



THE GRADUATE UNION NEWSLETTER

DECEMBER 2020



CONTENTS

CHRISTMAS DONATION APPEAL

- 3 A message to our readers

GU PROMOTIONS

- 5 Graduate House New Menu
Dine-in or Takeaway!
- 8 Jams and Relishes
- 9 Christmas Hampers
- 10 Graduate House Christmas Menus

COVID SAFE AT GRADUATE HOUSE

- 12 Open and Safe at Graduate House
- 12 GU Face Mask
- 13 Graduate House Accommodation

GU COLLEGIATE

- 14 Special Online Event – 2nd December
Megumi Miki
- 15 Members' Christmas Party
Book now!

COMING DATES

- 16 International Days – December

GRADUATE HOUSE NEWS

- 18 Let's Melbourne Again!
- 19 Call for quotes for our "calendar of hope"
- 20 Returning Face-to-Face at Graduate House

FEATURE

- 21 Health, Integrity and Humour!
by Alison Bryson
- 24 Building a Future
Roland Van Benten
- 26 Sobia Masood at the Australian-Asian
Association

REVIEW

- 28 November Monthly Luncheon
Dr Ross McMullin

OTHER

- 31 Innovation
Charging your phone with a coffee mug

CHRISTMAS DONATION APPEAL



Dear Readers,

Since our establishment in 1911, our Association has faced a number of challenges, including two world wars, the depression, global financial crises and now the COVID-19 pandemic. Along with many other businesses, not-for-profits and individuals, our Association has been severely impacted by this once-in-a-lifetime 'hit'. We are thus fighting for our survival and we need your support to help us save our Association – our Union, our House, our community – and to be safe with reopening.

We have continued to support our residents to live in a safe and caring environment during this difficult period, by being financially responsible and prudent, but your support has never been more important than now.

We thank those who kindly donated to our COVID-19 staff and resident funds during 2020. However, this time, we are making an exceptional call for a one-off and larger than normal donation to help us recover and return to the vibrant Association that we were at the beginning of this year.

In our almost 110 years, we have survived and prospered with the support and dedication of our Members. More than ever, we need your financial support at this time.

I do so hope that you will be able to assist by donating online at:
<https://www.graduatehouse.com.au/give-here/graduate-house-christmas-appeal/>.

Not a fan of online payments? Give us a call on +61 3 9347 3428 to speak with a real live person here at Graduate House who will help you to make your donation OR email admingh@graduatehouse.com.au if you would like us to call you.

Thank you.

Yours sincerely,

Dr Kerry Bennett

CEO/Head of College

CHRISTMAS DONATION APPEAL

My Contribution

\$500 \$1,000 \$5,000* \$10,000
 Other, please specify \$AUD _____

I would like to give a major donation/bequest and receive information about the Association's giving opportunities.

My Contact Information

Title	First Name
Last Name	
Contact Number	
Email	
Postal Address	Postcode

Acknowledgement

I wish to be named as a supporter[^] Yes No

'Yes' indicates that you are happy to be acknowledged (first name and surname) for your donation in our publications. 'No' indicates that you wish to remain anonymous. If neither 'Yes' nor 'No' is selected a 'Yes' response is assumed.

Payment Options

<input type="checkbox"/> Credit/Debit Card	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa
<input type="checkbox"/> Direct Debit		
Card Number		
Expiry Date	/	CSV
Cardholder Name		
Signature		

<input type="checkbox"/> Bank Transfer	Account Name: The Graduate Union of The University of Melbourne Inc. Bank: National Australia Bank BSB: 083 170 Account Number: 515 612 137 Swift Code: NATAAU3303M Description: ChristmasAppeal2020
<input type="checkbox"/> Cheque	Directed to: The Graduate Union of The University of Melbourne Inc.

<input type="checkbox"/> Financial Institution
BSB
Account Number
Signature

<input type="checkbox"/> I would like to give regularly through my selected payment option
Commencing: / / 2020
Amount \$AUD:
<input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/> Yearly

All contributions above \$2 are tax deductible.



GRADUATE HOUSE

NEW MENU

We have recently been cooking up some fresh ideas for a new and exciting *a la carte* menu for the re-opening of our dining room at Graduate House.

Come into Graduate House today and try our delicious food cooked just the way you like it.

We are open for dine-in and takeaway Monday to Friday from 7AM to 7PM.
We'd love to see and we're sure you'll like the tasty treats on our new menu!



**Graduate House is Now Available on
Deliveroo, DoorDash
MenuLog and Uber Eats!**



For home delivery, please visit their respective delivery sites:

<https://www.doordash.com/store/graduate-house-carlton-1146237/en-AU>

<https://deliveroo.com.au/menu/melbourne/carlton/graduate-house>

<https://www.menulog.com.au/restaurants-graduate-house/menu>

<https://www.ubereats.com/au/melbourne/food-delivery/the-graduate-union-house/azU-kCjoTbCOuJhVV80UrQ>

LIGHT MEALS

SANDWICHES	\$4.50
Chicken and mayonnaise (diced chicken mixed with mayonnaise, cucumber, mixed lettuce, avocado spread)	
Falafel with hummus (falafel, mixed lettuce, radish, tomato, cucumber, hummus, garlic sauce) (V+)	
Roast beef with mustard (deli roast beef, mixed lettuce, radish, mustard)	
Salad (tomato, cucumber, grated carrot, mixed lettuce, radish, chickpea spread, white vinaigrette dressing) (V+)	
TOASTED SANDWICHES	
Steak and caramelised onion	\$10.00
Cheese and tomato (V)	\$4.50
Ham and cheese	\$4.50
EGG AND BACON ENGLISH MUFFIN	\$5.00
BORËKS (FILLED FILO PASTRY)	\$4.00
Mixed vegetables (chickpea, carrots and pea curry) (V+)	
Spinach and ricotta (V)	
HOMEMADE SAUSAGE ROLL	\$4.00
HOMEMADE PIES	\$4.50
Chicken and mushroom	
Curry and vegetable (V)	
Lamb and rosemary	
PIZZA SLICES	\$4.50
Salami (salami, black olive, mozzarella)	
Roasted vegetables (eggplant, sun-dried tomato, zucchini, feta, mozzarella) (V)	
Vegetarian (capsicum, onion, mushroom, black olive, mozzarella) (V)	
POTATO WEDGES	\$4.00
Served with sour cream and sweet chilli sauce (V)	
CHIPS (GF) (V+)	\$3.00
SWEETS	\$2.50
Scone with butter and jam (V)	
White chocolate and macadamia biscuit (V)	

GRAZING PLATTERS

ANTIPASTO (FOR 1)	\$15.00
A selection of cold meats (salami, prosciutto), cheeses (brie, danish blue), mixed olives and sun-dried tomatoes garnished with strawberries and figs. Served with water crackers, pretzels and grissini (bread sticks)	
CHEESE AND FRUIT (FOR 1)	\$15.00
Fresh seasonal fruit (kiwi, strawberries, grapes), mini yoghurt tub, cheeses (brie, danish blue) and mixed olives. Served with water crackers, pretzels and grissini (bread sticks) (V)	

SALADS

WARM GREEK LAMB SALAD	\$9.50
Served with Greek salad and mint yoghurt (GF)	
WARM CHICKEN TENDERLOIN SALAD	\$8.50
Served with choice of garden or Greek salad and balsamic vinegar dressing (DF) (GF)	

MAINS

BEEF EYE FILLET STEAK (200G)	\$15.00
Served with chips, your choice of garden salad or mixed vegetables. Sauce: mushroom sauce (GF) or homemade gravy (DF) (GF)	
GRILLED TASMANIAN SALMON	\$14.00
Served with chips, your choice of garden salad or mixed vegetables and hollandaise sauce (GF)	
SEAFOOD BASKET	\$14.00
Fried crumbed flathead fillets, calamari rings and prawns served with chips, lemon and tartar sauce	
ROASTED VEGETABLE QUICHE	\$12.00
Served with garden salad (V)	
GRILLED CHICKEN BREAST	\$13.00
Served with chips, your choice of garden salad or mixed vegetables. Sauce: mushroom sauce (GF) or homemade gravy (DF) (GF)	
CHICKEN PARMIGIANA	\$14.00
Served with chips	
CHICKEN CURRY	\$10.00
Served with steamed rice; add naan bread (+ \$1.50) or garlic naan (+ \$2.00) (GF)	
CAULIFLOWER AND POTATO CURRY	\$8.50
Served with steamed rice; add naan bread (+ \$1.50) or garlic naan (+ \$2.00) (V+)	
STIR-FRIED HOKKIEN NOODLES WITH VEGETABLES AND TOFU (V+)	\$8.50
Add chicken (+ \$3.00) prawn (+ \$4.00) or egg (+ \$1.00)	
FRIED RICE WITH VEGETABLES & TOFU (V+)	\$8.50
Add chicken (+ \$3.00) prawn (+ \$4.00) or egg (+ \$1.00)	
STIR-FRIED VEGETABLES AND TOFU	\$8.50
Add chicken (+ \$3.00) or prawn (+ \$4.00) (V+)	

VEGETARIAN = V VEGAN = V+
 GLUTEN FREE = GF DAIRY FREE = DF



GRADUATE HOUSE

JAMS AND RELISHES

AVAILABLE NOW



300ml
\$6.50
each

TRY OUR DELICIOUS, HOMEMADE FLAVOURS

Strawberry Jam, Tri-berry Jam (blueberry, raspberry and strawberry)
Tomato Relish and Capsicum Relish

To order, please go to www.graduatehouse.com.au or call us on +61 3 9347 3428
or email us at admingh@graduatehouse.com.au

GRADUATE HOUSE

CHRISTMAS HAMPER

AVAILABLE NOW



BUILD YOUR OWN HAMPER WITH OUR HOMEMADE, FESTIVE TREATS!

Included (but not limited) in the hamper are **Gingerbread men** (60gm @ \$4.00), **Graduate House jams and relishes** (\$6.50 each), **White chocolate brittle** (150gm @ \$6.00), **Choco-coconut Christmas balls** (5 balls @ \$5.00), **Christmas cake** (\$7.50) and **Chocolate fudge slice** (115gm \$4.00 not pictured).

To order, please go to www.graduatehouse.com.au or call us on +61 3 9347 3428 or email us at admingh@graduatehouse.com.au

Function Menu

Traditional Christmas 2020

Set menu for lunch or dinner
For each course, choose two options
Table service is 50/50

Entrée

Prawn cocktail with pineapple (gf)

Peking duck salad (gf)

Gnocchi with pesto sauce (v)

Main Course

Seasoned turkey breast with apricot and macadamia stuffing served with gravy (gf)

Baked salmon fillet with herbs in lobster sauce (gf)

Roasted vegetable quiche (v)

Dessert

Plum pudding with custard and brandy sauce (v)

Mississippi mud chocolate Christmas cake

Summer fruit salad (v+) (gf)

(gf) gluten free (v) vegetarian (v+) vegan (df) dairy free

Two courses \$58.50 per person | Three courses \$69.00 per person
Minimum 15 Guests

Christmas Summer Barbeque Menu

Set menu for lunch or dinner
In the Graduate House courtyard

Main Course

Porterhouse steak (gf) (df)

Lamb chops (gf) (df)

Gourmet sausages

Tikka chicken thighs (gf)

Vegetarian burgers (v)

Grilled summer vegetable platter (v+) (gf)

Onions (v+) (gf)

Selection of summer salads (v) (gf)

Dessert

Blueberry pavlova (v) (gf)

Fruit salad and cream (v) (gf)

(gf) gluten free (v) vegetarian (v+) vegan (df) dairy free

\$59.50 per person
Minimum 15 guests

Open and Safe at Graduate House



Graduate House is the ideal place to live – we are clean, safe and take care of you.



Our food is prepared and served with your safety in mind (Class 2 registration, Melbourne City Council).



We have increased deep cleaning and sanitisation of all surfaces.



Contactless hand sanitisers are positioned conveniently throughout Graduate House.



We adhere strictly to the 2 metres physical distancing rules.



We have online ordering and cashless transactions for all purchases.

GU FACE MASK

New Colours in Stock!

Reusable and Durable

Available for purchase at Graduate House Reception and online at: www.graduatehouse.com.au/product/face-masks

Made with three layers of breathable fabric.

Outerside layer – stout durable 100% drill cotton fabric with a strong diagonal bias in the weave.

Internal layer – unwoven fabric, 100% breathable filter.

Innerside layer – the inside fabric is a strong and sturdy 100% cotton fabric.

Additional pocket to insert another filter for added protection.

Fits snugly but comfortably.

Secured with elastic bands around the ears.

Easy to hand wash and dry overnight.



*Postage not included

Room Types, Prices and Features

The safest place to stay while in Melbourne over the summer break



- Single room private bathrooms
- Double room private bathrooms
- Stella Langford large/medium apartments
- Double rooms with separate lounge and private bathrooms
- Barkly Place and Barry Street apartments
- Bed linen
- Weekly housekeeping
- Wifi
- Utilities (electricity, gas, water) included in rent
- Short term accommodation – one night, a few weeks
- Long term accommodation – months, semesters, years

		William Berry Wing			Main Building			Stella Langford Wing		Barry Street		Barkly Place
		Shared Bathroom			En Suite							
		One or Two People			One or Two People							
		With or Without Balcony						Kitchenette, Washing Machine				Kitchenette
Prices Indicated are per week												
LENGTH OF STAY	Nights	Single	Double	Apartment	Single	Double	Apartment	Single	Single	Single	Single	Single
12 months	365+	\$364 - \$378	\$392 - \$546	\$525 - \$658	\$427	\$483 - \$686	\$749 - \$959		\$434			\$434
7 - 11 months	183 - 364	\$371 - \$385	\$399 - \$560	\$539 - \$672	\$434	\$490 - \$707	\$770 - \$980		\$441			\$441
3 - 6 months	92 - 182	\$392 - \$406	\$420 - \$581	\$567 - \$700	\$455	\$511 - \$742	\$770 - \$980		\$462			\$462
1 week - 3 months	7 - 91	\$399 - \$413	\$427 - \$588	\$574 - \$707	\$455	\$525 - \$749	\$812 - \$1001		\$469			\$469
Per Night	1 - 6	\$85 - \$90	\$105 - \$128	\$115 - \$134	\$105	\$110 - \$145	\$135 - \$176		\$110			\$110

SPECIAL EVENT

WEDNESDAY, 2ND DECEMBER 2020

DINE IN: 12:00NOON FOR 12:30PM START | VIRTUAL: 1:10PM LOG-ON FOR 1:15PM START



Megumi Miki's 'Graduate Pathway' Story

Megumi is an author, speaker and consultant in leadership, culture, diversity and inclusion, with a background in strategy, economics and finance. With a client list including Bank of New Zealand, Ernst & Young, JBWere, National Australia Bank, Roche, state and federal government departments, smaller for-profit and not-for-profit organisations, Megumi helps leaders and organisations to unlock their hidden talents. She is the author of *Quietly Powerful: How your quiet nature is your hidden leadership strength*, awarded the Australian Career Book Award of 2020 and *Start inspiring, stop driving: Unlock your team's potential to outperform and grow*.

In the uncertain, changing, global and inter-connected world, Megumi believes that the 'alpha' or 'hero' leadership style alone is outdated and inadequate. *Quietly Powerful* expands the definition of what good leadership looks, sounds and feels like and empowers quieter professionals and those outside majority groups to fulfil their leadership potential.

Her work has helped people to develop a quietly powerful presence to lead authentically, be heard and have impact. Megumi's ideas and approach have resonated with many (not just introverts) wanting to develop a calm, inner strength to make the unique contribution they were born to make. Organisations are invited to challenge their usual approaches to identifying, selecting and developing their leadership talent to harness their hidden talent, often of diverse backgrounds.

Megumi Miki

Quietly Powerful

How your quiet nature is your hidden leadership strength



Australian Career Book Award 2020

For those of you who attend the event, Megumi is offering \$10 off a signed copy of her book, *Quietly Powerful: How your quiet nature is your hidden leadership strength*.

Cost

\$10 Members – Virtual

\$15 non-members – Virtual

\$35 Members – Dine in

\$40 non-members – Dine in

Telephone

(03) 9347 3428

Email

admingh@graduatehouse.com.au

Book Online

<https://www.graduatehouse.com.au/coming-events/megumi-mikis-graduate-pathway-story/>

For those attending at Graduate House, we want to reassure you that Graduate House is safe and hygienic with all precautionary health and safety measures in place. There will be gathering limits – so please book early. For Zoom only participants, we recommend that you connect 5 minutes before the event to ensure you are able to view the presentation and that, for question time, your speakers and microphone work properly.

MEMBERS' CHRISTMAS PARTY



Friday, 11th December 2020

6:00PM arrival for a 6:30PM start

Graduate House

220 Leicester Street, Carlton

Table service is 50/50

Entrée

Thai prawn with tamarind sauce (df) (gf)

Herb crusted chicken breast served with a brandy cream sauce

Spinach and ricotta ravioli with roasted pumpkin sage sauce and shaved parmesan cheese (v)

Main Course

Seasoned turkey breast with apricot and macadamia stuffing (gf)

Seared salmon with saffron dill cream and a touch of champagne (gf)

Roasted vegetable quiche (v)

Dessert

Plum pudding with custard and brandy sauce (v)

Mississippi mud chocolate Christmas cake

Summer fruit salad (v+) (gf)

(gf) gluten free (v) vegetarian (v+) vegan (df) dairy free



RSVP: Monday, 7th December 2020

E: admingh@graduatehouse.com.au

P: (03) 9347 3428

\$20.00 Resident Members

\$58.50 Non-resident members

\$69.00 non-members

\$60.50 non-member concession



INTERNATIONAL DAYS – DECEMBER

1ST DECEMBER – WORLD AIDS DAY

World AIDS Day is held on 1st December each year and raises awareness in the community and across the world about HIV (human immunodeficiency virus) and AIDS (acquired immunodeficiency syndrome). It is a day for the community to show their support for people living with HIV and to commemorate people who have died of AIDS-related conditions or other conditions associated with HIV.

5TH DECEMBER – INTERNATIONAL VOLUNTEER DAY

International Volunteer Day (IVD) is a unique opportunity for volunteers and organisations to celebrate their efforts, to share their values, and to promote their work among their communities, non-governmental organisations (NGOs), United Nations agencies, government authorities and the private sector.

Apart from mobilising thousands of volunteers every year, the United Nations Volunteers (UNV) programme contributes to peace and development by advocating for the recognition of volunteers and working with partners to integrate volunteerism into development programming.

10TH DECEMBER – HUMAN RIGHTS DAY

Human Rights Day is observed every year on 10th December – the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document that proclaims the inalienable rights which everyone is entitled to as a human being – regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world.

11TH DECEMBER – INTERNATIONAL MOUNTAIN DAY

International Mountain Day is celebrated to create awareness about the importance of mountains to life, to highlight the opportunities and constraints in mountain development, and to build alliances that will bring positive change to mountain peoples and environments around the world.

The UN General Assembly declared 2002 the UN International Year of Mountains, and on this occasion, it designated 11th December, from 2003 onwards, as International Mountain Day. The Food and Agriculture Organization of the UN (FAO) coordinates the annual celebration of the Day to foster greater awareness of mountain issues.

18TH DECEMBER – WORLD ARABIC LANGUAGE DAY

The Arabic language is a pillar of the cultural diversity of humanity. It is one of the most widely spoken languages in the world, used daily by more than 290 million people. Since 2012, World Arabic Language Day is celebrated every year on 18th December. The date coincides with the day in 1973 that the General Assembly of the United Nations adopted Arabic as the sixth official language of the Organisation.

In the diversity of its forms, classic or dialectal, from oral expression to poetic calligraphy, the Arabic language has given rise to a fascinating aesthetic, in fields as varied as architecture, poetry, philosophy and song. It gives access to an incredible variety of identities and beliefs and its history reveals the richness of its links with other languages. Arabic has played a catalytic role in knowledge, promoting the dissemination of Greek and Roman sciences and philosophies to Renaissance Europe. It has enabled a dialogue of cultures along the silk roads, from the coast of India to the Horn of Africa.

18TH DECEMBER – INTERNATIONAL MIGRANTS DAY

On 18th December 1990, the General Assembly adopted a resolution on the International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families.

Each year on 18th December, the United Nations, through the UN-related agency International Organization for Migration (IOM), uses International Migrants Day to highlight the contributions made by the roughly 272 million migrants, including more than 41 million internally displaced persons (IDPs), and the challenges they face.

This global event, supported by events organized by IOM's nearly 500 country offices and sub-offices as well as governmental, international and domestic civil society partners examines a wide range of migration themes – Social Cohesion, Dignity, Exploitation, Solidarity – to advocate for migration guided by the principle that humane and orderly migration benefits migrants and society.

DECEMBER – WHO WILL YOU BE?

Who Will You Be?

The Graduate Union brings together graduates from graduation and through postgraduate study, careers and retirement into an active international membership network, residential college and meeting place for the socially responsible advancement and application of education.

Follow in the legacy of our amazing members here at The Graduate Union and begin your own journey. It's your future – who will you be?



LET'S GRADHOUSE AGAIN.

Let's Melbourne Again!

It's been a long time coming but we finally made it! The hard work and the sacrifices we made along the way have opened up our city and state as we now embrace the new normal here in Melbourne — and we couldn't be more excited.

That's where the 'Let's Melbourne Again' campaign comes in.

The campaign centres on getting life back to what made us all intrinsically Melburnians. Whether it's going to your local cafe for the best latte made by a friendly barista, trying out that new brunch spot in the city with friends, shopping for the best deal at Savers in Brunswick or strolling along the Maribyrnong River Trail with a pastry in your hand — it's time to feel the Melbourne in all of us again!

For Graduate House, we're ready to give you back what made us so unique again — a home away from home, safe, clean and secure, a community of brilliant minds and a space in which you can explore, learn and excel. Our doors are open and ready for the next generation of great thinkers.

Let's Melbourne Again and Let's GradHouse Again!





Call for quotes for our “calendar of hope”

We are assembling our Graduate House 2021 “calendar of hope” - we could do with more hope after this year! Below are a further three examples:

Those who lose dreaming are lost. – Aboriginal proverb

A reed before the wind lives on, while mighty oaks do fall. – English 14th Century proverb

A bird does not sing because it has an answer. It sings because it has a song. – Chinese proverb

We are asking for Members to submit their quotes of hope to publications@graduatehouse.com.au and we will choose the ones that we believe will best appeal to our readers. Hopefully!

RETURNING FACE-TO-FACE AT GRADUATE HOUSE

The Graduate House dining room reopened on Wednesday, 28th October, following the announcement of the easing of restrictions in metropolitan Melbourne. We continue to take safety measures to ensure appropriate social distancing is observed. We are pleased to welcome you back!



Monthly Luncheon on 11th November saw the return of our Members to the Stillwell Room. Guest speaker, Dr Ross McMullin gave a wonderful presentation via Zoom. For a full review of his presentation, go to page 28.



Teachers from the Vietnamese Teachers Association came for lunch on 20th November. Affiliated with the Melbourne Graduate School of Education, the teachers are returning patrons who enjoy the warm and cosy atmosphere as well as the new value-for-money menu.



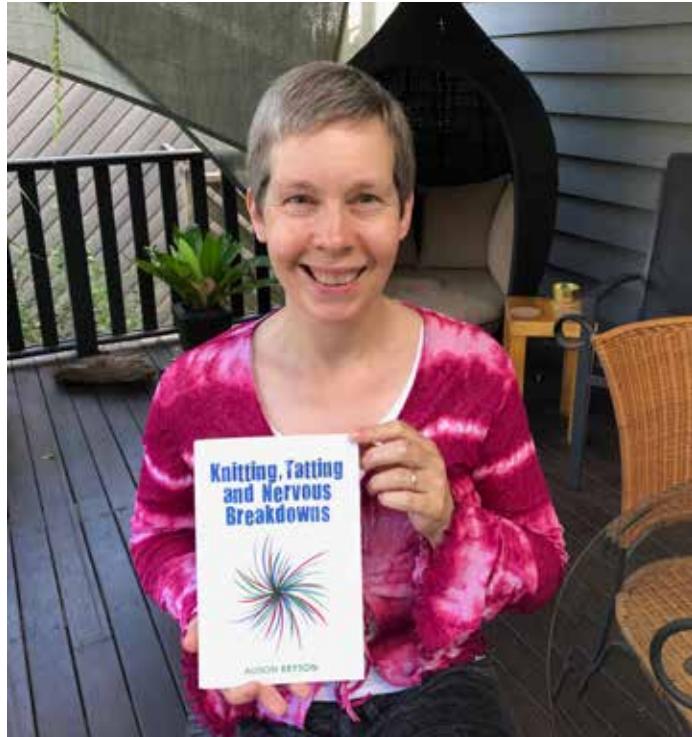
Rotary Breakfast, 19th November. Rotarians enjoyed breakfast and catching up in the courtyard.



Resident Members at dinner time, enjoying face-to-face meals in the dining room.

HEALTH, INTEGRITY AND HUMOUR!

ALISON BRYSON



Alison Bryson is currently the Executive Support Officer to the Mission to Seafarers Australia, working with the Regional Director for Australia and Papua New Guinea and the Australian Council of the Mission to Seafarers Inc. on communication, governance and strategy in support of seafarers, the forgotten floating community.

In 2010, Alison had a nervous breakdown. She didn't know people who had breakdowns. She didn't know what to do with herself being unable to work. She didn't know if she would recover and be able to live independently again. She just didn't know. With the help of her husband, parents and others, she recovered and found joy in her life again and wrote a book, *Knitting, Tatting and Nervous Breakdowns*, about her experience.

Alison spoke with us recently via an email interview.

Vital Stats: Name/Qualifications/Accreditations

Alison Bryson, M.A. (Hons) German – Politics, University of Aberdeen, Scotland.

What was your educational background? What did you study at university and why did you choose this course?

I went to school in the small village in the Borders of Scotland where I grew up. I didn't know what I wanted "to be" (and have always been a little envious of those who did!) and was encouraged by schoolteachers to go to university. I was a 'first in family' university student. I chose to study German and Politics out of interest, as well as my mum being a local government councillor and a supporter of campaigning.

What did you learn during your tertiary education – not just academically, but what ideas did you form and what perceptions? Did any of your views change significantly when you went to university?

In addition to learning skills that included reasoning, researching, writing and time management, I learned that community can be on a much larger scale than a small village. I joined the Students' Representative Council and chose to take the position of Overseas Students Officer. Recognising that everyone, apart from overseas students, left during the Christmas and Easter holidays, I started a programme of parties, bus trips and outings – something quite novel in the late 1980s. It was a fantastic opportunity to meet people from all over the world and to find out about different cultures and ways of life. It reinforced my view that whatever differences there are between us, we're all people.

What is your earliest memory of having an interest in your field?

While I don't feel I have a specific discipline field, I've always been interested in people and helping to support them. When I was younger, Mum worked in community education in a community centre and I loved visiting during school holidays, helping with the Lunch Club for old age pensioners and meeting other groups that came to the centre.

**What has been your pathway since graduating?
What was your first job after graduation and how did that job prepare you for your later positions?
Any lessons learnt?**

After graduating I had a one-year position as a Student Officer at the university. Attending a formal dinner one evening I realised the need for student input into the University's planning for its 500th anniversary celebrations. I wrote a speculative letter to the Senior Vice-Principal, explaining why I thought a position was needed and why I was the ideal candidate. It worked! I was given a three-month contract that led to a full-time position in university student administration. That post was particularly varied, as the Registrar believed it important to give staff a good grounding in different areas, so I was responsible for tuition fee collection, managing the Student Hardship Fund, assisting with graduations and servicing the Board of Studies in Divinity. I learned the importance of making and taking opportunities where you see them. Since then I've worked in university administration in England, Wales and Australia, was the first manager of the General Medical Council's purpose-built Clinical Assessment Centre in London and managed a Registration Service (of births, deaths and marriages) in south-east England.

Did you have any residencies, internships or anything else that ultimately led you to where you are today?

The Student Officer position was somewhat like a residency and gave me the chance to see how senior members of staff and committees worked. Not many roles give you immediate access to high level discussions at such an early stage in your career. I learned so much about negotiating, public speaking, chairing committees, campaigning, press and public relations and all these things have stood me in good stead in my career.

What are the goals of your company/organisation and what are you ultimately trying to achieve?

My aim in writing and self-publishing *Knitting, Tatting and Nervous Breakdowns* is to tell the story of my mental health lived experience and to give hope and practical help to others who may be experiencing anxiety and depression, or who may have a relative or friend who is. I didn't know what was happening to me when I had my breakdown in 2010 and I didn't know anyone else who had had a breakdown. When I felt helpless, when everything seemed utterly hopeless, it would have meant

so much to have been able to look at someone's face or hear their words and know that they had survived. I want to share my story so that others don't feel so alone.

Who has been the biggest influence on your life and what lessons did that person teach you?

My mum, dad and gran (who we lived with when I was a child) have all influenced me, particularly as they all had a strong work ethic. My dad taught me about fairness and respect, and my gran about overcoming adversity (she was the eldest of seven children, her mother died in childbirth, her family lost their farm in the Depression and later she was widowed at 51 years old). My mum, who combined two part-time jobs with being a local councillor and heavily involved in other community activities, has a generosity of spirit that is unmatched and taught me that before I'm anything else (daughter, sister, wife, etc.), I'm me – Alison.

What were some of your major milestones?

Professionally, working at a national level for the General Medical Council. I ran the clinical component of the Professional and Linguistic Assessments Board (PLAB) Test for international medical graduates seeking to work in the UK. My earlier work with overseas students helped me understand the cultural differences of our candidates to make sure that their experience was a positive one. I was also involved in the design of a new centre and, when built, managed the move from the initial centre to the new one without any impact on examinations.

Personally, meeting and marrying my wonderfully supportive husband, Darrell and surviving my breakdown. It was a horrible, frightening time but it gave me the chance to reflect on how I live my life and the realisation that looking after your mental health is as important as your physical health.

What have you been most proud of in your career?

Professionally, being recognised as someone who has integrity, who tries to help and support others without judgement and who has a good sense of humour!

I'm very proud of completing *Knitting, Tatting and Nervous Breakdowns*. It's an honest account of what I went through and what I learned. I'm also proud of the feedback I'm receiving – that people

wished the book had been available earlier to help them through dark periods, that it's a fascinating insight into the UK's National Health Service and the fabulous support offered by the mental health workers, and that it will be such a comfort for those who are suffering from anxiety and depression, to know that they are not alone and that they will get better.

What are some of the greatest challenges and how did you overcome them?

It was difficult and confronting to remember and write about some aspects of my mental health experience. A friend, realising that I was making myself very vulnerable, asked if I was sure that I wanted to go ahead with the book. She was concerned that I would be trolled or that people would seek support that I wasn't in a position to give. I didn't write for three months afterwards, as I wrestled with this. I came to the conclusion that I'm not responsible for how others might react to my book and that I'm not a specialist, just someone who has a lived experience. Then, the most amazing thing happened. We were moving a bookcase and a letter fluttered out of one of the books. I recognised the handwriting as my Gran's (who sadly passed away in 2016). She had written to me in 1991 when I was living in Germany, writing my dissertation. The first line read, "My dear Alison, I hope this letter finds you well and getting your story written..." It seemed like a sign that I should continue!

What did you develop during this time – professionally and personally – in terms of your ideas, and did they change?

Having gone through my experience, I've become more attuned to recognising stress in others. I'm now much more thoughtful in my interactions with people, especially those I'm meeting for the first time.

What is the most important thing that can make you successful at your job?

I don't think there is one thing that can make you successful, but my experience has taught me how important my health is, to have a strong work ethic and to combine that with a sense of humour.

What are you working on for the future?

I've really enjoyed writing and have some ideas for a further book.

What is your next goal? Do you have an ultimate goal that you are working towards?

My goal is to share my story more widely, to add my name and my face to the global mental health story. When I was writing *Knitting, Tatting and Nervous Breakdowns*, I never imagined that it would be published during a pandemic, when people are experiencing great personal uncertainty around employment and finances and seeking support for anxiety and depression in much greater numbers. I think that the lessons I learned and share in the book have great relevance for these COVID-19 times and as we seek to recover.

What advice would you give graduates?

I've listened to lots of graduate addresses throughout my career, but the most important advice that resonated with me was that integrity, once lost, can't be regained. It's important to think about proposed actions in relation to integrity.

What do you like doing when you are not working?

I like doing things with my hands, rather than my head – knitting and baking are favourites. I also enjoy tai chi, which I find wonderful for relaxing.

Finally, is there anything else you would like to add?

I'm really proud to work for the Mission to Seafarers in Australia, a not-for-profit organisation that supports seafarers around the world. Ordinarily, we provide transport to our centres, where seafarers have the chance to connect with their families and spend some time away from their vessels. Due to COVID-19, shore leave is largely no longer permitted, but worse, crew changes are not happening either. Contracts are usually nine months long, then relief crew members take over, but due to closed borders, an estimated 400,000 seafarers are trapped working aboard vessels worldwide, with no certainty of when they can leave and see their families. Imagine that. Together with others in charitable organisations, unions and the maritime industry, we're raising the profile of seafarers, who I call "the forgotten floating community".

* * *

Alison's book, *Knitting, Tatting and Nervous Breakdowns*, is available here: <https://amzn.to/2HUaNvH>.



BUILDING A FUTURE

ROLAND VAN BENTEN



Roland Van Benten has over 30 years' experience in the development and delivery of world class regeneration projects in Australia, New Zealand and the United States. He has a deep understanding of office and retail asset classes, including leasing, design, strategic customer initiatives and the changing office environment.

He is currently the Manager Origination of Dexus, one of Australia's leading real estate groups, proudly managing a high quality Australian property portfolio valued at \$33.8 billion. Prior to joining Dexus, Roland held several senior project roles at Lendlease including Development Executive where he was responsible for the urban regeneration and standalone commercial development opportunities. He managed the development of ANZ Docklands, Melbourne Connect, 850 Collins Street, 385 Bourke Street, EXO mixed-use project and Lifestyle Working Collins Street.

Mr Van Benten holds a Bachelor of Engineering from Monash University.

Roland spoke with us recently via an email interview.

* * *

Vital Stats: Qualifications/Accreditations

I am a Civil Engineer by background but I now work as a Property Developer. I am also on committees with the Property Council of Australia (member for both the Commercial and Education committees) and Committee for Melbourne (worked on the level crossing taskforce).

What was your educational background? What did you study at university and why did you choose this course?

I studied Civil Engineering at Monash University from 1981 until 1984. I chose to do Civil Engineering because I was good at both Maths and Science and liked the practical application of these skills to build something tangible. I also thought it was good for job prospects.

What did you learn during your tertiary education — not just academically, but what ideas did you form and what perceptions? Did any of your views change significantly when you went to university?

Great teamwork with my fellow graduates (I'm still friends with many of them). I was disappointed that the course was more academic in nature. I was hoping that more practical skills would be learned — that only really happened once I started work at Lendlease.

What is your earliest memory of having an interest in your field?

I always liked building things as a child, so I suppose it started with Lego bricks.

What has been your pathway since graduating? What was your first job after graduation and how did that job prepare you for your later positions? Any lessons learnt?

My first job was working as a Construction Engineer with Lendlease on construction sites. It was a fantastic experience to learn how things were actually built. A great experience for my entire career and something I recommend all people who enter the property industry do.

Did you have any residencies, internships or anything else that ultimately led you to where you are today?

I worked for VicRoads over summer for work experience. It was very valuable and it made it very clear that I would rather work in the private sector.

What are the goals of your company/organisation and what are you ultimately trying to achieve?

We are trying to develop new buildings that we can add to our portfolio and own for many years.

Who has been the biggest influence on your life and what lessons did that person teach you?

The biggest influence on my life was working for Lendlease, which in the 1980s and 1990s was, without doubt, the premier property company in Australia. The culture, the innovation and can-do approach was second to none.

What were some of your major milestones?

The completion of various projects over the years which included Melbourne Central, 385 Bourke St refurbishment, Four Seasons Hotel (San Francisco), ANZ HQ Docklands, Myers HQ, Aurecon HQ, Lifestyle Working and Melbourne Connect.

What have you been most proud of in your career?

All projects I have been involved with have been a commercial success with happy customers, who have become repeat customers.

What are some of the greatest challenges in your line of work and how did you overcome them?

Work-life balance — the property industry is very results-focused and demanding.

What did you develop during this time — professionally and personally — in terms of your ideas, and did they change?

Develop both your practical and technical skills, however always have a focus on the market and the customer.

What is the most important thing that can make you successful at your job?

Always focus on what the customer wants and needs. If you can deliver on this you will be successful.

What are you working on for the future?

I am working on several opportunities to develop new buildings for Dexus in the Victorian market.

What is your next goal? Do you have an ultimate goal that you are working towards?

Convert one of the projects that I am currently working on into reality.

What advice would you give graduates?

Always try and work with talented people. Seek out a mentor you can trust.

What do you like doing when you are not working?

I love sports and travel. I am a big Carlton and Chelsea fan.



SOBIA MASOOD AT THE AUSTRALIAN-ASIAN ASSOCIATION



On Monday, 2nd November, Resident Member, Sobia Masood was the guest Speaker at the Australian-Asian Association (AAA) of Victoria meeting held online.

Since 1956, AAA has played an important role fostering friendship, understanding and good fellowship between the peoples of Australia and Asia, through the exchange of information and discussion, supporting international students, encouraging Asian language skills and as a welcome support to new settlers from Asia.

Sobia holds a Master of Science degree in Criminology with Forensic Psychology, is on study leave as a Lecturer in the Department of Gender Studies at Fatima Jinnah Women University in Rawalpindi, Pakistan, and is currently a PhD researcher in Criminology at The University of Melbourne.

Sobia spoke about the cultural role of food in Pakistan and explained how diverse Pakistan is

with respect to ethno-linguistic communities and its history as the gateway to central Asia. This rich history has informed the multitude of cuisines that are shared within the sub-continent.

She expanded on the role that food has in all cultures, with it being the centre around which people congregate. Food brings people together, barters peace and can almost be construed as a love language because it mirrors the affection of those who make the food and the recipients of the food. An example of this behaviour in Pakistan is people putting lots of sugar and some butter in the *chai* (black tea with milk) of someone they honour.

Sobia also touched upon the notion of using ingredients for their medicinal/health benefits. In addition to allopathy, Pakistan practices Unani medicine, which is based upon the hot-cold concept of humoral medicine. She expanded on this by noting the multitude of dishes and beverages made to match the seasons. During the summer months, for example, *kanji*, a black carrot drink, would be made to remain cool; while in the winter months the drink of choice to stay warm would be *masala chai* – black tea brewed with cinnamon, cardamom, star anise and other spices. Similarly, *Panjeeri*, a dish made for postpartum healing and lactation, is given to new mothers as it is considered a ‘hot’ or warming food that will strengthen the body.

Food in collectivist cultures like Pakistan is meant to be a shared experience. This is evident by the fact that the dishes cooked always have multiple servings. This assists in bringing people together via sharing. It is something Sobia enjoys while residing at Graduate House as she makes friends from diverse backgrounds. It also highlighted the *inclusive* nature of food. For example, her new friends at Graduate House seek always to include Halal ingredients in their dishes to ensure that she can eat with them.

"This beautiful effort" is one of the reasons she is passionate about food. During the COVID-19 lockdown, Sobia missed eating with her fellow residents and that, sadly, took away some of her joy with food. It reinforced the notion that food, to her, is a shared experience.



Aalo bhurji (potatoes with scrambled cottage cheese) eaten with paratha.



Pakoras — made with frying vegetables in besan (chickpea flour) with tea.



Two of the delicious cakes Sobia made during lockdown.

No matter where people are from, food is a way to bring people together. In the conversation after her presentation, Sobia and the AAA members talked about how there is an expectation with certain dishes that they are to be eaten with fingers to enhance their flavour, and about the influence on Pakistani cuisine of geographical and historical factors.

An example of this is the inclusion of "high-tea" in Pakistan. She shared photos of *pakoras* — made with frying vegetables in *besan* (chickpea flour) with tea — a dish that must be eaten when it rains — and multiple cakes Sobia has made while in lockdown to soothe herself and to share with her friends. A splendid evening ended with the hope of meeting each other in person and bonding over more food in Melbourne, a city Sobia declares she is determined to eat her way through!



NOVEMBER 2020 MONTHLY LUNCHEON

DR ROSS MCMULLIN

TURNING DEFEAT INTO VICTORY: WHAT REALLY HAPPENED AT POLYGON WOOD



The presenter for our 11th November 2020 Remembrance Day Monthly Luncheon was Dr Ross McMullin, award-winning historian and biographer and third-time annual speaker for our Association.

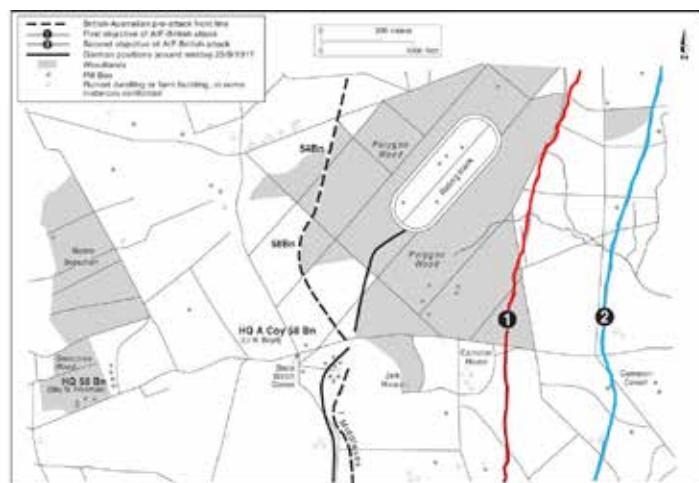
Ross spoke about the battle of Polygon Wood, an iconic Australian victory that has been regarded erroneously for many decades as a relatively straightforward affair without acknowledgement that the failures by the British on the right side (south) of the attack had severe consequences for the Australians advancing alongside from west to east without a secure right flank.

Throughout his presentation, Ross referred to the map (shown opposite) of Polygon Wood and its surrounds in the south-west corner of Belgium, inland and south-east of Calais and Dunkirk in France.

World War I (WWI) ran from July 1914 to November 1918. The Battle of Polygon Wood occurred in September 1917. The Australian Imperial Force (AIF) endured more casualties in 1917 – notably at Bullecourt, Messines, Menin Road, Broodseinde and Passchendaele – than any other year of this war or any other conflict since European settlement. By September 1917 the war seemed like a raging juggernaut, indiscriminate in its destruction of men and women, lands and buildings, hopes and dreams.

Key lessons from previous Western Front battles were that artillery was crucial and decisive, that men were no match against unsubdued machine-guns, and that the *creeping barrage* was part of the solution to a successful and sustained advance. The *creeping barrage* was a moving curtain of shellfire that protected infantry by moving ahead of them at a prearranged rate as they advanced along behind it. With proper planning and a co-ordinated *creeping barrage*, the prospects of capturing a targeted area were good.

With advancing troops unable to go further than the guns could shoot, the *theory of the limited objective* – also known as the *bite-and-hold* or *step-by-step* method – was adopted. Under this modus operandi you planned your battle, got your attackers across no-man's-land with a *creeping barrage*, settled them securely at a precise objective, and then you paused for a few days or a week while you brought your guns forward across the ground you had just captured, and then you did it all over again.



Map of Polygon Wood and surrounds showing the 'red line' at the eastern side of the wood – the first objective of the advance – and the 'blue line' – the second objective.

Polygon Wood was envisaged as the second of a series of these step-by-step battles. It was to start at dawn on 26th September and involve four AIF

brigades attacking alongside British formations. The 15th AIF Brigade on the right was led by Pompey Elliott, Australia's most famous fighting general. Within his brigade's sector he arranged for the 60th Battalion to undertake the first phase to the red line, while the 57th and 59th Battalions continued the advance to the second objective, the blue line. His brigade's other battalion, the 58th, was to occupy the front line before the battle and remain there as a garrison and brigade reserve.

However, the Germans sensed what was coming and decided to prevent it by getting in first. At 5:15AM on 25th September they launched a ferocious preemptive bombardment against the 58th Battalion holding the front line. Casualties rapidly resulted, but they hung on tenaciously. They observed German infantry advancing behind the bombardment and could also see the complete disarray and withdrawal of the British unit on their immediate right.

With reinforcements needed desperately, Pompey Elliott sent forward part of the 60th, but this battalion also sustained casualties from the shellfire. The Germans knew the exact location of strongpoints and headquarters because they had previously occupied them.

Though the British brigade alongside claimed they had regained their front line, Pompey knew from his 58th officers on the spot that this was not the case. When a promised 2:00PM counterattack by the British did not eventuate, Pompey sent in the 57th Battalion to bolster the precarious front-line situation.

Ross then mentioned his visit in 1982 to Charles Noad. At Polygon Wood, Noad went into action for the first time as an officer. He was nervous, and reminisced to Ross about the reassurance from his experienced captain, Herb Dickinson, who advised with philosophical fatalism, "Go for your life" and "if your name's on it you'll get it and you can't do much about it". The 57th had to proceed through Glencorse Wood, where lethal enemy shells were crashing down. One of them had Dickinson's name on it. With other officers also killed, Noad found himself in charge of Dickinson's shaken company.

The arrival of the 57th Battalion at the front helped to consolidate the parlous situation there. Pompey's exposed brigade had held on despite tremendous shellfire, but the Germans had achieved a deep penetration on his right, inflicted sizeable casualties in three of his four battalions, destroyed much of the accumulated ammunition, and played havoc

with other AIF preparations. Understandably, he strongly recommended that the scheduled attack should be postponed. But his superiors told him the operation had to proceed nevertheless.

The night of 25th-26th September was long, strenuous and stressful for Elliott's brigade. His men adapted quickly and cohesively to different roles. Including men from borrowed battalions (29th and 31st) who were entirely unfamiliar with the area, all were guided into position for the attack just before zero hour. Pompey was understandably gratified by this outstanding display of brigade cohesion.

To illustrate this cohesion, Ross pointed to a particular discussion during this night of preparation. It involved Charles Mason, commander of the 59th Battalion (the only 15th Brigade unit that had not yet been in battle) being instructed on the need change the 59th's mission from a blue line advance to a red line advance. Pompey says, "So you know what to do?" Mason says, "Yes." Pompey says, "Well then, go and do it", and out he goes and does it!

Just before 'zero' a runner advised Pompey that the British had not managed to retain their front line. It was thus inevitable that his men, advancing in compliance with his superiors' orders, would be acutely vulnerable to flanking fire from the undislodged Germans on their right. Indeed, five of the six officers in the 59th Battalion's leading companies were soon hit.

Nevertheless the 59th reached the red line within an hour. But there was no sign of the British on the right, and commanders of the 29th and 31st Battalions were refusing to carry out the second advance to the blue line because of this exposed right flank. Elliott issued peremptory orders directing them to get forward, even threatening to replace them with Mason. A British unit, the 2nd Royal Welch Fusiliers, was sent up through the 15th Brigade's sector to deal with the problem on the right.

The battle raged. Day became night. Lethal enemy resistance from artillery and machine-guns continued.

The personal toll on Pompey was immense. His brother George, a popular doctor and talented footballer who had captained his VFL team and represented Victoria, had been mortally wounded by a shell. Pompey wrote: "*They brought the news to me when I was tied to my office directing the fight, and I could not go to him though they said he was dying. I hope never to have such an experience again.*" During

the battle he also received a letter advising him of major legal and financial troubles in his Melbourne law firm!

A Pompey 'classic' nevertheless ensued. He visited the forward trenches to undertake a comprehensive survey.

"With mud and slush up to our knees, Pomp took short cuts and missed nothing. The boys who looked abjectly miserable when we arrived at the various pillboxes and shell holes managed to raise a grin when the old man spoke to them."

Pompey wrote afterwards: "I never saw such a scene of confusion, men of all regiments mixed up all over the place." For example, Charles Noad had ended up in charge of men from the 57th, 59th, 60th and 31st Battalions, as well as some from the Royal Welch Fusiliers unit.

Pompey's appraisal, astute tactical insight, apt reorganisation and judicious pressure revived the attacking impetus. Units under his command proceeded to attain the blue line and also ensured that the British objectives alongside were achieved (by capturing some positions themselves and enabling British troops to reach the others).

This brilliant victory amid circumstances of the gravest adversity was an outstanding performance by Pompey Elliott and the men of his brigade. Elliott's headquarters was inundated with fervent congratulations. "General Plumer says my boys saved the whole British army," Pompey reported proudly.

Pompey's characteristic front-line intervention was no surprise to his own men, but British soldiers were amazed. One wrote that it was the only time in the whole war that he saw a brigadier in the front line. Another marvelled at the unique spectacle of a senior commander in the shelled zone with the acumen and authority to resolve difficulties on the spot. He added that "the Australian brigadier Elliott, called Pompey by his men" had told British officers that he knew there were hardly any Germans in front of them because he had "been to look" himself.

Exhausted after Polygon Wood, Elliott took a month to recover in England. He told his wife Kate that "When I came over I had no colour at all and rings under my eyes and not a kick in me ... my eyes [were] back in my head somewhere." Ross read out a remarkable letter Pompey wrote to his five-year-old son at this time that exemplified his humanity.

Charles Bean, the Australian official correspondent and historian, described the detailed battle report

from Pompey Elliott as "easily the most valuable document" of all the records pertaining to Polygon Wood. Annoyed by the repeated and incorrect claim by the 98th British Brigade headquarters that its men had regained their lost front line, Elliott described this in his report as a "delusion" (twice), "quite unfounded" and "emphatically not the case". The fallacy had been circulated to other formations during the battle and even published in the official dispatches of the Commander-in-Chief, Sir Douglas Haig.

Pompey's detailed and illuminating report was suppressed by his (British) corps commander, General Birdwood. Pompey was stunned by this heavy-handed suppression. "It does not pay to tell the truth, as I know to my cost," he observed ruefully.

Though all copies of the report were to be destroyed, one survived and was conveyed to the Australian War Records Section in London. Director of the War Records, J. L. Treloar, who later became the inaugural director of the Australian War Memorial, later admitted that it "was smuggled to me and held by me with some trepidation" and that he had decided to retain it on a top-secret basis apart from other records.

The suppression of Pompey's Polygon Wood report remained rigorous for decades. In 1982, when Ross asked to see the surviving copy at the Australian War Memorial, he was told that it was locked in a safe and accessible to no-one. Ross admitted that he resorted to Pompey-like bluntness to gain access!

Though Pompey Elliott's dynamic leadership was particularly evident at Villers-Bretonneux in April 1918, in the climax of the war, Charles Bean concluded that Pompey had been even more meritorious at Polygon Wood, where his brigade "snatched complete success from an almost desperate situation on the right". Ross completed his talk by saying he agreed with Bean.

* * *

To learn more about Ross McMullin's historical and biographical publications visit <http://www.rossmcmullin.com.au>. If you would like a signed copy of a book, send Ross an email through his website by clicking on the heading CONTACT. Postage is free for Members of our Association in Australia, and reduced by 20% for Members outside Australia.



CHARGING YOUR PHONE WITH A COFFEE MUG



The eDrink

Seeing the red icon flashing to indicate that your phone battery is low can be stressful, especially if you are nowhere near an outlet. A new device, called the eDrink, uses heat energy from a drink to charge a phone.

This clever gadget was invented in 2015 by student Ann Makosinski from The University of British Columbia.

Ann is an inventor who describes herself as a struggling university student with a self-taught interest in science. The eDrink enables you to charge your phone while chatting over a cup of hot coffee. This invention has attracted worldwide attention by showing that big ideas can come from simple everyday materials and things we have around us.

The idea for this invention came to her while watching her girlfriends' phones die on

them while out socialising with friends. She acknowledges that the amount of charge from the hot coffee isn't a lot, but certainly enough to fire off that text and prevents your phone from shutting down completely.

The eDrink prototype looks like a regular stainless steel mug. The secret behind the phone-charging mug is a layer of thermoelectric plates called Peltier tiles which uses the temperature differences between their two sides to generate electricity. Users can harness this energy by plugging their phones into the USB port on the bottom of the cup and sip their coffee as it charges. eDrink produces enough electricity to charge a phone for 30 minutes at a time.



Ann Makosinski with her invention, the eDrink.

For her invention, Ann has so far won a \$50,000 Quest Climate Change Grant from Shell for her resolution to "reduce the impact on the electrical grid by patenting body-heat-generated power". She has also been honoured by *Time* magazine as one of their "Top 30 Under 30" and appeared on America's *Tonight Show Starring Jimmy Fallon*, who spotted her invention.

For the full story, go to:

<https://materialdistrict.com/article/charge-phone-cup-hot-coffee/>





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