

LincolnLine

issue 57 | spring/summer 2015



farewell from our chairman

**wellbeing at lincoln:
partnership with
SAHMRI Wellbeing &
Resilience Centre**

join the conversation

**annual appeal:
thank you for your support**



Lincoln College
Adelaide, Est. 1952

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save the date

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Lincoln Line

Lincoln Line is the official magazine of Lincoln College. It provides news and information about the College to alumni, students, parents and the broader Lincoln community. Lincoln Line is published bi-annually in Autumn and Spring with a circulation of 2700.

Editors: Dr Jordan Bell & Steve Brooks

Design & Print: Sara Lim and Openbook Howden Design & Print

Cover: A part of the 4-piece artwork of "Identity" by Michaela Ishwar, the winner of 2015's Lincoln College Art Competition

Special thanks to: Dr Neville Arthur, Linda Bastick, Dr Jordan Bell, Chelsea Brady, Steve Brooks, Emeritus Professor Max Kamien, Jessica Murdoch, Festival City Photographer, Dr Gregor Ramsey AM and Dr Justin Ripper.

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Lincoln College is affiliated with the Uniting Church South Australia.

20 February 2016

Fresher Move In Day

21 February 2016

Returning Residents Move in Day

4 March 2016

New Alumni BBQ
(All alumni are welcome!)

9 April 2016

Hambly Building Official Launch
Annual Alumni Dinner
Hambly Dining Hall, Lincoln College

20 April 2016

Fundraising Dinner for Geoff Scott
Scholarship (Singapore)

22 April 2016

Fundraising Dinner for Geoff Scott
Scholarship (Malaysia)

9 July 2016

Celebrating the First Ten Years: 1952-1961
A Dinner in the Hambly Dining Hall,
Lincoln College

Following the interest shown by the 1950s-60s group at this year's Alumni Dinner, a dinner will be held for the early residents of the College on Saturday 9 July next year.

from the principal

Welcome to the 57th edition of Lincoln Line. I always enjoy the opportunity for reflection that this time of the year brings, and this year has been particularly rewarding!

Moving into Whitehead with my family, Martin and my two boys Zac and Blake, was a real turning point as it allowed me to develop a deeper sense of connection with our residents, and to be more attuned to the overall health and wellbeing of the community. I have been pleased to see how engaged and positive our residents are.

Once again our residents achieved strong academic results, and most pleasingly there were increased satisfaction ratings across all areas of College life in our annual resident survey. A record number of residents are returning next year which reflects the positive vibe that permeates the College. We have also had good engagement with Lincoln alumni both locally and overseas with a successful annual dinner held here at College. These outcomes all indicate that the Lincoln community is flourishing, which is testament to the efforts of the whole Lincoln team: our professional and administrative staff, residential and academic staff, the College Club and of course the Board and Alumni Association.

Images (below): (L-R) Linda and Mark Dignan, the Building and Services Manager with the team of contractors outside the Hambly Building; LCAA committee members at the 2015's Annual General Meeting; Linda with Edrick Koh (2014), Dr Yong Yau Ong (1962-66) and Sing Yew Foo (2003-08) in Singapore.

We have made significant improvements to our facilities and infrastructure this year. The re-opening of the Federation Balcony after a complete re-build was a milestone moment. It is pleasing to see our residents once again enjoying spectacular views to the hills as they relax on the balcony, sharing each other's company as is the Lincoln way.

The refurbishment of the Hambly Building accommodation is progressing well. This is the largest investment we have made in our buildings since the South East Precinct project in 2008. The Hambly Building will be ready in early February and many of our current residents are looking forward to being the first to live in the new rooms. A fundraising campaign will be launched in early 2016 inviting Lincoln alumni to fund a gold plaque bearing their name on the door of their old room, or to have a corridor named after them! The Hambly Building will be officially re-opened in April 2016.

This year we vastly improved our IT infrastructure with fibre now connected to all buildings, and we are currently rolling out the new high speed wireless network to complete this project.

My regular dinners, and drinks and nibbles



events with small groups of residents have been very enjoyable times. I have asked for feedback about what makes Lincoln great and also what needs improving. I have listened closely to residents' views and will address their concerns where possible. Examples of projects to be completed over coming months to improve college life are:

- the relocation and upgrading of the gym
- relocation of Residential Advisor (RA) rooms in the Keith Murray Building to the centre of corridors to allow RA's to be more involved, and more in tune with, their corridors
- new layout and the installation of new equipment in the Hambly Dining Hall to allow for the implementation of self-serve dining in 2016.

I am committed to making Lincoln a place people feel welcome and valued so will continue to seek and act on our residents' great ideas!

My trip to Singapore and Malaysia in September was fruitful. We have engaged several education agents to recruit residents for Lincoln as part of our strategy to increase our international resident numbers to the level they were in years past. I believe this is fundamentally important as the cultural diversity international residents bring to our community is part of Lincoln's DNA, and we lose something of ourselves without it.

There is growing momentum amongst Lincoln alumni living in Singapore and Malaysia to establish an endowed scholarship to honour past Principal Dr Geoff Scott. I am pleased to say I will be holding fundraising dinners in Singapore and Malaysia in April next year to get this scholarship underway.

Whilst in Malaysia I also attended the wedding of Lincoln alumni Dr Shir Ley Tan and Alex Fong.

It was a joyous occasion, and I was moved to see the special place Lincoln College holds in their hearts. Shir Ley and Alex are testament to our claim that 'you will make friends for life at Lincoln', as they met so many of their closest friends here. We wish them all the best in their new life together.

Finally it is with sadness that I say goodbye to Dr Gregor Ramsey AM, Chair of the Lincoln College Board as he completes his term at the end of the year. Gregor was a wonderful support for me as I transitioned to the Head of College role: he has been respectful, patient and always on my side. I will miss him dearly. I also want to thank departing Board member and alumnus Paul Hicks for his enduring and fervent support of Lincoln College. I know Paul will always stay connected to us and wish him well.

.....
Linda Bastick

Principal/CE

from the chairman

All good things come to an end as they say! This will be my last entry in Lincoln Line as Chair of the Board. It has been a privilege for me to serve in this capacity and much has happened in my six years in this role. The two big achievements this year for Lincoln have been the refurbishment of the Hambly Building and the fact that we have next year the largest group of returning residents for many years.

Lincoln is a warmer, friendlier place where young university students enjoy what we have on offer, feel supported in their studies and making life choices. No wonder they want to stay! Much of this can be attributed to our Principal/CE, Linda Bastick, who working with the staff and tutors, has made Lincoln as friendly a 'home from home' as is possible. Linda, who now lives on campus with her husband and two teenage boys, has played an exceptional role in making Lincoln the ideal place for university students to live during the academic year: informal corridor dinners, friendly formal dinners, encouraging fitness, debating, sport, managing the alcohol excesses, encouraging those in need of support as well as making the College more financially viable so that there is hope that we can refurbish more than just Hambly.

Linda is backed strongly by the governing body, now called a Board rather than a Council after the recent amendments to the constitution that were long overdue. The Board approves the budget, which has become a more straightforward task over my six years, thanks to the staff doing the hard work of making numbers add up to end with a surplus so we can do new things. We are marketing more strongly, particularly overseas where our numbers have fallen for various reasons, and from country South Australia. We want to come closer to the Uniting Church, which is the basic heritage of the College, in a manner that continues to honour our aim of being strongly multifaith.

We have two new additions to our Board: Dr Laura-Anne Bull nominated by the University of South Australia which, under our new constitution now has a nominee equivalent to the nominee from the University of Adelaide. Laura-Anne has a PhD in Chemical Engineering from the University of Strathclyde, in Glasgow, Scotland, has worked as a process engineer for an Agrochemical company and lectured in Chemical and Process Engineering. She has held positions as Head of Student Experience,

Images (below): (L-R) Gregor with his wife Liz Wauchope at the Annual Alumni Dinner Pre-Drinks; New Board Members: Dr Laura-Anne Bull, Pro Vice Chancellor: Student Engagement & Equity at University of South Australia, and James Martin, Managing Director (Co-founder) of Insider Foundry.



Registrar - Student Life at universities in Scotland and Australia and in September last became the first PVC: Student Engagement and Equity at UniSA. This background is an ideal one for her to take a position on the Board and we welcome her warmly.

The other new Board member is James Martin, who has had significant Board experience in areas of interest to Lincoln. As a young man he saw an opportunity to help international students truly engage with their new city. He founded Insider Guides - International Student Guides to assist them find their way in their new home city and get the most from their time in Australia. The Insider Guides now reach over half of new international students each year through six cities around Australia and offshore. James has established strategic partnerships and commercial relationships with Local, State and Federal Government, as well some of Australia's largest organisations. He brings considerable expertise to the Board in areas where we were not as strong as we would have liked to be, in building brands, digital production, developing marketing strategies, event management, advertising, and sales. He has already made an impact on our Philanthropy and Fundraising Committee.

We have had a very stable Board over my time as Chair and I want to thank them sincerely for all the support I have received during some difficult times. It is a volunteer Board, so they spend their time being rewarded by achievement rather than a fee. There is a limit under the Constitution as to how long a person can remain a Board member. So people come and some go. This year has seen Paul Hicks come to the end of his term. Paul's contribution to Lincoln over so many years as



resident, alumnus, Board member, Committee Chair, fount of knowledge of all things Lincoln, and above all, supporter of residents when sometimes on the Board student needs can be lost sight of when budgets are tight. A great big thank you Paul from all of us: it has been a privilege working with you.

So my last words in Lincoln Line as Chair! Lincoln has offered much to residents over the past 60 years and there is much more to come. Lincoln has a big task to be as relevant to the new world of tertiary education as it can be, never forgetting its responsibility to support residents living away from home in the friendliest possible way, supporting its multifaith aims, while honouring its relationship to its founders, the Uniting Church. Go well!

.....
Dr Gregor Ramsey AM

Chairman of the Board

Image (above): (L-R) Winners of the Ben Henderson Country Student Scholarship at the 2015 Scholarship Dinner: Brenna Gilbert, Brody Lock, Sarah Halliday, Dr Gregor Ramsey AM, Adina Laforgia and Rebecca McInnes.

academic networking

This year we've seen many exciting networking events for residents across different cohorts. Starting off the year we had a networking panel for Health Sciences. Alumni Fran McInerney (registered nurse) and Steven Trumble (physiotherapist) and independent contributors Dr Ivan Bastian (pathologist) and Ms Karen Linehan (psychologist), spoke with our residents about life and work in their disciplines.

The Engineering Panel session in May was very well attended with virtually all the Engineering students in College present. The panel was stacked with interesting speakers, including Cristian Birzer (Engineers Australia SA branch, Adelaide University), Oscar Fiorinotto (Supashock Racing Suspension, Australian Race Engineering), Nathan Whitrow (Young Engineers Australia), June Sim (Young Engineers Australia, Jacobs water and environment engineer), Jayne Lovell (MFY Traffic/Parking engineering consultant) and alumnus Aidan Symons (Jacobs civil engineering) attending. Everyone stayed around for a chat afterwards over drinks and nibbles, and residents got some useful personalised advice from the speakers.

Humanities and Creative Arts also held their session in May, with alumnus Jason Saville (Graphic Designer), MP for Kaurna Chris Picton and Dr Gareth Pritchard (History Lecturer, Adelaide University) engaging our residents with interesting stories from their careers and tips for success. The Music students were not forgotten, with an inspiring Open Mic night held on the East Lawns – CASM and B.Mus students, as well as other collegians with a musical talent participated in a show that allowed them to show off their developing performance skills.

The Professions Panel session was held in August and had a diverse and interesting panel of speakers present – all alumni of the College!



Alumni Aaron Soh (architect), Ian Nosworthy (lawyer) and Joseph Ji (accountant) spoke about the challenges of moving from uni to work life, and gave some useful tips to residents who were looking to set themselves apart from other candidates in the competitive job market once they graduate.

September saw the arrival of the Sciences Panel session, with a strong focus on Agricultural Science and Veterinary Science, reflecting the large number of residents in those fields. Prof Peter Langridge spoke about food and wine agriculture, alumna Carly Cannon spoke about how her degree in Applied Science turned into an interesting career and Trevor Klein spoke about his work as an Adelaide Zoo volunteer, with many stories about the animal care undertaken there.

Images: (Top) (L-R) Aaron Soh (2010-14), Ian Nosworthy (1965-66) and Joseph Ji (2010-13) at the Professions Panel session. (Bottom) The Academic Team of 2016.

Medicine and Dentistry drinks are always a popular evening, with great representation from Lincoln alumni and strong participation from med and dent students, who want advice on how to focus their efforts at uni to get the best outcomes once they graduate. A high powered panel of speakers came to College in August, including alumni Dr Gwendolyn Huang, Dr Benlee Yap, Dr Ravi Kamisetty, Dr Sanjaya Gamage and Dr Elizabeth Allen and renowned academic Professor Maciej Henneberg, responded to many questions from our residents. As usual, the evening started with Med and Dent representatives in different rooms, but everyone socialised together after the formalities were over.

Along with a wide range of tutorials on specific topics, drop in sessions and one-on-one help sessions, the Academic Program has once again been a key component in the support we offer our residents. Kudos to the Academic Coordinator, Gwilyn Saunders, Assistant Academic Coordinators Rebecca Mahony and Thomas Kuys, and Academic Tutors James

Grantham (our Senior Academic Tutor in 2016), Abbey Griffiths, Nathan Lee (a Residential Advisor in 2016) and Megan McIntosh (Transition Development Tutor in 2016), for all their hard work this year.

.....
Dr Jordan Bell

Dean

In 2016, to bring the A-team into alignment with the Residential Advisors, the Academic Team will have two new titles: Academic Coordinator will become Senior Academic Tutor (SAT); and Assistant Academic Coordinator will become Transition Development Tutor (TDT). These changes better reflect the duties of the two positions: SAT leading the Academic Team and TDT delivering programs to a) support successful transition to university, and b) assist development of professional and personal skills outside the realm of pure academics.

December marks the end of an era for one of our residents, Josiah Saunders, who after six years has completed his double-degree in Software Engineering and Languages from the University of Adelaide and also finishes his three year term as Senior Tutor. Josiah will be missed by both residents and staff alike.

As it does for many Lincoln residents, the College has played a significant part in Josiah's life, as you can see from the following excerpt from his farewell speech:

"I wish all the best to everyone next year and in the future, and hope you all remember Lincoln fondly. Living and working here has been the best time of my life, and I'm very disappointed I won't be able to be as big a part of it as I have been. My biggest regret is that I didn't get to know as many people as well as I would have liked. Lincoln has such interesting and wonderful people, and I wish I had taken more time to find out more about everyone who's come through.

Please all keep working and contributing towards Lincoln. It's that supportive, fun-loving spirit that fights for each other and sees the humour in everything that has made me feel at home here right from day one, and I hope it never dies."

We wish Josiah all the very best for his future and thank him for his valuable contribution to what makes Lincoln great.





wellbeing at lincoln

Lincoln is a founding partner with the SAHMRI Wellbeing and Resilience Centre (WRC) as part of South Australia's State of Wellbeing program. We have a three year partnership to bring the techniques and strategies of PERMA+ to Lincoln to increase the wellbeing of residents and staff at Lincoln. We will be the only College in South Australia to offer this opportunity to our community.

What we have planned

Working with SAHMRI's Wellbeing and Resilience Centre, Lincoln will measure the baseline PERMA+ levels of all staff and residents. Then, we will further expand the opportunities offered to residents with a three year program of character education, strengths-based development, relationship building, discovering purpose, and opportunities for achievement, coupled with a focus on the physical fundamentals (sleep, nutrition, exercise), and training in an optimistic outlook.

As we re-measure staff and resident levels of PERMA+ each year, we will see the impact on College life and a focus on wellbeing throughout the College. The WRC will link this data with other research currently being conducted throughout South Australia to

P : Positive Emotions
E : Engagement
R : Relationships
M : Meaning
A : Accomplishment
+ : Sleep, Nutrition, Physical Activity and Optimism

present the world's first population-level study of wellbeing transformation.

How we are doing it

In 2015 we have been introducing some of the language and concepts of PERMA+ into the College through:

- Introduction to PERMA+ for residents
- College Art Competition with PERMA+ theme
- Love Your Body week
- Weekly personal training to promote healthy exercise

Featured image: Lincolnites taking advantage of weekly personal training by alumnus Alex Brackstone (2009 - 11) and his colleague Abbey Seeley from Kick n' Box Fitness Studio.

From 2016 onwards, a formal program of resident and staff training will commence, with key staff trained in the delivery of Wellbeing Programs by Techwerks (resilience trainers to the US Military) and rolling this training out into the College.

Lincoln will also be a partner on the WRC Education Advisory Board, and host Visiting Fellows as part of the WRC's program of bringing Wellbeing experts to South Australia. WRC and Lincoln will co-host events and trainings onsite at the College.

.....
Dr Jordan Bell

Dean

Images (below): (L-R) A part of the 4-piece artwork of "Identity" by Michaela Ishwar, the winner of 2015's Lincoln College Art Competition; Yoga class run by resident Anindita Goswami during the Love Your Body week; The cutting edge SAHMRI building at the western end of North Terrace.

The Wellbeing and Resilience Centre,

located within the South Australian Health and Medical Research Institute (SAHMRI), has a bold vision to build South Australia as the State of Wellbeing - a public health approach to building mental health.

South Australia will lead a society-wide implementation of wellbeing initiatives, promoted and managed by SAHMRI Wellbeing and Resilience Centre. The state has the distributed networks, high quality of life, and close-knit communities to make the State of Wellbeing a reality.

The Wellbeing and Resilience Centre is part of SAHMRI's Mind and Brain theme, led by globally renowned psychiatrist Professor Julio Licinio. They work alongside esteemed researchers, psychiatrists, and neuroscientists in the Mind and Brain theme, to contribute to SAHMRI's full spectrum of research and translation to healthcare from depression, suicide and anxiety, all the way to resilience and wellbeing. This focus on building mental health assets and growing human resilience as well as researching and treating mental illness represents a global first. (Source: SAHMRI's WRC website)



arts at lincoln

Wellbeing and resilience through the arts

Wellbeing is not a one-dimensional idea but a multifaceted construct composed of several elements. This year we have incorporated the PERMA+ theme into the annual art competition to celebrate wellbeing within the College. Here are the winners and their take on the PERMA+ theme:

First Prize: Michaela Ishwar

"Identity", Photography

"My artwork portrays aspects of my identity which inspires positive emotions and positive relationships. These themes represent creativity, the environment, family or community and religion."

Second Prize: Louise Robinson

"Day at the Beach", Photoshop & Photography

"The series of photographs are images taken when my two nephews came to visit. It was a really good day, sunny then stormy, my favourite place to go is the beach + my favourite people are my nephews, we had a lot of fun."

Third Prize: Caitlyn Huang

"The Autumnal Contrast", Watercolour

"In Native American culture the colours of feathers represent qualities. The phrase "a

feather in your cap" refers to accomplishment by an individual. Combined, my artwork portrays the 'feathers' or 'accomplishments' that I wish to possess; RED strength, courage, good fortune, PINK empathy, kindness, love, ORANGE creativity, willpower, success, YELLOW intelligence, playfulness, cheerfulness."

Best Work by a New Student: Laura Tink

"Optical Mind Set", Marker & fine liner

"An abstract and optical illusion representation of the mind when either thinking about or accomplishing regular daily tasks – ie maintaining a regular sleep pattern. Sleep is represented by the use of soft tones (blue + purple) and smooth shapes and edges to show the relaxed state of mind when sleeping."

Audience Prize: Jordanna Miles

"Holiday", Acrylic

"I originally saw a photo of this landscape online, and the colours made me happy. I knew it would be challenging to paint it, but I wanted to see if I could do it. I'm really happy with how it turned out."

Wellbeing Prize: Michaela Ishwar

"Identity", Photography

Images (below): (L-R) Michaela Ishwar, Louise Robinson, Caitlyn Huang, Laura Tink and Jordanna Miles.



creative writing

Prizes in the Lincoln College Creative Writing Competition were awarded at Formal Dinner on June 1st 2015. First prize went to Nathan Lee, for his short story *The Terracotta Army*. An excerpt from Nathan's winning entry is reproduced below.

The Terracotta Army

"...While the faces differ, the bodies of the soldiers are the same. Clothing, body parts and height were standardised to each rank.

Steven left later that year. He returned home with his parents when Hong Kong was returned to China. He said it would be a bad idea for him to stay when the change happened. "You'll be fine. You're Chinese."

The new English teacher stares at you. She is Chinese and aging, her hair shifting from black to grey but her eyes are dark. Your old teacher never stared but he was English and left at the same time as Steven. It was a stare of disapproval and slight contempt. Perhaps it was the shirt you wore "Steven style", collar up and untucked, or the rough accent you had learnt off him. You quickly force the shirt back behind your pants. The accent you had so carefully adopted goes as well. You use the same formal, slightly British, language as everyone else. Nobody complains when you are the same as the next guy.

You arrive home and father stands in your small bedroom. There is little room inside. He stares at the poster-covered wall.

"Hong Kong not good enough for you?" His voice is the same as your teacher's stare. Cold, sharp. You can feel his urge to push you out on to the street.

Height is an indicator of rank. Generals in the terracotta army are taller than general infantry.

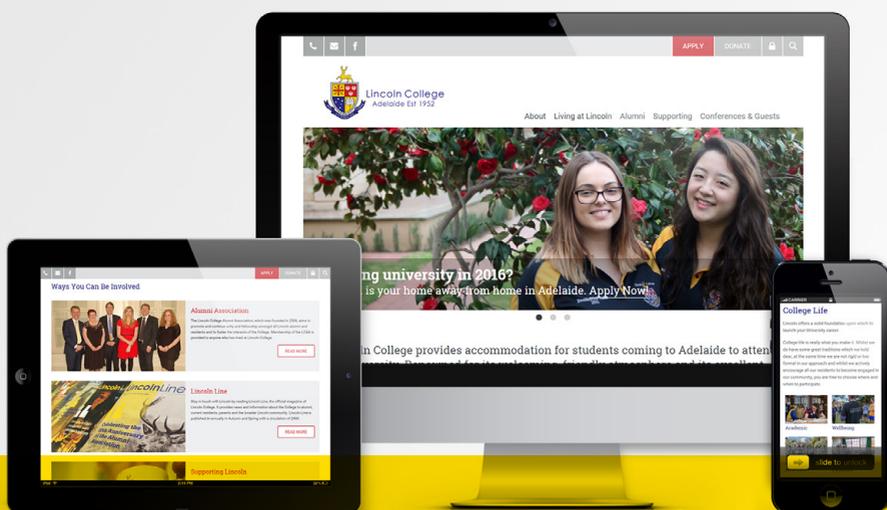
The posters in your room come down. The colour of the green foliage, red desert and blue ocean return to the dull grey of the apartment wall. It is plain and boring so you hang up a classic Chinese poem. Father would approve of that. That way, he will leave you alone.

Excluding facial features, each terracotta soldier is the same as the next.

If anybody was to see you at this moment they would see an Asian teenager with neatly combed hair, his shirt carefully tucked in to his pants, his tie done up to the neck, his eyes behind thick glasses from the thousands of schoolbooks he has read. If they were to go out on to the street, they would see a hundred more. Perhaps it was for the better. You liked the idea of being able to order at a hawker stand without being ignored. You liked the way everybody's eyes would simply glance over you no matter what you were doing. You like the way that father lets you do just about anything as long as you keep bringing home A+s. Yes, keeping father happy was especially important. You are a good son now.

You walk briskly across the path, carefully avoiding the cracks in the concrete pavement. You notice a small travel agency. The glass walls have turned opaque with layers of dust. You squint to see the colourful images of bright blue oceans, red deserts and green rainforests. You check your watch. The scratched surface reveals that you are late. You start running.

The terracotta soldiers have stood motionless in neat rows for over two thousand years.



join the conversation

www.lincoln.edu.au has a new look!

We're very excited to have finally launched our new website!

Our goals with the new site included: making it faster, easier to navigate, and mobile friendly. Hopefully by now many of you will have visited the new Lincoln College website which went live officially on the 31 October.

A great deal of work has gone on behind the scenes to enable the changes to be made and we thank all those involved for their time and patience. Special thanks to Sara Lim for her tremendous effort in pulling it all together!

Many thanks also to the team at plastyk, our web developers who did a superb job managing the whole process and delivering our fresh new website on time.

Apart from word of mouth, our website is by far the most popular way potential new residents discover Lincoln College and what we have to offer. It is also a vital source of information and news about the College for anyone connected to Lincoln. So having a modern, responsive flexible website is crucial.

We look forward to catching up with you online.

There are lots of ways to be an active part of the Lincoln online community:

- Help spread the word about Lincoln by sharing news and links
- Connect with professionals, alumni, friends and staff via LinkedIn
- Post your comments and news on any of our social media platforms
- Update your contact details via the website

We invite you to explore the Alumni section of the website to discover the ways you can be involved with Lincoln.

We would also encourage you to join the conversation on social media. Connecting with Lincoln through our social media platforms is the easiest and quickest way to stay up to date with what is happening at Lincoln.

Facebook:



Lincoln College, North Adelaide
Lincoln College Alumni Association

LinkedIn



Add Lincoln College to the education section of your profile



Winter is well and truly behind us and it feels wonderful to get out and about again and feel the warmth of the sun. The winter cold didn't dampen our mid-year celebration of 10 years of the LCAA (the alumni association's current incarnation, although as some of the older members inform me, there have been previous attempts to formalise a Lincoln Alumni Organisation). The 10 year anniversary of the LCAA was celebrated with the Alumni Dinner being held back at college and we had a great turn out, particularly from the older alumni due mostly to the efforts of Neville Arthur who has joined the committee as an informal member. Even before I was President of the Alumni Association I recognised that as the committee is run on a volunteer basis it is difficult for people to commit their time and energy to the association when they have career and family commitments as well. So anyone with an interest is always welcome along to our meetings which are usually held on the first Monday of every month. Contact the College or any member of the committee to find out where the next meeting will be.

Getting back to the new makeup of the committee, on Monday the 1st of June we had our AGM at the Daniel O'Connell in North

Adelaide. We usually have the AGM on the evening of the Alumni Dinner but decided to have the meeting on its own this year. The turnout was very pleasing with a number of Alumni from across the years attending and the meeting went very well. All in all there has been no change to the executive and general committee members, however there was keen interest by others attending, in joining the committee so I have invited four other people, Neville Arthur, Elise Hand, Steven Trumble and Jochi Maker to be "informal" committee members.

The Annual Alumni Dinner took place in July this year back at Hambly Hall at College and was a great evening for everyone. Dr Andrew Pery gave us a fascinating talk through not only his time at college but also the incredible work the MedSTAR Emergency Medical Retrieval Services do for people. The party continued on upstairs with a small after-party and I believe there was a little impromptu party held in the President's room as well after that. Apparently a number of ex-college club presidents (of whom there were plenty in attendance that evening) wanted to see their old room; the current President, Gabbi Agnew, was happy to oblige.

Only a few short weeks after the dinner we had the now annual Rick Burge Winery Run which was once again a superb day. Rick kindly provided us with a fantastic ploughman's lunch which is a magnificent show case of Barossa produce, not to mention a tasting of the current and museum Burge Family Winery wines.

This year we were able to have a second winery tour, this time to McLaren Vale, which was a great day for everyone who went. The day included a beer tasting as well and I have to thank Steven Trumble for organising that. Steven and Don Manifold also got our first Lincoln Lycra Ride up and running on the 31st of October, and have set the date for another on the 12th of December to Outer Harbour. If you enjoy a distance ride, event details will be updated on our Facebook page.

We are planning new events all the time and if anyone wants to organise a specific era get together please don't hesitate to contact myself or any member of the committee as we will be glad to assist. Speaking of future events the dates for a few alumni events have been confirmed. Alumni Dinner 2016 will be held on the 9th of April and will once more be back at College. This date was chosen to coincide with the Hambly Refurbishment celebration being

planned by College, so if you ever had a room in Hambly come along to the Alumni Dinner and help celebrate the new look Hambly Building. Put the date in your diary and watch out for further details which we will release on our Facebook page.

It just remains to wish everyone a happy and safe Christmas, and we will see you at one of the growing number of alumni events in the New Year.

.....
Dr Justin Ripper

President
Lincoln College Alumni Association

Planning a get together?

The Alumni Association and the College work cooperatively to facilitate alumni events and reunions.

Contact us to express your interest:

LCAA: president@lincolnalumni.org

College: admin@lincoln.edu.au



Catch up with us on Facebook:

Lincoln College Alumni Association

Featured image (page 14): (L-R) Former College Club Presidents: Anthony Wallace (1960), Cameron Frew (2007), David Power (2010), Yick Ho Lam (2008), Frank Kleinig (1987), Stephen Medhurst (1977), Gabrielle Agnew (2015), Stephen Trumble (2013) and Andrew Perry (2001).

Images (below): 1. Lincoln College Alumni winery tour in McLaren Vale, visiting Samuel's Gorge, Ekhinda and Wirra Wirra wineries; 2. The inaugural Lincoln Lycra event from the front of College to picturesque Henley Beach and back; 3. The LCAA committee at the Annual Alumni Dinner in July: (L-R) Renee Biele, Neville Arthur, Phil Kernick, Helen Ahrens, Jochi Maker, Dorothy Eiffe, Justin Ripper, Carly Cannon & Stephen Trumble.





Images: **1.** (L-R) Anthony Wallace, Suzie Wallace, Heather Clegg, Michael Clegg, Elvira Stewart Frick, Ross Frick, Max Kamien; **2.** (Top) (L-R) Geogina Irish, Bing Ik Yap, David Power (Bottom) (L-R) Peter Gunn, Margaret Gunn, Yick Ho Lam, Cameron Frew; **3.** (Top) (L-R) Robert F Smith, Peter Sanderson, Jack McLean. (Bottom) (L-R) John Sved, Neville Arthur, Jill Thomas; **4.** (L-R) Thomas Carter, Renee Biele, Justin Ripper, Gabrielle Agnew, Stephen Trumble, Josiah Saunders; **5.** (Top) (L-R) Phil Kernick, Peter Hawkins, Susan Hawkins, Tricia Kleinig (Bottom) (L-R) Andrew Perry, Carly Cannon, Frank Kleinig, Jane Wallace, Andrew Wallace; **6.** (Top) (L-R) Malcolm Ferguson, Ross Stevens, David McKirdy (Bottom) (L-R) Trevor Davies, Colin Fullerton, June Field, Kenneth Webb; **7.** (L-R) Kate Toop, Phil Clark, Peter Bradshaw, Debra James, Andrew Toop, Sandy Rix, Stephen Medhurst, Dorothy Eiffe, Edwina Shannon, Debra Roberts, Zina Meredith, Barbara Fenner, Rick Burge, Anne Toomath, David Price, Bronnie Burge, Michael Eiffe; **8.** (Top) (L-R) Heather Morris, Peter Morris, Dale Beck, Frank Kleinig, David Egan, Jeff Voigt (Bottom) (L-R) Malcolm Bennet, John Peake, Debra Agnew, Gregory Agnew, Andrew Glynn; **9.** (Top) (L-R) Gwyn Morgan, Robin Hill, Robin Sanders, Marthyn Thomas (Bottom) (L-R) Robin Greenslade, Ian Hannaford, Doug Allen, Ken Rolland.

Alumni Events in 2016 - Keep your diary free!

We look forward to catching up with you at least one of these events.

4 March 2016

New Alumni BBQ
(All alumni are welcomed!)

9 April 2016

Hambly Building Official Launch
Annual Alumni Dinner
Hambly Dining Hall, Lincoln College

20 April 2016

Fundraising Dinner for Geoff Scott Bursary
(Singapore) - TBC

22 April 2016

Fundraising Dinner for Geoff Scott Bursary
(Malaysia) - TBC

9 July 2016

Celebrating the First Ten Years: 1952-1961
Hambly Dining Hall, Lincoln College

celebrating achievements

Lincoln Alumni Personal Best

On October 18th, I was one of the hundreds of athletes representing Australia at the International Triathlon Union (ITU) Duathlon World Championships. I had just returned from racing at the ITU Triathlon World Championship in Chicago two weeks earlier and despite not dealing with my jet lag very well, I was very excited to be racing in the green and gold on home soil.

Adelaide put on the weather for the almost 1500 athletes competing with almost perfect conditions for us to race around Elder Park and North Adelaide. My race consisted of a five kilometer run around the Torrens and Elder Park, before cycling 20 kilometers around North Adelaide and then finishing with another 2.5 kilometers back around the Torrens. I had an amazing race taking almost four minutes off my expected time and landing me 14th place in my age group. I have enjoyed a good couple of weeks recovery and I am now back in training to race the Busselton Half Ironman in May 2016.

.....
Jessica Murdoch (Alumna 2004-07)

Images (below): (L-R) Jessica Murdoch at the International Triathlon Union (ITU) Duathlon World Championships; Thomas Kuys, Phillip Kuys and Thomas Moyle receiving the 2015 Australian eChallenge 2nd Prize from Professor Christopher Findlay; Geoff and Joan Harcourt celebrated their diamond wedding anniversary in September 2015.

Twin Awards for Lincoln Residents

Congratulations to 4th year residents Thomas Kuys, Phillip Kuys and their team mate Thomas Moyle for winning 2nd Prize and A Day @ Microsoft prize in the 2015 Australian eChallenge. Their winning project, STEM TAP (Science Technology Engineering Mathematics Teaching Activity Platform), is a teaching resource designed to provide primary and secondary school students with an engaging and inspiring education in STEM. The project also won Best Mechanical Engineering Project topic prize at Ingenuity 2015, an interactive expo of hundreds of final-year projects by the University of Adelaide's highly talented engineering, computer and mathematical sciences students.

Happy 60th Anniversary!

Emeritus Professor Geoff Harcourt AO (Council member 1970-80s) and his wife Joan celebrated their diamond wedding anniversary with an afternoon tea with friends from Adelaide in the College Chapel. We would like to congratulate Geoff and Joan on their anniversary, and best wishes for many more wonderful years together.



you didn't try hard enough

Professionalism

All Lincoln College residents will become university graduates who will go on to pursue a wide variety of professional careers. The hall marks of a professional are to be self-motivated to keep up to date and to go the extra kilometre in the service of your clients. Professionalism is a quality that will become an essential and sustaining part of your self-image and of the esteem in which, you will be held by your clients and colleagues. The following story relates one of my failed duties of care. It starts in a medical practice that I started in a housing commission estate in an outer Perth suburb.

A failed duty of care

I was asked to see a 15-year-old girl from Baluchistan who had recurrent episodes of fever, and abdominal and chest pain. The lass was small and bright-eyed, and wanted to be a doctor. She'd had many hospital admissions and twice had exploratory operations on her abdomen but without a specific diagnosis. Her late mother and a cousin had similar attacks.

I examined her, ordered some tests and arranged to see her again in three days' time. That evening I did some homework and concluded that she suffered from Familial Mediterranean Fever (FMF). The natural history of FMF is the development of amyloid (a type of protein) deposits in multiple organs and eventual kidney failure. This, and the frequency of her attacks, could be prevented by taking long-term colchicine. Colchicine is a medicine that has been used to treat rheumatism and gout for at least four millennia. Its first description was in an Egyptian medical papyrus written in 1500 BC. It is extracted from the crocus plant.

The girl did not turn up to our next appointment. I phoned her home and spoke to her uncle. He said the family had moved to Canada and he would contact me when he knew their address. He didn't, so I phoned him. He gave me a phone number and an address in Toronto. I phoned three times and eventually spoke to someone who said he was the patient's brother. He said his sister had gone on holiday to Baluchistan's capital, Quetta, and gave me another phone number. That phone answered but I spoke no word of Baluchi and they spoke less than two words of English.

So I waited a month and again phoned Toronto. Someone answered and said my patient was at school. It so happened that I was soon going to Toronto. When there I took a taxi to the address I had been given. It was a boarding house. After much inquiry I was told that the family had been there but had returned to Quetta. I returned to Perth and tried to phone the uncle. He was no longer in any Australian phone directory. I had reached a dead end.



Two years later I was looking up a phone number when I again came across the uncle's name. I phoned him. He was not sure where they were. I gave him a letter and asked him to send it to my patient when he found out. Three months' later I tried to call the uncle again, but his phone had been cut off.

I doubt my letter ever got to its destination. Sadly this bright-eyed young lady and her cousin will probably die from renal failure caused by amyloidosis. Try as I did, I could not complete my duty of care to this patient.

Doctors have long had an ethical and legal duty of care to their patients. For some this has left little time or energy for their financial affairs, their families or for themselves. A new generation of doctors want both a career and a life, and are willing to debate those who retain my old fashioned view of a doctor's duty of care. The new generation see no virtue or irony

in the proverb about the shoemaker's wife who has no shoes, nor about the medical equivalent of doctor's children who have little access to their tired father's care.

The then Federal Minister for Health, the Hon. Tony Abbott, is reported as saying that such attitudes will diminish the standing of GPs in the eyes of the community. Whether he is right or wrong, he is doing doctors a favour by getting us to openly re-examine the whole concept of duty of care.

Postscript: After reading this article, my youngest son, a paediatrician and clinical geneticist, emailed me: "You did not try hard enough!"

.....
Emeritus Professor Max Kamien
(Alumnus 1955-58)

We would like to take this opportunity to congratulate Max who has been awarded the 2015's Royal Australian College of General Practitioners' (RACGP) most prestigious honour, the Rose-Hunt Award for his longstanding and unwavering contribution to the the general practice profession and the RACGP.

"Prof Kamien is a true stalwart of the general practice profession and the RACGP, and I am absolutely delighted to see him presented with the Rose-Hunt Award" said RACGP President Dr Frank R Jones during the presentation of the award at the RACGP's GP15 conference in Melbourne.

"He was one of the Foundation Professors of Community Practice, appointed in 1976 to the University of Western Australia, recognising general practice as a specialty, and underpinning the academic basis of our profession".

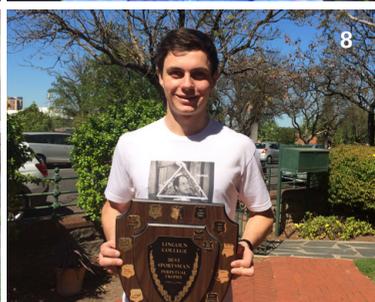
"In his career, Prof Kamien has worn many hats; most recently as RACGP WA Faculty Provost and Corlis Fellow, RACGP National Archivist, as well as an educator, a mentor and a friend to many, an author and storyteller, and an inspiration to many".

"I don't believe many GPs could match Max's untiring support for medical students, general practice registrars and rural doctors, and particularly international medical graduates. Much of his work in recent years has been in supporting international medical graduates in rural communities, in recognition of their isolation and the critical role they play within their communities".

Source: RACGP's & Australian Doctor's website



alumni news



1.&2. Martyn Haines (2008-10) and Katie Dowse (2010) dropped by to say hi. Katie visited College after attending her sister's wedding in Melbourne. She is based in London now. **3.** Office Manager Marilyn Palmer-Firth bumped into Jake Willet (2012-13) and Andrew Robertson (2012-13) who were volunteering at the Mother's Day Classic Fun Run. **4.** Robert Walker (1975-78) with Principal/CE Linda Bastick. Rob currently lives in Switzerland and teaches oboe. **5.** Jodie Whitelaw (nee Nettle) (1990-91) and daughter Phebe during Open Day. **6.** Simon Kerslake (1996) visited Lincoln for the first time since he left. **7.** Erin Launer (2010-13) and her Goroke P-12 College students came for a College tour. **8.** Sam McKindlay (2012-14) came by Lincoln to return the "Best Sportsman Perpetual Trophy". Sam won the trophy in 2012 and 2014.



9. Thomas Symes (2009-10) and Stephen Ludwig (2009-10) spent a day at Lincoln filming footage for the latest promotional video. **10.** Spencer McTavish (2010-13) drop by to say hi to the staff (Linda and Gloria) during his recent visit. **11.** Brian Chase (1953-55) looking through old college photos and remembered the good memories from the 50s. **12.** June Field (2003-08) and Malcolm Elliot met with residents and staff who volunteered for clown painting at the Christmas Pagaent. **13.** Dr Peter (1953-57) and Elizabeth Hambly toured the College with Linda and fondly reminisced about their time at Lincoln. **14.** Bak Liang Lor (1977-80) and Linda in Singapore. **15.** (L-R) Ngee Meng Quek (1988-92), Alex Tang (2010-11), Karen Abraham (1983-85), Noel Jayaratnam (1988), Linda & Martin in KL. **16.** (L-R) Martin, Linda, Karen Abraham and family, husband Indra Ramanathan, Thea and Joahan in KL.

**Professor Colin John Schwartz,
MB, BS, MD, DSc, FRACP**



May 1, 1931 - May 5, 2015

Tutor (Physiology)
(1956-58)

Vice Master (1957-58)

Acting Master (1958)

Professor Colin John Schwartz was born on May 1, 1931 in Nuriootpa, South Australia to Mr. and Mrs. Carl Herbert Schwartz. He passed away at the age of 84 on May 5, 2015 in New Braunfels, Texas. Colin attended Prince Alfred College private boys' school as a youth and graduated from University of Adelaide.

Colin was the tutor in physiology at Lincoln College from 1956 to 1958. He held the role as the Vice Master of the College in 1957 and the Acting Master during Reverend Hambly's absence in 1958. He also served in the Royal Australian Air Force as a Flight Lieutenant.

Colin was awarded the C.J.Martin Overseas Research Fellowship in 1958, given annually by the Department of Health through the National Health and Medical Research Council of Australia. This award enabled him to study at the University of Oxford in England while working with Sir George Pickering, the Regius Professor of Medicine at Oxford, on coronary artery disease.

Colin devoted his medical career to teaching and the research of atherosclerosis. He was a Professor of Pathology and Director of Multiple Sclerosis at the University of Texas Health Science Center in San Antonio until retiring in 1993. Colin was a Fellow of the Royal Australian College of Physicians, a member of the Rotary Club and a member of the World Affairs Council of San Antonio. He was a frequent

lecturer on the subject of arterial disease and atherosclerosis and authored numerous books and articles on these topics.

He was preceded in death by his parents and grandparents, Mr. and Mrs. F Wilhelm Haese and Mr. and Mrs. Johann G. Schwartz. Colin is survived by his loving wife, Carol M. Schwartz; daughters and husbands, Amanda and Marios Savopoulos, Jane and Lee Garsson, and Sarah and Will Quirk; son and wife, Julian and Myra Schwartz; step daughter and husband, Allison and Brett Bathrope; and grandchildren, Corbin, Christina, Alexis, Arielle, Jonathan, Ben, Hillary, Alex, Stephanie, Lauren, and Ethan.

Source:

The Advertiser

Stag Magazines (1956-58)

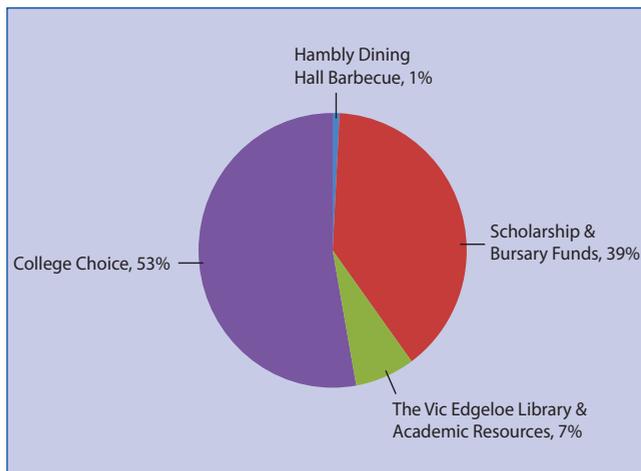
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The Annual Appeal is a wonderful opportunity for you to make a positive difference to the lives of our residents. We are delighted with the generosity of our alumni, council members, parents and staff who have supported us in 2015.

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