ALUMNI MAGAZINE | SPRING 2018



MAL

A MURDOCH STATESMAN

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Hello

I'd like to introduce myself as the new editor of the Murdoch University alumni magazine, Murmur. I have been writing corporate magazines since Keating took the reins off Hawke and remain committed to the magic of print. The world may be swimming in social media, but there is still an island for those that love to turn a page.

There has been a hiatus between Murdoch alumni magazines and you may notice a new name, look and flavour of content. Universities never stay the same and nor should their magazine. We hope you enjoy the new format. The magazine is for you, lifelong learners who once graced the corridors of this university. We want to write about the things you are passionate about, stories that are relevant to your academic, professional and personal lives. Murmur will cover some of the inspirational things our alumni are achieving across the globe, while keeping you abreast of the rapid evolution of your alma mater. If you have any feedback, inspiring stories or subjects you'd love to see covered, please drop me a line at alumni@murdoch.edu.au.

In the meantime, put your feet up, dive in and enjoy.

Michael Sampson Murmur Editor



First Flight
Alumnus Campbell Jefferys
examines the metamorphosis
that accompanies the pursuit
of a qualification.

Murdoch awards Honorary Degree to alumnus Dr Craig Challen who was instrumental in cave rescue of Thai soccer team.





Q&A with Mr Tay Interview with Shaun Tay - CEO of FCB Advertising Agency in Kuala Lumpur.

Saffron on the treatment menu for depression Pioneering research on using saffron to treat depression with Murdoch's Dr Adrian Lopresti.





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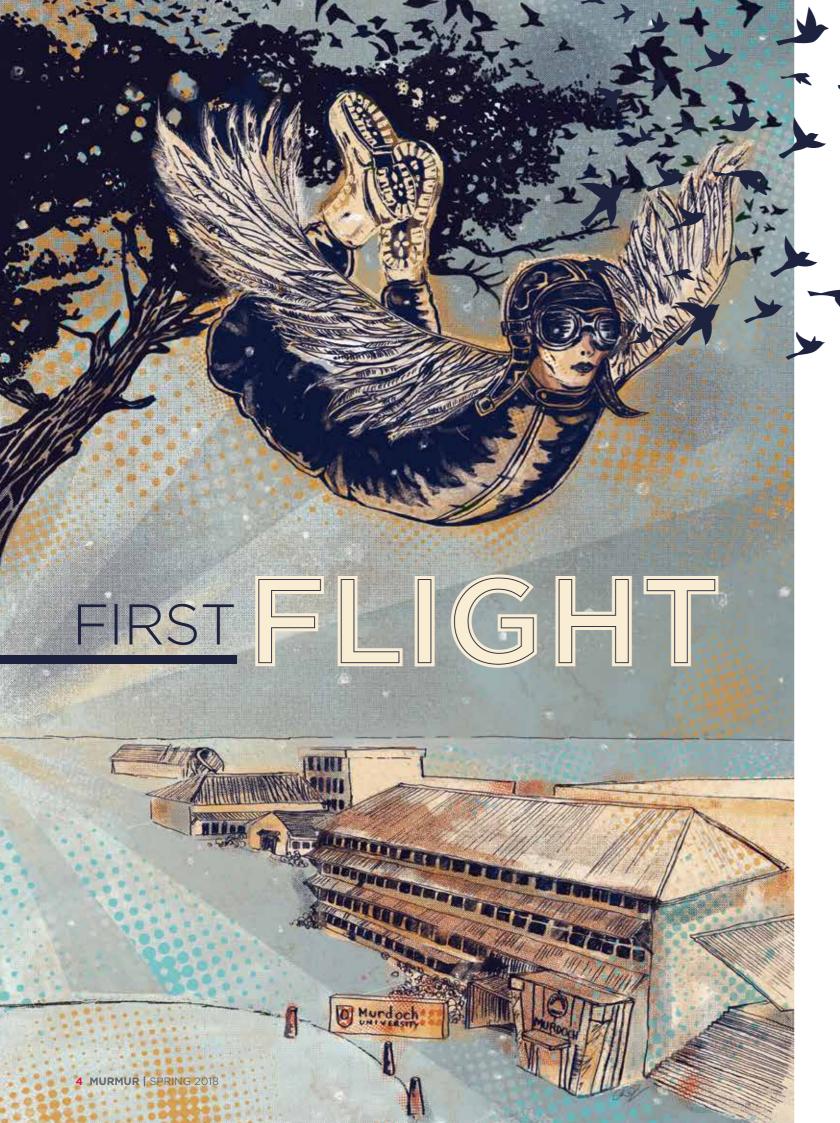
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The word 'Studying' is originally made up of two words. 'Students Dying' (Anon)

A tad dramatic no doubt, but many students enter university unprepared for what lies ahead. They struggle to find their feet at first, have the time of their lives, maybe a breakdown or two, and graduate as different people. Campbell Jefferys (B. Arts 98) takes a closer look at what university gives students beyond a piece of paper.

Let's start with a confession. I loved university, and I hated it. I think it was expensive, and I also think it was absolutely worth it. And sometimes I think being able to say I went to university has been far more important than what I learnt there and the qualification I gained.

Was it a defining time of my life? Without doubt. Would I do it all over again? Yes, but I would be in it for the experiences, life lessons, self-realisations and just plain fun as much as the degree. University opened my eyes to so many things and was a place for many of my firsts. The time changed me.

I partied. I spent many mornings 'studying' at the beach. I breathed in library dust and slept on the grass of Bush Court. I pulled all-nighters to finish essays on time. I yelled at printers that didn't work. Memories from that time are etched in my mind, friendships endure, and failing the course Television and Popular Culture still rankles.

The list of everything I got from university is long. It's also personal. It may differ from what other students get from university, which is correct, because the experience should be different for everyone. But I think there are five key lessons from university that just about every student can relate to, and may even bundle their own experiences therein.

Transitioning

Every university student is coming from somewhere and experiencing something new. This could include going from a small country town to the big city, moving out of home and into shared accommodation, moving from another country, or going from awkward teenager to career-ready adult. For some students, it includes all of those things.

But even just one transition is a serious challenge and has a major impact on personal development. Dealing with the transitions at university will give you the confidence to handle the other transitions that will inevitably come your way later in life.

University is a time of change, when you get a better idea of who you are, what you want to do and what you want to be. Some of that might be discovered through false starts and missteps, by realising what it is you don't want to do or be. Importantly, you're given the space to figure these things out for yourself, rather than having them figured out for you, which is liberating, though daunting at first. Because you learn very early on that it's all up to you at university.

Self-motivation

The shift from school to university is big. If education is a swimming pool, school is the shallow end and you've got floaties on, and university is the deep end and you're wearing a weight belt. If you're going to stay afloat, you'd better start treading water and working hard.

The first things you learn at university are how to structure, prioritise and be efficient, three invaluable skills that can be applied to just about everything. Motivating yourself comes a little later, when things get hard, the work piles up and you realise that, unlike at school, there are no parents or teachers berating you to get things done. It's all up to you, and what you get out of university fits very closely with what you put in.

Staying motivated can be challenging when time is short and you're responsible for your own finances as well as your results. Almost two-thirds of tertiary students in Australia work while studying, which means your university time is also when you learn how to micro-manage your money.

Money management

You don't have to study economics to finish university as an expert in financial management. Students learn early on how to budget and how to make their money go further. Trust a uni student working a part-time job to think of myriad creative ways to party on less than ten dollars. And here, the campus really delivers, with plenty of concerts, parties and gatherings for students to enjoy, plus a bevy of activities to participate in that don't break the bank.

So, while you're stacking supermarket shelves on a Sunday afternoon or working nightshift at a hotel reception desk to earn extra cash, on other days you'll be taking advantage of oncampus events, listening to new music, and trying lots of things for the first time.

Water-testing

University is a place of firsts. It could be the first time you cook for others, do your own laundry, pay your bills, get drunk, protest, do drugs, have sex, meet someone from Nepal, eat biryani or travel overseas as an exchange student. It could be the first time you fall in love, or feel like you're finally standing on your own two feet. You might discover that people see things in you that you didn't see, while new friends will lead you to new experiences.

It's a time when you're exposed to lots of new things, and it's also, arguably, the time when you're the most daring. You're in an environment where you're being encouraged to think independently and make decisions, to challenge previous notions and stand up for what you believe in, and to follow things through to the end.

Finishing matters

Then you get to the end and wonder what happened to that person who started university a handful of years ago, and you also wonder what will happen next. Wherever your career takes you, know this: on top of the piece of paper in your hand and a bevy of great experiences, university has also given you a wide range of skills that will help you on your way, even if you don't know it yet.

We spent hours working out ways we could rescue them. This kind of rescue was completely unprecedented but we had to give it a go.

Murdoch University has awarded an honorary degree to the former Perth vet who helped to rescue 12 children and their football coach who were trapped in a flooded cave in northern Thailand.

World-renowned cave diver Dr Craig Challen graduated from Murdoch in 1987 with a veterinary science degree, going on to co-found and build the Vetwest group of Animal Hospitals in Perth before he retired last year.

An honorary degree is the highest honour that a university can bestow, and Dr Challen was chosen not only for his part in the daring rescue, but for his support of Murdoch veterinary students and graduates in providing them with placement and employment opportunities.

Dr Challen said he was surprised but pleased to be receiving the honour, adding that he remains stunned by the worldwide attention the rescue has generated.

"We went through and we did the job. Much of the coverage has made it sound a lot nobler than it was," he said.

"We did what anyone would do - we had the skills that were applicable to the situation and so of course we helped."

Dr Challen and his diving buddy – Adelaide anaesthetist Richard 'Harry' Harris, put their cave diving holiday to the Nullarbor on hold and flew out to become part of the rescue operation in early July.

The friends had input into the overall rescue plan and Dr Challen helped take the boys and their coach from the platform where they were discovered to a dry section of the cave before passing them onto to the next group of cave divers. Mr Harris also evaluated each of the boys before the rescues were attempted.

"We never had any concerns for our own safety," Dr Challen said. "This is what we do and we have plenty of experience in diving in dangerous cave systems like the one in Thailand.

"But we were terrified for the prospects of the boys. Initially, we thought we had little chance of getting them out alive and in all honesty, we thought we would be bringing bodies out.

"We spent hours working out ways we could rescue them. This kind of rescue was completely unprecedented but we had to give it a go."

Dr Challen said he and Mr Harris were not aware of the success of the operation until they emerged from the cave at the end of each day.

"Our first question everyday was 'did it go okay?' We just had to press on and remain focused," he said.

Dr Challen said his experience at Murdoch laid a good foundation for what he has gone on to achieve in business and with cave diving



Dr Craig Challen receiving his honorary degree from Acting Chancellor Ross Holt

"A vet degree is a good problem solving degree to do, providing great general life experience for undergraduates, and helping to develop resourcefulness and resilience in students," he said. "These are essential foundations for success in all walks of life, not just in the veterinary field.

"I am a great believer that any education is good, and the experience of being in the academic environment at university helps to mould students into good people.

"In my experience of working with Murdoch graduates, the University has done a good job in producing early career vets who have good practical skills balanced well with theoretical knowledge."

Murdoch Vice Chancellor Eeva Leinonen said the University was very proud to be able to honour Dr Challen with an Honorary Degree.

"In his brave public act of humanity, Dr Challen has made a remarkable contribution to the world community," Professor Leinonen said.

"He contributed, with others around the world, to collectively plan and execute a response to a problem, which with today's communications capabilities, engaged the world and became a world problem

"This coupled with Dr Challen's success in business over many years make him an inspirational Murdoch alumnus."



MURDOCH HONOUR

FOR THAI CAVE RESCUE ALUMNUS



You never meet anyone who says they bought something because of an advertisement. Yet funnily enough, worldwide, companies spent over (US) \$580 billion on advertising in 2017. Advertising is a huge industry, but not big in terms of staff numbers. If you are passionate about joining this profession, persistence and resilience are as important as talent. An opinion echoed by alumnus Shaun Tay (BA Marketing & Media 98), who in just a short space of time has forged a formidable career in the world of persuasion. Currently CEO of the FCB (Foote Cone & Belding) Advertising agency in Malaysia, we caught up with him to discuss his career path.

When did you know you wanted to work in advertising?

I kind of fell into it in 2000. I was sacked from an event management role at Dotcom which was, in hindsight, a bad decision to join. A wonderful colleague by the name of Natalie Foong suggest I should apply for an open position at 141 Malaysia.

I had a good interview but ultimately they decided that I did not have enough experience for the position. Devastating. But two weeks later they called me back to offer me a position as the senior lead for that particular account was leaving, and they needed to get someone in quickly to help out.

And that's been my modus operandi ever since. The person to call when it hits the fan!

What did your time at university give you?

I was a lousy student. I spent an incredible amount of time running the Malaysian Student Association. Working with people, organising events and creating stuff.

Whilst I do wish I was more focused on the academics, what I discovered (and which ultimately became my career) was a talent for talent management, creativity and just generally making stuff happen.

Do you have to be tenacious to make it in what is a small industry?

Yes. It takes courage to be in advertising and you have got to need to stick with it and keep pushing everything. Yourself in particular. Once you get comfortable...you're doomed. There always needs to be a certain degree of discomfort, anxiety and paranoia to keep you charged up.

When interviewing young and keen copywriters, designers, account managers etc. what are some of the things you looking for?

I don't like interview sheets or prepared questions. I prefer having a conversation with the candidate. Are they interesting? Can they hold a conversation? Are they passionate about the role? Can they confidently answer my questions? It shouldn't be hard if they know their stuff.

Remember that I would already have had filters in place and normally I would be the last person they meet. So by that time, capability is not being interviewed, character is, and that's everything to me.

What campaigns are you most proud of?

Lots. In the early years, Malaysia's first mobile hair saloon for Unilever - which kind of started the mobile 'build-something-on-a truck' thing. Back in Malaysia, being part of the team to create an awesome experience with Liverpool FC's first visit and helping raise awareness on the problem of spousal abuse with the Women's Aid Organisation.

Those are on my personal creds and I'm always proud of them, but now, the proudest moments are when my teams create the work and take credit for it. For me that's gold, as it's always about the people and pushing their talents to be discovered.



Agency Bates – Singapore Released January 2001

Is there a print advertisement that made your jaw drop in awe?

Plenty, especially in the older days when print was king. There is really too many to recall, but I've always had a fondness for the Heineken bottle open campaign done by Bates Singapore.

There was a Malaysian Panasonic campaign for their first ever 3D TV where the agency I was at created the first 3D print in Malaysia. It came together with pre-packed 3D glasses!

FCB did an awesome, Cannes-winning campaign for TAM airlines - the OwnBoard magazine where they created the first truly personalised airline mag created from individual passenger social data. Fantastic stuff.

Do you have a process, or methodology when it comes to making big decisions?

Talk to people. Then go with your gut.

'Effective campaigns that don't compromise creativity and originality' – how hard is this? Is the process the same when say doing a campaign for toothpaste and one for a casino?

Crazy hard. It takes the same effort to do a bad ad and a good ad. You might as well do a good ad. The 'process' differs from agency to agency, but the fundamentals are always the same. Insightful thinking, sound, well-articulated strategy + good ideas.

If you designed a Bachelor of Advertising what would be the core units?

Remember that I was a bad student! So my advice would be on the practical side - include a mandatory one year placement. If you feel that you can take the pain and still enjoy the job after one year... maybe...just maybe, advertising could be a place for you.





Q: So as a boy you were set to become a dairy farmer?

A: Yes. The dairy farm at Byford had been in the family from the early 1900s. There was an expectation that it would continue in the Nairn name in some way. And so I only completed Year 10 and went to Muresk Agricultural College. It was a wonderful experience and I never regretted going there.

Then when I went back, I just assumed I was going to be a farmer of some sort. I was very involved in sport, and dairy farming and sport don't mix very well. I remember saying to my father just after I'd got back "We've got a big cricket match so I'll be playing the next two weeks." He said "No, you only get every second weekend off, so that won't work."

Q: Did you think that was unfair?

A: My father was very fair so no I didn't. He was just telling me the facts. He was smart enough to realise that I really wasn't suited for dairy farming. I thought I would probably be the local bush vet. We had someone in the district and I thought he was pretty good. I looked up to him.

Q: Do you feel at home on a farm?

A: I do. I like to talk to farmers about things. When I was a government vet there weren't many vets around. I found it very easy to strike up a relationship because I could do things that were useful to them, particularly in an area like Esperance, which I visited over many years. I was the nearest vet for probably 400km. There were some farmers who'd never even met a vet before. One guy came up to me once and said "Do you mind if I touch you?" ha-ha. Dave Steer was his name. He explained, "I have never met a real vet before, I just want to touch one, do you mind?" I laughed and said "be my guest."

Q: You did post-graduate study in the US? Was the training not available in Australia at that time?

A: Well, you could do a PhD in pathology in Australia, but it was the British system, which was more research oriented, and so while you had some overall background in different animal species, or different diseases, you had to do your thesis in a pretty narrow field, and the thesis was a major part of the three year program. The US program allowed you to develop strengths in pathology in a variety of animals and across a variety of systems, whether it be the musculoskeletal system, respiratory system or the intestinal system etc. You had to get skills across the whole range. You did a thesis, but it was only about one-third of the overall course. That's what I wanted. I wanted to be a diagnostic pathologist, so that no matter what species of animal, there was a certain process you could follow. It appealed to my sense of logic.

But the other thing the Americans had, was a board system of certifying pathologists, and that was actually more significant and more important than the PhD. I obtained this certification during my time there.

Q: Did you love your job as the State Pathologist?

A: I did. And I never thought for a moment I'd go into university at that time. I was in my mid-thirties, a young Chief Pathologist, and hadn't thought about where the next step was.

Q: And this is when the whole Murdoch thing came knocking on your door?

A: Yes, well that actually started in 1970. Murdoch University was mooted, and the Vet School was to be part of that. They had to get a planning group together and the reason I got

I never thought for a moment I'd go into university at that time. I was in my mid-thirties, a young Chief Pathologist, and hadn't thought about where the next step was.

involved was because of my US background. I think I was the only vet that had post-graduate qualifications in WA. I thought it was really good for the State to have a veterinary school because of all the benefits it would bring in research support and post-graduate support. So I became quite passionate about supporting it.

Q: Was it exciting being part of the planning for a new university?

A: Oh it was, hugely exciting and a lot of work, because a lot was done in addition to my full-time job. I knew quite a few people in the other veterinary schools, including the three Deans. So I suggested early in the piece that we should get the three Deans (then Brisbane, Sydney and Melbourne) in as an advisory group.

This was a very valuable piece of the planning process because they recommended very strongly that the Veterinary School should all be together, because in all of their three schools they were split - the pre-clinical and the clinical parts.

Q: So what was this land at that time?

A: A pine plantation essentially, and a bit of bush. The pines were more on the top part. In those days the campus looked pretty huge because the buildings initially needed were just a speck. There was some reluctance to allocate so much of the university to the Vet School/Farm, which was about a third of the campus altogether.

Q: Did it take your career focus to the side?

A: Bob Dunlop (the first Vet School Dean) had a big influence. He was British, but had trained in Canada and was a very forward thinking guy. He was instrumental in forming what I thought was a very good framework for a modern veterinary school in Australia, and he should get a lot of credit for the way he selected staff and guided the curriculum. He didn't follow the normal format that dictated that veterinary school staff should all have veterinary degrees. Bob got me involved in the planning of buildings and hiring of staff.

Q: What's it like coming back over 40 years later and seeing the things that are still in place?

A: It's very pleasing to see, because I think initially the campus wasn't very attractive. In the first few years we had grey buildings with Super 6 corrugated rooves for which there was a lot of criticism at the time. Gus Ferguson was a very good architect, but he didn't want to have another replica UWA. He wanted it to be different, and it certainly was, but that attracted criticism. But as the grounds developed and Marion



(L-R) The late Professor John Howell (Vet School Dean 1983-89), Mal Nairn, the late Bob Dunlop (Founding Dean of the Vet School), and Professor Ray Wales (Vet School Dean 1989-92) in front of Murdoch's Vet Biology Building 1974.

Blackwell became responsible for a lot of the native plantings and landscaping, the look softened. She did a very good job. I think each time I come back it looks better all the time. I think it's a lovely campus now. The harshness or starkness of the early buildings has been softened by other buildings, other designs, and the landscaping.

Q: Do you still feel an affinity with this place?

A: Oh yes. I still have an emotional attachment to it. I got a great deal of enjoyment from my time at the Vet School. While I wasn't doing a lot of teaching, I did some special topics with the final year students, and I was still very much involved in the public relations and the planning.

When Bob Dunlop left it was suggested that I apply for the role of Dean. I initially said no. I thought they should have an outside person. I always think it is good to bring in new blood. But the Selection Committee couldn't agree on anyone, so I agreed to take the role for three years. I thought then it was about time I went back to pathology. But I found I missed the authority of deanship in a way, which sounds a silly thing to say.

I saw the job advertised for Deputy Vice Chancellor at Murdoch, but the element that really attracted me was it also entailed being a Business Manager. I had some views when I was a Dean that Deans should be given greater autonomy and be allowed to run their own show. There was too much bureaucracy and I thought the role could help change that.

Q: I imagine you needed to develop a range of new skills?

A: Yes, although I often used to say to veterinary graduates to not think that they are locked into veterinary science for their whole career. Vets have skills that are transferrable – diagnostic skills.

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I mean, the job is to take all the assembled facts, whether it be disease or whatever, lay them all out and look for the evidence base and examine what it tells you, no matter what the field is. Then having pieced that together, a vet's next step is to look at the economic solution to a problem. Human medicine doesn't have to think about economic solutions, vets do. So when they've got a diagnosis, vets have to consider what's in the best interest. Not just for the animal but for the client, because often it's an economic one, particularly with farmers. I think they are the skills that I brought to the DVC role. If there was an issue, I would get all the evidence, lay it out and look where it led to. I would examine for any bias, strip away the emotion and focus on the cold, hard facts. It can make hard decisions quite easy when you do that. Then of course you've got to deal with people and take them on the journey. Plus, I realised that the Schools had to engage outside of the University. If you had developed a reputation and you wanted to get support - not just monetary support, but political support, then you had to do that. I was put on state committees and science policy advisory groups and I was already wired into things outside the

Q: How do you make big decisions?

A: I think there is a bit of gut feeling, but you have to be careful that it isn't because of some bias or some emotional involvement. It must have some substance behind it. When I think of some of the hard decisions that I've had to make I think of when I was in the Northern Territory and chose to combine the higher education and the TAFE sector. There was opposition to that and it took me a while, but we got it through. It required an examination of the obstacles, evidence, and the people against the move. I had to understand why they were against it, lay out all the facts and then look at options. We did it step by step.

Q: Are there things now that you know that you wish you'd known when you were either the VC in the Territory or in your brief period here?

A: Oh yes. I think you make a lot of mistakes along the way and with hindsight, would act differently. Looking back, I really wasn't the sort of person that should have been a Vice Chancellor. I don't write very well and I don't speak very well. I'm not all that smart, and perhaps shouldn't have been very successful as a Vice Chancellor. But strangely, the record will probably show that I was reasonably successful.

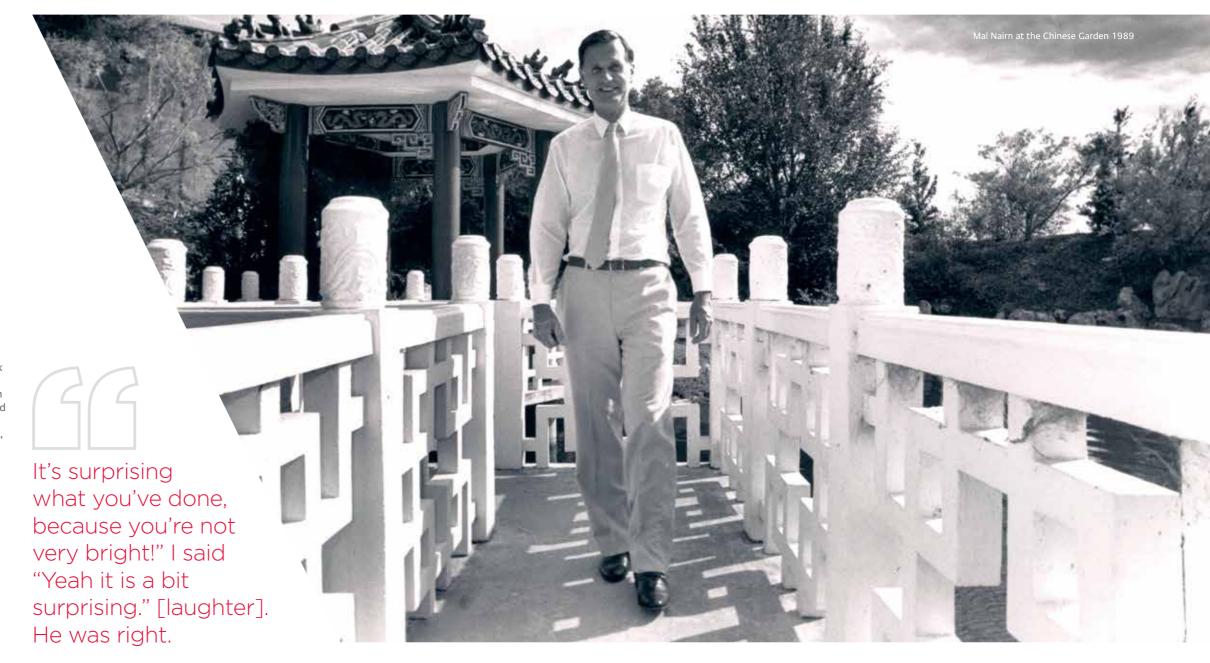
Q: Well, maybe the qualities needed are not the ones that you think are needed.

A: Possibly. I think the things that helped me the most were what I brought to the University in terms of business and connections, because universities nowadays really have to make sure their political and government connections are strong. They need to ensure that their financial health is good, because universities are a business, some of the oldest businesses in the world

But to last that long, they've got to have something special going for them. They've got to ensure financial viability and good integrity. You must understand what it is you're supposed to be producing or doing, and not deviate from that. For universities that's fairly easy, because their mission is educating people and advancing knowledge. It's all about furthering information and education, but in a way that is honest. If you start peddling stuff that's not, it doesn't stand up to scrutiny and you'll disappear. I think universities have done well. The base is protecting the integrity, because if you destroy that, then there's lots of things that can fill that space.

Q: So what have been your career highlights?

A: I've had different segments to my working life. The first one is the vet pathology area, and if I had to pick out some moments I think there are a couple that were research-related. One was as a post-graduate student in Minnesota, where I was able to



reproduce a disease in turkeys that hadn't been done before, and was a possible model for looking at osteomyelitis and infection in children.

But the second one, probably more so, was the research I did back here on a sheep disease that had trade implications. It was a bacterial disease that infected sheep. It didn't kill them, but it affected trade. The UK said "We won't take these sheep anymore if they've got this infection." So I put a small team together and we developed a vaccine for it. I then explored the potential for it to be commercialised. We worked with CSL in Melbourne. Working with them, we developed a vaccine which has been very successful. Royalties came from that to Murdoch and also the Department of Agriculture, because I was split between the two. I think it's still the only invention that's brought royalties into the University that I'm aware of.

The next highlight was the administration side. Just getting appointed to that DVC/Business Manager position was an exciting step for me because it was a totally new direction. I got to learn how you should behave administratively, including delegation, which I hadn't been very good at before. So that was satisfying. The Vice Chancellorship in the Northern Territory was another new direction. It involved working with South East

Asia and put me in direct contact with Indigenous Australians. I learnt a great deal from that.

The third part of my background that we haven't touched on occurred when I left Northern Territory University in '95/96. For the next 20 years I worked on biosecurity. I did a national review with a team which got a lot of publicity and caused a big change in the way quarantine is handled in Australia. I chaired the CRC Board on Australian biosecurity and I did biosecurity consulting for Gorgon on Barrow Island. I actually became better known in Australia for that than any of my veterinary work or university work. It put me in touch with biosecurity issues worldwide.

Q: Interesting in that, as we said at the start, you could have easily been a dairy farmer. Then you've gone out into the world and had all these roles where you're the leader of great teams.

A: Yes, because it wasn't justified on my ability, that's why it's a surprise I think.

Q: Well, I think you might be being a bid modest here...

A: No, one thing I try and do is be brutally honest with

myself. Someone told me once "It's surprising what you've done, because you're not very bright!" I said "Yeah it is a bit surprising." [laughter]. He was right.

Q: If someone said to you 'what did you do professionally?' - is it a hard question to answer?

A: I usually fall back that I'm a vet, because that's something that is easy to talk about and they understand. I don't think I've ever said I was an academic. I've almost never said I was a Vice Chancellor.

If they ask me what I do now I often say that I'm a farmer, or a beekeeper. I'm a hobby beekeeper and have found that elicits more conversation than most other things I say that I've done. Depending on the audience, sometimes I say I'm a farmer. I look a bit like a farmer.

Q: So do you think if your dad had let you play every weekend you would have followed a different path?

A: My mother always wanted me to be a Test cricketer. She said "Why don't you just concentrate on cricket? You might be a Test cricketer one day." I said no. Self-analysis again. I knew I was never up to that standard.





Dr Adam Bandt and partner Claudia Perkins with table guests.



(L-R) The Honourable Justice James Edelman, Dr Adam Bandt, Vice Chancellor Prof. Eeva Leinonen, Professor Wendy Carlin, Distinguished Professor John Hartley AM and Dr Bill Hare

It was in those heady days in the mid-1970s at Murdoch, when students and staff had come from all over the world to create a new university, set up to face the world's big problems.

The extraordinary careers and outstanding achievements of five Murdoch University graduates were celebrated in front of the University's leading academics, alumni, and VIPs at the 2017 Distinguished Alumni Awards.

The recipients, Dr Adam Bandt (BLaws & BA 1996), Professor Wendy Carlin (BA 1979, DipEd 1979) 1982), The Honourable Justice James Edelman (BCom 1998) Dr Bill Hare (BSc Hons 1983, Hon Doc Sc, 2008) and Distinguished Professor John Hartley AM (PhD, 1990), are leading voices in professional fields that traverse international borders – politics, law, economics, climate science and cultural science.

The remarkable alumni were all chosen for their demonstrated outstanding qualities and for making significant contributions to both their profession and the community.

The acceptance speeches revealed a consistent thread with each recipient outlining how Murdoch had broadened both their perspective and view of their specialist subject.

Dr Bandt, who studied Law at Murdoch, spoke passionately about his time there and how it gave him the space to establish his next steps.

'In the first year of university I did not have to specialise in any one subject which allowed me the time to work out what it was that I was passionate about and what I wanted to commit to," said Dr Bandt.

Professor Wendy Carlin was part of the University's very first cohort of 500 students in 1975.

"It was in those heady days in the mid-1970s at Murdoch, when students and staff had come from all over the world to create a new university, set up to face the world's big problems. It really was Murdoch that set me off on a course that has helped to produce the CORE Project which is currently changing economics teaching across the globe, from the American University of Afghanistan in Kabul to the Harvard Kennedy School," she said.

For The Honourable Justice James Edelman, Murdoch provided the foundations for a trail-blazing career in law that has already taken him to Australia's Federal High Court at the age of just 42.

"In my Commerce degree, none of the units were taught in the standard linear way that much of finance and economics is taught everywhere else. It was taught in a way that usually only a young, innovative university can teach," he said.

The next recipient, Dr Bill Hare, has been described as "the best climate lobbyist in the world." He was Lead Author for the Intergovernmental Panel on Climate Change (IPCC), which was awarded the Nobel Peace Prize in 2007. Once again, Dr Hare referred to the type of education he received at Murdoch.

"The scientific foundation and the perspectives I received through the broad education at Murdoch has really been the thing that has enabled me to become involved at the frontline of all of the international climate instruments and treaties that have been negotiated since the late 1980s," said Dr Hare.

The final recipient of the night, Distinguished Professor John Hartley AM, gave a powerful speech on the impact of education. "It has been the connecting thread throughout my life. It was my route to emancipation, to intellectual freedom and innovation, personal reflexivity and understanding and a will to share the advancement of knowledge. I learned very thoroughly that working in places like Wales, in Polytechnics and at Murdoch University, that you can do innovation from the margins so much more readily and successfully than is sometimes possible in the imperial centres."

The Distinguished Alumni Awards are organised annually by Murdoch University Alumni Relations to recognise the outstanding achievements of former students. This year's event was emceed by 2015 Award recipient, Dr Alison Gaines.

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Murdoch alumnus Dr Adrian Lopresti (PhD Psychology 2014) was a 14 year-old son of Italian immigrants living in suburban Perth when, out of blue, he decided he would become a psychologist. He never imagined his path would lead to many teenagers, and their parents, begging him for help with depression.

The challenges these people face gave Dr Lopresti a real motivation to investigate natural treatments to help manage depression and anxiety. His focus turned to aromatic cooking spices and his world-first research showing that saffron supplements reduce symptoms of depression and anxiety in teens.

Why did he choose to investigate saffron, the most expensive spice on the planet, costing at least US\$1000 per kilogram? Saffron threads come from the stigma of the crocus flower. It takes around 70,000 flowers and 210,000 stigmata hand-

picked and separated to make each kilogram of saffron, hence the enormous price tag.

Dr Lopresti has long been a fan of natural treatments. But, as he says, the problem is how to sort truth from fiction. "People are interested in taking a natural substance rather than a pharmaceutical if it is effective. Parents especially are reluctant to place their teenagers on antidepressants.

"However, there's a general lack of quality scientific research into natural treatments so companies make exaggerated claims. But with saffron there was already a nice body of evidence - some 20 studies looking at mood-enhancing properties in adults."

Dr Lopresti was the first to conduct research with teenagers, recruiting nearly 70 Australians, aged 12 to 16, who were suffering from moodiness or mild anxiety. During the eight-week randomised, double-blind trial, the teens were given 14mg of high-quality saffron extract manufactured in Spain (affron®) or a placebo twice daily.

Overall, the teens on the saffron treatment reported a 33 per cent improvement in their mood, compared to 17 per cent in people taking the placebo.

"This study showed that saffron has the potential to be an effective treatment with very few side effects for anxiety and depression in adolescents. Saffron was particularly effective in reducing symptoms associated with separation anxiety, depression and social phobia, and participants reported a reduction in headaches over the eight weeks as well."

The story of Dr Lopresti's research into this brightly coloured spice winds its way from the seedy backstreets of Iran via Spain to Murdoch's Perth campus. Saffron, also known as red gold, is a magnet for fraudsters in spice markets of the Persian kingdom which produces 90% of the world's saffron. Saffron traders often add substances to bulk out their product. Additives such as beetroot, pomegranate or silk fibres are common. That's why Dr Lopresti sourced a high-quality supplement from Spain, making saffron capsules available for about \$40 a month.

However, health consumers should heed Dr Lopresti's warning. "If you want to use saffron as an antidepressant you don't just go into a supermarket and purchase saffron stigmas. When choosing any supplement, it is vital to find out where it has been sourced and whether it has been tested for potency and purity.

"Australia has some of the strictest regulation of supplements in the world so consumers can be fairly confident if they buy here, but that's not the case online or from overseas," he said.

All this makes it tempting to latch onto saffron as THE remedy for mental health problems. Where else can you get a scientifically proven, natural treatment for depression at \$1 a day?

Dr Lopresti sighs. "There's no one magic answer. An integrated approach is best. If you can get five percent better in 10 areas of life - for example, improving your sleep by five percent, your diet by five percent, using the supplements etc. All these things collectively, that's where the power for change is."

Dr Lopresti's next research project will test the impact of a combined dose of saffron/antidepressant on adults with depression.

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THE VALUES BENEATH

The Hon. Justice James Edelman has had an astonishing career rise. At the young age of just 34, the Rhodes Scholar was one of the youngest people ever to be appointed to a professorship at the Oxford Law School. While there, he took on a second role and built a thriving commercial practice at the London Bar. By the age of 37 he was back in his hometown, Perth, after university friend Christian Porter invited him to become a judge of the Supreme Court of Western Australia. By 41, he was in Brisbane as a judge of the Federal Court of Australia. Just a year later, he became the youngest judge called to the High Court since 1930

In the mid1990s, Justice Edelman was completing a double degree (Law & Economics) at UWA and looking to study additional units in investment analysis and corporate finance. Course load limits prevented him from 'overloading' the degrees by taking an additional two units each semester. So Justice Edelman opted to come to Murdoch to complete a Bachelor of Commerce

In his acceptance speech at Murdoch's 2017 Distinguished Alumni Awards, Justice Edelman indicated that the innovative style of teaching he experienced at Murdoch was a great platform to take into his subsequent legal career.

"The curious experience for me was that I had expected a commerce degree to be heavily focused upon the application of mathematical modelling and taxonomic ordering to flows of money. Although this was certainly covered, the Murdoch degree was much more than this. Accounting courses covered issues such as environmental impact and sustainability. I studied commerce courses that had a focus upon development in South East Asia. And there were case studies with real world impact,"

Outlining the progressive nature of the style of teaching he found at Murdoch, Justice Edelman was impressed by how the units were not taught in the standard linear way that much of finance and economics is taught everywhere else. He concluded his speech by explaining how his time at Murdoch gave him a way of thinking that has served him well throughout his extraordinary professional ascent.

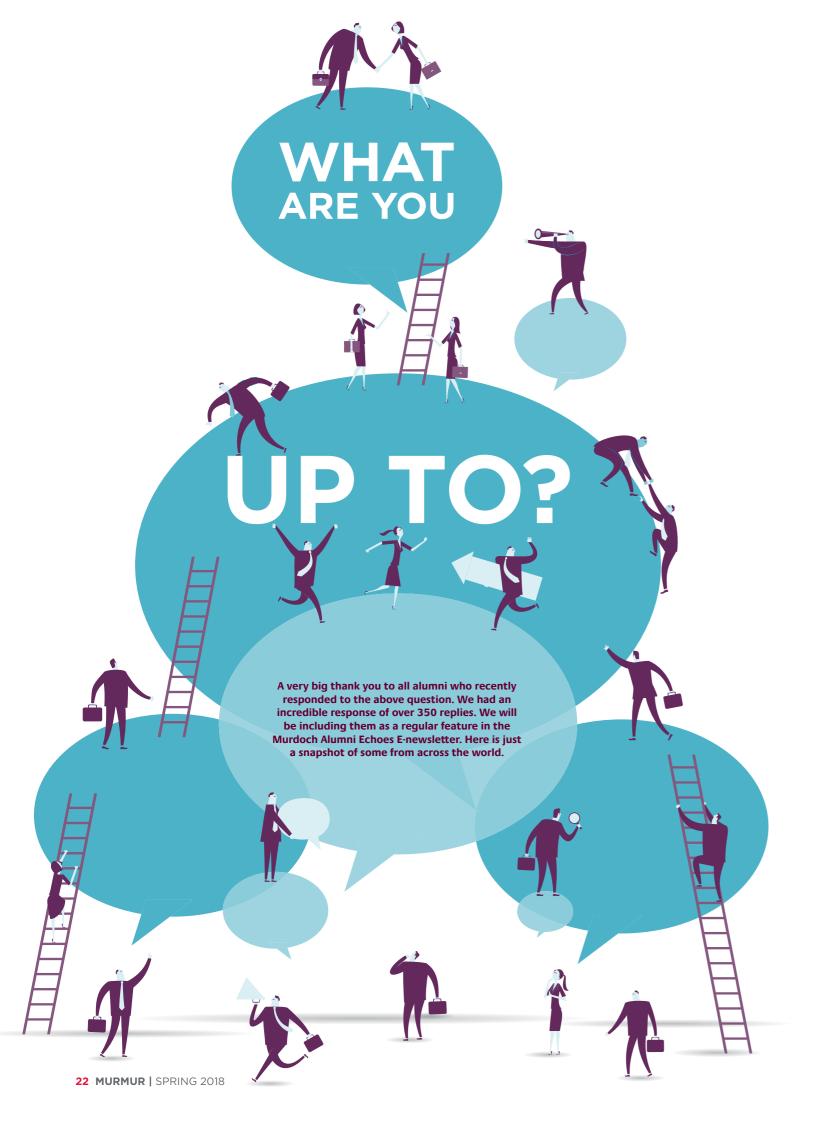
"One of a judge's fundamental tasks is to develop the common law consistently with the core of precedent and principle. That task can sometimes seem almost mechanical. But underlying the law is a current of deep rooted values such as equality, liberty, and dignity. The courses I studied at Murdoch were much like this. They were courses in commerce concerned with what appeared to be mechanical, mathematical, or taxonomic concepts. But as many of my lecturers realised and taught, it was necessary to understand the underlying values in order to truly appreciate the concepts."

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I was super lucky to start working in the arts sector while still studying at Murdoch. I fell in love with opera after a secondment at His Majesty's Theatre, and came east to work with the VSO and Opera Australia. My theatre studies also made it possible to work for the leading theatre companies in Melbourne. I toured the country and overseas with Oz Opera and directed their schools shows, including establishing Auslan imbedded performances for their Vic Schools Opera. I become the inaugural Operations Manager for the newly formed Victorian Opera in 2005. I am currently the Internal Project Manager for Capital Works at the Geelong Performing Arts Centre.

On a side note, I am one of Sir Walter's great grandchildren and was the first family member to attend Murdoch. I'm now a long way away from academia, but I'm so grateful for the type of pedagogy I received at the University, so can attest that it IS a good one.

Jane Millett (BA Theatre & Drama Studies 1991)

Except for missing Perth and the great climate, life is good. I am currently working as a Postdoctoral research fellow in the infectious diseases department, Children's Hospital of Philadelphia, University of Pennsylvania, USA. I really appreciate my studies at Murdoch as it made me capable of competing with graduates from all over the globe in one of the top universities in the world.

Ahmed Magdi Moustafa (PhD Bio Sci 2015)

Since being awarded my PhD in Marine Ecology in 2013, I promptly moved to the island of Eleuthera in The Bahamas where I have been living for the past five years. Currently, I am the CEO and Principal Research Scientist for The Centre for Ocean Research and Education (CORE) which is a non-profit research and education foundation, providing immersive experiences and environmental education to the communities of this beautiful island.

Owen R. O'Shea (PhD Marine Sci 2013)

I'm currently working as a counsellor at WA's only specialist refugee trauma agency, the Association for Services to Torture and Trauma Survivors (ASeTTS). I work with newly arrived refugees from Syria and other war-torn countries to help them process and overcome their experiences so they can make a better start to their new life in Australia. I completed Murdoch University's Master of Counselling program in 2015 and never dreamed I'd be doing what I'm doing now.

Sherin Omran (M. Counselling 2016; Grad Dip Counselling 2015)

I graduated from Murdoch in 2006 and spent the next six years at the Federal Government working in the technology side of intelligence and law enforcement including a two year overseas posting in Canada. After that, I moved to Silicon Valley to work as an engineer for Google and a couple of years later I made a big pivot to my current career as a video game developer. Four years ago I moved to Los Angeles and joined Riot Games as a game programmer on League of Legends. Getting to combine my love of technology and video games is like a dream come true.

Paul Chamberlain (BSc Comp Sci 2006) For those of you who may be 'just a farm girl from rural WA' like me - with a good education, a passion for improving equine welfare and a penchant for travel, who knows what lies ahead?



My husband and I established a nutritional supplement manufacture company and for 25 years have exported our products for horses, sheep and cattle throughout the world. About 12 years ago I went to China to see what was happening in the horse industry. Decided to learn Mandarin. I am now called upon to advise the management of the Chinese President's horse farm. My role in education in China is as Honorary Dean and Distinguished Professor of Equine Science at Qingdao Agricultural University (QAU) where I teach 3 months

Murdoch has recently established joint programmes with QAU, so looks like I may have come a full circle! So, for those of you who may be 'just a farm girl from rural WA' like me - with a good education, a passion for improving equine welfare and a penchant for travel, who knows what lies ahead? May it be as interesting and fulfilling a career as I have enjoyed.

Kathrine Davis (BVMS 1984; BSc Vet Biology 1983) I graduated from Murdoch's Graduate Diploma in Media Production which specialises in Screen Production.

After a while I really started enjoying location sound recording and sought out the best in the State (Scott Montgomery) to teach me how to boom. I set up my business - Sound on Tap Productions Pty. Ltd. and managed to get work on reality TV shows like My Kitchen Rules, The Bachelor, The Bachelorette and The Great Australian Bake-off. Into the mix, I continued doing documentaries - Murder Uncovered: The Kate Moir story and Artemis's 'Don't stop the music'. Along the way I picked up an Australian Screen Sound Guild award (2015) for 'Best sound for a short fiction film' for Karroyul.

This year, I got to work on the feature film, Palm Beach (Dir. Rachel Ward) under the tutelage of Australia's most experienced Production Sound Mixer Ben Osmo (Peter Rabbit, Babe, Mad Max Fury Road, Alien Covenant, Crocodile Dundee, The Sapphires) to learn the higher aspects of my craft and see what the 'end game' is like.

Andy Parnell (Grad Dip Media Production 2015; Postgrad Cert Media Production 2014; B Intl Bus 2000) Along the way I picked up an Australian Screen Sound Guild award (2015) for 'Best sound for a short fiction film' for Karroyul.



I am now retired from my role as a primary teacher for the WA Education Dept. Over the last twelve years I have recovered from cancer; taught in India for two years; returned to WA to recover from Chikungunya; and am now fully involved in presiding over a small charitable organisation that fundraises for the rehabilitation of vagrant children found on or near the railways and platforms of India. We have a small Child Care facility in Andhra Pradesh catering for 35 children and employing 4-6 supervisory staff.

You may like to contact us at: platformkids@gmail.com or on Facebook.

Marie Woodward. B Education 1988, M Education (Hons) 1995

Since graduating from Murdoch in 1989, travelling and global adventure became my obsession. I have now lived in, or travelled through, about fifty countries. I currently live in the stunning pueblo of Vilcabamba in Ecuador's 'Valley of Longevity 'and have been here nearly a decade! I published a successful novel in 2012 called 'Roppongi' about my crazy times managing bars and clubs in Tokyo during the mid to late 90s. I have owned bars, sold all manner of products and services, hiked Nepal, experienced India, and been first-mate of a 100 foot topsail schooner in the Gulf of Aqaba. I am a fan of both the indigenous sacred-medicines San Pedro and Ayahuasca. The world is much more mysterious than we think!

Nick Vasey

B Commerce 1990

Since graduating from a Master of Sustainable Development I have:

- Been awarded the Michael Booth Sustainable Development Award (thanks very much!)
- 2. Undertaken a short evaluation consultancy
- 3. Successfully applied for an Australian Volunteer International assignment.

I am currently working for the Friends of the National Parks Foundation in Bali (fnpf.org) supported by the Australian Government. I am assisting them with a strategic plan and new promotional and fundraising activity ideas. This organisation is involved in endangered animal rescue, rehabilitation and release as well as habitat restoration and community development activities. They make most of their money through a 'pay to volunteer' system and would love to make a connection with Murdoch University!

Kellie-Jane Pritchard Post Grad Dip Policy Studies 2004, M Sustainable Dev. 2018

Since graduating from Murdoch in 2014 with a double degree in Forensic Biology and Toxicology, Biomedical Science and Molecular Biology I have developed a career in Forensic Toxicology.

I began my career as a technical officer in a workplace drug testing facility at Western Diagnostics in Myaree, Perth. I held that position for two years. In 2016 I entered my current employment as a toxicologist at the Victorian Institute for Forensic Medicine in Melbourne. At VIFM we perform forensic toxicology analysis on biological samples for the Victorian Police and the Coroners Court of Victoria.

My degrees from Murdoch University have allowed me to work at one of the most comprehensive and internationally respected forensic institutions in the world.

Samantha Joubert

B Forensics 2014

BSc Forensic Biology and Toxicology (B Forensics)/Molecular

I'm fortunate that I now work in a global mining company making a positive contribution to the development of society.



My journey from Murdoch University has allowed me to explore the world, taking me to places that I would never have dreamed of and meeting some amazing people. It started in 1993 as a first year Murdoch Extractive Metallurgy vacation student working in Dampier. Since then I've worked in FIFO gold mines in the WA desert, lived in the Northern Territory for a year, Port Hedland for 3 years (and it was on a plane trip from Perth to Port Hedland where I first met my partner, when we sat down next to each other). I have even lived in Paris for 18 months designing a new mine in West Africa.

Through my work I have travelled throughout Australia plus overseas to India, France, United Kingdom, Guinea, Sierra Leone and Madagascar. I am grateful for my STEM background as it has helped me optimise processing plants, build new mines, work on interesting projects and work with exciting technology. I'm fortunate that I now work in a global mining company making a positive contribution to the development of society.

Fabian Goddard BSc Mineral Science 1996

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As part of the development of The Student Hub, public art was commissioned for the passageway that connects Bush Court to the Hub's Winter Garden. Established in 1974, Bush Court is arguably Murdoch's most iconic space. Featuring mature native trees, it is the much-loved heart of the South Street campus. In contrast, the Winter Garden is a newly designed outdoor area, featuring a series of smaller intimate alcove spaces for meeting or studying.

Titled End-Start-End, the public art commission was created by esteemed WA artist Stuart Green. It is the first public art work commission by Murdoch University under the University's Percent for Art Policy for Capital Works projects

Murdoch is delighted to have a stunning artwork from Stuart Green, who has recently completed high profile work for the Metropolitan Redevelopment Authority (MRA) in Northbridge and the City of Gold Coast for the 2018 Commonwealth Games.

"This artwork creates an experience for the viewer that is anticipated before the act of transition is made walking through it. Indeed the walking lead-up to the work, in some ways is the focus of the artwork," said Stuart.

Students have responded very positively to the piece and its striking colours have already been the backdrop of choice for many a selfie.

"Colour is another way of describing the energies and movement of passage. It evokes emotional responses and heightens the physical space beyond the surround environment," added Stuart.

"Lighting is also an important part of the vision in that it can grade the experience into higher and lower energies and act to focus the experience of threshold."

For more information regarding Stuart Green public art commissions please see stuartgreen.com.au



N PRINT

Books produced by our talented alumni and staff

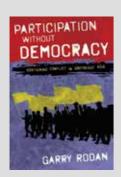


The Primitive Shadow

The theme of Primitive Shadow centres on an observation by the notable psychiatrist Dr Carl Jung. In a dream just prior to the First World War, he allegorized the inner urgencies that drive us all at various times and with the great men of our civilizations, most of the time. Theirs is a dangerous game, often driven by un-countenanced, aggressive, volatile emotions, sometimes for our benefit, but just as often, to our detriment.

Dr Bill Edgar's book examines the lives of many of history's outstanding personalities looking at their triumphs and failures. Examining their frailties, the work asks the question as to whether we are destined to be the most destructive species to grace the earth.

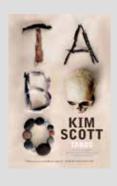




Participation without Democracy

Professor of Politics & International Studies at Murdoch, Garry Rodan F.A.S.S.A., recently published his work – Participation without Democracy, which examines the emergence of new ideologies of participation and representation across democratic and non-democratic regimes. The book examines the social forces that underpin the rise of these innovations in Southeast Asia. Published by Cornell University Press the book has been described by one critic as "essential reading for students of democratisation everywhere."





Taboo

Murdoch alumnus Professor Kim Scott (BA Eng & Comp Lit 1979 Grad Dip Education 1984) had his latest novel, Taboo, shortlisted for the \$60,000 Miles Franklin Literary Award. It tells the story of a group of Noongars, including heroine Tilly, whom an elderly Dan Horton has invited to his family's land in the South West, the site of a massacre sparked by the murder of his ancestor William by Noongars.

Professor Scott was 2012 West Australian of the Year and has previously won two Miles Franklin Literary Awards for Benang (2000) and That Deadman Dance (2011). Earlier this year Taboo won the NSW Premier's Literary Awards' Book of the Year and Indigenous Writers' Prize.





Rowan and Eris

Campbell Jefferys (B. Arts 98 and writer of article on page 3) has just released his fifth book. 'Rowan and Eris'. A road trip novel, the characters begin in Perth and travel across Europe and North America. The book has an accompanying CD of original music entitled 'One hand clapping'. Musician Joel Havea wrote the soundtrack in character as the protagonist Rowan Davidson, bringing the songs in the novel to life.





Murdoch University would like to formally thank our alumni for their donations to the 2017 Murdoch University Alumni Annual Appeal.

Thanks to your generous gifts the recipient, Divya Naidu Ananda, is right on track with her dream to become a Clinical Child Psychologist. Divya is currently completing her final year of a BSc in Psychology and will be in a perfect position to bring her new skills and knowledge to the teaching profession.

Her application included glowing references from former tutors and organisations where she has completed voluntary work. Current lecturers described her as "outstanding student in all respects, presenting incredible curiosity for psychology and a great enthusiasm for learning."

Divya was incredibly grateful to receive the scholarship when formally presented with it at the 2017 Distinguished Alumni Awards and her maturity and work ethic will evidently make her an asset to her chosen profession.

"This line of work gives me a sense of purpose far bigger then myself. Studies have affirmed that experiences in the early years influence adulthood and I hope to play a positive role as a psychologist in that journey for young children and their families," she said.

VICE CHANCELLOR'S

COLUMN

Each day I am reminded about the special place that Murdoch University has in our community and around the world. Since its inception

in 1973 as the State's second university, Murdoch has been proudly different. We have gone out of our way to refuse to accept the status quo, encouraging our students to embrace a free thinking tradition.

This ethos was best articulated by the man whom the University is named after - Sir Walter Murdoch. He is quoted as saying in 1926 "The only education out of which good can come is the education which teaches to think for yourself, instead of swallowing whatever the fashion of the moment may

Our free thinking spirit was on show earlier this year when I had the privilege of hosting our Distinguished Alumni Awards on Bush Court. The five recipients, who you can read about on page 15, have all excelled in their fields and on the world stage. It was a privilege to hear each of them speak with pride about the qualities they attained through their Murdoch education.

It also gives me great pleasure to announce the establishment of my External Advisory Board, which met for the first time in Perth in early September.

We have reached out to an outstanding group of local, national and international thought leaders, many with strong existing links to the Murdoch community. The establishment of the Board is an important part of our new 2017-2027 Strategic Plan and Future Horizon as we seek to build more collaborative partnerships with business, industry, government and other external communities.

I am delighted that such an esteemed group of people have joined Murdoch University to assist us in pursuit of our mission of being a creative force for current and future generations. Their role will be to advise and guide the University as we define our future path and pursue our research, education and innovation goals.

It has been a busy time at Murdoch over the past few months as we progress a number of major new initiatives across teaching

The Australian National Phenome Centre is one of the most significant health research collaborations realised in Western Australia, and I am delighted that Murdoch is leading this global research initiative.

Using state-of-the-art biological analysis technology, the Australian National Phenome Centre is set to revolutionise the diagnosis, prevention and precision treatment of a number of diseases including cancer, obesity, autism and diabetes. We are bringing to Perth a team of global academic leaders who will help further cement Murdoch's reputation as a leader in translational research. I look forward to keeping you all updated on our progress as we seek to change forever the way disease and illness are prevented and treated. Since my last column,



engagement. We will become the first Australian university to deliver courses in Myanmar following the signing of a in Yangon in June. With a population of 55 million, of which 44 per cent are under 25, Myanmar is currently undergoing rapid development and we believe that sharing the power of education with this developing nation will be important to its transformation and democratisation.

environment with new multi-million dollar infrastructure life on campus.

facility in our School of Engineering and IT, which will allow level. Our new innovation space, Launchpad, with Murdoch Alumnus, Jeremy Chetty as the entrepreneur in residence, is a contemporary and flexible resource providing opportunities for our students to apply their skills to real world problems, with guidance and support from business and industry. The recently opened Student Hub has transformed the South Street campus, offering a flexible, adaptive community place for staff and students to socialise, relax, engage and collaborate.

occurred since many of you last graced the grounds of your alma mater. Murdoch's evolution continues to accelerate, always driven by the free thinking foundations upon which we are built.

Professor Eeva Leinonen Vice Chancellor



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