

28th April – 26th May 2025

09.00 am – 10.30 am

Murdoch Food Scientists

Nourishing Minds and Bodies

This lecture series, delivered by academics from the Food Science and Nutrition team from Murdoch University (School of Medical, Molecular and Forensic Sciences), delves into the fascinating world of food science and nutrition, focusing on the intricate relationship between diet and health. Participants will embark on an educational journey that examines how various nutrients impact human health, performance, and the prevention of illnesses. These speakers will share their cutting-edge research in the field, providing a deep understanding of how food choices can influence overall wellbeing.

Associate Professor Vicky Solah discusses the importance of complex carbohydrates, dietary fibre, dairy protein, and fat in health. Professor Costas Stathopoulos introduces food processing, minimization of nutritional losses and enhancing the nutritional value of processed foods. Dr. Rachelle Pretorius explores the role of nutrition in early brain development and its impact on cognitive function throughout life. Dr. Suwimol Chockchaisawasdee discusses the benefits of fermented foods on gut health, the fermentation process, and the importance of maintaining a healthy gut-brain axis for overall well-being. Dr Wendy Hunt delves into our changing food landscape in Australia and explores how and what we are eating, the impact of these changes on our health, and innovative technologies for food production.

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11.00 am - 12.30 pm

Dr Ronniet Orlando

The Neuroscience of Singing

Over the five weeks we will explore how music and science interact – in particular, the neuroscience of singing. We will try and answer some of your questions, such as: What happens in the brain that makes singing an almost universal pleasure? How is singing used in medicine, in learning and as a political tool? Why does a soprano make some people cringe whilst a Welsh male choir makes hairs stand up at the back of the neck? Get ready with lots more questions for us to delve into. If you email me ahead of time at ronniet@inet.net.au, we can get better answers!

Ronniet is a musician and a retired Occupational Therapist. After raising a family she completed classical music studies at WAAPA, followed by a psychology degree. Her subsequent PhD compared the therapeutic benefits of live to recorded music. Ronniet has a busy teaching and performing life as a violinist, as well as singing in a chamber choir. Ronniet also offers music therapy in a variety of settings, including respite care, nursing homes and hospitals.

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1.30 pm - 3.00 pm

Carl Altmann

Art Reflects Life – Part 2

In the nineteenth century the scientific study of light changed the methods of painting and living. In Art it certainly drew attention to the life of the middle classes, which became the new theme of subject matter. The activities of the middle class became the focus because they were making inroads into society. They provided action, colour, and freedom because they had more money. However, within a few decades, the ability to fly changed how we viewed the world. This advancement changed things dramatically and this was reflected in our Art. This advancement was not to the liking of many people who still prefer to stay in the art world of the nineteenth century. Added to that were the effects of the World Wars which affected all aspects of society. An example of this is seen in the work of Jackson Pollock and his Blue Poles. Will this series of Art lectures change your mind? Possibly not, but Carl will try.

Carl Altmann MA is a respected art historian and lecturer and has been involved in art education, design, visual literacy, painting, drawing and textiles for several decades. He is also a practicing artist and art judge.