutor for other students.

**YOUR GREATEST ACHIEVEMENT?**

Working with a team of wonderful people to make the world better for people with mental health problems.

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**CHANCELLOR’S YOUNG ALUMNI AWARD**

Pierre Johannessen

Bachelor of Laws, 2007

Bachelor of Communications and Journalism, 2003

Pierre Johannessen is the CEO of Big Bang Ballers, an international not-for-profit organisation which combines basketball, education, youth development and poverty alleviation. Big Bang Ballers now runs 29 programs in countries such as Bangladesh, Senegal, Nepal, Afghanistan, Uganda and the Philippines. They have catered to more than 46,000 children, created Bangladesh’s first basketball league, built basketball courts, and donated more than $280,000 worth of equipment and resources to orphanages, schools and youth charities.

Mr Johannessen says his time at the university helped to mould his way of thinking and develop his problem solving skills.

“I am grateful for both the theoretical and practical experiences I had during my tenure at UC,” he says.

“I learned early on to take part in as many opportunities as I could, and UC provided a bounty of them, from student organisations to the Law Society to international exchanges. I was able to partake in all and treasure my time there.”

**YOUR CHILDHOOD DREAM JOB?**

First a lawyer, then a journalist, then a lawyer again. Very early on I wanted to be an astronaut, so I’m still working on that one...

**BEST THING ABOUT UC?**

Working with the Isaacs Law Society, where we managed to obtain enough sponsorship in one year to send a complete team of competitors to the Australian Law Students Association competition.

**YOUR GREATEST ACHIEVEMENT?**

Winning ACT Young Australian of the Year in 2010.

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To read more about our 2015 winners and finalists, visit www.canberra.edu.au/alumni/2015-distinguished-alumni
Adrian Faccioni is a leading sports scientist and innovator, best known for developing GPS tracking technology used by high-performance athletes. Mr Faccioni’s invention has revolutionised athletic workloads to reduce injury rates, increase fitness levels specific to the demands of their sport and to alert coaches of potential muscle fatigue and strain.

His invention is now used by top sporting teams, including NFL Superbowl champions the Seattle Seahawks, as well as Spanish football champions Barcelona, UK Premier League champions Chelsea, both the Australian national rugby league and rugby union teams, and a growing list of rugby league, rugby union, AFL teams.

Mr Faccioni has recently established AxSys Performance, a company that markets the AxSys Virtual Personal Trainer, a wearable electronic gym training device that automates workout tracking and provides audio feedback to the wearer in real time. Mr Faccioni was also a lecturer and course convenor at the University.

"When I first started at the University of Canberra in 1989 as a first year student in Sports Coaching, I was passionate about becoming the best coach I could be and to assist aspiring athletes to achieve their potential," he says.

"To have taken all that learning and applied it to a technology that has had such a positive impact on elite sport globally is of great pride to me – and this award is a well-timed reminder that what I have learnt and applied over the past 26 years has been worthwhile."

YOUR CHILDHOOD DREAM JOB?
A veterinarian.

BEST THING ABOUT UC?
Just being here as the new [Sports Coaching] course was being developed and learning so much from the people around me.

YOUR GREATEST ACHIEVEMENT?
In my time, I had a lot of success in the pole vaulting world and that’s something I’m proud of to this day.

CHANCELLOR’S AWARD FOR CONTRIBUTION TO SPORT
Adrian Faccioni (joint winner)

MASTER OF EXERCISE PHYSIOLOGY (RESEARCH), 1996

Adrian Faccioni is an Olympic gold-medallist swimmer and winner of 15 national titles. She is a former world record holder and her tally of Olympic medals was, at the time, the overall best for an Australian woman. Ms Thomas was inducted into the AIS Swimming Hall of Fame in 1996 and was awarded a Medal of the Order of Australia for her service to sport in 2005 after retiring from competitive swimming in 2004.

Ms Thomas is now the Podium Program Manager, overseeing the coordination of a number of Swimming Australia activities at the Australian Institute of Sport. Since leaving the sport, Ms Thomas has spoken openly about her battle with depression throughout her swimming career and has raised her voice to reduce the stigma of mental health issues and raise awareness around them.

"It is very humbling to be selected for this award from the high number of skillful and successful graduates that UC produces," Ms Thomas says.

"My UC education prepared me well for life after my sporting days. The coursework provided both the theory and practical experience that enabled me to successfully transition into a professional career in sports administration."

YOUR CHILDHOOD DREAM JOB?
With my love of sport there was a fair chance I would end up working in the sporting industry.

BEST THING ABOUT UC?
The flexibility and understanding afforded by UC to me and many other elite athletes.

YOUR GREATEST ACHIEVEMENT?
I believe that my greatest achievement so far in life was coming back from multiple serious injuries and illness and achieving success at the highest levels in sport.

CHANCELLOR’S AWARD FOR CONTRIBUTION TO SPORT
Petria Thomas OAM (joint winner)

BACHELOR OF SPORTS ADMINISTRATION, 2004

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CHANCELLOR’S AWARD FOR SERVICE AND PHILANTHROPY
Nicola Forrest

BACHELOR OF ARTS, 1981

Nicola Forrest is the CEO and pioneer behind the Minderoo Foundation, one of Australia’s largest philanthropic organisations. Mrs Forrest and her husband Andrew Forrest, chairman of Fortescue Metals Group, established the Minderoo Foundation in 2001 and are internationally known philanthropists aiming to help all Australians, particularly children and Indigenous Australians.

Mrs Forrest has led the diversification of the Minderoo Foundation to provide a holistic approach to community development, particularly through education and the arts, believing an integrated approach is essential to build sustainable empowerment in individuals and communities.

"My time at the University of Canberra was a very special and empowering period that guided me towards developing the knowledge, critical thinking and passion required for my philanthropic work. I am so grateful for all the friendships and the networks I built - wonderful connections that I continue to draw upon today," she says.

"I am especially honoured that the [University of Canberra] distinguished alumni, known for their passion and commitment to philanthropy, have recognised our work to address Indigenous disparity, to end the scourge of modern slavery, and to create opportunities for disadvantaged children through education in Australia."

YOUR CHILDHOOD DREAM JOB?
My horse was my best friend and I always envisaged myself working with animals and living on the land.

BEST THING ABOUT UC?
While not the greatest student, I certainly did my best to contribute to university life, and many of the friends I made are still great friends today.

YOUR GREATEST ACHIEVEMENT?
Having worked as a team with my husband to bring up three well balanced, healthy, empathetic, wonderful children in conjunction with building businesses and our foundation.

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WORK STATION STRETCHING PROGRAM
with Assistant Professor of Exercise Physiology, Lennon Wicks

Hold each stretch for 10-15 seconds, release, relax and repeat on the other side

LUNGE STRETCH
(Hip Flexor)
Assume a lunge position next to your chair or desk. Your front leg should have your hip and knee bent to 90 degrees. Your back knee should almost touch the ground. With your hands on your hips attempt to push your pelvis forward until you feel the stretch in the front of your hip and down your back leg. Hold for 10–15 seconds and then relax and repeat. Repeat on the opposite side.

DEAD DUCK
(Wrist Extensors)
With your arm outstretched and palm facing down, flap your wrist downwards towards the ground, like a dead duck. With your opposite hand, hold onto your knuckles and lightly pull your fingers back towards your body. You should feel a stretch along the top of your forearm. Hold for 10–15 seconds and then relax and repeat. Repeat on the opposite side.

EAR TO SHOULDER HOLDS
(Upper Trapezius)
With your arms hanging by your sides and keeping your shoulders fixed in the same position, lower your ear down to your shoulder. Guide your head with your hand. You should feel a light stretch along the opposite side of your neck. Don’t strain too hard on this stretch. Just go to the point where you feel a light stretch. Hold for 10–15 seconds and then relax and repeat. Repeat on the opposite side.
CAT STRETCH  
(Erector Spinae)
Sitting on your chair with your feet shoulder-width apart, reach down and clasp your hands together under your thighs. With eyes looking down, arch your back as high as you can focusing on moving your vertebrae in a bottom to top order. Hold for 10–15 seconds and then relax and repeat.

SITTING SUNBAKER  
(Pectoral Major)
Sit forward in your chair, place both hands behind your head, lean back and attempt to push your elbows behind you. You should feel the stretch across the upper part of your chest and possibly in the front of your shoulders. Hold for 10–15 seconds, then relax and repeat.

CHECK YOUR WEDDING RING  
(Wrist Flexors)
With your arm outstretched and palm facing down, extend your fingers, pointing them vertically up as if you were checking your wedding ring. With your opposite hand, attempt to pull your fingers back towards your body. You should feel a stretch in the underside of your forearm. Hold for a 10–15 seconds and then relax and repeat. Repeat on the opposite side.

TOUCH YOUR TOES  
(Posterior Chain)
Sitting forward on the edge of your chair, hinge forward from your hips and attempt to reach out and down towards your toes with the opposite hand. Your leg should be straight, with your heel planted into the ground and your toes pointing up towards the roof. You should feel a stretch down the back of your leg and possibly up into your lower back. Hold for 10–15 seconds and then relax and repeat. Repeat on the opposite side.

MERV HUGHES  
(Side Stretch)
From a seated position, place one hand on your hip and with the other arm reach up and over your head as if you were attempting to touch the opposite wall. You should feel a stretch on the side of your back and possibly stomach. Hold for 10–15 seconds and then relax and repeat. Hold for 10–15 seconds and then relax and repeat on the opposite side. Repeat two to three times.

EXAGGERATED NODS  
(Neck Flexors and Extensors)
From a neutral head position, attempt to slowly bring your head downwards so your chin touches your chest before slowly moving your head upwards to look at the ceiling directly above you. Don’t go past this point. Repeat four to five times.
Crafting Canberra

University of Canberra alumni are at the helm of Canberra’s cultural revival; driving bold underground and mainstream initiatives that are fostering a culture of craft, creativity, design and innovation

Creating our City

PHOTOGRAPHY LIGHTBULB STUDIO, DANIEL CUMMINS, MARTIN OLLMAN. STORY CHLOE DIGGINS
Growing up in Canberra in the 1990s and early 2000s, there was only one thing I truly wanted when I finished Year 12; to be anywhere but here. Like many footloose and fancy-free 18-year-olds, I packed my bags and readied myself for big things – the big smoke, the big city, the big wide world, while waving goodbye to Northbourne Avenue out the back of a big ol’ Murrays bus.

Seven years, four overseas trips, a stint in Brisbane, a year in Sweden, two degrees and two boyfriends later, I found myself back where I started, Canberra. I had become accustomed to knowingly rolling my eyes and scoffing at my childhood home whenever anyone asked me where I grew up, as if I was anticipating (or perhaps encouraging) their sympathy. Everyone knew Canberra was a boring overgrown country town full of crusty old politicians, with little more to offer than Parliament House and Questacon. I mean, everyone had been on those same excursions in primary school, right?

As I readjusted back into my life in Canberra, I wanted to hold on to the perception that it was a city full of roundabouts leading to whole lot of nothing. I really did, but I just couldn’t. New trendy shops, cafés, restaurants and bars were popping up every other week, the landscape was changing significantly and pockets of untapped creativity were being uncovered all across the city. Experimental arts and design festivals! Entrepreneurial incubators! Edgy literary magazines! Fashion movements! Hipsters! Everywhere I went, everywhere I looked, my senses were assaulted with the same message – Canberra was cool.

It’s not uncommon for cities to undergo a cultural renaissance like Canberra has in the last decade or so, but this city has distinct features that certainly make a cultural revival more likely. A growing population, higher than average income, a progressive political slant and ample space to grow and create, as well as a vibrant higher education community and numerous cultural institutions mean Canberra has been named one of Australia’s most liveable cities. In terms of higher education, Canberra is currently ranked in the top 20 of the world renowned QS world rankings for the Best Student Cities this year.

It’s no surprise that University of Canberra alumni are at the helm of Canberra’s cultural revival, driving bold underground and mainstream initiatives that are fostering a culture of craft, creativity, design and innovation. This, in part, is owing to the abundance of creative spaces and inspired urban architecture which is at the heart of Canberra’s urban development and is breathing life back into the city’s forgotten spaces.

Al Kirk, a leading architect at boutique firm Nathan Gibson Judd, studied architecture at UC before going on to design the soon-to-be-iconic Yamashiri building on Mort Street, Braddon. “Canberra feels like it’s shaken some of its mediocrity,” Al says, “greatly helped by inner city development and moving the focus of our interactions outside the major shopping malls.”

Certainly multi-use developments like Al’s, which prioritise a balance between design aesthetic, economic viability and social interaction are repurposing Canberra’s urban landscape to provide spaces for creative community collaboration.

That’s the approach urban planner and UC graduate, Charlene Liau, has taken with her “guerrilla planning” group, Tone5, which is on a mission to “make a difference and spark debate on how we use space”. Tone5, who operate primarily in Tuggeranong, practise what Charlene calls “tactical urbanism”, creating quirky street art installations, including filling the cracks in concrete with Lego, knit bombing, and spontaneous slip-n-slides. Charlene, who last year won the Planning Institute of Australia’s.
“Canberra feels like it’s shaken some of its mediocrity”
“We’re generally open to new ideas, especially if we experience them.”
National ‘Outstanding Achievement by a Young Planner’ award, says Canberra is a great place to experiment with creative community initiatives like Tone5 because “the community in Canberra is incredibly open and active. There is willingness to assist and people are very open to new ideas and ways of doing things”.

UC alumna, Tara Cheyne agrees. “We love new things, especially restaurant, café and food van openings,” she says. “We’ve embraced Braddon and New Acton which have gone through an entire transformation. We’re generally open to new ideas, especially if we experience them.”

Tara studied a Master of Business Administration at UC and currently serves on the board of the Belconnen Arts Centre. A former Chair of the Belconnen Community Council, Tara will be campaigning as a candidate in the 2016 ACT elections.

As someone who has written about Canberra since 2011 on popular blog *In The Taratory*, Tara has been documenting the way the city has changed over time. “I think we used to be a city where the favourite pastime was Canberra-bashing – even though we lived here,” she says. “There’s now a realisation of just how good we’ve got it, and now that we proudly promote our city, it leads to greater investment, and even more cool things want to come here, want to set up here.”

It’s not just the way Canberra’s urban landscape and suburban spaces are changing that’s animating the city’s cultural renaissance. More than ever, creative and experimental festivals, markets, workshops and public classes are popping up all over Canberra, designed to quench the city’s thirst for creativity and cultured experiences. For the last five years, the You Are Here festival has been bringing underground and experimental art to the theatres, galleries and forgotten areas of Canberra, such as empty shopfronts and graffiti-covered back alleyways.

You Are Here Managing Producer and UC professional writing alumnus Nick Delatovic says of the festival, “The dream is that they walk out [of the festival] saying to themselves ‘I’m so
glad I live in Canberra, the way I do every day”. Since its inception, the festival has expanded significantly, which Nick says in part is because “hundreds of Canberra artists have reached their mature state in the last few years. We have world-beaters in every art form, that’s a fact. If people would just go to more shows they’d see that the scene here sells itself”.

An offshoot of the You Are Here festival, Canberra’s experimental writing festival, Noted, was held for the first time in 2015. Duncan Felton, the festival’s co-producer, studied English literature and communications at UC and says the proliferation of independent arts festivals reflects the energy that abounds Canberra’s creative community. Duncan is also co-founder of Scissors Paper Pen, a literary collective giving young, emerging and new writers professional development opportunities, publishing support and a sense of community for young literary artists in Canberra. Duncan says community collaborations like these foster a “community that’s conducive to creating” and contribute to building Canberra’s cultural identity. In 2014, Duncan’s own independent publishing venture, Grapple Publishing, released its first publication, The Grapple Annual No.1, which includes a “strong Canberra contingent in the contributors list”. The flagship anthology recently won the Small Press Network’s ‘Most Underrated Book Award’, a testament to the talent of Canberra’s creative writing community.

The recurring theme in these stories is the overwhelming sense that UC alumni are passionate not only about Canberra, but also about giving back to the city through the creative industries, giving rise to a robust creative and crafty local community. This was the motivation for FashFest founder and Director of HAUS Models, Andrea Hutchinson. “I aspire to be a big contributor in every way possible to making the creative industry here the best it can be,” she says. “I want Canberra to be a major tourism attraction for the creative hub that it is.”

Andrea completed a Bachelor of Arts at UC in 2012 and has found Canberra the ideal place to start her creative ventures. “Canberra is
definitely a great place to do business because it's a manageable size and it's beautiful,” she says. “It has a real sense of community and strong connections. It has a great bunch of creatives who enjoy helping one another. They’re not precious or protective for the most part. These attributes can be hard to find in bigger cities where everything is so highly competitive.”

The strength of Canberra’s creative community is that it really is about artists and makers coming together to help, learn and grow together. The beauty is these pockets of creativity are not only found in the city’s centre, Inner North or Inner South. Creative expression is alive and well across all of Canberra’s five major urban hubs, and it’s not just creative professionals driving this movement. On any night of the week you can find a workshop, class, gathering or event that caters to the creative in all of us.

Just ask UC alumna Mikaela Danvers, who quit her full-time job as a high school teacher to establish The Makers’ Collective, an initiative designed to bring together members of the community to participate in creative workshops, collaborate on artistic ideas, find inspiration for DIY craft projects and generally get people thinking about creativity and originality in new and interesting ways. Of her venture, Mikaela says, “I’d been waiting for something like The Makers’ Collective for a long time. Until one day I sort of just got sick of waiting, and decided to make it happen.” The Makers’ Collective is an opportunity to get involved in craft workshops such as jewellery making, crocheting, candle making and casual craft days.

Considering Canberra is one of the few cities in the world to be designed and purpose built, it is no surprise the city is one of the country’s best kept secrets for creative and architectural expression. A steady rather than frenetic pace, a growing rather than a saturated market, and a real sense of collective identity as to the spirit and mentality of Canberra’s population mean our creative industries are blessed with the perfect storm. Above all, the grassroots vibe – both in terms of content and artistry – that permeates Canberra’s arts and design scene is what makes it truly essential to the city’s creative cultural identity.

And some final advice for anyone wanting to experience or participate in Canberra’s arts community? “The key is to simply turn up,” says Tara Cheyne. “See what happens. Once you scratch the surface in Canberra, more things are revealed. And once those things are revealed, even more things are revealed! I find opportunity often leads on to another opportunity. So take the first step and just turn up.”

As for my own misgivings of being from and living in Canberra, I have packed them away for good. Perhaps it’s the rose-coloured nostalgia speaking, but the Canberra I grew up in really wasn’t that bad. And Canberra today? It seems as though this is where all the cool kids live.
Beloved children’s author

Morris Gleitzman is known for his comic style of writing and believes it is important to have a healthy sense of humour. Morris uses humour to bring light and shade to his books which is particularly useful in dealing with some of the tough and challenging issues in his Holocaust series.

Morris completed a course in professional writing at the Canberra College of Advanced Education (now the University of Canberra) in the early 1970s. Since then he has worked as a columnist, scriptwriter and award-winning novelist penning more than 40 titles including children’s classics like Two Weeks with the Queen, Misery Guts, Worry Warts, Bumface and his Toad series.

Morris shares with Monitor some of his top reads, dishes out advice to aspiring writers and reveals what projects are in the pipeline.

Your latest book Soon is the most recent delivery in your successful series exploring really tough issues such as war, death, loss and the Holocaust. Are you finding it easier or harder to deal with these topics as the books advance, particularly since writing for young readers?

It’s not really a question of harder or easier. The story is about tough and challenging times seen through the eyes and feelings of the young main character. Because of my close connection to Felix, I never become immune to the terrible things he experiences. In a way, the hardest part for me was researching the Holocaust before writing the first book. Reading the history there was an overwhelming sense of loss, suffering and all the other terrible aspects of it. At that stage I hadn’t gotten inside Felix, where we find the best that humans are capable of, as a partial balance to the worst of human behaviour that surrounds him.

Did this fifth instalment in the series just spring upon you or was it always there waiting its turn while you wrote the series?

I didn’t know when I wrote the first novel that there would be more than one. But as I was finishing the first, I found I needed to write a second. And as I finished the second, the same thing happened. It was as I was finishing the third book that I started to realise this trilogy needed more than three books. I’ve now decided there will be seven books in total, with two more to come.

The next book will follow on from Soon and will explore Felix’s life when he comes to Australia as part of the huge post-World War II migration. In the last book we meet Felix again as an 80-year-old. We shared a part of his 80th year in the third book. Now I want to end the series with him late in his life and go back to where we first met him in Poland. It will mean after seven books, the story has come full circle.

Can you share with us what are you reading now and what are the three top books you’ve read this year?

I’ve just finished a wonderful book called Shadows in the Vineyard by Maximillian Potter. It’s a non-fiction crime/investigative report about someone trying to blackmail one of the great vineyards in the world by threatening to poison their vines. This is a small precious piece of land in France that’s been looked after by a family for years and years so it’s also about the human connection to the land.

My top three books this year are: The Golden Age by Joan London, St Kilda Blues by Geoffrey McGeachin and I would include Shadows in the Vineyard on that list.

Do you ever suffer of writer’s block? And if so, what cures it?

I’m lucky to have never suffered seriously from writer’s block. I’m a ‘planning’ writer so I like to map out each book and that’s a big help. Other than disorganisation, writer’s block comes from fear.

Even after 37 books and with a degree of success, like all writers I still experience the fears of putting one’s work and self out there. My solution is to stop worrying about myself and instead to worry about my main character. Because my job is to help them solve their problems.

Any tips you picked up while studying at the University of Canberra that you would like to share with our current creative writing students?

Kangaroos, I’ve discovered, are ruthless editors. I started on campus the year it opened and at that time there were more kangaroos than students!

I think the most important thing for me while at UC was having the time and space to find the permission to be a writer. Fighting those thoughts and little voices in your head saying, ‘you’re kidding yourself! There are so many great writers out there, what makes you think there needs to be another one?’. It helps if you have the space – literally and mentally – to become a writer. Also, in 1972 when I came to Canberra it was the perfect place to develop writer’s discipline because there was very little to do.

What’s on the horizon for Morris Gleitzman, University of Canberra’s 2013 Distinguished Alumnus?

One of the great things about being a writer is you go from sitting in a room by yourself for several months to the other part of the job – travel. When I finish the current book early next year, I’ll be off to Hong Kong, Mumbai, the UK, Slovenia and a few other places. Then it will be onto writing the next one. A collection of short stories, probably.
“I’m lucky to have never suffered seriously from writer’s block”
We Are UC

When I think about leadership I think about my mum and her sisters. They weren’t in high-powered positions but they were teaching us by doing. In Aboriginal culture we talk about ways of being and ways of doing and it’s by intensely watching other people around you, you start figuring out ways in which you can lead or empower other people.

Aboriginal women aren’t looking for the praise or the acclaim – they’re just out there and getting it done. I’m doing a PhD on Aboriginal women and leadership and whether that differs from other forms of leadership.

Education has been an amazing gift for me to make me see I don’t have to stay in one place; there’s a world of opportunities out there. It’s terrifying but you feel the fear and do it anyway. The biggest thing I’ve learnt is I get to choose how I define myself. Other people don’t get to choose that. I choose whether I am able to achieve the things I want to achieve. That’s been the biggest lesson.

Tess Ryan, Biripi woman, UC alumna

Before I came to Canberra to study I did security work in a gold mine for nine years in Papua New Guinea. After working for so long, working the same job, I just got tired. It wasn’t challenging for me anymore. With a young family and only having a Year 12 education, I thought ‘If something happened and I lost my job, how would I provide for my family?’

That’s when I started looking at other options and applied for an aid scholarship from the Australian Government. It’s different going from working full-time and mostly doing the same things [to studying at uni]; now I have to think outside the box. I have to try to be critical and analyse things, to think and then write it out in an academic style. I’m very glad I made the change. I wouldn’t like to be where I was before.

Kyrill Bland, Second year student, Bachelor of Politics and International Relations

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

PHOTOGRAPHY MICHELLE MCAULAY
I was interested in reptiles when I was a child so I collected all different reptiles and brought them home, much to my parents’ concern. I didn’t see it as a career. I studied mathematics and physics at university and volunteered to work on a crocodile program with physicist Harry Messel up in Arnhem Land. I went up there and worked in the outback trying to catch crocodiles and putting radio transmitters on them. I thought ‘I could be a mediocre mathematician or I could be doing this, so I moved into biology’.

I have been working on a big project in Papua New Guinea. The diversity there is phenomenal and that’s reflected in the animals as well. We found 28 species of frogs in the last trip, a third of them are likely to be new to science. There’s high diversity but it’s been really poorly studied. We discovered a new species of turtles a couple of months ago. It does feel good to discover a new species; it’s that moment of realisation that keeps you going.

As a scientist it’s usually a hard slog. It’s hard work and then you get that moment, and that buoys you for another couple of years. I have one species named after me in New South Wales, it’s called the ‘Georges Turtle’.

Arthur Georges,
Distinguished Professor, Institute for Applied Ecology

I’m from the country, from a town called Kadina, South Australia. Everyone plays sport in the country so I started playing basketball and netball and loved it.

I love the team aspect of basketball and also its challenges. There are a lot of skills you have to have compared to other sports. You have to do everything. I love always having teammates around and being able to work on your game with friends or teammates instead of going off by yourself. I definitely think being interstate and being away from home, your team becomes your friends and family.

I’m in the training squad for the Olympics. There’s a team of about 20 players and it will get cut down to 12 by August. It’s possible that I could be going to Rio but there are a lot of good players going for my position. It’s been the goal for the last 12 months. I realised that if I worked hard I had a chance of making this team.

Stephanie Talbot,
University of Canberra Capitals forward,
Australian Opals training squad
A roundup of the latest UC news stories

SHEADING LIGHT ON MYOPIA

University of Canberra research has sought to halt the growing rates of short-sightedness among young people.

Assistant professor of visual neuroscience Dr Regan Ashby’s latest findings suggested brighter light exposure produced better results over time.

Dr Ashby worked with chickens in his study because their visual system is similar to humans and his results translated well to the human model.

“By using chickens we control the factors around myopia development in a very fast growing animal model, they are helping to narrow down the factors at play between our eyes and our light exposure,” he said.

VC STEPHEN PARKER TO STEP DOWN

Vice-Chancellor and President of the University of Canberra Professor Stephen Parker AO will step down from his position on 1 July 2016.

“It has been a privilege to serve as the Vice-Chancellor of this young, dynamic, world-ranked institution. I will have been in office for over nine years by the time I finish and I am looking forward to spending time with my family and pursuing other interests,” he said to staff and students.

“The tertiary education sector faces challenging times ahead but I am confident that the steady progress we have made at the University of Canberra in the past few years to become a competitive, values-based, outward-looking university will see it thrive in the future.”

Professor Tom Calma AO, Chancellor of the University of Canberra, praised Professor Parker’s visionary guidance and leadership.

“Although his departure will be a great loss for the University, his legacy has set solid foundations for the University to undertake its next stage of growth and competitiveness and for that we will always be grateful,” he said.

Professor Parker is the fourth vice-chancellor of the University of Canberra. He took up the position on 1 March 2007 and has served two terms.

UC CAPS BREAK DOWN BARRIERS

The University of Canberra Capitals chalked up two firsts last season starting with a new uniform incorporating rainbow colours to promote equality and inclusiveness.

The Capitals became the first Australian sports team to make a season-long stance on the issue.

In November, retiring UC Capitals champion Jess Bibby broke the all-time record for the most basketball games played in the WNBL.

The veteran guard equalled the record of 377 games, jointly held by former Canberra Capitals captain and championship player Lucille Balie (nee Hamilton) and three-time Olympian Rachel Spoon.

“To know that I have played the most games in the history of the sport in Australia is an amazing feeling,” Bibby said.
THE LATEST

$17M BOOST FOR RURAL HEALTH

A University of Canberra-led project received $17 million to build new clinical training facilities and student accommodation in rural southeast NSW, with construction commencing later this year.

The funding, awarded through the Australian Government’s Health and Hospitals Fund Regional Priority round, will support professional training opportunities for a range of health students.

The project will establish training facilities on existing hospital sites, as well as student accommodation in the regional towns of Bega, Cooma and Moruya.

These facilities will provide clinical training opportunities for medical, nursing, midwifery and allied health students, which will support the rural and regional health workforce capacity in this area of NSW.

TRAILBLAZERS AWARDED HONORARY DOCTORATES

Former Prime Minister Julia Gillard and Muslim community leader Dr Jamal Rifi were the recipients of University of Canberra honorary doctorates in 2015.

The Honourable Ms Gillard, Australia’s first female Prime Minister, was recognised for her distinguished service to education, gender equality and the Australian community.

Dr Rifi was praised for his leadership in building a better understanding between Muslim and non-Muslim communities and also for his efforts as a general practitioner in Sydney’s west.

DECODING DRAGON’S GENOME

A team of University of Canberra researchers was the first to decode the genome of the central bearded dragon.

Distinguished Professor Arthur Georges and colleagues from the University’s Institute for Applied Ecology laid bare the genetic code of ‘Fabian’, the dragon who became the poster child for his species, Pogona vitticeps.

With their findings published in the peer-reviewed journal GigaScience, the team discovered the code while on their quest to find an elusive sex-determining gene in reptiles.

Professor Georges added that the genome has proved very useful for other researchers nationally and internationally, with enquiries flowing in.

UC STUDENT NAMED TOP DESIGNER

Recent University of Canberra industrial design graduate René Linssen trumped young creatives nationwide by winning the inaugural 2015 Vogue Living Alessi Emerging Designer Prize.

Mr Linssen entered ‘POD’, a design he worked on as part of a second year assignment, which reimagines a traditional mortar and pestle as a sleek and functional spice grinder.

He said students had to look at an activity in the kitchen and improve it with a handheld product.

The new award from Vogue Living magazine and Italian design house Alessi recognised fresh Australian design talent and is open to final year students and recent graduates.

As part of the prize, Mr Linssen will complete a mentorship with Australian designer Adam Cornish and a chance to present his winning design to the Alessi team in Milan.

Central bearded dragon’s genome decoded by University of Canberra researchers

Central bearded dragon’s genome decoded by University of Canberra researchers
CLOSING IN ON CANCER INNOVATION AT UC

Professor in molecular and cellular biology Sudha Rao is one step closer to a cancer breakthrough. Thanks to more than $1.52 million in funding from National Health and Medical Research Council (NHMRC) Professor Rao will be able to effectively switch off recurring cancer, meaning it can't come back.

A second project studying ‘T-cells’ and how they ‘remember’ past infections to give immunity to the body should it encounter them again, will also benefit from the funding boost.

IMPROVING STEM EDUCATION

Discovering the best ways to encourage our kids to study and succeed in science, technology, engineering and mathematics subjects is the aim of the University of Canberra’s new STEM Education Research Centre (SERC).

The centre led by Centenary Research Professor Tom Lowrie will focus on developing the research that will better inform policy around learning STEM subjects.

“Mathematics knowledge is the best indicator of success in adult life. Such knowledge predicts job security, financial stability and even low levels of depression,” Professor Lowrie said.

SERC already has several research projects underway including work in Indonesia to improve the quality of teaching and learning in mathematics, which has received $2.6 million from the Department of Foreign Affairs and Trade’s Government Partnerships for Development (GPFD) scheme.

NEW VICE-PRESIDENT GLOBAL TO GROW UC PARTNERSHIPS

Experienced international higher education executive Rongyu Li commenced his role as the University of Canberra’s new Vice-President Global in February.

Mr Li, former executive director International at RMIT University, will contribute to the further advancement of the University’s global engagement and international student recruitment strategy. His role will also oversee the development of new opportunities with the University’s domestic partnerships.

He has more than 15 years of experience in the field of international higher education, including devising and executing internationalisation strategies, overseeing international offices, language centres, pathway providers, transnational education programs and academic partnerships.

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

UC BREAKS THROUGH WORLD RANKINGS

The University of Canberra reached new heights in a number of world rankings in 2015 including its debut in the prestigious Times Higher Education (THE) World University Rankings.

UC was ranked in the 501-600 band in the 2015-2016 THE ranking out of 800 institutions worldwide. It was also named as one of the top 100 universities in the world under the age of 50 in the esteemed Quacquarelli Symonds (QS) rankings.

This achievement follows the University’s ascent of more than 100 places in the 2015-16 QS World University Rankings.

The University of Canberra’s recent rise in the top world rankings also helped Canberra move up four spots to number 17 on the QS list of best cities for international students.

WORLD-LEADING ENVIRONMENTAL RESEARCH AT UC

The University of Canberra achieved the highest Excellence in Research for Australia (ERA) rating with its environmental sciences discipline rated ‘well above world standard’ in the latest ERA announcement.

In 2015, the University either increased or maintained its ERA rating across 13 fields, which are rated at, above or well above the world standard.

The research fields of ecological applications and environmental science and management rated well above world standard.

The University also rated above world standard in research fields including genetics, human movement and sport science, nursing, public health and health services.
“Winning a scholarship from UC was the greatest affirmation that I was on the right track. I cried when I found out I was a successful recipient!”

RUTH GILBERT

proud member of the Wiradjuri nation and 2015 scholarship recipient
Luke Chiswell is a visual artist and fashion designer whose iconic Straight Face can be found across Canberra. Mr Chiswell graduated from the University of Canberra with a Bachelor of Graphic Design in 2012.