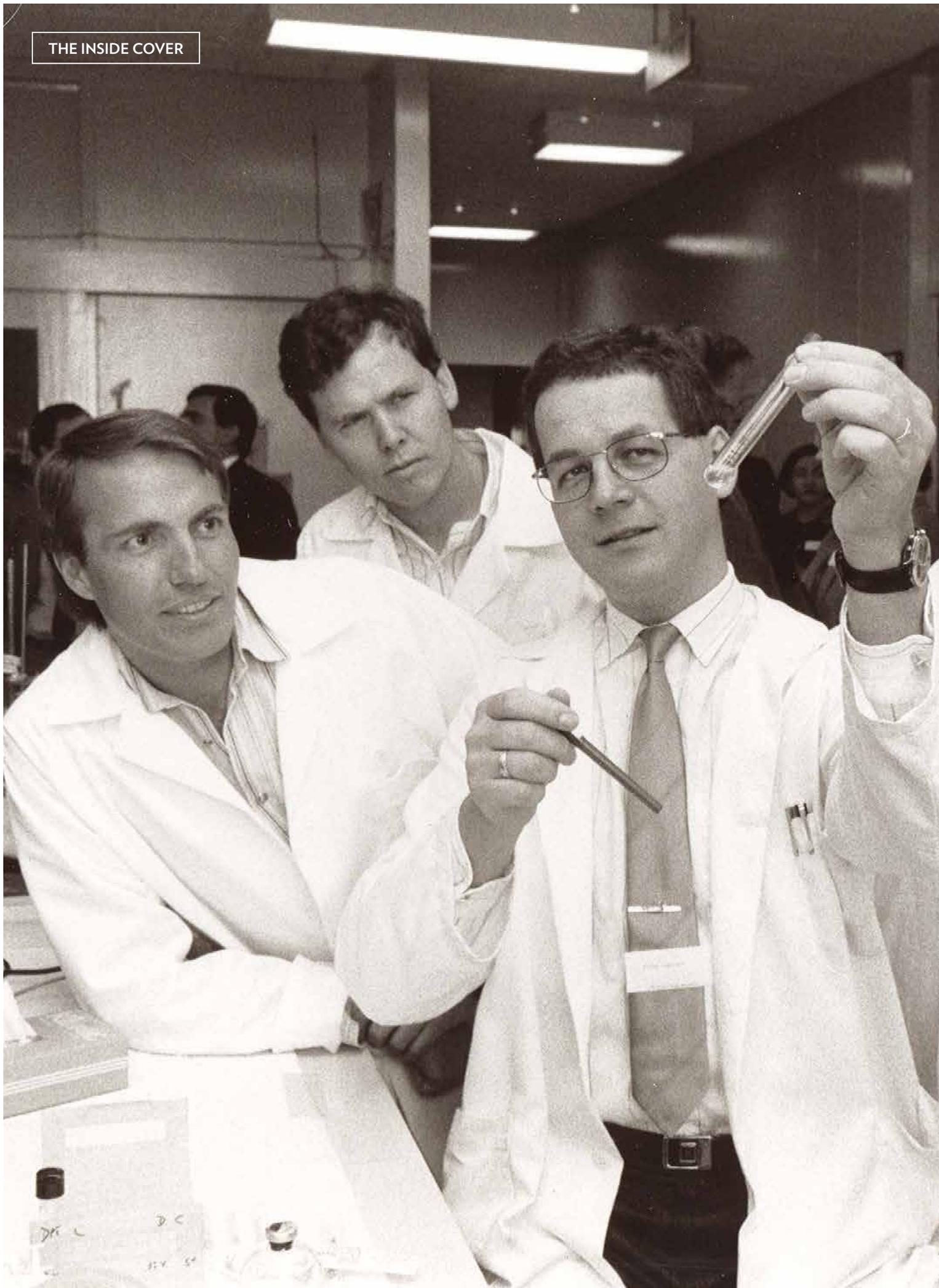




THE INSIDE COVER



---

## contents

---

|  |           |
|--|-----------|
| <b>The power of education</b>  | <b>06</b> |
| Finding personal meaning as a mature age student                             |           |
| <b>The walk of life</b>  | <b>14</b> |
| Meet three alumni who have forged successful careers in their chosen field   |           |
| <b>Sharing the secrets to success</b>  | <b>23</b> |
| Learn how the modern mentor-mentee relationship is helping people to succeed |           |

### Stories & Regular Features

|   |    |
|---|----|
| The Inside Cover                                  | 02 |
| VC's Introduction: <i>Forever Learning</i>        | 04 |
| My Favourites: <i>Marianna Tolo</i>               | 12 |
| Health & Lifestyle: <i>Beating Chronic Stress</i> | 20 |
| A Week in the Life of: <i>Kenny Heatley</i>       | 28 |
| Alumni Events: <i>Connecting UC</i>               | 30 |
| Q & A: <i>Betty Kitchener</i>                     | 32 |
| We Are UC   | 34 |
| The Latest  | 36 |
| Monitor: <i>Digital Edition</i>                   | 39 |
| Back Page Gallery: <i>Alison Barracluff</i>       | 40 |

[canberra.edu.au/monitor](http://canberra.edu.au/monitor)

PUBLISHER  
University of Canberra

CONTRIBUTORS  
Marcus Butler, Stephanie Cossetto,  
Evette Deaves, Claudia Doman,  
Amanda Jones, Caitlin Judd,  
Antony Perry and Kim Pham

DESIGN  
Andrew Sherer - UC Design Studio

COVER  
Andrew Sherer - UC Design Studio  
Australian Government Higher Education  
(CRICOS) Provider; University of Canberra/  
University of Canberra College #00212K.

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

---

### Science at the University of Canberra (1990)

Fashion trends don't often last long, but one item that has stood the test of time is the white lab coat worn almost universally by scientists. Here, five students are pictured hard at work in a laboratory on campus. Despite being taken 27 years ago, these budding scientists wouldn't look at all out of place in a lab on campus today.

# Forever learning

Vice-Chancellor and President Professor Deep Saini reflects on the University of Canberra's role as a facilitator of learning in the past, the present, and the future.



As people and technology evolve, the University is determined to stay at the forefront of this change.

'The Educated Life' vision captures this commitment, outlining the University's plan to transform our Bruce campus to prepare for how students will learn in the future. It is being driven by the University's goals of advancing its educational and research performance, integrating with the surrounding district of Belconnen, and adding to Canberra's growth as a knowledge economy.

It is a 15-year plan, but we are already beginning to see what the future will look like. The Health Hub, the Sporting Commons and two new student accommodation facilities have opened since 2014. These are testaments to the University's long-term commitment to grow its reputation as an innovative institution committed to professional education and applied research.

I am excited to see further plans come to fruition over the coming years, whether it is the University of Canberra Public Hospital opening next year or the residential development in which people from all walks of life will come to live on our campus, creating a seamless "town and gown" partnership.

This vision of lifelong learning is one of limitless opportunities and possibilities for our students, present and future, many of whom are already coming back to continue their education. In the pages ahead, you will get to know some of our alumni, who are yearning to learn more and have returned to the University of Canberra to do so.

There's the touching story about 56-year-old Murray Rainey, who is studying to obtain his first university qualification. Murray credits his decision to study with us for helping him beat depression. We couldn't be happier to have him.

Learning, however, is not confined to the lecture theatre or a university campus. It transcends everyday life, and permeates the careers of those determined to reach the peak in their chosen field. We meet three graduates who have done just that.

So, you see, while a lot may well have changed since I first began my education, one thing hasn't: I'm not the only lifelong learner here!

**D**eepak Chopra, the American author, motivational speaker and alternative health advocate, writes in his 1993 book *Ageless Body, Timeless Mind*, "People don't grow old. When they stop growing, they become old." Continuing to learn during one's life is one way to keep growing.

Starting to learn comes naturally to all of us at a young age, but maintaining this habit through our lives is not always so automatic.

After completing my schooling and two university degrees in India, I headed to Australia to pursue a doctorate at the University of Adelaide. Although my pilgrimage as a formal student ended there, the learning never really slowed down.

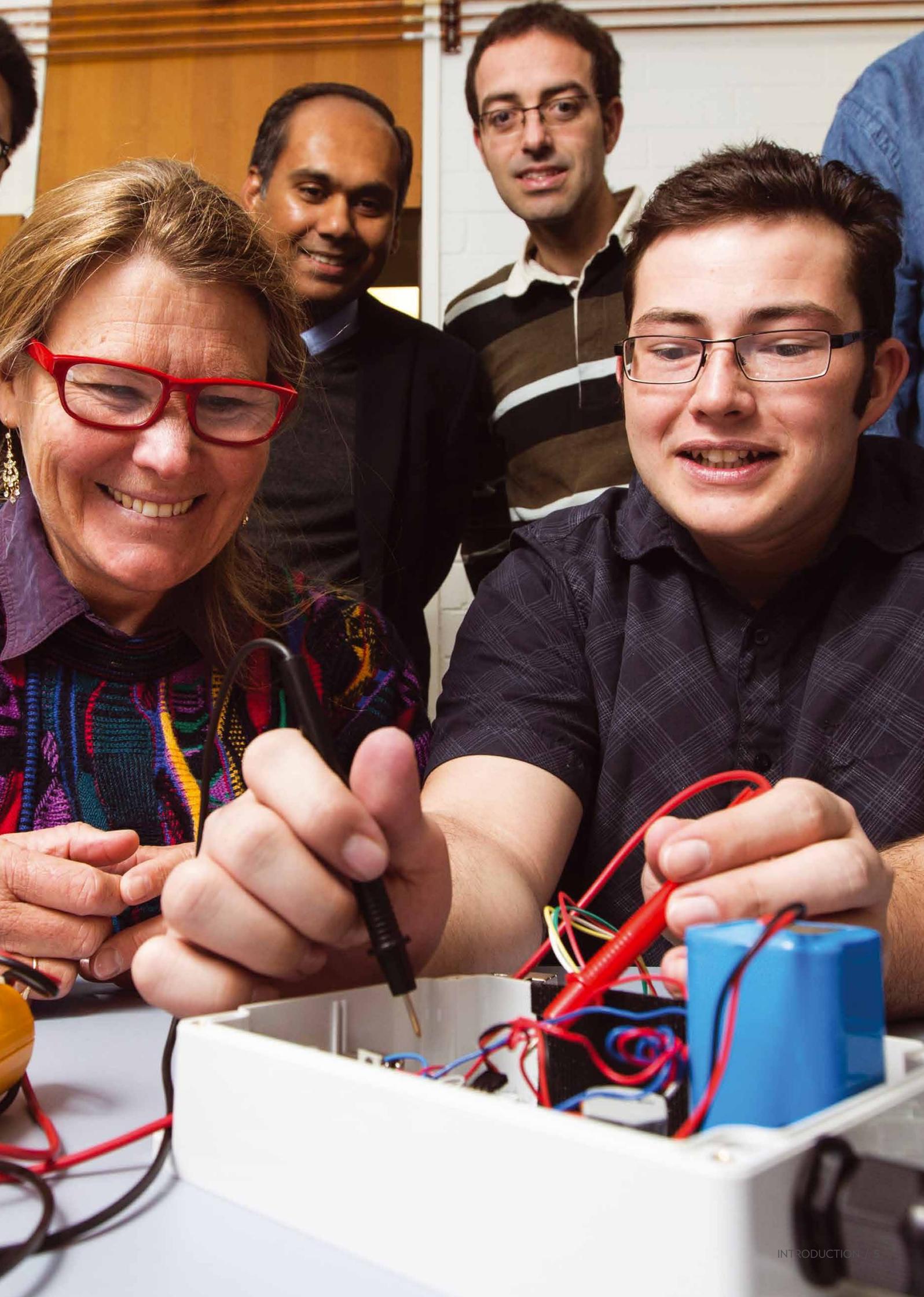
My insatiable quest for knowledge has taken me around the world, from India to Australia to Canada – where I worked at four universities – and now back to Australia.

Along the way, I have continually collected knowledge from those around me: friends, family, colleagues, students and strangers. They all know things that I don't, which is a beautiful thing. There's always something new to learn, no matter how old or qualified you are.

In a formal capacity, universities play an important role in facilitating learning.

When I decided to come to the University of Canberra, what attracted me most was the University's commitment to adapting to the changing nature of tertiary education.





# The power of education:

## Finding personal meaning as a mature age student

Devastated by a debilitating hand injury and the pain of losing two loved ones, Murray Rainey found the remedy to his affliction at university.

UC's  
Mature Age  
Students

PHOTOGRAPHY: LIGHTBULB STUDIO, MONITOR STAFF STORY: ANTONY PERRY





**M**urray Rainey sweeps across the Refectory floor at the University of Canberra in ebullient form. He's brimming with excitement as he sits down for coffee with me. "I'm pulling the formwork off what I hope will look like a floating concrete vanity top today," Murray says, referring to a personal project he's been working on in addition to the requirements of the industrial design degree he's undertaking at the University. "I wanted to make a concrete sink look like it is floating and I'm about to find out if I've been successful."

Murray is as eager as he is enthusiastic, his emotions clearly palpable. At 56 years of age, he is part of a passionate cohort of baby boomers seeking to better themselves through university. They are what the education sector classifies as mature age students – people studying at university who are over the age of 21.

The definition doesn't do Murray justice. He's almost four decades older than some of his peers studying the Bachelor of Design (Industrial Design), but Murray speaks with all the fervour of a school-leaver embarking on a parent-free journey into tertiary education. He lists off his favourite subjects and the projects he's repeated out of pure enjoyment.

"The best project I've done to date was when we had to build a beam, a truss and a column, and test them until they broke," Murray says. "It was a lot of work but it was so much fun. I built one beam and said to myself, 'I think I can build a better one', so I built another and tested them both."

Murray's zest is infectious and refreshing, but his appetite for life is only newly found. In the years preceding his decision to begin a degree in 2014, he endured his fair share of adversity.

A carpenter since the age of 18, Murray suffered a debilitating hand injury in his late 40s while building a house. He was operated on 10 days later, but the injury sapped his ability to continue working in his job. That was in 2012. Three years before, in 2009, Murray lost his beloved grandmother to a stroke. The two events, combined with the enduring heartache of losing his father in 2004, culminated in a "significant life change".

"It seemed like it all happened at once," he says. "My hand started preventing me from being able to do what I liked to do and I had suffered some significant personal losses. It triggered something inside of me and I went through a really bad time mentally."

But through adversity, Murray would find strength.



ABOVE: Sketches from Murray Rainey's notebook

PREVIOUS PAGE: Studying industrial design is a dream come true for Murray

## ***A father's advice***

Murray was barely an adult when he began working as a carpenter. He was a fresh-faced school-leaver with the world at his feet and he didn't initially favour entering a profession he describes as highly competitive and physically demanding. He liked cars and intended to pursue a career that would stoke his passion, but a conversation with his father changed that. "I said to my dad that I wanted to be a mechanic," he recalls. "Two weeks later, I was an apprentice carpenter. My dad knew what I was good at. I didn't. I was clutching at straws."

Murray grew to love the profession he was encouraged into. In the 1980s, he was the part owner of a small business. "We did kitchens," he says. The work was enjoyable and copious, but that all changed with the onset of the recession in 1990. Australia suffered its worst economic decline since the Great Depression and the effects reverberated across the country. "The economic downturn hit us hard," Murray says. "The work stopped overnight and that was the end of our business."

Murray took it in his stride. He found work in the public service as a parking inspector and licence examiner before moving to the Canberra Institute of Technology (CIT). He worked initially in administration at CIT but when management discovered he was a carpenter, they asked him to take on a teaching load. The decision was a no-brainer. Murray undertook a Certificate IV in Training and Assessment and began teaching the Certificate III in Carpentry – a field he continued to work odd jobs in up until injuring his hand in 2012.



## ***Pursuing a new path***

When hardship befell Murray in his late 40s, he felt it at full force. The injury that cruelled his carpentry career and the enduring grief caused by the loss of his father and grandmother were difficult to overcome. “Depression,” he says, “is a heavy, heavy thing. It took me a long time to get through that.”

For a long time, the priorities in Murray’s life prevented him from fully committing to gaining further qualifications, but encouraged by close friends, he began the process of applying to study industrial design at the University of Canberra in 2014. “I like to think that you meet people in your life who are supportive and encouraging and who help you when you get lost,” Murray says. “I’m lucky enough to have a few people in my life like that, and they helped me believe I could get to university and study industrial design.”

“My friends said if that’s what you want to do, go for it. I didn’t know where to start. I sought advice and put together a portfolio of some of the work I had done – kitchens for people, wardrobes, very practical things. It took me about a month to pull it all together, but it was enough and I was accepted into the course. The whole experience was seamless and trouble-free, which played a big part in getting me to university.”

Murray admits studying hasn’t been without its challenges. There have been moments when, overwhelmed by the task at hand, he’s questioned his decision to come to university. “It wasn’t all smooth sailing to begin with,” he says. “I was all at sea early on. I wasn’t proud of the results I was getting and I knew I needed to do something about it. It was a great learning experience, though. Without those early challenges, I don’t think I’d be as closely focused on my studies as I am now.”

He’s had to scale back his lifestyle, too, working part-time at a local building supplier. “I’ve shrunk my life down to subsistence living, but it’s been the most rewarding time that I’ve had, I think, ever, because it allows me to study and do what I love.”

---

LEFT: Murray rediscovered his zest for life as a mature age student

## ***The perfect remedy***

In the face of unrelieved hardship, Murray took a leap of faith and found the remedy to his affliction as a mature age student.

“Going to university has given me purpose,” Murray says. “But more than that, it has opened my eyes to things I’d never considered ever before in my life. The reinvigoration of my spirit has come from studying here. I don’t get to see my friends as much as I used to because of my commitments at university, but they don’t mind because they know I’m now better off for having been here.”

Murray has completed the industrial design component of his course and is now undertaking a second major in interior architecture. He plans to complete his honours in 2018, which he’d like to dedicate to perfecting an empathy suit he designed in his second year. The suit is designed to help people better understand the physical challenges associated with ageing. When worn, it reduces younger adults’ physical capacities in a direction consistent with ageing, helping those wearing it gain an idea of how many older adults navigate the world.

Murray’s empathy suit is already being used by students and staff in the University’s nursing program, but he hopes to get it to the point that it can be used at the University of Canberra Public Hospital, which is due to open on campus next year. “Before my grandmother died, I watched health care staff not associate with her circumstances very well,” he says. “The suit is the perfect opportunity to try and prevent that from happening to others, to make sure people understand what the elderly go through. I don’t want others to experience what my grandma did.”

Murray hasn’t ruled out undertaking postgraduate study in the future, either,

acknowledging that it wasn’t on his radar when this journey began but that it’s now something “I can’t stop thinking about”.

“When I look at what I do at university, it’s what I do for me,” he says. “I’m doing it for me and it makes me happy. I want to get all the ideas out of my head and if I’m the only person who enjoys them, I’m good with that – I’m absolutely fine with that.”

It’s been almost two hours since we sat down and Murray has barely touched his latte. It’s cold now, but that doesn’t diminish his mood. He’s about to see if his concrete vanity top floats, and he’s “really, really excited about it”.



## ***Margaret Wright OAM***

**Diploma of Teaching  
and Bachelor of Education  
(Canberra College of Advanced Education)**

They say you’re never too old to learn and Margaret Wright is testament to that belief.

Margaret travelled the world as a young adult and met an English gentleman along the way, who she went on to marry and have three children with. But her commitments as a mother and wife didn’t stop her from pursuing her passion for learning.

A teacher at heart, Margaret enrolled at the Canberra College of Advanced Education, now the University of Canberra, to strengthen her qualifications and completed a Diploma of Teaching and a Bachelor of Teaching in 1981.

She worked as a classroom teacher at Urambi Primary School in Canberra where she developed a musical literacy program using recorders. The program was a huge success. Every student learned to read music.

“This resulted in the then well-known Urambi Recorder Consort,” she recalls. “The children, dressed in elaborate Elizabethan costumes, played music of the Renaissance and Baroque. They won the Sydney, National and Goulburn Eisteddfods for many years.”

In 1991, Margaret was awarded a Churchill Fellowship to study her ideas further in Britain. She retired from teaching two years later, but her love of music remained and she was asked to teach the recorder at local schools across Canberra, including at the University of the Third Age (U3A), with which the University of Canberra is affiliated.

The 76-year-old still tutors and conducts recorder classes as a volunteer for the U3A. She is currently teaching around 130 retired adults across five graded groups. She hopes they can join the Canberra Recorder Orchestra.

“Most of my students appreciate the opportunity to learn and some have been with me for 20 years,” she says. “Some say that it has been a lifelong dream to play in an orchestra, so it’s wonderful they have realised, or are on the road to achieving, that dream.”

Margaret was awarded on Order of Australia Medal in 2011 in recognition of her lifetime of volunteer work. She is also a Fellow of the Linnean Society of London, having had drawings of Australian geckos published in its journal.





## ***Sarah Mapham***

### **Bachelor of Midwifery**

It wasn't until Sarah Mapham had her second child at age 25 that she decided she wanted to become a midwife.

"Child birth can be a daunting experience, but having continuity of care – the same midwife throughout pregnancy, labour, birth and post-birth – can make all the difference," Sarah says. "I want other mothers-to-be to know that giving birth doesn't have to be scary and it's not like what you see in the movies."

Sarah left school at age 16 and worked predominantly in administration and hospitality roles for the next 15 years. In 2015, at age 32, she undertook the UC Prep course – a pathway program offered by the University of Canberra College for those wanting to study again. She says it was a great way to prepare for studying at the University of Canberra.

"They were very clear in explaining what to expect at university," she explains. "They also helped me with my essay writing skills. I'd definitely recommend UC Prep to anyone looking to study at UC."

Sarah is now in her second year of a Bachelor of Midwifery degree. While the mother-of-four admits juggling her time can be tricky, she believes there is an advantage in studying as a mature age student.

"I'm definitely more focused now as I know what I want to do and I'm enjoying what I'm doing," she says. "The skills I'm learning in my degree are universal and I can take them anywhere. My daughter and eldest son also like the idea that I'm studying like them."

---

ABOVE:  
Aspiring midwife Sarah Mapham

---

RIGHT:  
Two-time UC graduate Leanne Manthorpe

---

TOP LEFT:  
Murray's innovative pannier rack/folding chair design

---

LEFT:  
Recorder enthusiast Margaret Wright

---



## ***Leanne Manthorpe***

### **Graduate Certificate in Professional Writing (Editing) and Graduate Diploma in Librarianship (Canberra College of Advanced Education)**

A UC alumna twice over, Leanne Manthorpe has some sound advice for those looking to upskill or give university a go for the first time.

"Go online and enrol even if, like me, your hand is shaking as you click the send button." Leanne says. "If you don't take the plunge, you won't reap the benefits."

"Also, accept that some things may have to change so you can fit uni into your life. If studying is something you really want to do, it should be a priority."

Leanne completed a Graduate Diploma in Librarianship at the Canberra College of Advanced Education in 1986. The College became the University of Canberra in 1990 and Leanne returned to study professional writing (editing) last year. She wanted to learn new skills and re-enter the workforce.

As well as juggling her study and family commitments, the 54-year-old was on the editorial committee for *Pulling Threads: FIRST 2016*, an anthology of creative writing produced each year by University of Canberra students.

"I underestimated what the FIRST experience would teach me," she says. "Where else can editing students involve themselves in a real-life publishing project? I also learned how to open myself up to constructive criticism, the value of practicing my skill set every day and that it's ok to ask for help."

Be it problem-solving, meeting deadlines or juggling schedules and priorities while raising a family, Leanne says mature age students have useful skills they can apply to their study.

"The other advantage is that we've had time to work out what we want university to give us and where we want to be and this makes it easier to target our efforts," she says.

But she acknowledges the challenges created by commitments such as family and work.

"There were times during my course when I felt I was being stretched on all fronts but you just have to do your best," she says. "Every mature age student is in the same position and talking with fellow students puts this in perspective."

## MY FAVOURITES

This issue we talk to University of Canberra alumna and Olympic basketballer Marianna Tolo about some of her favourite things.

# what's your favourite...

1

## photos of family and friends

I'm originally from Mackay, Queensland, but Canberra has been my home for as long as I can remember. There's the exception of a few years when I was playing basketball professionally in France and America. Wherever I am in the world, I put up photos on the wall because it makes me feel like I'm at home. It reminds me of the people I'm closest to – my family and friends who I play for and share these incredible experiences with. Seeing these people on my wall – wherever it may be – makes me smile every time.

3

## rakija

Rakija is a Bosnian fruit brandy that can be made from all different types of fruit – grapes, pears, plums, you name it. At 60 to 70 per cent alcohol, it's very strong! Members of my extended family live in Bosnia and they make their own. They are fairly self-sustainable in their homes over there, so they have plenty of plants and fruit trees in the garden. I don't drink rakija often, but it is best served after dinner. In Bosnia it's called "fire water" because it burns all the way down your throat. It's best sipped slowly!

2

## personalised basketball

This was a gift from Spalding before I was selected in the Australian women's national team for the 2016 Rio de Janeiro Olympic Games. It's got my name on it! I'll never use it because I don't want to wear it out. To me, it's more than just my name on a basketball. It's a reminder of what I've achieved so far in my career. It meant a lot to me to make the Opals squad, especially after injuring my knee in 2015 and overcoming that. Having it on my shelf and being able to look at it and reflect on my career helps keep me positive.

4

## pizza oven

My partner Dan and I have a pizza oven we just can't get enough of. It was on special at Aldi and we couldn't resist. We've used it so much that it's actually starting to crack – I can't remember how many times we've had friends over for pizza! I really love to cook so I make the dough myself. I get it from my mum, who is really great in the kitchen. I never ate out as a kid because my mum always cooked and it's a tradition I'd like to continue.

5

## drawing by Ava

A young girl named Ava gave me a drawing after one of my games for the University of Canberra Capitals. It was of the first time we met after a game, earlier in the season. I thought it was so cute and funny. It's a symbol of a team I've enjoyed playing with so much. The 2016/17 WNBL season was a big one for me. I played my 150th WNBL game in Canberra. Fifty of those were for the AIS a while ago but the rest have been with the University of Canberra Capitals. The milestone really means a lot to me because I love the club and I've won two championships with it. I also have an extra connection because I studied at the University of Canberra. I'm really proud to have played in this city for so long and to be part of a club that has such a proud history.



**MARIANNA TOLO** (Bachelor of Sports Coaching and Exercise Science, 2012)

Olympic basketballer Marianna Tolo is a star centre who co-captained the University of Canberra Capitals during the 2016/17 WNBL season. She has a proud history in Canberra, having played five seasons with the club including the 2008/09 and 2009/10 WNBL championships.

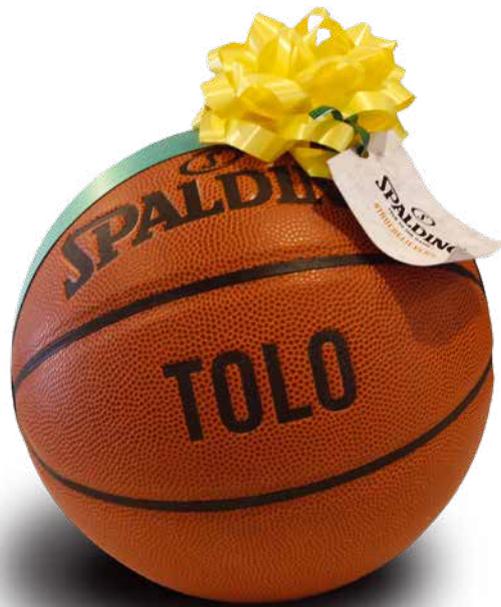
Between 2012 and 2015, Marianna played overseas for French clubs Pays d'Áix Basket and CJM Bourges Basket before signing with WNBA team the Los Angeles Sparks. She returned to Australia in late 2015 after tearing her anterior cruciate ligament. Marianna made an impressive recovery and was named in the Australian Opals team for the 2016 Rio de Janeiro Olympic Games.

Marianna, who grew up in Mackay, Queensland, completed a Bachelor of Sports Coaching and Exercise Science at the University of Canberra in 2012. Her sister, Kate, also studied at the University and graduated with a Bachelor of Applied Fashion.

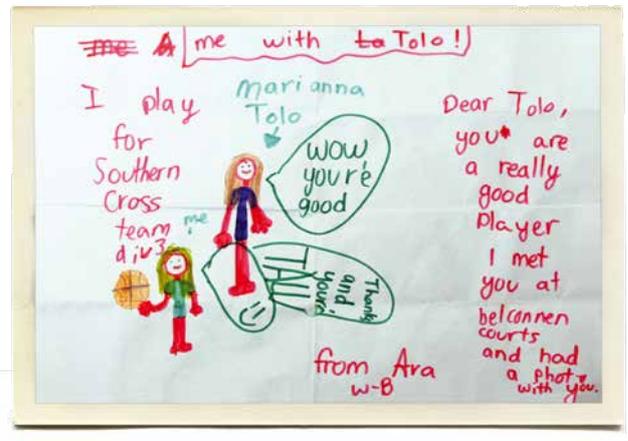
1



2



4



5



Reaching the top of your chosen field takes hard work and dedication.  
Meet three alumni who have those characteristics in spades.

# The walk of life

**Inspirational  
Alumni**

PHOTOGRAPHY: LIGHTBULB STUDIO, SUPPLIED STORY: STEPHANIE COSSETTO

Each year, thousands of University of Canberra students graduate and become part of a global community made up of over 79,000 alumni.

Since the Canberra College of Advanced Education (CCAЕ) opened its doors in 1968, later becoming the University of Canberra in 1990, the University has helped shape the futures of Olympians, politicians, scientists, prominent media personalities and famous authors and musicians.

Daraka Rome, Pamela Russell and Chris Kimball are just three talented alumni who have forged successful careers since graduating from the University of Canberra. The education they received helped transform their lives, opening new opportunities and taking them to exciting places around the world.

As key members of the University's alumni community, all three have continuously sought to increase and assist with educational opportunities for others, strengthening the relationship between the University and the wider community, and passing on their passion for continuous learning. Using the powerful tool of education, they are all contributing to changing the world, one step at a time.

### ***A journey without borders***

When Daraka Rome welcomes me into her home with a friendly smile and a warm embrace, it's easy to see why she is held in such high regard in the local community.

Dara, as she is affectionately known, is one of Australia's leading conservationists. She has worked in senior positions at the National Archives of Australia, the National Museum of Australia and the Australian War Memorial.

She is responsible for an innovative method of mounting posters and paper conservation implemented at the Australian War Memorial in the early 1990s. The system is still in place today and is just one of many initiatives she has developed since moving to Australia in the late 1960s.

It was 1969 when she emigrated from Thailand, her birthplace, after receiving a scholarship under the Colombo Plan program to learn English. "They gave a scholarship for the first time to people from Southeast Asia," Dara says.

Since its inception in 1950, the initiative, now known as the New Colombo Plan, has aimed to strengthen economic and social development between its member countries in the Asia-Pacific region. In 2017 alone, as many as 180 University of Canberra students will benefit from \$600,000 in funding awarded to the University.

Dara had an honours degree in architecture and industrial design from Chulalongkorn University in Bangkok when she came to Australia, but she recognised the importance of English as a second language in her career.

Settling in Perth to undertake her studies, Dara met the man she would go on to marry. The couple moved to Canberra soon after tying the knot. Her husband, a public servant, accepted a position with the Department of Foreign Affairs and was later transferred to Mexico on a diplomatic posting.

It was during her time in North America that Dara's interest in conservation spiked. "I was always interested in conservation and that really escalated in Mexico with all the beautiful artefacts and archaeological sites, and their strong focus on museums and conservation schools," she says.

After three years in Mexico, the couple returned to Australia, where Dara's husband watched a television interview with Emeritus Professor Colin Pearson AO from the then Canberra College of Advanced Education (CCAЕ). Known as the 'Father of Conservation in Australia', Professor Pearson was promoting a new course in materials conservation. Knowing that Dara, who had recently had their first child, would be interested, her husband encouraged her to contact Professor Pearson regarding the course.

"I went in to meet him and was told that the applications had just closed, but he said I could still apply," Dara recalls. "I received a call from Colin a few days later notifying me that my application hadn't been processed and that he had to make a decision about students. He couldn't wait for me, so I was going to miss out on the course and would have to wait until the following year."

A few days later, Dara was preparing to leave Canberra for a few days when an offer to study at the CCAЕ arrived in the mail. She didn't think twice, accepting the offer and diving into her studies while navigating motherhood.

Dara was one of the first students to study conservation at the CCAЕ, graduating in 1983 with a Master of Applied Science in Conservation. "Having only ever studied in Thai, I remember the course was quite difficult at the time and I really struggled with the chemistry subject," she says. "Conservation is applied science, so there is a big science component to it."

At the end of her first year, Dara fell pregnant with her second child. She almost gave up on the course and CCAЕ, but with her mother's help, Dara continued to study and undertook a work placement at the National Archives of Australia. The experience was invaluable. Conservation was quite new at that time in Australia and Dara was able to develop her strength in paper treatment and protection.

The student life and university experience, however, was quite different back then. With a three-year-old in crèche that had limited hours, it didn't leave much time for socialising. "It's funny because in those times we never really used the word balance, we didn't think about work balance and personal life," she says. "We just did it."

Now retired, Dara is still actively involved with the local Canberra community, giving her time to assist with transcribing and translating.



THIS PAGE: Retired conservationist Daraka Rome was a leader in her field

### ***Building a legacy worth remembering***

It's been nearly 40 years since renowned Australian immunologist Pamela Russell walked the halls as a student of the University's predecessor, the CCAE, in the late 1970s. At the time, the Diploma of Education graduate was able to relate to juggling parenthood and study commitments.

Pamela worked as a lecturer while raising two children. She also found the time to develop a number of new science courses. "It was quite difficult at those times to find a balance, but it was possible," she says. "You just have to work very hard at it."

Speaking to Pamela now, her passion for medical science and education is as strong as ever. She recalls her interest beginning in the 1960s, when she studied a Masters in Immunology at the Walter & Eliza Hall Institute under Nobel Prize recipient Sir Macfarlane Burnet before undertaking a PhD under the supervision of distinguished research biologist Sir Gustav Nossal.

"At the time, immunology was developing many new concepts at an incredible pace," she says. "I worked with some of the most amazing immunologists at a time when the major cell types involved in immunological responses were being functionally defined. Now, immunological methods are being used to treat some cancers. That was predicted at the time, but it has taken a long period to come to fruition. It's extremely exciting."

Changing the focus of her research due to her fascination of the area, Pamela applied for a job researching prostate and bladder cancer in 1984. Facing funding issues, she approached famous newsreader Roger Climpson, who had been diagnosed with prostate cancer around the same time. Together they set up the Prostate Cancer Foundation of Australia, which continues to this day to raise awareness, support research and set up programs for patients and their families.

Pamela quickly developed an international reputation for her work on bladder and prostate cancer. A strong believer in collaborations, she has initiated global developments for medical science by encouraging those working competitively on similar projects to work together to tackle the issues. There is no greater example of this than Movember, an initiative set up by the Prostate Cancer Foundation of Australia.

In addition to her ground-breaking studies, Pamela is a former director of the Oncology Research Centre at the Prince of Wales Hospital in Sydney. She also held a conjoint chair position in medicine at the University of New South Wales (UNSW) and was the Professor of Medicine at the UNSW's Prince of Wales Clinical School. She currently works as the Head of Biomedical Imaging and Prostate Cancer Models at the Australian Prostate Cancer Research Centre at the Queensland University of Technology.

Over the years, Pamela has been involved in establishing several other organisations including the Genitourinary Oncology Group and the Australian Prostate Cancer Collaboration and she has some exciting future projects planned in the area of imaging and potential treatment targeted at prostate cancer. Although she continues to raise money in competitive grants and industry support, she says one of the biggest hurdles she continues to face is funding in science.

"Grants can come and go – sometimes you are successful and sometimes you are not," she says. "Over the years, the number of grants has been reduced and times are extremely tough, especially for mid-career researchers who have already proven their worth, but now have very few chances to obtain grants. Those are the moments when you have to grit your teeth, move forward and try to find another way to source money."



LEFT:  
Pamela Russell helped found the  
Prostate Cancer Foundation of Australia

BELOW AND RIGHT:  
Former journalist and not-for-profit CEO  
Chris Kimball



## ***Against the odds: a triumph over adversity***

For many Canberrans, Chris Kimball is a familiar face. For 10 years, he fronted the ABC's 7.30 current affairs television program. He told stories that were often difficult to tell: homelessness, drug abuse and eventually his own personal experience with cancer.

But the Canberra-born journalist's curiosity and story-telling trademarks had developed long before.

Completing a Bachelor of Applied Science and Sports Media at the University in 2001, Chris describes his study experience as "a little bit different". He travelled extensively throughout – sometimes for up to a year at a time.

With six months left of his degree Chris was offered a position with WIN TV in Central West New South Wales. "I leapt into the role as a television journalist for a regional platform, completing the last part of my degree via correspondence," he recalls. "It was such a terrific experience and the perfect grounding for a start in the industry."

During his university years, Chris helped develop the mentoring program for young journalists and managed the program, strengthening the relationship between the University and WIN TV. After spending a few years with WIN followed by a stint with regional broadcaster Prime7, Chris transitioned into politics and worked in Dubbo for local Member of Parliament Tony McGrane. He was groomed to take on the position before Tony tragically passed away in 2004 following a short battle with liver cancer. Facing a fork in the road, Chris had the difficult choice of following in his mentor's footsteps or returning to journalism. He decided to follow his passion and returned to Canberra.

Landing a job at the ABC, Chris quickly progressed from reporting on sport to hosting the 7.30 program. In 2012, however, he was struck with the diagnosis of non-Hodgkin's lymphoma.

Rather than taking a break from work and dealing with the disease privately, he decided to share his battle with cancer. To him, it was important to do so.

"I don't consider it a brave decision because I was just going through something that so many people and families are touched by in some way or another," he says. "It just happened to be a public component for myself. There was an opportunity to try and normalise what is such a terrible and abnormal aspect of life and a very frightening process. To get to work and say, 'I'm here, I'm living with cancer and I'm going to keep on living', that was just me trying to get on with life."

Winning his own battle against cancer inspired Chris to give journalism up and give back to the community by working in the not-for-profit sector. In 2015 he became the Chief Executive Officer of Snowy Hydro SouthCare, the aero-medical and rescue helicopter service. The role allowed Chris to share the organisation's story with firsthand experience. "The most rewarding part of the job was being able to meet the people who had been affected by the service and the former patients who had their lives changed," Chris says.

Chris has since moved on from Snowy Hydro SouthCare. He is living a coastal life with his family, surfing at every opportunity he gets and making up for time lost due to his life-threatening battle with non-Hodgkin's lymphoma.

Before making the change, Chris left an indelible mark on the Canberra community. As a supporter of the Leukaemia Foundation, he worked on a joint project between the foundation and the John James Village to build a residential facility. "The day I left Canberra and Snowy Hydro SouthCare was the day the facility opened," he says. "To leave Canberra on that day and seeing that it was finished was the perfect way to see out the project."

# Health & Lifestyle

University of Canberra alumnus and Accredited Practicing Dietitian  
Robbie Clark shares his tips for beating chronic stress.

**As humans, we are not strangers to stress. It is a by-product of our busy lifestyles and because many of us move through life at such a relentless pace, stress is something we have learnt to live with.**

Whether it is emotional, psychological, physical, chemical or nutritional, our bodies respond to stress in the same way. It wears down our health reserves, making us more susceptible to health complications.

If stress is chronic, it is difficult to overcome. We suffer a lot longer as our body responds to its effects.

Chronic stress has been associated with biological ageing, oxidative stress and inflammation, and suppression or abnormal regulation of immune function. It can impair our brain structure and it increases our susceptibility to infection and conditions such as depression, heart disease and various types of cancer.

Stress can lead to serious mental and physical health problems. It can also take a toll on your relationships and affect your performance at work. A build-up of stress over time may cause you to become more isolated and you may find yourself avoiding social situations as they may make you feel more anxious. This can cause a breakdown of friendships and support networks, which are important during stressful times.

## CARDIOVASCULAR SYSTEM

Acute stress leads to a higher heart rate and stronger contractions, causing the blood vessels and the heart to dilate. This is due to an increase in the stress hormones – adrenaline, noradrenaline and cortisol. Long-term ongoing stress can increase the risk of hypertension, heart attack or stroke.

## GASTROINTESTINAL SYSTEM

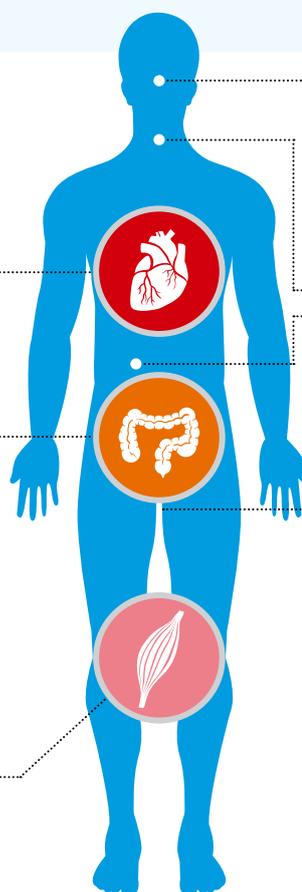
Stress impacts on your digestive function by impairing gastrointestinal barrier function and altering intestinal microflora. You may experience symptoms such as nausea, cramping, gas, pain, bloating, diarrhoea or even constipation.

## MUSCULOSKELETAL SYSTEM

Muscle tension is a reflex reaction to stress. Chronic stress causes your muscles to be in a constant state of tension which can trigger other reactions in your body such as headaches and migraines.

## MAJOR MALE ENDOCRINE GLANDS

Pituitary gland  
Thyroid gland  
Adrenal gland  
Testis



## FIVE WAYS TO MANAGE STRESS

A **diet** consisting of unprocessed foods, healthy fats, vegetable or fish protein, seven or more brightly coloured vegetables and fruits every day, whole grains, nuts and plenty of water will boost antioxidants, vitamin and mineral intake and reduce inflammation caused by stress.

**Supplements** can assist with various hormone imbalances and ones that contain natural nutrients and herbs have been clinically proven to assist your body in coping with stress and associated side effects.

**Quitting smoking** will greatly help your efforts to reduce stress. This behaviour is heightened under times of stress, as it increases inflammation which exacerbates the body's response to stress.

**Exercise** and appropriate rest and recovery are very important. Aim for low to moderate intensity sessions as exercise increases cortisol levels. Aim to exercise for 30 minutes most days with as much incidental activity as possible.

It is important that you **sleep** for approximately seven to eight hours a night. Avoid eating, exercising and drinking alcohol or caffeine within two hours of going to bed. Sleep in a dark, quiet, cool room and use ear plugs or an eye mask if necessary.

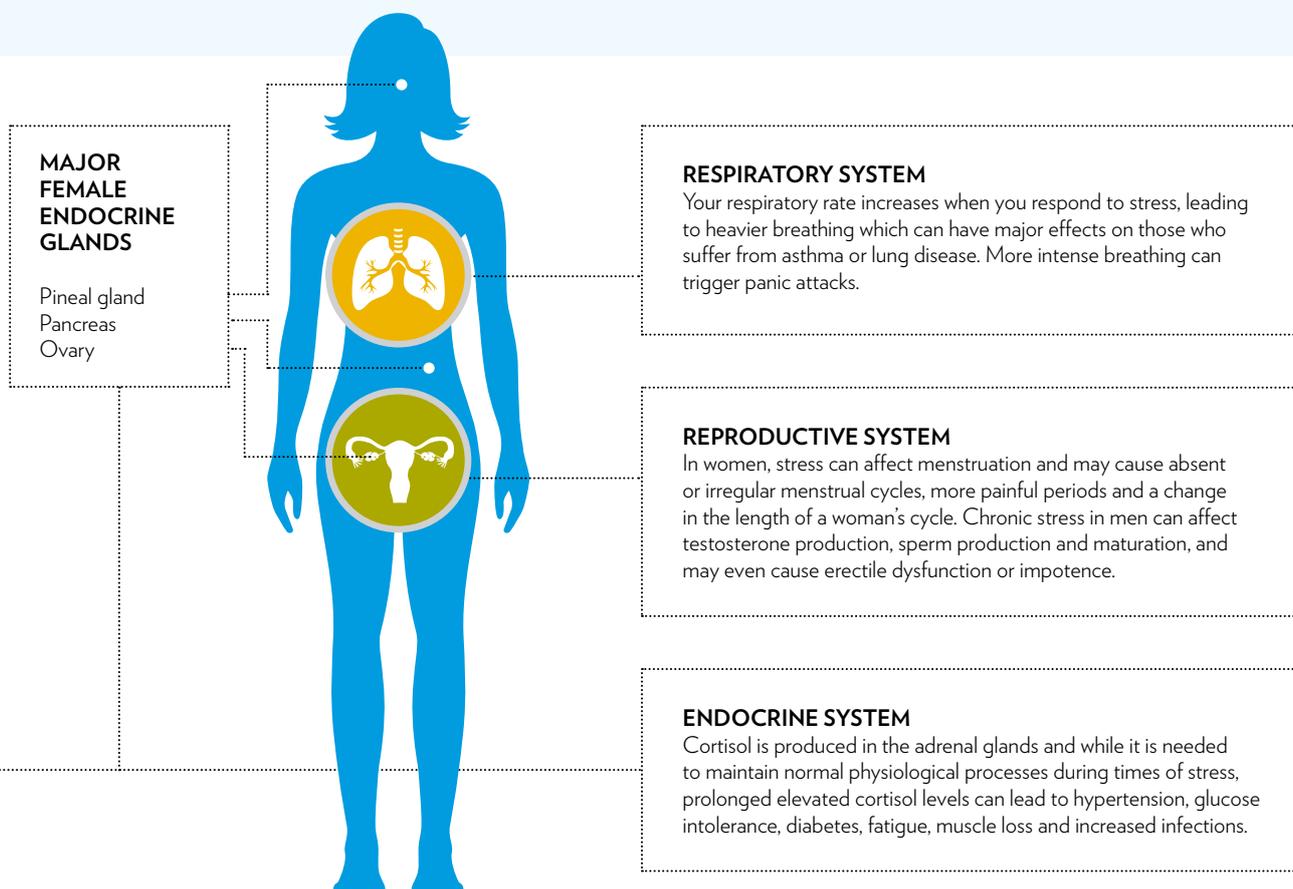
## THE GOOD NEWS

Stress is a process, not a diagnosis. We experience stress when there is an imbalance between the demands being made on us and our resources to cope with those demands. The level and extent of stress a person may feel has a lot to do with their attitude to a particular situation.

To avoid the negative impact of stress on your central nervous, immune, musculoskeletal, digestive, endocrine, respiratory and cardiovascular systems, it is important to implement some stress management strategies.

You can reduce stress in a number of ways. Common strategies include yoga, meditation, deep breathing, massage, hypnosis, exercise, planning a holiday and seeking professional help.

Robbie Clark completed a Master of Nutrition & Dietetics at the University of Canberra in 2010. He is an Accredited Practising Dietitian and sports nutritionist with more than 10 years' experience and is the director and co-founder of TheHealthClinic.com.au, Australia's first online nutrition and allied health clinic. Throughout his career, Robbie has worked in clinical community dietetics and health, corporate health and private practices. He is an expert in men's health and is regularly featured in the media.





---

THIS PAGE:  
Donna Hodgson and Nicola Champion met  
through a mentoring program for mental  
health nurses



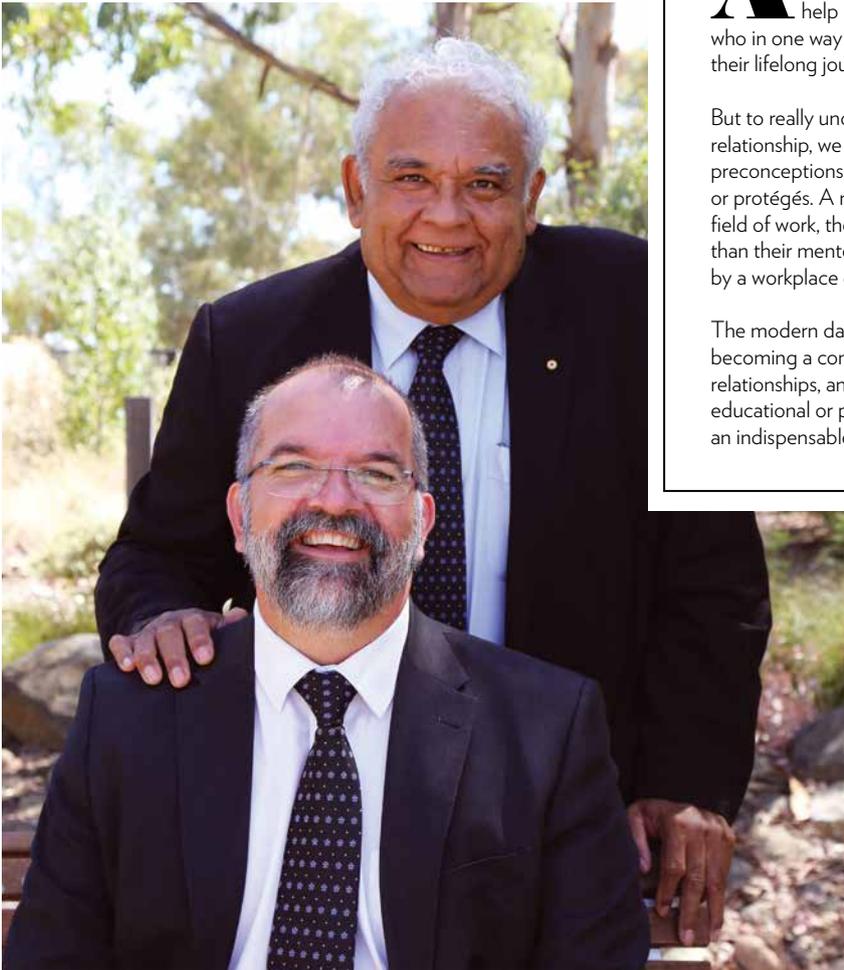
# Sharing the secrets to success

Whether it's finding motivation at work, sorting out a personal problem or getting ahead in your career, having a mentor may be the difference between stagnation and success.

**The Modern  
Mentor-Mentee  
Relationship**

PHOTOGRAPHY: LIGHTBULB STUDIO, SUPPLIED STORY: MARCUS BUTLER

## MENTOR-MENTEE



Anyone with a successful career would often say there have been important people along the way to help them get where they are: guides and listeners, who in one way or another have mentored them through their lifelong journey.

But to really understand the modern mentor-mentee relationship, we need to shake out some of the old preconceptions which might have us thinking of apprentices or protégés. A modern mentor is not necessarily in the same field of work, they are not necessarily older or more senior than their mentee and the relationship is rarely mandated by a workplace or learning institution.

The modern day mentor-mentee rapport is increasingly becoming a combination of professional and personal relationships, and whether you're using it for professional, educational or personal means, having a mentor is considered an indispensable part of success.

---

LEFT:  
University Chancellor Tom Calma AO  
and Peter Radoll have enjoyed a successful  
mentor-mentee relationship

---

RIGHT:  
Poet Paul Hetherington says he has learned  
a great deal from people he has mentored

### ***Two are better than one***

The University of Canberra's Dean of Aboriginal and Torres Strait Islander Leadership and Strategy, Professor Peter Radoll, is a firm believer in having a mentor – and perhaps more than one.

"I have had a few mentors at any one time and I guess I've learned over the years that some are better at giving certain kinds of advice than others," Peter says. "I think seeking advice from a mentor is one of those strategies successful people have and there is really no penalty in work or life from getting a little help along the way.

"I had one mentor early on in my career. I have to admit, I along with everyone else, thought he was tough. But I persisted and we eventually struck up a professional relationship. He provided advice and even took it on himself to raise money for a project I was trying to get started."

Peter counts University of Canberra Chancellor Professor Tom Calma AO among his mentors, "though since returning to work at the University of Canberra, I have spoken with him a little less about professional issues," he laughs.

A descendant of the Anaiwan people of New South Wales, Peter is working to bring together areas of Indigenous education, research, employment and student engagement at the University. In addition to leading the Office of Aboriginal and Torres Strait Islander Leadership and Strategy, he also leads the Ngunnawal Centre

and co-leads the University's Collaborative Indigenous Research Initiative.

Peter says Aboriginal and Torres Strait Islander people can benefit from strong role models regardless of the stage of life they are at.

"Young Aboriginal and Torres Strait Islander people face many negative messages and stereotyping while they are growing up," he says. "People hear others telling them how they won't amount to anything or that they can't succeed. Having someone out there who can see their potential and who can say to them, 'You can do it, just get out there and give it a go', that can be enough to set them on the path to success."

Peter is a mentor to many Indigenous people. Among his current mentees is Indigenous woman Karlie Noon, whose interest in mathematics and science and has led her to examine Indigenous astronomy.

"I have been privileged to work with students and to pass on advice to them that I hope they've found useful and uplifting," he says. "Karlie is one such student, and I look at what she's doing and I'm immensely proud. She's mentoring Indigenous kids with the CSIRO and she's found a new passion in astronomy from Indigenous perspectives as well."



## ***The sharing of wisdom***

Australian poet and Professor of Writing at the University, Paul Hetherington, challenges the preconception that mentors share their wisdom and mentees are the ones that learn.

Paul is well-known in creative writing circles for being a mentor. But although he has mentored a variety of people in the last three decades at the National Library of Australia and the University, he says he's found many of his mentees just as valuable to his own growth.

"Mentoring is mainly a case of being sufficiently attuned to others to notice when you might be able to be of some help, and also being willing to dedicate a little time to such relationships," he says.

"It might be that you employ a staff member and realise they would benefit from some ongoing advice and nurturing, or perhaps you begin a project and notice that there are people who may be interested in it who have the potential to learn a lot from participating.

"I always learn a great deal from mentoring other people, not least because everyone I have mentored has had knowledge and skills I don't possess. I remember one staff member at the library who very quickly turned the table and I found she taught me a great deal."

Mentoring in a creative field such as writing can be difficult, Paul says, highlighting that the personal nature of some people's work doesn't lend itself to criticism.

"It can be a somewhat delicate process," he says. "People who are making creative work are often deeply invested in it in a very immediate and personal way. The success of a mentoring relationship in a creative field can depend on whether there's real sympathy and trust between the people involved. When it does work, it can be marvellous. I guess that's true of many mentoring relationships, wherever they take place."

Paul says sparking a relationship with a new mentor can be as simple as starting a conversation with someone in your own field and being open to learning from them.

"The best advice I could pass on to people who are looking for a mentor is to keep at it. Try to find a person who is both canny and generous. I think mentors can often be identified through conversation – if you are able to talk to someone in a satisfying way, then you are likely to be able to learn something from them."



### ***Walking the same path***

Mentors can be more beneficial in some fields than others – mental health nursing to name one.

Such a high-intensity and confronting field of work can rattle even the most dedicated professional, which is why the University and ACT Health work in conjunction to prepare people in this area. A pathway program has been running for the last 15 years and is available to postgraduate students wanting to work for the ACT Government's Mental Health, Justice Health and Drug and Alcohol Services program.

Donna Hodgson is the Mental Health Nursing Education Programs Coordinator and is employed on a sessional basis at the University. She says students from various backgrounds are utilising the program.

"We have students who have just started out as nurses and who want to specialise in mental health," Donna says. "Some are already working in the field but they require more knowledge and others have been nurses for a long time and are keen to start working in this space.

"Each student is assigned a supervisor who helps them through their postgraduate study, but when they are doing a placement they often seek out their mentors for insights and perspective, and that's what they value the most."

Since its inception, the course has seen hundreds of nurses acquire specialist skills to work in mental health roles. Donna says the role of mentors transcends the program, and they are important in providing personal, unique feedback to the students and helping build resilience.

"I know, as a former mentor to many of these students, that we give them guidance and occasionally direction," she says. "We tell them things like,



'What I see in you is...', or, 'I can imagine you working at...'. We let them know how far they've come. We often get tears and that's OK – it's all part of the process.

"We share stories and experiences, including from other past students. I've found it's a positive thing to ensure our students know they're not alone on this journey – other people have been through it before and they've found their way."

Nicola Champion is one of many students currently using the program. Nicola has worked as a nurse for 30 years but she would like to specialise in mental health.

"While I've had program or service appointed mentors and clinical supervisors before, I found that finding colleagues outside the program with whom I can discuss practice or professional development issues has been really helpful," Nicola says.

"My fellow students and I meet every month or so for horizontal mentoring. We share some of our experiences in a safe space. That's probably one of the most rewarding mentoring experiences and when we take a break, I really miss it."

Donna and Nicola agreed that often a mentor-mentee relationship isn't all about the mentor providing a solution, but guiding the mentee in the right direction. "Often talking through the problem or issue helps you come to your own conclusion," Nicola says.

"Thrashing out the problem and having someone there who can ask open questions can lead you straight to the knowledge that you've had the answer all along. A good mentor answers your needs without imposing a right or wrong approach. They help pull apart the issue and that's what I love about it."

## Enter the matchmakers

Setting out to find a mentor is about more than just locating someone with seniority in your industry or at a place you'd like to work at.

According to the founder of a new online company that is helping people find their ideal mentor, Tim McKay, this is a relationship that requires depth and a lot of common interests.

"Mentors and mentees need to have a connection," Tim says. "It's a relationship that requires a level of trust and finding that person that you can connect with at multiple levels can be difficult."

Tim, along with fellow UC alumna Xharmagne Carandang, created OK RDY to connect aspiring mentees with mentors in their desired industry. But the concept behind OK RDY goes well beyond basic details like job titles.

"We've created a program more like online dating than a traditional job-seeking service," Tim says.

"We take details from applicants like their personal interests, causes they support, social passions and past experience, and match them with mentors who share similar characteristics."

OK RDY is preparing to launch a pilot project linking universities and major technology and information technology companies with graduates and jobseekers.

The program connects people seeking a mentor with those willing to take on a mentee and gives them a private space to chat online, allowing them to build their relationship and even share information about their industry and employer.

The aim is to ensure prospective employees and the company they want to work at are a good fit.

Tim says it's also a way for skilled staff to volunteer their time and expertise, and to be recognised for it.

"I was surprised at how much unrecognised volunteering happens at workplaces, and mentoring is one of those roles that can be overlooked by managers or the boss," he says.

"Our program provides our industry partners with data about how much their staff are doing to inspire and upskill the next generation.

"We want to ensure that people launching into a new career are kept abreast of changes that may be happening or new trends that someone already at work would know inherently.

"It's not about laying out a defined pathway for the mentee, it's more like knowing the field and helping them avoid some of the pitfalls through experience."

### TIM MCKAY AND XHARMAGNE CARANDANG FROM OK RDY SHARE THEIR TOP MENTORING TIPS:

#### • A mentor is not a coach

In mentorships, it's generally up to the mentee to drive the relationship and leverage the opportunity to learn from someone with unique industry knowledge.

#### • Setting expectations

It's important to define the initial purpose of the mentorship relationship and not simply ask for a job. Seek advice on entering an industry, career pathways or growing your professional profile.

#### • Mutual sharing

Identifying aspirations can help outline a road map for mentees, but it's equally important for a mentor to talk about their own journey. This reflection is often beneficial to both parties.

#### • Time

Mentors are busy people volunteering their time, so be prepared before a meeting. This goes both ways and requires genuine engagement, so don't try to cram in a mentee between your next meeting and lunch.

#### • Ask the big questions

Rather than simply accepting that someone wants a career in your industry, ask and understand "why?" or "what?" to help tease out what the next steps should be.

#### • Diversify your portfolio

Like most things, it's not a good idea to keep all your eggs in one basket. Cultivating multiple mentorships can lead to new approaches to old problems – you never know where the next opportunity is waiting.

LEFT INSET:  
Mental health nursing educator Donna Hodgson

LEFT:  
Alumnus Tim McKay is determined to help people find the perfect mentor

# A Week in the Life of...

## This issue we spend a week with University of Canberra alumnus Kenny Heatley, a network news and weather presenter at PRIME7.

### KENNY HEATLEY

(Bachelor of Communication  
in Journalism, 2004)

Kenny Heatley's passion for news burned from a young age, driving him to undertake a Bachelor of Communication in Journalism at the University of Canberra in the early 2000s. He always wanted to be a newsreader, and it wasn't long after graduating in 2004 that he realised his dream.

Kenny began his career in radio, working on and off the air, before making the move to television. In 2008, he joined The Weather Channel as a presenter. Soon after, a dual role reading the news and weather lured the then-28-year-old to Sky News.

He and wife Jayne's desire to start a family foreshadowed the couple's move from Sydney to Canberra in 2015, where Kenny joined regional broadcaster PRIME7 as a news and weather presenter. The couple's first child, daughter Riley, arrived in late 2016.

During his 13-year career, Kenny has covered some of the biggest news stories in recent memory, including the disappearance of Malaysia Airlines flight MH370 and the Sydney siege. He is also an experienced career coach and mentor.

Kenny recently released his first book, *Screenpath*, which he describes as an honest and real guide to landing a job on air. He wrote it in the hope it will help aspiring journalists gain an edge in one of the most competitive industries in the world.

### 1.

Presenting the news and weather is a great job – but do I value it more than anything else in my life? Of course not. Family is hugely important to me and it's why my wife, Jayne, and I moved to Canberra in 2015. Last year, we welcomed our daughter Riley into the world and we couldn't be happier.

### 2.

I feel happiest when I'm on a snow-covered mountain, which is where I spend a lot of time during the winter months. Skiing is very much in my blood, and has been since I was born. I grew up in the Snowy Mountains and my grandfather founded Selwyn Snowfields in the 1960s, meaning I was never far from the snow. It was an incredible childhood to have and my passion for skiing is just as strong now as it was then. I'm also hoping my daughter is going to be the next Lindsey Vonn!

### 3.

Part of my daily ritual is monitoring the global financial markets on my three-screen computer set-up at home. Each morning I look for opportunities to trade currencies and commodities. I do technical analysis, which involves finding price patterns in the markets and in the charts, and using simple probability models to make money. I'm a firm believer of having several different income sources, plus I do it because I love it.

### 4.

Reading the news is something I always wanted to do. That's why I studied broadcast journalism at the University of Canberra. But early in my career I had the opportunity to train as a weather presenter. I was really fortunate to be able to learn meteorology, as it's proven to be a massive asset throughout my career. And now that I'm at PRIME7, I regularly get the opportunity to do both, which is great.

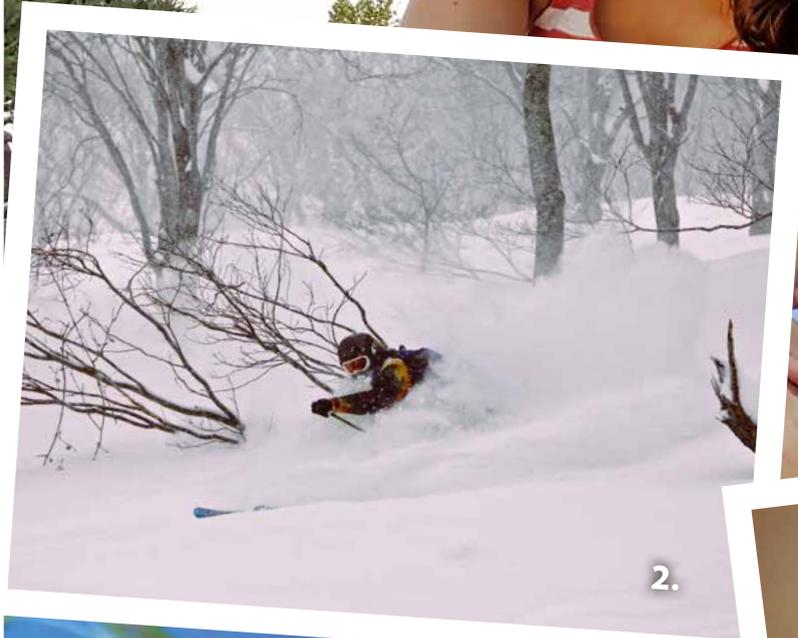
### 5.

I have a strong passion for helping and inspiring people to achieve their dreams, which is why I started a website with my brother called Success Directory. It's a fairly new project that we are hoping to ramp up over the next year. One of the most important things in life, I believe, is discovering what makes you truly happy and pursuing it. I get a real kick out of guiding people through a process called 'lifestyle design', which is creating a step-by-step plan to leading the life that you desire – not just professionally but also personally. My door is always open to people wanting some guidance.

1.



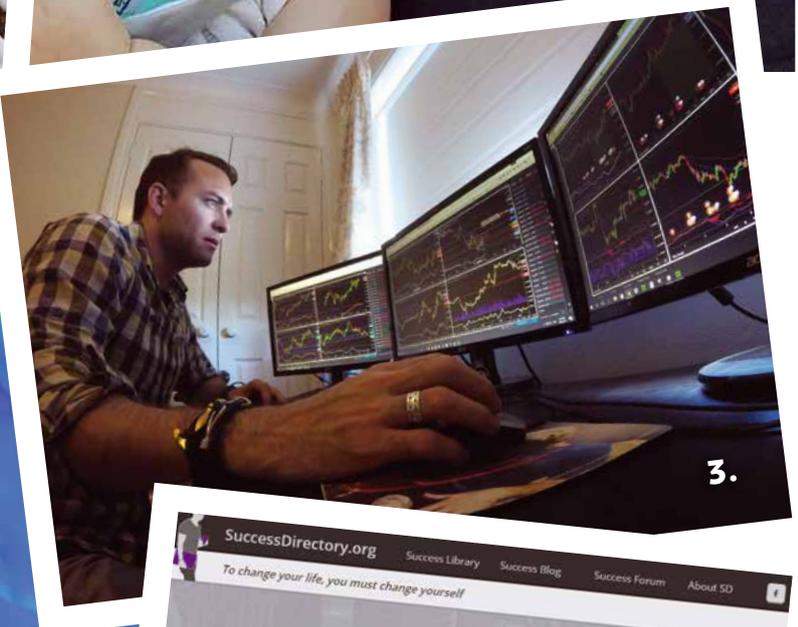
2.



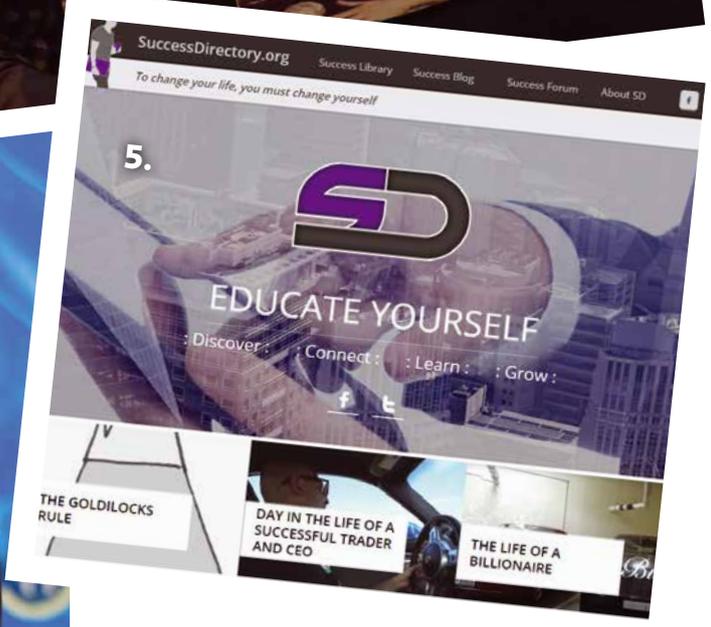
4.



3.



5.



# Connecting UC

We're always looking for new and exciting ways to bring together UC alumni and provide them with exclusive benefits, community connections and professional development opportunities.

Last year, we organised more than 25 events in cities across Australia and overseas.

From breakfasts celebrating the achievements of some of the University's most successful women, to reunions and professional development workshops for the budding entrepreneurs in our community, we're providing more ways than ever for you to learn, connect, indulge and grow.



## **UC WOMEN CHANGING THE WORLD BREAKFAST**

OCTOBER

Some of the University of Canberra's most successful women were celebrated at a women's breakfast in October last year. Over 100 women attended the UC Women Changing the World event held at the University. The event's keynote speakers included alumnae Amanda Whitley, founder of HerCanberra, and Kate Mason, Coca-Cola Amatil's chief transformation officer, as well as University of Canberra Professor of Molecular and Cellular Biology Sudha Rao whose research is focused on preventing cancer recurrence. Guests were inspired and encouraged by these women's touching stories. Almost \$10,000 was raised at the event, with proceeds going to the University's Cancer Research Fund.

## **CANBERRA COLLEGE OF ADVANCED EDUCATION REUNION**

OCTOBER

More than 60 of the University's founding students gathered late last year at a reunion hosted by Vice-Chancellor and President Professor Deep Saini. Before becoming the University of Canberra in 1990, the University had operated as the Canberra College of Advanced Education (CCAЕ) since 1968. It was a special opportunity to hear about the incredible journeys our alumni have embarked on since graduating from the CCAЕ. The rooftop venue at Cooper Lodge provided guests with stunning vistas and a bird's eye view of our vibrant campus.

## **PROFESSIONAL DEVELOPMENT WORKSHOPS**

AUGUST, SEPTEMBER, OCTOBER

A series of masterclasses was held throughout 2016 for students and alumni embarking on entrepreneurial pursuits. Run in conjunction with the University's Faculty of Business, Government and Law, the workshops aimed to tap into attendees' creative side and provided tips on how to start a business. Over three sessions, attendees explored how to unleash their creativity in everyday life and in business, what it means to be a successful entrepreneur, and how to take risks. They also received training in the more practical side of business – accounting, marketing and planning for the future. We can't wait to see what comes out of our incredible community of entrepreneurs.

## **JOIN US IN 2017**

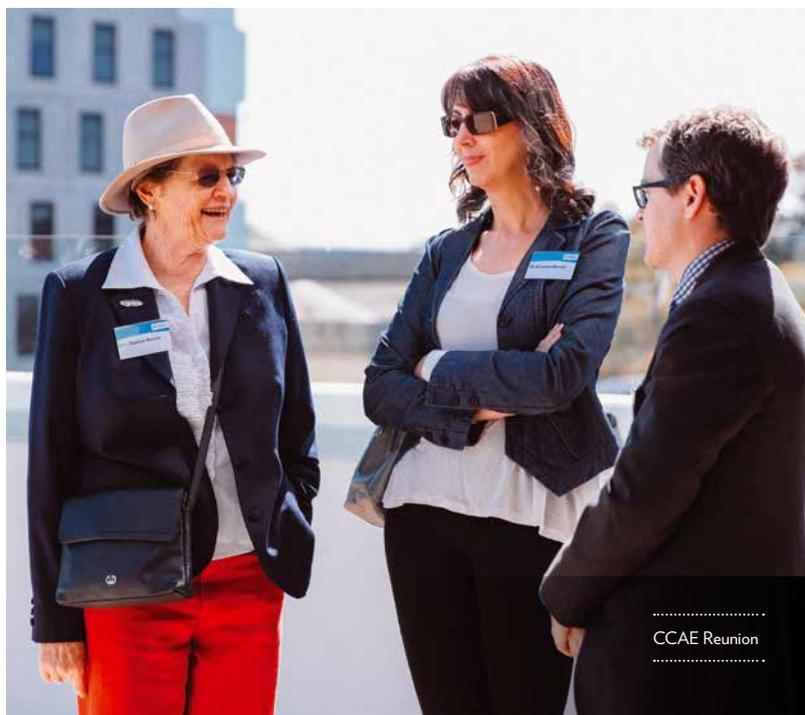
We're planning a program of events to ensure you continue to benefit from an ongoing connection to UC. Update your details to stay informed: [www.canberra.edu.au/alumni](http://www.canberra.edu.au/alumni)



Women Changing the World Breakfast



CCAIE Reunion



CCAIE Reunion



Professional Development Workshops



Professional Development Workshops

**GROWING UP,** *Betty Kitchener always liked helping others. She undertook a Graduate Diploma in Special Education at the Canberra College of Advanced Education (CCAЕ) in 1987 and became a special education teacher, fostering the growth of children in a learning environment.*

*An avid learner herself, Betty completed a further three degrees when the CCAЕ became known as the University of Canberra; a Graduate Diploma in Community Counselling in 1990, a Bachelor of Nursing in 1994, and a Master of Nursing in 1998.*

*Her attraction to the health profession, particularly mental health, was born out of her own personal experience with depression, which began when she was 15 years old. She has had subsequent episodes throughout her life. It led her to establish Mental Health First Aid (MHFA) Australia, a national not-for-profit organisation focused on mental health training of the public and research.*

*Over the last 17 years, Betty has facilitated the spread of the MHFA program across Australia and the globe, altruistically dedicating her time and resources to bettering the lives of thousands of people with mental health problems.*

*Betty received an Order of Australia Medal in 2008, an Exceptional Contribution to Mental Health Services Award in 2009 and in 2014 she was named as one of Australia's 100 Women of Influence by the Australian Financial Review. In 2015 she became a Member of the Order of Australia and received the Chancellor Alumni Award at the 2015 University of Canberra Distinguished Alumni Awards.*

**What sparked your passion for nursing?**

I have always been attracted to caring professions as well as medical topics, especially physiology and anatomy. My first career was as a special education teacher.

**What attracted you to mental health?**

I suffered a major depressive episode when I was 15 years old and have had a number of subsequent serious episodes during my life. I also experienced discrimination after having an episode while I was working as a registered nurse. These events made me want to make things better for people with mental health problems.

**How did Mental Health First Aid Australia come into existence? Was it a lightbulb moment?**

For a number of years I taught Red Cross courses in Canberra. One evening, in November 1997, when my husband and I were walking our dog, we had a conversation about why first aid courses did not cover how to help people with mental health problems. We decided we would develop a mental health first aid course as a community service activity in our spare time.

**Is it aimed mainly at young people or is it ageless?**

There are courses for all ages: adults helping other adults, adults helping adolescents, adolescents helping peers and very soon there will be a course for helping older people.

**What is the program's greatest achievement?**

The program began in 2000 with me working part-time as a volunteer. In 2004, I was invited to take the course to other countries. Earlier this year, the program reached two million people trained worldwide. Right now [at the time of writing], I am in Riyadh, Saudi Arabia, training new instructors and growing the program's reach.

**Describe a life-changing moment you've had.**

I can name a couple. Reaching the decision to create MHFA Australia as a not-for-profit organisation would be the first. Cutting back the hours I worked as a nurse at Canberra Hospital to work as a volunteer and develop the MHFA training courses and roll them out would be the second.

**Have you learned anything new in the last 12 months?**

Yes, we have been doing great research on how to offer mental health first aid to an older person who is developing confusion. This will inform our new MHFA course, aimed at helping older people cope with mental health problems.

**Your passions for teaching and mental health converge with MHFA Australia. Was that the intention?**

No, it wasn't the intention. The intention was to make things better for people suffering mental health problems. However, my training as a teacher, counsellor and a nurse, and my personal experiences of episodes of mental illness helped me develop the program. Although I started this course, I have been very fortunate to have some wonderful people join me as MHFA staff. They have made the further development, expansion and success of MHFA Australia possible.

**What's next?**

At the end of 2016, I stepped down as chief executive of MHFA Australia and am now a consultant developing the course aimed at older people. This course is very important, given that there is an ageing population and a growing number of people affected by dementia. I will also have more time for community service activities and a bit more time for leisure than I have had in the past.

***“The intention was to make things better for people suffering mental health problems”***



Betty Kitchener  
- photo: supplied

# We Are UC

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

PHOTOGRAPHY: KIM PHAM

I've wanted to be a professional rugby player for as long as I can remember, so being on a development contract with the Brumbies in 2017 is a dream come true. That's not to say it wasn't a surreal feeling at first. I had to pinch myself a few times to make sure I wasn't living in a fantasy.

I'm training full-time with the squad and studying a Bachelor of Applied Business (Management) part-time at the University of Canberra. It's an online course and completely self-paced. Studying and training means I have a busy schedule, but I'm doing one unit at a time and managing the workload quite well.

It doesn't really bother me how long it takes to complete my studies, just as long as I'm doing something that's going to prepare me for life after rugby because you never know what's going to happen on the field. I could suffer a career-ending injury or stop enjoying the game. Having a plan for when I stop playing is important to me and I think studying is the right way to go.

**Ryan Lonergan**  
*ACT Brumbies development player and Bachelor of Applied Business (Management) student*



My mother told me that when I was three years old I announced that one day I would be a professor of politics. I always wanted to teach at a university, and now here I am. I came to the University of Canberra in 2001 and was recently recognised for 15 years' service.

I love teaching politics at UC. In my time here, I've been given so many wonderful opportunities to shape and develop how politics is studied. Founding the Bachelor of Politics and International Relations degree in 2010 is a real career highlight for me.

I'm also the founding patron of PIRaNaS, the University's Politics, International Relations and National Security Student Association. I am so proud of what they've achieved – most notably winning Faculty Club of the Year in 2013, 2014 and 2015.

Working at UC is one of the greatest privileges I've had and while I have received numerous awards – including an Australian Learning and Teaching Council Citation and the UCSA Lecturer of the Year award in 2015 and 2016 – nothing compares to inspiring my students to believe in themselves and follow their dreams.

**Dr Mary Walsh**  
*University of Canberra Associate Professor of Politics, Faculty of Business, Government and Law*

I'm the first person in my immediate family to graduate from university and the first Indigenous student to graduate from the Bachelor of Pharmacy at UC.

During my degree, I did a two-week hospital placement in Moruya and Batemans Bay. That fortnight was the highlight of my degree and made me realise I wanted to pursue hospital pharmacy. I've been lucky enough to land a year-long internship at Alice Springs Hospital which has the largest renal unit in the southern hemisphere. There's only one intern position available so I'll be by myself. It's a bit daunting because I don't know anyone in Alice Springs and it will be my first time living out of home. I think it's a great opportunity to become more independent.

I'm considering returning to study clinical pharmacy or completing a master's degree in public health with a focus on Indigenous health. I'm interested in learning more about Indigenous health in terms of their disadvantage by genetic background, which means they're predisposed to a lot more conditions compared to other cultures.

**Carleigh Tong**  
*UC alumna - Bachelor of Pharmacy (2016)*



I have been cutting hair at the University of Canberra for 23 years. You could say I'm part of the woodwork, but I feel more like a member of the UC family.

I was in my early 20s when I opened my salon on campus in 1994 and I haven't looked back since. Cutting hair is how I make a living, but it's the people at UC who keep me coming back year after year.

I've been fortunate enough to meet people who I count as dear friends. I've watched peoples' kids grow up – some of whom now come to me to have their hair cut – and I'm still in contact with former clients who have left Canberra.

Working on campus, I'm inspired every day to be the best that I can be. It's a simple rule to live by and it's why there's no place I'd rather be.

I consider myself so lucky to be a part of this institution and I hope to be one of UC's longest-serving vendors. The University has been loyal to me and I want to repay the kindness I've been afforded.

**Leonardo Di Fronzo**  
*Proprietor - Leonardo's Hair Salon at the Hub*

## A roundup of the latest UC news stories

### UC GOES COMPLETELY TOBACCO FREE

The University of Canberra has gone completely tobacco free in a move to improve the health and wellbeing of all campus users.

The University had been tobacco free since 2010 with the provision of two designated smoking areas. The decision to ban all tobacco products at the Bruce campus takes its commitment a step further by eliminating the two designated areas.

An extensive consultation process was undertaken within the University community before the policy was introduced last October. A range of education and awareness initiatives are in place to support the policy.



### JOHN JAMES FOUNDATION FUNDING 'INVALUABLE' TO STUDENTS

Up to 50 students from the University of Canberra received funding from the John James Foundation in 2016 to assist them in completing clinical placements in regional areas.

The John James Foundation provides funding to Faculty of Health students who undertake clinical placements in rural or remote areas. The funding helps students cover the cost of accommodation and transport during their placement.

Bachelor of Physiotherapy student Michael Ceravolo used the funding while taking on his first clinical placement at Orange Health Service in Central West NSW.

"The financial support is extremely helpful particularly when you have an interstate placement," Mr Ceravolo said. "The funding is generous enough that it can cover your accommodation costs for the full five weeks. It's invaluable."

### AUSTRALIA AWARDS STUDENTS CELEBRATE UC DEGREES

A group of international students studying under the Australia Awards initiative at the University of Canberra returned to their home countries at the end of 2016 after receiving their completion certificates.

The government-funded program offers high-achieving students from around the world the opportunity to undertake study, research and professional development in Australia to contribute to the long term development needs of their home countries.

The 14 students who studied at the University of Canberra came from Pakistan, Indonesia, Bhutan, Burundi, Liberia, the Maldives, Papua New Guinea, Tuvalu and Vietnam. The graduates studied a range of degrees including business and management, public administration, education and information technology.



FROM TOP: Vice-Chancellor and President Professor Deep Saini launching the University's tobacco-free initiative; physiotherapy student Michael Ceravolo used funding from the John James Foundation to complete his regional placement in Orange; the University's Australia Awards graduates celebrate their degrees

## FIRST PREFERENCES UP AT UC

More school-leavers are choosing to study at the University of Canberra with first preferences through the Universities Admission Centre (UAC) up 7.8 per cent in 2017, compared with last year.

Demand for a place to study at the University has increased despite a three per cent decline in applications across the sector, according to UAC figures.

Vice-Chancellor and President Professor Deep Saini said he was pleased to see increased interest among school-leavers in studying at the University with first preference applications up 14 per cent against 2016.

“We are thrilled to see that the University’s demand is growing in a very competitive market, which is actually experiencing a decline across the board,” Professor Saini said.



## UC RENEWS PLEDGE AGAINST GENDER-BASED VIOLENCE

Staff and students at the University of Canberra renewed their pledge to stop gender-based violence at a White Ribbon Day event held on campus late last year.

Members of the University community joined together in swearing an oath to acknowledge that violence against women will not be tolerated.

The University showed its commitment to the White Ribbon campaign by holding a number of events on campus including the painting of a white ribbon on the grass at the Southern Concourse.

The University has been a White Ribbon Accredited Workplace for the past three years.

ABOVE: University staff and students gather on White Ribbon Day

## UC AND SAMSUNG BOOST EDUCATION WITH NEW TECHNOLOGY

The University of Canberra is partnering with Samsung Electronics Australia on the development of an innovative, technology-driven learning program to improve science and mathematics literacy among young Australians.

Samsung is supporting researchers from the University’s Science, Technology, Engineering and Mathematics (STEM) Education Research Centre (SERC) as they investigate new practices in spatial reasoning education and the use of new technologies.

With a focus on inspiring young students to use the latest technological devices to learn about spatial reasoning and STEM concepts, the project builds on SERC work exploring the importance of spatial reasoning in STEM education performance, including among disadvantaged students.

## UC TO SWITCH ON PRE-SCHOOLERS’ STEM LEARNING

An innovative program spearheaded by the University of Canberra is introducing pre-schoolers to science, technology, engineering and mathematics (STEM) after receiving \$6 million in Federal funding.

Researchers from the University’s SERC are developing an interactive, play-based online program for young children to explore fundamental STEM concepts.

Led by Centenary Professor Tom Lowrie, the research team is designing and developing a series of engaging play-focused applications for tablet devices.

The Early Learning STEM Australia (ELSA) program will include the development of six apps in total, with material aimed at educators and family members as well as children themselves.

## UC PUBLIC HOSPITAL CEMENTS CONSTRUCTION MILESTONE

After 175,000 hours of labour, 13,500 cubic metres of concrete and 880 tonnes of reinforcing steel, the University of Canberra Public Hospital's concrete structure was completed in December.

The milestone, commonly referred to as "topping out", came just nine months after construction began on the facility.

A ceremony to mark the occasion was held at the site, which is located on the north-western corner of the University's Bruce campus. The hospital is scheduled to open in mid-2018.



## UC LODGE STUDENTS' NEW HOME AWAY FROM HOME

The University of Canberra's newest student accommodation facility was opened in time for the academic year.

UC Lodge welcomed hundreds of new and returning students to their home away from home in February.

The 496-bed facility is located in the middle of the University campus, providing residents easy access to their learning spaces the growing amenities the campus has to offer.

### ABOVE:

Students moved into the University's newest accommodation facility in February

### ABOVE RIGHT:

Vice-Chancellor and President Professor Deep Saini and ACT Health Minister Meegan Fitzharris visit the University of Canberra Public Hospital site

### MIDDLE:

2016 ACT NAIDOC Person of the Year Dion Devow

### RIGHT:

The University continues to be recognised for its commitment to gender equality



## UC ALUMNUS NAMED ACT NAIDOC PERSON OF THE YEAR

A University of Canberra alumnus who has spent more than 20 years helping local Indigenous communities was named the 2016 ACT NAIDOC Person of the Year.

The award recognised Dion Devow's work in local Indigenous communities, including with Indigenous Community Volunteers, and through his business, Darkies Design – an Indigenous clothing label that collaborates with Aboriginal and Torres Strait Islander artists and designers to produce contemporary Aboriginal themed apparel and print media.

"It's the highest honour for Aboriginal communities all across the country, so to be the ACT recipient of this award is massive," Mr Devow, who completed a Bachelor of Applied Science in Health Education in 1997, said.



## UC NAMED EMPLOYER OF CHOICE FOR GENDER EQUALITY

The University of Canberra was named an Employer of Choice for Gender Equality for the 10th consecutive year in 2016.

The citation, which is awarded by the Workplace Gender Equality Agency, is designed to encourage, recognise and promote active commitment to achieving gender equality in Australian workplaces.

More than 100 organisations received the prestigious citation in 2016, with the University one of just two in the ACT.

Vice-Chancellor and President Professor Deep Saini said the University was proud of its record as an equal opportunity employer.

"The University of Canberra is committed to building a diverse community which reflects the broader society in which we live," Professor Saini said. "We are thrilled to receive this recognition as it helps us build on our status as one of Australia's leading employers for gender equality."

If you have an interesting UC alumni story contact us at: [monitor@canberra.edu.au](mailto:monitor@canberra.edu.au)

# DIGI KNOW THAT...



# UNIVERSITY OF CANBERRA monitor

ALUMNI, SUPPORTERS & FRIENDS

IS NOW AVAILABLE ON YOUR MONITOR

[CANBERRA.EDU.AU/MONITORMAGAZINE](http://CANBERRA.EDU.AU/MONITORMAGAZINE)

