

Thrive

FROM KELSO TO CAMBODIA

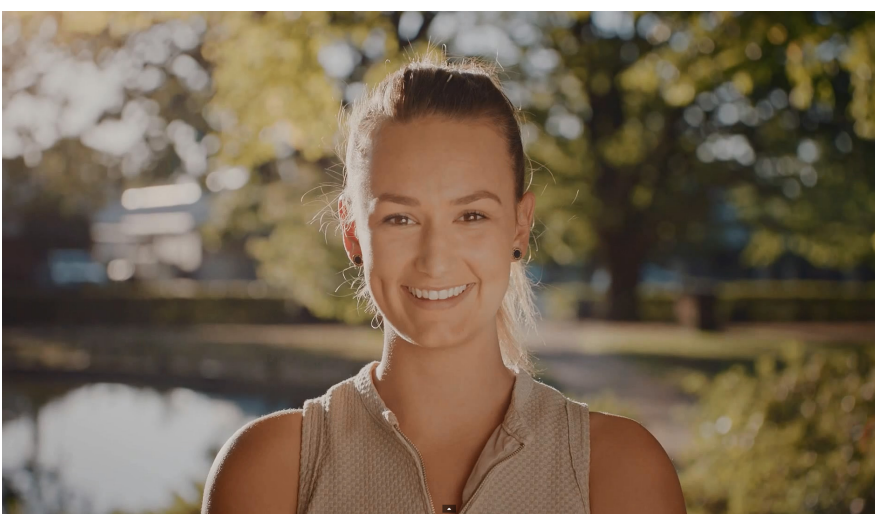
Building peace in Asia

ICARE: Former
asylum seeker helps
children in Iraq

COULD RICE UNLOCK
A CURE FOR MND?
YOU CAN LEND YOUR SUPPORT



**HAMISH
MACDONALD**
FRONT ROW SEAT



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CSU ALUMNI MAGAZINE

Special thanks to all those who contributed to this edition.

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Yindyamarra Winhanganha is a Wiradjuri phrase meaning 'the wisdom of respectfully knowing how to live well in a world worth living in'. It's a sentiment at the heart of CSU's approach to education, and reflects the University's ethos 'for the public good'. We are proud of our Alumni for making this a world worth living in.



Welcome to the second edition of *Thrive*, and welcome to the 6,400 students graduating last month.

As graduates of CSU, you are in good company. Not only do you join our 180,000 strong alumni community, you can also enjoy all the networking, career and member benefits that come with being a CSU graduate.

Graduation is a time to celebrate, reflect and take pride in your achievements, and I can tell you that we share in your pride and remember our own graduation ceremonies, some much more distant memories than others!

“We really do have some amazing graduates doing interesting things in many corners of the globe.”

This edition of *Thrive* is a lot like graduation in that it’s an opportunity to celebrate achievements and be proud of who we are and the University that connects us all.

We really do have some amazing graduates doing interesting things in many corners of the globe.

We’re pleased to share some of their stories with you.

Like Emma Leslie, who runs the Centre for Peace and Conflict Studies in Cambodia and has previously been nominated for a Nobel Peace Prize; award-winning journalist and all-round nice guy Hamish Macdonald, who was awarded a Nieman Foundation Fellowship at Harvard University in 2015; and Chris Gallagher who is, as I write this, on Macquarie Island as part of his work with the Australian Antarctic Division.

I’m particularly proud to share with you the story of Karen McCall, a student who was facing homelessness last year until a new scholarship funded entirely by CSU staff turned things around. CSU staff are passionate about higher education and the staff giving program is just one example of this.

At a time when more than 50 per cent of our students are at or below the poverty line, it’s nice to know staff and graduates alike are giving to ensure that the next generation of students goes on to take their place in the world.

As always, we would love to hear what you think. Drop us a line at: alumni@csu.edu.au

Sincerely,

Jennifer Galloway

Senior Manager, Strategic Development
Charles Sturt University

DR EMMA LESLIE HAS WORKED ON CONFLICT TRANSFORMATION AND PEACE-BUILDING THROUGHOUT ASIA FOR MORE THAN 20 YEARS. WHEN GROWING UP IN KELSO, JUST OUTSIDE OF BATHURST IN REGIONAL NSW, CSU GRADUATE EMMA NEVER IMAGINED HER DESIRE TO HELP OTHERS WOULD LEAD TO A NOBEL PEACE PRIZE NOMINATION.

From Kelso to Cambodia



It was 1979, and Emma Leslie was eight years old watching her parents' newly acquired colour television.

She vividly remembers watching images of emaciated people, known as 'the starving Kampuchians' emerging from the horrors of the Khmer Rouge genocide.

While she didn't understand any of the politics, she knew something had been planted deep in her psyche.

"I remember being at school and talking to careers advisers. I wanted to do something like what World Vision did but not really knowing what that was," Emma explains.

"On the first day of the course I remember thinking, 'this is it; this is what I've been looking for'."

"I knew it was something about helping poor people and changing the world but I was not really able to articulate what I was talking about.

"I was raised as a Christian and my grandfather was an Anglican bishop in Bathurst. He was very influential in the way I understood a life of service and giving to others.

"I ended up working for the Anglican Church for a couple of years doing development projects and bringing young people from Australia to live in places like The Philippines and Fiji."

Emma found the realities of development work frustrating.

"I remember being in Sri Lanka working on a water project that kept getting blown up by either side of the conflict and thinking 'well this is crazy'. We kept rebuilding this water system but actually we were not addressing the relationship dynamics going on around the project.

"One day I saw a newspaper advertisement for a course in England called Working with Conflict. It was a three-month course in Birmingham and I was sponsored by the National Council of Churches to go.

"On the first day of the course I remember thinking, 'this is it; this is what I've been looking for'. I wanted to work on ending conflict and violence and building peace so that we could then do development work."

What followed was a long process. Unlike now, where there are postgraduate degrees in conflict management and peace studies, this was an emerging field in the late 1990s.

"The World Council of Churches had an internship program which was pretty intense. You had to go for two years and live like local people and work on cutting edge issues. I worked on landmines and conflict in Cambodia.

"Once I got to Cambodia I met my husband, who had done the same course as me in Birmingham at a different time, so obviously we had a lot in common and we started to build projects together."

Emma's husband, Soth Plai Ngarm, is a peace activist. Together they established the Centre for Peace and Conflict Studies in Cambodia in 2008, which works on peace processes in Myanmar, The Philippines and Sri Lanka, and connects people who work on peace and conflict across Asia.

UNIQUE PERSPECTIVE

Emma believes that Cambodia is the ideal setting for the Centre for Peace and Conflict Studies.

"The Centre aims to help people working on peace processes to be more strategic, to try to address violent conflict in Asia and to promote peace building," Emma explains.

"We're based in Siem Reap in the north of Cambodia and it's intentional that the Centre is



CSU recognised Emma's contribution to peace building efforts in 2014 when she was presented with an Honorary Doctorate. She is pictured here with her proud parents and husband, Ngarm.

Cambodia-based because we think Cambodia has gone through so much and has a lot to teach the rest of the world.

"My husband has lived in Cambodia his whole life and had been a Khmer Rouge survivor and a child soldier. My assumption growing up had been that people like him would want justice, that they would want people put in prison for their crimes. I had to really listen to him to understand that what he wanted was for life to go on, for the rest of his life to be happy and not plagued by civil war and genocide.

"Many Australian tourists will know that the thing that touches you so much when you're in Cambodia is that the people are so happy, and they're so kind, and they're so joyful.

"There's a famous Cambodian peace monk called Maha Ghosananda and he used to say that after you've experienced such horror and violence, all that's left is compassion. Because you know how terrible life can be, all you can give back to other people is compassion and empathy.

"That's why Cambodia as a learning centre became very important to us, not only because of what the Cambodian people can teach us, but equally for Cambodians to understand that there is something very precious that they have to share.

"I think that as Australians, we have to really rethink our contribution. I think that generosity transforms relationships and we could change the dynamics of conflict in other places by welcoming people and learning from them rather than being afraid and locking them out."

A VOICE AT THE TABLE

Emma says that her background means she brings something unique to the negotiation table.

"When you grow up in a regional community like Bathurst it really does prepare you for being able to live in all kinds of places.

"What I remember growing up is that we always made our own fun and I think that prepared me for being able to

live in Cambodia. You get to have different levels of responsibility and I think there's great value in that."

In the past Emma has felt like an 'imposter', questioning what she had to offer peace processes.

"We think Cambodia has gone through so much and has a lot to teach the rest of the world."

"What I've learned is that we need diversity – we need men and women, older people and younger people. As an Australian woman in an Asian context, I bring a certain perspective or a type of humour or a skill set or an education or a world view that's different to other people and that contributes something. As long as that comes in alongside a lot of other voices, then we get a richer outcome."

FOLLOW YOUR DREAMS

Emma describes finding her authentic voice, her place on the planet, as her greatest achievement.

"Never in my wildest dreams did I think I'd have the courage to live in places like Cambodia and visit conflict areas and be able to be useful in those places.

"I still have much I want to do, like spending more time with my nephews in Australia.

"We're also planning to build a peace museum in Siem Reap in years to come that would both house the Centre for Peace and Conflict Studies and teach a new generation of Cambodians about their conflict history and what Cambodians have done to build the peace. We want this to be a learning centre for the rest of Asia, for people to come and reflect on the past and lessons learned.

"My advice to CSU students and graduates is to work hard, be yourself and follow all of your dreams.

"I think that if you work hard, you have dreams and you're yourself, only good things can come from that."

SINCE ITS INCEPTION IN MARCH LAST YEAR, CSU'S STAFF GIVING PROGRAM THROUGH CSUGIVE HAS RAISED MORE THAN \$70,000 FOR STUDENT SCHOLARSHIPS. WE CATCH UP WITH RECIPIENT KAREN MCCALL TO SEE WHAT A CSUGIVE SCHOLARSHIP MEANS TO HER.

CSU staff make a difference through student scholarships



I was the typical 'nerdy bird' at primary school with my nose forever stuck in a book. Helping the librarian was my favourite pastime.

As a teenager my life was quite disrupted. I attended five high schools, and spent time living in a refuge, a foster home and at various friends' places. Despite achieving quite well at school, my life drifted far from the university ambitions my family had held for me when I was young.

I married young and by the time I was 27 I was divorced with three children. Besides raising my children alone, I had numerous jobs including shop assistant, tour guide, resort administration and coordinating a community development employment program.

"Despite achieving quite well at school, my life drifted far from the university ambitions my family had held for me when I was young."

Although I was busy raising my children and working, I never lost the love of learning and found the time to complete several short courses as well as a Certificate III in Horticulture, Certificate IV in Tourism and a Certificate IV in Community Services (as part of my university pathway).

Back in Year 10 I did my work experience with the Department of Family Services. Having a disrupted life myself, I wanted to work in an area where I could help young people who found themselves

in situations such as I had. Although a lot has happened in the meantime I am finally working towards this goal.

I had determined that I wanted to get a degree in Social Work. Having finished school many years before without completing Year 12, I felt that I would have to do some form of bridging course.

As it was, however, the Port Macquarie Campus of CSU was offering its first courses and one of them happened to be social work. Moreover, the local institute of TAFE was working in conjunction with CSU to provide the pathways course where the first two years of my degree was done in conjunction with a Diploma in Community Services, cancelling out the need for a bridging course. Timing was everything!

I have just finished my fourth year and will undertake around 600 hours of work placement this year. I am achieving well, which has been good for my own self-confidence and inspirational for my children, three of whom are now studying themselves. I feel that if I had not attended uni first, my girls would never have felt that it was something that they too could achieve.

FINANCIAL NEED

The past year has been particularly unsettling and unstable for my son and I, as we unexpectedly had to move interstate to care for my mother.

The move was unplanned and we have spent the best part of the year with just a bag each that we packed in February with the expectation of only being away for six weeks.



I was looking through the list of available scholarships to see if there were any I would be eligible to apply for, when I saw the *CSUgive* Scholarship. I realised that I ticked all the boxes and couldn't afford financially to not at least try.

Receiving this scholarship has enabled me to pay for a removalist and finally be reunited with our belongings. It has also allowed me to secure a rental home, which ensures I have a suitable place to study so I am able to finish my degree and get the best results I am capable of.

I feel both grateful and humble to receive this scholarship.

I have genuinely loved my whole experience with CSU and have found it rewarding in every way.

All the staff members I have come across I have found to be genuinely good people who are in their jobs for the right reason. The scholarship only helps to confirm the feeling of goodwill I have towards CSU.

I would genuinely like to thank the staff who have of their own accord donated to these scholarships. I think it is inspiring and hope that someday I will be in a situation to assist others financially with their studies.

Karen McCall



CSU STAFF WALK THE TALK

A new workplace giving program is directly changing outcomes for CSU students like Karen.

Part of the *CSUgive* initiative, this program allows CSU staff to make regular, tax deductible donations to support student scholarships.

Since its launch in March last year, the program has raised more than \$70,000 with 100 per cent of donations directly supporting students.

The workplace giving program supports study, work placement and research scholarships.

For more information, visit: www.csu.edu.au/give

Could rice unlock a cure for MND?



It's a sunny spring morning in Wagga Wagga. Dr Robyn Wallace is in CSU's National Life Sciences Hub (NaLSH) working with her small team on cutting edge research found nowhere else in the country.

Along with colleague Dr Pdraig Strappe, Robyn uses stem cells to better understand and perhaps one day treat motor neurone disease (MND), a debilitating illness with no treatment and no cure.

As Robyn explains, the motor neurone cells affected in MND are located within the brain and spinal cord, so they can't be biopsied for research.

"We can take sensory neurones from the nasal cavity, skin cells and fat cells of MND patients and then convert these cells into functional motor neurones.

"Other labs typically convert the cells back into an induced stem cell, which is a lengthy process. What Pdraig has been able to do is convert the stem cells without having to take that longer route. It's a more direct conversion into motor neurones, which no other lab in Australia is doing."

"When we had a public information day recently, it was good to see the faces... to actually see how our work can affect people puts a human face on it and makes it even more exciting."

These motor neurones are then used to screen bioactive compounds, plant extracts primarily from rice and other grains, for their therapeutic potential.

"What we're looking for is a treatment," Robyn said.

"If we can promote survival of the motor neurones in the presence of some of these plant extracts then that could potentially be something we test in mice and then model for clinical trials.

"There's quite a long time between the cells here in the lab and the clinic, but in the long term we may be able to convert an MND patient's cells into motor neurones that are happy and healthy and then transplant them back into the patient. That's a long way down the track, though. At least 10 years, probably longer."

RESEARCH EXCITES

Having completed her Forensic Biotechnology degree at CSU in 2014, Nicole Dawson is now doing her Honours this year working alongside Robyn and Pdraig.

Her excitement when talking about the research is clear. "My project is to establish a stable cell line, optimising the method of converting cells from MND patients into motor neurones to be used later on in testing," Nicole explains.

"When we had a public information day recently, it was good to see the faces... to actually see how our work can affect people puts a human face on it and makes it even more exciting."

Part of Nicole's excitement comes from the fact that it's usually very difficult to study MND.

"At this point in time, we can only study what happens to the cells at the end of the disease, so being able to study cells in a dish and see what's happening to those cells in real time makes a very big difference," Nicole said.

"Research is challenging and every day brings something different. There are often more failures than successes but it's from those failures that you learn. When things work and you have that little breakthrough,

you do a little happy dance.

"The thought of finding ways to prevent or even reverse cell degeneration, to know you could be making a difference somehow, is truly exciting."

THE LOVE OF EXPLORATION

CSU's Functional Grains Centre, established using Australian Research Council (ARC) funding, focuses on disorders like diabetes, obesity, heart disease and MND to see if natural products, like coloured rice, can improve those disorders.

In the first year of her PhD, Esther Callcott is assisting Robyn to explore the bioactive compounds derived from rice and their therapeutic benefits.



“I love the challenge of research and I love thinking outside the box.

“Rice in particular is known to have a lot of bioactive compounds, known as phenolics, and it is these compounds that may have health benefits in the area of motor neurone disease.

“I want to see if these extracts have the ability to prevent neuronal degeneration or maybe, and this is getting very optimistic, repair them in terms of neuronal regeneration.

“It’s just amazing to think that something we’ve been eating for thousands of years could potentially have the cure that we need or a treatment that we need. A lot of people have looked at the therapeutic benefits of plants before, but I definitely think there is more yet to explore.”

MAKING A DIFFERENCE

Like a lot of people in medical research, Robyn went into this field hoping to make a difference.

“I am a geneticist and spent the first 10 years of my career working on epilepsy. I found a few genes that cause epilepsy, with potential for new drug development and testing, so felt I made a big difference there.

MND IN AUSTRALIA

- MND is a progressive, terminal neurological disease
- there is no known cure and no effective treatment for MND
- people with MND progressively lose the use of their limbs and ability to speak, swallow and breathe. Their mind and sense usually remain intact
- an estimated 1,900 people in Australia have MND
- each day in Australia two people are diagnosed with MND
- each day in Australia two people die from MND
- average life expectancy is 27 months.

Source: MND Australia

You can support Robyn’s research.

Simply visit: www.csu.edu.au/go/give/donate

“MND is not typically caused by genes - only about 10% of cases are inherited - but I started researching MND thinking that if we could find what those genes were, hopefully it could tell us more about motor neurone disease in general.

“Now I’m more interested in the 90% not caused by genes. Motor neurone disease has no treatment and there’s no cure. Patients die within a couple of years of being diagnosed. It’s a very depressing disorder as patients are fully aware – your body just deteriorates around you. After meeting a couple of patients, it really increases your enthusiasm to try and help.”



Pursuit of excellence

CSU COUNTS AMONG ITS ALUMNI MANY FINE ATHLETES WHO COMPETE AT NATIONAL AND INTERNATIONAL LEVELS. THE UNIVERSITY'S ELITE ATHLETE PROGRAM HELPS ELITE AND EMERGING ATHLETES BALANCE COMPETITION AND STUDIES.

What do Wallaby David Pocock, world champion aerial skier Laura Peel and hand cyclist Emilie Miller all have in common?

They are all elite athletes currently studying at CSU.

CSU has produced scores of fine athletes over the years, with many of these benefiting from the University's Elite Athlete Program.

As Nik Granger, Student Engagement Manager explains, the Elite Athlete Program responds to the specific needs of elite student athletes by developing new or promoting existing policies and practices that assist these students to undertake academic studies while pursuing their sporting opportunities.

"At CSU, we believe there is a clear link between high-level academic study and elite sporting activity. We recognise the challenges of combining elite sport with an academic workload and provide the support athletes need to be successful on and off the field.

"CSU is a member of the Elite Athlete Friendly University Network, providing elite athletes with the resources and flexibility to continue their sporting career, including travel, while pursuing and achieving academic excellence.

"We also have a dedicated Elite Athlete Coordinator to help emerging and elite athletes balance their study and sporting commitments."



CHASING THE DREAM

One athlete who knows what it's like to balance elite competition and study is Olympic kayaker and CSU Paramedic student, Jo Brigden-Jones.

Australia's fastest female kayaker, having won the K1 200m National title in 2014, Jo has won numerous titles and represented Australia at the 2012 London Olympic Games.

It was a dream come true for Jo, who had always been told "don't fear to dream big". Her next major goal is to bring home a medal from the Rio Olympic Games.

"Being able to study online allows me to study while training to be part of the 2016 Olympics squad," Jo explains.

"As a child, I was most curious about ambulances when they zoomed past with flashing lights. I always wanted to know what was going on and I chose CSU because it offered the perfect course for me, the Graduate Diploma of Clinical Practice (Paramedic), via distance education.

"I'm passionate about what I do because every day I get to push my personal limits to find out what I am really capable of. It's amazing to find out what you can actually achieve if you believe in yourself."

"This flexibility means I can complete my work anywhere in the world. I have flexibility with my study load and can ask for more time to complete work if I have been away competing or at a training camp.

"Studying at CSU is a great option if you want to be able to continue your sporting career while also developing your knowledge and skills outside your sporting life. The support CSU has provided me has been great, and makes me feel confident that I will be able to complete my course while also paddling at an elite level."

Jo's advice for current CSU students is simple: chase your dreams.

"I never dreamed I would be an athlete and meet the most amazing people while travelling the world.

"I'm passionate about what I do because every day I get to push my personal limits to find out what I am really capable of. It's amazing to find out what you can actually achieve if you believe in yourself.

"My advice is to always chase your dreams. Take the path less travelled and be proud of it."

NEW COURSE

CSU is proud to announce a new course designed for those in sports administration.

Commencing this year, the Graduate Certificate in Sports Administration provides students with the business skills they need to succeed in the competitive and booming industry of sport management.

As Course Director with CSU's Faculty of Business Dr Lan Snell explains, the sports business sector is placing increasing value on postgraduate qualifications, making this course an ideal pathway to employment in this exciting field.

"This course prepares students for a broad choice of career options with the grounding in sports and management the industry is looking for in a contemporary sports environment," Dr Snell said.

"The Graduate Certificate in Sports Administration exemplifies CSU's reputation for developing innovative, highly differentiated qualifications that meet the changing needs of industry.

"It was designed with sports managers and professional athletes in mind, and provides opportunities to develop skills and knowledge in key areas that open up opportunities for further study and career progression, which is particularly important for professional athletes looking to move onto their next chapter."

Dr Snell said CSU is proud to partner with the Australian College of Physical Education (ACPE) to offer this one-year, part-time course.

"ACPE is Australia's leading provider of specialist undergraduate and postgraduate degrees in the related disciplines of sport, dance, and physical education. ACPE will administer two subjects, with CSU administering the other two."

Subjects include sports administration, accounting, business strategy and marketing. Graduates can move into areas as diverse as sport simulation, sport analysis, marketing and public relations, or sport and player management. This course is also a pathway to CSU's Master of Business Administration (MBA), with full credit.

For more information visit:

www.csu.edu.au/courses/graduate-certificate-in-sports-administration



Practice at the heart of student learning

THERE ARE MANY BENEFITS TO HAVING AN INTER-PROFESSIONAL EARLY CHILDHOOD CENTRE LOCATED RIGHT ON CAMPUS. HERE WE TAKE A LOOK AT THE MURRAY CHILDREN'S CENTRE IN ALBURY-WODONGA.

For Bachelor of Education (Early Childhood and Primary) student Phoebe Benney, working at the Murray Children's Centre on campus at CSU in Albury-Wodonga has allowed her to put theory into practice.

"I've gained a lot of confidence working as a casual at the Centre over the past three years.

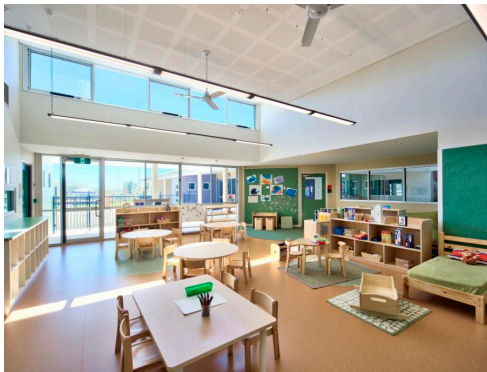
"We learn a lot of theory at uni, and working at the Centre has allowed me to cement my knowledge and reflect on my practice. I've taken part in staff meetings and gained an understanding of the families, which allows me to build relationships with the children in a more natural way."

Built in 2012, the 72-place Centre caters for the children of CSU students and staff as well as members of the wider community and is home to an early intervention facility for Aspire Support Services.

Importantly, it is also a teaching and research facility for the University.

As Centre Director Megan Isaac explains, the Centre is a dedicated state-of-the-art teaching, research and clinical setting.

"The design of the building incorporates viewing areas so that students and academics can observe the children at play through one-way glass."



“We often have early childhood, physiotherapy and speech pathology students coming into the Centre to observe the children or work with children and educators on various research projects.

“We also take students on work placements and employ students like Phoebe on a casual basis throughout their studies.

“The University environment is beneficial to the students as well as our educators because they learn from each other. Speech pathology students might run a group session with the children, for example, that gives our educators a new idea to implement in their own teaching. It’s a mutual learning environment.”

As Education lecturer Angela Fenton explains, CSU’s teacher education programs focus on providing students with authentic learning experiences in real work contexts.

“The Murray Children’s Centre shows CSU’s commitment to hands-on learning by recognising the importance of exposing students to early childhood settings.

“From the first session in their first year, students go out to observe children and directly connect those experiences with theory. It really prepares them for the world of work.

“I teach a subject called Child Development: The Early Years, where students learn about children’s physical and cognitive development.

“It’s great that we are able to walk out of the C.D. Blake Lecture Theatre 100 metres down the road to the Murray Children’s Centre and observe what we’ve been learning.”

Working on campus has provided Phoebe with a level of understanding and flexibility in her work.

“The Centre staff understand my University commitments and are really flexible. For example, I can come to work then head out to a tutorial on campus during my lunch break. It’s really convenient.

“A lot of lecturers use the Centre for their research and there are benefits to having this new knowledge, as it becomes an evidence base for what we do.”

“The Murray Children’s Centre shows CSU’s commitment to hands-on learning by recognising the importance of exposing students to early childhood settings.”

With a cruciform floor plan, the spaces in which children spend their time are orientated to the north, achieving the greatest possible penetration of natural sun light. The building received a Five Star Green Star rating, with design and construction done in accordance with the requirements of the Green Building Council of Australia.

“It’s also lovely to work in a brand new centre,” Phoebe said.

“I’ve loved seeing how design can influence things like learning and behaviour.”

New campus nears completion



CSU'S NEWEST CAMPUS IN PORT MACQUARIE ON NSW'S MID-NORTH COAST WILL BE HOME TO 5,000 STUDENTS BY 2030. WE TAKE A LOOK AT HOW THE GREENFIELD CAMPUS IS PROGRESSING.

Students and staff of CSU's newest campus in Port Macquarie are excited to be making the move to a new address in April this year.

Having welcomed the first intake of students in March 2012, CSU's Port Macquarie operations have, until now, taken place in leased premises.

As Head of Campus Professor Heather Cavanagh explains, a new permanent campus on the doorstep of Lake Innes is taking shape with the \$47 million first stage of the project due for completion early this year.

"Stage one of the new campus is coming along quickly now. The scaffolding is down and we can see how impressive the building is.

"Featuring teaching and research areas, including a large Learning Commons with library and separate Indigenous Student Centre, the campus is on track for handover to the University in March, so we will all be moving in during the mid-session break in April.

"We are fast running out of room in our current temporary sites so we are really looking forward to the space."

Professor Cavanagh said the many collaborative learning spaces were the best feature of the new campus.

"The design includes plenty of social spaces and outdoor teaching and, of course, the location in beautiful Port Macquarie helps!

"Not many students have had the chance to have a look through the inside of the campus yet, as we are still at the hard hat and steel-capped boots stage, but they are excited by the plans and really looking forward to being the first cohort on the new campus."

The new campus will allow CSU to expand its student intake.

"Demand for CSU courses at Port Macquarie has been very high but our limited space at the moment has placed pressures on timetabling and social spaces," Professor Cavanagh explains.

"We look forward to enabling more of those students who want to study at CSU in Port Macquarie the ability to do so. The new premises will also allow us to start taking international students, most likely from 2017."

COMMUNITY SUPPORT

CSU's introduction to the Mid-North Coast has been well supported by the community.

Kellon Beard, NSW Business Chamber's Mid-North Coast Regional Manager, is part of CSU's Regional Consultative Committee. Mr Beard believes having CSU in Port Macquarie really helps put the region on the map.

“Port Macquarie is traditionally seen as a tourist town but that perception is changing, as it’s now becoming a tertiary education destination.

“CSU is really enriching the community, helping to keep younger people in the region to attend university and the opportunity to bring international students here will add to our cultural diversity.

“There has also been a financial boost to the economy and I know the business community is very happy to see the University here. We understand that CSU contributes to the long-term viability of the region.”

Chief Executive of Mid North Coast Local Health District, Stewart Dowrick, says the accessibility of tertiary education in Port Macquarie is an important factor in promoting and securing the future delivery of health services in the region.

“The new Charles Sturt University campus will offer significant opportunities for young people to commence undergraduate study and provide a pathway to further study.

“In a very short time we have developed a positive partnership with local youth through our major sponsorship of the Luminosity Youth Summit and by having students work with us across many fields, including graduate programs and research.

“We are extremely pleased to continue our collaboration with CSU, which shares our goal of supporting the youth of this region through educational opportunities, and we look forward to the opening of the new CSU campus.”

For Port Macquarie-Hastings Mayor Peter Besseling, CSU forms part of the region’s long-term development strategy.

“CSU offers a fantastic opportunity for a generation of local students to not only work and study here, but also having other students coming from outside areas will add to the diversity of the community.

“Since CSU committed to Port Macquarie, the community relationships have been terrific and there has been a lot of hard work on both sides to welcome CSU and ensure CSU starts to become a part of the fabric of the area.”

Professor Cavanagh said it was impossible to explain how supportive and welcoming the local community, councils, businesses and clubs had been towards the University.

“We have been so lucky to move into such a great community and the students have embraced being here by getting involved in community events and raising money for local charities.

“Community members will have the chance to view the campus at two open days to be announced early in 2016 and I encourage all CSU alumni in the area to attend an open day and to support other CSU activities when they can.”

To keep up-to-date on all that is happening in Port Macquarie, visit:

www.csu.edu.au/about/locations/port-macquarie

A timeline of CSU in Port Macquarie:

DECEMBER 2011 - Federal Government announces \$12.9M funding

MARCH 2012 - first intake of students at Grant Street site

MAY 2012 – official opening of Grant Street site

FEBRUARY 2013 – new leases acquired in Clarence Street for staff office space

FEBRUARY 2014 – second interim teaching site leased in Munster Street

MARCH 2014 – plans unveiled for permanent campus in Lake Innes, five kilometres from Port Macquarie

AUGUST 2014 - ground breaking ceremony at Lake Innes site

SEPTEMBER 2014 – construction starts at campus site

MARCH 2016 – Stage One construction expected to be finished and handed over to CSU

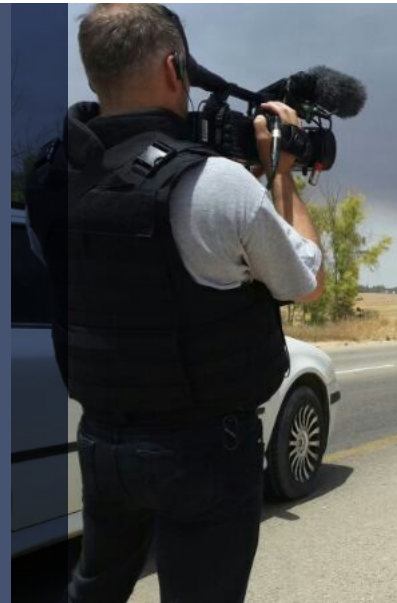
APRIL 2016 – students and staff expected to move in

2016-2020 – CSU set to continue to grow course offerings and student numbers (1,000 students supported)

2020- 2030 - the campus will expand and deliver a comprehensive course profile for up to 5,000 domestic and international students.

Hamish Macdonald

- BROADCASTER



Journalism has taken Hamish Macdonald all over the world.

Covering some of the biggest stories of our times, Hamish was present for the Arab Spring protests, fighting in Afghanistan, and the aftermath of Japan's devastating 2011 tsunami.

He has interviewed some of the world's most prominent figures from Nobel Peace Prize winner Aung San Suu Kyi to Jemaah Islamiyah's Abu Bakar Bashir, the leader of the south-east Asian Islamist group.

"Remember to be honest and decent. No success is worth anything if you sacrifice your values along the way."

We've even seen him in his underwear preparing to enter the Chernobyl Nuclear Reactor for his documentary series *The Truth Is*.

Now International Affairs Correspondent for American network ABC News, Hamish was one of 24 journalists (and the only Australian) awarded a prestigious Nieman Foundation Fellowship at Harvard University in May last year. As part of his studies, Hamish will explore the intersection of traditional international affairs reporting with innovative, contemporary modes of storytelling to develop new models for collaboration and delivery.

One of three siblings to attend CSU's Bathurst Campus and complete a Communication degree along with sisters Kari and Catherine, Hamish shares his pride in watching CSU friends achieve and explains why he's pleased he didn't listen to one of his uni lecturers!

HERE IS HAMISH'S STORY:

My childhood was idyllic. We didn't lock our front door. We knew all the neighbours. And our parents gave us heaps of freedom. I grew up in the Snowy Mountains and we spent winters on the ski slopes and summers in the lake.

As a child, I was most curious about the outside world. I always had a fascination with what lay beyond our tiny, isolated community in the mountains.

I grew up watching *Four Corners*, *60 Minutes* and *Foreign Correspondent*. People like Jana Wendt, Jeff McMullen, Paul Lyneham and Chris Masters are among my favourites. There have been and still are so many great journalists in Australia doing wonderful work.

I chose CSU because my older sister went there and said it was great, and because most journalists I met recommended CSU. It offered the best Journalism course in Australia back then. Still does today.

My best experience at CSU was working in the radio newsroom at 2MCE and doing National Radio News. We learnt how to make real radio news programs and to have (probably too much) fun doing it!

My worst experience at CSU was being told by one lecturer that I probably didn't have a future in broadcast journalism. My voice was terrible, I was incredibly nervous and it showed. He recommended I try print journalism instead. Thankfully I didn't listen.

At university I was inspired by my fellow students. I remember being in awe of the people I was studying alongside. They all seemed so smart, creative and dynamic – how could I ever compete?



I built my closest friendships while studying at CSU and we are still an incredibly tight-knit bunch. One of my favourite things is to be on a big global news story and to bump into someone I went to uni with who is covering the story for another network. I'm so proud of what my CSU friends have achieved. They still inspire and challenge me to this day.

The 'Mitchell Mafia' is alive and well. I am still great mates with the friends I made in first year. We still talk all the time and keep in touch with each other's lives. Bathurst and CSU was a defining experience in my life and I am so happy to have shared it with so many wonderful friends.

FRONT ROW SEAT

The practice of journalism has completely transformed within the relatively short time I've been a journalist. When I finished university and started out at WIN Television in Canberra we used two-way radios to communicate. I didn't even have a work email address. Today it is impossible to imagine doing my job without the new digital tools of the trade. For all this change, however, journalism fundamentally remains about spotting a good story and telling it well.

I never dreamed I would do the job I do today and get a front-row seat watching the world's biggest news stories unfold. I'm motivated by a desire to make big, complicated global news stories relevant and engaging to my own generation. I feel incredibly privileged to have been granted this fellowship at Harvard. This is an opportunity to reflect on my career and consolidate the knowledge base I've built. Harvard will ensure that I am continuing to challenge myself and can contribute more effectively to the public discourse on global affairs.



IMPORTANCE OF CARING

In my profession it is important to care. Care about the story. Care about the people you meet along the way. Care about the people you are broadcasting to. This profession can wear you down, but it isn't worth doing if you don't care.

It's important to remember to be honest and decent. No success is worth anything if you sacrifice your values along the way.

BY PARTNERING WITH CSU, CAREWEST IS ABLE TO MEASURE THE IMPACT OF ITS NEW SOCIAL LINKS INITIATIVE THAT AIMS TO ADDRESS SOCIAL ISOLATION AMONG OLDER AUSTRALIANS.



Connectedness the key

As we age, it becomes increasingly difficult to maintain our social and community networks.

Small changes in health, such as the deterioration of vision or hearing, can lead us to give up the social activities we once loved, while our motivation to take up new activities is reduced.

That said, it is well established that if older people can maintain strong social and community connections, they also maintain higher levels of wellness and functionality.

“It’s about forging friendships and changing the culture of communities so that we’re not letting people fall through the cracks.”

This connectedness is at the heart of a new project being undertaken by CareWest and supported by CSU.

As CareWest’s Senior Manager Research and Innovation Greg Dresser explains, the Social Links program aims to work with older people and community service providers to help maintain and strengthen their connections with others.

“Community services organisations typically look at service silos – aged care, disability care, child care – and until someone falls into one of those funding categories there’s not a lot going on in terms of people staying socially connected,” Greg explains.

“With this program, we’re starting to talk to people about their individual situations to see whether they might like to be more socially connected, and, for those people who are going to benefit from more social interaction, we try to break down some of the barriers so that they feel included.

As Greg explains, the issue of social isolation is very real.

“About 90% of people aged 60-74 live alone in Australia and social isolation is an issue because this is a period when friends or associates die, or older people are in hospital for long periods of time. You don’t have the social contact you did when you were younger.

“The literature shows you can literally die from loneliness. It’s something akin to smoking because it manifests as depressed symptoms and cardiovascular disease, not to mention that you’re not as physically active when you’re socially isolated.

“This program is about forging friendships and about picking up problems before they manifest in more serious ways. We want people who have trauma or grief in their life to feel that they’re not alone and that they have avenues back to social engagement.”

BUILDING THE EVIDENCE BASE

While the Social Links program is a ‘direct action intervention’, helping older people access social and community activities, it is also a research project.



Above: CareWest's Senior Manager of Research and Evaluation Greg Dresser pictured with Research Manager Eevon Chia. Greg is a graduate of CSU's Doctor of Business Administration, while Eevon graduated with her PhD last month.



This is where CSU steps in.

CareWest's Research Manager Eevon Chia helps oversee the Social Links program. Eevon explains that participants will be measured on their physical capacity, their social interaction profile and their psychological profile before trialling a number of activities from tai chi and cards nights to being referred to community organisations to see what they are interested in participating in. CSU helped with gaining ethics approval for this research project and developing the research methodology and will assist with data collection, analysis and seeking publication.

"From a research perspective the project will help to develop an evidence base for both strategic and operational change in the sector," Eevon said.

"We don't simply want to improve CareWest's service delivery. We hope to also provide statistically significant research of publishable quality that adds to the conversation about the most appropriate ways of addressing isolation, depression, and functional decline in older people.

"By working with the University on this research, we'll have a much clearer picture of what's working for our participants and we can ensure to a greater extent the impact from the Social Links program."

BENEFITS TO THE COMMUNITY

The direct benefit of the program is the improved connectedness experienced by older people. The longer term aim is to see a shift in the way community organisations approach the involvement of older people in the community.

"At the moment in NSW, there are seven delayed discoveries of seniors' deaths every month. Seven people a month are dying in NSW and they have no family and no friends who know about that for a period of time. Those types of situations are very distressing and shouldn't be happening," Greg said.

"Governments are recognising that connection is not only a cheaper option, it also means you have a more vibrant society. They are now making funds available to organisations like CareWest, through our relationship with Charles Sturt University, to explore how we can provide earlier service so that some of these more dire consequences are avoided.

"I think there's space for larger community organisations like CareWest to take the lead in this area and potentially use this research down the track to make permanent change by employing staff that get out early, talk to people and make sure that they stay connected. It's about forging friendships and changing the culture of communities so that we're not letting people fall through the cracks and that everyone's ok."

CareWest

CareWest is a multi-faceted, multidisciplinary service provider offering community-based and in-home services in aged care, disability services, child care, family support, homelessness and specialist services for Aboriginal individuals and communities.

Incorporated in 1984 in the regional centre of Orange, NSW, CareWest currently employs more than 500 staff and delivers its services throughout Western NSW from our head office in Orange and regional offices located in Condobolin, Dubbo, Griffith, Nyngan, Parkes, Wagga Wagga and Wellington. CareWest has extensive experience and expertise in providing effective care and support to regional and rural clients.

CareWest has established itself as a member of Charles Sturt University's Health Services Research Area, and is an active participant in the Research Area's collaborative research partnerships.



Bridge climb 'magnificent'

"It was dark and the city was still sleeping. It was a little eerie; there was no breeze and very little noise, the harbour a big black abyss below our feet. I had to steel my nerves... heights aren't my thing so what was I thinking? We ascended higher and higher. As we approached the top it was slowly getting lighter and we saw the first ferry break the still waters as it glided gently through the glassy water. As we reached the summit, there was a collective gasp as the sun broke on the horizon and bathed the city in a golden light. It was a breathtaking - a magnificent sight I will always cherish."

2016 Calendar

Saturday 9 April, Bathurst SYMPHONY AT MAYFIELD

Spend a lovely evening with the Macquarie Symphony at Mayfield Garden, one of the largest privately owned cool climate gardens in the world.

Friday 6 May, Wagga Wagga WAGGA WAGGA GOLD CUP RACE DAY EVENT

Experience the excitement of the Wagga Wagga Gold Cup Carnival at our special Alumni marquee.

June, Sydney* A VIVID ALUMNI EXPERIENCE

Enjoy the spectacular Vivid experience from Sydney Harbour aboard our Alumni cruise.

October, Dubbo* ALUMNI GAOLHOUSE ROCK

A wonderful evening of food, wine and entertainment at the Old Dubbo Gaol... and a tour if you're game!

*dates to be confirmed

**LIVING IN HONG KONG OR INDIA? EVENTS COMING SOON.
KEEP AN EYE ON YOUR INBOX!**

**VISIT OUR
EVENTS PAGE
FOR MORE
DETAILS**

Climbing the Sydney Harbour Bridge at dawn was just one of the amazing experiences enjoyed by CSU graduates as part of the 2015 Alumni Event Series.

Hot coffee and muffins awaited the 48 CSU graduates who woke well before dawn to don their safety gear and climb to the top of one of the world's most iconic bridges.

With fabulous Bridge Climb guides sharing many interesting facts and stories about the 83-year-old engineering marvel, the group witnessed a spectacular sunrise before celebrating their climb with a champagne breakfast.

Proceeds from the event, more than \$1,200, go to the CSU Foundation for scholarships to help CSU students reach their full potential and achieve their educational and career goals. This is something event participants were proud of, with one saying, "Thanks again for all

the effort in organising this and fantastic that we raised \$1,200 for CSU students. Well done!"

Whether it's climbing the Sydney Harbour Bridge, a balloon ride over Melbourne or Canberra or experiencing the world-renowned Bangarra Dance Company, CSU's Alumni Events team works hard to stage events that leave lasting memories.

"Our aim is to support and facilitate our vibrant alumni community to strengthen friendships, forge connections and develop networks. What better way to do that than with a shared experience," said Alumni events coordinator Julie Brouggy.

"We look forward to bringing even more events to our Alumni in 2016."

Visit our events page for more details:
alumni.csu.edu.au/home/events



SINCE 1991, ZELMA BONE HAS BEEN A WELL-KNOWN FACE AROUND CSU'S ORANGE CAMPUS. TEACHING MANAGEMENT AND LEADERSHIP SUBJECTS TO UNDERGRADUATE AND POSTGRADUATE STUDENTS ALIKE, ZELMA SAYS SHE HAS LEARNED MUCH FROM HER STUDENTS.

Learning as you teach

How did you come to work at CSU?

I worked in the secondary school system as a Social Science teacher for 11 years. I left there to work in Labour Market Programs at TAFE and managed the six Central West colleges for two years. In 1989, I applied for part-time marking and teaching at the Orange Agricultural College (then linked with the University of New England) and that led to a full-time appointment in 1991. I have worked for three universities (UNE, the University of Sydney and CSU) all on the same campus, and 2016 will mark 25 years.

What is the biggest change you've seen at CSU?

The Faculty of Business has redesigned all of our subjects into fully online delivery. This has changed how we teach and has revitalised our subject delivery.

What has made you stay at CSU for such a long time?

Flexibility of time. I had worked in a system where bells determined stops and starts in your day. There was no time to 'think'. Now, I (largely) have control of my time and I can prioritise. I love the curriculum design and the teaching, the research opportunities and the opportunity to travel for conferences, for research and for student tours to places like Argentina, China, Europe and the UK.

What have your students taught you over the years?

Listening skills, patience and that there are endless opportunities 'out there'. Effective management and leadership are key capabilities in any business.

Why are you passionate about what you do?

I have a passion for learning and teaching. Students are not blank canvases – they have a richness of experience that they can share and this brings the subject to life. I think that I learn as much as my students with each subject I teach. I also value the collegiality built up with colleagues over the last 20-odd years.

What keeps you motivated?

Making a difference and, with education, giving people choice. I love a new session, a new batch of students and varying the way of teaching the subject. The time and the dollars are important to indulge my passion for travel.

Do you stay in touch with graduates of your course?

Not as many as I would like but, yes, quite a few. There were many more in the days when I was Course Coordinator or Courses Manager. I helped many students with their job applications and they would ring to say how they went or when they would be moving on to another job. I would then tell current students of the vacancies. It is a wonderful informal network.

Why is it important for Alumni to stay connected with CSU?

Networking, networking, networking! The connections are invaluable.

What is one thing that you always wanted to do but never got around to?

My PhD. Each time I was about to start I was offered another course-related position. I always chose the collaborative and student-focused activity.

What would you like your students to remember you for?

Making them aware that the 'soft skills' are the hardest to manage and learn but they will give the most rewards in life.

One last thing...

People are our most important resource. People matter – put them (family, staff, students) first and the rest looks after itself!



Chris Gallagher

- SAFETY / ENVIRONMENT PROJECT OFFICER, AUSTRALIAN ANTARCTIC DIVISION

With close to two decades of experience working at the Australian Antarctic Division (AAD), Charles Sturt University alumnus Chris Gallagher has looked after people's safety in what has to be one of the most untouched, extreme environments on earth – Antarctica.

Charged with advancing Australia's strategic, scientific, environmental and economic interests in Antarctica and the Southern Ocean, the AAD is headquartered in Tasmania, where Chris lives with his wife and two children.

"I was lucky... to start my work in Antarctica in my early 20s. I have seen a lot of change and have been able to influence change in a positive way."

A former carpenter, Chris first gained a degree from CSU in Parks, Recreation and Heritage and recently completed his Master of Emergency Management, which he will put to excellent use in his role with the AAD. It's a good thing for Chris that he loves the cold!

Presently on assignment on Macquarie Island, Chris is proud to talk about the great things to come from studying at CSU, the best of which was meeting his wife, Georgie.

HERE IS CHRIS'S STORY:

At school I... went to Marist College in the ACT. The highlight was their outdoor education program. It was way ahead of its time - before outdoor education was cool. It led to me working at Outward Bound and onto the carpentry trade, and then to university.

My childhood was.. fun. I was a quiet and shy kid, but I loved wandering around in the outdoors. I left home early and got home late. I lived in Chapman, ACT, which backed onto the Murrumbidgee River. My friends and I used to go there a lot, and I walked and fished most of the river from Kosciuszko to Cotter Dam when I was at school. I also walked several times from Kosciuszko to Chapman; it was a great place to live and explore.

I chose CSU because... of the distance study program. My degree took six years and my Masters has taken two years, and I have done all of my study while working full-time. It has been fantastic and I would highly recommend CSU for distance education students. The support, especially for my Masters, with the dramas of two young kids, has been outstanding.

My best experience at CSU... was meeting my wife. This continues to be the best experience of my life! We met in 2002 at Albury-Wodonga Campus. She was a dead ringer for Demi Moore and was doing the same degree as me. In 2004 we did a university



exchange with Lake Head University in Thunder Bay, Canada; it was great to do it together.

My worst experience at CSU... statistics!

I was lucky... to start my work in Antarctica in my early 20s. I have seen a lot of change and have been able to influence change in a positive way. I have a good understanding and knowledge of Antarctic operations and I just love the cold - I have ice in my veins.

I recently... took a promotion and now work as an Architectural Services Supervisor and Safety / Environment Project Officer. At the moment I am writing the Confined Space Entry Management Plan for the Australian Antarctic Division and also supervise carpenters when they work in Antarctica.

In my profession it is important to... measure twice, cut once. It's a chippy term, but I apply it to my work all the time. Look at the situation and picture the possible different outcomes of the situation, and then double-check the plan, and ensure you have the capability to be able to change it if needed.

I never dreamed I would... be able to go to uni when I was at school.

My greatest achievement is... finally believing in myself. I was a slow learner.

In the future I'd like to... keep it simple, be happy and healthy so I can continue to support my family. I have no future without them.



NOW STUDYING PODIATRY AT CSU'S ALBURY-WODONGA CAMPUS, MUHAMMAD MAARJ FOCUSES ON GIVING TO HIS COMMUNITY, BOTH HERE IN AUSTRALIA AND IN IRAQ, THE COUNTRY OF HIS BIRTH.

Helping others is a privilege



My name is Muhammad Maarj. I came to Australia when I was five years old as an asylum seeker due to unrest in Iraq. That was in 2001. I became a citizen in 2007.

I am the eldest in my family and have three siblings, one of whom is doing her Medical Radiation Science degree at CSU's Wagga Wagga Campus. During Year 12 a CSU staff member visited our school and told us about the University. I was very keen to attend, as it was close to home (Cobram, Victoria). The first time I visited the campus I loved it.

I was very impressed by the facilities available to students, especially the Podiatry Clinic. I was given offers to multiple universities but I chose CSU because I felt I was wanted here, like I wasn't just another student. I was also attracted to the smaller class sizes and being able to get to know the lecturers.

During Year 12 I shadowed a podiatrist and was blown away by the variety of patients he saw and the amazing relationship he had with his patients. After that week, I knew podiatry was for me. I consider myself to be a people person and helping others is, I think, a privilege.

"I ask anyone reading this to ask themselves when was the last time they assisted a fellow human being, opening a door to saving a life? That feeling is what defines us as humans."

BEING A STUDENT AMBASSADOR

When I toured CSU that first time, I had a great student ambassador show me around. The student ambassador was able to give me an insight into what uni life was about and that sold me on coming to CSU.

After my first year of uni, I went up to the Marketing office which runs CSU's campus tour program and put my hand up. I have loved every second of being a student ambassador because I was on the receiving end of all this not so long ago and I can really say "I was in your shoes" to the students. I feel like parents and students are much more relaxed about the university process after engaging with an ambassador and I like being able to help them get to know CSU.

CHARITY WORK WITH ICARE

Iraqi Children's Aid and Repair Endeavour (ICARE) is a registered humanitarian, medical and dental charity that provides a platform for people from all walks of life to help improve the living conditions and health status of disadvantaged, orphaned Iraqi children living in poverty.

ICARE helps all children needing aid regardless of their cultural, religious or political backgrounds. Presently, projects run by ICARE operate on an individual and community level, providing humanitarian, dental and medical services where they are needed most.

Operated by a team of volunteers in Iraq, Australia, New Zealand, the UK and the USA, our aim is to create change by caring; one little life and one smile at a time.

ICARE was established after Dr Assil Russell, our CEO, came across a video of Tabarok, a young orphan girl who required surgery but couldn't afford it. Assil was so moved that she knew she had to do something. As a poor university student with a huge student loan, she kept asking herself how she could help Tabarok. She sat down at her desk and she started writing a cookbook and in one year had sold hundreds of copies of her Iraqi cuisine cookbook, enabling Tabarok to get the life-changing treatment she needed.



Tabarok had a tumour in her face removed and is now living a normal childhood because Assil cared. That's why we are called ICARE.

MOTIVATION TO GIVE

My father taught me at a young age that there are two parts that make a human happy and successful. Not going hungry is one; so having a good job, feeding yourself and your family. Secondly, and what many people miss, is feeding your soul. The only way to do that is by giving to others.

I ask anyone reading this to ask themselves when was the last time they assisted a fellow human being, opening a door to saving a life? That feeling is what defines us as humans. When I was in Iraq in December 2014 and managed to raise enough funds to equip three families living under the poverty line, I saw in the orphans' eyes what it meant to sleep on a real bed. I was sad because I knew I could do even more but I was happy that I made it to that point.

So many people diminish what they can do as a single person and how much they can help. In the Qur'an it says if you help one human being, it's like helping all of humanity. I remember my father would give me a plate of food to take to a family across the road from our house in Iraq because they were very poor. I grew up with giving and will continue to teach these vital lessons to my children one day.

EYES ON THE FUTURE

I hope to head back to my home town in Cobram, Victoria, and open up a podiatry clinic. It's very exciting and I look forward to it. I also have my eyes on medicine or podiatric surgery so I will revisit these thoughts in the years to come.

There is not a single podiatrist in Iraq and there is a shortage of health professionals. We are already organising missions where we will be going to Iraq and volunteering our expertise to the communities that need it.

New course...

BACHELOR OF LAWS

Once again showing its commitment to the people of regional and rural Australia, one of CSU's newest degrees, the Bachelor of Laws, will focus on issues affecting regional areas.

Offered for the first time in 2016, the Bachelor of Laws will cover subjects including contract law, torts, evidence and property.

But as Acting Course Director Kim Browne explains, the degree will offer CSU students more.

"The degree is suitable for any person wishing to become a legal professional, whether their intention is to work in metropolitan areas or in rural and regional locations," Kim said.

"It will also include areas such as agriculture and mining, environment and cultural heritage protection laws, family law, dispute resolution, and issues including fracking and live animal export.

"CSU's Bachelor of Laws is about creating change makers; people who give a voice to their communities by driving advocacy and improving access to legal representation.

"Ours is a complex and evolving legal landscape. Our graduates will be well skilled to navigate this landscape and help their communities to grow and thrive by representing some of Australia's most marginalised groups."

The Bachelor of Laws is offered online, allowing students to fit study around their work, family and personal commitments. Students can choose to study either full-time over three years or part-time, allowing engagement with their communities while developing professional skills and acquiring specialised knowledge.

For more information, visit:

futurestudents.csu.edu.au/law



Become a change maker today.



TACKLING AN MBA LATER IN LIFE, SUCCESSFUL SYDNEY REAL ESTATE AGENT ADRIAN BO SAYS RETURNING TO STUDY WAS A PROUD MOMENT FOR HIM AND HIS FAMILY.

Adrian is sold on benefits of study

Completing his Master of Business Administration (MBA) last year was a proud achievement for Adrian Bo.

An entrepreneur and people person, Adrian has spent the past 25 years working in residential sales and auctioneering, achieving great success in Sydney's real estate industry.

Hand-picked and personally trained by Australian real estate icon John McGrath, Adrian is consistently named in Australia's Top 10 Agents and has represented many celebrities such as Jennifer Hawkins, Baz Luhrman and Richard Roxburgh among others.

"I would highly encourage anyone 'mid career' to either commence or continue study. The discipline of study certainly stimulates a part of your brain which is not usually utilised in your day-to-day work life."

Now Senior Partner and Sales Agent at McGrath Real Estate, Adrian says that while he didn't do well in his HSC, his love of study never left him.

HERE IS ADRIAN'S STORY:

My childhood was strict given my parents' Italian heritage.

I did well up to and including Year 10. But in years 11 and 12, I focused more on being a school prefect, cadets and cricket and didn't do so well in my HSC. I was an A grade student until then and achieved top marks in the School Certificate. I loved academia and studying, but unfortunately in Year 11, I suffered severely from tonsillitis, which then became glandular fever and later in life chronic fatigue syndrome. This illness, added to my commitments in College Cadet Unit (Waverley College), didn't allow me to perform well in my studies.

While I failed my HSC, my passion for study and learning never left me. When I felt my career was established and I could commit some time, I knew I was going to achieve a university degree. Not going to university was one of the biggest regrets in my life during my 20s and much of my 30s.

In my mid 30s, I provided a detailed submission to CSU requesting to study an MBA without an undergraduate degree, given my 20 years of experience in real estate selling, auctioneering, public speaking and training. I was fortunate to be accepted.

I chose CSU because it had an excellent distance program and great support structure and the online resources were great.

At university I was inspired to always improve my business education and learning management skills.

Both of my parents migrated from Italy and, as far as any relative can remember, I was the first in my family on either side to achieve a university degree. My parents were extremely proud and this drove me to succeed. I felt extremely proud of myself for completing my MBA.

Today I'm motivated to implement my studies in a pragmatic and effective way. I actually took a break between my Graduate Diploma of Business Administration and completing the final four subjects of the MBA. I'm glad I waited, as I chose four subjects that were more appropriate for my needs, and especially found the Corporate Governance subject highly applicable to me as I was a board member of McGrath Limited at the time.

I'm proud of my discipline and persistence completing my MBA. I could have stopped when I received my Graduate Diploma, however I had a personal goal to complete the additional four subjects to gain that MBA.

I love selling real estate and managing a sales office as the results are tangible in a monetary sense, but also when you can help clients achieve their dreams of buying a home or attaining a great price when selling so they can pursue other interests. In the future I'd like to manage larger-scale organisations and eventually be a CEO of an organisation.

I believe the single most important issue in the world is poverty and starvation, especially among children. I sponsor and donate mainly to worldwide hunger and poverty-related organisations and am extremely passionate about supporting world hunger and poverty relief efforts, as 21,000 people die every day of hunger or hunger-related issues around the world. The genesis for this was a trip to Africa in 2012.

I would highly encourage anyone 'mid career' to either commence or continue study. The discipline of study certainly stimulates a part of your brain that is not usually utilised in your day-to-day work life. The discipline of study allows you to contribute more at work and add better value to your employer, stakeholders, colleagues and clients. Not to mention the specific knowledge you can obtain by tailoring your study to your existing or desired future work life. Achieving the degree itself is a bonus.



Reunited: Old Boys back in Bathurst

The last weekend in July, 2015, saw more than 80 graduates descend on Bathurst for a reunion of the Mitchell Rugby Club, 1970-1980.

What started as a small event soon grew with Old Boys travelling from across NSW and further afield to enjoy a reunion dinner and watch the current crop of CSU Rugby men take to the pitch.

Among those returning to Bathurst were Al 'Doc' Gibbs, Mitchell Rugby coach from 1972-1977, who flew in from Queensland, former Wallabies player Ross Reynolds and Simon Kent, who made the journey back from England to take part.

As reunion committee representative Tim Brosnan said, the reunion was a great chance to remember deeds (and misdeeds) on and off the field.

"We're all a bit older, a bit greyer, and a bit more follically-challenged, but the one thing that hasn't changed, in fact has actually grown better in the intervening years since the '70s, are our memories!

"It's important that we don't lose sight of what it was all about: fun, friendship, fraternity, footy and with a tiny bit of luck, at the end of it all, a piece of paper with your name on it that said you had gained a degree."

The Club looks forward to another reunion in the near future, with 2020 marking its 50th anniversary.

Above: 1977 Mitchell College 1st XV
Back Row L to R: Al Gibbs (Coach), Tim Brosnan, Peter Rayner, Ross Reynolds, Tim Sheridan, Peter Nelson
Middle: Ross Kingham, Ross Higgins, Dave MacKay, John Bernasconi, Wayne Mackey
Front: Rodger Hall, Greg Way, Gary Anderson, Frank Curran, Tony Payne



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