

Uni NEWS

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MAKING A WORLD OF DIFFERENCE

Laura Cheftel: helping students visit lands of opportunity

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ABOUT FOOD

Dietitian Dr Rajshri Roy says a non-diet approach is needed to teach people to intuitively eat what is good for them.

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HIGH NOTES

Leading soprano Dr Morag Atchison, from the School of Music, says versatility is the key for the modern musician.

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TALKING IN CIRCLES

Dr Molly Mullen: Less talk, more action is needed on funding community-based arts, for everyone's wellbeing.

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DANCING FOR JOY

Ten dance students from Creative Arts and Industries (CAI) have been awarded a PM's Group Scholarship to Latin America. They'll do a four-week programme in community dance at Universidad del Valle in Cali, Colombia, next July. Two third-year dance students have also received individual PM Scholarships. Chas Samoa will go to Brazil and Alesha Wallabh (pictured) to India. Rose Martin, senior lecturer in Dance Studies says: "The scholarships allow students to connect in a very tangible way with critical questions of how political, social and economic issues might inform dance." Read more about scholarships on page 6.



Photo: Norrie Montgomery

IN THE BEGINNING

Liggins Institute researchers with The Biggest Placenta in the World at an international conference on Developmental Origins of Health and Disease (DOHaD) in Melbourne. More than 800 recycled t-shirts were used to create the sculpture, made as a monument to the hidden work of women. This work, and influences upon it, lie at the heart of DOHaD, which recognises that chronic, 'lifestyle' illnesses such as heart disease, cancers and diabetes, arise not always from 'bad' genes and unhealthy adult lifestyle, but from our earliest environments – in the womb and infancy.



From left: William Schierding, Shikha Pundir, Jacquie Bay, Siobhan Tu'akoi, Alvina Pau'uvala and Chris Pook.

CULTURAL HONOUR

Marine Science student Terito-o-Ngakura Story took time out from her studies recently to achieve on the stage. The 19-year-old won Miss Cook Islands New Zealand 2019 and says she was "very humbled to win for my small island". Terito moved to Aotearoa from the Cook Islands in 2018 to study. "Studying has held a lot of my focus and I've tried to not stray away from it, although it's hard with the new responsibilities I have now. But not only did I make my family, friends and supporters proud, I was proud of myself." Contestants in the pageant were judged on tying a pareu (like a sarong), talent, evening mu'umu'u gown and their stage interview.



Photo: Gerardus Verspeek

GOLDEN MOMENTS

It was a great chance to catch up for around 200 Golden Graduates at a special lunch in October. The Golden Grads are alumni who graduated from the University 50+ years ago. In the event, put on by Alumni Relations and Development and held at the Cordis Hotel, the crowd heard speeches from former Vice-Chancellor Sir Colin Maiden, Vice-Chancellor Stuart McCutcheon and a keynote address by Professor of Engineering Nic Smith. They were then treated to the operatic talents of Dr Morag Atchison. (Read more about Morag on page 9.)



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WOMEN IN SCIENCE AWARD

Dr Yvonne Anderson has been awarded the L'Oréal-UNESCO For Women in Science, New Zealand fellowship for 2019.

When Yvonne, who is a Taranaki-based paediatrician and clinical researcher, returned from the UK, she was struck by the number of children she saw affected by weight issues. With the support of the Liggins Institute, the Taranaki District Health Board, the University of Auckland and Sport Taranaki, she created Whānau Pakari, a successful community-based, family-centred programme that's making a real difference in children's lives. The Whānau Pakari programme has also provided Yvonne a focal point for her research, and in turn the programme has become a significant tool in the quest to curb child and adolescent obesity in Taranaki. Read the full story at: tinyurl.com/YvonneScienceAward

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RAJSHRI ROY

Dr Rajshri Roy is a lecturer in Nutrition and Dietetics at the Faculty of Medical and Health Sciences.

Can you tell us about your personal background?

I am an only child and was born in India. When I was little, my parents and I moved a lot. Dad worked for a national company, so we lived in a lot of different places. I spent my teenage years in Dubai when dad got a job there. It was the first time I stayed in one school for a long time. It was nice not being the new girl all the time and then finally we migrated as a family to Australia.

What led to your interest in nutrition?

I did my dietetics degree at the University of Sydney. I've always liked helping mum in the kitchen, and my late great aunt (Dr Pranati Nandy) was a really cool woman who was Professor of Nutrition and Biochemistry in the All India Institute of Hygiene and Public Health. I was fascinated by what she did. Then at university, I found I was a supertaster. Not many people carry this gene, so I felt like it was my superpower. Then I got a job at the University of Auckland in 2016.

What's a supertaster?

People who have relatively more taste buds on their tongues are called supertasters. To supertasters, foods have much stronger flavours. Sweet and sour are more intense and mildly bitter flavours, for example, broccoli, cabbage, and coffee, taste very bitter. The zing in soft drinks and beer is at best off-putting and at worst repulsive!

Why did you become an academic?

After graduating, I worked as a dietitian at the Royal Prince Alfred Hospital in the allergy unit. I was collecting data for a large clinical study and found I enjoyed research. I also had an aptitude for teaching.

You audited this University's food outlets and surveyed staff and students here on their thoughts about food. What did you find?

We found that across the University, healthy food items were available, visible and promoted less and cost more. About 80 percent of staff and students buy food on campus, and as unhealthy food costs less that's a significant determinant on choice. People told us they wanted something done to make healthy food more affordable.



What have you done with the research?

I've been working with Commercial Services. At a couple of outlets, we trialled healthy symbols on food because a lot of students weren't aware of healthy options. The budgie meals are among the top five selling items, so we are investigating how to improve their nutritional quality with a few tweaks. There's a trial with four Grab Goodness healthy vending machines, and they have led to a three-fold increase in the purchase of healthy food items.

What concerns you about the diet of young adults?

They tend to be the highest consumers of sugar-sweetened beverages and fast food and the lowest consumers of fruit and vegetables. The "fresher five" where university students put on an extra 5kg in their first year is well documented. Young adults (18-35) have been exposed to an obesity-promoting environment since birth. We know obesity has long-term personal impacts. Compared to the previous generation, the health costs due to obesity will double by 2025.

You and colleagues Amy Lovell and Rebecca McCarroll are behind the 3Peas Project. What's that?

We wanted to create a social media presence to cut through the clutter. We try to filter fact from fiction and counter all those influencers and health bloggers. We bust myths about diet fads and encourage ways to look at food in a non-diet way. You'll find us on Instagram @3peasproject.

What's a non-diet approach?

It's about acknowledging the psychological factors around food habits and growing people's confidence, so they know what is good for them to eat intuitively. It's about being more mindful and listening to body cues. It's about encouraging the social and cultural aspects of food, eating with family and friends rather than going on a prescriptive diet.

So what are you having for dinner?

My partner is an excellent cook and we have a new sushi-making kit, so it's homemade sushi.

That sounds healthy, but what's your favourite food?

My favourite is French fries. If I could eat those all the time, I would, but I know better. It's not about what you do occasionally but what you do each day to strike the right balance and develop a healthy relationship with all foods.



Photos: Elise Manahan

Dr Rajshri Roy with one of the healthier food-vending machines on campus. She says young adults have been exposed to an obesity-promoting environment since birth.

SHINE A LIGHT

UniNews welcomes your ideas on staff members to feature, and any news and research stories plus great pics for Snapshots.

Email your ideas to the editor:
denise.montgomery@auckland.ac.nz

WHAT'S NEW



Rawiri Wharemate with Vice-Chancellor Stuart McCutcheon; Top: Alistair Woodward, Rawiri Wharemate, Hemi Heta, Kim Dirks, Greg Anson, Sir Colin Maiden and Stuart McCutcheon. Above: Capturing a memory.



END OF AN ERA, START OF ANOTHER

Current and former colleagues and friends of the Tāmaki Innovation Campus community came together on 24 October to mark the closure of the campus.

The Tāmaki Campus has been serving the University and the community since 1991 and the event acknowledged its contribution. Guests reminisced and enjoyed the multiple displays and posters which highlighted the history of the campus from 1944 when land at Tāmaki was first purchased by the University for £14,200.

Speakers at the event included former Vice-Chancellor (1971-1994) Sir Colin Maiden who shared memories about the early developments at Tāmaki; Vice-Chancellor Stuart McCutcheon;

Head of Tāmaki Campus, Associate Professor Greg Anson; and inaugural Head of the School of Population Health Professor Alistair Woodward.

Meanwhile construction is under way on the new South Auckland Campus, due to open for Semester One 2020.

The campus, at 6 Osterley Way in central Manukau, offers the Bachelor of Education programme and Tertiary Foundation Certificate. The aim is to provide local education for South and East Aucklanders and strengthen relationships with schools and the community. The campus will be open 8am-8pm weekdays and 12-6pm on weekends.

Read more: tinyurl.com/SthAuckCampus

SAY FAREWELL TO THE SHADZ

Shadows Bar will close in its current location on 16 November.

The building is being partially demolished as part of the pre-construction works for the Recreation Centre development. A number of retail outlets are affected by these works. Information can be found on the Sector 300 Redevelopment page of the intranet.

The University is helping the Shadows team open in a new site on the City Campus in time for Orientation 2020.

Shadows invites older customers on 4-7 November, from midday until late, to come and say farewell and charge a toast to their old haunt. A special alumni event is planned for Thursday 7 November.

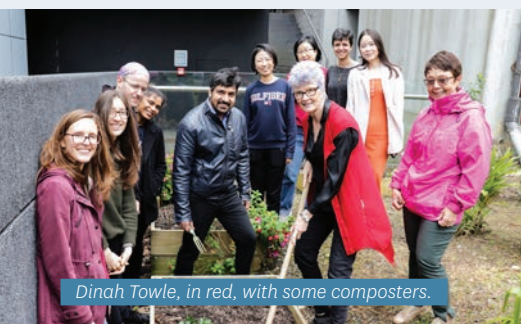
Relax Cafe will also close in November. Espresso Alley and Moustache Cookie Bar close on 15 November and Student Travel the same date.

Alfred Street will close to vehicles from 18 November to 20 December to complete drainage works. The new Recreation and Wellness Centre is scheduled to open in 2024.

WASTE NOT, WANT NOT

The University of Auckland Business School (UABS) gardening group is finding ways to reduce waste and build a community of like-minded people. Last year, the group harvested their first produce from their shared garden at the Business School. Herbs, vegetables and flowers were distributed among the group members.

Now they're making food for the garden as well. In October they filled their planter boxes with compost made from food waste collected from staff kitchens at the Business School.



Dinah Towle, in red, with some composters.

Everyone mucked in – staff and students alike. The students say they find the whole process a good way of relaxing and reducing stress.

The composting idea came from Group Services Coordinator Dinah Towle. "It was a really good fit with our UABS garden initiative. With large compost bins right next door at the Fale, I thought there was a higher likelihood we would get a commitment from volunteers."

The University has four compost bins supplied by head gardener Stanley Jones. The food scraps are mixed with shredded paper at a 1:2 ratio and are regularly turned by Mark Neal, Waste Minimisation Manager.

"The biggest surprise to me was the volume of food waste we produce," says Dinah.

Grace Low is one of the students involved. "It's great to contribute a little to the environment and I always relax when I'm in the garden, pouring the compost into the bin and admiring the plants. It's the perfect place to refresh and re-energise my mind."

Those involved also believe the initiative has led to a reduction of food waste in their everyday lives by increasing their awareness. They say it's amazing what can be achieved with a small group of people modelling sustainable practices in the University. – Ruchita Bharbhari

Dinah's tips on how to start a compost group in your faculty/business unit:

- Identify one or two faculty colleagues who support the plan.
- Promote the scheme in the faculty and run a month-long pilot scheme to determine viability.
- Build a team of like-minded colleagues. It may take some time.
- Incorporate composting tasks into your routine, keeping the process simple and clean.
- Teach what composts: fruit and veges, bread, coffee grounds, tea bags, paper towels, nut and eggs shells are in; meat, dairy, waxed paper and 'biodegradable' food containers are out.
- Have breaks if necessary. If team members are away, halt the process to avoid it turning into a bad experience (rotting food will irritate others!).
- Be patient. Like the composting process itself, it takes time.

Anyone who'd like to be a part of the group should contact Dinah on d.towle@auckland.ac.nz

A ROOM IN THE HOADLEY NAME

Stephen Hoadley, Associate Professor of Politics and International Relations, has received an unusual award: a classroom in his name.

Over the years, the Command and Staff College of the New Zealand Defence Force at Whenuapai has commemorated prominent military figures by naming classrooms after them. These include Lieutenant-General Sir Jerry Mateparae (Chief of Defence Force and later Governor-General), Matron Eva Brooke (Royal Red Cross and Bar for service at Gallipoli) and Air Chief Marshall Sir Keith Park (commander of 11 Group, Battle of Britain).

Stephen is the latest to be acknowledged, with a multi-purpose classroom and staff room designated 'the Hoadley Room'. He is the only academic and non-career military figure to be honoured.

Since the 1970s Stephen has given lectures on international affairs, organised courses and offered academic advice on degree programmes to the Command and Staff College. In 1997 the College made him an honorary professor. In 1998 the Chief of Navy made him an Honorary Captain of the Royal New Zealand Navy. (Before graduating from the University of California and embarking on an academic career, Stephen was an officer in the US Navy.)

"This room is a portal through which teachers can transform the past into the future," Stephen says. "Classrooms join the achievements of past students to the hopes of students to come. I'm confident that the Hoadley Room will contribute to this valuable educational tradition."

Stephen's wife Wyn Hoadley QSO, daughter Commander Jennie Hoadley RNZN, son-in-law Commander Wayne Andrew RNZN, and grandchildren Charlotte Andrew and Harry Andrew attended the presentation.



Distinguished Professor Jane Harding has been awarded the Rutherford Medal.

RESEARCHERS HONOURED

University of Auckland researchers were recognised in October at the Royal Society Te Apārangi Honours event in Dunedin.

Royal Society Te Apārangi hosts the annual awards ceremony to celebrate the contributions of innovators, kairangahau Māori, researchers and scholars in science, technology and humanities throughout Aotearoa New Zealand. The Health Research Council of New Zealand (HRCNZ) also awards three medals at the event.

Distinguished Professor Jane Harding, Professor of Neonatology at the Liggins

Institute, was awarded the Rutherford Medal for her pre-eminent work determining the causes of newborn conditions and long-term consequences of interventions around the time of birth, leading to improved outcomes for mothers and babies all over the world. The Rutherford Medal is the highest honour awarded by the Society.

Professor Jadranka Travas-Sejdic, Faculty of Science, was awarded the Hector Medal for her contribution to the field of advanced polymers and nanomaterials and their application in biosensors, biomedicine and bioelectronics.

The inaugural Te Rangaunua Hiranga Māori Award, which recognises excellent, innovative co-created research conducted by Māori that has made a distinctive contribution to Aotearoa, was awarded to Ngā Pae o te Māramatanga, New Zealand's Māori Centre of Research Excellence. The Centre is co-directed by Professor Jacinta Ruru and Professor Linda Waimarie Nikora.

Former Poet Laureate and notable Pacific scholar Selina Tusitala Marsh, Associate Professor of English in the Faculty of Arts, received the Humanities Aronui Medal for her outstanding creative and scholarly work which has had a profound impact in academic, literary and public domains.

The Pickering Medal went to Professor Cather Simpson, Faculty of Science, for her pioneering research and commercialisation of innovative photonic technologies, addressing challenges with a New Zealand focus and global impact.

Professor Emeritus Roger Horrocks, Faculty of Arts, was awarded the Pou Aronui Award for being a champion of New Zealand culture, particularly our film and television industries, as well as literature and the visual arts.

For her outstanding leadership and contribution to Māori health, Dr Matire Harwood (Ngāpuhi) was awarded the HRCNZ Te Tohu Rapuora Award.

The HRCNZ Liley Medal went to Distinguished Professor Ian Reid, Dr Anne Horne and the team from FMHS for their medical breakthrough that led to a global rethink on how to prevent fractures in older people.

MAKING SPACE FOR PIONEER



Te Pūnaha Ātea – the Auckland Space Institute – has been bolstered by the appointment of Professor Guglielmo Aglietti as its inaugural director. He sits within the Faculty of Engineering.

The Institute is developing space satellite missions to service New Zealand's strategic scientific and economic goals. Guglielmo is a fellow of the Royal Academy of Engineering and former director of the Surrey Space Centre. He is internationally recognised as a pioneering space engineer and principal investigator behind the RemoveDEBRIS mission which deploys state-of-the-art technologies to clear space junk.

He is the fifth appointment in the Government's Entrepreneurial Universities initiative, which aims to attract world-leading entrepreneurial researchers to New Zealand.



Laura Cheftel knows the advantages of being able to spend time overseas studying and helps people do just that.

Photos: Elise Manahan

MAKING A WORLD OF DIFFERENCE

Laura Cheftel from the 360 International team knows how valuable an overseas internship or exchange is for education.

Sometimes when plans get derailed, life works out for the better.

Laura Cheftel did her undergraduate degree at Oxford, majoring in French and philosophy and taught in France for a year as part of it. She was offered a place on the Masters of International Education programme at Edinburgh University and was all geared up to go. But at the 11th hour, the young Aucklander’s funding fell through.

“So I came home looking for a stop-gap job. A two-month contract came up at the University as Outbound Group Scholarships Coordinator on the 360 International team. I really enjoyed that and then a full-time role came up as one of four 360 International Advisers and I got it.

“So yes, I would love to have done a masters, but I have found a very rewarding job anyway. And I love being home in New Zealand.”

Laura, who grew up in Titirangi, also loves helping students have an international education experience, knowing the benefits it can bring. Her role is to raise awareness and help people work through the process for the multitude of outbound scholarships on offer. She has recently wrapped up all the logistics involved in sending off a couple of groups who received Prime Minister’s Scholarships, one to Latin America (see story, opposite page) and one to Asia.

The Prime Minister’s Scholarship Programme, which began in 2013 and is for groups or individuals, is highly competitive. This summer, University of Auckland students will be on internships in China, India, Mexico and Brazil, thanks to the Prime Minister’s Scholarships to

Asia and Latin America. The University secured around \$740,000 for 75 awards in the latest round, equating to more than 50 percent of the funds awarded to New Zealand universities.

Laura assists individual students applying for scholarships too, by running workshops to help give them the greatest chance of success.

“The scholarships are generous and cover flights, any programme fees and a stipend,” says Laura. “So applicants have to show the reason for their trip aligns with the goals of the scholarship and that can be about the relationship New Zealand is building with a region or country at a government level.”

Goals include a demonstrative link to New Zealand’s education, economic or trade agenda in the region they’re heading to.

“If I’m writing up an application for a programme that’s happening in Colombia, for example, I have to really ask how it’s going to benefit New Zealand and our engagement there.”

As well as the PM’s Scholarships, there are many other outbound opportunities including semester exchange, short-term programmes and global internships. Laura says students find out about the scholarships through word of mouth and information sessions that are regularly held in the 360 International office.

“There’s a growing interest. Our workshop earlier this year had 48 students attend but the most recent one had 120.”

Social media may play a part in raising awareness of what’s available. Scholarship recipients are expected to blog and post

on social media about their amazing global experiences with appropriate hashtags such as #PMSLA (Prime Minister’s Scholarship Latin America).

“The opportunities are a lot more visible now. If we want to continue to get funding, given that the environment is so much more competitive, then we have to show Education NZ that we’re really working hard to meet the goals. Selected students need to be aware of their role as ambassadors for New Zealand and the University.

“With CDES (Career Development and Employability Services) we created a blog on Wordpress and the students were told to blog at least once a week and they were really good at that. From December to February that blog had nearly 10,000 views.

“The internship blog gave me a massive insight into how impactful these programmes are for the students and how they are helping boost the University’s global brand.”

While time spent away for some programmes is credit-bearing towards the students’ degrees, many programmes don’t allow that, which is something being worked on, especially with internships. But when students get full-time job offers from their host companies overseas or informal opportunities for when they finish their degree, it puts the icing on the cake.

“A really rewarding element for me is being able to help mobilise Māori and Pacific students through funded short-term programmes,” says Laura. “Of nearly 50 students on Prime Minister’s Scholarship-funded internships last summer, a third of the cohort were Māori or Pacific. What they wrote about in their blog posts was so powerful and led to forming an indigenous student panel session at this year’s Global Internship Conference in July.”

Laura is working on the next programme that received PMSA funding – a four-week trip in India with partner IndoGenius, with 15 places offered to students across New Zealand.

“The students will move around India, going into tech start-ups, meeting with business and community leaders. India is the fourth-largest economy and is rapidly moving up the ranks. A lot of students from India are also coming here.

“So there’s this idea of reciprocity in education. It’s a great opportunity for everyone.”

■ The next round of PM Scholarships opens January 2020 and closes on 30 March. See enz.govt.nz/funding/

■ CDES internship blog: tinyurl.com/CDESblog

■ 360 International: tinyurl.com/360International

COLOMBIAN EXPERIENCE

On 3 November Dr Chris Wilson and Dr Thomas Gregory, senior lecturers in Politics and International Relations, head to Colombia with 20 students.

The group was awarded a Prime Minister’s Group Scholarship for Latin America (PMSLA) and they will spend four weeks at the Universidad de Los Andes in Bogotá, Colombia. Last year the government opened an embassy in Bogotá, an indication of the growing importance of Colombia to New Zealand. The agreement

with Los Andes is the University’s first exchange agreement with a Colombian university.

Chris is the co-ordinator of the Master of Conflict and Terrorism Studies (MCTS) programme and the students are mostly MCTS students. They’re undertaking a programme delivered by Los Andes University, which is a University of Auckland partner and the top university in Colombia. It’s a four-week intensive course on peace-building efforts in the country.

Thomas says the trip is an opportunity for everyone to learn about the conflict and peace process in Colombia and its transition to a post-conflict society. “They’ll study the causes and consequences of the conflict, meet with people involved in various peace-building initiatives and may even get to interview former combatants.”

“We have also organised an exciting cultural programme for them, including a trip to the historic town of Cartagena and a game of Tejo with students from Los Andes University – it’s like ten pin bowling, but rather than hitting pins, the targets contain gunpowder!”

The students will keep a blog while there and use social media to highlight their experience.

Conflict and Terrorism is one of the University of Auckland’s fastest-growing masters. The Los Andes programme will be credited back to the students’ degrees.



Dr Thomas Gregory (left) and Dr Chris Wilson will spend four weeks in Bogotá with 20 students.

MUMBAI LEAVES ITS MARK

I’ve just returned from a six-week internship funded by the Prime Minister’s Scholarship for Asia. I was based in Mumbai, India.

The aim was to make connections and to experience a working environment within another culture, and to further relationships between New Zealand and Asia. The scholarship was available to any student who had graduated within the past year with an undergraduate degree, with the aim of setting up the three recipients with an internship relating to an area of their own interest. At the time I applied, I was finishing a conjoint Arts and Commerce degree, and eager to broaden my experience.

Five weeks after I found out I had the scholarship, I jetted off with two other awardees to Mumbai. I was about to spend five weeks volunteering for an NGO called Atma, which is a consultancy-style set-up helping small, grassroots NGOs achieve scale. Atma specialises in helping NGOs that work in education, so I worked with their accelerator programme assisting two clients with marketing, fundraising and promotion. We lived in a YWCA in the city centre, and I took the local trains to work every day – an experience in itself!

As I anticipated, living in Mumbai wasn’t without its challenges. I knew India was a country completely outside the realm of anything I’d experienced before while travelling. But this was also what I was most looking forward to and what I prepared myself for. Culturally, India is very different to New Zealand. It was important to me to respect India’s traditions and culture. The four-day orientation we had in Mumbai really helped with our integration, giving me confidence in moving about the city and helped me to do so safely. Like most visitors to India, I did inevitably get sick, which probably was the most challenging thing about my entire experience.

I don’t know if I’ll ever be exposed to the type of work I was doing in Mumbai again. I was working for NGOs in their first few years of operation, all looking to make a difference in their fields whether it be disability assistance

or mentorship. Everyone involved acted with such good intentions and were all so eager to alleviate conditions faced by underprivileged children in Mumbai. It was eye-opening and gratifying to be able to be involved.

Now I’m home I can see how the experience I had is going to shape my life. I left India after eight weeks with a strengthened sense of resilience, independence and confidence in my abilities. However more than anything, my time at Atma has instilled in me an increased gratitude for the opportunities for education we have in New Zealand. I’m looking forward to applying everything I’ve learned towards my future study and an eventual career in international relations and will be forever grateful for the opportunity I received thanks to Education New Zealand and the University.

■ Lucy Redwood



Life-changer: Lucy Redwood, third from left, with her co-workers at an NGO called Atma in Mumbai, India.



Dr Andrew Hall in engineering mode and (below) musical mode.

SOLID WALLS OF NO SOUND

Engineers at the Acoustic Research Centre have been awarded close to \$1 million to develop a new kind of wall to insulate us better against the unwanted sounds of our neighbours, such as other people's music.

Not that Dr Andrew Hall, who is leading the research, has anything against music. He's a mechanical engineer at the University by day, and a saxophonist and singer by night and on weekends. That includes playing in the Tribus Duo, with the Auckland Jazz Orchestra, with jazz groups Spiral, SuperHero and more.

His co-researcher Dr George Dodd is a staunch classical fan and clarinetist, "which makes for interesting lunch-time conversation".

One person's music is another person's noise and in an age of increasingly powerful entertainment systems other people's music can affect our health and well-being. Andrew and his team at the Acoustic Research Centre have been

awarded \$991,000 from the Ministry of Business, Innovation and Employment (MBIE), to come up with a way to protect us from unwanted sounds.

They're aiming to create a new kind of partition material which, with the use of specific materials, will reduce a wall's vibration in response to sound, thereby providing better sound insulation, without taking up more floor space. They are focused on cutting out low-frequency noise, which travels more easily through walls – other people's bass beats, for instance, which can be impossible to ignore. A wall vibrates much more easily at low frequencies, where wavelengths can be more than three metres, Andrew explains.

"It's like a giant hand pushing on the wall."

Achieving decent noise insulation against low-frequency sound is challenging and expensive and usually involves increasing the density, mass or thickness of the partition material.

Andrew, George and their team have shown through previous research that they can use internal mechanisms, known as acoustic meta-materials, which can push back against that vibration, and disrupt the sound waves travelling through the walls. They are also investigating the

use of Helmholtz resonators to improve the noise-insulating properties of a wall. "They respond much like when we blow over the top of a glass bottle, so absorb and reflect sound," says Andrew.

Using 3D printing of soft and hard materials, the researchers will explore the many possibilities in the design of these Helmholtz resonators and acoustic meta-materials. "We can find technological solutions to protect us from other people's noise," says Andrew. "People decry the poor quality of multi-family housing in lower socio-economic areas, but there's little evidence of research groups seeking solutions in the innovative way we're proposing."

"More and more people are living in close proximity to others so tackling noise pollution will have enormous benefits for their health and wellbeing. Our system aims to raise New Zealand's sound insulation standards to the internationally recognised minimum performance in overseas building codes."



THE COST OF E-SCOOTERS

Injuries from electric scooters in the Auckland region cost the health system upwards of \$1 million in less than a year.

The research, from the Faculty of Medical and Health Sciences, shows 770 reported injuries between October last year and April this year



including GP visits and hospital attendances.

The study is the first to reveal costs and injury data from e-scooters in New Zealand. Of the 770 people injured, 32 percent presented to Auckland City Hospital's Emergency Department, with 31 percent of those requiring admission and inpatient care. Twenty percent of people required at least one operation and 43 percent needed specialist follow-up care. Alcohol was thought to be a factor in 59 out of 220 cases presenting at the Emergency Department, a rate of 27 percent.

Injuries from e-scooters used up 5,569 bed-hours in Auckland and cost Auckland City Hospital alone \$608,843. The figure is for six months only because data for April wasn't available. The combined cost for the whole Auckland region from either GP visits, hospital bed hours or ACC claims was more than \$1.3m over the seven months.

Study lead, Associate Professor Colleen Bergin, says the impact of electric scooters since they were introduced last year has been significant.

"Including admission, follow-up care and radiological imaging, the figures show the extent that Auckland City Hospital is bearing the brunt of increased costs due to e-scooter injuries."

Overall, the study estimates 60 injuries per 100,000 trips, says study co-author Dr Mark Bekhit. "Based on the approximate number of e-scooters in the Auckland region, we estimate that healthcare costs per e-scooter are likely to be at least a factor of ten higher than the current licensing fee per e-scooter."

Riders ranged in age from seven to 78 and males were the most likely to suffer injury, 56 percent of the total. The most common injuries were cuts, strains, sprains and bruises. Almost five percent had concussion or brain injury.

Data shows 90 percent of injuries were due to loss of balance which included riding at excessive speed. Vehicle collisions accounted for just 1.6 percent of injuries requiring hospital treatment. Read more at tinyurl.com/EScooterStudy

HIGH NOTES

It's been a busy year for soprano Dr Morag Atchison, director of undergraduate studies and lecturer in voice at the School of Music. On top of teaching, around four months went into rehearsing and performing as Berta in New Zealand Opera's *Barber of Seville*.

"I'm really fortunate I had a lot of support from the School of Music and it actually fitted in quite well with the University break and exams. The students were also really supportive. They understood that lessons would be at different times every week."

Morag hopes the students also learned a lot by coming to the show.

"A number of them came twice in Auckland and when some of them were down in Wellington with the New Zealand Youth Choir, they came again.

"It's exciting for our students to see their teachers perform because we talk to them so much about performance convention and performance practice and what better way than to actually see it?"

Morag won a lot of praise for her performance with William Dart in the *Herald* commenting: "We first thrill to Atchison's vocal heft when she soars above the first act finale but her own worldly wise aria is a showstopper."

"It was great to play a character on stage with a cigarette in one hand and a vacuum cleaner in the other, just making comments on everything," says Morag. "Berta has a lot of personality and there was also a certain amount of empathy for her which is really important when you do a comic character. It's not just all comedy, you have to be able to show you know the real person."

Morag has been back home since 2003 after she spent seven years in the UK – first as a postgraduate student at the Royal Academy of Music and then working in the UK and Europe. She's teaching classical vocal performance at the University and is also a vocal tutor for the NZ Youth Choir and the University of Auckland Chamber Choir.

"I eked out every visa I possibly could to stay in the UK so at first it was very hard coming back because a lot of New Zealand singers over there are doing really well and can stay because they have the right passport or through their parents or grandparents. But I'm a fifth or sixth-generation New Zealander on all sides.

"I'm also a soprano and there are so many sopranos. At the time I was due to leave it was so hard to even get an audition if you didn't have the right-coloured passport."

But when she returned, she found something to fall back on. "I always enjoyed teaching and did a little bit before I left New Zealand, then taught at



Dr Morag Atchison has had a big year.

Photo: Elise Manahan

undergraduate level at King's College, University of London. I'm in a really fortunate position with my job here. And teaching makes me better as a performer too because I get to work on so many different aspects and techniques every day."

She says it did take a while to get her head around the fact she was now lecturing at her alma mater. "When I first started here, I felt like a bit of a fraud walking up to the staff room, thinking 'am I actually allowed in here?' What's so nice for me is I do the majority of my teaching in the very room I was taught in. Beatrice Webster taught me and my colleague Robert Wiremu."

"When I first started here, I felt like a bit of a fraud walking up to the staff room."

Morag comes from a family who loves music and her mother sang in the university choir at Victoria University. "My sister's also a very good chorister. She came through university here as well and sang in UniSingers as it was then. She has also sung in the Glasgow Chamber Choir and in Toronto and Edinburgh, where she did a PhD in English literature. She's now teaching at Mt Albert Grammar and loving it."

Her family has strong connections to the University. "My grandmother got her BA from the University of Auckland and my father did his BCom here. My brother did his LLB and BA here and my mother finished her BA here, then did an honours degree.

In 2013 Morag became the first person in New Zealand to earn their Doctor of Musical Arts (DMA) in vocal studies.

"It helped me solidify my ideas of trying to be both a soloist and part of an ensemble. You spend your life as a young singer trying to get solo jobs yet most of the jobs you first get are in an ensemble.

"Most of our really exciting young singers going away now have been members of the Auckland Chamber Choir or the New Zealand Youth Choir."

She says the redesigned curriculum that began in Semester One is perfect for today's musician

and student. "We have a fantastic new degree. It's exciting to see the opportunities students are getting and how that's going to knock on into postgraduate study for them as well.

"Students can still do pure performance, composition, musicology, jazz or pop but, for most musicians, solely performing is not going to be your entire life, as I've shown. There's going to be teaching, admin, music technology, so this degree really is a modern degree.

"Our students don't have to be stuck just in one area, they can broaden their horizons."

The School has a big musical theatre competition in Semester Two. "It's a wonderful opportunity for our singers as most classical singers nowadays will have to do music theatre at some point. You have to be versatile."

Morag's dream role would be as Lady Billows in *Albert Herring* by Benjamin Britten.

"It's over the top, such a fun part. She's a very posh, sort of late-middle-aged lady who blows her own trumpet. She's a wonderful character."

In October she was in *Taonga Moana: A Love Letter to the Oceans* with Voices New Zealand, the national chamber choir. Fellow Auckland staff including Gregory Camp (baritone), Catrin Johnsson (vocal consultant) and Karen Grylls (conductor) were involved.

"Then in December, because I'm a vocal consultant to the New Zealand Youth Choir, I'm going with them on the 40th-anniversary tour which is a three-week cruise around the Pacific Islands: Samoa, Tonga, Niue, Fiji, New Caledonia."

With exams under way, the question has to be asked, if you're a singer and you get sick before an exam, can you still sing? Or should you?

"You may only feel 100 percent 20 percent of the time so you need to find strategies to be able to sing when you're not a hundred. But we also teach them when they can and can't sing."

She says that also applies to social nights out. "If you're feeling run down, sick or moody, it's going to manifest because your instrument is your voice. If you have an excellent night out, your instrument comes with you."

■ Denise Montgomery

BOOKS

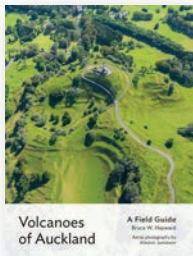


Colin McCahon: There Is Only One Direction 1919-1959

Peter Simpson is a former associate professor of English at the University and a Colin McCahon specialist. His previous

book on McCahon was *The Titirangi Years, 1953-1959* (AUP, 2007) and he has also curated three exhibitions of McCahon's work. Peter received the PM's Award for Literary Achievement (non-fiction) in 2017. This is volume one of a two-volume work chronicling 45 years of painting. It has around 300 colour illustrations and many reproductions of McCahon's work.

Peter Simpson, AUP, RRP \$75



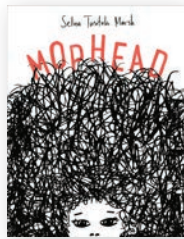
Volcanoes of Auckland: A Field Guide

Aerial photography by Alastair Jamieson

It's been eight years since Dr Bruce Hayward's last field guide to Auckland's

volcanoes. Since then, science has made exploring volcanoes even more exciting. His new book is a revamp of the earlier *Essential Guide*. More than 70 percent of the more than 400 photos, maps and diagrams are new. It features a set of maps for each volcano, showing where all things of geological, historic, archaeological and recreational interest can be seen during a visit. Bruce is an honorary research associate in the School of Environment, where he's been since 1997 but these days he's semi-retired.

Bruce W Hayward, AUP, RRP \$49.99



Mophead: How Your Difference Makes a Difference

Former poet laureate Dr Selina Tusitala Marsh is an associate professor in Arts, specialising in Pacific literature. In 2019

she was appointed an Officer of the New Zealand Order of Merit for services to poetry, literature and the Pacific community. This self-illustrated memoir tells the story of a 10-year-old teased for her impossible-to-tame frizzy hair that led to her playground nickname of 'mophead'. Selina tries to tame her hair by tying it up but when poet Sam Hunt visits her school, Selina has an epiphany.

Selina Tusitala Marsh, AUP, RRP \$24.99

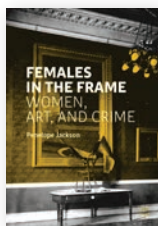


#NoFly: Walking the Talk on Climate Change

University of Auckland Professor of Physics Shaun Hendy is a frequent traveller who took trains and buses in his #NoFly year and reduced his carbon footprint by

95 percent. Shaun tells the stories of overnight buses to epic train journeys, and why he had the desire to do something in the face of growing climate change anxiety.

Shaun Hendy, Bridget Williams Books, \$14.99

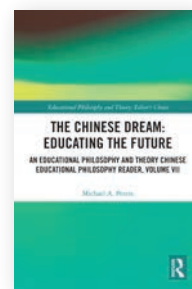


Females in the Frame: Women, Art, and Crime

Alumna Penelope Jackson's 2016 book *Art Thieves, Fakers & Fraudsters: The New Zealand Story* entered

the murky world of art crime in New Zealand. Most of the people in it were men, so in this book, *Females in the Frame: Women, Art, and Crime*, Penelope investigates women involved in art crimes all over the world. It includes many fascinating tales such as that of Frolaine Delarue who smeared ink over the eyes, nose and mouth of François Boucher's *Portrait of a Young Lady with a Muff* (1749). Asked why, she said: "I am miserably hungry and have been unable to find work. I often go to the Louvre, and the sight of the young woman in the picture with a happy smile and luxurious clothes maddened me. I decided to mutilate her hateful face in the hope that perhaps after that people would notice me and save me from starving. The picture displeased me and I wished to correct what I considered wrong."

Penelope Jackson, Palgrave Macmillan, RRP \$45 (or ebook)



The Chinese Dream: Educating the Future

This edited collection is a narrative work, based on a series of articles written by Dr Michael A Peters as editor-in-chief of the journal *Educational*

Philosophy and Theory, to explore the concept of the Chinese Dream made popular by President Xi in 2012. Michael first visited China in 1998 as an associate professor and Head of Cultural and Policy Studies in Education at Auckland. He is now a Distinguished Professor at Beijing National University and an honorary research fellow at Auckland.

Michael A. Peters, Routledge Press, \$US47 paperback; ebook \$US42

DRAMA FROM THE STREETS OF LA



Peter O'Connor in LA.

Photo: Justin Brown

Professor Peter O'Connor from the Faculty of Education has been invited to Los Angeles to create a performance with arts organisations working with the city's homeless.

The head of the Creative Thinking Project will collaborate with author Justin Brown and the Los Angeles Poverty Department (LAPD), The Skid Row Housing Trust and a number of artistic and theatrical community groups to create a performance in one week at the Museum of Contemporary Art (MOCA). Justin is documenting the project for a possible documentary about it.

The performance aims to highlight the enduring spirit of hope and resilience in the depths of extreme poverty and despair in one

of the richest cities on the planet. The arts and social service agencies Peter is working with have long records of helping the people of Skid Row and vocalising their plight. More than 50,000 homeless crowd a 50-block area of downtown Los Angeles.

Peter recently met with the local agencies and arts organisations in a pre-visit to Los Angeles before he takes up his residency at The Museum of Contemporary Arts this month.

He has nearly 40 years' experience in creating and researching the power of the arts by making theatre in prisons, psychiatric hospitals, in earthquake zones and with the homeless in groups such as The Hobson Street Theatre

EVENTS

DANCE PERFORMANCE SERIES 2019

This annual series features original choreography and energetic performances from our creative and accomplished dance students.

WHEN: Wed 6 Nov, 7.30-9:30pm

Sat 9 Nov, 7.30-9:30pm

Wed 13 Nov, 7.30-9:30pm

Sat 16 Nov, 7.30-9:30pm

WHERE: Mangere Arts Centre, Ngā Tohu o Uenuku, Corner Orly Avenue & Bader Drive, Mangere

Book now (free): tinyurl.com/DanceStudiesPerformance

DanceStudiesPerformance

Photo below by Yin-Chi Lee



Company. But even he was shocked visiting Skid Row.

“The level of human misery on the streets of Los Angeles was like visiting a war zone. The overwhelming smell of urine and human waste, the abject poverty and loss of hope in the faces of so many was deeply impacting.

“Yet in the midst of that were these arts organisations doing extraordinary work rebuilding community, creating moments of beauty that act as an antidote to the ugliness of people’s lives.”

Peter says he is deeply honoured to work alongside the LA arts activists and to curate a performance at MOCA, one of the city’s major cultural institutions.

MODOS THESIS SHOW 2019

Final-year students in the School of Architecture and Planning’s professional programmes present their innovative projects, like the one above.

WHEN: 15 November, 12-4pm

Saturday 16 November, 10am-4pm

WHERE: Fale Pasifika, 20-26 Wynyard Street

Register now: tinyurl.com/ModosThesisShow

LIGGINS INSTITUTE PUBLIC LECTURE

Precision Medicine: Your Genes and Mental Health

WHEN: Tuesday 26 November, 5.30-7.30pm

WHERE: Lecture Theatre 007, Building 505, 85 Park Road, Grafton Campus

See tinyurl.com/LigginsLecture

INAUGURAL LECTURES

PROFESSOR TRACY ADAMS

Anne Boleyn and the importance of cultural literacy

Recent studies of Anne Boleyn’s role in the early Protestant Reform have not shaken the modern image of her as a scheming brunette bombshell who managed to hold off a lusty Henry VIII until she got a ring on her finger. But, beyond annoying scholars of 16th-century women, what is the harm in imagining Anne as one who, in the words of biographer Eric Ives, “radiated sex”?

WHEN: Thursday 7 November, 6.15pm

WHERE: Lecture theatre 220, Te Puna Aronui / Humanities Building (206-220), 14 Symonds Street

Register: tinyurl.com/TracyAdamsInaugural

PROFESSOR SUVI NENONEN

Using market-shaping strategies to transform markets – and society

WHEN: 27 November, 4.30-6pm

WHERE: Decima Glenn Room, Level 3, Sir Owen G Glenn Building 12 Grafton Road

ACCOMMODATION WANTED

FURNISHED ACCOMMODATION REQUIRED:

Visiting Canadian professor with spouse and three children requires accommodation from January to August 2020. Children are aged 10, 12 and 14. Email: sedavies84@gmail.com Phone Sara on 001-587-351-1133 References available.

ACCOMMODATION AVAILABLE

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“When month-to-month survival is the focus ... long-term relationships with communities become uncertain.”

Dr Molly Mullen says we need to keep the arts burning to let the sparks of creativity fly.

Photo: Elise Manahan

A FIRE IN MY HEART

Manatū Taonga Ministry for Culture and Heritage and the Australia Council for the Arts recently put out a call for research into the contribution of the arts to wellbeing, public value and social inclusion.

After more than 20 years making, managing, teaching and researching community-based arts and applied theatre, I have grown weary of repeated demands to prove the value of this work. I am, however, deeply interested in debates around the systems of value applied to the arts, where they come from, and their implications for the work of artists and arts organisations who weave together social and creative aims and ideals. What is needed in Aotearoa is not another blunt impact assessment tool, but an informed, critical conversation about what resources, support, tools and knowledge are needed.

Some people view community-based art as something that might be ‘good for’ those involved, an effective tool to achieve social impacts, but of little wider artistic value. I beg to differ. The places where I have experienced the power, magic and beauty of art most forcefully have largely been the most unassuming, unexpected or mundane. School halls, church halls, community centres, youth centres, ECE centres, disused shops in town centres, classrooms, upstairs shop rooms, even front rooms, city parks, carparks – this is where I have seen some of the brightest creative sparks fly. Sparks. Flying from a five-year-old’s eyes as they step into an imaginary world co-created with their teacher. Setting alight assumptions

when teenagers transform their experiences and feelings into image or song. Igniting possibilities when everyday people come together across their differences to collaborate creatively on an issue they feel is important. And, sometimes, burning away, very slowly, at barriers to social justice and wellbeing. The trouble with sparks, though, is they need fuel to keep burning.

There are lessons to be learnt from other places, such the United Kingdom, where pinning the arts a little too firmly to social outcomes, has led to diminished attention to the artistry involved in creating powerful, affective art in community and institutional settings. There are also lessons to be learnt from a growing body of research and theory about the complex relationship between artistry and individual, community and social change – research that thoroughly deconstructs the ‘arts-for-arts-sake’ versus ‘art-as-instrument’ binary. A useful outcome of the current Australia-New Zealand research then, would be resources to help further understand, articulate, experiment with, hone and share the distinct artistry of our local practices. The recent recognition of ‘community arts’ as an art form under Creative New Zealand’s Arts Grants programme, which explicitly encourages experimentation and risk-taking, feels like a step in the right direction. But, unless the overall available funds increase too, the risk is that this addition will compound existing feelings of division and competition across the arts.

My research into the economies of participatory, community-based arts contributes to a growing constellation of studies from Aotearoa showing the rich variety of forms this area of practice can take and the multiple contributions it can make.

From this body of research, it is also possible to see how particular policy directives and

funding structures have limited the ‘space of possibility’ for this work. For example, recent surveys and case studies of organisations promoting wellbeing and social justice through the arts, show that the funding system of the past two decades has made people feel siloed, like they have to compete against each other for scarce resources. Organisations are highly dependent on grant funding. Most of these grants fund projects, rather than core costs, and last between a few months and three years. Organisations exist in a continual state of uncertainty, held back from thinking long-term about the direction of their practice. When month-to-month survival is the focus of organisational energy and resources, experimentation and risk-taking become a luxury, and long-term relationships with communities become uncertain. Excellent instances of practice have been created and sustained. But, in many instances, this work is upheld by a precarious workforce; skilled, qualified people working above and beyond their paid roles out of commitment to, and care for, the quality of work and people they work with.

As I think about responding to the recent call for research, I will be thinking about how we might learn from the effects of existing and historical funding and value systems, to better open up a ‘space of possibility’; to resource and support this area of the arts in ways that keep the fires burning and let the sparks fly.

■ Dr Molly Mullen is a senior lecturer in Applied Theatre in the Faculty of Education and Social Work.

The views in this article reflect personal opinion and are not necessarily those of the University of Auckland.