Welcome to the eighth edition of the School of Population Health Newsletter!

Our Newsletter facilitates communication within the School. We aim to put an issue out every quarter and depend on you to support your Newsletter through interesting, informative and constructive contributions that we will all want to read. Huge thanks to everyone who has contributed so far, the response has been fantastic, and please keep items coming in.

Head of School’s message

Dear SPH Colleagues,

As A/HOS I am happy to write the Christmas letter for Matthew who is on a well deserved break. I’m sure you will all join me in wishing him all the very best for the Christmas season and to thank him enormously for leading us so capably through the year that was 2010.

It has been a very good year, mainly thanks to the quality and excellence of the population health staff. We have had a successful year in research including a large number of grants and publications. Our teaching team has again achieved high recognition for quality and dedication despite additional pressures of new courses development and constrained budgets. Our administrative staff have ensure smooth running throughout, and our students have done us proud once more.

Our strategic plan that was completed in 2009 was followed up this year with a large number of stakeholder reviews, requiring input from staff throughout the School. This has been a great accomplishment - not only for the strategic direction of SPH, but it has also proven to be a valuable exercise in teamwork and mentoring which has built links within the School as well.

The decision to include Social Work and Social Policy into SPH was taken this year, subsequent to a great deal of consideration and deliberation. Although there will be some challenges given the adjustments required, there are nevertheless exciting possibilities for integration across teaching and research, particularly in areas such as mental health, indigenous health and social policy.

2010 was our first full year of training in nursing. Thanks to the hard work of the staff involved, it has been a successful year by any measure, and appears to be going from strength to strength. Next year we have 3 new staff members joining the team, so we look forward to welcoming them in January. Our first cohort of nursing students will complete mid 2011 and their success in vocational placement is already evident.

This is an opportunity to thank all those members of staff who contribute to the School in terms of service. Our Social Committee does a brilliant job throughout the year, and this is the glue that holds us together so thank you for all your hard work. Thanks also to the many members of staff who contribute to working parties which often requires compromise in terms of time for other pursuits. Many staff members have contributed to the development of New Courses 2012; also to development of the new workload formula; to committees for prizes; organisation of seminars; development of the strategic plan; continuation of the PHPSS; and the list goes on.

Thank you to all contributors – the level and extent of contribution to service is part of what makes SPH such a collegial environment.

This was of course the year of the storm. (What date was it again?) While we hope not to be put to the test like that too often, it nevertheless demonstrated the camaraderie and cooperation of SPHers when it’s called for. Our graduation wasn’t quite the same in the gymnasium as Winthrop Hall, but sometimes we need reminding how lucky we are.

So on that note…here’s to wish you all a very Happy Christmas, a wonderful New Year and may you all have a restful and rewarding break so that we can come back and do it all again next year.

Liz
School Manager’s message

Hi Everyone

2010 was a hard year for Admin, losing Denise and Di being ill. However, I would like to take the opportunity to thank everyone for their patience this year and most of all, I want to thank the Admin team, old and new, for stepping up and getting the work done in trying times. Oh, and also congratulations to them for winning the Stationary relay at the Vice Chancellor’s Staff Sports Day - they make me proud!

Financially, the School has come through the year with a much lower than predicted deficit, mainly due to reduced staffing costs and expanding numbers of postgraduate Public Health and Nursing students.

2011 will be a busy and interesting year; all over UWA, planners and managers are polishing their crystal balls and crossing their fingers that they get the numbers right for 2012....it could be fun.

Thank you everyone and have a good holiday and all I want for Christmas? ....a Healthy School ....

ps. We used over 1,000,000 pieces of paper (not including student unit books) in 2010; lets give trees a helping hand and reduce our paper usage.

Grant successes

Research Development Awards

On behalf of the School, I would like to congratulate the following members of SPH on their success in the Research Development Award rounds

- Einarsdottir, Kristjana “Evaluation of Outcomes of Coronary Artery Revascularisation Procedures in Private versus Public Sectors in Western Australia”

- Glasson, Emma Jane “Age-Related Profiles of People with Down Syndrome: Patterns of Community Living”

Well done on the great effort, or as they say in Iceland “hamingjuóskir”!!

Angus

Healthway Research Fellowship

Hi everyone

Please join me in congratulating Dr Lisa Wood, who was advised on Friday, that she has been awarded a prestigious Healthway Research Fellowship. These awards are very competitive, and Lisa’s success is testament to her hard work and commitment to high quality research and working with policy-makers and practitioners, to translate her research into policy and practice.

This is a great achievement. Well done Lisa!

Billie

Raine Medical Research Foundation - Priming Grants

The Raine Medical Research Foundation is pleased to announce that it has awarded seven Priming Grants-in-aid for the two-year period 2011-2012, with a funding allocation of $935,000.

The Research Committee acknowledged the excellent work being conducted at The University of Western Australia and affiliated institutions, and extends best wishes to all candidates for the ongoing success of their research.

We are proud to announce that Research Assistant Professor Emma Glasson was awarded a $135,000 grant for the project: Age-related health profiles of people with Down syndrome: survival, hospitalisation and mortality

Healthway Grants

Lisa Wood: Promoting mental health and social connectedness through the built environment and community environments and settings

Lisa Wood , Steve Houghton: Loneliness in children: Building a model for mental health promotion

Colleen Fisher, Hunt, L., Gausia, K., Moore, A., Turnock, D & Lumis-Jones, C: Domestic Violence in Midlife Women: Experiences Intervention and Prevention


Christian, H; Wood, L; Giles-Corti, B.: Physical Activity Minimal Intervention Targeting Dog Owners

Congratulations - PhinisheD

Tiew-Hwa Teng

Dear All,

Please join me in congratulating Tiew-Hwa on the successful examination of her PhD thesis. All three of Tiew-Hwa’s examiners described the thesis as exceptional or excellent, and two examiners required no correction. We all knew it was exceptional, but it’s always good to have that confirmed by the examiners!

Well done Dr Teng! - you have worked very diligently throughout and you absolutely deserve this fantastic result.

Tiew-Hwa’s supervisors were Judith Finn, Joe Hung, Mike Hobbs and Elizabeth Geelhoed.

Liz

Staff changes - New faces

Carole Harrison is a Registered Mental Health Nurse with a BSc (Honours) Psychology with Biology, Counselling Cert II, GradDipEd, MSc Psychology, DipBus, and is currently enrolled in a PhD with the School of Psychiatry and Clinical Neurosciences, UWA.

She has a wide range of clinical, industrial, managerial and university teaching experience in the fields of mental health and psychology. Carole also works as a Senior Research Nurse with the Clinical Applications Unit (CAU), a State-Wide mental health service that applies research to improve care coordination. Her current research project with CAU involves the development of a routine, clinically feasible system for monitoring metabolic risk factors in patients treated with antipsychotic medications. She joins SPH as coordinator / lecturer for the Mental Health Nursing unit in the Master of Nursing Science.
UQ & UC Collaborators visit C_BEH

L-R : Dr Takemi Sugiyama, Dr Janine Wiles, Ms Marielle Beenackers, Mr Pierre Guenette

Dr Takemi Subiyama is a research fellow at the Cancer Prevention Research Centre, University of Queensland. His research interest is in the built and natural environmental attributes associated with active lifestyles. He has been working with Professor Billie Giles-Corti of the Centre for the Built Environment and Health (C_BEH), and has published a number of papers with her and her research team. He visited the C_BEH in November 2010 to identify specific park attributes that facilitate residents' recreational walking, using the data from the RESIDE study.

Mr Pierre Guenette, My name is Pierre Guenette. I am an assistant researcher at the Population Health Intervention Research Centre (PHIRC) at the University of Calgary in Canada with a background in Economics. A joint research project - EcoEUFORIA between PHIRC and the Centre for the Built Environment and Health (C_BEH), and has published a number of papers with her and her research team. He visited the C_BEH in November 2010 to identify specific park attributes that facilitate residents’ recreational walking, using the data from the RESIDE study.

Cancer and Palliative Care Research and Evaluation Unit

Vicky Gray, D'Arcy Holman, Emery JD: Campaign message development and formative marketing research for a community intervention to increase cancer symptom awareness and reduce delays in help-seeking behaviour in people in rural WA.

Lucy Lewis: The impact of metallic or non-metallic deodorant on skin reaction during breast irradiation: a randomised controlled trial

SHRAC grant

Yong G, Geelhoed E, Rankin J, Sanfilippo F.: To investigate the potential cost-savings with use of Transcatheter Aortic Valve Implantation in treatment of high risk patients with severe aortic stenosis.

Cancer Council grant

This 3-year project has received Category A funding from Cancer Australia:


Well done on these excellent achievements!!

NHMRC Project Grants


Heyworth J.: Health in Men and Air Quality Study (HfMAQs)


Weinstein P, Fisk N, Cook A, Nieuwenhuijsen M, Nassar N, Dobson A.: Prospective study of birth defects from fetotoxic agents in the public water supply

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CRAM SESSION
Sometimes, "ive minutes before the test" just won't cut it.
Flying across the Tasman, Dr. Janine Wiles
During November 2010, Dr Janine Wiles, a senior lecturer, visited the Centre for the Built Environment and Health (C_BEH) from the Section of Social and Community Health, in the School of Population Health at The University of Auckland, New Zealand.

Janine’s research expertise lies in qualitative approaches to investigating the relationship between older people and their living environments, ageing in place, homes and communities as sites for care, geographical gerontology, gender, and social difference. She is currently leading on a project on ‘what is the ideal place in which to grow older’, which involves discussions with diverse older people in two case study communities in New Zealand. She is also involved in a related study on ageing in place in Montreal, Canada, and a multi-disciplinary longitudinal study of advanced old age based in New Zealand.

Janine visited C_BEH to exchange information, ideas and also to explore the potential for longer term research collaborations. She was particularly interested in listening to ideas about the built environment and activity, and thinking about how some of these perspectives might inform her own work. While she was here she began collaborating with some members of the C_BEH team on a paper for publication.

Below: Janine enjoying the sights of Fremantle with fellow CBER’s Justine Leavy & Sharyn Hickey (photo taken by Lisa Wood)

Cycling in from the Netherlands, Mariëlle Beenackers
My name is Mariëlle Beenackers and I am a Dutch PhD student from the Department of Public Health of the Erasmus University Medical Center in Rotterdam. My PhD project is about the individual and environmental determinants of physical activity in adults and it focuses on the interaction between these environmental and individual factors. I am visiting the CBEH for three months to work on the RESIDE data as part of my PhD project. During my visit I will try to identify whether neighbourhood factors affect cycling behaviour after residential relocation.

I have a Bachelor and a Masters degree in communication sciences and a Masters degree in public health. Before I started my PhD project, I worked as a research assistant for one year in which I helped to develop a tailored computer-based intervention to increase physical activity in youth. I am very interested in how the physical and the social environment influence health behaviour and how we can make the environment more stimulating so it is easier for people to make healthy choices. I am also interested in socioeconomic inequalities in health and I believe that part of the solution may be found in creating more equal and stimulating environments. So far I have been enjoying the inspiring work environment of CBEH and I am looking forward to the rest of my visit.

Below: Mariëlle in top form following coaching from Sarah French at the UWA Sports Fun Day boules event and Marielle sporting her Melbourne Cup outfit and hat – all for a horse race!
Hi Crew,

Thanks to all of you for participating. It was a really great day out. Hopefully we get even more people involved next year so we can take prizes from the Engineering and Sport Science teams!! Hope everyone had fun and we'll do it all again next year!!

Just for the sheer jest of bragging rights...behold the soccer results!

MEDDENT2: WE ARE TOP OF THE LEAGUE, SAY WE ARE TOP OF THE LEAGUE! :D

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Cheers Rhett for taking the reins this year.

To All UWA Staff

The Unigym Team within the School of Sport Science, Exercise and Health, would like to thank all the staff who participated in the UWA Staff Sports Day which raised $1,650 to support our Unigym programme.

Unigym is an exceptional programme which assists improving the mobility of children with movement difficulties. We cater for children with various types of conditions and we currently cannot support the huge demand for this service. As a result of your contribution we are delighted to offer more opportunities for these children.

With our very grateful thanks

Dr Melissa Licari, Dr Siobhan Reid, Mrs Kerry Smith, and the rest of the Unigym Team
Award congratulations

The School would like to congratulate Clemencia Rodriguez on this award. Her PhD project forms a significant backbone of this awarded study in conjunction with Kathryn Linge, Francesco Busetti, Cynthia Joll, Anna Heitz, Richard Lugg, Richard, Palenque Blair, Oana Lord and Melissa Bromly (variously from Chem Centre, Department of Water, Curtin and CSIRO).

Simon Higginson, Nick Turner, Simon Toze, Cara Bourne, Jane Filmer and Helena Rabiasz were some of the leads in this study. Brian Devine was no slouch either!

Consumer and Community Advisory Council News

Awards

Lorraine Powell, a mental health consumer advocate and Council member was recently awarded the WA Equal Opportunity Commission Human Rights Award for Consumers. Lorraine received this award in recognition of her hard work and dedication to improving the lives of people suffering with mental illness. Congratulations Lorraine!

D’Arcy Holman was recently awarded a Health Consumers’ Council (WA) Consumer Excellence Award. The award acknowledged D’Arcy’s leadership and contribution to consumer and community participation in research over the past 12 years. Congratulations D’Arcy!

Pictured above: William Trott (Health Consumers’ Council staff member) and Anne McKenzie (Chairperson) presenting the award to D’Arcy Holman.

Membership

The Council recently welcomed the appointment of 5 staff members to the Council: David Preen, Colleen Fisher, Sarah French, Frank Sanfilippo and Anna Kemp. Having members from a diverse range of research areas from across the School will provide exciting new opportunities for the future work of the Council.

Sincere thanks are also extended to: Helena Iredell, Janet Wale and D’Arcy Homan for their contribution to the Council since its establishment in 2007.

The Council wishes to thank all of its members for their contributions during 2010. Season’s greetings are extended to the Council members, the SPH staff and students and we look forward to working with you all again in 2011.
Nursing Students Clean Up Grad Places

The School of Population Health started the Master of Nursing Science (entry-to-practice) in July 2009. Of the 16 students that started in the first cohort 13 were accepted into the first round of the graduate nursing program with the remaining 3 students being accepted in the second round.

SPH sponsors WA Nursing and Midwifery Excellence Awards

The School of Population Health was a gold sponsor of the WA Nursing and Midwifery Excellence Awards held on 9th October 2010 at the Grand Ballroom at the Burswood Entertainment Complex. 700 guests attended including the Minister for Health the Hon Dr Kim Hames. The school also sponsored the Aboriginal and Torres Strait Islander Health Award. The winner was Melanie Robinson from the Marr Mooditj Aboriginal Health Training College.

2010 Public Health Association Postgraduate Student Awards to Sarah Foster and Timothy Robertson

Each year the Public Health Association of Australia (PHAA) (WA Branch) presents up to three awards to outstanding WA resident students completing a postgraduate degree in an area of public health at a Western Australian University, and who have shown a commitment to public health practice.

This year, two School of Population Health students were acknowledged for their work: Timothy Robertson and Sarah Foster. These awards were presented in November at the PHAA conference in Fremantle.

From left: Carole Harrison, Assoc/Prof Rosemary Saunders, Melanie Robinson, Brad Dunkin, Christine Smith, Professor Yvonne Hauck, Trish Grimm, Soon Jin.
Dear Colleagues,

Please join me in congratulating A/Prof Jane Heyworth who has been nominated for an Award for Teaching Excellence within the Australian Learning and Teaching Council Awards. These awards reflect the contribution of teachers who ‘enhance the quality of learning and teaching in higher education’. Jane’s dedication to quality teaching is well known to us, so the nomination is well deserved and applauded.

The next stage for Jane is review of her submission for competition at the national level.

Well done Jane!

Regards

Liz

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**Teaching Excellence Awards**

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**PHPS Newsflash**

This newsflash comes to you sponsored by the PSA.

On August 25th much fun and merriment was had by many at the annual PSA Quiz night. Team PHPS was there to represent. Full marks for the science and (surprisingly) the sports rounds put us in the running. Team members put their dignity on the line in the paper aeroplane and dance-off bonus point challenges.

I’m proud to say Team PHPS came in at second!! Many thanks to the mental efforts of Terry Boyle, Emily Atkins, Andrea Nathan, Sally Wilson, and honorary PHPS-ers Peter and Cliffe.

If you know anything about (obscure) Flags of the World or General Knowledge we’ll be needing you on the team for next year!

Best wishes,

Louise

PHPS News

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**New PHPS Committee 2011**

The call was put out for volunteers in October and it is with great excitement that we introduce the PHPS Committee Members for 2011! Michael Doyle, Kirsten Bramanis, Sonia El-Zaemey, Hayati Kadir Shahar, Louise Schreuders, and Terry Boyle – with Sarah Ward as the PHPS President.

PHPS Travel Award Winner for Semester Two

The PHPS offers two Travel Awards each year to the value of $500. We would like to congratulate Sandra Louise on her success as the Semester Two 2010 PHPS Travel Award Winner.

Farewell

A huge thank you goes out to two ‘retiring’ PHPS Committee Members. Sandra Louise and Andrea Nathan have both been on the PHPS Committee for over two years. They have both made a significant and generous commitment to serving the School over the years of their involvement. We wish them both well with completing their PhDs. Finally, the 2010 PHPS Committee would like to thank everyone at SPH for their support during the year. We’ve had a fantastic time and we wish you all a safe holiday season. We look forward to seeing you in the New Year.

Best wishes,

Louise Schreuders,
Terry Boyle,
Andrea Nathan,
Sandra Louise,
Sarah Ward
Mont Blanc charity climb

On Saturday September 18, at 3.30am, after months of training and fundraising for the children’s cancer ward at Princess Margaret Hospital, I joined the rest of my climbing team as we left our hut for the summit of Mont Blanc. 1 hour later, with high winds, poor visibility, and some team members experiencing serious effects from the altitude, we turned around 500 vertical metres short of our goal.

After sitting helplessly beside my 8 month old son as he underwent treatment for his cancer, the summit of Mont Blanc had become a concrete goal; something I could do to make the future brighter for other children, and their families, who would hear the words “Your child has cancer”. To turn around so close to our goal was more difficult than I had imagined. But our true goal had been reached.

Over $850,000 has been raised to date, with the goal to deliver a $1 million dollar cheque to the children's cancer ward, Ward 3b, on Christmas day. The main target was to raise enough money for a 3D molecular imaging machine to aid cancer research. This was delivered to the Telethon Institute for Child Health Research on the 29th November, and is to be named in honour of the little boy who inspired our fundraising effort, Elliot Parish. Funds will also be used to improve the lives of children and their families on the ward.

My thanks to all those who supported us and helped to bring this exciting technology to Perth. If you’re interested in joining the Adventurers for their next fundraising journey, search for The Mont Blanc Project 2010 on Facebook and stay tuned.

by Simon Roebuck
Master of Nursing Science student
Our girl in Tanzania...

First pictures of students on current clinical practicum in Tanzania. Erin Clark (our student) is in a couple of the pictures.

For more information on this story, see the media releases at the end of this newsletter!
20th International Conference on Subterranean Biology

Whenever the relatively risk-free life of a student feels a little sedate, my buddies and I go out to the desert for some cave diving. If an opportunity arises while we’re there then I make a range of scientific observations. One recent project considered microbial mantle communities in Murra El Elevyn, a flooded cave 80m beneath the Nullarbor Plain. During visits six months apart, a team of us observed a variation in the prevalence of these communities, which look like whisps of pale algae (divers fondly refer to them as “snot”). Theories about the cause of this ranged from having something to do with water temperature, to being a seasonal cyclic event. I was about to hand in my thesis and head to Europe to celebrate, so I submitted an abstract to the 20th International Conference of Subterranean Biology in Slovenia, in September 2010.

The view from the window of our Adria Airlines flight was one of snow-covered mountains, forests and lush, green countryside stretching to the horizon. This was my first trip to Eastern Europe and so, with my pre-trip preparation limited to re-watching Borat, I was delighted to discover that Ljubljana is actually a modern, thriving city steeped in history and culture. The public transport system is efficient, shopping and banking was a breeze, and (like the majority of Europe I went on to discover), Wi-Fi internet is free in many bars and eateries.

The conference was held in Postojna, one hour from Ljubljana by train, which cost just $10 each way. The venue was an impressive facility built beside the entrance to Postojnska Jama, a busy tourism destination catering for 5000 visitors per day, all keen to see the extensive decorations and especially the “human fish”, a remarkable half-man, half-fish up to a foot long that lives in the cave. So great is the interest in this wee beast that a modern vivarium has been built near to the main cave and visitors now have the option to pay for a separate experience, getting up close not only to the Proteus Aquinas, but to beetles, cave shrimp and amphipods. There is a touch-tank, interactive exhibits, educational information in all directions and, like everything at Postojnska, it was all in four languages.

The conference could not have been better from my point of view. There was a wide range of speleobiology posters and presentations and some interest was shown in our Nullarbor observations. My main objective achieved, it was time to explore the main attraction: Postojna cave. I was especially curious to see the main cave after asking one conference attendee what it was like and, despite his considerable international experience of tourist caves, he’d been momentarily lost for words before gushing “it was mind-blowing”. I really hadn’t had much time to do any research before my trip so I didn’t know what to expect but, after visiting some of our best Australian show caves, I couldn’t imagine how it could be mind-blowing. “Perhaps he is easily impressed” I thought to myself, buying a ticket and joining the queue for the hourly tour. We shuffled forward on the appointed hour, in masse, and I found myself on an underground railway platform. The open train before me soon filled up and pulled away, disappearing into a tunnel ahead of us. Another long-train appeared and we climbed in. I was pleased to be up the front near the engine driver and, as we too pulled away, a third train pulled in behind us and
in an hour. The hour soon passed, during which I picked-up half-a-dozen sweet wrappers dropped by inconsiderate visitors, and I watched at least a dozen people deliberately run their hands over the decorations whenever we passed close enough to do so. This was despite repeated reminders not to touch, because humans leave an oily residue which stains the formations. There is a lot to be said, at such times, for a ruler across the knuckles.

The ride out was equally thrilling and this time I videoed it. Playing it back later you can hear me shouting to the person next to me, above the noise, “THIS IS AWESOME”. From memory, this is the only cave in which I can recall shouting with joy.

The people were friendly, English was spoken everywhere, at least rudimentarily, the infrastructure and customs were more than adequate for an Australian to just show up and get along comfortably. Plus, the show caves were breathtaking. If you’re heading over to Europe, or looking for a unique holiday, then I thoroughly recommend Slovenia.

By Peter Buzzacott
Kristjana Einarsdottir, David Gibson, David Preen, Rachael Moorin and I went to Paphos in October for the 5th Conference for Longitudinal Epidemiology Studies in Europe (CELSE). We presented a symposium highlighting research done at SPH using administrate health data, and also gave individual papers. We managed a little sightseeing when we were there. The picture to the right is David and Kris outside the Paphos Castle (an old military fort), and in the picture below we are enjoying a rest at the hotel. The third and fourth photos were taken in Brighton in August at the International Society for Pharmacoepidemiology Conference. I gave a paper about the cost burden of chronic disease medicines on low income Australians, and also presented a poster with a NSW colleague, Lisa Pont, about the impacts of the National Medicines Policy on prescribing patterns.

by Anna Kemp
The modern day 7 deadly sins

Fiona spent a month in Arizona and Cuba. Let's take a tour and visit the modern day 7 deadly sins. Note the hiking and huge amount of salad that I hope balanced these.

Fried food: This is 4 waffles with bacon rashers cooked into them, topped with 2 southern fried chicken marylands skewered with a knife on a bed of fried leeks. Shared between two. Still didn't finish it.

Alcohol: celebrating a friend's birthday at Wynn, Las Vegas.

Gambling: Hey, we were in Vegas!

Laziness: How could you not take advantage of one of these amazing taxis? We did a lot of walking and dancing to balance it though.

Communism: According to the US, this is the greatest evil of all. Cuba is repeatedly mentioned as having excellent public health and literacy and this under embargo...

Consorting with local wildlife: We were all set to take this girl off for a rabies shot, she was obsessed with taking a photo of every dog and cat she met.

Smoking: PH enemy number one. But Cuban cigars made right in front of you and served with mojitos!
Arizona and Cuba

Here’s some of my favourite places and pictures... starting with Cuban coffee served with a stirrer of sugar cane. Then hiking in Arizona and visiting Montezuma’s Castle. On through Havana, Trinidad and rural Cuba.

Fiona
**Corporate Walking Challenge 2010**

SPH had 10 teams entered:

- 27 The Nightingales – 1,525,545 steps (1156kms)
- 44 Team Rhombus – 1,389,172 steps (1052kms)
- 64 Team Rhomboid – 1,280,385 steps (970kms)
- 80 Team Oblong – 1,241,865 steps (941kms)
- 108 Team Rectangle – 1,128,168 steps (855kms)
- 120 Team Trapezoid – 1,108,076 steps (839kms)
- 165 Team Quadrilateral – 997,489 steps (756kms)
- 193 Team Diamond – 924,402 steps (700kms)
- 215 Team Obelisk – 868,022 steps (658kms)
- 239 Team Parallelogram – 788,369 steps (597kms)

[339 teams in total, top with 2,597,077 steps (1967kms)!]

**Top 3 SPH walkers:**

- Shauna Trafalski – 505,510 steps
- Sally Wilson – 422,810 steps
- Sandra Brennan – 419,030 steps

All up, SPH did 8524kms in 28 days - enough to walk to Sydney and back, Darwin and back or nearly 2 return trips to Broome.

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**The Wanderer Returns**

Monday, August 30th saw me boarding a plane at Perth International Airport for a 13 adventure, first stop Paris to pick up a coach tour of Normandy, Brittany and the Loire Valley. The main points of interest on this journey were; Rouen; Arromanches-les-bains & a number of Chateaux through the Loire Valley, including the opulent Chateau Chambord.

Above: The tour group at Chateau Chambord

Monday 6th September comes around rather quickly and it’s time to board my next flight for a 2 week visit with family in NW England. My first week was not very productive as I spent it on the couch nursing a rather nasty cold. The 2nd week was much better and I got to spend some time with my 89yr old aunt, the main reason for my visit to the UK.

Sunday 19th September arrives and I am on my way to Toronto, Canada. I have a 1 week stay with friends in Port Dover, a beautiful little spot south of Toronto, before embarking on another great adventure across Canada, on Tuesday 28th September. The 3 day train journey from Toronto to Jasper (Alberta) is a must for anyone that has the time to spare. The scenery is quite diverse as you pass through industrial areas, the Prairies and on into the Rockies. If travelling in fall or winter though, I’d make sure you wear thermals as well as very thick clothing, the temperatures can get to -40/-50, not very comfortable when you’re not used to it, but still, it’s an amazing experience to be in that kind of cold. On arrival I Jasper we met our coach driver, Terry who was to be responsible for ensuring we have an interesting and safe drive through Banff, Lake Louise, Kamloops and around Vancouver.

Below: The Canadian Train Odyssey tour group in Jasper, Alberta
Above: On Columbia Icefields in Jasper National Park

Leaving Vancouver on Sunday 10th October I was now on my own for a while, heading for New Bedford, Massachusetts, a little known place but with a long history in the whaling industry. It was from here that I was catching a ferry for a tour around Martha’s Vineyard, holiday home to many famous people.

On Thursday 14th October I arrived in New York to pick up another tour, this one to see the New England fall colours. This tour took me from New York through Connecticut, Rhode Island, Massachusetts, Maine, New Hampshire and Vermont, ending back in New York. Needless to say I took a lot of tree photo’s but the camera just didn’t do the colours justice. This is one journey that cannot be described, it’s a ‘you have to see it for yourself’ experience. Unfortunately there was no group photo taken on this tour but I have got one of a few of us in Maine at a Lobster Bake.

Monday 25th October I am now travelling alone, by train, to Baltimore to visit with a friend where I got to see more beautiful fall colours. We visited Harper’s Ferry in West Virginia, Baltimore city harbour, Baltimore Aquarium, and Annapolis, the capital of Maryland. From here I then caught a train down to South Carolina for another visit with friends before flying back up to Idaho to visit more friends where I had an alligator experience, visiting an alligator farm and eating it for lunch. I saw 4 seasons in the 2 weeks I stayed in Idaho, with snow falling on my last day.

On Sunday 21st November I have an early start to fly to San Francisco for 2 nights, staying at Fisherman’s Wharf. On the Monday I took a ferry trip across to Alcatraz, an island I have always wanted to visit, blame Sean Connery and Kevin Bacon for that, but it was fascinating to hear the history of The Rock. I got to meet Jolene Babyak who grew up on the island, her father being a warden, and has written 3 books about the prison, its prisoners and a great escape.

From San Francisco I was on my last holiday flight to Las Vegas before the long flight home. Vegas is a place where you can experience all kinds of delights, from the arts to the inner child. My 3 great experiences were; Cirque du Soleil’s ‘O’ at the Bellagio; a CSI Experience at MGM Grand and received my diploma having solved the crime, and The Polar Express 4D experience at Excalibur.

In closing I can assure you all that I had a fantastic journey and have been happy to share it with you. If you wish to read more about this journey and see more photo’s, please contact me via email georgie.dolphin@uwa.edu.au and I will send you the link and login details to my web journal.

By Georgie Dolphin
Social Committee news - Pop Goss

Multicultural Lunch

This was a great success. Thanks to everyone who brought food along. $100 donation was made to the Pakistan Flood aid appeal. MNursSc students also raised money for their Global Health Alliance practicum in Tanzania.

See anyone you know?

There are 10 UWA people here, at least 6 are current or recent SPHers. Do you know them?

For those who weren’t at the Christmas Lunch, the answers are:
Front Row L-R: Gina Wood, Terri Pikora, Chantal Ferguson (nee Tomkins), Fiona Maley.

Melbourne Cup

You know the drill - the first Tuesday in November we don silly hats and bring in good food. Good food and mostly good hats were seen by all.
The fabulous SPH Christmas Lunch took place at the UniClub on Tuesday 14th December. Featuring an excellent menu that left us all, to put it kindly, replete, a Good Sammies angel to collect the impressive pile of wishing tree gifts, a quiz on some of the lesser-known or better-hidden School secrets, our resident Elf wearing a new and self-animated elf-cap and a new Santa who was himself more naughty than nice, the lunch was a brilliant affair.

In the words of one satisfied punter, “I just want to say a very big thank you for organising Christmas lunch today, I had a wonderful time and it was great to see such good morale and spirit in the SPH community!!

Each year, when I attend lunch with everyone, I reflect on what a great place SPH is to work and study, and it the ‘likes’ of you all that help the positive environment grow! So a big THANK YOU !!!”

Thanks to all indeed!
“Learn from my mistake”

Never assume that the 3-year-old boy you’re baby-sitting has been napping for an hour. Assume that he’s found his mother’s razor and shaved half the cat.

Never assume that your two-year-old is playing nicely on the computer just because you can hear her Sesame Street game from the next room. She may have turned on the game and let it run to lull you into a false sense of security while she coats the desk, keyboard, countertops, floor, and herself with flour.

If you are determined to cram for an exam at the last minute, be sure of the exam date.

You never realize just how incredibly inappropriate some of your favorite music is until you listen to it in your Grandma’s house.

When your friend starts making choking noises, don’t just say “That’s what she said”. Your friend is making those noises for a reason.

Remember when taking “study aids” that Adderall makes no promise about what you’ll focus on. You might write that terribly important report that’s due tomorrow, or you might find yourself spending four hours detail-cleaning your vacuum with a Q-Tip.

Never use pepper spray to try to kill a spider on the ceiling. Pepper spray has no effect on spiders, but it most definitely will fall back towards your eyes.

Correcting your mugger’s grammar is a bad idea.

If you dreamt that you turned off your alarm clock, you probably weren’t dreaming.

In science class, burning strips of paper with a Bunsen burner is great fun. Strips of scotch tape burn a lot faster, and are much harder to let go of.

When taking a late night stroll just to clear your head, mind where you sit down to think. A bridge is not a wise choice. The police will be called to talk you down.

If you’re prone to impulse purchases, stick to shoes, not tattoos.

If you are getting a tattoo in a language you do not speak (such as Latin), spell check. Few tattooists speak Latin either.

Just because an antique gun isn’t loaded doesn’t mean it can’t cut you. The number of good ideas you have is inversely proportional to the number of beers you have.

If you have the tendency to sleeptalk, resist the urge for a quick nap at work.

Inflammable and nonflammable are not the same.

Never tell your grandma that you turned the electricity off so you could work on the wiring. Her Alzheimer’s won’t let her remember your name but it will let her remember where the fuse box is.

Never ask a woman when her due date is. No matter how far along she may look, she may not be pregnant.

A katana is not a suitable substitute for a pair of scissors when opening a package.

If you choose to get drunk at the office Christmas party, get ready for a medley of new nicknames.

When writing a review of your surgeon which includes certain negative aspects of his personality, wait until after surgery.

Don’t check your watch to see how much time you have until your appointment while running down the stairs. This will result in tardiness and crutches.

If administering an epinephrine auto-injector pen, make sure you know the correct end to press so you don’t deliver the entire contents into your thumb.

If you leave your Bluetooth headset in the car during the summer, don’t stick it in your ear once you get back to the car.

Hot glass looks exactly the same as cold glass.

Wearing your Halloween costume to work is a horrible idea when you work in a hospital. Apparently, zombies look exactly like actual car crash victims to most medical staff.

Youtube du jour
Extreme shepherding
http://www.youtube.com/watch?v=D2FX9rviEhw&feature=player_embedded

Finally, the evidence
The cat really did eat my homework.
http://www.youtube.com/watch?v=EY6bTya095c
Double congratulations
Fiona Smith now Fiona Hunt

Fiona (nee Smith) & Graham Hunt were married on the 27th November in the presence of their closest family after organising a surprise wedding in five weeks. The result was a happy, relaxed day that ended with children and adults alike taking a swim to escape the heat!

Wedding Bells for Claire

Following a mock wedding at CBERH complete with serviette for a veil and paper flowers, Claire Ruxton recently married Craig in a glorious wedding ceremony on the foreshore at Matilda Bay – we now know that their love story began on the dance floor at the Zanzibar, and that despite Craig’s creative dance moves, Claire has promised to be by his side for evermore! Claire is now honeymooning in New Zealand and Bali… no doubt she can’t wait to come back to work!!
Congratulations

Introducing Jackson James Trapp

Born @ 10:30pm on August 24th weighing 3.42kg (7.54lb) & 52cm in length to proud parents Gina & David Trapp.

Jackson is 3 months old already! He is the CUTEST baby ever....he loves to flash his gummy smile at anyone and anything! His favourite past-time is mummy’s boob and his activity gym. He has started to giggle and sleep through the night already. We are truly blessed to have him in our life. Can’t wait for you to meet him in person – he loves a cuddle!

Lots of love Gina & Dave
Zoe Leila Christian - little sister to Mia.
Born 30 August 2010 at 12.33pm
Weight = 3.6kg (7 pounds 15 1/2 ounces)
Length = 50cm
Parents = Hayley & Brendan Christian

A lil gem - very easygoing and a real smiler - has the nick name 'Go with the flow Zo'

Big sister Zoe & Mia

Zoe Leila Christian

Friends - Jackson Trapp meets Zoe Christian
Fire, fire,... the latest peril of working at 10 Stirling Highway!

As if the adreneline rush of risking life and limb to cross Stirling highway to get to the main SPH building wasn’t enough for those of us ‘over the road’, we also seem to be increasingly exposed to work place hazards! In 2008 and 2009 we had leaking windows and roofs resulting in mould spores and mushrooms growing in several rooms, but 2010 has been the year of fumes and fire!

In what we now refer to as ‘the first fire’, staff began noticing a strange smell circulating throughout the 10 Stirling Highway building in the early hours (i.e., before 9am) of Wednesday October 27. When the noxious smell became too much, the alarm was sounded (the old fashioned way by us all manually running around telling people to get out of the building, given the relative absence of fire detectors and automatic alarms!) and all (including terrified visitors from the Netherlands see Figure 2) were evacuated to the designated meeting spot. The ever-reliable Fire Warden cruised up to UWA at this time and congratulated everyone on how much they didn’t need her to evacuate the building safely! The fire truck arrived and young men in protective gear (see Figure 1) identified that the ball bearings in the air conditioning had somehow overheated! Staff reluctantly held their scheduled meetings at nearby coffee shops until given the go ahead to return to the building. Temporary air conditioning was provided in the form of very loud machines with very ‘in the way’ hose pipes (see Figure 3), and staff and students enjoyed working to the tune it sung over the following week.

BUT WAIT ….. there is a STOP PRESS on this ….. another fire at number 10!!!

As the fireman from the Daglish & Claremont Stations did such a wonderful job first time round, they were recalled on THURSDAY 2nd December to a second fire when the building was AGAIN evacuated due to thick smoke and bad smells caused by the revamped air conditioner going up in smoke again! Those arriving at work after 8.20 were greeted by evacuated colleagues, 2 fire engines and the friendly fire crew. The fire was quickly bought under control but the devoted firees had to maintain a vigil until the emergency electrician arrived. There was much bonding with the rescuers, some devotees bought them coffee while others chatted with them or snuggled in for a photo (see Figures 4 and 5). As evidenced in Figure 5, Rosie will have to retain the title of FIRE WARDEN for evermore!
Clearly the admiration between the fire rescuers and CBEH team is mutual, as further evidenced in the wording of the autograph on the calendar obtained by Sharyn Hickey as a tribute to our eventful fire experiences (see Figure 6).

Figure 4 Fire Warden – every woman’s dream job

Figure 5 Rescued!

Figure 6 Mutual fans – CBEH and firefighters
Wishing all of the greater SPH family and friends a very merry Christmas and a wonderful New Year!