



December 12, 2012:

First AGM reports great confidence in algae farming

Qponics Limited's three directors (pictured right) reported great confidence in Australian algae farming's future, when it held its first Annual General Meeting on November 30, 2012, in the board room of its new address at 88 Brandl Street of Brisbane Technology Park, Eight Mile Plains, Brisbane, Queensland. The AGM's main items of official business was the annual report from **Dr Graeme Barnett**, CEO and Managing Director and a decision to appoint BDO (Qld) Pty Ltd company, as its auditor.

See CEO's AGM report at Qponics ASSOB Issuer Page:
www.assob.com.au/QPO



Above: Qponics Limited three directors, from right, Dr Graeme Barnett, Peter and Dr Anthony Filippis . **Below:** Also at the AGM, from left: Mark Taylor, Partner, Audit, of BDO (Qld) Pty Ltd. Qponics auditors, Peter Wetzig, director of Qponics Limited, and Reece Walker from McCullough Robertson, solicitors to Qponics.



Also at the AGM, from left: Simon Tannock, Qponics Vice President, Engineering and Technology, with shareholders David Vial, Sharmila Nezovic and Michelle Prior, and (standing) Dr Peter Ellis, Qponics Vice President for Development & Implementation

Good governance is Peter Wetzig's creed

Qponics Limited has "good governance" as a strong creed thanks to **Peter Wetzig**, the company's Chief Financial Officer, Corporate Counsel, Company Secretary and Executive Director. Since January 2011, when Qponics Limited was registered as a public company, Peter has led a strict weekly financial and legal analysis with a management committee team of five and a bi-monthly board meeting of three. It has been based on his personal vision of a "good-practice governance culture" to:

- **Enhance board processes.**
- **Mentor the company's directors on governance.**
- **Establish a professional company secretarial function.**

- **Add value to the Qponics' corporate structure.**

His influence penetrates because, as he well-observes: "Every company decision has a financial and legal outcome". Peter's appointment as an executive director of Qponics has provided the company with professional corporate governance input based on inter-twined accounting and legal streams of his expertise. His qualifications include:

- **Bachelor of Commerce from the University of Queensland.**
- **Graduate Diploma of Corporate Management.**
- **Fellow of the Institute of Chartered Accountants.**
- **Fellow of Chartered Secretaries of Australia.**
- **Barrister of the Supreme Court of Queensland and the High Court of Australia.**
- **Member, Australian Corporate Lawyers' Association**

Peter has been a corporate governance professional for more than 30 years. His consultancy, *Governance Culture™*, has assisted small and large companies on both the Australian Securities Exchange (ASX) and the Australian Small-Scale Offerings Board (ASSOB). Qponics Limited is currently registered with the latter.

Peter has led a number of boards of directors of mature and developing Australian companies, many start-up companies in emerging technology industries, and some not-for profit enterprises.

" I lead companies to embrace and implement good-practice corporate

governance structure and culture. It provides them with a platform where shareholder and stakeholder value can be unlocked and safeguarded," he added. Peter is a specialist in advising boards of directors, combining his accounting, legal and governance skills in:

- **Financial management**
- **Corporate governance**
- **Risk management**

"I argue strongly that good governance oversight of a company can reduce shareholder and stakeholder risk substantially," he said. "We've set the elements of this good governance in place at Qponics."

"It means I am able to provide regular input to the Qponics board on directors' duties and management of conflicts of interest. I also have input to company management and consultants on a range of measures that draw on my professional qualifications and background skills," he said.

In his early career Peter occupied positions with Pauls Limited in both Darwin and Brisbane Head office, in financial accounting, legal and governance areas. He studied law part-time while at Pauls (now Parmalat Pty Ltd). Peter said his law and financial skill-set is useful and particularly relevant in Australian business. Through these twin skills he is able to better provide more effective corporate governance for Qponics' shareholders and stakeholders.



UQ's team to breed new algal strains for Qponics



Above and below are the algae development leaders and team members at the University of Queensland's School of Agriculture and Food Science. The picture above shows Associate Professor Peer Schenk (left) with Simon Tannock (who is also Vice President Engineering and Technology of Qponics Limited). Dr Schenk is a global leader in the biotechnology of algae and algae oil and Simon has just completed his PhD program in algae production engineering. Dr Schenk will supervise the development of strains of fresh-water algae for Qponics' commercial production of omega-3 oils and high-protein biomass. Below are five student members of the UQ team and their specialties. From left: Tania Catalina Adarme-Vega (Omega 3 content in algae); Faruq Ahmed (Valuable products from algae); Kalpesh Sharma (oil content and harvesting of algae); Rakesh Reddy (Large scale algae production systems); Sourabh Garg (Algae harvesting techniques).



Australia's over 65's need less food – but of higher quality



A current major challenge for Australia's rapidly-increasing population over 65 years old is providing maximum nutrition in smaller volumes of food.

One of many experts advocating different diets for seniors is **Professor Sandra Capra** (pictured), of the School of Nutrition and Dietetics of the University of Queensland.

This proposed nutrition difference for the elderly includes essential items such as DHA and EPA omega-3 oils, high quality proteins, plus adequate calcium, Vitamin D, Vitamin B12, magnesium, and folate. She was one of 10 speakers who told a symposium of more than 80 medicos and nutritionists in Melbourne in October, 2012 that: **"Australia's aging population is now a major nutrition issue for local health services."**

She said over 65's were not a single group in terms of nutrition and needs, but included senior people with:

- **Good health.**
- **Chronic disease or poor health.**
- **Intakes of multiple medications.**
- **Frailties.**

Each of these over-65 years groups had different nutrition needs to the general population under-65 years of age. So Australia's nutrition experts should now draw up various food regimens for different groups of the elderly – to ensure sound health, faster recovery from disease, promotion of dignity and to maximise quality of life. Professor Capra said that dietary guidelines now in place in Australia were based mostly on the needs of a healthy, young population. They had led to "tension" in the advice offered by public health authorities who failed to understand differing nutrition needs of elderly groups, many of whom required quite different nutrition to combat disease, ill health or frailty. For example, DHA and EPA omega-3 essential fatty acids were now generally currently recommended at just under 1,000 international units per day for healthy adults. But some medicos recommend 2,000 to 3,000 international units a day for my health problems. Professor Capra's views are based on university research and work on national committees, including those setting nutrient reference values for Australia and New Zealand, and the Dietary Guidelines for Australia.

She has been a principal investigator on a Commonwealth Departments of Health and Ageing Program for encouraging better practice in residential aged care.

– *Geoff Wilson.*

Omega-3s in diets aids ageing muscle re-generation



As reported in the September 2012 Qponics eNews, Scottish researchers have shown that a diet rich in omega-3 fatty acids assists in muscle regeneration in old people when combined with exercise such as resistance training. This can be useful for people of all ages including seniors, who experience muscle reduction with age.

Last November 17 well-known radio presenter **Robyn Williams** on the *The Science Show* of the Australian Broadcasting Corporation's Radio National program, introduced **Stuart Gray** who lectures in exercise physiology at the University of Aberdeen, Scotland.

Stuart explained how early studies in cattle (carried out by a colleague looking at meat production) showed that omega-3s could stimulate protein synthesis.

"We then looked at animal models and found that those taking the omega-3s were preserving lean mass with age more efficiently than controls. We progressed then to humans.

"One of the main stimuli for muscle growth in humans is exercise, so for us it was quite a clear jump to look at how omega-3s could possibly improve adaptations to resistance exercise and provide a further anabolic stimuli to the muscle."

Further details: *Stuart Gray, Lecturer Exercise Physiology, University of Aberdeen*
<http://www.abdn.ac.uk/dev-ims/research/profiles/s.r.gray>
http://www.qponics.com/images/Qponics_eNews/Qponics_eNews_September2012.pdf

Dietary omega-3 DHA reduces anxiety and depression

A new study by Australian mental health, nutrition and metabolic researchers has shown a link between levels of specific essential fatty acids in a woman's diet and risk of anxiety disorder and/or depression.

The researchers identified a random, community based cohort of 935 women, ages 20 to 93. They interviewed, surveyed and examined these women to:

- **Profile the levels of omega-3 EPA and DHA and omega-6 essential fatty acids that their diets were providing.**

- **Identify those subjects currently affected by depression or anxiety.**

The study's key findings were:

- On average, diets of women studied supplied less than suggested target levels of omega-3 essential fatty acids.
- Women whose diets placed them in the upper third in terms of DHA intake were only half as likely to be currently affected by an anxiety disorder. DHA is the predominant essential fatty acid in oily fish/fish oil and in tiny water plants called micro-algae (where fish get it); and it is the dominant fatty acid in the brain.
- DHA-anxiety association was 'linear', meaning that as DHA consumption increased, the less likely they were to have an anxiety disorder, and vice-versa.
- There was also an association between DHA intake and depression risk, though this association was *not* linear. Average risk of depression was 70% lower in the moderate DHA intake group.
- By comparison, dietary EPA levels (also found in fish oil, but in a lesser amount than DHA, and also plentiful in seeds and nuts and their oils) did not appear to be associated with different rates of either anxiety or depression – nor did any other poly-unsaturated fatty acid, except DHA.
- As measured just by servings of fish per week, the women who ate fish less than once a week had more psychological symptoms).

The researchers suggested further research should examine dietary DHA's potential as support for the anxiety-

prone, and the most appropriate levels of DHA for support of the depression-prone.

Further details:

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8711172>



Seasonal best wishes. We look forward to a new year that delivers significant progress for Qponics.

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