

LincolnLine

issue 59 | spring/summer 2016

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Lincoln's wellbeing
program showcased
on the national stage

page 4

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Open Day wrap up

Lincoln hits the road

1952-62 reunion dinner



Lincoln College
Adelaide. Est. 1952

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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.

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Cover: The weekly fitness session run by alumnus Alex Brackstone (2009-11) is a part of the Wellbeing Program at Lincoln.

Credit: Linda Bastick, Dr. Jordan Bell, James Bullen, Sabrina Dorrow, Edrick Koh, Rodney Magazinovic, Louise Oldfield, Marilyn Palmer-Firth, Dr. Justin Ripper & Lauren Smith.

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Lincoln College is affiliated with the Uniting Church South Australia.

18 February 2017

Move in day - Freshers

19 February 2017

Move in day - Returning residents

1 July 2017

Applications for 2018 open

8 July 2017

1963-69 Reunion Dinner

If you attended Lincoln during 1963-69 please make sure we have your most up to date contact details. You can do this online lincoln.edu.au/alumni/update/ or alternatively, please call us at College Central on (08) 8290 6000.

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From the Principal/CE

Welcome to the Spring/Summer edition of Lincoln Line. It has been a busy few months, from Open Days to reunions to roadshows – it has been all systems go!

The First 10 Years reunion dinner, brought together many faces not just from SA but from interstate and overseas. It was wonderful to hear the stories of life at Lincoln in those formative years and also to honour the memory of Rev Dr Frank Hambly, whose vision saw the establishment of Lincoln College in 1952.

September was very busy with both the Dean, Dr Jordan Bell and I hitting the road visiting schools, prospective students and alumni across rural SA and Victoria.

We've said goodbye to some staff and welcomed some new staff to the Lincoln family and our wellbeing program has been in full swing and showcased to the nation at the Australian Positive Psychology and Wellbeing Conference. It's a jam packed edition of Lincoln Line – including a special scholarship announcement. I hope you enjoy hearing about all the things we've been up to.

Images (below):

1. Alumnus Neville Arthur (1958-61) and the Chair of the Lincoln College Board, Roland Rocciolletti;
2. Academic Tutors, Megan McIntosh and Samuel Tu, representing Lincoln at the University of Adelaide Open Day;
3. (L-R) Dean, Dr Jordan Bell, Principal/CE, Linda Bastick, the Director of SAHMRI's Wellbeing and Resilience Centre, Gabrielle Kelly, Lord Mayor of Adelaide, Martin Haese and Adelaide City South Ward Councillor, Priscilla Corbell at the Lord Mayor's Civil Reception at the Adelaide Town Hall on the eve of the Australian Positive Psychology and Wellbeing Conference. (Photo credit: SAHMRI Wellbeing and Resilience Centre Facebook page)

New look Lincoln Line!

Stay tuned! Next year will see a revamped Lincoln Line. Based on your feedback, we're looking to streamline the way we keep in touch. We plan to tailor the information you receive, so it is not only more relevant to you but you receive it in a more timely manner. To make sure you don't miss out on the latest news from Lincoln, please visit lincoln.edu.au/alumni/update/ to make sure we have your correct contact details on file.

Until next time!



Linda Bastick
Principal/Chief
Executive





Wellbeing at Lincoln

Lincoln's wellbeing program showcased on the national stage

September saw Adelaide play host to the Australian Positive Psychology and Wellbeing Conference. The conference, hosted by our Wellbeing partner SAHMRI included a program of international speakers, workshops, seminars and presentations, showcasing the latest learnings in positive psychology in education, communities and organisations – all highly relevant to our work at Lincoln.

Not only did our very own Dean, Dr Jordan Bell, attend the 3 day conference but she was invited to present and participate in a panel discussion session. With a PhD in resilience, Jordan is a Clinical Psychologist with expertise in adolescent and young adult mental health. Jordan delivered a presentation on the Wellbeing program offered at Lincoln. For the panel discussion about Wellbeing in Higher Education, she joined other distinguished speakers from across the higher education landscape including; Kate Cutts, University Senior College; Chris McCann, TAFESA; A/Prof Lindsay Oades, University of Melbourne; Dr Aaron Jarden, Auckland University of Technology; and A/Prof Christian van Nieuwerburgh, University of Reading.

“We agreed that the isolation often felt by new students commencing at university was something that Colleges were fantastic at assisting with,” said Jordan.

Jordan's favourite conference sessions included:

- Dr Ilona Boniwell, who spoke about how to weave positive psychology concepts into education
- Dr Lea Waters, who talked about “Strengths-based parenting” and how powerful it was at assisting children to grow up well. You can expect to see some “strengths-based Dean-ing” from Jordan, even more than usual, as a result of this presentation
- Dr Jordan Nguyen's presentation on using technology to facilitate participation for people with physical disability
- Dr Nguyen also ran a demonstration of virtual reality, where Jordan got to paint with 3D light in mid-air

“As far as new experiences that engender strong positive emotions go, this was right up there for this science-fiction loving nerd,” said Jordan.

Special mention has to go to the weirdest presentation – where Jordan heard about

new discoveries in gut biology that suggest depression and anxiety can be triggered by changing proportions of gut bacteria – one possible treatment being a “faecal gut bacteria transplant” from a healthy to a not-healthy person, accomplished by swallowing freeze-dried pellets of, yep, poop!

There were also many other excellent national and international speakers providing strong evidence that positive psychology has a lot of offer in the educational, community and organisational fields.

Wellbeing guest speaker dines at Lincoln

As part of our partnership with SAHMRI, one of the international speakers who presented at the Positive Psychology conference, also attended a Speaker’s Dinner at Lincoln. Héctor Escamilla, President of Tecmilenio University in Mexico (founded in 2002, serving 51,000 students in 29 campuses) leads a university focused on providing the highest return on

investment in education that translates into: High Employment rates and the Wellbeing & Happiness of graduates. He spoke about the importance of linking education to the upcoming needs of industry, in order to ensure jobs for graduates after they finish their studies. He also described the positive psychology education received by students at Tecmilenio – including an early piece of work completed by all residents, where they interview someone they identify as a “hero” about their purpose in life. Héctor took questions from the residents and guests in a lively exchange of ideas and then joined us in the Common Room to continue the discussion with residents over port and cheese.

“Feedback from residents that attended the dinner was positive with a number saying they found Héctor’s presentation really inspiring,” said Jordan.

We look forward to continuing to build these ideas and more into our positive psychology program into 2017 and beyond at Lincoln.

Featured image: Dean, Dr Jordan Bell joined a panel of global and local experts to discuss about wellbeing in higher education at the Australian Positive Psychology and Wellbeing Conference. (Photo credit: SAHMRI Wellbeing and Resilience Centre Facebook page)

Images (below): Dr Héctor Escamilla spoke to Lincoln residents, alumni and staff over dinner at the Hambly Dining Hall. The Q&A session was hosted by Annette Bulling, Project Lead (Education) of the Wellbeing and Resilience Centre.



Open Day

Open Day wrap up

The puppies of Lincoln were at the ready as we opened our doors to welcome visitors on August 13-14, to coincide with the Open Day of both UniSA and the University of Adelaide held on Sunday August 14. It was the first time we'd opened on Saturday and Sunday, having previously only opened on the same day as the Universities, and we're happy to say it was a great success.

Open Day provides potential future residents and their parents the opportunity to look around the College to get a feel for the place, hear about the application process and most importantly, to meet Lincoln residents and chat about what it's really like to live here.

Principal/Chief Executive, Linda Bastick, was joined by current residents, Liam Thatcher and Ella Gosling for a Q & A session at Adelaide University to give a better insight of life at the College – we even did a live stream on Facebook!

"It was great to see so many people visit us on Open Day and I look forward to seeing lots of new faces around the place next year," said Linda.

Our Lincoln van was kept busy shuttling visitors between both UniSA and Adelaide University and Lincoln to enable prospective students and parents to have a tour of the College.

We'd like to extend a big thank you to all the staff and residents that helped to make Open Day the successful event that it was. A lot of work went into making sure everything ran smoothly and we certainly appreciate all the effort that everyone put in.

Missed out on Open Day? If you're interested in coming to Lincoln next year or know someone studying in Adelaide, we can arrange an individual tour throughout the year. Simply contact us on (08) 8290 6000 or email admin@lincoln.edu.au to arrange a time.

Images (below):

1. Academic Tutors, Jo Newbery and Jishnu Sreedaran chatting with a prospective student at the University of Adelaide Open Day; 2. The Lincoln van looped UniSA and the University of Adelaide's campuses on North Terrace and Lincoln College to help visitors get around; 3. Ash, the puppy was also part of the 'welcoming committee'.



Roadshow

Lincoln hits the road!

September saw Lincoln out and about with 14 days on the road, 3551km covered, 15 schools and 3 footy finals visited, across the Riverland, the Victorian border, Yorke Peninsula and Limestone Coast. With both Principal/Chief Executive, Linda Bastick and the Dean, Dr Jordan Bell hitting the road, they caught up with teachers, prospective students, parents, alumni and made a few new friends along the way.

"I was again struck by how beautiful our country is and by the incredibly strong bonds that run through our rural communities. It was also wonderful to hear how well regarded Lincoln is in our South Australian and Victorian schools," said Linda.

Didn't get to see us this time?

Let us know where you are. We'd love to see you. Contact Sara Lim on (08) 8290 6000 or email sara.lim@lincoln.edu.au.

Images (below):

- 1 to 3. Jordan caught up with: Alumna Sarah Brittingham-Pilmore (2010-12) at Red Cliffs Secondary College; Principal, Alastair Williams at Glossop High School in Berri and Acting Deputy Principal, Nadia Mills at Renmark High School. We wish to thank everyone who helped us organise these school visits;
4. Our booth at the Yorke Peninsula Football League Finals in Paskeville;
5. Linda hosted a get together with current parents and alumni at the Old Mundulla Hotel during her trip to Bordertown.
6. Linda also caught up with some alumni and parents at the Mac's Hotel in Mount Gambier.





Scholarships

The Rev Dr Geoff Scott Memorial Scholarship is now open

We're excited to announce that the Inaugural Rev Dr Geoff Scott Memorial Scholarship is now open for applications.

The scholarship was established in memory of former Principal of Lincoln College, Rev Dr Geoff Scott, who sadly passed away in 2013. During his term at Lincoln (1984-1994), Geoff was instrumental in forming a close association with overseas students, which is why it is fitting the scholarship is designed to support students from Singapore or Malaysia.

The scholarship is open to students applying for their first year at Lincoln College who meet the following criteria:

- citizen of Singapore or Malaysia
- full time student at a South Australian University or Tertiary place of learning
- show potential in their chosen subject

The scholarship provides 10 weeks of college fees to be credited to the resident's account across the year in 4 equal credits.

Applicants will be selected based on their character, their fit with Lincoln's values and their commitment to Dr Scott's values of fairness and justice, assessed through three short essays provided by the applicant.

Get in quick because applications close 18 January 2017. Do you know someone that this information would be of value to? Please be sure to spread the word.

For more information about this great opportunity, please visit: lincoln.edu.au/scott

New staff / departures

Departures



Corinne Whybro our Finance Manager has left after 6 years at Lincoln to try her hand at something a little different than being the master of our finances (and our

spreadsheets). Corrine decided that now was the time for a career change and she has left to join - the police force! We'd like to thank Corinne for her commitment to Lincoln. The 9 weeks notice she gave us, so we could find someone to fill her shoes, is just one of the things that shows her respect and dedication to Lincoln. We wish her well for this next stage in her career and we look forward to catching up with her – hopefully not in uniform on official business though!



After leaving Lincoln when his 2 year contract concluded in September, our Business Development Manager, Steve Brooks decided that

a change is as good as a holiday! He will be leaving Australia in the coming months to return to his homeland in the UK, where he will spend his retirement refurbishing a recently purchased barn in Scotland.

We'd like to sincerely thank both Steve and Corinne for their dedication and support of Lincoln over the years. We wish them both well in their new adventures.

New Staff

We'd also like to extend a warm Lincoln welcome to our new starters, Amelia Leikas and Stacy Pickett.



Amelia has taken on the newly created role of Marketing Manager and will focus on developing and driving the Lincoln marketing strategy and brand in our target

markets. Having previously worked for strong Australian brands including Elders and Aussie Home Loans, Amelia is a senior marketing and brand management professional with extensive experience in developing and executing national marketing, communication and local area marketing strategies.



Stacy is our new Finance Manager, taking over from Corinne Whybro. Stacy Pickett (nee Badger) is an alumna of the College, residing here from 1991-93

and is also married to Lincolnite, Richard Pickett (alumnus 1990-92). So Stacy really understands our business! As a recipient of the Frank Hambly Scholarship in 1993, her name has been a permanent fixture in our common room for a while now. Stacy brings a wealth of financial experience to Lincoln with a background in financial services and financial modelling. Her complex scenario planning skills will stand her in good stead as Lincoln develops its masterplan.

If you're in town, please make sure you drop in to meet our new staff – as always we'd be happy to see you.



1952 – 62 reunion dinner

Celebrating the First Ten Years – A Reunion Dinner

July 9, 2016 saw Lincoln play host to a reunion dinner to celebrate the first 10 years of the College. The reunion was an occasion for us to honour the memory of the Rev Dr Frank Hambly, whose vision saw the establishment of Lincoln College in 1952 and who, as the first Master, oversaw its development in the early years. Given the occasion, it was fitting that the dinner took place in the Hambly Dining Hall and it was heart-warming that so many braved the wintery weather to attend from not just Adelaide and SA but also from other states and even overseas.

“Sitting amongst our first 10 year Lincolnites as we recreated the Lincoln College photo to commemorate the event was a real highlight for me. I felt privileged to be a part of this wonderful event,” said Linda Bastick, Principal/Chief Executive Lincoln College.

Special thanks go to Neville Arthur (alumnus 1958 – 61) who took on the huge task of finding our early alumni and personally inviting them to attend.

A USB stick has been sent to all attendees containing photos from the night. A number of friendships were reunited on the evening and as a result we have had requests to share contact details of those that came along. However, we need your permission to do this, so if you would like your contact details to be shared, please let us know on (08) 8290 6000 or drop us a quick line at admin@lincoln.edu.au so we have your consent. If you haven't received a copy of your photos, be sure to let us know.

Save the date: 1963-69 Reunion Dinner, Saturday 8 July, 2017

We'll be celebrating 1963-69 next year and John Metcalfe (alumnus 1967 – 70) has kindly volunteered to help us coordinate the event. If you attended Lincoln during 1963-69 please make sure we have your most up to date contact details. You can do this online lincoln.edu.au/alumni/update/ or alternatively, please call us at College Central on (08) 8290 6000.



Images (above): (L-R) 1. Phillip Allen, Brian McGowan, Frank Altmann, Anthony & Suzanne Wallace; 2. Lynn Kulasingham & Max Kamien; 3. Peter McLeod, Allan Byers, Malcolm Fricker & Colin Fullerton; 4. John Hardy & Laurence Ah Toy; 5. Robert F Smith, David King & Brian Phillips; 6. Morris & Elise Peacock; 7. Peter Eckersley & Peter Sanderson; 8. Helen Phillips, Wayne Barnden & Norman Inglis; 9. Ken Rollond, Martyn Thomas & Richard Hurn.

LCAA

While the first four months of the year were extremely busy for the Alumni Association, there were several events since, which have also been very successful.

The Alumni Association held its Annual General Meeting on the 1st of June at the Daniel O'Connell in North Adelaide and we had a large turn out, which was great to see. The meeting went well, with all of the committee members happy to stay on in their existing roles. Other alumni who attended the meeting were invited to act as informal committee representatives for their eras, with Neville Arthur, Joseph Ji, Tamlyn Schmidt, Phil Kuys, Mark Keen and Frank Kleinig all agreeing to do so.

If you were at college with any of these people, or any other member of the committee, and are interested in organising a year or era specific event, contact the Alumni Association and we will get you in touch with your relevant era committee member. If we don't have an era-specific representative for your time and you are interested in becoming one, I also encourage you to contact us.

Later that month on 18 July, we also had the (now annual) Rick Burge Winery Run. This is a great day mostly spent having a leisurely

farmhouse lunch at Burge Family Winery being entertained by alumnus Rick himself (alumnus 1972-74). We always manage to visit one other winery on the return journey, this year stopping at Yelland and Papps. Rick is a wonderful host and we are looking forward to next year's winery run already.

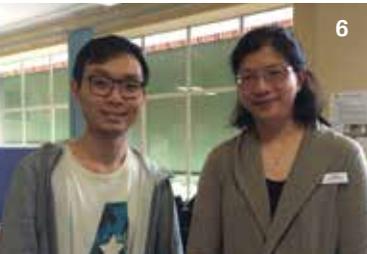
There was also the First Ten Years Reunion Dinner on the 9 July, 2016 that was a great success and I would like to congratulate Neville Arthur who was instrumental in the organisation and promotion of this event. We are hoping that similar events like this, for other eras, can be organised in the future.

.....
Justin Ripper

President
Lincoln College Alumni Association



Alumni drop-ins



1. Brian Harris (1968) dropped by College and had a tour. Brian stayed in Federation 12 when he was at Lincoln.
2. Chris Davey (1993-96) and son Josh visited the College when they were back in Adelaide. Chris and his family are currently based in Qatar.
3. Raymond Chapman-Smith (1971-79) visited his old room, KMB 7 where he stayed for 7 years. He was a tutor during his postgrad years. Raymond met his wife, Ann Keeves (1974-77) at Lincoln and was married in the Chapel by Dr Whitehead.
4. Russell Lord (1958-61) with daughter Nicole.
5. Erik Eriksen (1958-63) dropped into College to purchase his ticket for the First Ten Years Reunion Dinner.
6. Rudy Goh (2011-13) with Librarian Terri Sandiford. He donated some books to the library.
7. Ryan Oldfield (2004-05) and groomsman Thomas Martin (2004-06).
8. We wish to congratulate Ryan Oldfield (2004-05) and Louise Porter (2002-03) on their wedding.

"I was a Lincoln resident from 2002 to 2003 and Ryan lived at college from 2004 to 2005. We didn't cross paths on campus but knew a few of the same Lincolnites. We met at an event for current residents and alumni (at Church the nightclub back when it was a thing!) in 2005 and he invited me to Lincoln Ball shortly after. It took off from there and he proposed in 2015. We were married at St Augustine's Church in Unley with the reception at Adelaide Pavilion. That left us some time in between for a few photos at the place that made us a thing!"

We would like to pay tribute to Lincolmites who have passed on, may they rest in peace. Our sympathies go to the family and friends who have lost their loved ones.

John Coulthard Lewis

(alumnus 1964-70)

On January 12, 2016 peacefully. Beloved husband of Bridget. Loved father of Holly, Lucinda and Phoebe. Father-in-law of Simon and Tom. Fond Grandfather of William, Annabelle, Jeff, Winnie, Matilda and Ruby. Brother to Robert and Vicki.

Bruce Gilbert Mutton

(alumnus 1959-60)

Dearly beloved husband of Kaye. Loved son of the late Gilbert and Marjorie. Respected son-in-law of Doreen and the late Mervin Hobby. Brother-in-law of Chester and Merilee Uncle of Melissa, Brett and Lucy. Great-Uncle of Thomas. Resting where no shadows fall.



Sheila Bavanandam

(alumna 1983-88)

Sheila read Law at the University of Adelaide. Sheila was very active in college life, as both a law tutor and duty officer.

She was then, as she remained throughout her life, a warm, nurturing and loyal friend. Sheila made many lasting and treasured friendships in Lincoln. Thirty years on, Sheila remained the anchor of Lincoln College reunions in Malaysia, as she loved being with her friends. Sheila could be serious, but she had a fun and mischievous side, as evidenced by a well-placed witty remark and glint in her eye! Sheila had a passion for travelling, music and singing, and enjoyed scuba diving and the outdoors.

Sheila's wonderful strength of character was evident throughout her illness, where she carried herself with grace and an indomitable spirit. To us, all her Lincolnite friends, Sheila's friendship will be forever cherished and may she rest in peace.



William Miller

(alumnus 2014-15)

William "Will" Miller was at Lincoln College, while he studied the Bachelor of Medical Radiation Science

(Medical Imaging). UniSA recognised him as a high achieving student, with a University Merit Award and two Chancellor's Letters of Commendation. Originally from Port Elliot, Will was a talented musician, a competitive swimmer and Surf Life Saver, and attended Investigator College for high school, where he was also seen as an outstanding student. Known for his gentle good humour, intelligence, kindness, generosity and capacity for deep friendship, Will was well-loved within his circle of friends within the College. His death in July this year by suicide was a shock to the College community and all who knew him, and his funeral, a testament to a life cut short too soon, was attended by many mourners from his College, university and home communities. Will stood for resilience, community and courage while he lived, and it is terribly sad that he is gone. We will miss him and his kindness.

If Will's story has unsettled you, know that help is available. Beyond Blue (www.beyondblue.org.au) and Lifeline (13 11 14) can assist people who are having suicidal thoughts or feelings.

Thank you for your support

We would like to express our gratitude to our alumni, board members, parents, staff and the wider Lincoln community for their support in 2016. Your gift will continue to fund projects and scholarships that enhance the College experience for all our residents. Our sincere thanks to you.

Anonymous
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 Linda Bastick
 Jordan & Ian Bell
 Sue Bethune
 Samuel Blake
 Kym Boxall
 Dilip & Kalindi Chirmuley
 Michael Clegg
 Jonathan Creek

Michael Edgeloe OAM
 Jillian Ewing
 Alured Faunce de Laune
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Images (below): 1. Deborah Bland, Pam O'Donnell, Linda Bastick, Katrina Levesque & Linda Wondunna-Foley;
 2. Gregor Ramsey, Dilip & Kalindi Chirmuley; 3. Robert Smith, Jane Smith, Andrew Smith & Anthony Moore;
 5. Resident Jessica Charlton & Kathy Ramsay

