



How Lunar New Year is celebrated around the world

Far and wide this past month, the world has been lit up by the countless Lunar New Year celebrations, including many people in our UniSA community. We dive deeper into our alumni, students and staff traditions for this significant holiday. [more...](#)



Australia Day recognition for UniSA's enterprising alumni

Vice Chancellor of the University of South Australia, Professor David Lloyd has congratulated members of the University community who have been recognised in the Australia Day honours for 2020. [more...](#)



How you can help South Australia recover

Almost as much as one-third of the Adelaide Hills wine industry was decimated in the recent bushfires that have ravaged the entire country. One of the most effective ways to back the South Australians devastated by the fires is to spend money and time in the regions to reinvigorate the economies and provide sustainable support. [more...](#)



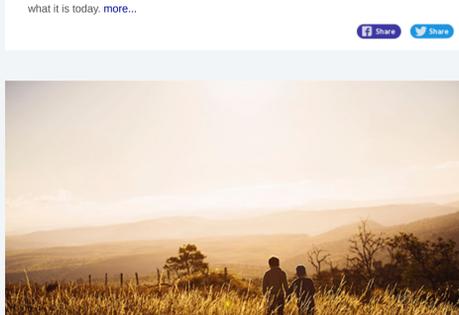
Leaving her mark on iconic cultural spaces

When Leonora Chieng arrived in Australia as an international student over two decades ago, little did she know, she would soon adopt it as her own. Now as an accomplished internationally certified project director and registered architect, she has contributed to a number of cultural landmarks around the country. [more...](#)



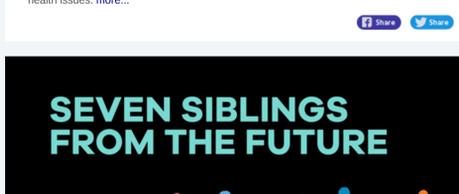
Taking to the skies in Japan after university

Jason Zielke followed his love of aviation and flying all the way to Japan. He's captained everything from tiny family-owned planes in Mount Gambier and Wagga Wagga to navigating Japan's busiest and biggest airways. A couple years ago, he joined the new aviation company, Peach, where he has helped build the airline into what it is today. [more...](#)



Reaching out to rural men and their mental health through community

With death by suicide named the biggest killer of young Australians, and with those living in rural areas at high risk, a UniSA researcher is responding to this crisis with an inspired project to promote mental wellbeing and reduce the stigma around mental health issues. [more...](#)



Alumni Events

- 12 FEB** **Sanaa Storytelling**
An evening of theatre, poetry and storytelling. ActNow's Theatre of the Global Majority are set to take to the stage, showcasing some of their latest work.
- 13 FEB** **The Art of Social Change**
An opportunity to hear first-hand from the International Sanaa artists as they will share their artistic journey, how they use their art form to positively impact their communities back home, and the changing face of contemporary art in Africa.
- 29 FEB** **David Claerbout: Talk**
Belgian artist David Claerbout presents the next in his ongoing series of art-based lectures, this time addressing *Olympia (The real time disintegration into ruins of the Berlin Olympic stadium over the course of a thousand years)*.
- 29 FEB** **2020 Adelaide/International: Launch**
Join us for drinks to celebrate the launch of the five exhibitions. Bradley Forum courtyard, above Samstag.
- 01 MAR** **Tim Ross and John Wardle: On Architecture**
Renowned architect John Wardle designed the Samstag Museum of Art working closely with Director Erica Green. He joins comedian and architecture enthusiast Tim Ross for a conversation around his major work, *Somewhere Other*.
- 08 MAR** **International Women's Day Talks at WOMAdelaide**
WOMAdelaide offers a rich variety of programming initiatives, including the popular Planet Talks discussion forum. The Bob Hawke Prime Ministerial Centre is proud to co-present two of the festival's talks.
- 10 MAR** **The Future We Choose: Surviving the Climate Crisis**
Christiana Figueres, former UN Secretary for Climate, was one of the principal architects of the most pivotal climate agreement in history; the Paris Agreement.
- 16 MAR** **Perspectives: Jes Fan**
Jes Fan's trans-disciplinary practice emerges from a sustained inquiry into the concept of otherness. Primarily working in the field of expanded sculpture, Fan navigates the slippery complexities of identity as guided by the tactile and material histories of his chosen media.

Exhibitions

- 03 FEB** **Sanaa: A Better World Through Creativity**
Showcasing the work of contemporary African artists - from grassroots level to some of the continent's leading artists, this exhibition includes artwork from Africa's street artists, prolific visual artists and photographers.
- 24 MAR** **2020 Adelaide/International**
Samstag presents the 2020 Adelaide/International featuring five distinct exhibitions by Australian and overseas arts practitioners opening Friday February 28.
- 12 JUN** **MOD. Seven Siblings from the Future**
Meet the siblings and help to shape the future of Eucalara through the choices that you make. SEVEN SIBLINGS FROM THE FUTURE asks what sort of future we want for South Australia.



>> Image gallery: UniSA alumni events

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How Lunar New Year is celebrated around the world



On the night of the first new moon of the lunar calendar each year, millions across the globe gather and celebrate the most important festival for many Asian communities, Lunar New Year. The celebrations continue until the first full moon of the year, with this year's festivities running from 25 January to 8 February 2020.

While chances are you've heard of Chinese New Year, Lunar New Year is different in most countries and goes by many names: Chunle or Spring Festival (Chinese), Tet (Vietnamese), Solnal (Korean), Tsagaan Sar (Mongolian) and Losar (Tibetan) for example, with each culture's individual traditions taking centre stage.

Senior Lecturer at UniSA in Event and Tourism Management, **Dr Sunny Lee** – expert in multicultural festivals and a Korean native herself – explains Asians who celebrate the Lunar New Year dedicate time and focus toward family, feasting, and hoping for good luck in the coming year.

"Lunar New Year is the longest public holiday in China and one of the longest public holidays in Korea. Chinese have seven to 12 days off from work, and Koreans usually have a four-day public holiday," she says.

"People return home to be with their loved ones and celebrate the new year with families at home by eating particular food, playing traditional games, and performing ancestral rites."

President of UniSA Hong Kong Alumni Chapter and MBA Alumnus, **Kk Wong**, echoes these sentiments about the significance of this period of time in Hong Kong during the Lunar New Year or Spring Festival and its importance as a time dedicated to family and tradition.



UniSA Alumni HK Chapter President and MBA Alumnus, Kk Wong

"Remembering the old days when I was a kid, one of my favourite things was seeing the 'Lion Dance,' and of course, the fireworks in the harbour," he says.

"Chinese New Year is a special time to see our relatives. Most families will dress up their home with traditional decorations, such as blessings written in red papers. We also go to visit the senior members of our families with presents and give 'Lai See' (red pockets) to the juniors and the singles."

"This is a favourite part for me now."

Similarly, for UniSA Teaching (Early Childhood) student, Xue Tong, from Hangzhou in China, the New Year always marked an exciting time of year as it was a period where she could spend meaningful time with her family and participate in their traditional customs.

"Chinese New Year has a very important meaning to me because I was always away travelling. From 13-years-old I was away from home to study, and always went home around this time to visit my parents," she says.

"We also have particular routines, like on the first day we visit our relatives, usually the father's side, and on the second day we visit the relatives on the mother's side. On the third day we visit the dead, for example our ancestors that have passed away, we go to the cemetery with flowers and candles."

"That was always the real moment that I could spend time with my family, so I was always looking forward to Chinese New Year."

Xue explains that the Lunar New Year draws often comparisons to Christmas in Australia as many families and loved ones usually gather together over food.



Student Xue Tong at the UniSA City West Campus

"I think it's just like Christmas means family to people in Australia, Chinese New Year is important to the connections between our families in China," she says. "We reunite, get together and do anything we love because it's a holiday and we don't have to work. It's an escape from our daily routines, from our daily responsibilities, just to enjoy life."

"Like people in western societies eat turkey for Thanksgiving or Christmas, we eat dumplings. It's a tradition when we make dumplings that we put a coin inside one dumpling and that's called the lucky dumpling."

"So, if someone bites the dumpling and finds the coin, they would be the lucky one."

While individual countries in Asia celebrate Lunar New Year differently, Dr Sunny Lee's Korean traditional customs also have a focus on specialty dishes to mark the dawning of a New Year.

"Koreans eat 'tteokguk (soup with sliced rice cakes) for the New Year," she explains.

"According to Korean age reckoning (age is incremented at the beginning of the lunar or solar year, rather than on the anniversary of a birthday), the Korean New Year is similar to a birthday for Koreans. And eating tteokguk is part of the birthday celebration."

"Once you finish eating your tteokguk, you are one year older."

As Dr Lee cannot usually go home to Korea and spend time with family during the Lunar New Year, this year she will cook and eat tteokguk here in Australia. She is also looking forward inviting Korean friends home to celebrate and dine at Korean restaurants during this period.

With so many other expats currently living in Australia, she has also found through her research that multicultural festivals – like the 2020 Lunar New Year Street Party – offer an opportunity for migrants to represent their origin cultures and showcase these cultures to others.



Guardian lions or foo dogs celebrating the New Year with a parade and Lion Dance

"My research on multicultural festivals in Australia found attendees from outside the culture represented and celebrated gained a greater understanding of different cultures and multiculturalism in Australia and was the most commonly found benefit," she says.

"Those participants from within the cultures represented at the festival found that they improved a sense of cultural self-esteem, enhanced the connection with Asian culture, built a positive feeling and image toward Australia regarding cultural acceptance, and gained a sense of social support."

"It makes them happy to see Australians and others interested in their origin cultures and they feel proud to be an Asian."

"Celebrating their origin culture at the festival also presents an opportunity to educate their children about their culture, remembering and respecting the meanings of the culture, which leads to a reconnection to their origin and relieves homesickness."

"It could be a small step to the acceptance of other cultures. And this could help to reduce the negative image of Australia and Australians associated with racism, and strengthen the positive feeling towards Australia in regard to cultural acceptance."

"Holding the multicultural festival annually shows that Australia cares about other cultures and people from different cultures, which makes them feel comfortable being in the society."

UniSA student, Xue Tong, will not be celebrating the Lunar New Year at home with her family in Hangzhou either this year, but is hoping to get together with her friends after she finishes her assignments.

"I want to celebrate it because it's just like home, you know, like feeling at home with some lovely friends," she says.

"Even though I haven't been celebrating Chinese New Year with my family in recent years, actually, I think my heart was with them."

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Australia Day recognition for UniSA's enterprising alumni



This year on Australia Day, a number of University staff, alumni and friends, have been that celebrate with Australian Honours and Awards, that celebrate the outstanding service and contributions of Australians, including former Liberal Senator, Ambassador to Italy, media commentator, and 2018 Alumni Award winner, The Hon Amanda Vanstone AO.

Vice Chancellor of the University of South Australia, Professor David Lloyd has congratulated these members of the University community who have been recognised in the Australia Day honours list for 2020 and the contributions they have made.

"The wide group of alumni, staff, friends and donors who have been acknowledged in the Australia Day awards are a true reflection of the enterprising spirit that lives through our community – people whose approach to life is to contribute their knowledge and capacity to improving society," Prof Lloyd says.

Recipient of an Officer of the Order of Australia, The Hon Amanda Vanstone earned a Graduate Diploma of Legal Practice from UniSA in 1984 to complete her legal education.

Since leaving her career in politics and diplomacy, she has launched a media career, is an active contributor to a range of boards and associations, including Chair of the Anne and Gordon Samstag Museum of Art.

UniSA acknowledged her contribution to the community with a special Alumni Award in 2018.

Vanstone remembers her time at UniSA fondly, and her advice for anyone contemplating a life in politics is to get a good education, then get a job and some experience.

"Learn about life and about people because that's what politics is about," she says.

"You need that before you go into it."



Having herself taken time to learn about life meant Amanda was a little older than most of her fellow students in the GDLP program, but she recalls the time with fondness and has particular memories of the day in 1983 when Australia won the America's Cup.

A few students borrowed a flag from the library and began a march to Rundle Mall that quickly grew.

"We had about a hundred people by the time we got to the beginning of the Mall and I would conservatively estimate 250-300 by the time we got to Beehive Corner – just because people were singing Waltzing Matilda and were happy that we beat the Yanks."

Among the recipients, founding Director of UniSA's Centre for Islamic Thought and Education, Professor Mohamad Abdalla, was awarded a Member of the Order of Australia AM in recognition of his contribution to Islamic education.

Widely published on topics such as Islamic science, Islam in Australia and Islamic schooling in the West, Prof Abdalla is one of Australia's most respected Muslim leaders and has received many civic awards including the Ambassador of Peace Award.

Former UniSA Council member, lawyer and company director of several government and not for profit boards, Terry Evans was awarded an AM for his services to education, the law and health.

Among the other AM recipients are graduates Jenny Richter and Tracey Whiting, and recipients of the medal of the Order of Australia, OAM, include alumni and donors Peter Carter, Andrew Peake, Barbara Sax, Gary Schulz, Jan Sutherland, and Peter Wallace, and Jan Cornish received the Public Service Medal.

A full list of UniSA Alumni honoured on Australia Day is available [here](#) from our website.



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How you can help South Australia recover



Credit: Eden Hills Country Fire Service Facebook

There has been little to drink to at the start of 2020 as Australia officially recorded its hottest and driest season, and communities all around the country continue to battle unprecedented ferocious fires. The loss of lives, wildlife, stock, habitat and property is devastating and the road to recovery both economically and emotionally will be challenging. Like many other industries, the wine industry has been impacted – some partially affected by the fires and some winemakers in areas such as the Adelaide Hills, losing everything. In a statement issued, CEO of Wine Australia, Andreas Clark, indicated that while assessment of the full impact on the wine industry is still several weeks away, it is vital that the losses are put into a proper context, with estimates that the worst-case scenario is that 1500 hectares of vineyards have been affected.



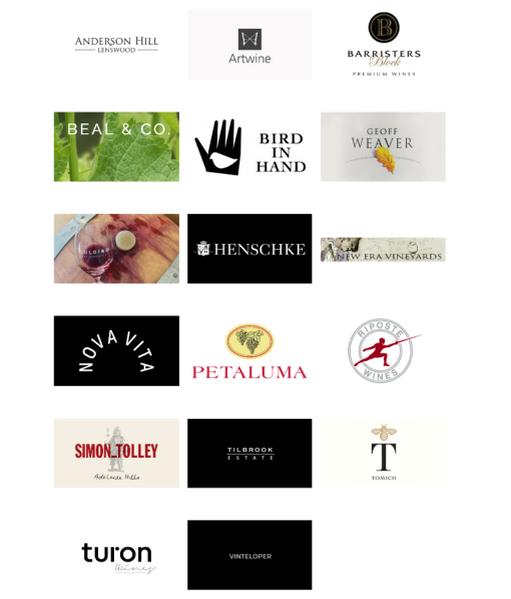
UnISA wine marketing expert Associate Professor Armando Corsi says context is critical for the industry and its image. "The last thing the Australian industry needs right now is for people to get carried away in the catastrophe story," Assoc Prof Corsi says. "If this early estimate turns out to be accurate and if the damage extends to fire damaged vines – it actually represents about one per cent of the whole Australian vineyard area. "For most wineries across Australia, vintage 2020 will be business as usual. Wines that have already been bottled and stored cannot be affected by the smoke. Consumers shouldn't therefore be worried that the wines from producers located in bushfire-affected areas might taste smoky. "As an industry totally committed to the quality of its product, winemakers and wineries will be the first to check whether they are happy enough to put wines on the market. "Only those wineries directly affected by the bushfires will experience difficulties, mostly because they will have less fruit to make wines, and if their equipment was damaged too, they may face practical production issues."



Associate Professor Armando Corsi, Associate Dean: Research Education

Assoc Prof Corsi says while the losses for specific wineries are heartbreaking in an industry full of passionate winemakers, it is important for the industry that consumers know they can be confident in the quality of Australian wines. "If there was even a remote risk that wines could be affected, producers would be the first to dispose of them rather than ruin their reputations," he says. "The fact is most vineyard areas and cellar doors are still accessible and ready to welcome tourists to enjoy tasting some of the best wines in the world. "The most positive thing anyone can do for the winemakers affected by the fires is to buy their wines. Cash flow will be vital for their recovery. "And the best thing we can all do for Australian communities is to send the message that there is still much to do see, taste and experience in Australia that is unique and rewarding."

Assoc Prof Corsi says for those who don't want to buy wines but would still like to offer support donations to bushfire-affected wine regions such as the Adelaide Hills can be made direct to the [Adelaide Hills Wine Fire Appeal](#).



South Australian Tourism Commission's #BookThemOut Campaign



In the wake of the trail of devastation left from the recent bushfires all over Australia, South Australian jewels, Kangaroo Island and the Adelaide Hills, have been deeply affected. Many residents and their livelihoods have been decimated, including countless houses, vineyards, hotels and businesses. This is why the South Australian Tourism Commission (SATC) has launched the "Help them out, #BookThemOut" campaign for these regions in need. The campaign encourages locals and tourists alike to think of the Adelaide Hills and Kangaroo Island for their next holidays, day-trips – even bottles of wine – to reinvigorate these local economies and allow the communities to rebuild with sustainable aid. SATC Chair and CEO of 1834 Hotels, UnISA Management Alum [Andrew Bullock](#), says working in partnership with local industries, as well as those interstate, to travel the Adelaide Hills and Kangaroo Island for a holiday, short stay or experience, is an integral part of the long-term recovery strategy. "To assist bushfire affected communities we recommend doing exactly as the campaign suggests- #BookThemOut. Get your family and friends together and choose to spend some time in the Adelaide Hills or on Kangaroo Island. An overnight trip if you can, but day-trips also help," he says. "There are great experiences to be had in both locations."



"As Chair of the SATC, I hope that these fires are an opportunity for reinvention for the tourism industry." "While the challenges ahead of us are significant, I hope to look back in the years to come and see this disaster as the catalyst for growth and exciting new visitor experiences." With almost all businesses open embracing visitors and showcasing SA's best to the world, speaking to the SATC, UnISA Business alum and SA Premier Steven Marshall, has also thrown his support behind the campaign. "The message from the Adelaide Hills and KI communities is clear – visitation is critical to help them recover and rebuild and that's exactly what regional events and the newly launched #BookThemOut campaign are doing," he says. "There were 1.2 million domestic day trips to the Adelaide Hills in the year ending September 2019. We're calling on everyone to help boost these numbers even more in 2020." *Now more than ever, our beautiful Adelaide Hills and Kangaroo Island regions need your support. Visit SATC's [#BookThemOut website](#) for more information.*

Leaving her mark on iconic cultural spaces around Australia



Leonora Chieng
Manager, Infrastructure & Projects at Queen Victoria Market
Bachelor of Architecture (Honours)

When Malaysian native, Leonora Chieng, arrived in peaceful Adelaide 25 years ago, her first impression was far from the frenetic pace of a big developed country she was imagining. The contrast was disorientating at first.

"My first thoughts were: it is a country town! Where are the high rises and flyovers?" She recalls. But soon the budding architect grew to love the city – the weather, beaches, and easy way of life eventually winning her over.

"The weather is better than Melbourne where I now live! And not forgetting the beaches... I think Adelaide, of all the capital cities in Australia, has the best beaches."

Leonora has since adopted Australia as her home country contributing to some of its most impressive landmarks as an architecture graduate and project manager, including the Australian National Botanical Gardens, Old Parliament House and Federation Square thanks to her Australian education.

She now serves as Manager of Infrastructure & Projects at the Queen Victoria Market in Melbourne driving their AUD\$250 million renewal project, the biggest investment in Melbourne City Council's history.



A proposed public square at Queen Victoria Market, City of Melbourne and NH Architecture

"I was head hunted for my current role at Queen Victoria Market as I was working at Federation Square which has similarities in terms of them both being iconic precincts of Melbourne," she says.

"I was also interested in being part of the history in the making, working on the project that is the largest and most ambitious investment in the history of Melbourne City Council"

While the role is history making – helping drive the world's largest market infrastructure renewal project – Leonora is responsible in ensuring that the new facilities meet the operational requirements for the Queen Victoria Market which she says requires a lot of meetings.

"Whether that's to improve processes, attending design workshops, collaborating with all departments of the organisation to ensure the future facilities meet our operational needs, I'm always meeting with my team to ensure that I provide the support that is required to facilitate smooth delivery of these projects," she says.

"My role as the Manager of Infrastructure & Projects also means that I'm constantly planning for future capital asset projects as well."



The Queen Victoria Market's Summer Night Market, City of Melbourne

Leonora cites the practical focus of the architecture course at UniSA as giving her the confidence to accomplish her professional goals and access to industry connections, such as some of the most respected Australian architecture and engineering firms, crucial steps in her success.

"I was fortunate enough that in my last year of university, one of the biggest and oldest Australian engineering firms, GHD, visited our final year architecture students' exhibition and contacted the Head of School that they were interested in hiring the top graduating student," she says.

"Lo and behold, I received a phone call from the Head of School at the time asking me if I had any intention to stay back and live in Australia – and I certainly did."

It was here she became a Registered Architect and made the transition into a more a project management professional path, where she has seen great success two decades on.

"I spent close to six years working with GHD from the role of Graduate Architect and progressing through to a project management professional. I became a Registered Architect after only working for over two years due to the great exposure and experience I had at GHD."



Queen Victoria Market Precinct Renewal Background, City of Melbourne

From there her career skyrocketed. She had found her niche in project management, working in many of GHD's offices, from Adelaide to Canberra, Brisbane and Abu Dhabi. Leonora played a key role in refurbishments of the Supreme Court of South Australia, the Australian National Botanical Gardens and Old Parliament House.

She also had the chance with GHD to contribute to their major Abu Dhabi Airport upgrades. In fact, Leonora's expertise was so sought-after, she was headhunted to join the Supervision Committee for the USD\$5.7B expansion of Abu Dhabi International Airport (SCADIA).

"I relocated to Abu Dhabi after being headhunted for a program management role for one of the world's most iconic airport projects, which is still under construction now," Leonora says.

"This involved the construction of a new midfield passenger terminal, a second runway at a distance of 2,000 metres from the existing runway, cargo and maintenance facilities, and other commercial developments."

"The project saw a doubling of the existing airport land area to 3,400 hectares, with dedicated buffer zones to the north and south, and the new facilities designed for an ultimate capacity of 50 million passengers a year."



Abu Dhabi Airport's Midfield Terminal nearing completion, Abu Dhabi Airports (left) & KPF (right)

"It was an enormous project"

After returning to Australia, Leonora worked for both private consulting and government-owned organisations, before ending up at Melbourne's iconic Federation Square spearheading delivery of the AUD\$11.7M Capital Asset Replacement and Renewal Works Program, and later the Queen Victoria Market.

Despite the twists, turns and new heights her career has reached as a high-level project manager, her love and enthusiasm of creating structures from the ground up and places for the public to make memories has always remained.

"I love how not one project is the same," says Leonora. "Every project has its own challenges, but you are continuously learning something new!"

"...And who doesn't like to see things being constructed and built – appearing right in front of your eyes."



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Taking to the skies in Japan after university



Jason Zielke
A320 Captain and Route Instructor
Bachelor of Applied Science (Civil Aviation)

A320 Captain and Route Instructor, Jason Zielke, always knew he would eventually end up above the clouds piloting his very own airplanes. Recalling as a child how exciting it was to visit Adelaide Airport and for him to receive a wave from the pilot in the cockpit, he's always been particularly enraptured by the idea of flying all over the world.

Here he gives us a little insight to his life in Japan, how he became a Captain and leader at Peach Aviation, and what it took to achieve his dreams.

Jason also explains the power of having good people around you, what his wife and two children have taught him, and why he still keeps in contact with his classmates 25 years later.

1. You call yourself an Airline Professional, A320 Captain and Route Instructor, would you be able to expand on your work and these particular roles?

Presently, I work for budget carrier airline, Peach, based in Kansai, Japan. My official title is an A320 Captain and Route Instructor. What does this mean? Well it means I am the Captain of the aircraft (or what's called the pilot-in-command). We have a fleet of A320, 180-seat, short haul passenger jets flying domestically (within Japan) and internationally within Asia. Being an airline pilot, my schedule is not always the same – my days vary anywhere from early morning to midnight red-eye flights.

Additionally, I am also a route instructor. This entails teaching new pilots how to fly our aircraft and how to operate the aircraft according to our company standard procedures and within our route network throughout Asia. New pilots range in experience from veteran captains from other airlines to newly licensed co-pilots with little or no previous experience.



A Peach Aviation plane on the tarmac at Naha Airport, Okinawa, Japan.

2. Did your love of airplanes and flight begin in childhood? Could you tell us about when you decided to pursue this professionally?

The story about my love of aviation is somewhat clichéd. As a young boy growing up in Adelaide our summers were very hot. I recall spending time with my grandparents during these hot summers and not having air conditioning at home they would take me to public attractions, and most importantly to the Adelaide Airport. Whilst I enjoyed the libraries and the museums, and the respite from the heat that they provided, I remember being captivated by the airport.

I can recall spending hours looking at the Vickers Vimy (British heavy bomber aircraft) display located in the parking lot of the airport and then inside the terminal watching all the aircraft arrive and depart their gates. On the odd occasion a pilot would wave from the cockpit and I would be enraptured with the idea of flying one day myself and being that pilot waving to other children from behind the cockpit windows. This was all before you had to do security screening to go to the departure gates...how times have changed.

From a young age I had this connection with aviation and as grew I realised that if I wanted to fly, if I wanted to be that pilot who was waving through the window, it was up to me to make it happen.

There were always two routes to take in aviation, one being civil flying and the other being military. At the age of 13 I enrolled in the Air Training Corps (now the Australian Air Force Cadets) where I nurtured my love of flight and appreciation for the Royal Australian Air Force. It was during my time at cadets where I experienced my first training flights and I can still recall the exhilaration of conducting my first solo flight in a glider at the Adelaide Soaring Club in Cawlar.

Whilst the cadets had given me so much and a military career was definitely attractive, I realised that I wanted to go to university, I wanted to further my academic education. I researched possible courses (science was where my strengths were) and I found the University of South Australia's Applied Science (Civil Aviation) degree program. I could combine academia and my love of aviation into one course, it was perfect, and I knew right away that I wanted to join this program. With hard work and determination, I was accepted, and in 1995 I commenced as a freshman at the Levels campus.

The rest they say is history!



Jason with his wife and children enjoying themselves in the Canadian summer.

3. What do you remember from your time studying Applied Science (Civil Aviation) at UniSA?

Aside from the technical and academic aspects of the degree I remember a great deal from my time at the university. Our Chief Pilot, and the head of our course at the time, Roy Garthwaite, stands out. His unwavering commitment to his students, his dry and pointed wit, his absolute professionalism and his whole-hearted desire to see us, the next generation of aviation professionals, be successful is something that I will never forget.

My classmates of 1995 are still very important people in my life to this day. The journey of learning during the degree program nurtured some of the closest interpersonal relationships I have. We were all young, eager and like-minded individuals at the start of our course, and by graduation we were a coherent group of supportive young adults.

I have regular, near daily, contact with some of my former classmates, and regular contact with most others. I still keep in touch occasionally with previous lecturers and former staff of the university too.

4. How did you end up in Japan working for Peach and other Japanese airlines?

I was working for a small family-owned and operated airline in Mount Gambier at the time. I was newly married and my wife and I were starting to make a new life for ourselves. We realised together that there were many opportunities throughout the world and it would be exciting to undertake a new adventure together.

At the time, airlines in Japan were seeking qualified pilots to crew their expanding fleets. So, in 2006, we decided to move to Japan and I commenced working for All Nippon Airways (ANA) flying turbo-prop aircraft. I worked for the All Nippon Network as a Captain for six years. As the aviation industry started to expand rapidly in Japan, a new low-cost airline, Peach Aviation, was created.

I was fortunate to transfer to this new company in 2013 and become part of the training department responsible for teaching the next generation of crews to take the airline to even greater success in the future which is where I am today.

Recalling as a child how exciting it was for me to receive a wave from the pilot in the cockpit, I always try to engage with my passengers – especially the children – greeting them with a smile and an enthusiastic wave when I can.



A Peach Aviation plane like the ones Jason flies everyday landing on the tarmac.

5. You have also listed your role as a husband and father on LinkedIn as something you take great pride in – which is very refreshing. Could you explain a little more about this and what this role in your life means to you as well?

For me, this is one of the most important questions.

Single-minded, dogged professional determination will make you successful. I have no doubt about that. But, I firmly believe that having people around you who support you, challenge you, comfort you, and guide you can give you a perspective on life which you might otherwise overlook.

My wife, Jessica, has been instrumental in my development as a professional, and quite simply as a human being. She has taught me the value in relationships, how to better nurture them and how to embrace the differences in people and places. As a sociologist Jessica's personality type is quite different to mine. Jessica brings the balanced, educated, and thought-provoking perspective I might have missed.

My children are an extension of my relationship with Jessica. While my wife and I guide them through their journey of childhood and learning, they also teach us about the importance of relationships, forgiveness, patience, and love.

When I combine the personal relationships within my family and the academic and professional skills, I feel I have become a more well-rounded individual who is responsive to a greater number of life's challenges.

6. Could you name any particularly proud moments – personally or professionally?

Proud moments include graduating university, getting married to my wife, Jessica in 2005, the birth of our two children in 2009 and 2012.

I guess when you combine the questions into 'personally or professionally' I will gravitate towards the 'personally' spectrum of achievements. This is not because I don't consider my professional achievements significant at all, but I feel that my professional life is part of who I am personally. People experience me as a person. You are reading these answers as a person, not as an aviation professional, so I feel that is more important to me overall. Being a professional pilot is what I do, how I interact with the people around me is who I am as person.



Jason Zielke and his sociologist wife, Jessica.

7. Have there been any particularly challenging moments in your career?

After graduation, there was an abundance of new pilots throughout Australia. I was fortunate enough to be employed by the University as an instructor. 1998/1999 was a great time and a difficult time. It was great since I could pass along the skills and knowledge I had acquired at university to the new classes who followed mine, and difficult in that I knew my relatively stable existence at uni was coming to an end. A big fish in a little pond kind of analogy.

My life that I had become accustomed to at the university needed to evolve. I had to mature and I guide them through their journey of childhood and learning, they also teach us about the importance of relationships, forgiveness, patience, and love.

Of course, he was correct. I started my first commercial job at Wagga Air Centre flying freight in early 2000, and my first airline job for O'Connor Airlines based in Mount Gambier in late 2000.

8. When you are not working, how do you like to spend your time?

When I'm not working I spend time with my family. Being a team at home is as important as being a team at work. I volunteer at our children's school. I'm a handyman so I'm forever fixing things the kids have broken. I also love to cook and host dinner parties. I love hosting as I get to see the interactions between my guests and how it can break down barriers and nurture interpersonal relationships.



Jason Zielke and his sociologist wife, Jessica.

9. Could you share any travel tips you have for us less experienced travellers?

Okay, travel tips...I have some.

- Look for signs at the airports to help guide you – usually airports have clearly marked signs, but not always in the most obvious locations. Look up and down, many signs are above our eye level but some are below eye level. Some airports have signage on the ground in the walkways or carpets, and many have overhead signs near the ceilings or roof. Be alert.
- Pack light – you rarely use all the stuff you take in a suitcase, unless you're going backpacking for months, then you'll use everything until it falls apart.
- Be prepared when you walk up to check-in, security, and boarding gates – have your documents in your hands ready to go, passport, boarding passes etc. We all know security checkpoints can be troublesome, but being prepared by getting your laptop out early will save frustration for you and your fellow travellers.
- Don't pack everything you can think of in the seat pocket in front of you – the seatbelt sign will go off at some point and the three magazines and two novels you purchased in the terminal will be nice and fresh when you take them out from the overhead locker after departure. All you should have in the seat pocket is your wallet or purse and passport...Think of it, if something untoward happens and you have to get out quickly all you should grab is your passport or wallet or purse – that's it!
- Also...The first rule about chemicals is: we don't talk about chemicals.

10. Do you have a favourite place to fly?

Adelaide. It's my hometown, its where I learned to fly, and it will always have a special place in my heart.

Reaching out to rural men and their mental health through community



Dr Jocelyn Kernot
Bachelor of Applied Science (Occupational Therapy)
Doctorate by Research Health Sciences

Occupational Therapist and Lecturer, Dr Jocelyn Kernot, is spearheading a mental wellbeing program for young men in rural communities in partnership with community-based male mental health support groups and regional South Australian football clubs.

Men in rural communities have been found to experience more apprehension about seeking help for mental health issues and providing opportunities for men to have a safe conversation about mental health is essential to address this stigma.

“Death by suicide is the biggest killer of young Australians and for men in rural areas the incidence is twice as high than that of their urban counterparts,” Dr Kernot says.

“This alarming statistic is one which we particularly wanted to try and address. Having lived rurally and being in a family who are heavily involved in sport, I understand how important clubs are in providing social support to their players and members.”

The mental wellbeing program will bring together community groups I’m Not Afraid To Talk (INATT) and Hope Assistance Local Tradies (HALT), and UniSA staff and students to assist community clubs in the Greater Flinders and Eastern Eyre Football leagues.



A group of INATT members at a recent mental health workshop in Whyalla, Eyre Tribune

They will together deliver mental wellbeing strategies to men at risk in these rural areas guided by evidence-based principles – the program will include community workshops, speaking engagements, and a specialised toolkit to assist clubs to implement the program.

Funded by the Foundation for Rural and Regional Renewal (FRRR) – the \$19,900 grant will enable UniSA, INATT and HALT to deliver a series of targeted workshops and follow up sessions through the football clubs located in Kimba, Cleve and Tumbly Bay to improve mental health and reduce suicide risk.

The funds will support the delivery of the workshops, UniSA program support and evaluation, accommodation and local venue hire, with UniSA also providing significant in-kind expertise.

“We have developed a relationship with INATT and HALT over the last two years through our UniSA Occupational Therapy students’ Participatory Community Practice projects,” says Dr Kernot.

“During these projects, students have worked with the South Whyalla Football Club and the general community to explore their mental wellbeing needs and have worked with the community to come up with strategies and recommendations to address these needs.”

“This project will build on these relationships and the capacity of local football leagues to support the mental wellbeing needs of their communities through workshops, resources and ongoing support.”

The hope is to eventually enable the team to refine a model and resource that could be adopted by community clubs (sporting and other social clubs) across regional Australia, reaching as many people as possible to make a real difference in people’s lives and combat those shocking suicide statistics.



Southern Cross News SA reporting on UniSA rural placement and mental health events they supported.

“We felt that teaming up with local Eyre Peninsula men’s support group I am Not Afraid to Talk (INATT) in delivering workshops to local Eyre Peninsula football clubs may be a good means of starting up a conversation about mental health,” says Dr Kernot.

“Helping men to identify supports available and to come up with their own strategies for managing mental wellbeing is also important. These workshops will also help to support clubs in coming up with ongoing strategies to support their communities.”

Before transitioning into an academic teaching role, Dr Kernot worked as an Occupational Therapy clinician for 17 years in community, hospital and private settings, specialising in neurological rehabilitation for children and adults.

She also held senior positions including Deputy Head of the Occupational Therapy Department and Head Paediatric Occupational Therapist at East Surrey Hospital, which has influenced her research now as a proponent of lifelong learning.

“My work as an occupational therapist has helped me understand that all communities are different and that a one-size fits all program is not going to work for everyone,” Dr Kernot says.

“For this project to be successful it needs to be driven by the community and delivered by people that they already have a relationship with and trust, in this case local support groups like INATT.”

“Our workshop model that we are developing can be adapted to address the specific needs of each community.”

“We hope that this project will provide the support that participating clubs and communities need to develop and implement ongoing strategies to promote mental wellbeing and to reduce the stigma in relation to mental health issues.”



Foundation for Rural & Regional Renewal and CCI Giving who supported the project with grants.

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