



Great Southern
Institute of Technology

Monthly
Newsletter

THE Gazette

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Jessica Wiltshire reaped the rewards of her studies at Great Southern Institute of Technology by securing a job in customer service at the Albany Visitor Centre.

World of work opens up for Jessica

A year of study at Great Southern Institute of Technology has paid off in spades for teenager Jessica Wiltshire.

Having completed Certificates II and III in Tourism last year, Jessica secured employment at the Albany Visitor Centre – and took the first step in an exciting career within the growing tourism industry.

Clearly enjoying the experience gained from her new position, Jessica said the training she had received at the institute and on the job had given her the skills to guide visitors to sites of interest in and around Albany, and the confidence to speak to tourists from all over the world.

In the first few weeks in her new position as customer service officer, Jessica has learnt to deal with client enquiries face-to-face and on the telephone to help people get the most out of their visit – so they are likely to return and recommend the city as a holiday destination.

She has earned accolades from her colleagues for her abilities, attitude and energy, and for her willingness to fill in for other staff members on leave.

Jessica's supervisor Viv Campbell explained how she had been offered the position.

Continued on page 2

World of work opens up for Jessica

From page 1

"We first met her when she came as a work experience student to help us in the Amazing Albany information van, and we were very impressed with her," Viv said.

"Now, we'd be lost without her, she's terrific," she added.



I learn something new every day about Albany and the tourism industry.

Jessica was attracted to the tourism industry through her passion for travel.

She said the work was varied and interesting, and sometimes took her out of the office, such as when a cruise ship

was berthed in the port.

"I recently worked on the Amazing Albany cruise ship information van, guiding visitors to the local attractions as they were only in town for a few hours," Jessica said.

Meeting people from the cruise was a thrill for Jessica, who enjoys the interaction with visitors as much as the rapport with her colleagues.

Because the terminal for the Bibbulmun Track is adjacent to the Visitor Centre, she also frequently meets hikers who want to share their experiences with her.

As for the TAFE course, she relished the training and appreciated the support of Tourism Lecturer Cathy Glen.

One of her most memorable projects, she said, was organising a tour for a group of students taking the English as a Second Language course. For this project, which involved extensive research on a local tourist icon, Jessica chose Lake Seppings.

"I told them about the history of the lake and its significance for Aboriginal people," Jessica said.

The affable teenager plans to travel overseas in the future, but for now, her feet are firmly on the ground in a city she loves.

Unfazed by the weekend work involved in her new job, Jessica finds the busy environment stimulating as she expands her local knowledge.

"I learn something new every day about Albany and the tourism industry," she said.

"And I like Albany, I don't plan to leave."

Want to read The Gazette in another format?

To access this newsletter as a PDF by email or for a printed copy, phone 9892 8888.

Head start for industrious pair



Twins Scott and Callum Armstrong, who left school and took advantage of capped tuition fees at TAFE last year, have now secured apprenticeships.

Recognising the many benefits of TAFE study, an increasing number of regional high school students are making the move to Great Southern Institute of Technology rather than stay at school for Years 11 and 12.

Citing tuition fees capped at \$410 for this year – regardless of the number of qualifications taken – and the adult learning environment giving them greater control over their study and leisure time, students aged 15 to 17 years can look forward to gaining more qualifications sooner than if they had stayed at high school.

For example, enrolling in a Certificate II course at high school can bring a qualification at the end of two years. The same course at TAFE can be completed in one semester, allowing the student to complete another two or three qualifications within the same two-year period.

Concentrating their studies on an area in which they are interested is another attraction for young people leaving school for TAFE study.

Two teenagers who took advantage of the capped fees in 2014, and who have not looked back, are Callum and Scott Armstrong.

The twins completed the Certificate I in Industrial Skills (Entry Level Training) in Semester 1.

They then moved on to pre-apprenticeships – Callum taking the Certificate II in Engineering and Scott the Certificate II in Automotive Servicing Technology.

This year, both have gained apprenticeships in their chosen field, putting them on track for a rewarding career in a good trade, and giving them a head start over their former classmates from school.

Callum, who works at Dunkeld Construction, said an apprenticeship offered many advantages, and he liked the hands-on work of his particular trade, which included steel construction, shed building and welding. He looks forward to expanding his skills as he progresses.

Continued on page 13

Stars shine out on our big night

Great Southern Institute of Technology's highest achievers for 2014 celebrated at the institute's annual award night on Thursday 12 March.

Students who had demonstrated outstanding performance and academic excellence during the year were recognised with the presentation of course awards and major sponsored awards.

Finalists and winners were joined at the Albany Entertainment Centre by their family and friends, institute staff, members of the Governing Council, sponsors and invited guests.

Great Southern Institute of Technology's Managing Director Lidia Rozlapa congratulated those being recognised.

"The students receiving awards this evening have demonstrated drive, determination and application," Lidia said.

"I am proud of them and their achievements, and I am also proud of the dedicated staff who have nurtured them along their learning journey and helped them to achieve their goals," she added.

She spoke of the institute's 40 years of educating, enlightening, nurturing and presenting opportunities to people of all ages.

"We have trained three or four generations of some families," Lidia said.

Thanking the evening's numerous sponsors for their generosity, she said the institute placed tremendous value on community and industry support.

"It is immeasurable, both in the nurturing and education of our students and on occasions such as this," Lidia said.

The Rotary Club of Albany City Vocational Student of the Year title was awarded to Conservation and Land Management student Ross Remaj.



Ross Tassicker of the Rotary Club of Albany East presents Ross Remaj with the Vocational Student of the Year award.

Photo: Lata Photography.



Gill Hazel and Ronnie Koster.



John, Amanda and Shirley Dawson.

View and download Award Ceremony photographs [here](#).

**Student Awards for Excellence
Construction Training Fund Awards**

Best Carpentry and Joinery Apprentice

Brendon Richardson

Best Electrical Apprentice

Lisa Vogt

Best Plumbing Apprentice

Benjamin Dixon

Best Plumbing Pre-Apprentice

James Palfrey

Major Awards

H+H Architects Trainee of the Year

Miriam Jones

**Fletcher International WA Aboriginal
Student of the Year**

Jodie Burke

**Soroptimist International of Albany
Female Student of the Year**

Oona Mansour

**Great Southern Institute of Technology
Governing Council Endeavour Award**

Joint winners Jessika Malcolm and Amy May

**Rotary Club of Albany City Vocational
Student of the Year Award**

Ross Remaj



Dana and Rory Laurens.



Anne Parker, Sally Lawrie, Hemalatha Pariasamy and Selvakumar Kasilingam.



David Kirby, Rebecca Clark, Tania Webb and Leeanne Arthur.



David Taylor, Sonja and Eddie van Thiel, Marion van Thiel, Anke and Max Stam.



Hilda and Branko Ponikvar.



From the MD's Desk

As we approach the end of the first term, I'd like to thank all staff for the excellent start to the year.

Our enrolments are comparable with last year's, and every area is buzzing. Across the institute, portfolios are shoring up industry contacts and creating training opportunities for community members.

New RTO Standards

The new standards for training providers will affect many of our work processes from 1 April, and staff are now adapting to these standards with the help of Teaching and Learning Portfolio Manager Justine Bradney and Principal Lecturer Ruth McLean.

Professional Development sessions have been organised by Justine and Ruth, who are keen to help staff through the transition.

See pages 7 and 8 for more information on the new standards and where to access helpful resources and fact sheets.

Award Ceremony

Our highest-achieving students of 2014 were recognised and rewarded at the annual award night on 13 March.

Sixty students received course awards, and five major awards were issued. Once again, financial support from our sponsors made this possible, and I thank all those individuals, organisations and businesses who gave so generously to encourage our top performers.

Congratulations to all the students who received awards, and thank you to those staff members who worked hard to conduct this memorable event.

See the award photographs on pages 4 and 5.

Capital works

The big project this year is the refurbishment of the Library Resource Centre.

We have received the design from the

architect and after a little fine-tuning, the project is ready to progress.

Although the library and the adjoining bookshop will be closed for Semester 2 while the construction work takes place, alternative arrangements will be made for students and staff to access resources.

There is a fascinating virtual tour of the new library, which incorporates a coffee area and bookshop facility, on the institute's YouTube channel.

View it [here](#).

A new walkway will provide an undercover link to the new library, which will also feature comfortable study booths and tiered seating. This is a very exciting project, which we expect to be using at the start of 2016.

Sustainability

The institute was represented at the Sustainable Living Expo at the Albany Town Hall on 14 March.



Organisational Effectiveness Director Chris Jones runs the institute's stand at Albany's Sustainable Living Expo.

The stand, run by volunteers from the Seeds of Sustainability committee, gave out information on our courses and sustainability initiatives to interested citizens.

Continued on page 7



From the MD's Desk

From page 6

This will be followed up by a guided walking tour of the Albany campus on Wednesday 25 March. Open to the public, the tour will follow the QR sustainability trail.

Records

Ches and Carolyn are still working their way through the records system. They have been evaluating those for destruction and have applied new retention schedules to more than 400 records.

Ongoing adaptation of the

TRIM system is enhancing the institute's recordkeeping practices and will continue to streamline processes.

Regional campuses

All regional campuses have high enrolments for Semester 1.

In Katanning, the Art Access course for people with disability has started again this year.

Aged Care and Education Support programs continue to attract good numbers of students in Mount Barker, as has a Youth Work course at the Denmark campus.

Aboriginal Programs

Acting Aboriginal Programs

Manager Ron Grey has been travelling around the region to meet with local groups in a bid to boost partnerships and create learning opportunities for local Aboriginal people.

He is organising training to help Noongar people secure upcoming jobs at a local meat processing plant, as well as courses in health, trades and personal development for men's groups.

Enjoy the Easter break, and if you are going away, drive safely. I look forward to seeing you all back at the institute for a busy Term 2.

Happy reading,
Lidia

Lecturers...

Are the new TAC Standards for RTOs as clear as mud?

Here's all the information you need:

- ✓ See the [TAC website](#) for resources and fact sheets.
- ✓ The DTWD's [VETinfoNet](#) page has all the latest news, and you can subscribe through the website to the newsletter vetinfonews

For specific help on any issue with the new standards, see Portfolio Manager Justine Bradney or Principal Lecturers Ruth McLean or Ray Tuckey.



QIG for hands-on help with standards

With the introduction of new standards for RTOs from April 1, a Quality Implementation Group (QIG) has been set up to facilitate the procedure for lecturers and administrative staff throughout the institute.

QIG members, who meet frequently, are:

- Portfolio Manager Justine Bradney
- Principal Lecturers Ruth McLean and Ray Tuckey
- Quality Admin Officer Caro Saunders
- Research Officer Kristine Deutschmann
- Scope Officer Ann Molan
- Portfolio Support Officer Leaya Bailey



Team achievements to date include mapping the standards and staff members' responsibilities, and identifying areas for clarification.

Teaching and Learning Portfolio Manager Justine Bradney said some aspects of the standards intersected, so avoiding duplication and streamlining some tasks had been another area the group had been working on.

"It's essential information is in plain English, easy to follow, and easy to locate," Justine said.

Professional development sessions will ensure each of the critical dates for the new policies are met and ongoing staff training is being planned to ease transition to the new standards.

"Consultation and review will follow,"

Justine said. "But if anyone has suggestions or ideas, something they don't want to lose, or are irked by, they can bring it to us and we will pass it to the academic leaders," she added.

Justine will visit each portfolio, and podcasts and recordings of information will be available to help all staff with the changeover.

Academic leaders' meetings will enable discussion and feedback, and several will be scheduled for Term 2.

A series of frequently asked questions will be published in *The Gazette* in coming months.

Anyone with comments, questions or suggestions is encouraged to speak to Justine or one of the other group members, and they will be responded to promptly.

**Do you have an
idea for an article
in The Gazette?**



**Email
marketing@gsinstitute.wa.edu.au**



Seniors sample beauty treatments



Fay Wych receives a manicure from student Montana Dupuy.

Beauty Therapy students recently turned on a relaxing pampering session for residents of a local retirement village.

Under the guidance of Beauty Therapy Lecturer Sarah Elliott, the students gave the women a complete manicure treatment, including a

hand massage and nail polish.

Sarah said the benefits worked both ways – the students needed models and the women enjoyed the session. The women have decided to visit regularly and as the students' skills expand, they will take advantage



Student Georgie Bertola gives Lorraine Halsall a hand massage.

of more services.

Sarah said the students were inspired to hear of a 91-year-old village resident, a retired beauty therapist whose clinic was still operating.

"How awesome for the girls to see how long this career can go," Sarah said.



Calendar of Aboriginal Nationally Recognised Significant Events

26 January	Survival Day (Australia day)
13 February	National Apology Day
19 March	National Close the Gap Day
21 March	Harmony Day
26 May	National Sorry Day
27 May	Referendum 1967
27 May-3 June	National Reconciliation Week
3 June	Mabo Day
5-12 July	NAIDOC Week
1 August	National Aboriginal and Islander Children's Day
9 August	International Day of the World's Indigenous People
3 September	International Literacy Day
13 September	Anniversary of UN Declaration on the Rights of Indigenous People





Kadadjiny Noongar Moort



Back row: Jacob Gibson, Shayne Ugle, Trymain Maxton, Donald Woods, Colin Mippy, Boyd Stokes and Horticulture Technician Des Sloman. Front row: Lecturer Jim Vonk, Travis Bonney, Henry Dabb and Vernice Gillies of the WA Museum – Albany.

Cultural project gets green thumbs up

Working together on a community project has helped to hone the skills and cultural understanding of a group of Great Southern Institute of Technology Production Horticulture students.

The students were invited to clear and revegetate an overgrown Noongar garden at the rear of the WA Museum – Albany, and the results have brought accolades from museum staff and visitors.

Being Noongar people themselves, the students had a close connection to the land they were working on, and under the guidance of lecturers Jim Vonk and Des Sloman, they took pride in revitalising the area to produce a tranquil place for

relaxation and reflection.

The museum's Aboriginal Learning and Community Development Officer Vernice Gillies explained the garden had been established about a decade ago, but had become overgrown and neglected in recent years.

Removing weeds and cutting back vegetation was the first task for the group, who then cleaned and restored major features of the garden – the wargyl (serpent) path made of decorated slabs in a mosaic pattern, the pond in the shape of a yakkan (turtle) and several ornamental stones.

Continued on page 11

Cultural project gets green thumbs up

From page 10

They removed overgrown plants and replaced them with young natives, and designed a new layout of rocks and stones among the vegetation.

Vernice said the students had taken only two days to complete the task.

“They really put their backs into it,” she said.

“They cut it right back and you can see the new growth coming through now,” she added.

Vernice said recent cruise ship tourists had enjoyed wandering through the garden and remarked on the beauty of it.

And for the museum staff, the garden is a source of pride once again.

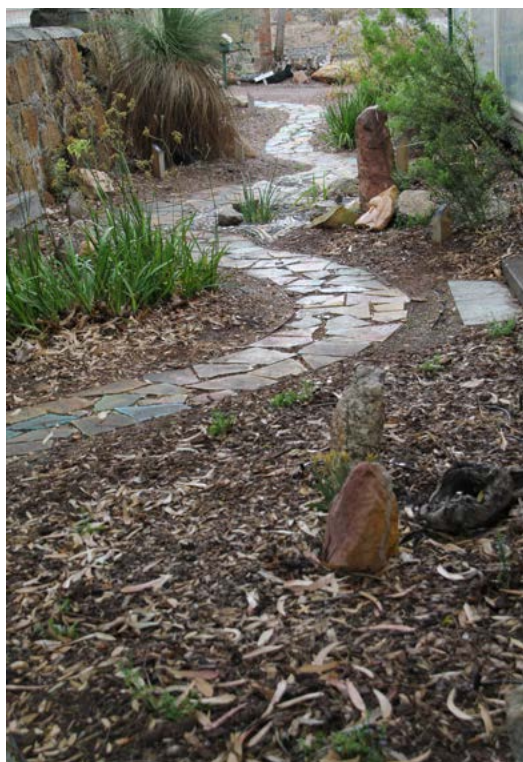
“We’re thrilled with it,” Vernice said.



Decorative paving stones were created by primary school children when the garden was established 10 years ago.



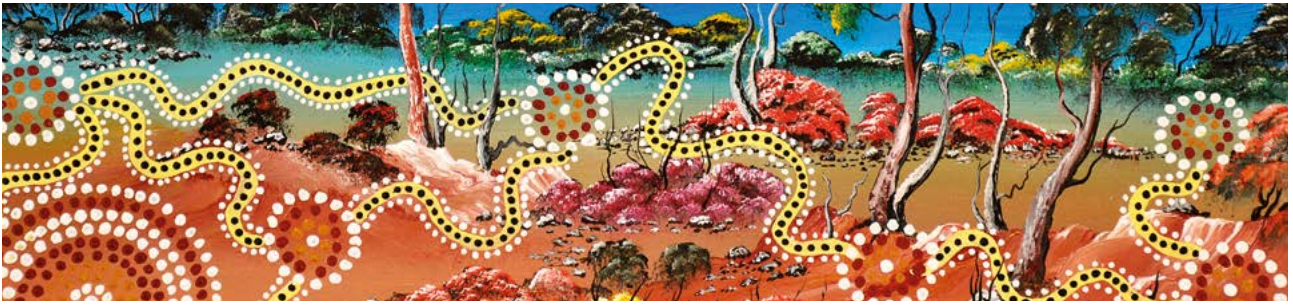
Native vegetation includes the kangaroo paw.



The wargyl path.



An emu features on a decorative stone.



Reconciliation Action Plan 2014-2015

In launching its Reconciliation Action Plan last October, Great Southern Institute of Technology demonstrated its commitment to working with Aboriginal and Torres Strait Islander people so that together, real benefits can be achieved for the wider community.

To highlight Indigenous issues and track our progress as defined by the plan, *The Gazette* will publish an article every month.

This month, we look at the Welcome to Country or Acknowledgement of Country, and its significance for Aboriginal and Torres Strait Islander people.

Traditional welcome is part of ceremony

At the start of proceedings at formal events, a Welcome to Country or Acknowledgement of Country is delivered in recognition of the traditional owners of the land and as a mark of respect.

These are ceremonial declarations celebrating the past as well as the continuing connection to place for Aboriginal and Torres Strait Islander Australians, who are recognised as the custodians of the land.

For major events, an Aboriginal Elder or leader is often invited to perform the Welcome to Country, which may be delivered in the local native language or in English – or as a combination of both.

This can also be a part of a more elaborate ceremony which might involve Aboriginal music and dance.

A non-Aboriginal person may only deliver an Acknowledgement of Country, and this is usually done at less formal occasions.

The Welcome to Country at the institute's recent Award Ceremony was conducted by Noongar leader Ezzard Flowers.

Ezzard, a mentor with the South West Aboriginal Land and Sea Council, is also chair of the Aboriginal Education,



Noongar leader Ezzard Flowers.

Employment and Training Committee and chair of the Mungart Boodja Art Centre in Katanning.

A strong proponent of education and the arts, Ezzard has been widely recognised for his work to preserve the cultural heritage of Noongar people in the Great Southern region.

Continued on page 13

Traditional welcome is part of ceremony

From page 12

He is an advocate of Aboriginal art and culture who received a Western Australian Multicultural Community Service award in 2007, and was instrumental in having the celebrated Carrolup Aboriginal Artists' collection returned to WA from the USA.

This strong support of education, particularly for the progress of Noongar people, made Ezzard a natural choice to deliver the Welcome to Country at the institute's Award Ceremony.

In 2014, Ezzard also officially endorsed the institute's Reconciliation Action

Plan, a vibrant document which details the institute's commitment to building relationships between Aboriginal and non-Aboriginal people, leading to a culture of respect and opportunity for all.

Part of the Reconciliation Action Plan demonstrates the institute's intention to raise awareness and understanding of the meaning and significance of Aboriginal and Torres Strait Islander protocols – such as the Welcome to Country and Acknowledgement of Country – to its staff.

Aboriginal people have been welcoming visitors to their country for thousands of years, with simple gestures or elaborate ceremonies.

The Welcome to Country continues this long-held tradition.

Head start for industrious pair

From page 3

"The best thing about a trade is unlike uni, you can start earning straight away," he said.

In his workplace, he said, he received excellent on-the-job training to produce high-quality products, and at TAFE, the lecturers were knowledgeable and supportive to their students.

"They're experts in their field, and treat everyone as adults," Callum said.

Scott agreed with his brother.

"The lecturers give everyone their attention, they don't leave anybody out," Scott said.

With his life-long love of Holden cars, which extends to learning about what makes them tick, it was probably inevitable that Scott would choose to work in the automotive field.

He is proud to be serving his apprenticeship under Paul Colmer of Pro Motion Autos.

"As an apprentice, you learn a lot on the job, and Paul's one of the best teachers – and the best bosses – I've had," Scott said.



The best thing about a trade is, unlike uni, you can start earning straight away.
– Callum Armstrong

Already reaping the benefits of being in the workforce, the youngsters are happy to have found employment in their chosen area and they can now look forward to a bright future in a trade.

For more information on apprenticeships or capped tuition fees for 2015, visit the institute's website or phone 9892 8888.

Keeping abreast of the latest developments and best practice in industry is a primary aim of Great Southern Institute of Technology lecturers and program coordinators.

Students enrolling in courses can be confident they are receiving up-to-date training to industry standards, and employers can expect a level of competence from those trained on our campuses.

All lecturers are encouraged to participate in industry consultation and attend seminars and conferences, and portfolio budgets allow for professional and career development opportunities.

***The Gazette's* series of articles featuring staff committed to providing a high standard of training continues this month with the story of nursing lecturers Jodie Watkins and Karen Robinson, who are both studying for their Masters.**

Nursing lecturers raise the bar

Teaching and nursing are both challenging professions. So for two Great Southern Institute of Technology program coordinators who already hold degrees in nursing, combining them and adding their own learning into the mix shows real dedication.

Embarking on their Masters has brought new challenges for Nursing Coordinator Jodie Watkins and Clinical Coordinator Karen Robinson, but it also promises a large measure of satisfaction and achievement when their courses finish next year.

Both are registered nurses and in their second year of study.

Jodie explained they were required by the Australian Nursing and Midwifery Accreditation Council to hold a higher level of qualification than those they were teaching. As they deliver the degree in nursing at the institute for Curtin University, their Masters will satisfy that requirement.

For her Master of Health



Karen Robinson and Jodie Watkins in a nursing classroom at the institute.

Professional Education, Jodie is specialising in the area of research with the University of WA, and Karen is taking the Master of E-Health through the University of Tasmania.

Jodie said having a supervisor assigned to help with research topics has been an advantage for her,

and she was looking forward to attending a conference in Perth in May, when she would also relish the chance to catch up with the others on the course as well as the university professors.

"I enjoy learning, and research broadens the mind," Jodie said.

Continued on page 15

Nursing lecturers raise the bar

From page 14

“[Research] confirms that what we are doing is right and reflects best practice – the evidence backs it up,” she said.

Karen agreed the commitment to study had been tough, but learning in her chosen area had been fascinating.

She chose to tackle e-health – which includes health technology, data and information – as she sees this as an important part of the future of nursing, with electronic records gaining impetus and system security and privacy becoming critical issues.

Karen’s course is entirely online, where she has access to excellent resources, including a virtual hospital.

“The study is time-consuming, but I’m enjoying it,” Karen said.

Both lecturers take pride in the

excellent reputation of the institute’s nursing department, where they have worked for a number of years.

“We are up to date and employ best practice, and we get good feedback from students who have gone to Perth,” Jodie said, making special mention of the valuable input from casual lecturers Julie Tompkins and Claire Goodall.

“The students say they are better prepared than their city counterparts, because of the smaller classes and the closer contact with their lecturers,” she added.

By boosting their qualifications and honing their considerable expertise, Jodie and Karen are helping to raise the bar in rural nursing practice – which is reassuring for community members and inspiring for those embarking on a career in health.

ARE YOU A LECTURER NEEDING SUPPORT?

Principal Lecturers are here to support you to deliver the best possible training experience for our students.

We offer a range of workshop-based and ‘at-your-desk’ support including:

- Help with validation and pre-audit preparation
- Coaching and mentoring for new staff
- Moodle support from beginner to advanced.

We are also able to set up individual and small-group sessions on any training or assessment-related topic.

Phone Ray on 9892 8831 or Ruth on 9892 8759

Marathon charity effort pays off

The Heff 'n' Puffers and Spare Parts Relay for Life team showed their mettle at the 24-hour walk around Centennial Oval on 21-22 March.

Flying the flag for the institute, they took out the title of highest fundraising team with a total exceeding \$13,000, as well the award for best-dressed team and tent site, both of which were clad in a hippie theme.

Not known for doing things by halves, the team decked out the tent with carpet, a sofa and tub chairs. With separate areas for sleeping and massage, it made a comfortable refuge.

Team captains Carolyn Heffernan and Jackie McLeish thanked the hardworking committee for their tireless efforts over the past 10 months, and all the institute's dedicated supporters who ate cakes, soup, curry and sausage sizzles, attended the movie night, wore strange garb to work, and bought raffle tickets.

"Everybody has been awesome," Carolyn said.

She also thanked the team members for their 'can-do' attitude and resilience during the walk.



Even the leaden sky couldn't dampen the spirits of the Heff 'n' Puffers and Spare Parts, the institute's Relay for Life team. Of the 23 teams, they took out the title of Highest Fundraising Team with a total exceeding \$13,000, and a prize for the best-dressed team and tent site.

"It rained on and off all weekend, but everyone just donned their rain gear and got on with it," she said.

She gave special mention to the institute's massage students and their lecturer Carol Wolfe.

"They were fantastic, they gave massages in exchange for a gold coin donation for our team, and they were really busy," Carolyn said.

"One of the students, Teagan Clarke, was there all night – that shows

commitment," she said.

Carolyn said the crusade to raise as much money as possible for the Cancer Council WA had been hard work for the 20 team members.

"But when you realise how much difference this will make to people with cancer and their families, our efforts have all been very much worthwhile," Carolyn said.

Relay for Life Great Southern raised more than \$100,000 over the weekend.







Clothing Production Lecturer Robyn Wills and in-class assistant Hilene van der Schaaf with students Todd Timmer and Rhiannon Dekker.

Students have community project sewn up

A group of Clothing Production students at Great Southern Institute of Technology have been busy on a project to raise funds for people with disability.

Having a disability themselves has lent impetus to the project for the students, who have spent several weeks sewing a puff quilt and matching table runner and table mats for auction by a local charitable organisation.

Led by Clothing Production Lecturer Robyn Wills, the students rose to the challenge with high-quality products.

Shades of lilac, plum, dark red and black were stylishly integrated into the washable quilt, which incorporates 480 squares and will fit a queen-sized bed.

The long table runner and 12 mats feature a bright animal theme, with a different animal picked out for the centre of each mat. It was designed to appeal to families.

The student work will go under the hammer on 28 March, and the funds used to help families who have children with disability.



Access All Areas
with Wendy MacIver

The Australian Disability and Indigenous Peoples' Education Fund is open for applications until 31 March 2015. This fund helps people complete or undertake education courses and programs. Grants of up to \$2500 are available to

Grant fund helps with education

Indigenous Australians and people of any age living with disability to help with both formal and information education. Go to the [Australian Disability and Indigenous Peoples' Education Fund](#) website for more information.



Aquaculture student Ben McKie tends to the vegetables growing at the aquaponics system.

Fresh produce from trout waste

Ben McKie continues his aquaculture studies and his keen interest in aquaponics and sustainable food production.

In 2014 aquaculture students (including Ben), designed and built a system that harvests water containing nitrates from the trout nursery system.

The water is circulated through the system allowing plants to take up the nitrate.

The system has produced tomatoes, cucumbers, celery, spinach,

strawberries and a range of herbs.

Ben has maintained the system while performing technician duties over the summer break.

It is a credit to Ben that R Block has been reaping the rewards with fresh produce.

In 2015, we will see continuing sustainability development in R Block with a series of aquaponics short courses with Jay Rowles and the continuation of improvements to existing systems.

– Peter Young



HR News

With Paula Pattinson

Positions Advertised

- Lecturer Information Technology – selection process not yet finalised
- Internal EOI Portfolio Support Officer, Business and Creative Industries – no applicants
- Targeted internal EOI Senior Finance and Budgeting Officer – Natalie Hudson was successful
- Internal EOI Relief Refunds Officer – applications close 26 March

New staff

A warm welcome is extended to the following new or recommencing staff:

- Michele Brown, Casual Lecturer Visual Arts, Katanning
- Vieira Robson, Casual Lecturer Graphics
- Beth Hearle, Casual Lecturer Financial Services
- Rebecca Tysoe, Casual Lecturer IT
- Juliette McFarland, Casual Lecturer Children's Services
- Christine Stean, Casual Lecturer Nursing
- Leanne Barrett, Casual Disability Support, Katanning
- Kirsteen Stephens, Casual Lecturer Nursing

Staff exiting

- Angela Edwards, Café Counterhand, ceased 12 March
- Terri Michael, Portfolio Admin Officer, ceased 20 March

We wish you all every success in your future endeavours and thank you for all your hard work at GSIT.



Safety First

With Rick Muller

Toolbox talk can keep you safe

Figures from Safe Work Australia show that from the start of 2015 until 12 March, 32 workers on sites across Australia have been killed while at work.

Some 68 serious incidents were notified, among these several tragic falls from heights of more than two metres.

The incidents with the highest injury rate included 17 lacerations and five punctures due to incidents with nail guns.

It's important that we discuss safety before every job.

A toolbox safety meeting or pre-start talk is a short meeting that can be used as an avenue to convey timely and important safety information to students and the work team. The meeting must be recorded and should add value on how to safely perform the job.

Use a [toolbox safety meeting or pre-start talk template](#) to record the session and participation.

If you need any help with toolbox talks phone me, Rick Muller, on 8725.

Room full of Terris to farewell Terri

When Portfolio Admin Officer Terri Michael left after 34 years at the institute, a special farewell party awaited her in the café.

About 70 colleagues turned out – and each held a face mask of Terri!

Portfolio Manager Justine Bradney spoke of Terri's long service record and listed the sections she had worked in.

Speaking of her versatility, dedication and hard work, Justine also gave a few

examples of Terri's many nominations for staff awards before wishing her well on behalf of all her colleagues.

Justine presented Terri with a framed picture representing her time at the institute and a gift from her colleagues before everyone enjoyed morning tea.

Terri will spend more time with her family and help in the family businesses dealing in honey, mussels and pearls.



Lunch with multicultural flavour

Students of CSWE and CGEA and their lecturers gathered for a flavour of each other's cultures on Harmony Day recently.

The food came from all over the world – including the Philippines, Thailand, China, Italy, Russia, India and Japan.

The students explained the origin of, and preparation for, what they had made, and also spoke of the challenges of sourcing some of the ingredients locally.

They enjoyed the company and the food, which for many of them, brought new flavours.





Your body needs salt to function normally.

However, too much salt can increase your blood pressure and your risk of heart disease, stroke and stomach cancer.

The maximum recommended daily salt intake is less than 6g but the average Australian has about 9g of salt every day!

Salt (sodium) is found naturally in almost every food.

You can easily get your daily requirement from the natural salts found in fresh foods without having to add it to your meals.

Processed salt

More than 75 per cent of the salt we eat comes from processed foods.

Salt is often used in packaged foods such as chips, packet soups and sauces, pies, sausage rolls, sausages, chorizo, pizzas and ready-made meals.

Some foods we recommend as part of a healthy diet such as breakfast cereals, nuts, baked beans and canned vegetables may also have high salt levels.

It is recommended to choose low-salt, reduced salt or no-added-salt varieties of these foods.

Swap salt for other flavours

By eating salty foods and adding salt to your meals, you can get a taste for it.

If you gradually decrease the amount of salt you eat, your taste buds will adjust.

Be sensible with salt



After a few weeks of cutting back on salt, you won't miss it and you'll be able to enjoy the taste of the food itself.

This is especially important for children whose tastes are being trained for life.

Boost the flavour of your dishes with these ingredients and you won't miss the salt:

- Pepper
- Fresh herbs
- Spices
- Lemon or lime
- Chilli

For more great tips, check out LiveLighter's Cutting back on salt factsheet at livelighter.com.au/top-tips.

**This column courtesy of Great Southern Population Health.
For more information, phone 9842 7500 (Albany) or 9821 6287 (Katanning).**