

FACULTY OF SCIENCE RESEARCH BULLETIN



Charles Sturt
University

ISSUE 10: November 2019



Welcome to Issue 10 of the Faculty of Science Research Bulletin. Halloween has come and gone and now it's less than 8 weeks until Christmas!

This month we get to know HDR Candidate Ruth Crawford. Ruth is a PhD candidate in the School of Community Health and also a Lecturer in Nutrition and Dietetics in the School of Exercise Science, Sport & Health. She has been an Accredited Practising Dietitian for 25 years, at CSU since 2012, and is based at the Wangaratta Regional Study

Centre.

As always there is plenty happening with our researchers travelling far and wide to train and present their research all around the globe from Estonia, Spain, Bali and back home to our Nations capital!

There is information on planning where to publish, oodles of funding opportunities and professional development activities on offer.

The bulletin is emailed to all staff and HDR candidates in the Faculty of Science in the first week of each month. If you have a news item, a resource, announcement or a great achievement related to research or HDR candidature you'd like to share, please send it to [Deborah](#) or [Melanie](#) for inclusion in the next bulletin.

Previous issues of the bulletin can be downloaded from the Faculty of Science Research Bulletin page [here](#)

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Congratulations – Approved for Graduation



Linda Deravin, thesis titled “Does policy support Aboriginal and Torres Strait Islander people to enter and remain in nursing – a discourse analysis”

Margaret Yen, thesis titled “Nursing Unit Managers' Learning Facilitation Practices: A Philosophical Hermeneutic Study”

Pierluigi Reveglia, thesis titled “Isolation and characterisation of phytotoxins produced by the Botryosphaeriaceae and their role in grapevine trunk diseases”

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Getting to Know – Ruth Crawford (HDR Candidate)



How did you come to being a PhD student as CSU? Natural progression from my role teaching at CSU!

What were you doing prior to starting at CSU?

Prior to working at CSU I was a Senior Dietitian at Benalla Health. Previously I have worked in diverse roles including Food Service Dietitian at the Australian Institute of Sport, Clinical Educator at The Canberra Hospital, nutrition teacher at TAFE and consultant dietitian at nursing homes and a correctional facility!

What is the focus of your PhD?

Project title is: Exploring Nutrition Advice Practices and Perspectives of Non-Nutrition Health Professionals (NNHPs) in Australia. I am curious to find what nutrition advice HPs that are not dietitians provide, but also how confident they feel doing so, what resources they use and what training and support has been/could be provided to assist

them in this role.

Who is funding your research?

I am supported by the Academic Staff Higher Degree by Research Workload Support Scheme.

Why does this research interest you and why is it important?

I guess there are 2 hooks for me – the first is that the incidence of diet related chronic disease continues to increase in Australia and, when coupled with the comparative lack of dietitians compared to other HP, we need to better understand the role and potential for NNHPs to help provide accurate evidence based nutrition information. Secondly there is so much nutrition misinformation out there that inconsistent or inaccurate nutrition messages adds to peoples confusion and distrust of healthy eating messages, so again it is important to better understand how NNHPs can help support the provision of accurate evidence based nutrition information!

What's your favourite meal?

I love most foods (and wines)! When I go out I often have an authentic curry since I can't get that at home!!

If you could invite anyone to a dinner party who would you invite and why?

I love having dinner with family so often invite my extended family over for dinner. I find everyone has a 'story' so would be happy to have a dinner party with anyone!

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December Graduation Deadline



To those in the final stages of their HDR journey, please be advised of the **15 November 2019** deadline for all course requirements to be met if you are planning to graduate from a December 2019 ceremony.

Prior to this date, your response to examiners will need to be submitted to the Sub Dean Graduate Studies, A/Prof Sandra Savocchia via your Principal Supervisor.

If an examination committee is required, (i.e if the examiners recommendations are anything other than pass and/or pass, subject to minor amendments), the committee will require at least 2 weeks to review the documents.

If an examination committee is not required, the Sub Dean Graduate Studies will require at least 1 week to review the documents.

Please note that responses will be reviewed in the order they are received and unfortunately no guarantees can be made from this point forward.

Following review and if the response is approved, your Principal Supervisor will need to confirm that all of the proposed changes have been incorporated into the final thesis. A memo recommending that you be approved to graduate will then need to be approved by the Executive Dean and/or the Deputy Vice Chancellor (Research, Development and Industry). Then lastly, you will be required to upload your final thesis to the CSU repository and via your Principal Supervisor, submit a synopsis that will be included on your graduation statement.

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CSU Scholarship Round - Now closed

Applications for all CSU AGRTP scholarships commencing in 2020 have now closed.

International applicants will be notified of their outcome in the coming weeks and Domestic applicants are expected to be notified by mid-December 2019.

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Academic Staff Higher Degree by Research Workload Support Scheme Open



The Academic Staff Higher Degree by Research Workload Support Scheme is now open for applications.

Information on the scheme, including scheme guidelines and the application form is available [here](#) on the Research Office website.

Completed applications, which have been endorsed by the Faculty Executive Dean and Head of School, must be forwarded to graduateresearch@csu.edu.au by **5.00pm Friday 22 November 2019**.

Applications submitted without Executive Dean and Head of School endorsement will be considered ineligible.

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Living Well Across the Lifespan – Registrations open

Register Now

The Faculty of Science is pleased to announce our research symposium, **Living Well Across the Lifespan** - 28 – 29 November on the Wagga Wagga campus.

This will be the first Faculty of Science research symposium since 2016. The symposium aims to showcase the diverse and far reaching health research being undertaken by our researchers. It will also provide an opportunity to network & share ideas with potential collaborators.

The session themes are:

- One Health
- Food and nutrition research
- Research for translation and impact
- Co-production in health research

The preliminary program which outlines the keynote presenters and sessions can be downloaded [here](#). We invite you to [register](#) for the symposium.

**** Wagga accommodation & travel:** The Faculty is able to cover the accommodation and vehicle costs for a limited number of FOS delegates travelling to Wagga. Register for the symposium by the *6th of November*, and the accommodation and travel will be booked on your behalf (easy!).

Please contact Deborah Munns - FOS-RLO@csu.edu.au or (02) 6338 6168, if you need any assistance with registering or have any queries.

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Three CSU Green grants - Congratulations



Three of the four 2019 CSU Green Research Grants were awarded to Faculty of Science researchers. Congratulations to the following FOS teams:

- **Project Contact: Dr. Christopher Parkinson** (School of Biomedical Sciences) **Funding \$9,046**
Learning sustainable practice through the preparation of pharmaceutical products from mango waste in a Bachelor of Pharmacy Capstone subject.
- **Project Contact: Dr. Jodi Price** (School of Environmental Sciences) **Funding \$9,956**
Biodiversity responses to the re-introduction of cultural burns in long unburnt grasslands.
- **Project Contact: Dr. Melanie Massaro** (School of Environmental Sciences) **Funding \$6,800**
Can Australian native birds recognize the odours of invasive mammalian predators?

Congratulations to each of these teams. Visit the [CSU Green website](#) for more information about the three projects.

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FOS researcher conference and training attendance

The Faculty's Conference and Training Scheme continues to assist researchers to present their findings at national and international conferences. The conference attendance is continuing to have ongoing benefits for the Faculty of Science and Charles Sturt by extending the reach of our research.

Herbert Jelinek (School of Community Health) attended and presented at the Neuroscience Conference of Australasia in August. Approximately 200 people attended, which included the majority of clinical psychologists, psychiatrists, general practitioners, occupational therapists and physiotherapists as well as academics from the science, medicine and health sectors.

I presented a workshop on use of biofeedback equipment including HeartMath technology and software as well as hardware available from Thought Technology. HeartMath is a Californian company and Thought Technology has its headquarters in Canada. Both biofeedback equipment providers also support mobile applications for heart rate, temperature and skin conductance, allowing a personalised approach as not every modality suits all people wishing to use this technology.

The second presentation was an oral presentation on the effects of toxins or hazardous chemicals released by coal seam gas mining operations and the associated venting technology on brainwaves (EEG) and possible toxic encephalopathy.

With respect to research, the workshop on Neurofield equipment and meeting the developers of this equipment – Dr Nicholas Dogris and Dr Tiffany Thompson has opened up new possibilities for investigating the role of very low current or low electromagnetic stimulation in promoting relaxation in people with mental health issues.

Adam Frew (School of Agriculture and Wine Sciences) travelled to the University of Tartu in Estonia to undertake training at the Plant Ecology Laboratory led by Professor Martin Zobel.



The research group focusses on diversity patterns in biological communities and the interactions underlying these patterns. The research of the group focuses on plants and arbuscular mycorrhizal (AM) fungi (Glomeromycota). Dr Maarja Öpik is a Senior Research Fellow within the group who has built her career on refining how to detect and identify AM fungi in soil and in plant roots.

The trip had several aims which were (i) to learn the approaches of detecting and describing arbuscular mycorrhizal (AM) fungal diversity in plant roots, (ii) sequence AM fungi from root samples as part of a collaborative experiment with Dr Öpik, (iii) to deliver a seminar presentation to the department of botany at the University of Tartu, (iv) to attend a 4-day trip around Western Estonian forests and grasslands to collect and identify fungi, and (v) to make new collaborative connections.

With guidance from Dr Öpik and the research specialist within the group, Dr Jane Oja, I was trained on the newest techniques for detecting AM fungi using DNA extraction from plant roots. Additionally, I was shown library preparation for high-throughput sequencing of my samples.

Towards the end of my trip I delivered a seminar presentation to the Department of Botany. This was the first seminar for the academic year where I was able to share my previous research looking at mycorrhizal-plant-insect interactions.

Louise Pemberton (School of Community Health) attended and gave two oral presentations at the *HEAd'19*



International Conference on Higher Education Advances in Valencia, Spain in June 2019. Approximately two hundred delegates attended this international conference, mostly from European countries but there was also good representation from Australia, North America and Asian countries. Attendees represented all areas of tertiary education but included teaching academics, course designers, student support staff and educational designers. Overall, the conference was excellent. It was well organised and was an enriching experience both professionally and personally.

Both of my presentations centred on the use of adaptive learning technologies in teaching anatomy to first year allied health students. My presentations were well attended but the

audience expressed particular interest in the discussion around the use of these learning technologies for preparation for examination. For me this was not surprising given the increase in the number of students choosing to study online and the teaching challenges that this presents but it was good to share my experiences with academics with similar challenges and to hear their suggestions for future improvement. I feel that preparation for assessment/examination is an area of my teaching research that I will now expand on.



Raf Freire (School of Animal and Veterinary Sciences) attended the *Australian Society for Fish Biology Conference* at the National Library, Canberra, from the 14th October to the 17th October. This society brings together scientists, policymakers, managers, industry and other stakeholders with an interest in marine and freshwater fish and fisheries.

The diverse program included workshops, presentations, “big ideas” sessions and social events which were all expertly organised. The theme for the conference was effective communication- termed “communicate to illuminate and inspire”- which although at first sight appears daunting for a scientist, was

actually fascinating and full of helpful ideas on how to improve communication in everything from journal articles to Facebook and Twitter.

Raf gave an oral presentation on some very new findings showing that fish make complex behavioural decisions using processes analogous to human emotional processes. Evidence for such processes in fish has only emerged in 2019, and there appeared to be much interest and discussion as to what it means for conservation, welfare and our general view of the level of sentience shown by fish. The research was undertaken in collaboration with Leia Rogers, Ellie Sales and Keller Kopf and funded by a CSU Green grant, and conference travel was supported by the FOS.

Ghulum Zakir Hassan (School of Environmental Sciences) attended the *3rd World Irrigation Forum* in Bali, Indonesia. Ghulum presented a paper titled *Historical sustainability of groundwater in Indus Basin of Pakistan*.



Ghulam’s presentation highlighted the historical trends in groundwater quality and levels in Indus Basin of Pakistan including the current challenges and future options for its management. It was emphasized in the presentation that how groundwater is playing vital role in combating the challenges of food security further aggravated by climatic changes in the developing countries of South Asia and other regions. Presentation was appreciated by the participants who were keen about knowing the historical trends of groundwater in the world’s 4th largest groundwater user country (Pakistan). It was regarded as one of the best presentations delivered on groundwater history, current challenges and future options during the event. Session Chair and Co-chair appreciated the presentation. There were many interesting questions/discussions by the audiences which were answered promptly. At the end a shield was

presented by the session chair.

The FOS Conference and Training Scheme is now closed for 2019.

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FUNDING OPPORTUNITIES

*** Please note that all applications for external funding must be submitted to the CSU Research Office 10 working days prior to the granting bodies closing date with a completed Notice to Submit (NTS) form including all signatures*

Open Access Publishing Scheme – Closing 8 November



The Faculty's Pilot Open Access Publishing Scheme will close to new applications on the 8th of November.

The aim of the Open Access Publishing Scheme is to increase the reach of research being undertaken at Charles Sturt. Open Access content has the potential to reach a much wider audience than traditional gated content. Funding is provided to assist with publishing fees in peer reviewed, 100% open access journals. The guidelines and application form can be downloaded from [here](#)

Note: Although the Open Access scheme is closing, the **Faculty Editor – Mark Filmer** is available to provide a 'polish' to FOS staff member's journal articles and grant applications. Contact Mark mfilmer@csu.edu.au for a copy of the application form.

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Impact Philanthropy funding program

Perpetual manages a number of trusts and endowments on behalf of their clients. Many of these trusts and endowments are created with specific directions around the charities that will benefit. Charles Sturt is eligible for this funding as a not-for-profit organisation.

Funding is provided for a wide range of projects at different developmental stages including (but not limited to) pilot and existing projects, capacity building and support for early career researchers. As a guide grants generally range between \$10,000 and \$100,000. The maximum amount an organisation can request is \$200,000 per application.

[Impact Funding](#) applications close **6 December 2019**.

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Ian Potter Foundation – Round 1 2020

Round 1, 2020 applications open 4 November 2019 in the areas of:

- Vibrant – Arts
- Health – Public Health Research Projects
- Health – Medical Research

Applications close Friday 22 November 2019. More information [here](#).

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Other funding opportunities

*** Please note that all applications for external funding must be submitted to the CSU Research Office 10 working days prior to the granting bodies closing date with a completed Notice to Submit (NTS) form including all signatures*



[City of Sydney Innovation Grants](#) - Demonstration projects that implement solutions to reduce resource consumption and can be rolled out at scale & Feasibility studies that investigate innovative environmental solutions with the potential to improve environmental performance across a range of buildings and facilities in Sydney – Close 18 November 2019.

[Australian Geographic](#). Society Project sponsorship (up to \$10,000 in four categories, science, environment, adventure, community) – Closing 30 November 2019

[Ecological Society of Australia](#) – \$7500 - Closing 30 November 2019

[James N Kirby Foundation](#) – \$15,000 Small Grants - Open 1 November and close 14 February 2020.

[Toshiba International Foundation](#) - TIFO supports projects that promote understanding of Japan– Closes 30 November 2019

Department of Defence – [Strategic Policy Grants](#) – Close 30 November 2019

[Japan Society for the Promotion of Science](#) fellowships – Applications are now being received for 12 to 24 month fellowships to Japan, commencing between 1 April and 30 November 2020. Close 25 November 2019

NSW Cardiovascular Research Committee - [Synergy Seeding Grants](#) – Close 3 December 2019

[BioMedTech Horizons 3.0](#) - Supporting Translation of Australian Medical Technology Innovation – Close 16 December

Australasian College of Dermatologists – [Scientific Research Grant](#) – Closes 31 December 2019

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New fact sheets – External funding



A series of **new fact sheets** have been designed to help FOS researchers to find funding, write and submit research grant applications. The sheets are ordered to assist with the steps and decisions involved in the external funding application process.

- Fact Sheet 1 – **Looking For External Research Funds**
- Fact Sheet 2 – **Grant Submission Timeline**
- Fact Sheet 3 – **Grant Writing Tips**
- Fact Sheet 4 - **Leverage Funding for Projects**
- Fact Sheet 5 – **The Real Cost of a PHD Scholarship**

The fact sheets can be downloaded from the Faculty of Science Research Pages – [External Funding Information](#).

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Empowering Regional Research Conference

65 YEARS OF THE ACADEMY
60 YEARS OF THE SHINE DOME



Registrations to attend the [Empowering Regional Research conference](#) are now open. Empowering Regional Research will create a space where researchers from diverse disciplines can explore collaborations and engage in conversations

around the unique challenges faced by those working in regional and remote areas.

Attendees will also have the opportunity to join professional development workshops designed to develop key skills that can help EMCRs build successful careers, regardless of sector. The event will be held on 12–13 February 2020 at the University of New England in Armidale, NSW.

[Mobility Grants](#) will be available to support the attendance of a range of EMCRs at this event. Submit an application form to be considered to receive a grant.

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Library Lowdown - Planning where to publish



You have written your article and now you want to know – what next?

Choosing your journal

Finding the right journal to publish in can be confusing – but there are some things that you can check to make it a little easier.

Ask yourself

- Is the journal relevant to your research audience?
- Is it peer reviewed or refereed, and what is the quality of the journal?
- Is it discoverable?
- Is it timely?
- Should you consider Open Access?

Looking for useful tools to help you find the right journal? Have a look at the [Where to Publish](#) library guide for a list.

Why choose Open Access

Consider choosing an Open Access journal that can meet the above requirements, but that can also:

- Meet funding body requirements
- Make accessing your research easier
- Enable worldwide collaboration with other researchers
- Showcase Charles Sturt's research outputs

There are other things to consider when choosing Open Access journals, many have processing charges, so remember the FoS Open Access Publishing Scheme.

Is your journal reliable?

Remember to check your journal and make sure it is a reputable one. There are easy steps that you can take to make sure!

- ✓ The journal has an ISSN in [Ulrichsweb Global Serials Directory](#)
- ✓ It is indexed in established databases related to that discipline. This information is also available in [Ulrichsweb Global Serials Directory](#).
- ✓ If Open Access, the journal is listed in [the Directory of Open Access Journals \(DOAJ\)](#)
- ✓ The journal does not claim pseudo 'journal impact factors' from organisations such as the *Global Institute for Scientific Information* (GISI).

- ✓ The journal is in fact indexed in the databases in which it claims.
 - ✓ The editor(s) have been legitimately appointed. Check the editor(s) online academic CV or profile for accuracy or authenticity.
 - ✓ The journal and publisher are not listed in the [Stop predatory journals](#) or [Beall's list of predatory journals & publishers](#)** . Please note that these lists are not definitive and may not be up to date. The reason(s) for including specific journals or publishers are not stated and users should conduct due diligence in this regard.
- ** Beall's List - published by Jeffrey Beall (University of Colorado, Library) was discontinued in early 2017, but is updated anonymously on this site.

Want to know more or have questions?

You can contact the Library [Faculty of Science team](#), or have a look at our Library guides:

- [Where to Publish](#)
- [Open Access Publishing](#)
- [Research Impact](#)

And keep an eye out for our Research Office PD sessions which can be found on our [Induction, Consultation & Training](#) page.

Training coming up in November:

Date	Session Details & Registration
11th Nov 2019	Literature Review Using EndNote & NVivo – An Introduction With your new skills with Nvivo, you can now learn how to use EndNote and Nvivo to manage and write your literature review. You can import EndNote data into Nvivo and you can cite details from you Nvivo analysis.

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Unconscious Bias Training



Research shows that greater diversity within workplaces leads to stronger teams, better outcomes and greater happiness at work. However, our unconscious bias can limit acceptance of diversity and unwittingly set up non-inclusive practices. One of the best ways to overcome this is through gaining insight into our own bias and employing some simple strategies to create a more inclusive workplace.

The Equity & Diversity team are rolling out Unconscious Bias and Inclusivity training within Charles Sturt University to assist staff in learning these strategies and increasing their awareness. This training is one of the key initiatives under both the Workplace Gender Equity Strategy, endorsed by the Vice-Chancellor in September 2018 and the Athena SWAN action plan which resulted in achieving an Athena SWAN Bronze Institution Award in December 2018.

The 3-hour training sessions will cover:

- Why we need to address unconscious bias and inclusivity, including organisational benefits and legislation
- What is unconscious bias?
- Understanding privilege, including the Privilege Walk and how to check our own privilege
- How exclusion and unconscious bias negatively impacts behaviour and decisions
- Case studies and examples of behaviours and their underlying assumptions
- Equity vs Equality
- Strategies for overcoming exclusion, including bystander interventions and the characteristics of being supportive

Please see details below including links to register:

Albury

Date: 5th November

Time: 9:30am – 12:30pm

Registration: <https://www.eventbrite.com.au/e/76705057893>

Wagga Wagga

Date: 6th November

Time: 9:30am – 12:30pm

Registration: <https://www.eventbrite.com.au/e/76705168223>

Date: 7th November

Time: 9:30am – 12:30pm

Registration: <https://www.eventbrite.com.au/e/76705278553>

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Why experience matters: cultivating mindfulness of the research process



Dr Michelle Jamieson from Macquarie University is coming to run a lunch-time discussion session about mindfulness for researchers, with a special focus on postgraduate research. The session will be held on Monday 25 November, 12:30-1:30pm online via Adobe Connect.

In this seminar, Michelle will explore how mindfulness can be used to help doctoral students attend to their experiences of the research process. Mindfulness - or more simply, awareness - is the capacity to clearly observe what is happening, here and now, with less judgment and reactivity. As a

practice, it connects us with our direct experience of life and cultivates the mental qualities of concentration, interest, clarity and compassion. With reference to her course, *The Mindful Researcher*, she will discuss strategies for how doctoral students can incorporate mindfulness into their working lives.

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CSU research professional development calendar



There are a range of short Adobe Connect on line sessions available to staff and HDR candidates that may be of interest including developing a research budget, where to publish, and ethics in research involving human participants. The Professional Development Calendar is available [here](#).

Assessing ABS data & other important data sets

Presented by Gail Fuller, Manager of the Spatial Data Analysis Network (SPAN), this session will help participants gain practical knowledge regarding how to access ABS data and data from other important data sets and learn more about the CSU support services available.

When: Tuesday 12 November 2019, 1-2pm

Where: Online via Adobe Connect

[Register here](#)

Social media platforms for researchers



There is a huge range of social media platforms and other online sites that researchers can use to tell their research stories.

In this seminar participants will have a look at many different social media platforms and how a researcher can best use each one within their communications network. It will also cover several sites that will take content (blogs, podcasts and videos) from researchers and distribute them to large audiences.

Social Media Platforms for Researchers covers: Introduction to over a dozen social media platforms; How a researcher can use each platform to tell their stories; Other online sites that want to hear your stories; How to network these platforms and sites most effectively.

This seminar will be presented by Associate Professor Paul Willis, former Director of the Royal Institution of Australia, presenter on ABC TV's Catalyst program, palaeontologist and career science communicator.

When: Wednesday November 20, 11:30am-12:30pm

Where: Online via Adobe Connect

[Register here](#)

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Finally.....Origin of Halloween



Did you have some cute trick or treaters visit your house last night? The number of Aussies participating in Halloween activities has gained some serious momentum over the past few years! Any excuse to dress up and eat candy, right?

So where did it all begin?

According to history.com the tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween.

Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

Next Issue:

If you would like to contribute a story to the December 2019 issue please send it to **Deborah or Melanie** by the **25th of November**. The next issue will be released in the first week of **December 2019**.

Until next issue.....

Assoc Prof Jane Quinn
Associate Dean Research
jquinn@csu.edu.au
FOS-ADR@csu.edu.au

Assoc Prof Sandra Savocchia
Sub-Dean Graduate Studies
ssavocchia@csu.edu.au

Deborah Munns
Research Liaison Officer
dmunns@csu.edu.au
FOS-RLO@csu.edu.au

Melanie Snell
Graduate Studies Liaison Officer
mshnell@csu.edu.au
FOS-GSLO@csu.edu.au