

CAMPUS NEWS

Eating 'healthy' fat may help control weight and diabetes

Head of the Department of Biomedical Science, Professor Len Storlien, and his research team in the Metabolic Research Centre have received considerable publicity in the national media over the last two weeks for the research they have been undertaking into diet and dieting.

Professor Storlien said that Australians may be mistakenly cutting back on their intake of 'healthy' fats.

'The use of polyunsaturated and monounsaturated oils and margarines is an important measure in preventing and controlling cardiovascular disease, diabetes and potentially, weight gain,' he said.

'These fats may actually control weight by increasing the body's metabolic rate and its ability to burn up fat.'

Professor Storlien's research has identified that there is no convincing evidence that polyunsaturated fats have the same adverse effect on weight as saturated fats.

'Polyunsaturated fats are more easily oxidised to generate energy than

the saturated fats found in butter, fatty meat and cheese,' Professor Storlien said.

His research has also shown that people with diabetes could benefit more from a high monounsaturated diet rather than a high carbohydrate diet.

'One of the major characteristics of diabetes is the inability of the body to handle carbohydrates,' he said.

'A high carbohydrate diet is linked with higher blood glucose levels and higher insulin levels to cope with the extra carbohydrates.

'High carbohydrate diets are also linked with high triglycerides.

'In the diabetic population in particular, high triglycerides are more associated with cardiovascular disease than high cholesterol.

'Both of these associations can be improved in the short term by a high monounsaturated diet.

'We now have studies underway looking at the long-term consequences, particularly on body weight.

'We need to identify the one-quarter of the adult population that is estimated to be insulin resistant.

'By increasing the intake of the 'good' fats in their diet we might be able to prevent progression to diabetes and cardiovascular disease in a proportion of these at risk individuals.'

The Metabolic Research Centre includes researchers from the Departments of Public Health and Nutrition, Nursing, Biological Sciences and the Medical Research Unit in the Illawarra Area Health Service.

Part of this work is Wollongong's contribution to an international multicentre study which involves four centres in Europe.

The next stage will be major human clinical trials in association with St Vincent's and Royal Prince Alfred Hospitals in Sydney.

The research has been jointly funded by Meadow Lea Foods and the Grains Research and Development Corporation.

Increased attendance at Open Day

More than 10,000 visitors arrived at the University on Sunday 27 August for Open Day, an increase of 20 percent on last year.

The Planning and Marketing branch organised students to conduct surveys with the visitors.

Early analysis of these surveys indicates that there was an increase in the numbers of visitors from outside the Wollongong area.

Overwhelmingly those surveyed expressed their admiration for the campus and the way Open Day

had been organised.

Many said they had been to other Open Days, but there was so much more offered here it was as if the 'whole University was on display for everyone to enjoy, not just information for prospective students'.

In his welcome to the visitors, the Vice-Chancellor, Professor Gerard Sutton, outlined the reasons why he had chosen the University of Wollongong himself: the beauty of the campus which provided a

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One of the popular Open Day activities – building a Diprotodon in the School of Geosciences

Increased attendance at Open Day

positive educational environment, the enthusiasm of the staff and in particular, the international outlook.

He invited those attending to spend the day making up their own minds and deciding if these features were important to them.

Playwright Louis Nowra attracted a good crowd of anxious HSC students hoping to collect some pearls of wisdom about his play 'Cosi' which they are studying.

The Theatre Olympics were fun

and the audience entered into the spirit of the event, although the First Aid Officer in attendance had his hand on his bag a few times.

Several thousand people visited the Library. All Internet sessions held on the half hour were oversubscribed.

About 150 people asked for the newspaper headlines on their birthdate.

Many Library staff volunteered to present the sessions, act as tour

guides and information providers. The atmosphere in the Library, as throughout the campus, was enthusiastic and fun.

In a note to all staff, Professor Sutton said: 'Open Day was clearly an outstanding success.

'A 20 percent increase on last year reflects well on the reputation of the University as well as the marketing of Open Day.

'I wish to thank all who were involved in the preparation for or who participated on the day itself, particularly Associate Professor John Patterson and his committee who did such a fine job.

'I also wish to acknowledge the contribution of the staff of our Planning and Marketing Unit who implemented the marketing strategy.'

One of the most impressive aspects of this University's Open Day is the number of staff who willingly and enthusiastically volunteer their services.

They, along with the many students who assisted, did an excellent job, creating a friendly and memorable atmosphere.

Mark your diary now for Open Day 1996, the last Sunday in August.

University Staff Club hosts varied functions

President of the University Staff Club, Mr Jim McKee, was pleased at the success of a recent wine appreciation function.

The wine host, Mr David Garnett, gave a very pleasant and informed discourse on the wines, as members enjoyed them and an excellent range of cheeses.

The next function to be held by the club is a luncheon on Thursday 7 September, in the McKinnon Dining Room.

The Union chefs have taken to heart that the members like a good meal, and the menu looks very attractive.

The Club is also investigating the possibility of organising a theatre night to see CHESS which is running at the Illawarra Performing Arts Centre from Friday 29 September to Saturday 7 October.

The University Staff Club welcomes new members.

Staff and postgraduate students are eligible to join. Contact Jim McKee, ext. 3376, for information.



The Corrimal High School E-Team discuss their final presentation of results. They are (from left) Donna Nutschig, Nathan Fitzgerald, Marien Habak, Janelle Lear and Chris Woods.

Corrimal's E-Team make an impression

A study by five Year 11 Economics students uncovered some interesting findings in looking at the usage and access to the Department of Management's photocopier.

The team from Corrimal High

October 1995 Graduation details of ceremonies

The October 1995 Graduation ceremonies will be held in the Union Hall (on the eastern end of the Union complex).

There will be three ceremonies, each expected to last approximately two hours:

Thursday 5 October - 9.45 am: All degrees from the Faculties of Informatics, Science, Engineering and Law.

Thursday 5 October - 2.30 pm: All degrees from the Faculties of Arts, Creative Arts, Education and Health and Behavioural Sciences.

Friday 6 October - 9.45 am: All degrees from the Faculty of Commerce.

School – Nathan Fitzgerald, Chris Woods, Donna Nutschig, Marien Habak and Janelle Lear – spent one week at the University as an enterprise team.

Initially they took part in a training day at the University with the other Corrimal E-Team (who worked at BHP) and students from local high schools.

Using the tools of Total Quality Management, the students undertook an assessment of the system and the results of the study aim to assist in achieving an improvement in the photocopying system.

Professor Michael Hough from the Department of Management also organised for them to speak with university students who are doing the same types of projects.

The Vocational Education Coordinator from Corrimal High School, Ms Mary Appleby, said that Corrimal was one of the pilot schools in the Enterprise Team program and this is the third team she has organised.

The program was introduced into the Illawarra in 1994 by the Australian Quality Council.

She said: 'The work is very important for the students as they gain experience in a structured workplace.'

The students said the experience of being a team in the 'real world' was really interesting, especially in seeing attitudes of staff towards work and workplace rules such as correct manners and working from 9-5pm.

Karin Cheung and Selvi Kandasaami, both tutors in Total Quality Management, gave lectures to the students and assisted them in analysing their results and putting together the final presentation.

Heather Hill and Robyn Foster also helped the E-Team throughout the week and kept the project running smoothly.

Personnel Manager, Mr Chris Grange, E-Team Coordinator, Mr Tony Clapham, Department of Management staff, and staff from Corrimal High School including the school principal Ms Marie Lyall attended the presentation.

The students explained the results of their work and gave suggestions for improvement including making more use of the University Printery.

It's gold for Australia at tryptophan meeting

At a recent conference held in Padova, Italy, a Wollongong University PhD student, Tony Elderfield, won the prize for the best poster at the conference.

As a result Tony was presented with a gold medal which now has pride of place in Tony's lounge room.

The conference was the eighth International Meeting on Tryptophan Research.

Tryptophan is an essential amino acid which is involved in a wide range of biological processes from bio-rhythm regulation to sleep induction.

As a normal constituent of our diet, it is studied by researchers from many parts of the world.

It has now become of even greater significance.

In a major new discovery, Tony has found that this amino acid also seems

to play a key role in the formation of cataract. Cataract is the major cause of world blindness and the cause of this disease is still unknown.

By feeding the amino acid to cataract patients and comparing them with normal controls, Tony found that the two groups differ markedly in the way in which they metabolise tryptophan.

This was a surprise and it came only after eight years of painstaking work during which Tony and his supervisor, Director of the University's Australian Cataract Research Foundation, Associate Professor Roger Truscott, first had to develop methods to allow the analysis of the trace levels of the tryptophan metabolites present in serum.

The eight years represents the time that was required for Tony, who also

works full-time as a biochemist at Wollongong Hospital, to complete his PhD part-time.

The results will appear soon in the prestigious journal *Clinical Science*.

The implications of the finding are exciting since it suggests that cataract may result from a defect in the way in which some people metabolise this essential amino acid.

It may be, for example, that drugs could be developed in the future to alter this process and thus prevent the onset of this debilitating condition.

Much research still needs to be done to unravel the mystery of cataract but this finding represents a major step forward and highlights the benefits that can accrue from interdisciplinary research: in this case involving the University and the Illawarra Area Health Service.

Review of Aspects of University's Education and Learning Support Services

The Vice-Chancellor has initiated a review on the structural and management arrangements that will best meet the University's objectives in education and learning support.

The units encompassed in this review are those under the responsibility of the Pro Vice-Chancellor (Academic) - Dean of Students Office, Aboriginal Education Centre, Careers and Appointments Unit, Centre for Staff Development, Counselling Services, Educational Media Services and Learning Development Centre.

The review will be a 'Limited Review' as defined in the University's Review Procedures for Academic Units.

It is anticipated that the review will take place towards the end of September.

The review is a consequence of the following recent developments:

- the need to review and reassess priorities in the light of current budgetary provisions and evolving University and student needs;
- recommendations arising from the reports of the two working parties reporting on the relationships between Faculties, University Mission and the Learning Development Centre (LDC) and Aboriginal Education Centre (AEC) respectively;
- establishment of distance education provision through Educational Media Services (EMS) and the Office of Postgraduate and Continuing Education (OPCE) which gives rise to new issues in relation to student support and staff development;
- changes in the structure for provision of policy advice and oversight of academic staff development;
- establishment and refinement of the processes of the University Education Committee necessitates a parallel review of the provision of educational support to staff and Faculties to assist them to engage effectively in educational policy and implementation guidelines;
- recognition of the need for better integration of services to meet the academic and support needs of students falling within DEET equity categories.

Submissions are invited for the review from the campus community.

The content of the submissions should be limited to those aspects referred to in the first paragraph above.

Submissions, which will be treated as confidential, should reach Peter Wood, Academic and Student Services, no later than 18 September 1995.

A copy of the procedures is available on the Administration File Server - refer to Section M of the Management Handbook in the 'Public Information - Public' folder.

Orchestra's new home

The City of Wollongong Symphony Orchestra will present a concert of light and popular classics in the Hope Theatre on Saturday evening 28 October.

All profits from the concert will be donated to the Children's Ward Appeal.

Music Director John Wayne Dixon will conduct the concert for which three prominent artists have been booked: violinist Lorraine Moxey, pianist Marilyn Meier and soprano Effie Kandias.

The use of the Hope Theatre has been donated by the University for the evening.

This theatre is the new venue for the City of Wollongong Symphony Orchestra.

Located just inside the western entrance of the University opposite the Northfields Avenue access to the Botanic Gardens, the theatre is easily accessed and is a pleasant venue for orchestra patrons. The music to be played on the evening will have wide popular appeal.

Tickets available through Redback Music (Lower Mall, Crown St) and the Children's Ward Appeal Office (Shop 9/121 Corrimal St) from late September. Costs: Adults \$19 and concession \$15.

Optus generosity opens new opportunities

The Director of the Telecommunications Research Institute, Professor Gary Anido, is very pleased to announce that some extremely valuable and useful equipment has been made available to the University by Optus Mobile Satellite Engineering.

This equipment, which consists of a Mobile Satellite Channel Simulator along with the software needed to simulate various transmission

characteristics—a rack-mounted 70 MHz satellite modem and a portable 70 MHz modem—will be very useful in both undergraduate teaching laboratory exercises, and postgraduate research projects.

The Institute was given this gear as a result of an expression of interest Professor Anido sent to Optus recently. Optus had originally intended splitting the gear between two or three

universities. As it turns out, they sent the whole lot here!

The institute shortly will be installing a satellite earth station on the roof of the Electrical and Computer Engineering building which will complement this equipment.

One of the things the Institute intends doing with the satellite earth station is receiving local weather satellite photos.

Japanese fare for all at Café at the Pool



New lessee of Café at the Pool, Mr Baek shows off his ice creation.

Visitors to the Recreation and Sports Centre last month were able to marvel at the artistry of chef and food sculptor, Mr Baek.

A talented food artist, Mr Baek (pronounced Beck) carved a peacock from a block of ice using a chainsaw and chisel in less than 30 minutes, much to the delight of the lunchtime audience.

Formerly a chef at the Novotel Northbeach, Mr Baek has recently taken over the lease of Café at the Pool.

In utilising this great location and providing food for a diverse range of people, he has expanded the menu to include Japanese foods such as sushi trays and noodle soups.

Mr Baek said this opportunity to run his own business in great surroundings and a natural environment is a nice change.

He undertook his chef training in America and likes to cook both western and oriental food.

He learned his sculpting skills, which he applies to almost anything including ice, chocolate and polystyrene foam, in Korea where he was born.

Mr Baek also owns the Bento House in Keira St which specialises in Japanese and Korean food.

He now works from 7am to 7pm each day at his new outlet in the Recreation and Sports Association, while his wife runs the Bento House.

Reasonable prices and great food make Café at the Pool the ideal place to grab a snack or lunchtime meal.

Some of Campus East's 120-strong international City to Surf team wait for the train to go to Sydney for the race.



Campus East students make Wollongong proud in City-to-Surf

Students from the University's Campus East residential accommodation at Fairy Meadow were third in the Tertiary Education division of this year's 25th anniversary City-to-Surf race.

Such was the popularity of the event among Campus East students that by race day on Sunday 13 August, around 120 students or one third of the entire Campus East student body, had signed up to test their endurance over the gruelling 14km route from Sydney's Hyde Park to Bondi Beach.

The event brought together a large and diverse group of students from 20 different countries.

Every student succeeded in completing the route in under the qualifying time and many are looking forward to competing again next year.

WORLD PREMIERE

A new comedy from the writers of LIPSTICK DREAMS about a family gathering to discuss the future of its' matriarch MAISIE....but she has ideas of her own!



happy FAMILIES

by **Simon Hopkinson & Helen O'Connor**

September 14 - 30

THEATRE SOUTH 
Bridge Theatre Coniston

BOOKINGS ph:(042) 296 144

Prominent graduates return for production of 'Pearls'

The Pearls of Heaven, the Faculty of Creative Arts graduating students' play to be seen soon at the Hope Theatre and in Sydney, features at least two students who have been highly successful in their chosen careers.

The two graduate students who have a major role within the production are Sally Riley (graduated 1990) and Campion Decent (graduated 1989).

Both have been highly successful in their chosen careers, Campion as a writer and Sally as a director.

Campion has written numerous plays, some award-winning, that have been performed at venues across the country.

His works include

Roses on the Moon - 'Open House' Belvoir Street Theatre/ACT World AIDS Day (June/December 1994)

Short Circuits - Sydney Festival and ANPC at Seymour Centre (January 1994)

Three Winters Green - Umbrella Productions at Stables Theatre (September 1993)

Craving - Craving Company (PACT Theatre)

Collar of Thistles - Director's Projects and ANPC reading NIDA Theatre (November 1991/ August 1991)

On the Trolley - In the Pink reading for Belvoir Street Theatre/ABC Radio National broadcast

Ships - University of Wollongong

Theatre/Reading at Cellar Theatre, Sydney and Rocks Theatre Sydney (1989-1990) for which he was awarded prize at the 1989 National Young Playwright's Competition.

After graduating from the University of Wollongong, Campion studied at the University of NSW, obtaining his Master of Arts in Theatre Studies and following that studied at the National Institute of Dramatic Arts, (NIDA) within the Playwrights Studio.

Campion is Program Manager for the NSW Ministry for the Arts.

Sally also studied further after leaving the University of Wollongong, completing the NIDA Directors Course in 1993.

Sally has directed with various companies, including"

One For The Road - NIDA

Cut Glass - Belvoir Street

Wild Cat Falling - which toured to the Adelaide Fringe Festival

Sylvia Plath: a Dramatic Portrait and *Three Women* - both at the University of Wollongong

Flesh And Blood - Sydney Festival Carnivale

Assistant Director for *Grapes Of Wrath* - Melbourne Theatre Company

Sally was a founding member of Black Heart Productions.

As a member of the Narramine Aboriginal community, Sally feels the issues the company deals with are close

to her heart after a childhood spent in rural NSW.

She is aware of the need for a theatrical company that bases its work on the communities it plays to.

The Pearls of Heaven is a rollicking, playful, mythologically-based comedy.

Set on a railway platform, the play follows the encounters of a set of characters thrown together by chance as they await the arrival of their train.

Campion touches on contemporary issues of unemployment, materialism, sexuality and modern cynicism to offer the audience a larger and more hopeful perspective on life and death.

The style of the piece has given Sally scope to experiment with a group of young actors and the result is sure to be a highly professional and polished piece of theatre.

Producer, Janys Hayes, a lecturer in Acting, said: 'The University is delighted to invite two recent graduates of the Bachelor of Creative Arts degree back as successful young artists to write and direct this showcase for our current students.'

Come to 'The Pearls of Heaven' 13-16 September in the Hope Theatre and 20-23 September at the Studio Theatre, Newtown Performing Arts High School, King St, Newtown.

Bookings (042) 214 214. Enjoy and admire the talented team from the Faculty of Creative Arts.

Country and local students will be 'surfing the 'Net'

Planning for the 1995 Australian Information Technology Spring School is underway in earnest.

With such comments from past participants as 'Great thing, this spring school', 'Terrific', and 'Can I come back next year?', the event promises to blossom into a sought after engagement on any self-respecting high school calendar.

In 1995, the Spring School will run from 4-6 October.

Places are filling fast as Year 11 HSC students from all over NSW apply.

So far, 90 percent of the participants are from the country.

These country students are enthusiastic about this event as they have no access to the sort of technology they will be exposed to during the Spring School.

Due to such a large percentage coming from the country billeting accommodation will be required.

Participants are given lunch on campus so they require bed, breakfast, dinner and transport to the University of Wollongong, or to the nearest train or bus station.

The 1995 Australian Information Technology Spring School will include talks from high-profile speakers, (the key note speaker will be Graham Phillips, presenter of the ABC program 'Hot Chips') 'hands-on' workshops and site tours of technology in action.

The workshops will provide students with an opportunity to use the Internet.

The Internet is a computer network which links people and information re-

sources throughout the world.

Students will explore several services and the Internet including: bulletin board services, electronic mail and information retrieval programs like Gopher, Lynx and Netscape which will assist them in 'surfing the 'Net'.

A live video-conferencing session with students in Oregon, USA and electronic mail exchange with students in Obninsk, Russia will also take place.

Sponsorship for the event has been received from Nortel and the State Bank.

Participants will be requiring accommodation. If you can help with billeting contact Sonia Jennings, phone 214 382.

General

The Campus Alumni Bookshop is open on the second and fourth weekends of each month. Campus East, Cowper Street, Fairy Meadow (opposite Science Centre). All proceeds directed towards campus projects. Donations of material are invited. Enquiries to Alumni Office, phone 213 249 or 291 951.

21 September: The Allan Sefton Memorial Lecture in Environmental Science will be given by Dr Denis Saunders, an animal ecologist, Senior Principal Research Scientist in the CSIRO and Officer-in-Charge of the Western Australian Laboratory of the Division of Wildlife and Ecology. Dr Saunders will speak on 'The Role of the scientist and volunteer in environmental research. Can they make a difference?' From 6.30pm, Union Function Centre, Building 11.

9 September: 7.30pm BHP Youth Orchestra and SBS Youth Orchestra in concert. Hope Theatre. Bookings, phone 281 122.

**University of Wollongong
CONSERVATORIUM OF MUSIC
BHP YOUTH ORCHESTRA
& SBS YOUTH ORCHESTRA
IN CONCERT**

*Saturday, 9 September 7.30pm
Hope Theatre
University of Wollongong*

Conductors: David Vance and
Matthew Krel

Soloists: Stephanie Geisajtis
(Piano); Amanda Jackson (French
Horn); Alexandra Mitchell (Violin)

Choir: University Singers

Soloists: Pamela Mildenhall
(Soprano); Nella Magnante (Mezzo
Soprano); Rod Lander (Tenor)

Bookings: University of Wollongong
Conservatorium of Music,
phone 28 1122

Tickets: \$8, \$10, or \$28 (family)
Also available at the door

What's On

11 October: The Australian Federation of University Women (AFUW) NSW Illawarra Branch members meet at 6.30pm for a light meal at Food For Thought, first floor, McKinnon Building, and then at the Postgraduate Resource Centre, 115 Northfields Avenue, at 7.30pm. Speaker is Dell Brand, currently studying for her Doctor of Philosophy in Education. Membership of AFUW is open to all women graduates of any university. Further information is available from Joan Jennings (042) 671 283, Enid Alcock (042) 288 128 and Carol Rayner (042) 855 300.

13 October 12.30-1.30pm: Bruce Gordon Theatre, Illawarra Performing Arts Centre. Conservatorium of Music presents the Business and Professional Women's Club of Australia free concert works by Gershwin and Rachmaninov.

7-9 November: Business and Economic Development in Middle Eastern and Mediterranean Countries. This international conference is being run by the International Business Research Group. Venue: The University Centre, 210 Clarence St Sydney. Enquiries: Mokhtar Metwally, Dept of Economics, University of Wollongong. (042) 214 017 Fax (042) 213 725.

Long Gallery

Exhibition program for 1995:

Until 24 September: Postgraduate works: Eileen Dillon Smith, Marcie McConville, Enis Tan, Taskin Gencag, Mohammad

Kazem Hassanvand, Helena Go,
Alan Spackman.

2 October-5 November: Archaeologies: Structures of Time, Diana Wood Conroy and Sharon Marcus. Reciphering: Katharine Nix. Pathways: Paper works by Ian Arcus.

13 November – 10 December: BCA graduating exhibition

Cell and Molecular Evening Seminar Series

Conducted by the Department of Biological Sciences and Biological Macromolecules Research Centre.

11 September: Professor Adrian Gibbs (Australian National University), The Bresatec seminar on virus evolution.

Held on Mondays from 6pm in the Department of Biological Sciences, University of Wollongong, Building 35, Room 105.

Enquiries, phone: (042) 213 013, fax: (042) 214 135.

Union Activities

Until 8 September: Union Week.

9 September: Union Dinner.

Stop Press

Campus News is published weekly on Wednesdays. Send material, preferably by Microsoft Mail or on disk, to E-Mail account 'Campus News' by noon on Monday of the week before that of publication.

For any other enquiries contact the Editor, Gillian Curtis (042) 21 3926. Campus News has a circulation of 3000. It is distributed on campus to staff and students. 1000 are mailed to the community and overseas including schools in Illawarra, southern Sydney and Canberra; local, Sydney and Canberra media; Friends of the University; business representatives; MPs and numerous individual requests.