

**CASH FOR CLAMS:**  
Influencing fisheries policy

**NZ WELLBEING:**  
Kiwis not so happy

**TELEWORKING:**  
Slacking off?

# Insight

THE MAGAZINE OF AUT UNIVERSITY

2013 ISSUE

## FAT BUILT THIS

CAN EATING  
MORE FAT MAKE  
YOU THIN?



**AUT**  
UNIVERSITY

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# Insight

2013 Issue

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# Welcome



Derek McCormack  
Vice-Chancellor AUT University

A recent report by the Ministry of Education confirms again that income and employment prospects in New Zealand are far greater for those with degree qualifications, which is why the government is committed to increasing the number of students in tertiary education. This issue of *Insight* provides examples of AUT's contribution to New Zealand's growth and success through our student accomplishments, and our developments in advanced education.

Based on Ministry of Education statistics, we have made by far the greatest contribution of the eight New Zealand universities to the government's tertiary education goal of increasing the numbers of students in degree and postgraduate programmes – as well as making the greatest headway in responding to the need to bring more Māori and Pacific Island students successfully into degree and postgraduate programmes.

**"We have made by far the greatest contribution of the eight New Zealand universities to the government's tertiary education goal of increasing the numbers of students in degree and postgraduate programmes"**

We also outperformed Australian and New Zealand universities in the 2012 Australasian Survey of Student Engagement (AUSSE) report on all measures of student engagement, including academic challenge, active learning, student and staff interactions, supportive learning environment, enriching educational experiences, and work integrated learning. This difference was particularly marked when comparing the academic engagement of AUT students

with our New Zealand counterparts. Students from 54 universities and higher education institutions participated in the survey. Another positive indicator of our educational performance is the fact that our students' completion rates for 2012 were better than the average for the university sector.

Results from the recently released 2012 Academic Quality Assessment for the Performance Based Research Fund (PBRF) confirmed our rapidly growing research capability across our subject areas – an essential factor in advanced education. Among the universities we had the largest percentage increase and the second largest numerical increase in the number of research-active staff members, reaching a total of 451. We also had one of the largest increases in the numbers of academic staff whose research was highly rated for its quality. As a result, we achieved the largest percentage increase in PBRF income.

When deciding where to study students are increasingly looking at facilities as well as academic programmes. In March we opened the doors to the Sir Paul Reeves Building on the City Campus (see pg 24). The opening of the new \$100 million world-class building was a milestone on our journey as a university. More of these flexible and modern learning spaces are planned including an engineering, technology and design precinct on the City Campus, new laboratory and research facilities for health and environmental sciences on the North Shore and an expansion of the Manukau Campus to allow for increases in student numbers.

Much potential remains to be realised as we continue to develop our character and provide opportunities that benefit business, the community, the region and the New Zealand economy and beyond. ■

# *Magnificent* ARCHITECTURE *MEETS* TECHNOLOGY

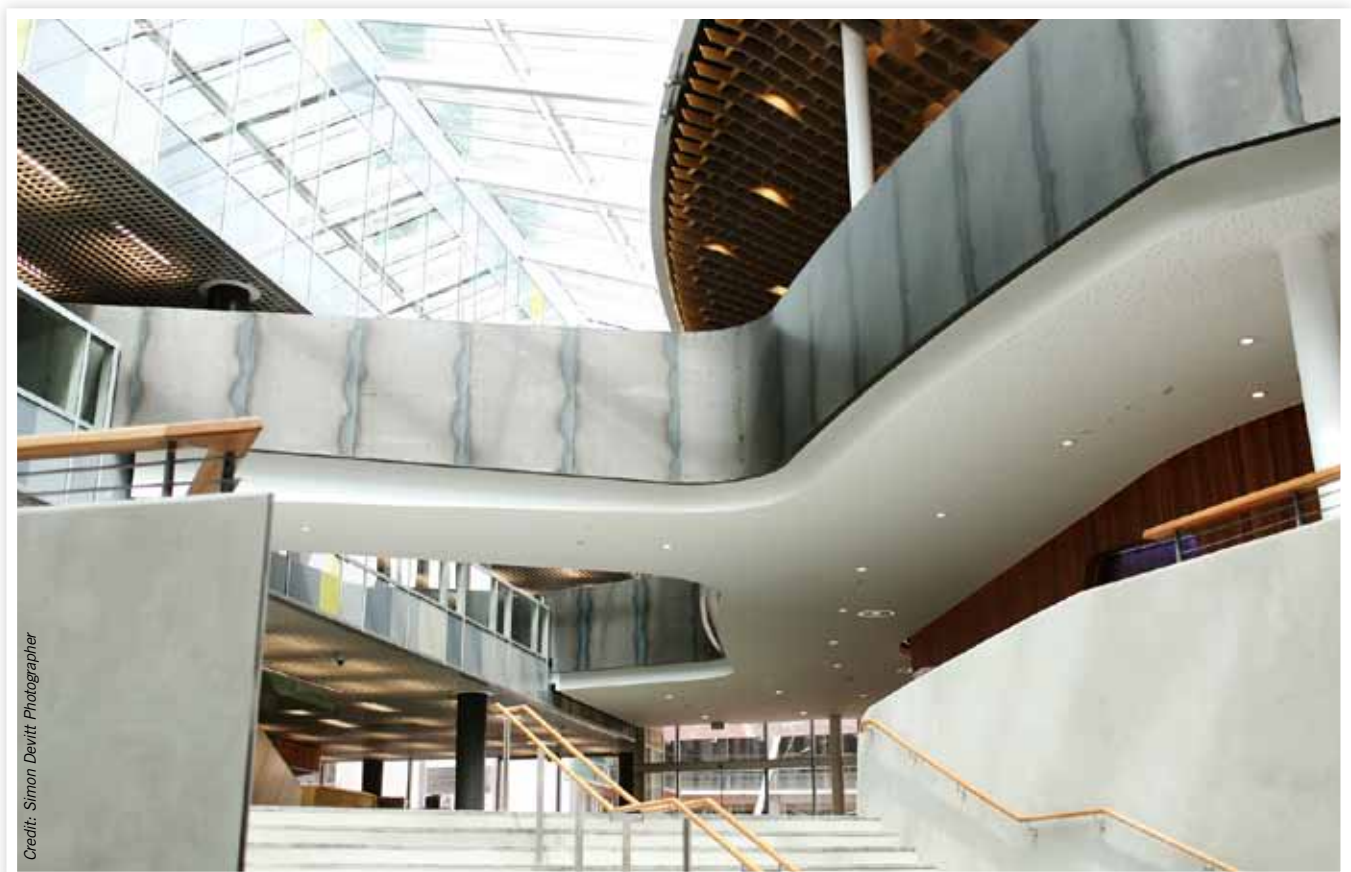
The brand new Sir Paul Reeves Building at AUT is both turning heads and providing state-of-the-art facilities for students.

In March 2013 AUT celebrated the completion of the transformative Sir Paul Reeves Building with both a formal opening ceremony and a community day.

Designed by Jasmax, the 20,000 square metre building houses the School of Communication Studies as well as lecture theatres, group-work spaces and a café.

“Technology is generating new ways to learn and students want more collaborative experiences. We need buildings and learning spaces that support this approach and that are flexible enough to support this learning evolution,” says Vice-Chancellor Derek McCormack. ■

*See page 24 for more.*



Credit: Simon Devitt Photographer

# 2013 BUSINESS SUPPORT AWARDS EXTEND REACH

**F**inalists in the AUT Business School 2013 Excellence in Business Support Awards have been announced, with a new category, 'Export Services', bringing the tally of finalists to 41.

Dean of the AUT Business School Dr Geoff Perry said, "As a business school, it's important for us to celebrate the businesses that contribute to the economic development of our region, so that together, we can continue to add value to the changing world of business."

Winners will be named at a gala dinner at the Langham Hotel on 5 September, with the Supreme Award chosen from winners in each category.

AUT alumni are welcome to attend the dinner where they can mingle with business educators and leaders.

**To enquire about tickets**

**email [annie.gandar@aut.ac.nz](mailto:annie.gandar@aut.ac.nz)**

**For a list of finalists:**

**[www.aut.ac.nz/business/ebsa](http://www.aut.ac.nz/business/ebsa)** ■



## CELEBRATING SALES SUCCESS

**A**UT business alumnus Luke Kelly was named 2012 sales professional of the year in the New Zealand Wares Awards, which celebrate excellence in the electronics and home appliances industry.

Since completing his Bachelor of Business in 2007, Kelly has been employed as a home appliances product manager by New Zealand distributor Monaco Corporation.

"The judges' feedback was positive, particularly regarding the co-operative education placement I completed with Noel Leeming Group as part of my degree," says Kelly.

As well as raising his profile within the appliances industry, the award earned Kelly an all-expenses-paid trip to the Internationale Funkausstellung (IFA) trade show in Berlin, Germany, this September. ■





Dr Larisa Warhol



## FULBRIGHT SCHOLAR AT TE ARA POUTAMA

**A**UT's Te Ara Poutama, Faculty of Māori Development, hosted a Fulbright Scholar for the first time earlier this year.

Dr Larisa Warhol arrived in February and was based in Te Whare o Rongomaurikura – the International Centre for Language Revitalisation – until the end of June.

Warhol is a research specialist at the Centre for Education Policy Analysis at the University of Connecticut. Her Fulbright projects include research on how and why online language technologies have been

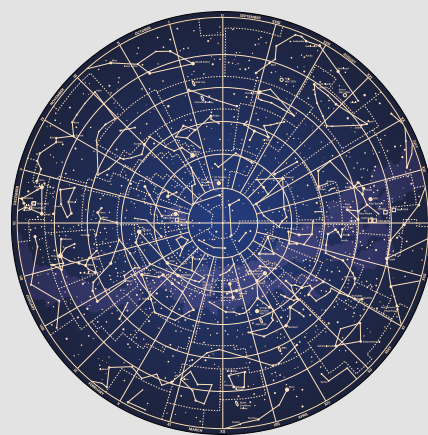
developed in Te Ipukarea (the National Māori Language Institute) for te reo Māori, and adapted for indigenous language communities.

In particular it was the Te Whanake online resources for learning and teaching Māori language that interested Warhol. While at AUT she worked closely with Professor Tania Ka'ai, Dr Rachael Ka'ai-Mahuta and Dr Dean Mahuta. Her work included working on the new Master of Language Revitalisation (Online) programme.

## Strong interest in starry origins of humanity

**B**ritish astrophysicist Dame Jocelyn Bell Burnell from Oxford University visited AUT earlier this year, captivating the audience at her public lecture entitled 'We are made of Star Stuff'.

Bell Burnell, who discovered pulsars, also spoke at the Beginnings of Radio Astronomy conference at AUT. ■



## ORCHESTRATING SOCIAL CHANGE

**A** recent AUT University report evaluating the Sistema Aotearoa programme discovered that the programme had not only enjoyed a successful initial year, it also had a marked effect on the participating children, their families and the Otago community.

Sistema Aotearoa is the result of an Auckland Philharmonia Orchestra and Ministry for Culture and Heritage partnership, based on El Sistema, one of the world's most successful music programmes. The programme uses orchestral music-making as a model for social development.

A trial has involved primary school children in Otago learning an orchestral instrument for one year, immersing them in a collective teaching process.

AUT University's Institute of Public Policy (IPP) and Kinnect Group have now independently evaluated the first year of the programme.

David Wilson, lead researcher and AUT public policy specialist, says the evaluation highlighted the high performance of the programme, along with its strong leadership and management, good systems and structures and high levels of community support.

He says there is also promising early evidence that the programme may well be contributing to a range of social, developmental, musical and educational outcomes. ■

Penina Pailate learning the cello



## CFA INSTITUTE RECOGNITION FOR BUSINESS SCHOOL

**A**UT University's Bachelor of Business has been recognised by the Chartered Financial Analyst (CFA) Institute. The CFA Institute has accepted the Business School into its University Recognition Program, an acknowledgement that there is significant overlap between the contents of the CFA curriculum and AUT's Bachelor of Business in Finance.

"This is very significant internationally and will ensure that doors open to our finance graduates," says Roger Stokell, AUT University's Associate Dean International and Engagement.

Recognition by the CFA Institute confirms that AUT's finance major will position business students well to obtain the CFA designation, a globally respected and recognised investment credential. AUT is also able to award five scholarships for the CFA exam annually, worth up to US\$1200 (about NZ\$1400) each.

Dr Katrin Gottschalk, CFA, managed the application process for AUT.

"Apart from providing an important quality signal to students, academics, and employers about AUT's Bachelor of Business programme, this is great news for current students interested in pursuing the CFA designation," she says. ■



Roger Stokell,  
Associate Dean  
International and  
Engagement



**Above:** Mt Albert Grammar School student Jessica Munro (left) and AUT Bachelor of Business student Thomas Goldsbury (centre) were briefed by Waterfront Auckland CEO John Dalzell (right) on changes to Wynyard Quarter during Shadow a Leader day. The site is currently NZ's largest regeneration project outside Christchurch.

**Right:** AUT Bachelor of Business (Honours) student Afra Abdeen, the outgoing president of the AUT branch of global networking group Enactus, urged secondary students to make the most of opportunities.



## Neural Networks Achievement

**A**rtificial intelligence expert Professor Nik Kasabov was awarded the prestigious Outstanding Achievements Award 2012 of the Asia Pacific Neural Network Assembly (APNNA).

APNNA gives the award each year to a prominent scientist for his or her overall outstanding scientific contributions to the area of neural networks. Neural networks are computer networks which emulate the networks of the human brain with the aim of making computers more intelligent. ■





# NZ'S TOP BUSINESS LEADERS OPEN DOORS

**A**n AUT Business School initiative giving students access to the world of business expanded in 2013 to meet demand from schools New Zealand-wide.

Shadow a Leader day on 10 July matched Year 13 students and AUT business and law students with a business leader who took students to meetings, presentations and discussions. After a successful launch in 2012, the event grew to 50 teams of three.

Students were identified for their leadership potential and the event was designed to help young people understand

what it takes to succeed in their leader's field of endeavour.

A group breakfast and lunch session enabled students to network with all leaders. This year's leaders included Francesca Banga (CEO, New Zealand Venture Leadership Fund), Tim Bennett (CEO, NZX), Sean Hughes (Chief Executive, Financial Markets Authority) and John Dalzell (Chief Executive, Waterfront Auckland). ■

**Shadow a Leader was organised by Annie Gandar, Business Relations Manager, Faculty of Business and Law: [annie.gandar@aut.ac.nz](mailto:annie.gandar@aut.ac.nz)**

*“Leadership is something that a lot of people think is beyond them but it’s something we’re all capable of – just begin in the right place and have the right people around you.”*

**– AFRA ABDEEN, AUT BACHELOR OF BUSINESS (HONOURS) STUDENT**

## A WINNING GAME PLAN

**L**aunching his first interactive game on the Apple Store in February was big step for AUT Business Honours student Sean Hinton. Hinton had long dreamed of a career in gaming but didn't have a clear pathway. That was, until he won \$10,000 from AUT's 2012 Venture Fund, which gives AUT students a chance to develop their business ideas.

In Hinton's game for mobile devices, Whale Bait, players control a small sea turtle as it ventures through enemy-ridden oceans. The game plan has a strong focus on social media integration, an aspect that was commended by the Venture Fund judges.

As well as a financial boost, the Venture Fund win gave Hinton access to strategic advice from judges like Tony Falkenstein, CEO of Just Water International Limited. “The judges encouraged me to enter the market as soon as possible and gather player feedback on the game. So together with my team at Gamekit Ltd I got the first version of the game onto the Apple Store in February, offering free downloads. Around 150 people have been downloading it each day and their feedback is helping us to shape the next version Whale Bait 2.0, which will have much improved graphic and interactive elements.”

Hinton is aiming to get Whale Bait 2.0 on the Apple Store by the end of 2013.



# AUT INVESTS IN WATERFRONT THEATRE

“The new theatre will be a centre for cultural development and expression in New Zealand and AUT is thrilled to be part of bringing that to Auckland. The initiative is an investment in our community, and a relationship that will benefit students, artists and wider society.”

– **DEREK McCORMACK**, AUT VICE-CHANCELLOR.

**A**UT University is investing \$5 million in the waterfront theatre project at Auckland’s Wynyard Quarter Innovation Precinct. The new partnership with Auckland Theatre Company (ATC), whereby AUT will own 15 per cent of the limited liability company established to develop, own and maintain the new theatre, is the first of its kind in New Zealand.

AUT’s ownership interest in the theatre will provide benefits and opportunities in a wide

variety of AUT disciplines that interface with performing arts, including arts management, education, event management, languages and culture, art, spatial design, fashion design, creative technologies, creative writing and media studies.

The waterfront theatre project includes a 600-seat theatre designed specifically for drama and dance and access to a shared courtyard and other facilities. The new theatre will become the permanent home of ATC.



Artist's impression of the new theatre.

## GOVERNMENT COMMITS TO AUT'S MANUKAU CAMPUS



Rt Hon John Key announcing the growth funding at AUT's Manukau Campus.

In July, the Prime Minister, Rt Hon John Key, alongside the Ministers of Tertiary Education, Skills and Employment and Māori Affairs, announced the government’s commitment to funding the growth of AUT’s Manukau Campus by up to 4100 equivalent full-time students (EFTS) by 2020. This commitment represents almost \$90 million dollars in extra tuition funding over the next seven years.

During his announcement the Prime Minister said, “AUT has brought AUT University to the heart of the Manukau community. What is being offered is in line with what the community needs and the expanded campus will contribute to that growth.”

The Hon Steven Joyce also made a public commitment to the growth of tertiary education in

South Auckland, “We need to lift provision in Auckland, and in particular in Manukau, as the growth in youth population is twice that of the national rate.”

The Hon Dr Pita Sharples also expressed his support, “Māori are the first to be laid off in tough times and the last to be re-employed, and we know that is the result of an education gap. A one-size-fits-all approach to education does not work – we need to provide choice for our Māori and Pasifika students. AUT strives to provide this choice and deserves the title The University for the Changing World.”

The first commitment of the university will be to provide a wider variety of majors at Manukau, to enable more students to complete their full degree on campus.



# Smart MONEY

Most people don't know enough about money to make smart financial decisions, so what is the best way to improve their knowledge?

WRITTEN BY **ANDREA MALCOLM**

**D**r Bart Frijns, the founding director of AUT's Auckland Centre for Financial Research, says studies worldwide conclude that poor financial literacy exists in every country and across all socio-economic strata, but a positive relationship has been established between financial literacy and smarter decision-making. Although that relationship has typically been interpreted in a causal way (i.e. if we provide more financial literacy education, people will make smarter decisions), it had never been ascertained whether the causality actually runs in this way.

"Is financial literacy an input or an output?" he asks. "Governments and industry make huge efforts to improve the financial literacy of their population, but no-one knows for sure if such measures are effective."

Frijns, together with Drs. Gilbert and Tourani-Rad of the Auckland Centre for Financial Research, conducted a study around this question of causality, looking at New Zealand tertiary students in relation to interest free loans and Kiwisaver, two uniquely Kiwi financial offerings. "We used them to assess whether literacy was driving decision-making but we found it was the other way around. It was their experience in decision making which made them more literate."

Frijns says this suggests that standard education programmes e.g. how do interest rates work, how do you invest etc don't work. "If you want to make people smarter about money you need to get in at the point where they are engaged in the experience of decision-making, whether it is real or role playing."

"So if you want to teach children about money, get them to set up a bank account or do dummy

runs of investing in stocks. A general programme on savings won't be very useful, but if it is delivered at the time when people need to make a financial decision then it is effective, just-in-time education."

The Auckland Centre for Financial Research aims to raise the standard of applied financial research in New Zealand and forge links between the financial industry and academics. The centre hosted its first New Zealand Capital Markets Symposium on 31 May 2013, bringing industry, policy makers and academics together to discuss issues related to the New Zealand Capital Markets.

**For more info about the Auckland Centre for Financial Research visit:**  
<http://www.acfr.aut.ac.nz> ■



# *Eat fat Live Well*

Could it be that scientists have been getting it wrong? That a diet predominantly made up of fat is good for you? An AUT professor thinks so, with the theory and evidence to prove it.

BY **SCOTT WINTON**

**E**ating more fat and less carbohydrate is a healthier way to live and can improve the performance of elite athletes says a leading public health expert. Professor Grant Schofield (pictured) and colleagues at AUT Millennium Institute have begun research into the low carbohydrate, high fat (LCHF) approach to eating with interesting initial findings.

The team, including sport and exercise scientists, dieticians and nutritionists, believe the approach could lead to a lower incidence of heart disease and diabetes and slow the growth of some cancers.

“Although low carbohydrate diets were initially rejected by public health professionals, there are now excellent results from 18 randomised controlled trials. In each of these trials the low carbohydrate, high fat approach has out-performed low fat diets in weight loss and all other measures of cardiometabolic risk,” says Schofield.

“It’s important to note however, that a diet high in carbohydrates and fat, is worse than either a low fat or LCHF approach.”

The notion of eating more fat (including saturated fat but not trans-fat) to stay thin may seem counter-intuitive,



## FEATURE



▲ **SPINACH** and other non-starchy vegetables are ideal – low in carbs, but high in fibre, antioxidants, and vitamins C, E, and K.



● ← **SALMON**, an oily fish, is high in long chain omega-3, high in protein, vitamins A, B12 and D.

● → **ALMONDS** are one of the most nutritious nuts, high in vitamin E, mono-unsaturated fats, B-vitamins, and important minerals such as calcium, magnesium and zinc.



● → **CREAM** is the higher butterfat layer of milk – so it's high in saturated fat, and also gives you a good shot of calcium.



but if you follow the science it is not as crazy as it seems.

Carbohydrate and fat can both be used by the body as an energy source. They are both broken down in the body into smaller constituents for the cells to use as a fuel source.

If you eat more fat and carbohydrates than the body requires then, in both cases, it will be stored as fat. An important distinction between the two is the response in the brain. Consuming carbohydrates is known to alter regulation of the neurotransmitter in the brain called dopamine which results in a pleasure sensation.

“Refined carbohydrates are addictive. You may have heard of the term – being hangry. It’s anger resulting from being hungry and it’s the brain’s negative response to being low in carbohydrates.”

It is not just an increase in stored fat that is problematic, says Schofield. “Too much carbohydrate in the body creates an inflammatory effect in the circulatory system that leads to a damaging effect on the veins and arteries. It is this damage that can be a contributing factor in heart attacks and strokes.”

Telling people with Type 2 diabetes to eat a diet high in carbohydrates and low in fat is one of the great ironies in public health he adds. “Eating too much carbohydrate is possibly what got them the disease in the first place. It just doesn’t make sense.”

“Compared to carbohydrate, fat is satiating, which means you feel satisfied when you have

a certain amount in the body. This is due to the body’s hormonal response,” he says.

Consuming carbohydrate leads to an increase in production of a hormone in the body called insulin. But if insulin is lower as a result of eating less carbohydrate, then the body learns to get energy from its fat storage sites, which have almost unlimited energy.

He also says the literature indicates that some cancers use almost exclusively glucose as a fuel source and have shown to not grow as fast when starved of glucose.

There are slightly different versions of the LCHF approach, but broadly speaking, when you follow the diet, fats make up anything from 60-80 per cent of what you eat, says lecturer in nutrition Dr Mikki Williden.

Foods high in unsaturated fats and saturated fats, a moderate amount of protein, and non-starchy vegetables are all a part of the LCHF

approach but importantly, not trans-fats. Trans-fats are found in a lot of fast food, crisps and many processed foods.

Unsaturated fats are found in foods like olive oil, seeds, nuts and fish. Saturated fats are found in things like animal meat and dairy products including cheese and cream.

A typical day for the LCHF approach, says Williden, could include coconut cream smoothie with berries for breakfast, tuna with an olive oil dressing, cheese and celery for lunch and grilled steak and broccoli sautéed in olive oil for dinner.

A common question about the LCHF approach is that surely it will lead to heart disease. That is not the case if you look at the literature, says Williden.

In fact, many respected experts in the field, like celebrated American science writer Gary Taubes and Professor of Exercise and Sports Science at the University of Cape Town Tim Noakes, have been writing about the health benefits of the LCHF.

Their commentaries caught the eye of the head exercise physiologist at High Performance Sport New Zealand, Dr Paul Laursen, who decided to adopt the approach for himself.

Having completed a number of Ironmans, Laursen trained for the 2013 Taupo Ironman using the approach and is convinced that scientists having been getting it wrong. “We were promoting a diet that wasn’t optimal for health or performance. So I changed my own diet

**“Compared to carbohydrate, fat is satiating, which means you feel satisfied when you have a certain amount in the body. This is due to the body’s hormonal response.”**  
– Professor Grant Schofield





←.....●

**AVOCADO** high in oleic acid (monounsaturated fat), vitamins E, K, and minerals. Avocados are also filled with carotenoids which are great antioxidants.

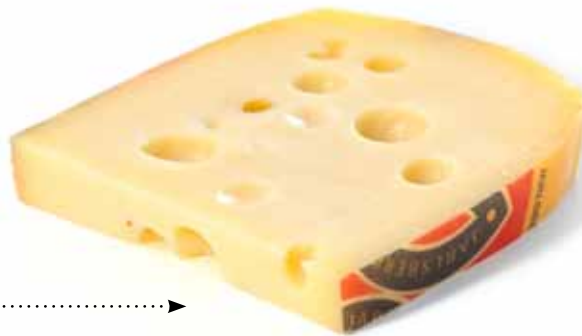


▲.....●

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.....●

**CHEESE** is high in saturated fat, and it's also packed with protein, vitamin B12 and calcium for strong bones and cartilage – especially the hard cheeses.



considerably – from a predominately carbohydrate diet to a predominately fat diet, with more protein.”

He says it was a successful experiment after he beat his personal best in the Taupo Ironman by 13 minutes.

While this provided anecdotal evidence, AUT Millennium Institute scientists wanted to get objective measures on how the LCHF approach was affecting athletes so they got Ironman athlete Bevan McKinnon into the lab for testing.

Scientists were able to assess the proportion of fat to carbohydrate he was metabolising prior to and during the LCHF approach. They did this by measuring the proportion of carbon dioxide and oxygen used during exercise.

Compared with his normal diet, the scientists found that the LCHF approach enabled him to metabolise a greater proportion of fat than carbohydrate. He moved from drawing about 80 per cent of his energy from carbohydrates to around 80 per cent from fat after 10 weeks training with the LCHF approach. “These are outstanding results for an endurance athlete,” says Schofield.

It was a promising result but Schofield says that more work needs to be done.

“We think we are onto a better way. Maybe I am crazy, but like all science, it is merely a hypothesis and I want people to argue with me and tell me where I am wrong.” ■

[www.scienceofhumanpotential.wordpress.com](http://www.scienceofhumanpotential.wordpress.com)

## MY EXPERIENCE OF LCHF – DR NIGEL HARRIS

BY LARA POSA



The LCHF regime seemed to encourage foods that are traditional no-no's for 'dieters'. So it was scientific curiosity, rather than a need for weight loss, that saw me embark on a strict 10-week period of eating low carbs and high fat with dedicated monitoring.

**BREAKFAST** Porridge in the morning was replaced with a few eggs fried in coconut oil and butter, or a shake of coconut cream, cream, raspberries, with some chia seeds, vanilla, nuts (macadamia and almonds mainly) plus a couple of espresso coffees.

**LUNCH** Lunch was a salad of spinach, lettuce or green beans with full fat cheese, fish, avocado and tomatoes or olives and a generous dousing of extra virgin olive or avocado oil.

**DINNER** On the dinner menu were Thai curries without the rice, meat of any kind, vegetables tossed in plenty of butter, dark chocolate, decaf coffee with cream, butter and coconut oil in it, and frequently a glass of wine.

Initially, short term I noted brain fuzzies, some intolerance and lack of energy. But the negative side effects were short lived

and replaced with: energy during exercise improved to at least what it was on much higher carbohydrate diet; stable energy levels all day and no mid-afternoon blues; remarkable satiety – I was never hungry so LCHF was easy to adhere to; loss of about 1kg of body fat despite not actually trying to lose any; clearer skin and stronger nails; noted metabolic health improvements too (blood fats down, blood sugar levels lower and my good cholesterol was up).

I can't really report any terrible physical side effects but dining out was trickier, I had to be more organised with food and I did have the occasional sugar craving which got easy to ignore once I realised I would only feel lethargic after a sugar hit.

### TYPICAL DAILY FOOD INTAKE (80KG MALE AT APPROXIMATELY 10 PER CENT BODY FAT)

- 3000 calories
- 115 grams protein (about 15 per cent of total calories)
- 280 (yes, two hundred and eighty) grams of fat (about 80 per cent of total calories)
- 30 grams of carbohydrate (about 5 per cent of total calories)

# Research SNAPSHOT

A glimpse into five interesting research projects from all corners of AUT University.

## NEW PHYSIOTHERAPIES OUTSIDE THE BOX

New physiotherapy models are being explored at AUT, with PhD student Filip Maric looking at the philosophies and practices of Aikido (a Japanese martial art), Zen-Buddhist meditation, Shiatsu (a Japanese holistic therapy method), and lesser known western ethical philosophies. Research will develop a clinical practice model that could integrate all these practices and solidify a beneficial connection between them all. Maric has spent two months collecting practical data, drawing on his 16 years experience in these disciplines. He is using the research method of autoethnography, where self-reflection and writing connects the writer's experience to wider cultural, political, and social meanings and understandings. The research is being supervised by Dr David Nicholls, Head of the School of Physiotherapy and Associate Professor Mark Jackson from the School of Art and Design. ■



## FASTER AND BETTER WIFI

WiFi is great in theory until you get a whole bunch of people logging on from the same spot, at the same time and it all grinds to a halt. So Dr Nurul Sarkar, of the School of Computing and Mathematical Sciences, is researching new techniques for making WiFi better and faster. His recent work on a new type of network design (catchily entitled C-BUMA or Channel Aware Buffer Unit Multiple Access) has received international recognition from peer-reviewed journals and conferences. The idea is to boost WiFi performance by moving data more efficiently onto networks.

Think of teams of people hopping into cars and going onto a motorway. To optimise performance you want the cars full. But if there isn't room in a car for all the people in the team, C-BUMA will make sure the team member left behind gets the next car with available space and the entire team is delivered to its destination in the most timely fashion possible. Applying this analogy to data delivered over WiFi could mean the difference between a Skype call which is constantly freezing or dropping out (because the packets of data aren't coming through swiftly and close enough) and a smooth picture and voice. ■

## New Zealand's worst maritime environmental disaster



**O**n 5 October 2011, just off the Bay of Plenty coast, the Rena cargo ship grounded on Astrolabe Reef. The oil spill that followed the grounding has been described as New Zealand's worst maritime environmental disaster. AUT Business School Senior Lecturer Dr Jeremy Hayman and research student Hadeal Alsarraj have started an extensive multi-disciplinary investigation aimed at identifying the factors that contributed to the event. This includes investigating the human factors responsible for the accident and the broader system context, including the operational and organisational environment factors that may have contributed. The research is being conducted at AUT's New Zealand Work Research Institute, within the Centre for Occupational Health and Safety Research. ■



## ARE THOSE BANANAS ALL GOOD?

**E**ver found yourself wondering which bananas to buy in the supermarket? The ordinary ones, Dole's ethical choice bananas or the even more expensive fairtrade bananas marketed by Kiwi company All Good? AUT Business School researchers, Dr Kate Kearins and Dr Helen Tregidga have joined forces with University of Waikato Management School colleague Associate Professor Eva Collins to investigate the ethics of certification. What's behind a self-certified ethical choice banana, and how does that compare with a third party certified fairtrade one? And do consumers know and care enough to want to pay more? These researchers along with Dr Steve Bowden from Waikato have again made the top five in an international case-writing competition with a case titled *All Good Bananas: Selling the FairTrade Message*. ■



## WHAT DOES KIWIANA MEAN TO KIWIS?

**I**s there a link between Kiwiana and Pakeha? A Senior Lecturer in AUT's School of Hospitality and Tourism Lindsay Neill is trying to find out. So far, research links Pakeha to Kiwiana, but there is no research looking at differences in the way older and younger Pakeha identify with it. Research has shown Kiwiana symbolically represents Pakeha primacy, so the AUT research is also looking at Māoriana, and what this means. While 'secondary to' Kiwiana, Māoriana may be more positively disposed to representing a positive future identity for its stakeholders, whereas Kiwiana is bound up in past achievements and invented traditions and often holds commercial underpinnings. For example Neill suggests the Swanndri symbolically represents Pakeha business success, the taming of the land and subsequent agricultural activity. ■



# NZ WELLBEING NEEDS WORK

New Zealand has been ranked worryingly low on overall wellbeing of its citizens, in the recently released Sovereign Wellbeing Index.

BY SCOTT WINTON

The Sovereign Wellbeing Index is a real wake up call for New Zealanders says Professor Grant Schofield from the Human Potential Centre at AUT. “We rank poorly compared with other countries. A big factor in wellbeing is an equitable society and the gap between the haves and have-nots in New Zealand is getting greater.”

New Zealand ranks 20th out of the 24 countries surveyed for their overall wellbeing. Overall wellbeing is defined as being a function of two things: how people feel and how they function.

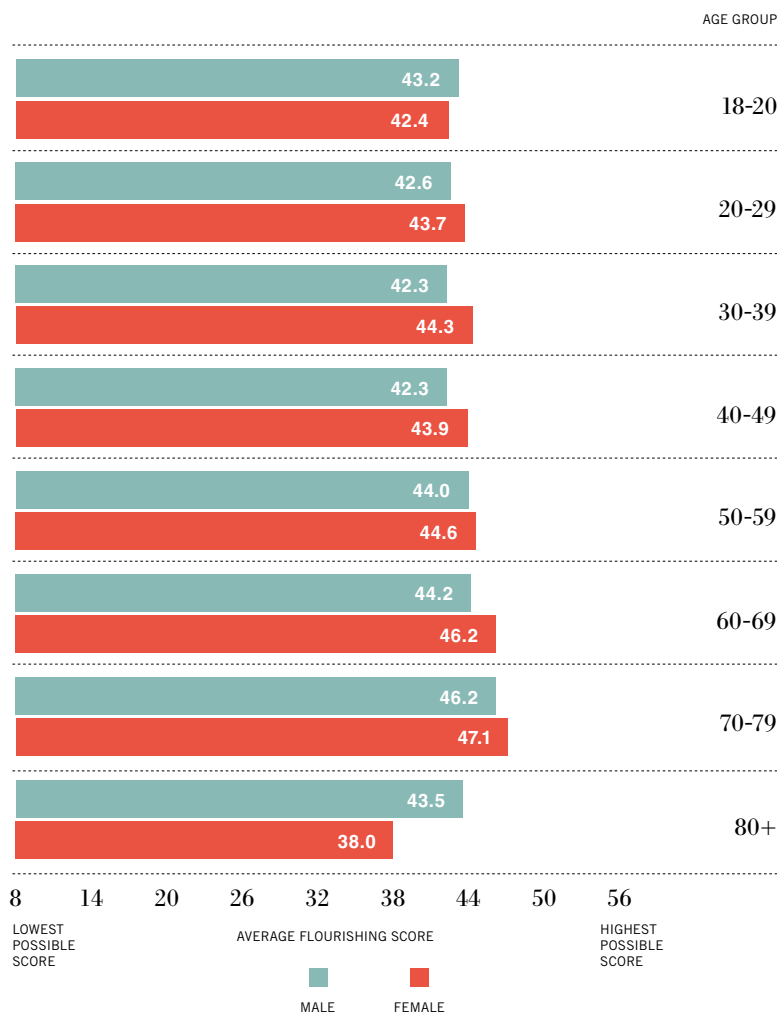
The Sovereign Wellbeing Index questioned 10,000 people from all parts of New Zealand including a range of ethnicities and socio-economic groups. The Sovereign Wellbeing Index shed light on how New Zealanders are faring on a personal and social level, for the first time ever.

The team at the Human Potential Centre, a research group aimed at enhancing wellbeing of communities, identified five aspects which have the greatest impact on a person’s wellbeing. They are: being socially connected with others, giving time and resources to others, appreciating and taking notice of things around you, learning new things in life, and being physically active.

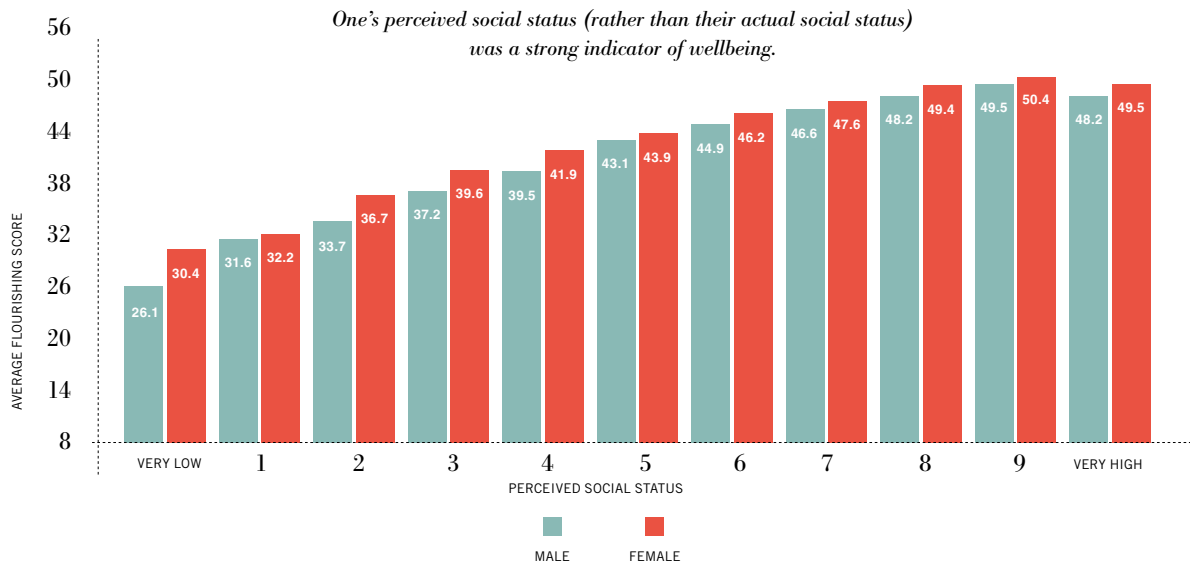
The following are some of the key findings from the Sovereign Wellbeing Index using the industry-accepted flourishing scale to measure wellbeing. The flourishing scale (Diener et al., 2010) gives an objective measure of wellbeing and ranges from 8 (lowest possible score) to 56 (highest possible score). To view complete findings from the Sovereign Wellbeing Index, or to test your own wellbeing levels go to [www.mywellbeing.co.nz](http://www.mywellbeing.co.nz)

## Flourishing in New Zealand, by age group and gender

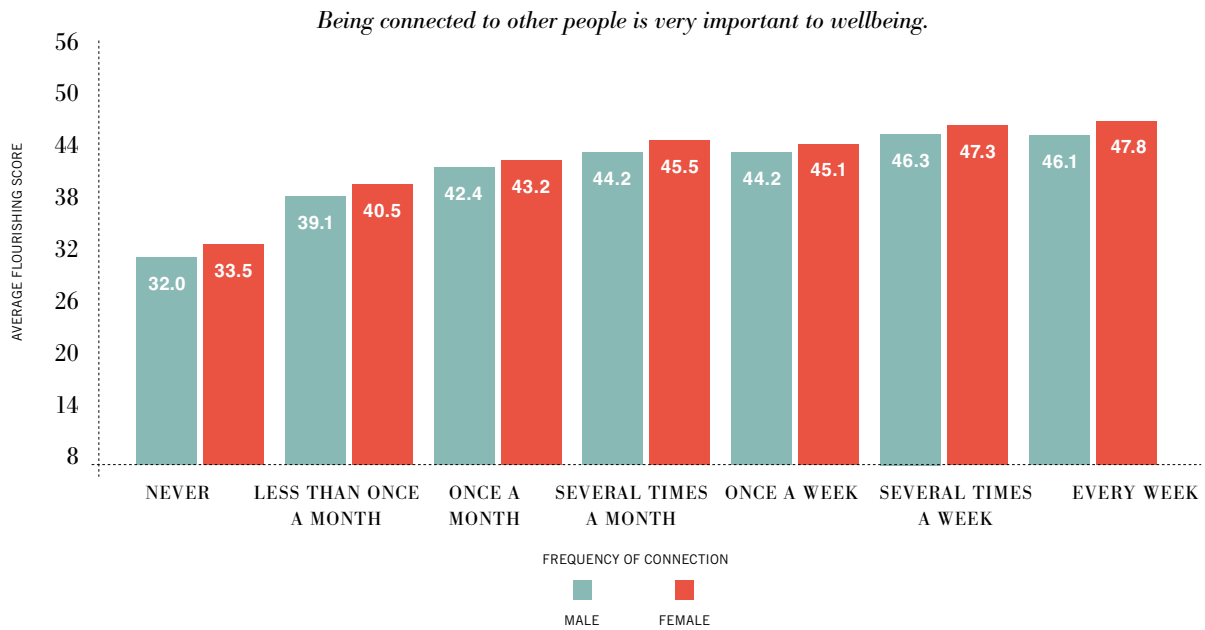
Showing the relationship between age and wellbeing. In most similar surveys wellbeing dips in the middle of the life (40s and early 50s), but this survey showed wellbeing increasing right up to old age.



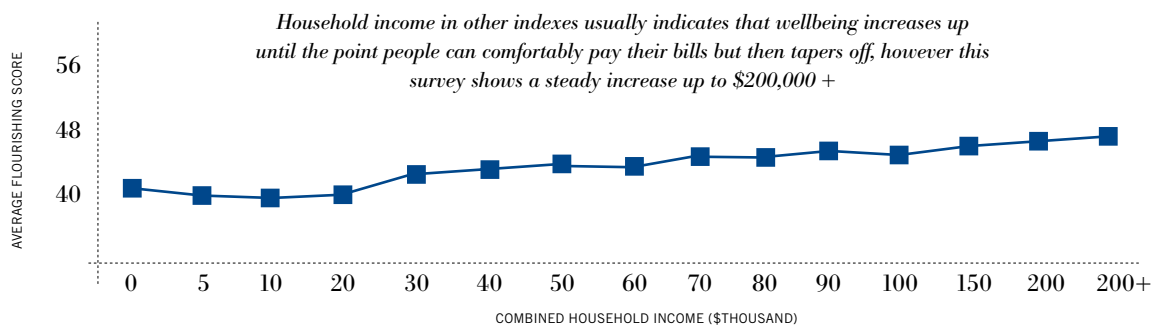
## Social position and flourishing



## Connecting and flourishing



## Flourishing in New Zealand, by income



# TELEWORK STUDY EXPLORES PRODUCTIVITY & WELLBEING

How many of us are teleworking, and is this way of working good for business productivity? An AUT-led study aims to find out.

BY ANTHONY DOESBURG

**F**orty years after the terms teleworking and telecommuting were coined by an American scientist who wanted to break California's commuter gridlock, there is still little hard data about the phenomenon of working from home.

By the end of October, however, much more should be known about the extent of teleworking in New Zealand and Australia and the terms and conditions teleworkers toil under.

Professor Tim Bentley, head of AUT University's Work Research Institute, is leading a trans-Tasman telework study in collaboration with Melbourne University's Institute for Broadband Enabled Society (IBES).

"Many major public and private sector organisations are involved so this will be an important study — the first national study in New Zealand and Australia of teleworking," says Bentley, who works from home himself one or two days a week.

Study participants either telework or are involved in "knowledge work", Bentley says. "It's really relevant to any sector in which people can work from home or remotely at least some of the time."

It's estimated up to half of people in advanced countries could telework, Bentley says, but surveys suggest only about 10 per cent do.

Teleworking came under the spotlight — for the wrong reasons — in February when the new head of US search engine Yahoo, Marissa Mayer, said that from June work-at-home employees would be expected in the office, ostensibly because "some of the best decisions and insights" come about from physically being together.

Her decree was widely poooh-pooohed but Bentley was cheered by the publicity it gave teleworking.

"The important thing is productivity, not how many hours you're sitting at your desk. A lot of people are at their desk and not actually doing anything productive. So it's output and quality, not where you are when you're doing it, that matters."

"There's a lack of understanding about it. It happens a lot informally yet when you ask organisations if they do it they say no. But we all know people who work from home even if they don't have anything in their contract that says they can."

That is true of Bentley and AUT. "Most people at AUT who telework strike a balance, coming in three or four days a week for meetings and teaching. But many, like me, find they write best or do certain tasks best from home and I'm sure that's true in almost every business."

Telework's proponents list numerous benefits, including greater productivity, better work-life balance, reduced commuting and improved business continuity in the face of disaster. Yet Bentley says for many people the phrase "working from home" still implies skiving off.

"The important thing is productivity, not how many hours you're sitting at your desk. A lot of people are at their desk and not actually doing anything productive. So it's output and quality, not where you are when you're doing it, that matters."

The research, which has been commissioned by computer network equipment-maker Cisco, will not be a "cheerleading" study for telework. "It will be a critical study of whether teleworking really is productive and how it affects worker wellbeing.





"[Teleworking is] really relevant to any sector in which people can work from home or remotely at least some of the time."

We're not doing advocacy research – we're doing robust, high-quality research that is informed by academic models and theory.

"We're interested in things like how do management attitudes affect whether or not people can telework. What we suspect from the literature and what we know from talking to people already is that there is a certain amount of reluctance by managers who like to be able to monitor people's work and productivity."

Bentley says managers' focus on "presentee-ism" is a cultural thing.

Another under-explored issue is whether home-based workers feel tethered to the office around the clock by smartphones and laptops. "It's a matter of self-discipline. My wife always tells me to turn my iPhone off because it pings all night."

The study will delve into grey areas such as health and safety of home offices, whether employers or employees are paying to equip them and whether teleworkers are affected by social isolation.

"We work long hours in New Zealand and the more flexibility workers and organisations have the better from that point of view. But I wouldn't like teleworkers to become second-class citizens of the workplace, to become a vulnerable part of the workforce," Bentley says. ■





RESEARCH

# *Cash* **FOR** *clams*

AUT researcher *Associate Professor Lindsey White* has spearheaded research which could see a \$300 million boost to New Zealand's fisheries.

WRITTEN BY LARA POSA





Several species of NZ surf clams



Associate Professor Lindsey White (left) with Cloudy Bay Group CEO Isaac Piper

**T**he Head of AUT's School of Interprofessional Health Studies, Associate Professor Lindsey White's research revealed that New Zealand's surf clam stocks are much greater than previously thought, large enough to support huge growth of the sub-tidal surf clam fishery.

White's research team of Glenn Farrington, an AUT Masters student in Applied Sciences, GIS specialist Dr Barbara Breen and fisheries statistician Associate Professor Russell Millar was initially contracted to conduct the research for a commercial clam quota holder, Cloudy Bay Clams Ltd. The research has prompted the Ministry of Primary Industries (MPI) to review quotas for surf clams in an area which stretches from Taranaki to Kapiti on the West Coast of the North Island.

"Quotas in this area were around 75 tonnes per year but our research suggested this could be increased to 2,984 tonnes, potentially adding more than \$300m per annum to this country's already lucrative seafood export industry," says White.

The Ministry has since increased the quotas to the levels recommended by White's team.

A survey was carried out by the team late last year to determine how many clams (biomass) are on the Manawatu Coast. The survey determined the biomass of the four main species of surf clam in this area: the deepwater tuatua, large trough shell, ringed dosinia and triangle shell. With these four species combined, they found close to 400g of clams per square metre across this area, compared to just 21g per square metre found in

the same area in 1995. This huge difference is due to the highly efficient sampling technology used in White's work, a specialised hydraulic dredge developed by Mr Anthony Piper, a gifted engineer, who has been championing the potential growth of this industry for many years.

White's team, along with Cloudy Bay Clams and the other 66 quota holders, are keen to ensure that this industry grows in a sustainable manner which perfectly marries up with the MPI's objectives for developing fisheries, involving maximising yield while maintaining the stock size to ensure sustainability of the spawning stock. The methodology for this study was pre-approved by the Shellfish Working Group of the MPI, and following the study a very conservative approach was taken by the Ministry in setting the new quota for this area.

"The numbers of surf clams can vary significantly in an area over a short time frame so it can be hard to work out what a sustainable catch is. They also play an important role in the

coastal marine food web," White says.

Thanks to White's research and the new quota there is growing opportunity to develop surf clam fisheries in New Zealand. White expects this will provide additional return to the local fishing sectors through increased employment of additional crew, processing of landed surf clams, and other benefits to the economy.

"This increase in quota for the Manawatu area is just the beginning of our research. A mature clam industry in New Zealand could exceed 20,000 tonnes per annum. While this seems a lot, there are clam fisheries in other countries that have been sustainably harvesting up to 100,000 tonnes each year for decades. Given that these clams retail for NZ\$15-25 per kilogram, export returns of \$300-400m could be realised.

"This is one of the last untapped high-value fisheries in New Zealand. The clams taste great, fetch a very high price and there are huge stocks of them, buried in the sand, just behind the surf zone on virtually all of New Zealand's high energy sandy beaches."

White and an inter-disciplinary AUT team collaborated with the Cloudy Bay Group to take out the Supreme People's Choice Award at the Kiwi Innovation Network (Kiwinet) award ceremony in June. "The idea was to provide a wrap-around R&D solution for this company, so we have involved food scientists, ecologists, lecturers in culinary arts and others to work on the 10 different projects to date," says White. ■

**"This is one of the last untapped high-value fisheries in New Zealand. The clams taste great, fetch a very high price and there are huge stocks of them."**





“TBI rates are at an epidemic level in New Zealand, and strategies are urgently needed to reverse this silent epidemic.”  
- Professor Valery Feigin



# BRAIN INJURIES A 'SILENT EPIDEMIC'

With over 36,000 traumatic injuries happening in New Zealand every year, AUT's Professor Valery Feigin says it's time we looked at better ways to prevent and treat them.

WRITTEN BY AIMEE WILKINS

**T**he incidence of traumatic brain injuries (TBI) in New Zealand is at epidemic levels, according to the lead author of a study published in *The Lancet Neurology*.

The BIONIC (Brain Injury Outcomes New Zealand in the Community) study, led by Professor Valery Feigin of AUT University's National Institute for Stroke and Applied Neurosciences, found that traumatic brain injury rates are six times higher than previously thought (790 injuries annually per 100,000 people). This finding recasts TBI as an immediate public health concern.

Stimulating further epidemiological research into the incidence and outcomes of TBI has been an important outcome of Feigin's work.

"This is one of the most significant medical research projects carried out at AUT in terms of funding and impact. As a result, AUT has been recognised as one of the leading academic centres in TBI research in New Zealand and internationally," says Feigin.

Previous statistics have grossly underestimated the extent of TBI in New Zealand, says Feigin. "The true burden of TBI in New Zealand is far greater than anticipated and new strategies are urgently needed to reverse this silent epidemic."

With 36,000 new traumatic brain injuries happening in New Zealand every year, Feigin says the next step for researchers is to look for better ways to prevent and treat them.

"Many people don't realise they have suffered a head injury at all, which means they lose the opportunity to effectively

prevent possible complications. Public awareness of TBI symptoms is low, especially mild TBI, but the consequences of mild TBIs can be significant and long lasting."

Feigin is looking forward to researching the long-term consequences of TBI across all ages, exploring new strategies for reducing TBI burden, and strengthening collaborations with leading national and international centres of excellence in TBI research.

"This research project has put AUT on the map as the leading academic centre of TBI epidemiological research internationally. That is a significant benefit for the university's research reputation and for our ability to generate external funding in the future."



Professor Valery Feigin

The BIONIC study was based in Hamilton, and completed in collaboration with academics from the University of Auckland, Waikato University and the University of Otago. It attracted \$3 million of funding from the Health Research Council. The main findings of the study have been published in *The Lancet Neurology*, a top-ranked international medical journal. Other papers are also expected to be published in top-ranked international journals over the next two years. ■

## TBI - QUICK FACTS

### What is a TBI?

An injury to the brain caused by an external force.

### How common are TBIs in New Zealand?

760 per 100,000 people every year.

### How does New Zealand compare internationally?

New Zealand TBI rates are significantly higher than those of Europe (453 per 100,000) and North America (618).

### How serious are they?

TBIs are classed as mild (95 per cent fall into this category), moderate or severe depending on how long the patient is unconscious and/or suffers amnesia.

### Who is most at risk?

Children, young adults, men, Māori and rural inhabitants are at increased risk.

### What are the effects of undiagnosed brain injury?

Any head injury which results in someone losing consciousness or being dazed and confused requires immediate medical attention. Non-treatment can result in significant and long-standing deficits.

### What is the annual cost of brain injuries?

Acquired brain injury, including stroke and traumatic brain injury, is the leading cause of disability and death in New Zealand, with an annual cost in the order of over \$1 billion.



# *Celebrating an* **EXCEPTIONAL** **BUILDING**

AUT's brand new Sir Paul Reeves Building, officially opened in March, is turning heads and providing state-of-the-art facilities for students.



## UTILISING ALUMNI DESIGN SKILLS

Since graduating from AUT in 2008 with a Bachelor of Design (Spatial Design) Kathryn Roberts has worked for Jasmx, Auckland as an interior designer.

For three years Roberts' talents were focused exclusively on the interior of AUT's new Sir Paul Reeves Building. As well as working on user group consultations, room and space design, documentation, contract administration and the selection of interior finishes, Roberts was responsible for furniture selection throughout the space.

"Being an alumna of AUT I am proud to have had design input into this exceptional building. I have enjoyed seeing it come to life from the early conceptual design stages right through to its completion. Watching students utilise and embrace the various spaces in the building is one of the most rewarding outcomes for me." ■



- 1 Interior, Sir Paul Reeves Building
- 2 Rt Hon John Key and Lady Beverley Reeves unveil a commemorative plaque.
- 3 Lady Beverley Reeves and family at the official opening.

# DOWNLOWCONCEPT

Jarrood Holt, Nigel McCulloch and Ryan Hutchings each graduated with a Bachelor of Communication Studies majoring in radio in 2000. Two years on they created downlowconcept, a production company that produces *7 Days*, a comedic current-affairs show.

## HOW DID THE DOWNLOWCONCEPT START?

**RH** We had been getting together and coming up with ideas for TV shows we wanted to pitch to the networks, but they told us that they only deal with production companies. So we paid an accountant and then we were a production company.

## WHAT SKILLS DID AUT TEACH YOU THAT HAVE HELPED WITH YOUR CAREERS?

**RH** One of the best things I took from communications was learning how to work to a deadline. With a lot of creative endeavours you can keep tweaking and fiddling but by having to work to real-world deadlines at AUT you quickly

learn where to focus your energies. This is the daily reality working in television in New Zealand.

**NM** I think the best thing about the course is that it teaches you how to learn. I've noticed that from other communications graduates too – they pick things up really quickly and have the ability to think for themselves.

## WHAT ARE SOME OF THE BIG PROJECTS YOU HAVE WORKED ON?

**JH** *Hounds*, a show about a selfish lawyer and his dog, was probably our biggest undertaking. It was our first experience of a full-on shoot and was a little scary at times, but definitely the most fun we've ever had. We were still very green

at the time though. It took a week before we realised the girl sitting next to us by the monitors taking notes was continuity. We just thought she was a really annoying runner who was picking up on all our mistakes.

## HOW DID 7 DAYS COME ABOUT?

**JH** We'd been making *Off the Wire*, the original *7 Days*, for National Radio (Radio New Zealand) for about five years. We'd been constantly pitching to the networks. And then we seemed to get the right programmer at the right time. It took a long time and initially nobody saw the merit in it. But we just thought there was such a huge depth of comic talent in New Zealand that wasn't really being utilised on the telly. It seemed criminal.

## WHAT IS NEXT FOR YOU ALL?

**RH** Fingers crossed it's the feature film that we've spent the past five years writing.

**JH** Hopefully we get to go to the islands, or at the very least a really nice studio. ■



L-R: Ryan Hutchings, Nigel McCulloch and Jarrod Holt





Associate Professor  
Verica Rugar,  
AUT's new journalism  
curriculum leader

### Verica Rugar

Rugar also serves as an academic consultant for the London-based Media Diversity Institute, and has been involved in the development of an inclusive journalism curriculum at universities in Morocco, Egypt, Tunisia, Indonesia and Macedonia.

She has a PhD in Political Sciences, is editor of the *JOMEC Journal*, a member of the editorial board for *Journalism Education* and the *Journal of Applied Journalism and Media Studies*. She has published three books, written chapters for another five and is referred to in many.



# ENGAGING WITH THE CHANGING MEDIA

AUT's new journalism curriculum leader Associate Professor **Verica Rugar** says she has three main strategic goals for her role.

BY **CAITLIN MADDEN**

**A**UT's new journalism curriculum leader Associate Professor Verica Rugar says she has three main strategic goals in her role.

These are: connecting with the rest of the university, introducing digital information gathering tools and engaging with the community.

"Good journalism is undeniably in the public interest," she says. "This degree [Bachelor of Communication Studies majoring in journalism] is more than just how to do journalism. It is about advancing knowledge, innovating industry and contributing to the greater civil engagement."

And she thinks AUT is producing great results. "Learning by doing and turning the classroom into a newsroom is a driving motto in the best journalism schools nowadays. It is a philosophy that AUT has mastered from its very beginning, so I feel privileged to move it forward."

Having been a journalist before moving into academia, Rugar knows all about getting the best stories, and encourages students to look outside the square and push boundaries.

In 1994, Rugar was a foreign correspondent for *Politika*, one of the oldest daily newspapers in central Europe. She attended the OSCE (Organisation for Security and Co-Operation)

conference in Budapest with Bill Clinton, President of the USA and Boris Yeltsin, the President of Russia, in attendance.

She used her journalism skills to nab a story behind the closed doors of the official meetings.

"I happened to be sitting next to a man who knew what they were talking about, so I pretended to be part of the Russian team, went to the official desk and told them authoritatively, 'Hurry! I need the speech in English'. They forgot the speech was confidential," she says.

This is only one example of Rugar's international experience; she has lived and worked in Serbia, Slovenia, Hungary, Australia and the UK.

To help her students get even more of an insight into their future profession Rugar has helped organise AUT's first Journalist-in-Residence Finlay Macdonald. Macdonald has run weekly interviews for staff and students with the most prominent journalists in New Zealand, including Rachel Smalley, Julian Wilcox, Sido Kitchin, Dominique Schwartz, Simon Collins, Melanie Reid, Bill Ralston and Duncan Garner.

Since starting at AUT Rugar has secured an EU-Education New Zealand Grant to run the 'Inclusive Journalism Initiative' project. "This is an exchange of students and staff between two European and two New Zealand journalism schools. The idea is to improve reporting on Asia Pacific and Europe." ■





Furniture designed by Simon James

# BUILDING A DIVERSE DESIGN BUSINESS

Busy with three design companies focused on corporate, domestic and international markets, *Simon James* is always on the look out for graduates with design flair.

BY REBECCA LEE



Simon James

Within three years of graduating with a spatial design degree from AUT, Simon James responded to a tough job market by starting his own business. “It’s an attitude I’ve been brought up with – if I can’t find it, I’ll make it,” says James.

Fast forward 12 years and James has a stable of three diverse design companies, each serving different markets.

The original Simon James Design Store sits at the core of this group. Focusing on furniture and lighting, it mostly services large organisations like AUT University, BNZ and Air New Zealand. Domestic customers are catered for in the Simon James Concept Store, which sells original and custom-designed pieces by James and selected international designers.

“The concept store is quite a different beast to the design store,” says James, “it is based purely on impulse purchases.” Resident is an export-focused version of the concept store, exporting to eight countries and counting.

Marketing has been central to Resident’s success; this year James attended the Milan Furniture Expo as part of a campaign to grow his international customer base.

With his designs known for their simple, clean lines and long life, James says some pieces

will look better in 10 to 15 years, when they grow some ‘personality’.

A recent example of James’ work is the popular bright-coloured booth seating on the ground floor of AUT’s new Sir Paul Reeves Building. He enjoyed the chance to create functional pieces to suit the unique needs of students.

“With their high walls, the booth seats create a room within a room,” he says. James values his continued links with AUT, where he is part of the advisory board for spatial design.

“I can help the lecturers keep up to date with the industry, which benefits students when they graduate and start looking for work. And AUT can help me by turning out graduates who can create design that sells.”

With 14 staff across his three businesses, and growing sales thanks to strong corporate business, James has a strong interest in graduates who share his vision. ■

**“I can help the lecturers keep up to date with the industry, which benefits students when they graduate and start looking for work. And AUT can help me by turning out graduates who can create design that sells.”**



Professor Steve Pointing and Prime Minister John Key in Antarctica earlier this year.

# INSPIRING FUTURE SCIENTISTS

The new director of AUT's Institute for Applied Ecology NZ is committed to inspiring the next generation of scientists.

WRITTEN BY CAITLIN MADDEN

Spending a month a year in Antarctica means one of AUT's newest professors has seen his fair share of penguins, but his research interests take him away from the ice as well.

Professor of Ecosystems Ecology Steve Pointing spent a month in Antarctica earlier this year, his fifth season on the icy continent, where he is a vital part of the International Centre for Terrestrial Antarctic Research.

His new role at AUT is Director of the Institute for Applied Ecology NZ. While in Antarctica, Pointing helped show Prime Minister John Key some of the research his team is completing, investigating microbes in the soil to help understand microbial contributions to ecosystem-wide patterns and processes in deserts.

"They [the microbes] are virtually the only

thing that lives on the ice-free land," he says.

"They do everything that fish, plants and animals do elsewhere. They are the top and the bottom of the food chain."

He had the Prime Minister out in the field digging up soil and on the end of a microscope taking a look at samples.

When not in Antarctica, Pointing is hoping to continue the good work being done in the Institute for Applied Ecology NZ. "The primary duty of AUT, in my opinion, is to train students so that they are not only going to be useful in the workplace but also be leaders. I am hoping I can help inspire the next generation of leaders in science."

With research in Antarctica and having worked with NASA on its exploration of Mars-like environments, Pointing is involved in an array of research and is adamant his students, both

postgraduate and undergraduate, will get the chance to work with him on some exciting projects too. "I want to involve students as soon as possible."

Other research areas for Pointing include the ecology of hot, cold and polar deserts, which has seen him lead several large multi-disciplinary research projects and expeditions in some of the most extreme deserts in the world including the Antarctic Dry Valleys, Gobi, Namib, Mojave and Taklimakan.

Before his role at AUT Pointing worked at the University of Hong Kong in the Department of Ecology and Biodiversity and is still a contributor to NASA's astrobiology research programme.

He completed both his undergraduate and postgraduate degrees in the UK. ■



Professor Pointing's work takes him to Antarctica once a year, where he studies microbes in the soil.

# A PASSION FOR SOCIAL JUSTICE & HUMAN RIGHTS

After ten years as New Zealand's first Equal Employment Opportunities Commissioner, **Professor Judy McGregor** has joined AUT as Head of the School of Social Sciences and Public Policy.

WRITTEN BY CAITLIN MADDEN



Professor Judy McGregor

The School of Social Sciences and Public Policy, which sits in the Faculty of Culture and Society, provides a wonderful opportunity to link the evidence base of social science with public policy choices, says Professor Judy McGregor.

"I am looking forward to continuing to work on social justice and human rights issues in New Zealand, and taking a public voice in significant debates where I have something useful to offer."

As EEO Commissioner, McGregor worked on issues like equal pay, disability rights, human rights and business, and women's rights including gender equality in governance, management and public and professional life. She was also involved in the Human Rights Commission's controversial opposition to electoral finance reforms and appeared before select committees on a range of civil and political rights issues.

"During my term I also worked with the United Nations and the Asia Pacific Forum to develop communication strategies for emerging national human rights institutions in Palestine, Jordan, Malaysia, Nepal, and the Maldives, and led media monitoring teams to Timor Leste for its first democratic elections in 2007."

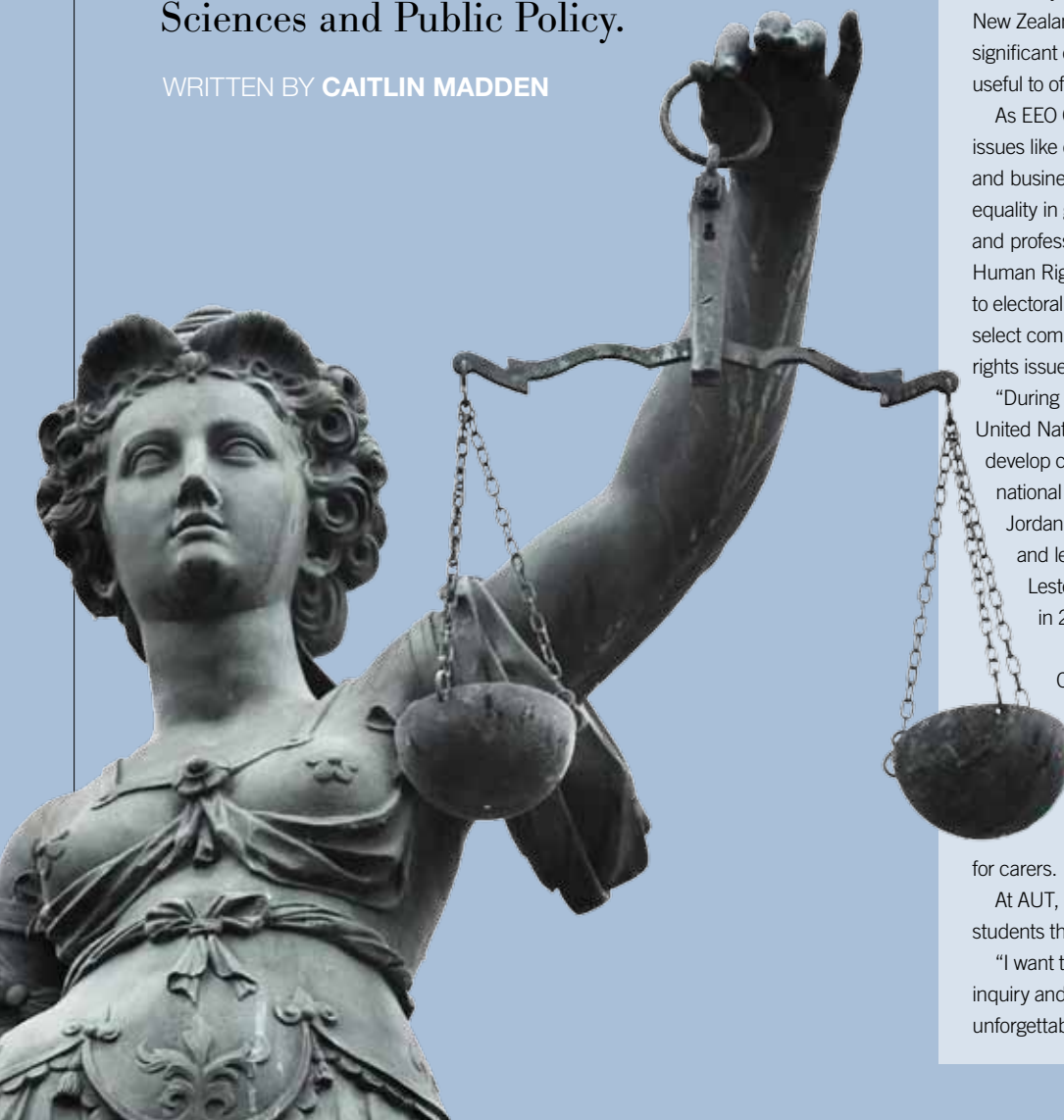
One of McGregor's last projects at the Commission was a national inquiry into EEO issues in the aged care sector.

The report, *Caring Counts*, has led to equal pay cases in the Employment Court. She says she will continue to campaign for equal and fair pay

for carers.

At AUT, McGregor wants to be involved in giving students the best possible tertiary experience.

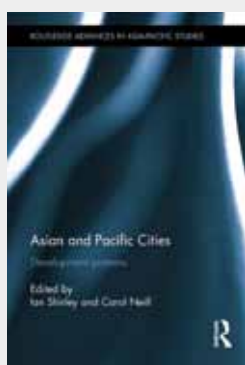
"I want their life choices to be informed by critical inquiry and for them to have a stimulating, fun and unforgettable time at university." ■





# Reading list

A selection of the latest books by AUT academics.



## ASIAN AND PACIFIC CITIES

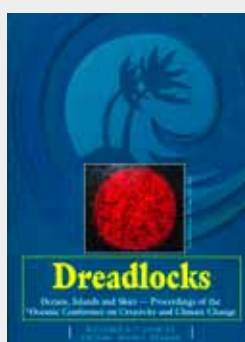
Edited by Professor Ian Shirley and Dr Carol Neill

The cities of Asia and the Pacific are at the epicentre of development in what is arguably the most populous, culturally distinctive and economically powerful region in the world.

By tracking the economic and social trends of their own cities, contributors have identified the 'drivers' of development within the metropolitan centres of the region. The sixteen cities profiled include Tokyo, Shanghai, Manila, Jakarta, Bangkok, Singapore and Auckland.

Rather than studying development from an external perspective, each chapter draws on the work of a local research team telling the inside story of one city's development. As a whole, the book provides a fascinating view of 16 cities, and insights into the national development of 15 countries. ■

**Copies are available for approximately \$134 at <http://www.routledge.com/books/details/9780415632041/>**



## DREADLOCKS: OCEANS, ISLANDS AND SKIES – PROCEEDINGS OF THE OCEANIC CONFERENCE ON CREATIVITY AND CLIMATE CHANGE.

Edited by Dr Mohit Prasad with Associate Editor Professor David Robie

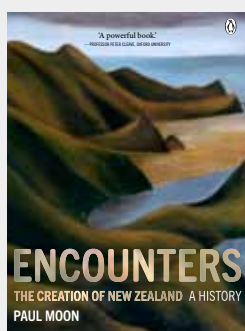
Writers, academics, performers and poets talk about climate change in the Pacific from a creative perspective in *Oceans, Islands and Skies*, a special imprint from the *Dreadlocks* journal.

The book, made possible by a grant from AUT's School of Communication Studies, records the proceedings of a University of the South Pacific conference on creativity and climate change. The idea behind the conference, and the book, was to look at the

role writers, artists and the media can and do play in addressing environmental challenges in the Pacific.

New Zealand contributors to the book include Cathie Koa Dunsford and Pacific Media Centre Director Professor David Robie, who writes about iconic media environmental images challenging corporate news. ■

**Copies of the book are available for \$35 from Little Island Press <http://littleisland.co.nz/store/view/id/22>**



## ENCOUNTERS – THE CREATION OF NEW ZEALAND

By Professor Paul Moon

*Encounters* answers the question many struggle to grasp: what is New Zealand?

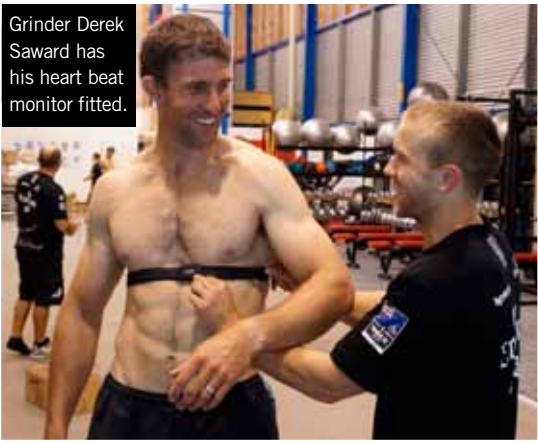
Professor Paul Moon, Professor of History at AUT, delves into the history of New Zealand and the conflicting ideas of how the country came into being. These include the earliest Māori myths, the Speight's "southern man" and the ruminations of New Zealand's art and landscape.

*Encounters* is provocative and enlightening with beautiful images throughout.

The book has received acclaim from academics and critics alike. Professor Philippa Mein Smith of the University of Canterbury says: "A quirky accessible account of how myths and imaginings supply answers to the question of what is New Zealand. Moon demonstrates how mythologies – and ideas of the 'real' New Zealand – are not fixed but continually recast." ■

**Available to purchase for \$55 from bookstores.**

Grinder Derek Saward has his heart beat monitor fitted.



Emirates Team NZ skipper Dean Barker (right on bike) with Woroniecki at the team base at Auckland's Viaduct Basin

# DEDICATION LEADS TO AMERICA'S CUP

## Role

AUT third year sports science student, *Hubert Woroniecki*, is helping New Zealand compete for the greatest prize in sailing.

BY SCOTT WINTON

**B**achelor of Sport and Recreation student Hubert Woroniecki is going to San Francisco in September to help Emirates Team New Zealand bring back the America's Cup.

After helping the team with a specific research project as part of his third year placement at AUT's Sport Performance Research in New Zealand (SPRINZ), Woroniecki is now considered a team member says Emirates Team NZ physical trainer David Slyfield.

"As a student Hubert has gone far beyond expectation and has taken the opportunity to totally immerse himself in our campaign. He comes in here nearly every day, often getting here before myself and the sailors," says Slyfield, who initiated the relationship with AUT.

"We wanted a collaborative partnership with SPRINZ, so we could do research that would be useful in designing training programmes for the team. So it has been a win-win relationship."

The project Hubert is working on has involved monitoring the heart rates of the team members while they are racing. Team physical trainers then use that data to design sailing-specific programmes, which are conducted in the Emirates Team NZ gym on Auckland's Wynyard Wharf.

Beyond the heart rate project, Woroniecki's role has expanded to helping with other physical conditioning roles including boxing drills and supervising weight training.

"I've loved every minute of it. I do boxing myself so to be able to do it in an environment like this with some of New Zealand's top athletes is brilliant," says Woroniecki.

"It's been really interesting because you have a real range of body shapes and some immensely strong guys. They are all good athletes with good strength and agility."

Slyfield says the team does a range of sessions where the intensity will go up and down every few minutes. "They don't know exactly what's happening during a session and there is some confusion so it replicates,

**"I've loved every minute of it. I do boxing myself so to be able to do it in an environment like this with some of New Zealand's top athletes is brilliant."**



Woroniecki helping the team with a session of boxing drills.

as close as possible, what's happening during a race. When you sail one of these boats you really have to think on your feet."

Woroniecki's supervisor, Associate Professor Andrew Kilding at SPRINZ says Emirates Team NZ has been great to work with. "They have been very clear on the questions they wanted to answer. The research project has provided Hubert with a fantastic learning opportunity while obviously benefitting the team with the data that comes out of it."

"The changing nature of America's Cup sailing, especially the new boats, is a challenge for sport scientists," he says. "Gaining a clearer understanding of the physical loads sailors are under, and how best to prepare them for actual competition is a critical part of the performance jigsaw." ■

# NUMBER CRUNCHING

> **600** seats in a theatre partly funded by AUT. Specifically designed for drama and dance, it will be built in Wynyard Quarter's Innovation Precinct. **See page 8.**

> **20<sup>th</sup>** out of 24 – New Zealand's rank in countries surveyed for overall wellbeing in the **Sovereign Wellbeing Index**. **See page 16.**

> **\$90 million** extra tuition funding the AUT Manukau Campus will receive over the next seven years. The aim is to grow the campus by 4100 equivalent full-time students by 2020. **See page 8.**

> **\$300 million** – the value that increased clam quotas could add to **New Zealand's seafood export industry**. **See page 20.**

> **36,000** – the number of **new traumatic brain injuries** happening in New Zealand every year. **See page 23.**

> **10 years** time **Professor Judy McGregor** spent as New Zealand's first **Equal Employment Opportunities Commissioner**, before joining AUT this year as Head of the School of Social Sciences and Public Policy. **See page 30.**

> **50** – the number of leaders that were accompanied by a high school and university student for **Shadow a Leader day 2013**. **See page 7.**

## HE SAID, SHE SAID

"Leadership is something that a lot of people think is beyond them but it's something we're all capable of – just begin in the right place and have the right people around you."

*Afra Abdeen, AUT Bachelor of Business (Honours) student*

"The microbes are virtually the only thing that lives on the ice-free land. They do everything that fish, plants, and animals do elsewhere. They are the top and the bottom of the food chain."

*New Director of AUT's Institute for Applied Ecology NZ, Professor Steve Pointing, on Antarctic soil microbes*

"The important thing is productivity, not how many hours you're sitting at your desk. A lot of people are at their desk and not actually doing anything productive. So it's output and quality, not where you are when you're doing it, that matters."

*Professor Tim Bentley, head of AUT University's Work Research Institute*

"Refined carbohydrates are addictive. You may have heard of the term – being hangry. It's anger resulting from being hungry and it's the brain's negative response to being low in carbohydrates."

*Professor Grant Schofield, who recommends a high fat, low carbohydrate diet*

"I happened to be sitting next to a man who knew what they were talking about, so I pretended to be part of the Russian team, went to the official desk and told them authoritatively, 'Hurry! I need the speech in English'. They forgot the speech was confidential."

*Associate Professor Verica Rupa, AUT journalism curriculum leader*

"Technology is generating new ways to learn and students want more collaborative experiences. We need buildings and learning spaces that support this approach and that are flexible enough to support this learning evolution"

*Vice-Chancellor Derek McCormack, on the opening of the new Sir Paul Reeves Building at AUT*



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