



Lincoln Legacy Society Newsletter 2024

CELEBRATING GENEROSITY AND VISION



About the Lincolns



The Lincoln Legacy Society is named in honour of Dr John Lincoln AM and his wife, Joan, who were both instrumental during the foundation years of Macquarie University.

Joan and John organised events for the University, including hosting fundraising gatherings in their family home, and maintained a lifelong connection with Macquarie.

Dr Lincoln's enduring and outstanding contributions to Macquarie University began with his membership of the University Council from 1958 to 1964. He went on to become a Deputy Chancellor in 1976, and held that position in office until 2000 when he was accorded the title of Emeritus Deputy Chancellor. In 1987 he was awarded Macquarie's first Honorary Doctorate and in 1996, on his 80th birthday, the Lincoln Building was named in his honour.

Joining the Lincoln Legacy Society

Leaving a bequest helps us to take our research, learning and teaching facilities to new levels of excellence, and to enrich our students' educational opportunities.

To find out more contact the Macquarie University Philanthropy Office.

T: (02) 9850 1386

E: mqadvancement@mq.edu.au

Vice-Chancellor's message

Welcome to our latest edition of the Lincoln Legacy Society Newsletter, where we capture some of the faces and stories featured in our celebratory function earlier in the year.

We serve, engage and empower our people, nurturing a culture of innovation in education, research and healthcare as a thriving academic community that transforms and improves lives.

We serve our communities, Australia and around the globe, working with partners who share our values and passion for positive impact to create a better world.

The Lincoln Legacy Society morning tea was a chance for Macquarie University to express our gratitude for your support of our pioneering culture of education, research and health. The connection between this engaged community and the University enables us to drive this culture to

create positive change. With your support, we provide inspirational and life-changing learning opportunities, invest in cutting-edge research and establish world-class teaching facilities.

Your generosity and your own remarkable story support our mission, as evidenced on each page of this newsletter. The inspirational stories of our generous donors making a difference in fields close to their hearts, and the groundbreaking research improving lives worldwide, impress on me the impact that we can all have on those around us.

Thank you for entrusting us with your legacy. With your support, we are shaping a future where your generosity will resonate for generations to come.



Celebrating generosity and vision

THE LINCOLN LEGACY SOCIETY MORNING TEA



The annual Lincoln Legacy Society morning tea is a heartwarming event that brings together visionaries who have generously left a gift in their will to support Macquarie University.

The Philanthropy team at Macquarie University hosted the 2024 Lincoln Legacy Society morning tea, a heartwarming event that brought together visionaries who have generously left a gift in their will to support the University.

Lincoln Legacy Society members play a vital role in our institution, providing unwavering support and generous philanthropy. Their contributions enable Macquarie to make a positive impact on the world, transform lives and nurture future leaders.

Following a welcome speech by the Vice-Chancellor, guests heard from

Associate Professor Peter Davies from the School of Natural Sciences, and Professor Clement Loy, Head of School and Dean of Medicine.

Another highlight was welcoming our two new Lincoln Legacy Members who have generously donated to the University from personal experiences and wanting to make a difference.

Filled with lively conversations and the heartfelt sharing of stories, the Lincoln Legacy Society morning tea was truly a celebration of giving back and leaving a legacy that will enrich education and shape lives for future generations.

Member spotlight



Margaret Edwards

Margaret Edwards lost her beloved husband of 63 years in 2022, following his long battle with Alzheimer's disease, which affected the last quarter of their life together. About six years ago, Margaret learned of Macquarie University's dementia research and was drawn to the hope it offered for families facing similar challenges. She met with Professor Lars Ittner, who answered her many questions with compassion and expertise, giving her a deep sense of assurance. Inspired by his team's dedication to advancing dementia research, Margaret chose to leave a bequest to support the University's ongoing efforts to find better treatments for this devastating disease.

Sylvia Tropiano

Dementia has, unfortunately, played a significant role in Sylvia's family's life for many years. She recognises how crucial it is to support PhD students, as they represent the future of research in our country. Because of this, contributing to the advancement of research in both prevention and treatment has become deeply important to her.



With remembrance and thanks

With heartfelt remembrance, we honour the dedicated members of the Lincoln Legacy Society who are no longer with us.

Each of them has given so generously to Macquarie. Their commitment, passion and vision will have a lasting positive impact on our University for generations to come.

We remember them and thank them.

Mr John J Hosie
(1931–2024)

Dr Jana Jones
(D. 2024)

Mrs Joan Mansfield
(1926–2023)

Dr Desmond F Bright
(1925–2022)

Ms Rehele KC Heney
(D. 2021)

Ms Jessie M Formby
(1991–2021)

Mr Kevin M Hayes
(1960–2021)

Ms Mary W Lee
(1961–2020)

Mrs Vera Rado
(1926–2020)

Mrs Mollie K Makin
(1929–2019)

Mrs Basilika T Foster
(1929–2018)

Mrs Patricia Geidans OAM
(1922–2018)

Mrs Margaret Rush
(1920–2018)

Ms Nathalie Kulakowski
(1919–2017)

Ms Carol A Madden
(1962–2017)

**Professor Emeritus Jill I Roe
AO FASSA FFAHS**
(1940–2017)

Dr Alan Friend
(1923–2016)

Mr Alan McGregor
(D. 2016)

Dr Ailsa McPherson
(1936–2016)

Ms Maree Hayden
(D. 2015)

Ms Dorothy Ramsay
(1937–2015)

Mrs Audrey E Horn
(1919–2014)

The Hon. Dr John Lincoln
(1916–2011)

Dr Margaret White
(D. 2011)

Mr John Campbell
(1918–2010)

Mr Greville A Price
(1934–2010)

Mr John K Montgomery
(1939–2009)

Dr Chitra E Fernando
(1935–1998)

FJ Walsh
(D. 1983)

World-changing research

Widespread risk screening could slash dementia cases.

Australia already has a range of successful screening programs in place for diseases like breast, bowel and cervical cancer, but dementia screening has not yet joined the list despite the huge potential benefits.

Predictive tools using techniques such as brain scans and genetic testing are showing promise, but these are costly and therefore difficult to roll out on a large scale.

However, Macquarie University Lifespan Health and Wellbeing Research Centre Director, Professor Viviana Wuthrich, says there is now sufficient evidence that controlling modifiable lifestyle factors reduces risk for dementia, and could be used for predictive testing and intervention.

“We know people are more likely to be diagnosed with dementia if they meet certain criteria between the ages of 45 and 65, including smoking, drinking too much alcohol, not getting enough exercise, or having obesity, high blood pressure or uncontrolled diabetes,” Professor Wuthrich says.

“Furthermore, in new results just published, LDL cholesterol – the bad cholesterol – and vision loss have also been shown to increase risk.

“In addition to these, uncorrected hearing loss, depression and social isolation have also emerged as key factors for older people developing dementia, giving us further opportunities for intervention. Many of the lifestyle factors increase risk by contributing to vascular damage, neuropathology, stress and inflammation, and reduced cognitive stimulation.

“Hearing loss appears to be important because it reduces the amount of mental stimulation people get. The brain is very much a ‘use it or lose it’ organ, and lack of stimulation can contribute to the loss of neural connections.

“The reasons for the connection with depression and social isolation are less clear, though. It appears that at different stages of life, depression can be an early warning sign for the presence of dementia or could be a direct causal factor. Regardless, that link between depression and dementia has been shown in a number of studies.”

With so many clear but modifiable risk factors – some of which are also implicated in heart disease, stroke and cancer – Professor Wuthrich says the introduction of a national risk screening program for people at about age 65 could have a huge impact on the rate of dementia in Australia.

“Primary care could be a place for this screening to occur because our general practitioners are already familiar with our health conditions, and we tend to trust them to give us advice on our health,” Professor Wuthrich says.

“But we need a whole-of-system approach to how we screen and how we fund that screening if we are going to link people with interventions that can address their individual risk factors.

“Telling people they are at risk is not enough. We also need to be able to offer them the support they need to address that, such as access to a dietitian or exercise physiologist or a psychologist.”

While not everyone will have all the risk factors, Professor Wuthrich says there is good evidence to show that addressing any one of the key risks can make a difference, including improvements in cognition in people who are already showing symptoms of mild cognitive decline.

Take part in a clinical trial of dementia screening

To test the viability of screening through general practitioners, Professor Wuthrich and colleague Professor Simon Willcock are leading a clinical trial where patients aged between 60 and 70 are screened for dementia and other health risks. Patients then receive a risk profile and information on how to reduce their risk, including referrals to allied health professionals where necessary.

If you are interested in participating in the trial, email ageing.well@mq.edu.au



Professor Viviana Wuthrich

60 for 60

WHERE ARE WE AT?

As you may know, Macquarie has been celebrating its 60th anniversary this year. In celebration, we are transforming 60 lives through 60 scholarships, to create the next generation of leaders, thinkers and pioneers.



Linda Beaumont

Linda Beaumont, an alumni and regular donor, says: “Look at your life and what you’ve accomplished because you went to university. Now imagine giving somebody else that gift. I think it’s an incredible way to pay it forward, in recognition of all the help we received during our lives.”

Mel Wurramarrba-Andrews

Mel Wurramarrba-Andrews, a recent graduate and participant in the Wuyagiba ‘bush university’ Study Hub in remote Arnhem Land, comments: “The bush university enabled a group of us to enrol at Macquarie University and helped me reconnect with my dream of becoming a teacher. Two-way education changed my life. I feel brave. I feel confident, and I am ready to share my story and my culture.”



700 alumni celebrate 60 years of excellence

On 10 August, more than 700 alumni came together to celebrate Macquarie's 60th anniversary in the Michael Egan Hall.

The Alumni Reunion Day coincided with the University's annual Open Day, and featured reunions, speeches and a future careers panel.

Clockwise: Felicity Brown sharing photographs of her grandmother with Professor Dowton; alumni attendees in the Graduation hall listening to the speaker panel

The event brought together alumni, volunteers and friends of the University from Australia and around the world, with attendees travelling from Cameroon, China, Fiji, India, Indonesia, New Zealand, the Philippines, Singapore, Thailand and the United Kingdom.

"Macquarie University has become a diverse and inclusive community," Vice-Chancellor Professor S Bruce Dowton noted in his opening speech. "We now have students from all corners of Australia and around the world, with representation from 119 countries this semester alone. Our students of today can study, play and work with colleagues from many different cultures and contexts around the world."

Attendee Felicity Brown (BA 1989) took the opportunity to share with Professor Dowton a collection of photographs of her late grandmother, who had been a librarian at the future Vice-Chancellor's school in Dubbo. Despite the library's modest size, her grandmother recognised the student's strong interest in science and went out of her way to provide extra science books and

magazines to encourage his interest. As Ms Brown flipped through the photo album, the Vice-Chancellor reminisced about how meaningful these interactions had been in shaping his life path.

Many attendees brought their families to the event, with some families featuring multiple generations of alumni. Others brought children with their own aspirations to pursue higher education in the future.

The event's panel discussion – The Future of Careers and Education – was moderated by Nicole Gower, Vice-President of Professional Services, and featured Macquarie alumni Amanda Rose (GradCertEducationStudies 2018), international alumni Sylvestre Mang (GMBA 2023) and Professor Rorden Wilkinson, Deputy Vice-Chancellor (Academic). The panel discussed the evolving landscape of careers and education, focusing on the impact of technological advancements, the role of education in preparing students for future challenges, and strategies for adapting to a changing global job market.



A legacy of memories



Reflecting on years past fills us with warmth and gratitude for the countless moments shared since 2009, when the Joan and John Lincoln Legacy Society was officially launched.

David Bussman graduating with a Master of Arts in 1999 (left), and in 2023 enjoying a walk through campus and admiring the changes

From the early days of gathering around lunch tables where we enjoyed conversation together, to morning teas where laughter flowed and knowledge was shared, these simple traditions have grown to become cherished rituals of connection.

This collage of memories reminds us not only of the special times we have had, but also of the friendships built along the way. As we look back, we are grateful for each moment, each smile and each person who contributed to the spirit of community that has grown so strong.



Pamela Alvarez graduating in 1988 with a Bachelor of Legal Studies (left)

A legacy of memories

HIGHLIGHTING SOME OF OUR WONDERFUL
LINCOLN LEGACY EVENTS FROM 2009 TO 2024



L-R, down: The official plaque unveiled at the opening of the Lincoln Legacy Society; Margaret White; Pat Geidans; Dr John Lincoln; Dr John Lincoln AM and Derek To; Derek To, Dr John Lincoln and Christina Lincoln; Dr Lincoln with his son Philip and daughter Christina



L-R, down: Emeritus Professor Edwin Judge; Ruth Barnard; Daphne Thornton and John Hosie; guests at the Winter Music Afternoon; Elaine Thompson; Winter Music Afternoon



L-R, down: One of many wonderful Lincoln Legacy events; Katalin Erdyli; Sandra Ollington and Donald Hector; Lincoln Legacy members enjoying morning tea; Reg and Sue Edwards at a Lincoln Legacy event, Macquarie University Art Gallery; Judith Dickson; Kathy Bassett; Evelyn Mason



L-R, down: The Society tours the University's sculpture collection; sculpture located on the grounds near the lake; Adam Johnston; tour group listening to the presentation prior to the campus walk; Stuart and Patricia Braga



L-R, down: Janet Gale, Derek To, Cliff Hoey, Daphne Thornton and Richard Smith; Natalie Ritchie and Dr Karin Sowada; David Bussman and group in the Museum; Vice-Chancellor, Bailey Beattie, Jade Bunt and Professor Rorden Wilkinson; Dr Lois Bennett; Vera Rado; Professor Clement Loy addressing the attendees



L-R, down: Professor Clement Loy, Christopher Joyce and the Hon Michael Kirby; Wendy Gray, Sylvia Tropiano, Michael Kirby, VC, Michelle Hampson, Marcus Herger; Edwin Judge, Hon Dr John Lincoln; Patricia Fernandes; David Bussman; Dinah Cocksedge; Professor Peter Davies addressing the attendees; Sally and Adam Johnston

PHILANTHROPY

Level 2, 18 Wally's Walk
Wallumattagal Campus
Macquarie University NSW 2109 Australia

E: mqadvancement@mq.edu.au

T: +61 (2) 9850 1386

mq.edu.au



MACQUARIE
University
SYDNEY · AUSTRALIA