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It is my pleasure to welcome you to the latest issue of ACU Alum, our dedicated alumni magazine. As an important part of our university community, I hope you will enjoy reading about ACU’s growth, fascinating research, talented students, and the work of your fellow graduates.

You will see in this edition that we have been busy here at ACU. Since 2008, student numbers have nearly doubled in size. We have gained a campus, a law school, many new staff members, and a plethora of buildings and teaching and learning spaces.

Now we are turning our attention to research. While the University has always had a respectable research base, we have now prioritised the intensification of research over the next five years. We are aiming for better performance in priority research areas, leading to improved research reputation, and overall research rankings.

The initial phase of growth has included the establishment of five new research institutes, which are already producing some impressive work.

One of the things I hear most often from our graduates is how your time at ACU opened your eyes to the ways in which you can contribute to your communities. We remain committed to providing current students with the same opportunity. Our students are involved in programs that have them undertaking pro bono law work, teaching soccer to children in East Timor, and volunteering with welfare agencies in Florence – just to name a few.

Continued support for our scholarship fund has enabled us to offer scholarships and bursaries which recognise outstanding achievement, and provide access to university for those who might otherwise be excluded. In 2014, more than 63 new students benefited from these awards.

I am extremely proud of the links we share with our graduates, many of whom are spread all over the world. You play a vital role in our future success as ambassadors, volunteers, benefactors, and industry partners.

In 2015, Australian Catholic University will reach a special milestone – 25 years of people, learning, and achievements that continue to bring about real change in our communities.

The anniversary will be marked by a series of events in the week of 27 to 31 July 2015. All alumni are invited to attend, and I look forward to celebrating and reflecting on ACU’s rich history with you.

Professor Greg Craven
Vice-Chancellor

keep in touch

Update your details
To subscribe to ACU Alum or update your details, visit the Alumni website at acu.edu.au/alumni or email us at alumni@acu.edu.au

Contact the Alumni team
We welcome your comments and feedback, and would love to hear your story ideas.
1 TEACHER TRAINING
The Guardian
19 February 2014
THE federal education minister, Christopher Pyne, has signalled his opposition to the “blunt instrument” of raising tertiary entrance scores as he launched a review of teacher training. Confirming the appointment of the Australian Catholic University vice-chancellor, Greg Craven, to lead the new ministerial advisory group, Pyne took aim at advocates of higher Australian Tertiary Admission Rank (Atar) cut-offs for people wishing to study teaching at university.

2 LONG-TERM ACU LECTURER RETIRES
Ballarat Courier
15 July 2014
AFTER 32 years of lecturing at Australian Catholic University’s Aquinas campus, Dr Mary Nuttall is calling it a day… Dr Nuttell worked at the School of Education as a lecturer and was committed to maintaining the link between the University, the Catholic primary schools and the Catholic education office.

3 STUDY INTO POLICE PTSD
Daily Telegraph, Sydney
16 July 2014
NSW Police will carry out a major three-year study aimed at tackling mental health issues and post-traumatic stress disorder in the force. The million-dollar research project will involve two Sydney universities in a bid to better prepare police officers for the stresses of the job.

4 446 BABIES RESCUED
Herald Sun, Melbourne
1 August 2014
HUNDREDS of newborns a year are being taken from their mothers by Victorian child protection authorities. In Victoria, 446 babies under the age of one were removed from their parents by child protection workers in the last financial year, compared with just 119 in 2004-05.

5 SMARTER THINKING A SIGN OF SURVIVAL
The Australian
23 July 2014
NEW data reveals a moderate correlation between enrolment growth and student attrition, but no national crisis. Since 2008, the commencing bachelor student cohort has grown 38 per cent while the attrition rate has risen from 17.9 per cent to 19.5 per cent… The data reveals many success stories of the demand-driven system. Australian Catholic University has more than doubled its numbers since places were uncapped, yet its retention rate has fallen less than 1 per cent.

6 FIGHT BACK FEARS
Herald Sun, Melbourne
1 August 2014
HIGH school students aren’t intervening to help bullying victims because they fear becoming a target themselves. A belief parents and teachers won’t act when the problem is reported is also holding them back. Some even worry victims will turn against them.

7 THE MENTAL EFFECTS OF RUGBY LEAGUE TACKLES
The Australian
19 August 2014
THE brute force of rugby league tackles not only leaves players physically damaged, but can cause mental fatigue as well, research has found. A study published by Sports Medicine Australia in the Journal of Science and Medicine in Sport is the first to prove that games involving physical contact leave players with greater upper-body fatigue and muscle damage, compared with non-contact forms of sport.

8 CLANCY ONE OF THE ‘GREAT’ ARCHBISHOPS
Courier Mail, Brisbane
3 August 2014
EDWARD Bede Clancy, who died early on Sunday at the age of 90, served as archbishop between 1983 and 2001, years that saw the church in Sydney undergo great change… He also instigated the amalgamation of various Catholic teacher’s colleges into what became the Australian Catholic University, now spread across seven campuses nationally. Clancy was its founding chancellor.
Former ACU Chancellor General Peter Cosgrove, AC, MC, CNZM, was earlier this year appointed the next Governor-General of Australia.

Vice-Chancellor Professor Greg Craven said the appointment was in recognition of General Cosgrove's leadership skills and ability to unite people.

“General Peter Cosgrove commands enormous respect from all Australians,” he said. “He has dedicated his life to public service and is an excellent choice for Australia’s 26th governor-general.”

The former Defence Force chief was appointed Chancellor of ACU in November 2010. He resigned from this position in early 2014 to take up his new duties.

“General Cosgrove’s sound advice, his commitment to serving the common good, and his immense experience have proven invaluable in helping the University build on its reputation for quality teaching and research, and I thank him for all his work,” Professor Craven said.

Former New South Wales Premier, The Honourable John Fahey AC, has been appointed as the new Chancellor of ACU, the fourth in the University's history.

Professor Craven said it was a great coup for the University to have secured the services of such a prominent and well-respected Australian.

“Mr Fahey has been a figure in public life for more than 30 years, and has shown exemplary leadership and integrity in a vast range of fields. He has had a stellar political career, contributed extensively to business and industry growth, and his impact on the sporting world is unquestionable,” Professor Craven said.

“It is these leadership skills, commitment to serving the common good, and immense experience which will prove invaluable in helping the University build on its reputation of quality teaching and research.”

ACU and the Archdiocese of Adelaide have entered a new partnership to deliver theological education in South Australia, at what will be the University’s seventh campus.

From 2014, ACU Adelaide is offering the following degrees: Graduate Certificate in Theological Studies, Graduate Diploma in Theological Studies, Master of Theological Studies, Master of Theology, and Doctor of Philosophy.

ACU's postgraduate degrees in religious education and educational leadership will continue to be available.

“This partnership will ensure the continuation of the Archdiocese's long and strong tradition of theological education and leadership formation in Adelaide and South Australia and I am proud ACU has been able to take advantage of this opportunity,” Vice-Chancellor, Professor Greg Craven said.

“It is really wonderful for us to welcome the Catholic Theological College as part of the ACU family. We're very proud to have a distinguished organisation with such distinguished members linking with us and, importantly, us with them.”

The Most Reverend Denis J Hart DD, Archbishop of Melbourne, has been elected President of Australian Catholic University Limited.

Archbishop Hart begins a five-year term through to April 2019, and will be the third President in the University’s history, succeeding His Eminence George Cardinal Pell DD AC who was recently appointed Prefect for the Economy of the Holy See and Vatican City State.

Vice-Chancellor Professor Greg Craven thanked Cardinal Pell for his service and commitment to the University, and welcomed the incoming President.

“Cardinal Pell’s dedication and commitment to the development of ACU has greatly benefited both the University, and Catholic education in Australia,” he said. “He has been a loyal and generous supporter of the University since its establishment in 1991.

“On behalf of the Members and the Senate I extend congratulations to Archbishop Hart on his election. It is a great honour to have such a distinguished member of the Australian and Catholic community to lead the University.”

Archbishop Hart holds a number of roles both in the Church in Australia and universally, including President of the Australian Catholic Archbishops Conference, a member of the Pontifical Council for Culture, and earlier this year was also appointed by Pope Francis as member of the Congregation for the Eastern Churches.
ACU ATHLETES IN FORM AT COMMONWEALTH GAMES

Five ACU students headed to Glasgow over July and August in pursuit of medals, memories and personal bests. All are part of ACU’s Elite Athlete Program, which supports students who excel in their field and wish to pursue a sporting career alongside an academic one.

Diver and Bachelor of Exercise and Health Science student Anabelle Smith competed in the women’s 3 metre springboard and synchronised 3 metre springboard – and made it to the finals for the 3 metre springboard (ranking 8) and synchronised 3 metre springboard (ranking 3).

Swimmer and Bachelor of Inclusive Education and Disability Studies student Jessica Ashwood entered the women’s 400 metre freestyle and 800 metre freestyle – making the final for the 800 metre freestyle (ranking 6).

Nursing student Paul Adams competed in skeet men, ranking 6 in the semi-finals.

Sprinter and Bachelor of Physiotherapy student Jarrod Geddes competed in the men’s 200 metre, 4 x 100 metre relay and 4 x 400 metre relay – making the 4 x 400 metre final (ranking 6).

And Bachelor of Education (Early Childhood and Primary) student and swimmer Madison Wilson entered the women’s 100 metre backstroke, 200 metre backstroke and 50 metre backstroke – and made it to the finals for the 50 metre backstroke (ranking 8), 100 metre backstroke (ranking 7) and 200 metre backstroke (ranking 6).

Congratulations to all our athletes on an excellent performance.

LAWS LAUNCHES IN SYDNEY

The School of Law launched in Sydney in 2014, with an emphasis on international law and a commitment to ethical practice.

Dean of Law Professor Brian Fitzgerald said pro bono work was a mandatory requirement of the degree.

“Students take extra commercial subjects around competition law, consumer law, international trade law, and we have an ethical dimension to the degree where they study international human rights, as well as legal ethics,” he said. “They also have to do a unit of community engagement, which is a capstone unit requiring students to do 80 hours per year of pro bono work in the community from second year onwards. It’s a commitment we are taking very seriously.”

The ethical dimension of the law degree is in addition to Core Curriculum subjects all ACU students undertake as part of their commitment to public service.

ACU Vice-Chancellor Professor Greg Craven – a constitutional lawyer – said that the focus on international components, and strong international connections would provide students with a valuable outlook.

“We have unrivalled contacts with Catholic law schools and universities around the world, which delivers a global perspective for our students giving them great international opportunities.”

Law is also offered at ACU’s Melbourne Campus.

ACU QUILTS SMOKING

ACU has begun the transition process towards becoming a tobacco-free university.

Initially the ACU Melbourne Campus will join other Victorian universities to become tobacco-free in 2014, and then continue to expand the policy across the remaining campuses in NSW, South Australia, Queensland and the ACT in 2015. ACU’s Ballarat Campus has led the way as a tobacco-free environment for the past six years.

The transition to a tobacco-free environment at ACU means that the existing smoking restrictions in buildings are now extended to all outdoor areas and controlled properties.

ACU Deputy Vice-Chancellor and Chief Operating Officer Dr Stephen Weller said the University recognises the increasing evidence of health risks associated with exposure to second-hand smoke, as well as life-threatening disease linked to the use of tobacco, and this initiative was a positive step towards providing a healthy environment for staff and students.

“ACU values the health and wellbeing of its staff and students and is committed to providing a smoke-free work and study environment,” Dr Weller said.

For more information visit acu.edu.au/smokefree
One of the things that strikes me as I get older is that answers seem to get fewer and fewer and questions seem to get more abundant. One of those perennial questions is what can we do to improve the quality of the much beleaguered teaching profession. The answer to that question seems to have sustained public policy discussion and a good deal of journalists’ careers over the last few years.

Teacher education is fundamental to what we do here at ACU. Universities have a range of faculties, of which education is usually just one small part. At ACU however, education is central to our mission as a Catholic university, and given our history, the very reason for our existence. As Vice-Chancellor of the University which is one of the largest producers of teaching graduates in Australia, I am particularly committed to a system which produces teachers of the highest quality.

In February 2014 I was appointed head of the government’s review of teacher education. This was the latest development in the most recent round of debates on teacher education, which began in July 2012 with the release of NSW Education Minister Adrian Piccoli’s paper Great Teaching, Inspired Learning.

As debate has raged and blame been assigned over the past couple of years, ACU has argued strongly on three main points in relation to teacher education and workforce needs.

The first is that policy makers need to focus their attention on the output of universities rather than the input. Too much of the debate about teacher quality focuses on input measures like ATARs rather than the role that universities play in adding value to a students’ knowledge. The ATAR does not measure knowledge, skills, aptitude or intellect. It is merely a rank, and when applied to university courses, a measure of supply and demand.

Perhaps even more troubling is that a number does not measure passion, commitment, communication skills, compassion, enthusiasm, ethics or social disadvantage – to name a few attributes which could help or hinder a student or a teacher succeeding in the wider world.
Furthermore, our experience is that once in university, high and low entry students perform similarly; and in many instances students with lower entry scores perform as well, if not better, than students who entered on higher grades.

It may surprise some to learn that I was not always of this view. I spent most of my teaching career in the Law School at the University of Melbourne, which I had myself attended, and where I was faced by nothing but students with elite scores, drawn mainly from elite schools and elite suburbs. Into my mid-thirties, subsisting in this privileged bubble, I could not imagine quality students who would become quality lawyers without stellar Year 12 scores.

Sadly, experience has a habit of undermining youthful confidence. My later university teaching career saw me dealing with students from much more varied backgrounds, particularly in Western Australia, where I taught Indigenous students, rural students, and students from economically and socially disadvantaged backgrounds. Eventually, reality dawned, even for a constitutional lawyer and a Victorian. I realised that good university teaching can unlock vast potential, even for a constitutional lawyer and a Victorian. I realised that good university teaching can unlock vast potential, particularly in Western Australia, and there is far more to being a good professional than a good score at the age of 17.

A number does not measure passion, commitment, communication skills, compassion, enthusiasm, ethics or social disadvantage.

The second point is around workforce. The demand for teaching graduates to meet workforce needs across the sector is a particularly complex phenomenon that is unavoidably hard to quantify. Recruitment, retirement and resignation of full-time staff reflect only some of the teaching workforce demand measures. There is a significant need for a flexible and available workforce. There is often a great deal of confusion and misleading figures are bandied around in public.

The third point is that teacher education operates on a continuum. Universities have an important role to play in preparing teachers for the classroom, but teacher education doesn’t stop when teachers graduate from university. ACU believes in a tripartite approach to a continuum of professional learning – with universities, education sectors, and schools sharing responsibility and ownership. University is the best place to enable the pre-service teacher to develop the necessary discipline, pedagogical insight and knowledge, and theoretical framework that will support them in ongoing professional development. Schools are best placed to demonstrate the implementation of ideas and strategies introduced at university, support pre-service teachers in their teaching, and provide feedback and mentoring as they learn. And teachers in schools are best placed to assess whether the pre-service teacher has the appropriate interpersonal and communication skills to be an effective teacher.

My colleagues and I in the ministerial advisory group have been tasked with providing practical, evidence-based advice on how teacher education programmes could be improved to better prepare new teachers with the practical skills needed for the classroom.

There are currently 400 accredited teacher education programs, delivered across 48 different higher education providers, and catering to around 80,000 pre-service teachers at both undergraduate and postgraduate levels. Almost all students enrolled in a teacher education program in Australia are in a Commonwealth Supported Place.

As you may have noticed, the teaching profession is subject to a significant level of scrutiny that few other professions encounter. Some take a very critical view that the teaching profession is completely broken in Australia. Others argue that everything is perfectly fine and teachers should be left alone to get on with the job. The view of the advisory group sits somewhere between the two.

I believe that a great number of programs do an outstanding job of preparing their graduates for the profession. But we also know that pre-service teachers and school leaders report that there are areas for improvement.

We also know that persistent challenges remain in the areas of science, technology, engineering, mathematics and foreign languages. It is important that those teaching these subjects have the depth of content knowledge and relevant pedagogical knowledge to effectively teach them. We also need the right number of teachers to teach these subjects.

Given the complexities of the teacher education landscape, the advisory group is determined to focus on the real issues, and to ensure that our recommendations reflect the complexity of these issues, and encourage innovative approaches at individual universities. It should also be noted that in terms of the advisory group work, reform is not to be confused with regulation. Our intention is to drive innovation, not stifle it. In this vein, the interaction between national, state and university initiatives needs to be harmonious.

The work of this particular advisory group can be distinguished from the many that have come before in the way it seeks to focus on the three distinct focus areas of pedagogical approaches, subject content and professional experience. As chair of the taskforce, I am determined that it will focus on the real issues and will not become distracted by matters that grab headlines but lack evidential rigour.

We intend to draw on the work completed to date, the knowledge and experience of teacher education experts, and the available research to develop practical, cost effective recommendations that will have a demonstrable impact on student learning.

The advisory group released an Issues Paper earlier this year as part of the consultation process, focusing particularly on four areas. Firstly, the characteristics that should be fostered and developed in graduate teachers through teacher education. Secondly, teaching practices that have the greatest impact on student outcomes. Thirdly, the integration between universities and schools in the delivery of teacher education and professional experience. And finally, we intend to examine the balance needed between understanding what is taught and how it is taught.

We are currently reviewing the comments and submissions made in response to this paper, and I am impressed with the effort and excellent ideas that have been presented. I’m confident that our next steps will make a positive start in improving teacher quality where needed, and assuaging the fears of education journalists and public policy combatants – for a while at least.

For more information on the Teacher Education Ministerial Advisory Group visit studentsfirst.gov.au/
CAN DEAF PEOPLE SERVE AS JURORS?

Professor David Spencer, Acting Executive Dean of the Faculty of Law and Business and Academic Director, Office of the Provost, has taken part in a groundbreaking trial investigating the feasibility of deaf citizens serving as jurors.

Professor Spencer, together with colleagues from the University of New South Wales and Heriot-Watt University in the UK, conducted an Australian Research Council project on the impact of having an interpreter in a jury room and whether it affects the dynamic and communication between jurors.

Although current NSW legislation does not directly exclude deaf people from jury service, no deaf person has ever sat on a jury trial in Australia.

Despite the fact that interpreters are bound by a strict code of ethics which requires them to remain impartial and uphold confidentiality, there is a long held common law principle that there cannot be a non-juror ‘stranger’ as a 13th person in a jury room.

Previous research by Professor Spencer and colleagues has shown that deaf jurors are not disadvantaged by relying on sign language interpreters and show comparable levels of understanding to other jurors.

As part of the new research, the team organised a drug-related mock trial at the Sydney West Trial Courts in Parramatta, with the support of the NSW Department of Attorney-General and Justice, NSW Police and NSW Legal Aid.

The court was presided over by a retired district court judge, with actors playing the roles of the accused and his family. A mock jury, with 11 hearing jurors and one deaf juror observed the trial, interpreted by a trained Auslan interpreter.

Following the trial, investigators interviewed all participants and held a focus group with the hearing jurors.

Professor Spencer said the mock trial was a great success in terms of replicating a genuine jury trial.

“Having genuine court officers, prosecution, defence, informants and a jury, all set in a real NSW District Court gave a real sense of authencity to the proceedings.”

He said that if the evidence collected from the mock trial showed that the impact of having a deaf person on the jury is negligible then the research team will be in a position to make submissions to the various attorney-generals across Australia.

“This will remove another layer of discrimination currently suffered by the deaf members of our community.”

MAY THE FORCE BE WITH YOU

An ACU-led research project will assist the NSW Police Force in developing fresh solutions to help officers become more resilient, and support those suffering from stress-related illness.

Professor Rhonda Craven, Director ACU’s Institute of Positive Psychology and Education, is heading the study that brings together representatives from the NSW Police Force and researchers from ACU, the University of Western Sydney, and three other international universities. The group has a diverse range of expertise including psychology, management, policing and criminology.

They will survey more than 20,000 serving police officers and conduct further study to develop, for the first time, information-based scientific analysis of the NSW Police Force.

Funded by an Australian Research Council Linkage Project grant worth $500,000, and an equivalent ‘in kind’ level of financial support from the universities, the project will investigate police commands in NSW to determine how to maintain an officer’s wellbeing in the face of adversity.

Findings of the study will be used to further develop psychological tools to help the entire workforce deal with stress and trauma.

“Every day the NSW Police Force puts their lives on the line to protect and serve all Australians,” Professor Craven said. “They are unsung Australian heroes. We aim to find out what factors protect and enhance the health and wellbeing of our NSW Police Force. This will enable research-derived strategies to cultivate the capability of and further futures for the police force.”

By emphasising a scientific understanding of what makes police officers fit and well, the aim of the project is to develop a new approach driven by positive psychology, which is world-renowned in helping people suffering from post-traumatic stress disorder (PTSD) and other related illnesses.

NSW Police Commissioner Andrew Scipione said stress awareness and management was crucial within the NSW Police Force.

“The nature of policing is that often officers will not have control over events that lead to stress and trauma, so it’s important we look after our mental health,” he said.

“By collaborating with academic researchers from ACU and UWS, we hope to develop practical applications and policies to build on current initiatives of the Workforce Safety Command.

“Through this project, we aim to help officers become more resilient, assist those already suffering PTSD to achieve better mental health outcomes and allow us to better help officers who have already disengaged.”
A new study led by ACU’s Professor John Hawley has demonstrated that alcohol consumption essentially undoes the positive effects of exercise, as it impairs the growth of muscle repairing proteins.

Professor Hawley and his colleagues conducted three experimental trials with eight male athletes after a strenuous bout of exercise. They sought to determine the effects of a modest alcohol binge – or the equivalent of 12 standard drinks – on the body’s ability to synthesise protein, and therefore repair itself.

In addition to alcohol, the athletes were also given protein (to maximise the anabolic response in skeletal muscle), and carbohydrates (to partially offset the damaging effects of alcohol intake on post-exercise muscle refuelling).

“The results clearly demonstrated that alcohol consumption reduced rates of muscle protein synthesis following exercise, and that this impairment in the muscle’s anabolic machinery occurred even when alcohol was co-ingested with protein or carbohydrate,” Professor Hawley said.

The culture in many team sports is to consume large amounts of alcohol after a gruelling athletic session in celebration of a big win, or commiseration of a loss. Yet Professor Hawley said his research showed that drinking alcohol in excess had very measurable consequences for the muscles consequent recovery, and moderation was essential.

“Our data will be of interest to athletes and coaches alike, and provide an evidence-base for a message of moderation in alcohol intake to promote recovery after exercise, with the potential to alter current sports culture athlete practices,” he said.

Professor Hawley’s study, Alcohol Impairs Muscle Recovery from Exercise, was undertaken in collaboration with the Sports Nutrition team at the Australian Institute of Sport (AIS) and the Department of Kinesiology at McMaster University in Canada. It was published in the American science journal PLOS ONE.

A new study led by ACU’s Professor John Hawley has demonstrated that alcohol consumption essentially undoes the positive effects of exercise, as it impairs the growth of muscle repairing proteins.

The study found the summer monsoon to be a significant deterrent to pirate attacks, which are an ongoing threat to international shipping and maritime security in the region.

Somali Piracy and the Monsoon by ACU’s Dr Duncan Cook, and Ms Sally Garrett from the Defence Technology Agency of New Zealand, provides the first detailed analysis of the weather and ocean conditions during recent pirate attacks in the Indian Ocean region. There has been very little direct scientific monitoring of the region in recent years, partly due to the extent of maritime piracy. The researchers therefore observed the wind and wave conditions of individual pirate attacks via satellites from the safety of space.

“The primary focus of this encyclopedia is not on the many women who exercise leadership in contemporary Australia, but rather on their foremothers, the women who occupied leadership positions during the 20th century, at the beginning of which white Australian women were amongst the first women in the world to be enfranchised,” said Professor Swain, leader of ACU’s Historical Research Concentration.

Developed as part of a 2011-2013 Australian Research Council funded Linkage Project, the encyclopaedia is an online-only resource, comprising of 60 thematic entries which examine professional and paid work, volunteering, community engagement, religious affiliations, and race and ethnicity. There are over 600 individual entries, which can be browsed by name, theme or occupation.

The Encyclopaedia of Women and Leadership in Twentieth-Century Australia can be viewed at: womenaustralia.info/leaders
When ACU theology graduate Fr John Sanderson, 51, was deployed to Afghanistan as a military chaplain his weapon of warfare was a peaceful demeanour. He was also armed with some heavy duty life experience and a barrage of effective communication tactics, Sara Coen writes.

So Padre, how did you get to be a Padre?
How many times have you been deployed?
How long have you been here?
Where else have you served?

“By the time I was working in the corporate world in Australia and had just been offered a new position. They were offering me a significant salary but I wasn’t sure what I would do with all the money, so I decided to give in to God instead.”

“In December 2001, Fr Sanderson resigned from his job and commenced a Master of Arts (Theology) at ACU, which he juggled with the in-service training scheme for Defence Force Chaplains. He was deployed to Afghanistan in 2011.

“I was the right person in the right place at the right time. Everything I had done in my professional life had prepared me for the experience.”

Fr Sanderson said he had served as a police officer in London for many years so had the ability to relate to people in high stress environments, and understand those making significant life and death decisions.

He had been a Reserve Infantry Officer so had the military connection, and had also worked as a chaplain in children’s hospitals dealing with families who had experienced grief and loss.

“Being an ordained priest coupled with my studies in theology at ACU provided a sound framework for my ministry work in Afghanistan with the soldiers and their families,” he said.

During his deployment in Afghanistan, Fr Sanderson was technically not permitted outside the wire. He was based on the barracks where he conducted regular church services, para-liturgies and prayers for the soldiers and their family members. He was also required to conduct a number of Memorial Services and Ramp Ceremonies, and minister to the wounded and dying. On the lighter side, he also presided over two marriage ceremonies and baptised a number of children.

Fr Sanderson was deployed to Afghanistan during a period of high tempo, high intensity operations which translated to high coalition casualties. Many people working on the barracks were at breaking point.

“One of the young nurses was hit with a mass casualty on her first day as 10 severely wounded soldiers were rushed into the hospital at once. She said I was able to bring a sense of peace to that chaos for her. She eventually became a Christian and I later conducted her wedding ceremony,” Fr Sanderson said.

The deployed environment lends itself to some intimate spiritual conversations and intensifies human relationships. Surviving chaplaincy in a military environment requires emotional, spiritual and theological resilience.

“You come up against a lot of stereotypes and assumptions about the Church, about the bible and about Jesus and you need to know how to gently diffuse those ideas in a non-defensive way. If you hedge your bets and if you can’t articulate your beliefs you immediately lose credibility.

“You can’t wait until you are in a war zone to start working out your key doctrines and beliefs. Your beliefs need to be extremely sound. When a soldier says he’s dying you need to be able to speak into and pray into that situation instantaneously.

“In Afghanistan the soldiers would visit me as they would a doctor or a dentist. They considered me to be a specialist in my field and would often ask for advice about topics such as faith, life and death. Counselling models can work in a military context, but mostly the soldiers wanted to know what I thought. They didn’t want a counselling model.

“I met a politician a few years ago and he regularly says to respective members of Parliament that they need to be able to articulate all of their policies in one hundred non-technical words or less. It’s exactly the same with clergy. If you are going to encounter people with theology you need to be able to articulate things in a hundred words or less in a non-threatening way.

“War can be incredibly emotionally taxing for the guys and girls who are deployed, but I think it’s often even harder for the family members who are left behind. It can be extremely stressful and confusing for them as they can’t always accurately contextualise what is going on.

“For example, there was a suicide bomber and a big attack on the Governor’s residence in Afghanistan that really terrified my wife and kids. The Australian media picked up the story and really ran with it. Everyone on the barracks was fine, but the media coverage was incredibly disturbing for so many of the families.

“My family usually distance themselves from me before I deploy, which is part of the separation process, and they work hard at getting into a routine when I’m away. The children take a while to adjust and usually move into their mother’s bedroom to sleep.”

Fr Sanderson said his definition of real courage is the mums, wives, girlfriends and partners that stay at home.

“They are the true heroes.”
Graham Thomas QC has defended serial killers, mobsters and battered women, in some of Australia’s most famous cases. Yet you’ve probably never heard of him. Alisse Grafitti spoke to the retired barrister and ACU criminal law lecturer about keeping a low profile when you’re in the spotlight.

Graham Thomas QC has had every type of criminal case there is. From the tawdry and sensational, to the heartbreaking and downright awful, the barrister has seen them all. But you won’t find him sharing the details with his mates on the golf course.

“Friends and reporters would sometimes ask if I had an interesting case, and I’d usually just say no, not really. It’s not my job to promote interest in a trial, especially if my client did not wish publicity. Some people have lots of entertaining stories to tell at a dinner party, but not me.

“In almost every case there is a human story which far outweighs its sensational aspects.”

The retired QC has been involved in “too many murder trials to count” in Victoria, largely as defence counsel. While some of his cases made headlines around the world, it was the trial of Cheryl Bradley in 1994 which made a lasting impression.

For more than 25 years her husband James had tormented her every waking moment. Beating her, breaking her arm with a chain, and subjecting her to every imaginable abuse. On eight occasions she fled from him, and each time he pursued her relentlessly.

“That was one of the earliest battered women cases in Australia, and if you heard all the details of what her husband did to her you wouldn’t believe it, it was far worse than anything you could ever imagine,” Graham said. “In the end she shot him in the head with a shotgun while he was sleeping, and buried him in the front garden. His body wasn’t found for a year.”

Graham defended Cheryl in the Supreme Court of Victoria, and she walked free after a jury accepted her defence of provocation. She was convicted of manslaughter rather than murder, and the judge imposed a two year suspended sentence.
“When you stand up and defend someone like Cheryl Bradley it is elemental in one way. What is the value of a human life? It was so very important that people understood what happened to her. That case gave me pause for thought I must say.”

Born in Melbourne, Graham went straight into law school, after he “walked into Melbourne University planning to enrol in commerce and came out having enrolled in law.” After several years as a commercial solicitor, he left suburban Melbourne behind for the grit and grime of London.

“I was raised in the ’50s, and I’m a proud Australian, but back then Australia didn’t have too much to offer. I didn’t know any better, but I could see what was happening was too confined, too narrow. I thought there was a world out there I might want to have a look at before I settled down.”

He taught a remedial grade of mainly West Indian migrant kids in the tough working-class suburb of Harlesden, in northwest London – a time he still remembers as his best working year.

“There were lots of overblown stories around before I started the job. I was told the two previous teachers had suffered nervous breakdowns. The kids were hard to control initially but when we settled down we had a great year. That was their last year of school, Year 10, and they struggled with basic literacy and numeracy. There wasn’t much sophisticated teaching going on, but they were good kids from good families. Not well educated families, but interested.”

Graham spent 1969 hitchhiking back to Australia – through Europe, Turkey, Iran, Afghanistan, Pakistan and India, and then into Thailand, Malaysia and Indonesia.

“I took a special trip to Rome just to see Michelangelo’s La Pieta. It’s a beautiful thing, really something. What did that man have that he could carve something like that out of stone?

“That year of travel confirmed my optimistic view of people no doubt about it.”

Back in Australia Graham looked for a teaching job, but didn’t have the necessary qualifications. At a friend’s suggestion he applied for, and got a job at Turana – the Victorian remand centre for 14 to 21 year olds who had been sentenced by the courts. At the same time he enrolled in a postgraduate social work program at the University of Melbourne.

“Turan was a large center then, with about 300 detainees. I was a superintendent, and I played a part in breaking down the system of placing kids in large institutions. It’s a poor starting point, putting offending kids in with other like kids. You have to work hard to counteract the influences they have on each other.”

As superintendent from 1973-76, Graham was responsible for overseeing the welfare and security of the children, addressing any health or psychiatric problems, and attempting to tackle the underlying issues which had gotten them into trouble in the first place.

“I was a bit worn out at Turana, and not the sort of wearing out that a holiday could cure,” he said. “With social work you run perpetually exhausted really, because the people you’re dealing with are just about limitless in their demands on you.”

“I had a young family and was pretty busy all round. In 1976 I went to the bar, and planned to park myself there for a little while before getting back into social work. But I found it absorbing and it had the great benefit of closure. When you’ve finished a case you just write up your brief and send it back. You mightn’t forget about it but you didn’t have to live with it like you did social work.”

“Once we start to vary from proof by evidence to proof by media report, or proof by police suspicion, well, let me tell you, I’m going to fight hard to never let that happen.”

In 2010 Graham defended serial killer Peter Dupas in the retrial of the murder of 25-year-old Mersina Halvagis, who had been stabbed repeatedly while she tended her grandmother’s grave. Dupas had already been convicted of the murders of prostitute Margaret Maher in 1997, and psychotherapist Nicole Patterson in 1999.

“The jury were told that my client was the same Dupas who had killed two women, and already been convicted of the murder...
It has been more than 50 years since American civil rights activist Martin Luther King Jr. delivered his iconic “I Have a Dream” speech, and though progress has been made, the struggle continues, Associate Professor Michael Ondaatje writes.

Martin Luther King’s “I Have a Dream” speech was one of the greatest oratorical achievements in American history and one of the emotional high points of the civil rights movement of the 1950s and 1960s.

From the steps of the Lincoln Memorial, King seared the plight of African Americans into the public consciousness and challenged the United States to live up to its founding ideals by ending centuries of pervasive discrimination against black people.

King envisioned a new America where people would “not be judged by the colour of their skin but by the content of their character”. In doing so, he gave millions of Americans, black and white, a language to express their aspirations for change.

The speech was simultaneously an expression of hope for a brighter future for African Americans, and a scorching indictment of the racism African Americans continued to confront.

Within two years, Congress had passed civil rights legislation outlawing segregation and guaranteeing black voting rights.

Last year marked the 50th anniversary of King’s speech, and millions of Americans observed the occasion by feting both dreamer and dream.

King was held up as a symbol of political heroism from a bygone era – and there were inevitable references to President Barack Obama and how he represents the fulfilment of his vision.

Yet King’s true legacy is more complex than this. By reducing his career to a single expression, “I Have a Dream”, we trivialise the substance of his message and distort the meaning of his life. King might have had a dream, but he was not a dreamer.

Perhaps the best way to understand King is to consider the opposition he faced in life. In August 1963, FBI director J. Edgar Hoover labelled him “the most dangerous Negro of the future in this nation” and, with the approval of the Kennedys, began to wiretap his home, offices and hotel rooms.

In time, Hoover discovered many things about King. But his most important discovery was King’s readiness to suffer and sacrifice for black freedom – to go to jail, endure beatings and risk death for the cause.

In articulating his dream, King’s appetite for struggle shone through. He said that 1963 was “not an end but a beginning” for...
African Americans. Securing blacks’ basic constitutional rights was his immediate priority. But in a sign of things to come, King also drew attention to the crippling scourge of black poverty. He knew that economic deprivation played a huge role in keeping blacks at the bottom of American society, and he understood that civil rights legislation alone would not guarantee racial equality.

Thus, with the passage of anti-discrimination laws in the mid-1960s, King broadened his focus and targeted what he saw as the trifecta of social misery in America: race, poverty and militarism.

More and more attuned to the problems of inadequate housing, insufficient jobs and inferior schools, he began to speak of the need for a “radical redistribution of economic and political power” to close the gap between the “haves” and “have nots”.

King also became an outspoken critic of US involvement in Vietnam, viewing the war not only as morally unjust but as detracting from the struggle for racial and economic justice at home.

Indeed, in the final months of his life, King was planning an interracial poor people’s campaign to pressure the federal government to implement programs to eradicate poverty in the US.

King’s contribution to his country went well beyond words. Yet in 1968 neither the president, Lyndon Johnson, nor the two living former presidents, bothered to attend his funeral.

By then King’s demand for “basic structural changes in the architecture of American society” had made him a far more dangerous figure in the eyes of the political establishment. He was branded a traitor because of his position on Vietnam and a socialist agitator because of his views on inequality.

In difficult times, King often lamented that “the dream I had in Washington back in 1963 has … turned into a nightmare”. We might ask: if he were alive today, would he view America through the same pessimistic lens? It is difficult to know.

King would surely acknowledge the tremendous progress made in America by blacks: the election of a black president, the rise of African Americans in business and entertainment, and the expansion of the black middle class.

But he would be dismayed by the deteriorating circumstances of the black poor in a nation where the chasm between rich and poor is now wider than ever. And he would despair of the persistent racial inequities in the criminal justice system so tragically underscored in last year’s Trayvon Martin case.

2014 is an appropriate time to reflect on how far America has come, and how far it still has to go, to be the society King imagined.

King was more than a dreamer who solved the problems of the past. His vision challenges Americans to confront the problems of the present, and to be ever vigilant in pursuing justice and equality in the future.

Associate Professor Michael Ondaatje is Head of the National School of Arts at Australian Catholic University. A version of this article previously ran in the Fairfax Press.
It's been a busy year for the Australian women's cricket team, the Southern Stars, and an unforgettable one for Meg Lanning. One of the best players in the women's game throughout her three-and-a-half-year career, the 22-year-old has had a record season.

In one Test, three one-day internationals, and nine T20 internationals – Meg averaged better than 35 with the bat, led the Southern Stars to their third successive ICC World Twenty20 crown, and assumed the role of full-time captain.

She is also on track for an all-time record – currently placing third on the all-time women's T20 run scorers list for a calendar year, 216 runs behind England's Sarah Taylor in 2012.

To top it all off, it was recently announced she will join the Channel Nine cricket commentary team this summer – which was until now an exclusively male domain.

"Batting is definitely my strength, but it can be quite frustrating too. You have to ride with it. When the runs are easy, you make the most of it while you can, while you’re on a roll."

"I think a lot of my strategy comes from watching cricket. Growing up, my cricket idol was Ricky Ponting and I watched him throughout his entire career. He batted in a similar position to me and I loved the way he batted. He has been a massive influence in the way I’ve developed my own batting style."

Meg started playing cricket in the backyard when she was 10, and then at school before joining her local club. She made her domestic debut for Victoria in 2008 at the age of 16 and quickly settled into top order. In December 2012 at the age of 20 she broke the record for the fastest 50 and fastest 100 in a One Day International by an Australian female cricketer.

"It was definitely tough trying to focus on my own game and lead by example at the same time, " she said.

"Strategy is good to a certain degree, but overthinking things can be detrimental to my game. I am a true believer in keeping it simple. When I play, there is no time to think. I just have to be in the zone."

"I'm from Melbourne so to have all my family and friends there to cheer me on as I stepped in was the ultimate high. My family have always been incredibly supportive of my cricket career."

"My younger sister, Anna, plays cricket in the Victorian state squad so batting could be in the genes. I hope she gets her baggy green one day."

Anna Lanning is also studying a degree in exercise and health science at ACU, a year below Meg. Both sisters are part of ACU’s Elite Athlete Program, which supports students who excel in their field and wish to pursue a sporting career alongside an academic one.

"Cricket is a big part of my life and it has opened up a lot of doors for me, but it's important to have a career outside cricket," said Meg. "I plan to continue working in sport when I retire from cricket and my degree will help keep that career path on track.”

To get a baggy green is something all cricketers strive for and Meg is no exception.

"It's my most treasured possession – and when I'm not playing cricket I keep it in my bedside drawer so it won't get lost."

To find out more about ACU’s Elite Athlete Program, visit acu.edu.au/eliteathletes
It’s the world’s most pirated TV show, attracts millions of viewers every episode, and had the twittersphere in an uproar for days after that wedding. But Caitlin Francis was looking closely at Game of Thrones long before everyone was talking about it, Alisse Grafitti writes.

Caitlin Francis didn’t really have much of a choice when it came to liking fantasy fiction. Not only are her parents huge fans, but they owned a science fiction and fantasy bookshop while she was growing up in Perth.

“Fantasy has always been my go-to genre. I love the imagination behind the stories, and the detail that goes into creating these elaborate and complex worlds so that they become believable. Fantasy is generally so far removed from reality that it allows you to explore or imagine other possibilities. It is such a creative medium, anything can happen.”

“I had read George R. R. Martin’s A Song of Ice and Fire series (on which the HBO show Game of Thrones is based) in high school and it had always been a favourite. It was different to the vast majority of fantasy novels out there – the characters were complex, and many of the women challenged preconceived ideas about beauty and femininity.”

The Bachelor of Arts (Honours) student decided to focus on the series of epic fantasy novels for her final thesis, exploring them under a feminist lens. She found that while traditionally there had been a lack of heroic female figures in the fantasy genre, Martin had demonstrated that it was in fact possible to have a female protagonist who performs heroic acts and is not helped by or because of her gender.

“Archetypal female characters were often divided into four types – the mother, the witch, the virgin or the seductress. So for a long time, female characters in fantasy were slotted into one of these roles and really just used to support the male protagonist.

“There are stories of warrior princesses, but again they tend to focus on their beauty rather than their deeds or strength, and in the end they always fall in love with a knight.”

“Take Eowyn from The Lord of the Rings for example. Her beauty is one of her defining features, and although she is tough, after she kills the Witch King of Angmar she doesn’t continue as a warrior. Instead she marries Faramir and presumably settles down to married life.

“It seemed as though these female characters were tough when the circumstances required, but in general they were protected by men, or desired by men, and were rarely a pivotal character.”

Caitlin focused on Martin’s character Brienne of Tarth to demonstrate the changing female stereotype.

“One of Brienne’s defining differences is her appearance. She is described as extremely tall, and ungainly, with a flat chest and coarse features. Yet she is also a strong and talented fighter, who chooses to live her life as a knight and adhere to a knight’s ideals.

“Brienne is not bound by gender expectations. She doesn’t wear feminine clothes, isn’t in need of rescuing, and doesn’t use her sexuality to get her way or influence others. She isn’t a wife, or a lover, or a mother. Rather she represents an independent version of womanhood that doesn’t require male approval or support to succeed.”

While it may be a while before empowered women in fantasy become the norm, Caitlin said the genre was constantly evolving, and there had been a decided shift towards more realistic and contemporary portrayals of complex individuals.

“It’s a change that has been coming for a while now. There are many more strong females in the public sphere, and a lot of Young Adult fantasy is targeted towards girls, so writers are seeing the need to reflect this in their novels.

“It’s definitely a positive change. As someone who reads fantasy, and as a woman, I find it quite boring and insulting that the female characters are constantly defined by their beauty and their role as a potential lover or conquest. A character like Brienne is refreshing because it shows that yes, we can have female characters, and yes, they can do all the same things a boy can – and we can leave it at that. She can be good, and tough, and still get things done. It’s a positive message.”

Photography courtesy HBO
Emma Donovan completed ACU’s Graduate Certificate in Management for Not-For-Profit Organisations before taking the lead role at Studio ARTES. The course is offered in Adelaide, Brisbane, Melbourne and North Sydney. To find out more, visit acu.edu.au/courses/638243
The art of inclusion

The members of Studio ARTES may have a few extra life hurdles to overcome, but you’d never know it from browsing their art gallery, Alisse Grafitti writes.

In several colourful classrooms in the Sydney suburb of Hornsby, you’ll find students hard at work sculpting, weaving, printmaking and drawing. Some are dancing, singing, or improvising in drama class. Others are learning the basics of production, design, or beauty therapy. All of them have a focus and determination that is impressive.

Emma Donovan is an ACU graduate and the Managing Director of Studio ARTES, an independent, not-for-profit organisation that offers creative programs for adults with disabilities. The 140 students in her care range from 18 to 80 years old, and have physical and intellectual disabilities that include Down’s syndrome, cerebral palsy and autism.

This isn’t just art therapy however. Classes are serious, and the results are remarkable. Studio ARTES has held both national and international exhibitions in major art colleges, universities and commercial galleries. Work is also displayed and sold in the dedicated gallery at Hornsby.

“There is so much incredible talent among the members of Studio ARTES,” Emma said. “Over the last couple of years individuals and the Studio ARTIST program have been recognised by significant institutions including Arts NSW – who fund projects of the highest artistic calibre and support artists considered to be key cultural producers.”

While disability organisations are increasingly offering art as part of their programs, Studio ARTES is unique in its growing contribution to contemporary art in Australia, through the Studio ARTIST program in particular.

“The Studio ARTIST program is a professional development initiative which caters specifically to members who have come through the recreational art program and have a vocational interest in the arts. It was developed in response to the quality of the work that was being produced.

“One of our students, Daniel, has autism and can’t speak in sentences of more than a few words, but he speaks through his painting. Because Daniel receives no government funding, Studio ARTES supports him to attend so that he can have access to opportunities to speak creatively, such as undertaking an artist’s residency with Historic Houses Trust. During this time Daniel painted a portrait of Her Excellency, the Governor Marie Bashir, which was presented to her at Government House.”

Emma began working in the disability sector when she was 18. She originally planned on a career in counselling or psychology before realising she was already working right where she wanted to be. She completed ACU’s Graduate Certificate in Management of Not-For-Profit Organisations before taking the lead role at Studio ARTES in 2014.

“I am very lucky to have the opportunity to be somewhere that is alive with creative energy and a strong sense of community,” she said. “The best part of my job is being part of that community, and seeing the outcomes of our programs in the lives of the people we support.

“While the mission is to provide creative programs for adults living with disability, what we also do is provide an inclusive environment for people to express themselves that is safe and encouraging, that gives people a sense of belonging while fostering independence. Creativity is used to help people develop skills in all areas of life and to facilitate social and recreational activities. Studio ARTES also advocates with and on behalf of people living with disability to create positive change and promote rights.

“People attending Studio ARTES find positive outcomes in many areas of their life, from the amazing artworks they create and the life skills they learn, to the connections that are made.”

Despite the studio’s impressive output and obvious benefits, Emma said securing sustainable funding was the most significant challenge.

“Fundraising in the not-for-profit sector is always difficult due to intensifying competition for the charity dollar. Another issue that is increasingly affecting us is the inaccurate perception by the public that donations to disability services aren’t as necessary now thanks to initiatives such as the National Disability Insurance Scheme.

“Studio ARTES is committed to supporting its members regardless of their funding status, which means that we fundraise in order to offer fee support for those, like Daniel, who would otherwise find it unaffordable.

“We support people from all over Sydney – from Central Coast to Vaucluse, hills to beaches. For some of them creating art is not a choice but a natural activity that comes instinctively. For many it is a learning tool. For many it is simply fun. Studio ARTES caters for them all.”

To find out more about Studio ARTES visit studioartes.com.au
When you're a 19-year-old sprinter wanting to be the best in the world, and you're given the opportunity to train with Usain Bolt in Jamaica, you could be forgiven for feeling a little anxious.

For Jarrod Geddes from Sydney’s Sutherland Shire, it was an unbelievable offer, and a surreal moment. “My reaction was one of pure excitement that then turned to nerves. When I initially heard the news I was naturally keen and eager to travel over there and train with him. But then having some time to think about it and knowing that I would have to prove myself in front of some of the greatest athletes the sport has seen – that made me very nervous."

The ACU physiotherapy student spent three weeks in Jamaica at the start of the year thanks to a partnership between his manager Hayden Knowles, and Bolt’s business manager Norman Peart – who has described him as “white lightning”.

“The first time I was able to meet Bolt was a few days into my trip,” Jarrod said. “He is one of the hardest working individuals I’ve seen in my life. When he gets to a training session he switches himself on to an animal-like state and gets straight into his workout. “As a young outsider it was very intimidating to witness this and it took a while for me to work up the courage to speak to him, I actually waited to be introduced. He was very respectful and willing to give up his time to chat to me... and give advice and support. This was a great feeling.”

Jarrod trained with Jamaica’s world-famous Racers Track Club and legendary head coach Glen Mills. Bolt’s initial observation was that his technique was “pretty good”.

“He’s cool, we’ll talk. I’ll tend to watch him and see how he goes – but he’s really looked good so far,” Bolt told Australian media in January.

For Jarrod however, pretty good wasn’t good enough, and he pushed himself to the limit to prove his worth. “I had to go out there and earn my spot among these great athletes. At the beginning I had the feeling they considered me a bit of a tourist but I held my own by putting my body on the line, and they respect anyone who is willing to give it 100 per cent.”

USAIN BOLT’S MANAGER NORMAN PEAR AND BOLT’S FATHER, WELLESLEY BOLT, WATCH JARROD IN ACTION IN SYDNEY IN 2013.
“That first track session was a painful one purely because I wanted to prove I could hold my own against these sprinters, and I believe I did just that.

“I wanted to get the attention of the coaching staff over there to show them I wasn’t there just for the experience of meeting people, but to work hard and get the benefits of training in that environment.”

Always a sporty kid, Jarrod played AFL and participated in Little Athletics before starting to focus purely on athletics at the age of 16. Career highlights include the 2011 World Youth Championships in Athletics in France, 2013 Diamond League in London, and a place on the 2013 Australian World Championship team and 2014 Australian Commonwealth Games team.

“Athletics is a very demanding and highly taxing sport not only physically but also mentally and emotionally. Having said that it can reward you greatly as well. To date my memories of the sport are mostly of the great ones, but I would not be where I am today without the down times.”

Looking further ahead, Jarrod, now 20, has set his sights on the 2016 Olympic Games in Rio de Janeiro, and smashing the 10-second barrier in the men’s 100 metres. He’s also had invitations not only to return to Jamaica, but to join the team in base camp in Europe as they prepare for the international athletics season.

“I learnt so much from my trip to Jamaica that I can’t really summarise it completely. I had the ability to meet and train with some of the best sprinters that Jamaica and the world has ever seen. I gained valuable knowledge from the coaches and athletes about what it takes and what you have to endure to make it in this sport, and obviously the training benefits that I got physically for doing the work that they prescribed me.

“Mr Bolt is a very relaxed person, who enjoys his sport and being able to train with him I could really see the difference between the person we all see after he wins a race, and the inner animal that comes out when he has to train, and train hard.

“In my opinion that’s what makes him such a good athlete – the ability to switch on when it counts, and relax when he has to.”
Football has the capacity to focus the attention of disparate communities – at the same time, in the same place, in terms of the same event. It utilises a universal language that is easy to learn and allows for conversation about football before, during and after games. Football makes people cry, laugh, shout, throw things, jump for no reason, run around the room, take their clothes off, kiss complete strangers, run down the street, get themselves tattoos they regret – and all of this in 90 minutes with an interval.

Italy won the World Cup in Spain in 1982 after a terrible start. This was their third victory overall, but their first as a democratic country. It was a moment that created ‘deep emotions’ across the nation and was destined to be evoked and re-evoked in the years to come. It also came at a crucial historic moment. In 1982 Italy was emerging from the ‘years of lead’, more than a decade of political violence. The country was on the verge of a decade of growth after a long period of stagnation. This would be a decade when the fashion industry replaced the steel industry, when Dolce and Gabbana, Armani and Versace would emerge to become world leaders. It would also be a decade where Italian football would play a major role – tactically and in terms of image. Italy was setting trends – and what has been called *footballisation* would proceed apace in the 1980s.

In 1986 a young and talented entrepreneur purchased one of Italy’s biggest clubs – AC Milan. In 1988 he appointed an unknown and even younger manager Arrigo Sacchi, who practised a high-pressing, attacking brand of football that consigned catenaccio to the dustbin of history. Serie A, in the 1980s, became the most glamorous and high-quality league in the world. Diego Maradona signed for Napoli in 1984, Ruud Gullit, Marco Van Basten and Frank Rijkaard joined Milan in 1987. Almost all the stars of 1982 came to play in Italy.

1982 was also far enough away from fascism and the war to create distance from that regime (with its two world cups) and the catastrophic events associated with that conflict. 1982 was a tournament watched by a generation born after the war. The players themselves were all part of the post-war generation – with the exception of the goalkeeper and captain, Dino Zoff. Beppe Bergomi had been born in the 1960s, the others were all from the 1950s.

So, what was it about the 1982 ‘story’, the ‘text’ of that tournament (from an Italian point of view) which made it so powerful in terms of national mobilisation and national identity? Many of the stories from the 1982 tournament fitted perfectly with the understanding of ‘deep emotions’. First, there was a story of redemption. This worked at the collective level – a team which was playing very badly suddenly started playing incredibly well – winning four games in a row and beating the best teams in the world, one after the other. But this redemption was also individual. The villain, the most criticised player of all, the man who had been banned for match fixing for three years – turned into a national hero. This was deep redemption. The striker Paolo Rossi was paying for his sins, he had redeemed himself, and an entire nation, at the same time. In doing so, he also helped draw a huge historical veil over the 1980 match fixing scandal that had so shocked the nation and outraged its football fans. A low point became a high point. Rossi had gone from jailbird and crook to a household name (in a good way) in a few months. This redemption took place during the tournament, in full view of everyone concerned.

The second image was another familiar one – of a small, brave, band-of-brothers, fighting in a hostile terrain, and coming through against all the odds. Thus, the 1982 story also worked because Italy won as underdogs – against the mighty Brazil and the fearsome West Germans. When Italy were favourites, the story was less powerful and had less ability to draw on the emotions. This image of the brave minority of Italians on foreign soil was a classic one from the Risorgimento itself – and afterwards – from the time of the creation of the nation itself.

A third element to the story was the brotherhood among different kinds...
of Italians represented by the team itself (symbolically and in reality). The 1982 team included Italians from north and south, from the working class and the middle class, with different skills and different specialities, but all of whom were working towards the same end. So the cultured left boot of Giancarlo Antogogni complemented the calculated, cool violence of Claudio Gentile’s man-marking evisceration of Maradona, and the perpetual ‘water-carrying’ of Gabriele Oriali complemented the rapacious, darting runs of Rossi, while the skill and movement of Bruno Conti set up chances. At the back there stood a player who seemed to float across the grass, and who rarely appeared to tackle anyone – Gaetano Scirea. A player who, it is said, played ‘in silence’.

The leaders were heroic, taciturn, unmovable. They showed their worth through deeds, not words – like Giuseppe Garibaldi himself – one of the fathers of the Italian nation. Zoff was the most perfect example of this kind of leader – and was famously assigned to press conferences precisely because he was a man of few words.

And beyond the leaders on the pitch, there were the leaders off it – the generals, the tacticians, the chiefs. Enzo Bearzot had never managed a club side of any importance. He had been groomed for the national team for years (this was a particularly successful tactic in the Italian set-up – managing the national side is light years away from managing a club side). Bearzot took the violent criticism of the press on the chest – deflecting it from his players. He also imposed a press silence, which lasted for most of the tournament. The perceived wisdom is that the atmosphere in the early weeks brought the team together. They had nobody to fight for but themselves.

So the 1982 world cup worked perfectly on a whole series of levels as a ‘national’ text. It contained a series of stories that could be told and re-told, while other elements of the ‘expedition’ could be conveniently forgotten, or simply used to reinforce the mythical elements of the tale. The characters were all there – and they could be visualised – they had all been seen. The final and most crucial piece in the national jigsaw was provided by the role of somebody who was neither a player nor a manager – the President of Italy, Sandro Pertini.

First, there was the figure of the man himself. Pertini was tiny, bespectacled, ageing. He usually smoked a pipe and wore a suit. He looked like an ordinary ‘grandfather’ and he was no longer a politician, but the President of Italy, the Head of State, the President of all the Italians, as he himself had put it on election.

During the game itself, Pertini turned into a fan like any other – just like the millions across Italy, celebrating in the same way, at the precise same time. Pertini, however, was in front of the cameras. Most fans were watching him watching the game. The only difference was that Pertini was there, sitting next to the King of Spain. But it is as if he wasn’t. In that moment, the Italians and Pertini were fused as one – the identification was total.

Inevitably, from that moment on it would be almost impossible to separate the two events – the game and Pertini’s celebration in the stands. They had become the same thing – inseparable – part of the same story. Footballing success had ‘created’ identification with something called Italy.

Professor John Foot is Professor of Modern Italian History at the University of Bristol, United Kingdom, and an ACU Professorial Fellow.
The situation of refugees, forced migrants and internally displaced people is one of the greatest humanitarian challenges facing humankind. Burma’s authoritarian state has produced the world’s longest running civil war, and Burmese fleeing the regime have been sectioned into nine camps scattered along the border with Thailand.

In the ACU Thai-Burma Program, the University partners with universities from the USA and Canada to provide tertiary education to young refugees in the camps. The program offers a course taught through a combination of online and face-to-face lessons. Graduates of the program resettled in Australia, Canada or the USA have been accepted into university courses on the basis of their ACU qualification.

For the students, the program has not just meant jobs or a pathway to degree courses, but transformation. Through the critical thinking that academic work demands, they have found a belief in peaceful, political negotiation to end the violence in their homeland.

ACU photographer Tristan Velasco spent several weeks in the camps, documenting the lives of inhabitants and students in the program.

For more information on the Thai-Burma Program visit acu.edu.au/thai-burma
I want to go back to Burma and be a teacher for poor children because I want to help my own people.

A 2013 ACU graduate who now works as a primary school teacher at the Marist Mission Ranong (MMR) in Ranong, Thailand.
A young girl in class in one of the nine border camps

‘Kristie’, a Burmese teacher in the Mae La refugee camp studying English so she can apply to the ACU program.

I am now teaching English in Kawthaung to Burmese working for NGOs. I became interested in education while earning my degree from ACU. I have 30 students at the moment.

A 2012 ACU graduate and founder of St. John’s Language Centre in Kawthaung, Burma
The ACU study centre in Mae Sot, Thailand

Win, a 2011 ACU graduate who now works for Youth Connect as an Education Coordinator in Mae Sot, Thailand

Burmese school children in the Mae La refugee camp on the Thai-Burma border
Bill Watson loves his golf, and for more than 20 years he had without fail given the end of year address at his club. In 2011, after tackling prostate cancer, he informed the club that he no longer felt fit for the job because he found it too difficult to climb the stage stairs alone – and didn’t want to do it assisted.

Thankfully the story doesn’t end there. Enter the prostate cancer exercise program run by the School of Exercise Science through their Exercise Lifestyle Clinic.

Launched in 2011, the program aims to improve treatment outcomes for patients, particularly those undergoing a drug treatment known as Androgen Deprivation Therapy (ADT), a common treatment for prostate cancer. Led by exercise science lecturer Dr Tim Hartwig, the program has helped more than 30 men in the past three years, with many of the original patients still involved. They come from all over Sydney, with some travelling long distances on public transport to take part.

Dr Hartwig said the changes in the men were significant. “After about six months of training most men feel noticeably better and are able to do things that in many cases they hadn’t had the strength, balance, stamina, or energy levels to do for years,” he said. “Some of the patients who have long since given up gardening, lawn mowing, carrying shopping bags, or even bathing because climbing in and out is too difficult, are delighted when they are once again doing these activities. For most of us these are very simple tasks which are easy to take for granted until we start to lose the ability to do them ourselves.”

Another significant benefit is the opportunity the program creates for new friendships and information sharing. “Some of the challenges prostate cancer survivors deal with are sensitive topics such as depression, loss of libido, erectile dysfunction, and incontinence,” Dr Hartwig said. “Since all group members are in the same boat, patients feel they can discuss these challenges openly and regularly comment how valuable they find this.”

Eighty-one year old Frank Richie couldn’t agree more. He underwent a radical prostatectomy 15 years ago and has been attending sessions for 10 months in a bid to build up his strength. “Everyone keeps an eye on everyone else,” he said. “When you do your exercises if you’re not doing it properly you’ll hear ‘lift
your chin; ‘put your shoulders back.’ But it’s not only the exercise you get, but the support too. If someone is having a problem they’ll discuss it with the group, and often someone else has had that same problem and can tell you how to handle it.”

Dr Hartwig said recent research had demonstrated the many benefits of exercise for cancer patients.

“A number of studies specifically explored the role of weight training in patients undergoing ADT – and found significant benefits. ADT involves blocking the actions of the hormone testosterone. While this is often effective in controlling the progression and spreading of cancer it also has a number of side effects. These include the loss of muscle and bone mass, and the increase of fat mass. “This in turn negatively affects the patients’ ability to carry out their daily activities, and can impact on their psychological health. Depression and anger, for example are carefully monitored among ADT men.”

Dr Hartwig said trials had shown that exercise, and particularly resistance training, could increase muscle mass, slow the rate of bone mineral density loss, reduce fat mass, reduce the frequency and duration of hospital visits, and reduce the incidence of mental illnesses. “With such strong evidence for the benefits of resistance exercise, many GPs and specialists are now referring their cancer patients to accredited exercise physiologists who run exercise programs such as ours,” he said. “Increasingly, the wider community is also gaining an appreciation of the importance of exercise in the treatment and management of chronic diseases including cancers.”

Richard Young has been making the journey from Smithfield, in Sydney’s west, for more than a year to attend two one-hour sessions every week. “It’s been fantastic, magnificent,” the 67-year-old said. “I’ve felt a great change. When you take the drug I’m on you become calcium deficient, so doing weight bearing exercises strengthens me up. The other benefit is the camaraderie of all the blokes. We share things, we talk about things, and we help each other out. It’s more of a helping group than a support group, really.”

There are now three accredited exercise physiologists working in the ACU Exercise Lifestyle Clinic, and plans are afoot to offer the resistance training sessions to other cancer and chronic disease groups.

And as for Bill, he will gladly tell you how, at 76 years old and just 12 months after joining the group, he ‘bounded’ up the stairs to once again give the end of year address at his golf club.

To find out more about the prostate cancer exercise program contact Dr Tim Hartwig at timothy.hartwig@acu.edu.au
Sometime during the late eighth and early ninth centuries, the classic period Maya civilisation began to collapse. Mighty cities were abandoned and fell into ruin, and the population eventually disappeared. For decades, researchers have been searching for the cause, with theories ranging from war, to natural disaster or disease.

ACU geographer Dr Duncan Cook travelled to Belize recently on a quest for answers. By studying the rainforests, savannahs and swamps in the north-west of the country, he is investigating the role that climate change may have played in the Mayan collapse across Central America 1,000 years ago.

“The project is focused on study sites across the Orange Walk District. Here, a series of fault lines create a fascinating mix of upland and lowland rainforest, karst landforms, savannah grasslands, and swamps and riverine environments,” said Dr Cook.

“Humans have occupied these diverse landscapes for at least several thousand years, while the Maya have called this area home for around 2,000 years. It’s a perfect region to study how humans have lived in tropical environments over long periods.”

The research project is in collaboration with the University of Texas, and is funded by an ACU Early Researcher Award (2014) and a National Science Foundation grant to ACU Honorary Professor Tim Beach.

“Our work focused on mapping and sampling soils, and collecting lake sediment cores in a variety of landscapes surrounding some fascinating Maya sites. We also date the deposits so we can match the timing of when the environment was modified by the Maya, with the archaeology of nearby sites.

“We will begin analysing our samples soon, so it is still a little too early to know what stories they will tell. But they should provide a much more detailed record of how and when the landscape here has been modified by the ancient Maya in response to past climate change.”

While the research itself went smoothly, Dr Cook said there were plenty of memorable moments with the local wildlife.

“One lake in particular where I wanted to collect a sediment core had to be ruled out because it was full of crocodiles. That was quite enough to convince our team to pass up working at that site.

“However Belize is a fascinating country to explore, and having access to the very latest excavations of Maya sites across the area was amazing. Nothing beats seeing ancient temples being reclaimed from the jungle in front of your eyes.”
Professor Wayne McKenna, Deputy Vice-Chancellor (Research), is leading the revitalisation of research at ACU.

"Over the next five years, the University will prioritise, champion and nurture research to achieve better performance in priority research areas – leading to an improved reputation in research, improved ERA results and overall research rankings," he said.

"The current government wants universities to focus on the research and innovation that will best serve and educate our society. At ACU, we haven’t traditionally prioritised research. But that must change if we want to survive. We can’t afford to be seen as a ‘teaching-only’ university."

Professor McKenna said the University would now focus on supporting outstanding research, particularly in its priority research areas of Education, Health, Theology and Philosophy, and Social Justice and the Common Good.

"It’s about quality rather than quantity," he said. "It’s a chance for us to redefine who we are and remodel our research environment and culture. This will ensure that we are best placed to apply for the funding and partnership opportunities which will allow us to shine."

Professor McKenna joined ACU in 2013 from the University of Western Sydney, where he held a variety of roles including Deputy Vice-Chancellor (Academic and Research), Executive Dean, College of Arts, and Provost of the Bankstown Campus.

Originally from New Zealand and then the seaside town of Brighton, England, Professor McKenna holds a Bachelor of Arts (Honours) in English and a PhD from the University of Leeds, UK. As an early career researcher, his interests included the work of Charles Lamb and W.J. Turner. More recently, he has focused on wider humanities research, particularly looking at the impact of the digital age on the humanities.

Professor McKenna came to Australia with his wife in 1975, around the time of the dismissal of the Whitlam Government.

"It was an interesting time and quite an introduction to Australia, but we decided that we liked living here so decided to stay."

Professor McKenna said he had been considering retiring after UWS, but had been far too interested in the ACU role to pass it up.

"ACU’s impressive growth in recent years provides a golden opportunity for it to build on its existing strengths, develop new talent, and build a highly successful research environment."

A key part of this has been the establishment of five new research institutes – the Institute for Health, the Institute for Social Justice, the Institute for Positive Psychology and Education, the Institute for Religion and Critical Inquiry, and the Learning Sciences Institute Australia.

"The institutes include some of the very best researchers in the world," Professor McKenna said. "They each focus on a different priority research area and each embodies the mission of the University.

"Staff will be able to be part of successful grant applications and receive mentorship and training from world-class researchers. There will be plenty of opportunities for early career researchers in particular."

Professor McKenna said that while taking a new direction in research would create exciting prospects for both staff and the University, he was also well aware of the challenges.

"It’s a big cultural change for us and we are asking people to think differently about their careers and their own research. But we remain committed to supporting existing researchers – genuine excellence will continue to be nurtured."

And in just the first six months of research intensification, success stories are already beginning to appear.

The Institute for Positive Psychology and Education, under the direction of Professor Rhonda Craven, has brought in $1.2 million in funding for three ARC linkage projects. And Dr Bronwen Neil from the Institute for Religion and Critical Inquiry was recently awarded a prestigious ARC Future Fellowship.

"This is just the beginning but there will be much more," said Professor McKenna. "The future looks bright."
The Future in Youth program has grown beyond all expectations since its launch in 2010. Alisse Grafitti spoke to co-founder Dr Ross Smith about changing lives one training session at a time.

When ACU exercise science lecturers Dr Ross Smith and Dr Paul Callery were kicking around the idea of a soccer program to help young people in East Timor, they had no idea just how far it would go.

“In 2010, we planned for about 300 youth to participate and 500 turned up. The following year, the numbers increased to 800 and then to 1,000. We've reached the stage where we need to limit the number of participants to ensure we are balancing quality with quantity,” Dr Smith said.

Future in Youth (FIY) is a community capacity building project that teaches leadership, health, and life skills to children and young people in Baucau, East Timor, through soccer.

Dr Smith said that when the program began, there was nearly 100 per cent youth unemployment in the region.

“It was a community frequently unsettled by hostility – primarily caused by gangs of unemployed youth,” he said. “FIY promoted the important principles of ‘fun, fair and respect’ that were transferable to off the field, and would help create a healthier and more harmonious community.

“We chose football as the means to promote these key messages as it is very much the nation’s sport of choice. Many youngsters go around wearing the stripes of Real Madrid and Barcelona, or treasured Messi and Ronaldo jerseys.”

Each year, the School of Exercise Science takes a group of third year exercise science students and staff to Baucau. They run coaching education programs for the young people, and a sports education program for the kids. Hundreds of Timorese children show up every day to train no matter what the weather. Many have no shoes or are sharing a pair, and some walk several kilometres to reach the field.

“Competition for selection among ACU students is fierce,” Dr Smith said. “Many of them have a truly life changing experience and wish to return at a later stage. In 2014, we even had one student pay her own way to come back and participate.”

This year also saw two major firsts for the program. The inclusion of an ACU nursing student on the team, and the participation of an accredited FIFA instructor.

“Our nursing student worked closely with a local person to deliver a series of basic health messages about washing hands, brushing teeth and drinking safe water. It’s an area that we'll be developing further next year.

“While FIY has been run by ACU for five years, it is intended that in the long term the program will be organised and managed by the community. To achieve this we've held an annual coaching education program for local people who volunteer to coach a youth team, with great success.

“Following discussions with the Football Federation Timor Leste, a request was made to the International Association of Football Federations (FIFA) to conduct a coach education program in Baucau.

“FIFA agreed and paid for an accredited FIFA instructor to travel from Malaysia to conduct a five-day program for 32 coaches in Baucau. The course was the first of its kind in Timor Leste, and the participants felt privileged to have the opportunity, and worked hard to learn as much as they could.”

Dr Smith, a Brownlow medallist and AFL Hall of Fame inductee, said the challenge for the future was getting the Baucau community to really take responsibility and ownership of the program.

“ACU will continue to drive the program for now, but we are working hard to ensure it becomes an integral part of the activities in the community. Everything we hear from the coaches demonstrates just how important FIY is for the people of Baucau.

“I've had coaches telling me the children are being trained to play for peace, others saying they want to use their new skills to bring peace and stability to their society. One coach told me that the program has made the community so happy as their children, once so timid and shy, are now happy and free.”

For more information on the Future in Youth program visit acu.edu.au/futureinyouth

ACU Foundation actively raises funds for the continuation of this educational program, to donate to the East Timor Future in Youth program please visit acu.edu.au/onlinedonation
ACU LEADERSHIP CENTRE, BRISBANE (LEFT)

The latest addition to the Brisbane Campus is the ACU Leadership Centre, a professional executive campus located in the heart of the Central Business District.

Designed as a teaching and learning facility, the new centre will cater for ACU’s executive and postgraduate students, as well as provide a venue for corporate and networking events.

ACU Provost Professor Pauline Nugent said the ACU Leadership Centre, Brisbane, bolsters the University’s commitment to quality executive and postgraduate programs.

“The centre is an exceptional addition to ACU, and has been purpose-built to meet the needs of our executive and postgraduate students,” she said. “Situated in Cathedral House in the Cathedral precinct, the venue is conducive to expanding Catholic partnerships and building relationships with the corporate community.

“A flexible learning space, the centre will act as a forum for key industry stakeholders while providing new opportunities for our executive and postgraduate students.”

The space can accommodate formal lectures, group learning, video conferencing, board meetings, events and networking.

Associate Vice-Chancellor (Brisbane) Professor Jim Nyland said he was thrilled with the new campus.

“We have built this facility to cater to the specific needs of executive and postgraduate students, including staffing it with a core team of dedicated and qualified professionals, supported by our world-class academics based only 15 minutes away at our main campus at Banyo,” he said.

“It is an ideal venue and has been designed to deliver the intent of ACU’s new mission here in Queensland. I can boldly predict that this magnificent teaching and learning space based within the wonderful setting of Cathedral House will enable ACU Brisbane to be recognised internationally for providing world-class leadership programs across all our areas of mission.”

The centre has a panoramic view of the city, Cathedral and Chapel, and careful thought has been given to the design, ensuring the facility connects with ACU’s identity. The light, welcoming, and calm interior provides a sanctuary for inclusive learning. The decor includes dove details, which are intended as a reference to the Holy Spirit and as a link back to the Banyo campus. Further symbolism throughout the interior is inspired by stained glass, as well as sacred geometry, symbolising a ‘sense of oneness’ and knowledge.

The facility features data access, designated workstations, lockers, kitchen facilities and extensive audio-visual and video conference capabilities.

SAINT JOHN PAUL II BUILDING

Saint John Paul II Building is a landmark project located on the Brisbane Campus.

Associate Vice-Chancellor (Brisbane) Professor Jim Nyland said the building will be a hub for postgraduate and professional education for learning, research and industry engagement.

“It’s an exciting addition to the campus. Saint John Paul II Building will be both beautiful and functional, providing exceptional benefits to staff and students, and further bolstering the vibrant feel of the Brisbane Campus.”

Designed to achieve a high-level of sustainability in energy, water conservation and waste management, the three-storey building will have 5,500 square metres of ground floor area. A sweeping windowed wall allows the building to melt into the natural bushland environment and reflect the existing heritage structures on campus.

“We have been carefully liaising with designers, architects and engineers to create a space which complements the tranquility and heritage of the Brisbane Campus and its surroundings,” Professor Nyland said.

“The campus has a wonderfully rich history, and the historical buildings located on the site are magnificent. We have been very conscious of preserving this character, so have engaged expert architects, designers and consultants to assist with the building. We are very proud of the planning – the design of the building is contemporary in architectural language, yet respectful to the campus heritage. Visually, it will be a fantastic addition to the campus.”

The building will house student learning and support services, and health sciences facilities – including state-of-the-art simulation labs for physiotherapy and speech pathology. It will also be home to the new Learning Sciences Institute Australia (LSIA), an interdisciplinary research environment to facilitate collaborations of ACU researchers with international and national experts.
Believe it or not, when Jo Clubb completed the 'In 10 years time I want to be' statement in her high school yearbook, it ended with 'a sports scientist at Chelsea Football Club'. And that's exactly where you will find the 26-year-old today.

Jo's role uses research and technology to assist specialists, such as coaches and physiotherapists, and help athletes achieve high performance.

"Monitoring tools such as GPS and heart rate can be used to track training load, and testing such as hydration, hormonal, jump and body composition can be used to assess fitness and fatigue status," she said.

"A large portion of the role also involves nutrition, in terms of providing daily recovery supplementation, organising match day and travelling nutrition, and educating younger players on the importance of this area to performance. This can include speaking to parents, arranging cooking lessons in the kitchen and even taking players around the supermarket."

Jo grew up in Crawley, south of London, England, where she played a range of sports and passionately followed her favourite football team. She is currently completing the Master of High Performance Sport at ACU – an online degree offered for the first time this year.

"I was born into a Chelsea family and have been attending games almost since I could walk. We were club members and had all the merchandise so it was always my dream. I was just lucky that the team which came to our university to recruit staff happened to be Chelsea."

Jo joined the internship program at Chelsea FC after finishing her degree at Loughborough University in the UK. After one season as an intern, she was offered a full-time role as sports science officer.

"The best part of working in sports science is when you see your work making a difference. This can be difficult in this field, as you can’t really prove an intervention did indeed prevent an injury or supplementation helped to prevent an illness, especially when working with the small percentages that make a difference in high performance.

"However there are times when your analysis might lead to an intervention in training or when work with an individual player leads to an improvement in their physical capacity or body composition for example."

And working with some of the world’s most gifted athletes isn’t the only perk.

"Being at the Allianz Arena in Munich in 2012 to witness Chelsea win the Champions League final – the most prestigious European club cup competition – for the first time in their history, was a very special moment for me and my family."

"I will never forget the devastation watching as a fan when we lost the final in 2008 on penalties, so to be a part of the victory in 2012 and to be there in person was a night I will never forget."

For more information on the Master of High Performance Sport visit acu.edu.au/courses
MBA graduate James* has travelled a rocky road from rags to luxury fashion. It’s a story of perseverance, strength, forgiveness and faith, Caitlin Ganter writes.

Living on the streets, estranged from his family and involved with drugs, 22-year-old James wasn’t headed in a good direction.

“I was depressed, homeless and broke. Things seemed pretty hopeless,” he said. “When I was 18 my parents and I were not getting along. We didn’t understand each other. They had conservative and traditional views – ideas on what would be best for me. But I wasn’t conservative or traditional, I wanted to express myself and found the environment limiting.

“So, I rebelled. I went out all the time, mixed with the wrong crowd and stayed out all night. I was enrolled in a double degree of mechatronics and computer sciences and I started to fail subjects, I partied more and more, until finally my parents told me not to come home.”

Nineteen years old and homeless, James started sleeping on the streets.

“It was the middle of winter and I only had a pair of shorts and a jumper. I still remember spending my first freezing night in a train station. I’d sleep on trains whenever I could as they were heated, but I also remember sleeping behind a fridge at a pizza shop and in public bathrooms. I had no money, and proper meals were few and far between.

“This went on for a while. Some nights I was lucky to sleep at friend’s place – a few good friends, others bad. I was introduced to drugs at this point... things were going downhill, I was losing myself.”

But suddenly, somehow, James found the motivation to change direction.

“It was divine intervention really – one day I just woke up. Something happened that told me I needed to get a job and make it for myself or I wouldn’t survive. I went searching for work but I had no qualifications, so I just circled everything in the paper that said ‘no experience needed’. In the end I found a job packing boxes in a factory. I’d pack boxes during the day, and then spend the night at the park nearby.

“I worked really hard at that factory. I remember they offered a bonus to whoever managed to pack the most boxes – the bonus wasn’t much and no one seemed to bother about it, except me. I worked extra hard, and always won the bonus.

“Eventually the job got me off the streets and allowed me to rent a room. You can’t imagine how good it felt having my own place to come home to.”

At 32, with a burgeoning interest in fashion, James started a business supporting designers.

“Since I didn’t have enough money to completely fund a label, I decided to use my business knowledge and negotiation skills. It started with negotiating a better buy on fabrics, then on photography and events, and in the end it reached a point where we got funding from the government.

“We represented 10 designers at Fashion Week, had a pop-up shop for a few months in Sydney’s Queen Victoria Building, and also got involved in events like Sydney Fashion Festival and Vogue’s Fashion Night Out.

“Unfortunately, towards the end of 2012 I was spending so much time chasing customers for money that it just got too stressful, so I decided to close the business. It was heart breaking. At this point I started my MBA to learn more about business.”

With no undergraduate degree, James came to ACU and asked to be accepted into the intensive Master of Business Administration program – and he was.

“This was a huge boost to my confidence. In my mind I was someone who had dropped out of university and was a failure. But I was also determined, I wanted to break this stigma and build my confidence.

“I loved the whole experience. It was challenging to make sure I balanced my priorities; it needed strict time management and discipline, but it was fantastic. To be included by people who are at the top of their game, including chief executive officers and general managers of large companies, gave me confidence.”

James is now building his own fashion brand, which creates high-end, luxury clothing. Designed by James, he sources all of the fabrics and materials himself, and offers tailored and off-the-rack garments. The business has a focus on quality, creativity and ethics.

“Finding my passion and discovering what I am meant to do was the best thing that ever happened. I wake up at 6am and go to bed at about 2am every night. I work a lot of hours, but I don’t mind, I love it.

“Peace is within each of us, and once we find peace we find our purpose. With purpose we live in accordance with our spirit, and this is where miracles happen. Those who are lost will be found again.

“Each of us has our own journey – to learn, grow and contribute. This is mine.”

*Name changed for privacy

To find out more about ACU’s MBA program visit acu.edu.au/business
It’s the issue of tattoo removal that Father Greg Boyle finds so surprising. Of all the services his gang-member rehabilitation program Homeboy Industries offers, it seems Australians are most curious about the one promising to erase the personal branding that tattooing delivers.

“I find that question kind of interesting,” said the Jesuit priest, affectionately known as G-Dog or Father G. While everyone in Australia from sports stars to mothers seems to be signing up for skin art, they’re undoubtedly sporting less confronting messages than those worn by the teens Father Greg ministers to in Los Angeles.

“Gang-related tattoos are provocative and they can create problems for you. It’s not just problems for employment, if you have alarming tattoos, then those will create problems even as you’ve started to step away from that life [of crime].”

Father Greg was in Australia recently on an ACU-sponsored speaking tour called ‘Jobs Not Jails’ to share how Homeboy Industries changes the lives of thousands of ex-gang members every year.

It was his dedication to finding a place in society for everyone that originally brought Father Greg to the Boyle Heights community in East LA, where he served as pastor of Dolores Mission Church from 1986 to 1992. It was there he started what would become Homeboy Industries, now in its 26th year.

The organisation primarily works with young people – aged 14 to 18 – who have served prison time, and those involved in gangs. Of these, 100 per cent are low income; more than 90 per cent are Hispanic, Latino or African-American; the vast majority have post-traumatic stress disorder or complex trauma; many were abused or abandoned as children; all have been witnesses to serious violence; and most are at a first-to-third grade reading level.

The organisation is the largest gang member rehabilitation program in the United States and has become a model for other organisations around the world. What began as a program catering to the unique needs of a city with high rates of gang violence, has now expanded to include 46 programs in the US and eight internationally – from Guatemala City to Glasgow.

“The profile of the person who joins a gang in Los Angeles – the despondent, the traumatised, the mentally ill – can probably be applied to other complex social dilemmas, whether it’s homelessness or kids doing drugs,” Father Greg said. “In the end they are kids who are not so much seeking something, but rather fleeing something.”

There are more than 120,000 juvenile gang members in LA alone. Of those, 12,000 will walk in the doors of Homeboy Industries each year looking for help to get their lives on track.

If they sign up for the 18-month program they receive counselling, skills training in the Homeboy businesses, mental health care, and tattoo removal.

The ‘homies’ are once-rival gang members who now find themselves working together in the bakery, diner or farmer’s market. Five per cent of the teens are girls, who work in the Homegirl Café and catering business.

“The girls usually prefer to sort things out face to face but the guys seem to be better when they’re working shoulder to shoulder,” Father Greg said.

The rehabilitation programs have proved to be successful in curbing gang-related crime, as well as saving taxpayers thousands of dollars. Fewer than three in 10 teenagers who have taken part have reoffended.

Father Boyle said such programs deliver huge social and economic benefits to the community. Yet while the Homeboy businesses generate $5 million a year, a further $10 million must be sourced from donors and benefactors.

“The social and economic costs of incarceration are astronomical compared to the funds needed to provide proper rehabilitation, employment and training services,” he said.

“In the United States, the estimated cost of juvenile detention per prisoner is between $100,000 to $150,000. For less than 50 per cent of that amount, Homeboy Industries rehabilitates approximately 12,000 per year.

“Our experience is that by providing hope and opportunities, we can reduce crime, save taxpayers’ money and help thousands of people to turn their lives around.”

To find out more about Homeboy Industries visit homeboyindustries.org
In 2015, Australian Catholic University will reach a special milestone – 25 years of people, learning, and achievements that continue to bring about real change in our communities.

The 25th anniversary will be marked by a series of events, conferences, pilgrimages, special masses, book launches and other initiatives in the week of 27–31 July, 2015.

All ACU staff, students, alumni and friends of the University are invited and encouraged to take part in the celebrations.

To ensure you are notified of upcoming events, please visit acu.edu.au/alumni-update and update your details.

“We look forward to celebrating and reflecting on ACU’s rich history with you.”
Young girl on the Thai-Burma border. For more information on the Thai-Burma Program visit acu.edu.au/thai-burma