



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

ALUMNI AND COMMUNITY MAGAZINE

# CONTACT

summer 2019



## ***FASTER***

*is the best medicine*

THE DOCTOR DRIVING FORMULA 1  
CHAMPIONS TO SUCCESS

*On a wave of hope*  
UQ FAMILY LEGACY  
BUILT ON SURVIVAL

.....  
LEVEL PLAYING FIELD  
*Tackling the issue*  
*of equality in sport*  
.....

*Dying with dignity*  
THE VET ENSURING PETS  
LIVE AND DIE WELL



# Message from the Chancellery



The word 'excellence' is used frequently these days, perhaps to the point of overuse, but it is an entirely fair description of Australia's university system.

Depending on which global ranking you look at, Australia now has seven universities in the world's top 100. A remarkable achievement for a country of only 25 million people.

It must be remembered, however, that while all are fine institutions, not all universities are the same. There are those that excel at teaching, those that excel at research – but fewer excel at both. The University of Queensland is clearly one of those.

This may always have been the case, and I thank UQ colleagues past and present for elevating UQ to this rarefied position, but recent indicators help to confirm this desirable status.

In the fiercely contested Australian Research Council (ARC) Laureate Fellowships scheme, for example, UQ secured the largest share of funding in the most recent round. In the history of that scheme, the University now has more laureates (27) and more cumulative funding (\$77.7 million) than any other university, turbocharging our top minds to pursue game-changing research.

In another ARC scheme, the Centres of Excellence which funds highly innovative and transformational research, a recent injection of \$102 million towards three new centres also places us as the national leader over the lifetime of that scheme.

These and other results underscore our exceptional researchers and the quality of research being undertaken at UQ, and should be celebrated for the national benefit they bring.

At the same time, our teachers are excelling at preparing graduates for what will likely be a sequence of careers. The Good Universities Guide 2020 gives us five-star ratings for staff qualifications, student demand, overall student experience, learning resources, and teaching quality. These ratings are backed up by Australian Government data, which records employer satisfaction with UQ graduates at 87.3 per cent – equal fifth in the nation – and a full-time employment rate of 78.2 per cent four months after graduating.

These are great results that arguably point to UQ's standing as Australia's most comprehensively excellent university using the twin pillars of teaching and research.

It has been a privilege for me to be part of this excellence for the last seven years.

All of these successes pale in comparison to the cumulative achievements of alumni – the stories of just a few feature in the summer 2019 issue of *Contact*. It is the combined efforts of this extraordinary group that make the world a better place to live in.

After my departure from the University in June next year, I will continue to watch from the sidelines as new leadership builds on these achievements and takes the institution to ever greater heights.

**Professor Peter Høj AC**  
Vice-Chancellor and President



## COVER IMAGE

Formula 1 world champion and Mercedes driver Lewis Hamilton in the garage during qualifying for the US Grand Prix in Austin, Texas, in November 2019. Hamilton is a client of UQ graduate and Hints Performance Managing Director (Sports) Dr Luke Bennett.

Image: Mark Thompson/Getty Images

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# BLAST

## the glass ceiling

Nyah Teiotu (Bachelor of Engineering '11 / Bachelor of Engineering (Honours Class 2B) '16) is a proud Wemba Wemba woman, BHP's first Indigenous female engineer, and the Queensland Resources Council's Most Exceptional Person of 2019. *Contact's* Rachel Westbury sat down with the blast and drill mining specialist to learn how she is leading the charge for the next generation of Indigenous women in science, technology, engineering, mathematics and medicine (STEMM) fields.

### When did you first realise you wanted to be an engineer?

I was 18 and in my first year of a science degree. I attended a careers expo at UQ and all the employers wanted engineering students. That summer break I applied to study engineering, and I started the next year at UQ. During my first vacation role as an undergraduate civil engineer, I was working in the Hunter Valley mines with amazing people and learnt what it was like to work on a mine site. I was in awe of the big trucks. That's when I knew I wanted to be an engineer.

### Why did you decide to specialise in drilling and blasting? Do you feel that your experience at UQ helped take your career to a new level?

I was working as a civil engineer in the Pilbara mines. I wanted to work in mine planning as the lifestyle roster was more appealing – I had been on a three-weeks-on, one-week-off construction roster at the time. With the support of my husband and my mother, I went back to study mining engineering at UQ and graduated two years later in 2016. UQ mining gave me the confidence to pursue a mining career. I worked really hard and achieved good results. I had my daughter in my final semester, I received a Dean's Commendation for Academic Excellence and graduated with second class honours. I took that confidence, work ethic and resilience and applied it to my mining graduate roles. The momentum led me to a permanent role as a drill and blast engineer at Blackwater mine.

### You volunteer with the Australian Indigenous Educational Foundation (AIEF) scholarship program to mentor Indigenous students in STEMM. Why is this cause so close to your heart?

I was a recipient of the AIEF-BHP scholarship in my final year of mining, and the scholarship provided an opportunity to apply for a graduate role with BHP. Financially, the scholarship allowed my family to live close to UQ so I could easily walk, while very pregnant, to and from my classes. Living so close when my daughter was born allowed my mum to bring her to uni, where I could breastfeed during my study breaks. I will always be grateful for the support I received from the AIEF, and this is the reason I continue to support and raise awareness of the AIEF. I believe the program works – I am the proof, the first Indigenous female engineer to work at BHP.

*I believe the (AIEF) program works – I am the proof, the first Indigenous female engineer to work at BHP.*

### Describe your experience as a woman working in a male-dominated industry.

I am proud to work for BHP as they have ambitious targets to achieve gender balance by 2025. My experience at BHP has been very positive. This is largely because 'respect' is one of the charter values and, as a result, I work in a genuinely respectful workplace. Being Aboriginal, I was taught to be respectful to my Elders. Respect is a value I always live by and that's how I choose to treat people. I believe you can limit yourself if you believe your gender is the reason why you don't get opportunities. To overcome this, I've worked hard, set goals and expressed these goals to my leaders. I am not afraid to be myself, show my passions and overcome barriers.

### Can you tell us about any challenges you have overcome on your journey to career success?

I have been fortunate that I have a supportive husband, and that my mother lives with us as the primary carer of our daughter. Their support allows me to focus on building my career and continuing to advocate for more Indigenous engineers. My most recent challenge has been dealing with terrible morning sickness while working a seven-day, 12-hour roster! Thankfully, I've been able to switch to a Monday-to-Friday roster with normal working hours. My superintendent and lead engineer were very supportive. I believe there is always a solution that is good for the individual and the business.

### Any advice for the next generation of Indigenous STEMM students who are hoping to make a difference?

Work hard, have a good attitude and don't be ashamed to find opportunities for yourself to learn and grow. This will make a great difference to yourself and within your family and community.

### UQ WOMEN CREATE CHANGE

To learn more about how UQ is working to improve gender equity in STEMM, visit [sage-pilot.uq.edu.au](https://sage-pilot.uq.edu.au).

## Top 5

### REASONS TO BE AN ENGINEER

- 1. Financial independence:** I bought my first home with my mother when I was 21 and working as a cadet.
- 2. Opportunity:** There is a lot of opportunity to grow and develop in your engineering career. There are many places to live and work around this great country.
- 3. Expert skills:** You gain the ability to deliver solutions to problems, which is a very valuable skill to society.
- 4. Teamwork:** Working in a team means you won't get stuck on a problem for too long. You share suggestions to find a solution.
- 5. Lifestyle:** There are flexible work arrangements available to suit your needs while working in mining.



# On a wave of HOPE

War. Secret escapes. Stranded at sea. Pirates and eye patches. It's a story of survival almost too wild to believe, and it's inspiring a UQ student to want to change the lives of vision-impaired people.

By Michael Jones

**S**on Ngo could no longer feel his legs. The heat and musty air inside the hull of the rickety wooden boat made it hard to breathe, but he wouldn't dare move a muscle or make a sound.

Wedged between 10 other desperate South Vietnamese asylum seekers and piles of coconuts, 10-year-old Son and his mother were finally escaping Saigon – via the city of Tra Vinh – and the brutal communist regime that followed the horrors of the Vietnam War.

Son (Bachelor of Engineering '96) was just two years old when his father – a high-ranking South Vietnamese military officer – was killed 15 days before the war ended in 1975.

He and his mother were forced to live with his maternal grandparents, who had managed to bribe communist officials to leave the family alone. But when their connection to the old regime began to resurface in 1982, Son's grandfather organised a boat for their escape.

Disguised as coconut merchants en route to the river markets, they headed off in an eight-metre boat putting along unnoticed – past the armed soldiers stationed along the Mekong River, and around the floating, bloated bodies of the victims of failed escapes.

The plan, simple as it was, had worked. But as the boat reached open water and Son finally emerged from the hull – stiff and desperate for fresh air – his relief was short lived.

Even as a boy, he knew this boat was never meant for the ocean. And when the engine broke down and the inexperienced crew had no idea how to fix it, they were at its mercy.

.....

Thirty-seven years later, the dangers and hardships Son faced are not lost on his eldest son, Eagle Ngo. In fact, Eagle's mother Thuy Nguyen made an equally dangerous journey to Australia, so Eagle's determined to make the most of life's opportunities.

The UQ Bachelor of Science student already achieved a perfect ATAR score of 99.95 while at Brisbane Grammar School, co-authored a children's book in 2018, and gained provisional entry into a Doctor of Medicine degree at UQ once he has completed his undergraduate studies. He also has his eyes set on a career as an ophthalmologist.

"I became aware of Mum and Dad's story from about the age of seven," Eagle told *Contact*.

"Of course, the story was simplified: they came to Australia by boat because there was a war. But as I got older, more details emerged.

"It wasn't just that they came over by

**“The pirates boarded our boat brandishing weapons and my mum shielded me as they ransacked the boat and our belongings.**

boat. It was a perilous journey and, even when they arrived in Australia, they faced many more challenges.

"If they can go from being oppressed in Vietnam to starting new lives in Australia, then I know I can't waste the opportunities provided to me."

.....

Floating helplessly at sea with no food or water on board for many days, Son couldn't believe his eyes when he spotted a bigger boat in the distance.

His heart sank when he realised it wasn't a rescue vessel, but Thai pirates.

"The pirates boarded our boat brandishing weapons and my mum shielded me with her body as they ransacked the boat and our belongings," Son recalled.

"They even checked our teeth for gold fillings, but soon realised we had nothing to take.

"One girl was dragged back to their boat, but she was so sickly that they dumped her back to us.

"In the end, they must have felt guilty because they left us with a pot of rice, some canned fish and a container of water. Ironically, that supply of food probably saved our lives."

The supplies lasted three days. On the third night, with water gradually inundating the small boat, a passing oil tanker spotted the burning clothes tied to the waving oars in the distant darkness.

Son can still vividly remember the beaming lights and overpowering smell of industrial cleaner from the giant vessel.

"To this day I still love the smell of industrial cleaner," Son said.

"The ship's crew were strong, gentle and kind. They checked our health and gave us food and water. It was like stepping into heaven."

Son and his mother were taken to Bidong Island, a refugee camp in Malaysia, before being transferred to Melbourne after the Australian Government had accepted them as refugees.





“*They stripped from my parents what they could, but we were more fortunate than others – at least we still had our home and our lives.*”

“It was freezing and I was wearing a pair of shorts and a singlet when we landed at Melbourne airport,” Son said.

“We were greeted by nuns, who handed out clothes based on what they thought would suit us. I hadn’t had a haircut for more than three months, so I got lots of nice dresses and pretty pink jumpers. At least they were warm.

“With our first social benefits cheque, my mother went to the flea market and bought me some boys’ clothes, including a green vinyl suit and red plastic cowboy boots.

“Needless to say, I didn’t make many friends in those first few months.”

Just months later the pair were on the move again, this time to sunny Brisbane, where Son attended West End State School.

.....

Thuy Nguyen did a double take. Even in 1982, West End State School was quite multicultural, but the boy across the playground wearing a green vinyl suit and red cowboy boots certainly stood out from the crowd.

If she had spoken to him then, she would have realised quickly they had more in common than just their Vietnamese heritage.

Her life in Brisbane was all seven-year-old Thuy knew. She had no memory of her own fateful boat voyage to Australia as an infant six years earlier.

Thuy (Bachelor of Commerce ’97, Bachelor of Laws ’98) was born in the coastal city of

Nha Trang, in Central Vietnam, and was the youngest of four children at the time. Her parents were business owners, but were deemed enemies of the state once the communist north seized control after the war.

“My parents knew the communists were watching them closely,” Thuy said.

“They stripped from my parents what they could, but we were more fortunate than others – at least we still had our home and our lives.

“Friends were taken away for questioning and never returned. My father knew we could not continue to exist in Vietnam like this; unsure who in our family would be next. Unfortunately, circumstances meant that my father had to leave without us. It was very tough for my mother after my father left. To keep the authorities at bay, she made up the story that my father had abandoned us and escaped Vietnam.”

The story satisfied the authorities while Thuy’s mother organised her family’s escape.

But, just like the boy in the green vinyl suit and red cowboy boots, Thuy and her family found themselves at the mercy of the ocean after their boat’s engine burnt out in the middle of the South China Sea.

Thuy’s mother would later share with her the moment she thought her family would perish.

“A storm began to brew not long after our boat broke down and my mother began tying myself and my siblings to her with rope.

“When my 12-year-old brother asked what she was doing, her haunting response was: ‘so I can find you in the afterlife’.

“It broke her heart to see her three older children break down at that point, but she did not know how else to relay the truth to us.”

Miraculously, an oil ship proved the saviour again, and Thuy and her family were taken to Japan before being transferred to Australia.

With the assistance of the United Nations, the family were reunited with their father in Brisbane. He found work at the West End Glass Factory, while Thuy’s mother worked in a cannery by day and Chinese restaurant by night.

In 1982, her parents risked their savings by purchasing a Chinese takeaway restaurant of their own at Everton Hills.

“My parents always considered education important and, when the business eventually flourished, my father enrolled us at All Hallows’ School in Fortitude Valley,” Thuy said.

Not wasting her opportunity, Thuy decided to pursue a Bachelor of Commerce and a Bachelor of Laws at UQ.

“I joined various social groups and associations. I found the UQ campus facilities



had so much to offer students and there was always so much to do,” she said.

“I finally met Son in 1995, when a group of us from all academic and racial backgrounds decided to revive a struggling UQ Vietnamese Students’ Association. It was a memorable time and long-lasting friendships were established.”

Son and Thuy were married in 2000 and had successful careers in engineering and law respectively. Their careers took them around Australia and even back to Vietnam, before settling in Miles, in regional Queensland.

“After practising law in Australia and Vietnam, I decided it was time to look into a career change,” Thuy said.

“Son and I had been working in the corporate world for so long and, by the time Eagle was a toddler, we realised we barely had time for our little family.

“At that time my brother wanted to sell his supermarket business in Miles and purchase a bigger one in Childers. He gave us the opportunity to work in his business

for a trial period and then purchase it if we were happy.”

Son said that the couple’s skills in engineering and law made the transition into business smoother than expected.

“We became good at implementing procedures and putting systems in place,” Son said.

“It was then easier to hire and train people to manage and run our businesses, so that we could focus on other things. For me, I was able to focus more on the children and exploring my artistic and creative passions.”

.....

The family – now with four children – moved back to Brisbane once Eagle began high school, with Thuy commuting back and forth to Miles during the week.

Son has had recent success as a graphic novelist and has published five books in the *Legendary 12* series, a concept that combines stories about the Chinese zodiac from his childhood with those he created as bedtime

Eagle Ngo with his parents Thuy and Son in Brisbane (above); and Thuy Nguyen with her sisters Hien, Maria, Cathy, and mother Du Tran in Brisbane in 1982 (left).

Above image: Anjanette Webb







stories for his and Thuy's four children – Eagle, Jaguar, Saigon and Marlin. And it appears Eagle is following in his father's footsteps.

The first-year student and UQ Vice-Chancellor's Scholarship recipient has already combined his creative skills with his career goals, co-authoring a children's book with his uncle and Sydney ophthalmologist, Dr Jason Cheng, about amblyopia (lazy eye) and patch therapy.

"Uncle Jason is one of the people who inspired me to pursue medicine and, hopefully, ophthalmology down the track," Eagle said.

"I had a few opportunities to hang out with him when I was younger and my aunts would tell me about all the cool things he does, particularly with overseas training of doctors and the work he does at eye camps.

"We had been discussing the issue of children feeling self-conscious about wearing an eye patch, so we came up with the idea of a book to encourage kids to wear a patch.

"He gave me guidelines around the age groups we wanted to target and from there I brainstormed a couple of story ideas.

"I went with a superhero story, *Amazing Amber and Her Lazy Laser Eye*. The hero has

laser eyes but one of them doesn't work very well, so that's the analogy for lazy eye."

While his Uncle Jason has had a big influence on Eagle's career goals, the 18-year-old is also inspired by the work of the Fred Hollows Foundation, and even volunteered with the organisation while still at school.

"I'm really interested in ophthalmology as a career path. It combines the influence of my uncle and Fred Hollows, as well as the hands-on skills I have gained in my science studies."

Son and Thuy have watched on in awe of their eldest son and are proud to see him continue the family's UQ legacy.

"When my mother and I arrived in Australia in 1982, we felt we were such a burden on the country," Son said.

"We were given such an opportunity and we felt we needed to make a difference to our lives and to our new country.

"I noticed Eagle had taken this to heart from a very young age. He is a great role model to his younger siblings and it has definitely made our job as parents so much easier.

"We are very proud of all our children." ■

Eagle Ngo reads his book, *Amazing Amber and Her Lazy Laser Eye* to five-year-old Amelia Worrell, who wears an eye patch because of amblyopia.

Image: Anjanette Webb

## UQ AND VIETNAM

To learn more about UQ's collaboration with Vietnam, visit **global-engagement.uq.edu.au**.

# THE BIG QUESTION

*How would the Australian Government's proposed harsher penalties for protesters impact democratic society?*

**Dr Patrick Jory**  
School of Historical and Philosophical Inquiry  
Faculty of Humanities and Social Sciences

"The global upwards shift of political and economic power of the last 20 to 30 years has fuelled the rise of protest movements around the world. Everywhere, centrist political parties are losing support and populist politics is on the rise. Young people have been disproportionately affected, which explains why many have become politicised. Climate change, which is a defining issue for young people, is really a proxy debate about this great political and economic shift. In authoritarian countries, regimes have beefed up internal security. In more democratic countries, governments and the conservative traditional media call for the imposition of harsher penalties on protesters. The reason is the same: the defence of the current political and economic status quo. It is another symptom of the erosion of democratic political culture around the world. It is likely that the polarisation that we see in other parts of the world will grow here in Australia."

**Professor Roland Bleiker**  
School of Political Science and International Studies  
Faculty of Humanities and Social Sciences

"Harsher penalties for protesters is unwise and ineffective. First, it is anti-democratic. Democracies rely not only on procedures like voting or parliamentary representation, but also on an ongoing openness to dialogue and different ideas. Prevailing norms and

policies can only remain fair if they are open to contestation and justified in response to these contestations. Second, repressing protests will not work. Protests emerge precisely at moments when prevailing institutions fail to deal with the most important issues of our day, whether this is climate change, inequality or racism. Repression of dissent will not address this crisis in governance but exacerbate it."

**Monica Taylor**  
School of Law  
Faculty of Business, Economics and Law

"Australians are legally entitled to protest. The right to peaceful protest exists in many state laws and it is also protected by the Australian Constitution. Protesting is a core feature of our modern democracy. It is a way for people to have their voices heard, especially when they believe their elected political representatives have stopped listening, or are no longer acting in their best interests. So many social and environmental struggles in Australia were won by people participating in peaceful protests. Government threats to introduce harsher penalties for protestors are a political distraction. Laws already exist for actions like trespass and public nuisance, and police have considerable powers to deal with protest situations. A healthy democracy is one where the right to freedom of expression is promoted and protected, not suppressed or silenced."

## HAVE YOUR SAY

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## LESS PAPER, MORE CONTACT

From 2020, *Contact* magazine will no longer be sent to all alumni twice a year. We'll still continue to publish the stories that matter to you, but to align with UQ's focus on sustainability, we will primarily keep in touch through the *Contact* website in future. Visit **contact-magazine.uq.edu.au** to stay in the loop.

## LOVE THE PRINTED MAGAZINE?

A new-look, premium, printed magazine will still be produced – but will only be sent once a year to alumni who actively subscribe. To subscribe to the magazine, complete the online subscription form at **alumni.uq.edu.au/update-your-details**.







Dr Nicholas Girdis CBE and his wife Marina at the 25th anniversary of the Customs House restoration in October.

# Remaking of an ICON

In honour of the 25th anniversary of Brisbane's Customs House restoration, *Contact* spoke with Dr Nicholas Girdis CBE – the man who spearheaded the fundraising effort.

By Zoe McDonald

*"This is your country. You must contribute to this country."*

These words – spoken by his father, a Greek refugee – inspired a lifetime of service and contribution to Australia for 93-year-old Dr Nicholas Girdis CBE (Bachelor of Dental Science '51, Doctor of Dental Science '60).

Service can take many forms, and for Girdis it certainly did: as a dentist, cafe owner, lieutenant and property developer.

But it was his work in philanthropy, and his firm belief in the moral necessity of giving, that saw Girdis return to his educational roots.

"My father said to me, 'It's not a matter of taking, you've got to give back'," Girdis said.

"You give back to the University: where your education and your learning came from. You've got to give back to the country, to improve it as best you can."

Many years later, armed with his father's advice and a prosperous career in property development, Girdis led UQ's first philanthropic campaign: the restoration of Customs House, an opulent architectural artefact from Brisbane's colonial days, sitting empty and dilapidated on Brisbane's riverbank.

Before his path crossed with the fated building on Queen Street, Girdis had slowly found his way back to his alma mater with burgeoning involvement across various UQ facets. In 1984, he was appointed to the UQ Senate. He later chaired the Buildings and Grounds Committee and was also a member of the subcommittee that created UQ's alumni magazine, *Contact*.

But it was the pioneering push for an inner-city UQ office by then-Vice-Chancellor Emeritus Professor Brian Wilson AO that finally delivered Girdis the two-year project of restoring Customs House, following its lease to the University in 1992.

"Brian Wilson wanted a downtown office for the University to interface with the business community, and then Customs House came up," Girdis said.

"I thought he was pretty cheeky. He said, 'Nick, we want you to be the chairman of the fundraising committee'. And I said, 'I'm not a good fundraiser'."

Despite his humility, Girdis and his committee went on to raise a staggering \$5.4 million for the restoration project, attracting high-profile Brisbane residents like Clem Jones and John and Beverley Trivett to join the campaign.

The building was reopened in 1994, and UQ subsequently became the owner in perpetuity after then-Chancellor Sir Llew Edwards obtained the freehold from the Australian Government.

The result was not just a building but a place of gathering for the thousands of UQ alumni, and it stands 25 years on as a legacy of the power of philanthropy.

"It was an unparalleled opportunity to bring together the community, but most importantly, it was our chance to try to repay the invaluable gift that UQ gave us and those around us."

Customs House officially celebrated the 25th anniversary of its restoration on 23 October 2019 – coincidentally also the day of UQ's first ever Giving Day – with a special event for the community involved in the restoration.

## SUPPORT A UQ CAUSE

Learn how you can support a cause that motivates you, visit [giving.uq.edu.au](http://giving.uq.edu.au).

Former UQ Vice-Chancellor Emeritus Professor Brian Wilson AO, Customs House restoration donor John Cowley, and restoration campaign council president Dr Nicholas Girdis in the Long Room at Customs House in 1994.





# FASTER

## IS THE BEST MEDICINE

Life moves fast for UQ graduate Dr Luke Bennett – but that's bound to happen when your world revolves around Formula 1 racing. *Contact* caught up with Bennett on his pit stop back in Australia to discuss his transition from flying doctor to sports performance specialist.

By Michael Jones

There are days when Dr Luke Bennett still pinches himself to prove he's not dreaming.

He was just 12 years old when he watched his first Formula 1 grand prix on TV at his home in Ashgrove, Brisbane, in 1985. Now, Formula 1 is his world.

As the Managing Director (Sports) at Hintsa Performance, Bennett (Bachelor of Medicine / Bachelor of Surgery '96; Master of Sports Medicine '14) manages a talented bunch of coaches and physiotherapists who work behind the scenes to drive the sport he loves.

"As a boy, the combination of colour, glamour, engineering and competitive tension was intoxicating," Bennett recalled.

"That first race I watched on TV was the return of the Australian Grand Prix to the Formula 1 World Championship, and I have not missed a single race in the 34 seasons since.

"The race was also three-time Formula 1 world champion Niki Lauda's last appearance as a driver."

Bennett would not realise the significance of this until almost three decades later, when he worked alongside Lauda at Mercedes AMG Petronas during the team's domination of the sport in recent seasons.

Lauda worked as the non-executive chairman of Mercedes from 2012 until his death earlier this year, overseeing the team's consecutive Formula 1 championship victories between 2014 and 2019, and being part of the negotiations to sign champion driver Lewis Hamilton.

Formula 1 teams such as Mercedes and Red Bull are major clients of Hintsa Performance, and Bennett has worked closely with drivers like Hamilton since joining the organisation in 2013.

"We provide coaching and medical services for about 20 drivers across Formula 1 and Formula 2," Bennett explained.

"Our performance coaches – mostly sports scientists and physiotherapists – work one-on-one with their drivers across the year and are responsible for a program of physical preparation, biomechanics, sleep and nutrition planning, and general health.

"Drivers face enormous cognitive loads during race weeks; not just on the track but over a relentless roster of engineering meetings, media appearances and marketing duties. Our coaches play a major role in managing and shielding their drivers from this load wherever possible.

"We are a core part of their lives in a clinical sense, and close mentors in many cases."

Bennett said his team also provided clinical trackside care for the travelling Mercedes staff, such as mechanics, engineers, and catering and logistics staff.

"This is mostly routine general practice and travel medicine for a range of UK-based patients, many of whom never get to see another doctor between continuous travel. We also deliver physiotherapy and wellbeing services to a number of Formula 1 teams.

"We are very proud to have contributed directly to a total of 14 World Drivers' Championships, and six World Constructors' Championships in Formula 1 alone."

Now based in Switzerland, Bennett follows the colour and glamour of the Formula 1 circus around the world. It's a far cry from his previous roles in intensive- and critical-care medicine at Nambour Hospital, the Mater Hospital in Brisbane, and with the Royal Flying Doctor Service (RFDS) in remote Western Australia.

Bennett said the RFDS drew him towards a "totally terrifying but autonomous pre-hospital critical-care environment", in a frontier where exposure to progressive Indigenous medicine, a booming mining industry, seasonal tourism and regional pastoral properties combined to make every day unique. ►





Dr Luke Bennett (second from the left) consults with Finnish driver Valtteri Bottas and his Mercedes AMG Petronas car crew.

Image: Steve Etherington

However, the then aviation novice admitted he got more than he bargained for on his first weekend with the RFDS, when he was part of a team called to transport a woman who had gone into labour.

It was 3am and the cyclone forming over Lombadina, north of Broome, had battered the small, propeller-powered aircraft for almost an hour.

After a fourth failed attempt at landing – and feeling powerless in the violent, pitch black sky – Bennett put his trust in the skills of the experienced pilot.

“The single-operator pilots in the RFDS are extremely skilled at balancing patient needs, the dangers of adverse tropical weather, and very remote outback airstrip facilities,” Bennett said.

“Having little obstetric or paediatric experience, I was actually much more terrified of the premature labour scenario which awaited us on the ground than the prospect of death in a plane crash.

“A local nurse eventually delivered the baby uneventfully at the airstrip without our help, and that child thrives to this day.”

Despite the pressures, long hours and remote conditions of his work, Bennett still found time to pursue his interest in motor

racing earlier in his career – both as a fan and trackside volunteer – at events such as the Australian Grand Prix, as well as a number of Formula 1 races in Korea, and numerous rally and off-road events.

“In 2010, I attended the Monaco Grand Prix as a spectator. It was certainly a stark contrast to be intubating a very sick patient in a small Kimberley clinic in the early hours of the morning, to then departing directly to Monaco to sip champagne on a superyacht when my shift ended a few hours later,” Bennett said.

It was while volunteering at the Australian Grand Prix in 2008 that Bennett met one of Hints Performance’s first coaches Adam Costanzo (Bachelor of Physiotherapy ’00; Master of Physiotherapy ’03), and was subsequently introduced to founder Dr Aki Hints. Bennett kept in touch with both at various events in the years that followed.

When Hints decided to step back from full-time Formula 1 travel in late 2013, Bennett was approached to take over part of his work.

“Aki later recounted to me that a passion for motorsport and experience working independently outside a clinic environment were key attributes he was seeking in his successor,” Bennett said.

“There is only one position like this on the planet, and it remains a source of amazement that I was in the right place at the right time to take up the opportunity.

“But exposure to this enormous spectrum of patient experience – from our very poorest and most unfortunate citizens to a roster of high-profile billionaires and athletes – has been one of the defining privileges of my career.

“In the end you understand that all humans are basically the same, in terms of needs and limitations.”

Bennett returned to Australia in September this year, spending time in Noosa, Queensland, relaxing with family and friends before returning to work in time for the Japanese Grand Prix in October.

“I am lucky enough to spend about eight weeks sporadically each year in Australia, mostly around the Melbourne Grand Prix and other Asian races, as well as at Christmas,” Bennett said.

“This is vital recharge time with family and friends. There is nothing like the ease of life at home, and my time in Indigenous Australian communities truly imbued me with a deep sense of connection to home and country.”

While Bennett’s career has accelerated since joining Hints Performance more than six years ago, he maintains that his medicine career was a “happy accident”.

“I didn’t have a clear career direction when I finished high school,” Bennett said.

“But I knew something of medicine from watching my dad’s practice and instinctively understood that a basic medical degree would open up a diverse range of career options later.”

*There is only one position like this on the planet, and it remains a source of amazement that I was in the right place at the right time.*

Bennett’s father, Dr Terence Bennett (Bachelor of Medicine / Bachelor of Surgery ’69), grew up in Rosewood, near Ipswich in Queensland, and was the first person in his family to attend university. He attended his UQ graduating class’s 50th reunion this year.

Bennett’s sister, Clare Lion (Bachelor of Physiotherapy ’99), and her husband Peter (Bachelor of Physiotherapy ’98; Bachelor of Applied Science ’00) are also UQ graduates, and both are involved in Hints Performance’s work with Formula 1 and Formula 2 teams.

“As UQ students, we enjoyed a wonderful tradition of patient and distinguished clinical teachers and a palpable connection to the living history of medicine in our state,” Bennett said.

“Although my MBBS was very different in structure compared to a contemporary medical degree, exposure to volumes of basic clinical science is still something that strongly informs my practice today.

“My advice to current students is that there is time to do almost everything that you want to do in life, and you will almost certainly have a number of mini-careers over your working life.

“Do your best every day in your current role while keeping an eye on the next opportunity that will progress and fulfil your dreams.” ■

#### WATCH THE VIDEO

To watch an interview with Dr Luke Bennett, view this article online at [contact-magazine.uq.edu.au](http://contact-magazine.uq.edu.au).



Hints Performance coaches are engaged with drivers across every current Formula 1 team.

Image: Mark Thompson



# Celebrating EXCELLENCE

Meet the outstanding recipients of The University of Queensland Alumni Awards 2019.

From a multi-award winning Australian author, to a leader in international finance and trailblazers in medicine and research, the achievements of The University of Queensland 2019 Alumni Awards winners demonstrate the breadth of excellence among the UQ alumni community.

Vice-Chancellor and President Professor Peter Høj AC said the awards were an opportunity to highlight the outstanding talent of alumni and the widespread impact of their work.

"We are honoured to recognise an incredible group of alumni who are

making an impact in a diverse range of industries. Between them, their achievements include breaking ground in humanitarian law, halting deadly viral outbreaks in their tracks, pioneering women in executive leadership, and more," Professor Høj said.

"The impact of their work locally, nationally and internationally simply cannot be overstated."

The UQ Alumni Awards were presented at the annual Courting the Greats ceremony on 16 October, where the UQ Sportswoman and Sportsman of the Year were also acknowledged.

The award recipients were nominated by their peers and

selected by a committee led by Professor Høj.

"Each of these winners drives success through their work, but also for the communities around them, often taking on service, mentoring and philanthropic endeavours outside of their professional careers," Professor Høj said.

"Many of them have taken on the challenge to leverage disruption and embrace opportunities they may not have considered in their initial aspirations – an agility we are proud to instil in all our graduates to prepare them for an increasingly fast-paced professional environment.

## Vice-Chancellor's Alumni Excellence Awards



**JOHN WYLIE AM**  
Bachelor of Commerce '82  
Bachelor of Commerce (Honours) '83

Wylie is an investor and investment banker with more than 25 years' experience and a profound dedication to philanthropy and community service.

*"The most powerful thing you can do is not to provide financial resources, but skills, and that's where you get the greatest leverage, the greatest impact. It's the most important thing we can do."*



**CHRISTA DAVIES**  
Bachelor of Engineering  
(Mechanical) '92

Davies is a global business executive with Aon, and is a pioneer for women in leadership.

*"Succeeding as a finance leader today requires much more than a command of the numbers. I am privileged to have a platform where I can contribute to driving strategy, improve operations and help shape our culture so our people can thrive."*



**JACKIE FRENCH AM**  
Bachelor of Arts '74

French is one of Australia's most beloved authors. She is also a literacy and historical education advocate, and champion for the preservation of wombats.

*"I tell every group of kids: 'I cannot promise you a perfect world, but I can promise you a world of challenges. If you have the courage to face those, and face those with your friends, I can promise you will never be bored'."*



**ROWENA ORR QC**  
Bachelor of Economics '93  
Bachelor of Laws (Honours) '97

Orr is one of Australia's leading Queen's Counsel. She was senior counsel for the 2018 Royal Commission into Misconduct in the Banking, Superannuation and Financial Services Industry.

*"I have been very fortunate to be given opportunities to use my legal skills not only to advance the interests of a diverse range of clients, but also to contribute to the development of public policy in Australia."*

*"Each of these winners drives success through their work, but also for the communities around them."*



## Distinguished Young Alumni Awards



### CLARE BROWN

Bachelor of Arts '11  
Bachelor of Laws '11

Brown is a human rights lawyer and has spent her legal career creating and implementing legal frameworks to secure justice for survivors of sexual violence within conflict contexts across Africa and the parts of the Middle East.

*"When I started doing the human rights subjects in the law part of my degree, I knew that was the path I wanted to follow."*



### DR JORDAN CORY

Bachelor of Science '16  
Bachelor of Medicine / Bachelor of Surgery '16

Cory is a medical doctor and leader in Indigenous health and gender equity, with a strong background in community engagement through programs and not-for-profit boards.

*"I was always drawn to medicine as a fantastic opportunity to give back to the community, and as a powerful way to challenge the status quo of the inequities we still see in modern Australia and around the world."*



### ASSOCIATE PROFESSOR ANDREW MALLET

Doctor of Philosophy (Medical Science) '16

Mallett is a nephrologist and leader in the research of inherited kidney disease, and co-founder of the first and largest renal genetics clinical service and program in Australia.

*"You can't treat what you don't understand, and you can't translate what you haven't discovered. Discovery science has a key role in making change."*



### DR PAULA PARKER

Bachelor of Veterinary Science (Honours) '08

Parker has established herself as a leader in the veterinary industry, most notably in her appointment as the youngest president of the Australian Veterinary Association in 2017.

*"You don't often realise that you can make a really significant difference in someone's life through what may seem like an ordinary, mundane moment. I certainly had lectures at the Vet Science program at UQ that had that effect on me."*

## International Alumnus of the Year



### ACADEMICIAN EMERITUS PROFESSOR DATO' DR SAI KIT LAM

Master of Science (Microbiology) '63

Lam has been at the forefront of infectious viral disease research for more than 40 years. He is best known for heading the team that discovered the Nipah virus, which resulted in the containment of a severe encephalitis outbreak in Malaysia in 1999.

*"To be able to contribute towards the betterment of society through one's profession provides immeasurable joy and a sense of fulfilment."*

## Indigenous Community Impact Award



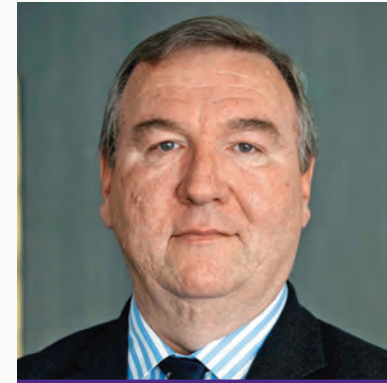
### DR LILLA WATSON

Bachelor of Arts '87

Watson is an Indigenous artist, writer, educator and researcher who has spent her life working to secure justice for Aboriginal and Torres Strait Islander peoples.

*"I don't like to think of it as a struggle, but as a voice for justice."*

## Colleges' UQ Alumni Award



### THE HONOURABLE JUSTICE MARTIN DAUBNEY AM

Bachelor of Arts '83  
Bachelor of Laws '86  
King's College 1980-81

Daubney is a Supreme Court of Queensland judge and President of the Queensland Civil and Administrative Tribunal.

*"I regard the work and the contribution that I was able to make on the Senate and for the College not only as a way of giving back, but as an investment in the education of young people."*

## Awards created and supported by the Alumni Friends of The University of Queensland Inc.

### UQ GRADUATE OF THE YEAR



### JASON LEJCAK

Bachelor of Economics '17  
Bachelor of Economics (Honours) '18

Lejcek is a University Medallist and Class Valedictorian, and analyst in Markets and Security Services at Citigroup.

*"I always feared that I'd become complacent with my studies, but I guess that fear of complacency actually drove me to keep studying, because I thought: if I don't put in the work, I'm not going to get the outcome."*

### UQ ALUMNUS OF THE YEAR



### DR PAUL ELIADIS

Bachelor of Medicine / Bachelor of Surgery '77  
Bachelor of Science '78

Eliadis is a leading clinical haematologist and oncologist, and co-founder of Icon Cancer Care.

*"Universities are very special institutions that need to be devoted to learning, not just turning people out for jobs. As a society, that is something we must afford."*

## UQ Sport Clubs and Sports Awards

### SPORTSWOMAN OF THE YEAR



### LAKEISHA PATTERSON OAM

Bachelor of Architectural Design student

Patterson is a multiple Paralympic and Commonwealth Games gold medal-winning swimmer.

*"I really value my education and, with UQ's support, I have been able to manage being a student-athlete and set myself up for future success."*

### SPORTSMAN OF THE YEAR



### JUSTIN CRIDLAND

Bachelor of Physiotherapy (Honours) student

Cridland is a World Cup-winning member of the Australian Touch Football mixed team.

*"Being recognised for my achievements is special, but I think the biggest thing is being compared to previous award winners."*



To read the full profiles of all award recipients, view this article online at [contact-magazine.uq.edu.au](http://contact-magazine.uq.edu.au).



Ross Humphreys-Reid with his wife, Robyn. Ross is living with Motor Neurone Disease.  
Image: Anjanette Webb

# Keep hope ALIVE

In 1998, around the year UQ Emeritus Professor Perry Bartlett began his pioneering research into Motor Neurone Disease (MND), US activist Jesse Jackson said, "We can win, we must never surrender... keep hope alive!" And that's exactly what those dealing with the 'mighty nasty' have been doing ever since.

By Suzanne Parker

## THE PARTNER

Monday 16 July 2018 should have been a glorious day of celebration for Sunshine Coast Council Executive Officer and former UQ staffer Robyn Humphreys-Reid (Graduate Certificate in Arts (Writing, Editing and Publishing) '10, Graduate Diploma of Business '13).

It was the day she received the all-clear from the aggressive cancer that had ravaged her body five years earlier, claiming both breasts in its wake.

And it was indeed a day to rejoice. For a while.

Unfortunately, for the woman whose 'glass-half-full' attitude and sunny disposition had enabled her to achieve this momentous milestone, it turned out to be a 'Mighty Nasty Day' indeed. Because Monday 16 July 2018 was also the day that her husband, Ross, received official confirmation of his Motor Neurone Disease (MND) diagnosis.

"We were pretty devastated," she said.

"Ross is very sad a lot of the time now and I'm not really sure how to help: I just keep hoping the happier days outnumber the sad ones."

## THE PROGNOSIS

According to the Queensland Brain Institute (QBI), the 'mighty nasty' Motor Neurone Disease, once known as creeping paralysis, affects around 2000 people in Australia at any given time (60 per cent male and 40 per cent female). A progressive disease, it has few treatment options and the sole medicine available, Riluzole, produces only modest results.

MND causes individual parts of the body to stop functioning. First, the extremities falter, and finally, the lungs fail. Brain function remains relatively unaffected, although subtle changes can occur.

For 10 per cent of cases, the condition is hereditary, but for the remainder, there is no discernible cause. Environment and lifestyle factors may play a role, but researchers are unsure.

Initial signs of MND include clumsiness, stumbling, slurred speech, difficulty swallowing, muscle cramps and general fatigue. Ross has all these symptoms – but not all the time and not all at once. And for a man who used to love his food and the art of cooking, his appetite has now diminished; he is losing weight. He is also prone to unexpected emotional responses, such as random crying or inexplicable rage. This is probably the hardest issue for him to deal with at present.

The average age of onset is 59 – almost exactly Ross's experience – and the average length of life once diagnosed is 27 months. There is no cure.

MND costs the Australian economy more than \$2 billion per year. The emotional costs cannot be measured.



“*Hope is what you lose when you have a terminal illness, but I’d like to ‘keep hope alive’ for those in future.*”

## THE PERSON

“I knew something was wrong,” said Ross, former pharmacy student, footballer, camp cook, public servant and ‘handyman extraordinaire’.

“My head kept drooping, no matter how much I tried to keep it straight, and I had no energy. Even the smallest tasks seemed insurmountable – but I just thought I had a virus and that I’d get better.”

However, Ross did not get better: the self-proclaimed ‘glass-half-empty’ guru – the perfect complement to his wife – became progressively worse. Jobs that should have taken him 20 minutes now took eight hours or more.

Then he developed uncontrollable twitching – fasciculations – across his torso. When he finally went to the doctor, he was told that he had either a brain tumour, Parkinson’s or, most likely, MND.

It was a cruel twist of fate for the man who had always been a physically capable person, used to fixing things and looking after others.

But now he feels like a puppet with someone else pulling the strings. He has even had the image of a puppet tattooed onto his once strong forearm.

## THE PROTAGONISTS

One known fact about the ‘mighty nasty’ is that some proteins go awry in the brain and kill neurons, the fundamental units of the brain and nervous system that send messages from our brain to our muscles, telling them what to do. Why proteins become dysfunctional – and how they then ‘melt’ the neurons to create such mayhem – is the mystery that UQ researchers are desperately trying to solve.

With her oversized glasses and earnest but compassionate demeanour, Dr Shyuan Ngo (Bachelor of Science (Honours) ’03, Doctor of Philosophy ’09) may well be the Watson to pioneering brain-researcher Emeritus Professor Perry Bartlett’s Holmes in being able to crack this puzzle.

CSL Florey medallist Bartlett, founder of the Queensland Brain Institute (QBI) at UQ 16 years ago, has been investigating the causes of MND for more than two decades.

He established that the EphA4 protein regulates the progression of MND through

its involvement with motor neuron loss in the spinal cord. Researchers in his lab at QBI are now investigating how different forms of this protein impact the progress of the disease, and what potential therapies it can produce.

His team has developed and manufactured a unique drug that blocks the action of EphA4, and planning for Phase 1 clinical trials is currently underway. He is keen to see his discovery translated into a potential treatment.

“Understanding how the brain works will reveal how functions like memory and learning are regulated, and provide the basis for developing new ways to combat brain disease – which currently accounts for about 30 per cent of the burden of disease in our community,” Bartlett said.

Ngo, who is the Scott Sullivan MND Research Fellow at QBI and Group leader at the Australian Institute for Bioengineering and Nanotechnology (AIBN), is looking at a potential cure for MND from quite a different perspective: the causes and consequences of human metabolism going wrong.

She is interested in understanding how maintaining a stable internal environment (homeostasis) that lets the body’s systems work to maximum efficiency (metabolism) can impact upon neurodegenerative processes. She is keen to identify which particular metabolic pathways are disrupted so that they can be specifically targeted to help prolong survival.

“Part of our research looks at blood and other biomarkers to determine how cells in the body respond to disease, and how they can lead to the body using energy inefficiently,” Ngo said.

“Through the research we do with patients in the clinic, we are learning new things every day. My team uses this knowledge to investigate how particular drugs can be repurposed to correct MND’s defective energy use. We look at the energy equation from all angles and have a theory that the gut microbiome might also be implicated.

“MND is a tough disease. But, through research, there is hope that we will beat it. For me, it is not a matter of if, but when.”

## THE PROVIDER

One ray of hope in an otherwise dark outlook for Ross is the service he has received from the National Disability Insurance Scheme (NDIS). Unlike some potential participants, having MND means there is absolutely no question about whether or not he is eligible to receive help.

Both Ross and Robyn have nothing but praise for the service since the NDIS rolled out to the Sunshine Coast in January this year.

Under the guidance of his case manager, Ross can now access services and aids for little or no cost – a scooter, household help, home modifications, and services including palliative care, occupational therapy, speech therapy and physiotherapy are just some of the recent additions to his life he has come to rely on.

## THE PATRON

While it would be wonderful for Ross not to need the NDIS, the only solution is to find a cure for MND; however, this will only happen if more research can be conducted. Fortunately, the impetus has begun.

QBI’s first philanthropic donor, quite coincidentally, was also called Ross – Ross Maclean – and he too suffered from MND. Despite knowing that any treatment discoveries would be too late to help him, in 2003 Maclean did not hesitate to donate a vital piece of equipment to Professor Bartlett to ensure his MND research could continue.

Although Maclean died in 2005, his family has continued the generosity through their son Jeff, who established the Ross Maclean Senior Research Fellowship in 2004. To date, more than \$1 million has been raised.

The results of their fundraising efforts are, hopefully, about to yield results with the current clinical trial Professor Bartlett and his team are conducting.

## THE PANACEA

At present, there is no panacea. With a cancer diagnosis, devastating as it is, at least there is hope of recovery – Robyn being the perfect case in point. However, MND has no cure, which is why researchers are so keen to find a treatment.

Ross’s mantra of ‘no pity, no denial’ means he is trying to engage with others in this spirit. Knowing that he will soon die, he’s living each day on his own terms and is now convinced that he’s in a better situation because whenever he sees anyone, he makes sure to part on good terms.

“If I were to die suddenly, I would be robbed of that opportunity, but I do struggle to say goodbye sometimes.”

He’s had the chance to catch up with many friends he may not otherwise have seen, and despite having at least one low point each day when he just wants to die, he is trying to ensure that misery hates company. He does not want the ‘mighty nasty’ to wreak havoc on any more lives than it needs to and has encouraged his wife and children to follow their dreams and pursue their own life goals.

Ross’s son Harry (Bachelor of Arts ’19) has heeded his advice, completing his degree



and preparing to move to The Netherlands to live with Dutch fiancé Anouk. Daughter Aynsley, previously a rural and remote nurse in Nhulunbuy in the Northern Territory, has relocated to the Sunshine Coast with husband Cam. All are looking forward to celebrating Harry’s impending nuptials in Europe.

## THE PUZZLE

So, does Ross have any theories of his own about why he became ill?

“I think it’s because I had an abrupt lifestyle change – I suddenly stopped a lot of physical work and just sat around a lot – but really, I have no idea.

“I am trying to make sense of it myself and focus on every day being good if I can see some beauty or make some contribution. I listen to music a lot and watch nature, and I have made myself available for any and all clinical research programs I am eligible for; I just need to get my lung function up.

“Hope is what you lose when you have a terminal illness, but I’d like to keep hope alive for those in future.”

Dr Shyuan Ngo, Scott Sullivan MND Research Fellow at the Queensland Brain Institute and Group Leader at the Australian Institute for Bioengineering and Nanotechnology.

## SUPPORT UQ RESEARCH

To support Motor Neurone Disease research at UQ, visit [giving.uq.edu.au](http://giving.uq.edu.au).



# Surviving the startup ADVENTURE

Thinking of an entrepreneurial career in the ever-growing startup world?  
Follow the advice of a young UQ graduate, who is creating  
positive change through her sustainable venture idea.

Ashley Baxter had been down so many career paths she feared she was getting lost. From psychology to business to IT, Baxter (Bachelor of Business Management / Bachelor of Information Technology '18) found her true calling through the UQ's Ventures program. She is now the founder of a startup known as EarthOffset, which is building the technology to make the world more sustainable through the power of compost. Here is her advice to budding entrepreneurs hoping to make their dreams a reality.

## Passion is everything

Ask yourself, "What is the reason I'm doing this?" Answer honestly, too – don't just give the answer you would give to other people. If fame and fortune is the reason, maybe try Hollywood. Being truly passionate about your venture is fundamentally important. It's what gets you through everything – every setback, every disbeliever, every rejection.

As things pick up speed, I'm starting to get just slightly terrified. What if I make a mistake, what if I disappoint the team, what if I waste the amazing opportunities I've been given? I ask myself these questions every day, and the only thing that keeps me going is passion. EarthOffset has become the reason I get out of bed in the morning.

If you aren't passionate about your venture, why the hell would anyone else be?

## Understand which of UQ's Ventures programs is best for you

I have never felt more sure that entrepreneurship is what I'm meant to do. But it sure didn't start out that way. When I graduated from high school, I studied film at an arts college. I soon transferred to UQ to study psychology, then to business management, and then I added IT for a dual degree. I worked as an IT technician, I interned at Suncorp Australia, and later worked as a programmer. None of it was right. I was determined to figure out what I was meant to do,

so when a staff member at UQ's ilab accelerator told me to check out IdeaHub, I thought, "why not?" Nothing else had worked out and I was in my last year of university, facing either unemployment or hating my job. IdeaHub – one of UQ's Ventures programs – is UQ's startup-101 and, from the first session, I was hooked.

UQ offers a massive range of programs that give you a taste of entrepreneurial life before you decide whether it's right for you. And there is a great chance to meet the people who might end up joining your journey.

## Seek out mentors and soak up their knowledge

There's a mythos around the lone wolf entrepreneur, which is completely false and I blame Elon Musk for it. No matter how much experience and education you have, you will never know everything you need to know to successfully get a startup off the ground.

There will be knowledge gaps you didn't even know you didn't know, and that's where mentors come in. Mentors fill those gaps, which is absolutely crucial early on. I would never have made it as far as I have without my amazing network of mentors who have been so incredibly generous with their time and insights.

When starting out, any amount of insight is priceless, so pretty much anyone who's done a startup is a mentor. As your company progresses, you'll identify the most critical knowledge gaps and the kind of experience that would fill it.

## Find a problem, not a solution

Don't come up with a solution before knowing the problem. An idea is pretty useless unless it solves an actual problem. Sometimes it's not really a problem, just a mild inconvenience. Sometimes the current solution is actually better.

The easiest problems to solve are the ones that personally and directly affect you, but that's not always the case. I knew literally nothing about my startup area when I began, so I wrote

*"If you aren't passionate about your venture, why the hell would anyone else be?"*

a 13,000-word research report on it. That was probably overkill, but you really do need to be a subject matter expert on every single minutia related to the problem you're solving. If you know a problem inside and out, that's likely going to inspire your passion in solving it.

## Funding is important

UQ offers a number of funding sources for aspiring entrepreneurs – a lot of which are promoted through the Ventures channels – and our company applications managed to secure \$50,000 from UQ's Dow Centre and ilab accelerator. I can't imagine what we would have done without it but I know we never would have made it this far.

## Patience is a virtue

It takes seven years to become an overnight success. Or maybe it will take 10. And once you're there, you've got to keep it there. You need to accept it could take that long before the offers and accolades start coming in. If you're just looking to make a quick buck, a startup probably isn't right for you.

It's not just you either. As with mentors, you need the right team. A common mistake I see is that people focus on the product, which is not what a business is. A business sells a product, but it is so much more. If you're spending all your time building the product, you'd better find someone who's going to actually build the business because you definitely aren't doing it.

## BUILD YOUR FUTURE

To learn more about UQ's Ventures programs, visit [ventures.uq.edu.au](https://ventures.uq.edu.au).



# YOU CAN'T BE WHAT YOU CAN'T SEE

UQ's Associate Professor Sarah Kelly tackles the power of women's sport and tells how Australia's elite female athletes are inspiring hope and optimism for a society seeking equality.

If you're asked to recall some of the most memorable moments in Australian sport, there are likely to be some outstanding examples of female athletes.

Who can forget Cathy Freeman winning a gold medal in the 400 metres at the Sydney 2000 Olympics, jockey Michelle Payne winning the 2015 Melbourne Cup on Prince of Penzance, and the Matildas triumph in the Tournament of Nations in 2017?

How about the first Olympic rugby sevens gold medal in Rio de Janeiro in 2016, Australia's incredible Women's Twenty20 World Cup win in 2018, and the famous lockout forced by an overwhelming crowd at the inaugural AFLW game at Melbourne's Ikon Park in 2017?

All these moments absolutely deserve a place alongside any male sporting success, but they also represent pivotal times of social change. They demonstrate the power of women's sport that transcends sport itself: by empowering women; showcasing strength, leadership and resilience as female traits; and inspiring hope and optimism for a society seeking equality and inclusion of not only gender minorities, but all minorities.

This is the refreshing narrative of women's sport and a key driver of its continued professionalism and commercialisation – the rising star in the \$600 billion burgeoning sports sector.

Sport, as a significant vehicle for social change, is the reason I have focused research in this exciting and impactful field. It is also the reason I am involved in the administration of professional sport, teach sports law and governance, and mentor startup businesses in sports innovation.

Sport, particularly the case of women's sport, is now established as a platform for equality, economic development, health and employability. The uniquely global and cross-cultural platform has the power to elicit enormous change in a world struggling for fairness. It is a

beacon of light for the voiceless and inspires beyond the spectacle of the performance.

Positive advances in gender equality are on the rise in the 21st century, and issues of blatant discrimination are less frequent. Nonetheless, there are still major inequities when it comes to the exposure and remuneration of female athletes. In Australia, women who participate in sport generally receive nominal recognition and inequitable payment in comparison to men.

Some promising developments have been made in recent months, particularly in sports such as soccer and tennis. Football Federation Australia and Professional Footballers Australia announced a historic collective bargaining agreement in November 2019 that will give the Matildas a chance to earn the same pay as their male counterparts, the Socceroos. Meanwhile, Queensland tennis sensation and 2019 French Open champion Ash Barty capped off a stellar year in November by winning the Women's Tennis Association Finals in China, pocketing \$6.4 million – the biggest monetary prize in tennis history.

Despite these success stories, research shows there are still many obstacles that prevent women from engaging in sport on a level playing field. As semi-professional athletes, women must either come from wealthy families who can support them financially, or hold down other jobs to generate income through the off-season.

This reality leads to a cyclical problem for the commercialism of women's sport, as sponsors typically want to fund an attractive commercial asset – a high-performing sports team.

Discriminatory media coverage of female athletes is therefore a serious issue. The media plays a key role in shaping the public's perception of an athlete. Unfortunately, female athletes are hugely underrepresented across all forms of media in Australia. ►

A historic decision has allowed the Matildas the chance to earn the same pay as their male counterparts.

Image: © Tristan Furney – Football Federation Australia





This lack of media coverage makes it even more difficult for female athletes to secure sponsors, attract fans, and promote their work. This is a cyclical, wicked problem as less commercialisation and coverage inhibits sport's ability to attract star players and exhibit an exciting spectacle. You can't be what you can't see, so women's sport, in partnership with the community, must find a way to be visible.

Women's sport is an attractive and unique proposition in a purpose-led brand world, yet the rate of commercialisation of women's sport is not meeting the burgeoning growth experienced globally in women's sport participation.

There is evidence that women's sport embodies differing values and brand associations to men's sport that resonate with a highly engaged and growing female consumer and audience. Surely targeting females as the main overseers of household-budgets and the major influencers on junior participation, in addition to resonating with an increasingly activist community, is a worthy cause?

Sponsorship activation in this relatively uncluttered space is an opportunity to elevate women's visibility and dismantle misguided stereotypes – a powerful corporate message in an age of equality.

## ABOUT THE AUTHOR

Associate Professor Sarah Kelly is the marketing discipline leader in the UQ Business School. She has interdisciplinary expertise in marketing, psychology and law and is globally known for her research and consulting in sports marketing and law. Associate Professor Kelly is also an educational specialist, having won awards for her tertiary teaching and leadership of the UQ MBA program. She is widely published in the sports field, with recent projects including sports scandal impacts, sports corruption, mega sporting event legacy, sponsorship metrics, women's sport and esports. She holds several non-executive directorships, including Deputy Chair of the Brisbane Lions AFL Football Club, Tourism and Events Queensland, The Gregory Terrace Foundation, and the Wandering Warriors. She is also a member of the Australian Institute of Company Directors National Education Advisory Board and the State Minister's Sport Advisory Council.



Queensland tennis star and 2019 French Open winner Ash Barty, who won \$6.4 million in November after winning the WTA Finals in China. Image: Getty Images

## UQ SPORTING SCHOLARSHIPS

To learn more about UQ Sporting Scholarship opportunities, visit [uqsport.com.au](https://uqsport.com.au).

Social media is a very effective and uninhibited avenue for female sportspeople and teams to connect with fans, sponsors and media, and many are leveraging this better than male athletes. Examples include US women's soccer team captain Alex Morgan, one of the most globally followed sportspeople on social media, transcending her sport in leading the challenge for equal pay in soccer. In

Australia, AFLW player Taylor Harris has also transcended her sport using the same platform that trolled her over a photo now known simply as 'The Kick', calling out online bullying and inspiring the nation in doing so.

Stories like these embody a different narrative to men's sport and are built upon a frugal innovation necessitated by inaccessibility to prime coverage and consequently prime endorsements. In essence, women are the unicorns emerging from a new, borderless consumption of sport increasingly facilitated through social media.

Women's sport is challenged with some unique issues, including injury susceptibility, concussion effects, maternity leave, facility access, sexism and discrimination, to name a few.

It is a relief that several recent studies have demonstrated that athleticism, not sex, sells women's sport. The days of the Lingerie Football League have been replaced by the gladiatorial arena and gripping spectacle of high-contact female sports, from mixed martial arts to rugby and AFL. With this, comes the transformational message for young girls, women and men: that women are strong, they are resilient, they are leaders, and they are equal.

Spectators of high-contact women's sports are shocked at the extent of contact and brutality. The reason these women play with so much heart is not that they're crazy or ill-trained in the game, but that they are playing for the moment. They didn't grow up thinking they

*It is a beacon of light for the voiceless and inspires beyond the spectacle of the performance.*

would be able to play the elite sports that their brothers, fathers and heroes played.

Many of the new national competitions have effectively been startup experiments, which are doing very well but carry no clear promise of a fully professionalised and equalised future. They are therefore playing for 'now', and ever so grateful for the opportunity. There is no violence, abuse, or scandal here. Just leaders. These women aren't just performing on the field, but are working hard and honestly off the field as role models to young boys and girls, and as instigators of change.

Finally – and perhaps most importantly – in order to reduce discrimination, there needs to be a cultural shift in the way female athletes are perceived in sport and society more broadly. Several government initiatives have already been rolled out in an attempt to address this problem, including Victoria's Safe and Strong program, the national 'Our Watch' initiative and Ireland's brilliant 20x20 campaign, which aims to increase participation, attendance and media coverage of women's sport by 20 per cent by 2020.

These programs aim to change cultural perceptions and dismantle stereotypes, and are – together with the faces of women's sport – steadily shifting the dial in engendering equality in sport and society.

So, when I think of women's sport, I think of incredible athleticism and leadership. I think of an absence of scandal and an abundance of trust. I think of the Brisbane Lions AFLW team spending an hour after each game meeting supporters and signing merchandise when they are exhausted and sometimes injured. I think of champion surfer Layne Beachley's fundraising and scholarships initiative, social justice crusader Billie Jean King forging a path for women's tennis players, Ash Barty humbly stealing the 2019 French Open tennis title, and Steph Gilmore carving up the surf alongside male world champions.

It's not women's sport – it's sport. And it's a whole lot more than that. ■





# RIGHT DOSE

## *of risk and loyalty*

Business is booming for UQ graduates and Good Price Pharmacy Warehouse founders Anthony Yap and Hanh Luu. *Contact* caught up with the couple to learn about their entrepreneurial journey to success and the challenges they faced along the way.

By Mark Schroder

Standing in the middle of a seemingly endless aisle of health products in their huge Cannon Hill pharmacy in Brisbane, Anthony Yap and Hanh Luu are quick to agree on their proudest career accomplishment.

As the founders of the industry-disruptive and immensely successful Good Price Pharmacy Warehouse chain – one that boasts more than 40 ‘big box’-style stores nationwide – it’s the people that mean more to them than the size of their business.

“Our first team member, from 2001, is still with us,” Yap (Bachelor of Pharmacy ’98) said.

“That is very satisfying.”

Satisfying, because the journey they have been on together has had enough bumps along the road to have any employee at least contemplate other opportunities.

The daughter of a refugee mother who fled the Vietnam War to Thailand and then Australia when she was just one, Luu met Yap (whose parents immigrated from Malaysia before he was born) at UQ – although their eventual romance didn’t start for a few years.

“He would sit at the back of lectures, while I was the nerd at the front,” Luu (Bachelor of Pharmacy ’98) said with a laugh.

After graduating, their first jobs taught them critical lessons about business that they would use for the next two decades.

“I landed with a group where the owner controlled six or seven stores, so I was exposed to running a pharmacy as a health professional, but I also got to see the business side of things,” Yap said, noting that Luu also worked for the same owner but at a different store.

“Everything was systemised and put into procedures so you could replicate the model from one site to another.

“It really resonated and I could see how it all worked, and that is when we really aspired to own our own pharmacy.”

Systems and procedures might seem mundane to the average graduate, but they were foundational lessons that helped build a successful business.

The couple bought their first store in 2001 in the byside suburb of Deagon, which was followed by two more in quick succession.

But in 2003 they decided to take a leap of faith that would disrupt the entire industry.

“We always knew that the way forward was to have a ‘big box’ concept,” Yap said.

The ‘big box’ model provides consumers with a broader range of products at discounted prices, and often in familiar franchise-style stores.

*We wanted to create a brand that would leave a legacy... and one that would provide jobs for people who are still working with us.*

“The model was going so well in so many other areas – such as in hardware with Bunnings Warehouse – and we thought that having a big range with everyday low prices would resonate,” Yap said.

“It had only been done in Melbourne before, and we were one of the first ‘big box’ pharmacies in Queensland.”

However, Yap and Luu never allowed overconfidence to overtake the need for sound business decisions.

“There was never a moment when we were arrogant and thought we would take over the world, but there was definitely a sense that ‘this has worked – so what’s the worst that can happen?’,” Luu said.

“Let’s just take that risk and go for it.”

There were many highs among the long hours and rapid expansion, but some of the lows challenged every fibre of their being.

“One of the most confronting was when our major competition opened up directly next door to us in 2004,” Yap said.

Despite the threat, their store still proudly stands next to their competitor 15 years later.

It was one of several major issues that could have derailed their journey, but Luu said those times played an important part in their eventual success.

“We never set out thinking we were going to build a big business. But going through those things made us stronger as a couple, and as a business,” she said.

“We wanted to create a brand that would leave a legacy, one that we would be proud of, and one that would provide jobs for people who are still working with us.”

Yap and Luu are also the proud parents of two high-energy boys, and supporters of numerous charities and community organisations throughout Brisbane. But they reiterate that in business, they have gained the most joy from those who shared their vision.

“We have 60 staff who have been with us for at least 10 years,” Yap said.

Luu said it meant so much that people believed in them as much as they believed in themselves.

“And they still want to be with us. It’s a heartwarming feeling.”

◀ Anthony Yap and Hanh Luu in their pharmacy in Cannon Hill, Brisbane.  
Image: Anjanette Webb

### SUPPORT UQ PHARMACY STUDENTS

To learn more about the Pharmacy Australia Centre of Excellence at UQ, visit [pharmacy.uq.edu.au](http://pharmacy.uq.edu.au).



# Into the SUNSET

UQ graduate Dr Jackie Campbell is a veterinarian on a mission to ensure that pets not only live well, but die well, too.

By Rachel Westbury

During 10 years as a general practice veterinarian, Dr Jackie Campbell (Bachelor of Veterinary Science '06) noticed growing complexities with end-of life care.

Pets were living longer, and with care options increasing because of advancing medicine, more and more families were looking to support their pets through a terminal diagnosis or final months of life.

Families wanted to be able to access the same level of palliative veterinary care they would be able to access in human healthcare. And Campbell desperately wanted to be able to offer this service.

With further study, Campbell quickly developed a passion for helping pets manage chronic pain, and went on to train in myofunctional massage therapy.

"I then began looking closely at the human models of palliative care – how it's delivered, and what it means to be a palliative care clinician, before completing further study with the International Association of Animal Hospice and Palliative Care," she said.

"It's funny how sometimes your weaknesses can eventually become your strengths. Feeling less experienced in this area of medicine spurred me on to learn more.

"There is magic in those quiet moments as pets approach the end of life."

*“There is magic in those quiet moments as pets approach the end of life.”*

Today, Campbell is helping to pioneer the practice of veterinary palliative care in Australia. She founded one of the country's first dedicated mobile palliative pet care services, Sunset Home Veterinary Care, in 2014.

"For me, it's about combining compassionate medicine with the humanity of both the veterinarian and the carers, and making sure that my patients are cared for and my clients feel heard," she said.

Campbell's dedication to compassionate medicine extends beyond her private practice. She also coordinates the Pets in the Park initiative in Brisbane, where each month, she donates her expertise to help people experiencing homelessness continue to care for their much-loved pets.

"Pets in the Park is an organisation that encompasses everything that is good and wonderful about the veterinary industry, and the level of community support for this initiative has been overwhelming," Campbell said.

"Many of our clients would do just about anything for their pets. They would certainly forgo their own meals in order to feed their animals. Our service helps to just ease ▶



Image: Anjanette Webb





Dr Jackie Campbell examines a dog at the Pets in the Park day in September.  
Image: Anjanette Webb

**SEE MORE IMAGES**

To see more images of Pets in the Park, view this article online at [contact-magazine.uq.edu.au](http://contact-magazine.uq.edu.au).

the financial burden of care and encourages responsible pet ownership.”

In her private practice, Campbell encounters many responsible pet owners who struggle to know the best way forward for their sick or dying pets.

She explains that sometimes there can be a disconnect between what a family wants and what is medically best for their pet.

Through medical counselling, Campbell said she becomes the conduit between these two things.

“This is where we help families to explore their goals for care and come to terms with their pet’s prognosis or disease trajectory, often reiterating what has been said previously by their primary care veterinary team but in a supported environment.

“This type of care really takes a lot of time and can be hard to do effectively within the walls of a busy hospital. Taking people out

of the hospital environment and supporting them at home helps us achieve better outcomes for everyone.”

Talking about outcomes in the palliative pet care space can be a difficult topic, but Campbell maintains a positive outlook.

She is passionate about ensuring pets have access to high-quality pain care and families have access to specialised support, right until the end.

“We are very blessed here at Sunset Vets that we are able to work with families for whom their pets are everything,” she said.

“And it’s very much about helping to alleviate discomfort, pain and distress so, at the end of the day, we know we’ve had a positive impact no matter the outcome.

“Anytime we can alleviate a patient’s pain and then help a family plan for a gentle goodbye before suffering occurs, then my team and I know we’ve done our jobs.” ■

*Research impact*

# AN APPETITE FOR BUSH TUCKER

Thanks to a new collaboration involving researchers from across UQ, Australian bush tucker could soon be found in kitchens around the world.

A UQ-wide partnership aims to make native Australian foods such as Kakadu plums, pindan walnuts, wattle seeds and sugarbag honey as iconic as Vegemite and the trusty meat pie.

The Uniquely Australian Foods initiative, led by Associate Professor Yasmina Sultanbawa, is an Australian Research Council-funded collaboration between six organisations working with Indigenous groups to bring native bush tucker to the culinary world stage.

“Aboriginal peoples in Australia have subsisted on Indigenous plants for more than 65,000 years,” said Dr Sultanbawa, Principal Research Fellow at the Queensland Alliance for Agriculture and Food Innovation (QAAFI).

“Indigenous plants – nutrient-dense, climate-resilient and biologically unique – have the potential to impact food biodiversity on a global scale, as well as provide opportunities for economic growth of the Australian agri-food sector.”

While traditional Aboriginal diets were rich in fibre, slowly digested carbohydrates, high-quality protein and long-chain polyunsaturated fatty acids, Dr Sultanbawa said this had been replaced by refined cereals, added sugars, saturated fats and salt.

“The potential to harness the diversity of crops in Australia’s various regions – and have economic, health and social benefits flowing back into Aboriginal and Torres Strait Islander communities – is therefore significant,” she said.



The centre’s team of food scientists are investigating the chemical composition, nutritional value, sensory quality and food safety of 13 highly promising native foods – including bunya nuts, wattle seeds, green plum, saltbush, samphire, and Burdekin plum – in the hope they will follow previous success stories like Kakadu plums, lemon myrtle, and riberry.

Around 6000 recorded types of native foods exist in Australia, but only 13 are currently certified by Food Standards Australia New Zealand (FSANZ), meaning there is an enormous opportunity for growth.

The centre is collaborating with Indigenous leaders such as Bruno Dann and Madonna Thompson to ensure the full potential of the project is realised.

“The bush is delicate and has so much to offer and so much to give. You can either hold it to yourself or give it and share it,” Dann said.

Thompson said Uniquely Australian Foods made it possible for Aboriginal and Torres Strait Islanders to maintain custodial responsibilities to country, while also reaping nutritional benefits.

Long-life wholemeal bread using wattle seed and Kakadu plum.

**RESEARCH IMPACT:** highlighting some of the groundbreaking research being produced at UQ.

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Find out how UQ researchers are helping to preserve priceless information about Queensland’s history.



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Oral drugs could soon provide hope for people suffering from inflammatory bowel disease.



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# PRESERVING AUSTRALIA'S LITERARY HISTORY

Playful. Disruptive. Inclusive. These are the qualities that UQ teaching initiative Corella Press aspires to cultivate when recovering 19th century Australian crime-mystery stories.

By Despina Kalatzis

*"A sharp cry of terror rang out on the night – an inarticulate cry it was at first, but full of great fear and horror."*

This is Jeannie Lockett's *The Millwood Mystery* – a tale of murder, obsession and the corrupt whisperings of small-town Australia. It is one of the compelling 19th century Australian crime and mystery stories that was recovered and republished by UQ's teaching initiative, Corella Press.

Corella Press was co-founded by UQ Associate Professor Kim Wilkins and lecturer Meg Vann. What started as a simple text message idea between two academics is now a small press, providing both undergraduate and postgraduate students with work-integrated learning opportunities.

"As publisher, I train and coordinate the student interns to ensure we reach our goal of publishing a beautiful book by the end of semester," Vann said.

"Over the course of 13 teaching weeks, interns are encouraged to uncover captivating stories from the past, ones that grab your attention and inject new voices and perspectives into the Australian literary canon."

Through the use of databases, such as Trove and AustLit, interns undertake investigative work by searching through serialised fiction from early Australian periodicals.

Interns then digitise their findings, "rescuing incredible stories from oblivion".



"These databases are invaluable repositories of Australian literature," Vann said.

While the Corella internship provides students with hands-on experience in writing, editing and publishing, Vann said Corella Press was designed to mirror the publishing workflow, from acquisitions and editorial to production and marketing.

She has developed a range of coordinator roles that allow all interns a chance to "lead, learn and shine".

A past Corella Press intern, Katerina Tomasella, was the proofreading leader during the production of *The Millwood Mystery*, Corella's second collectable instalment, and described the internship schedule as fast-paced and action-packed.

"Corella has afforded me the opportunity to be a leader and an active contributor of reviving a forgotten archive of Australian crime literature," Tomasella said.

"The onus of leading the proofreading component of the book production schedule was significant to me because it demonstrated my confidence, capability and dependability as an intern."

While so much Australian literature has been preserved, Wilkins said hundreds of stories would never see the light of day again.

"We are working hard to uncover diverse voices from the past, and in essence give a different perspective of Australian literary history."

Corella Press is working on the launch of its third novel, *Man or Devil: Tales from the Australian Gothic*, which features a story set in Moreton Bay, where the murder weapon may or may not be a shark.

Corella Press publisher and UQ lecturer Meg Vann with Corella Press intern Katerina Tomasella.

Image: Anjanette Webb

## BE PART OF THE STORY

To learn more about Corella Press, visit [austlit.edu.au/corellapress](http://austlit.edu.au/corellapress).

# THE BRAINS BEHIND THE BRAWN

Queensland Reds player Angus Scott-Young speaks to *Contact* about his goal of becoming a doctor.

By Michael Jones

Some people are lucky to get the chance live out a childhood dream.

UQ graduate Angus Scott-Young (Bachelor of Commerce '19 / Bachelor of Science '19) is living two.

The 22-year-old is a professional rugby union player and key cog in the Queensland Reds forward pack. In 2020, he will take his first steps towards a medical career when he begins a Doctor of Medicine degree at UQ.

"Sport, especially rugby, has always been an important part of my life, but I also have a passion for understanding the natural and health sciences," Scott-Young said.

"I thought medicine would be a great career to foster this curiosity.

"I have visited the Queensland Children's Hospital multiple times through the Reds' charity program to distribute gifts to patients, and this has only reaffirmed my intention to pursue medicine.

"I'm also inspired by UQ alumnus and former Wallabies star Dr Mark Loane (Bachelor of Medicine / Bachelor of Surgery '77; Bachelor of Arts '00). He had a successful rugby career and completed a medical degree through UQ, going on to become a highly regarded ophthalmic surgeon."

It will mean the 2019 UQ Sports Achievement Scholarship recipient will continue juggling professional sport with full-time study, something he has done since beginning his undergraduate commerce and science dual degree in 2015.

"I gained a provisional entry pathway to medicine at UQ in 2014,

when I graduated from Anglican Church Grammar School," Scott-Young said.

"I've always had a keen interest in science – particularly biomedicine and physics – and I chose commerce as I wanted to develop an understanding of business and the economy that could serve me throughout my career.

"Juggling full-time study and professional rugby is extremely busy. I'm at Ballymore for training close to 40 hours a week during the Super Rugby season, and I am travelling around Australia or abroad for matches over the weekends.

"This leaves little time for study and highlights the crucial need for effective time management and strategic planning. I learnt that studying whenever you can – on board long-haul flights and between training sessions – was very important."

The flanker has played 29 matches for the Queensland Reds since making his Super Rugby debut in 2018. A year earlier, he was part of the UQ side that defeated GPS in the Queensland Premier Rugby grand final.

"I have really fond memories of that team and the celebrations after the game. In fact, 2017 was a good year for me as I had won the Super 20s tournament with the Queensland under-20s side earlier that year and would go on to win the National Rugby Championship with Queensland Country."

Scott-Young experienced premiership success with UQ again in 2019, recovering from pneumonia to play off the bench in the grand final as his side defeated Brothers 31-26.

UQ has a proud history of producing future Australian representatives, including Michael Lynagh, Nathan Sharpe, Stephen Moore and James Horwill, and Scott-Young is keen to emulate their achievements.

He is also hoping to follow in the footsteps of his father Sam, who played seven matches for the Wallabies between 1990 and 1992.



## UQ SPORTING SCHOLARSHIPS

To learn more about UQ Sporting Scholarship opportunities, visit [uqsport.com.au](http://uqsport.com.au).



# Less paper, more Contact



From 2020, the print edition of *Contact* magazine will no longer be sent to all alumni twice a year.

We'll still continue to publish the announcements, stories, articles and advice that matter to you, but to align with UQ's focus on sustainability and reducing waste, we will primarily keep in touch through the *Contact* website in future.

Visit [contact-magazine.uq.edu.au](https://contact-magazine.uq.edu.au).

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