

Lincoln Legacy Society Newsletter



Excellence



Opportunity



Learning

Lincoln Legacy Society morning tea



Final-year student and scholarship recipient, Bronte Charles

The Lincoln Legacy Society Morning Tea is an annual event that is highly valued by the University.

It provides the chance for the society to gather, welcome new members and hear University news. Our latest morning tea was held on 8 November at our Wallumattagal Campus.

After an Acknowledgement of Country, Professor S Bruce Dowton, Vice-Chancellor, Macquarie University, spoke to guests, taking the opportunity to personally thank members for their support of the University. He discussed University achievements over the past year and plans for future developments, such as the creation of a new Law building.

A highlight of the event was the address given by student Bronte Charles, a proud Bandjalung woman in her final year of the Bachelor of Marketing and Media.

Being a scholarship recipient has had an immeasurable impact on her future by allowing her to obtain tertiary education.

Bronte said, “I chose to get an education because, statistically, I had a better chance of getting arrested than finishing high school.”

Bronte will be the first in her family to be awarded a degree.

It was a pleasure to welcome Dr Karin Sowada to the society. She received her pin from Professor Dowton. Read more about Dr Sowada in the member spotlight.

To everyone who attended, thank you for joining us. We look forward to welcoming you again on campus in 2023 and hope to also welcome those who were unable to join us.

Sincere thanks to everyone who gives generously – and to those considering a gift, know that it is your philanthropic missions that pave a strong future for Macquarie University and our students.



Contact the
Philanthropy Office on
(02) 9850 1386, or email
mqadvancement
@mq.edu.au

Message from the Vice-Chancellor



Welcome to the latest edition of the Lincoln Legacy Society newsletter, where we share the impact our members are having and exciting projects happening around the University.

What matters most

From the stories of generous donors making a difference in fields close to their hearts to exciting research improving lives worldwide, as well as major events and changes on campus, I'm reminded that we all leave an imprint, whether large or small, on those around us – and have the potential to leave the world a little better than we found it.

Thanks to forward-thinking members like you who generously leave a bequest to the University, we are able to provide transformative learning opportunities for students from all backgrounds. We can undertake research and make discoveries that contribute to social, economic and scientific development. We can further our capability, our standing and above all our impact, which is increasing understanding and knowledge worldwide, and creating positive change.

*Your story is our story,
and by supporting the things
that matter most to you,
your legacy will inspire future
generations and have a lasting
impact on tomorrow's world.*

Thank you for supporting Macquarie's pioneering culture of learning, research and discovery. I encourage you as a member of the society to become engaged in the University, join our events on campus or online, and connect with others who share your commitment – I'm excited to see where the future takes us and how our shared story unfolds.

With good wishes

Professor S Bruce Dowton

VICE-CHANCELLOR AND PRESIDENT

AN ENDURING LEGACY

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

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

If you would like a confidential discussion about leaving a gift in your will, please call the Philanthropy Office on (02) 9850 1386, or email mqadvancement@mq.edu.au

Your impact

Transforming hearing health

Keen to learn about research and innovations in hearing health, society members, donors and alumni attended the Powered by Innovation – Transforming Hearing Health event at the Australian Hearing Hub at Macquarie University in July.

Each year, the University holds events, inviting members of our community to better understand the exciting research and developments that are occurring in different fields. After a long hiatus where events were unable to be held on campus due to COVID, the response to the Transforming Hearing Health event on 7 July 2022 was overwhelming.

With 150 people attending in person and another 300 joining online via Zoom, Distinguished Professor David McAlpine, Academic Director at Macquarie University Hearing, enthused, “It was a huge success. And it was clear just how important hearing health and the hearing health care agenda are to the mainly over 55s who attended.

“What was most interesting is they weren’t just concerned for themselves – they are looking at hearing health from a life-course perspective,” Professor McAlpine noted. “After all, they’ve got grandkids, for whom hearing problems is a major issue for learning and education, but they’re also thinking about listening issues and neurodiversity, and exposure to loud sounds. It was very encouraging.”

The day included a forum in the **Australian Hearing Hub** with talks from Macquarie University Hearing researchers and students, and Vice-President Strategy, Planning and Performance, Jonathan Wylie. Student ambassadors conducted



hearing screenings, which were extremely popular, and a tour showcased campus improvements, which also received great feedback.

Access a recording of the event [🔗](#)

About Macquarie University hearing

Hearing loss is progressive and cumulative, and can be irreversible. Yet, it can be effectively managed, treated and, in many cases, prevented.

Macquarie University Hearing is a global hub of hearing-related research, education and engagement, making a difference to its community, Australia and the world in hearing health policy and practice, and in hearing-related endeavours.


We combine academic strength and clinical expertise with a visionary approach, and value our deep connections with partners across the hearing domain locally and globally, encompassing community groups, businesses and government bodies.

To learn more about our initiatives and research or participate in one of our studies, visit our website [🔗](#)



Returning to the hearing world

Many people wrongly assume that improving hearing loss is simply a matter of turning up the volume on life with a hearing aid or cochlear implant. And even though hearing loss is the second biggest factor contributing to the global burden of disease, many are unaware of just how debilitating it can be.

Mary Lambell, a client at MQ Health's **Speech and Hearing Clinic**  has lived with hearing loss since she was 5. Early on, she was fitted with hearing aids but says they were just like listening to a badly tuned radio, so she eventually went without them, managing her environment instead.

However, just over 10 years ago, in her mid-50s, Mary noticed her hearing was getting worse. Then, following an infection, her hearing deteriorated further. She decided to get assessed at Macquarie University Hearing and was fitted with a hearing aid in one ear, and later, a cochlear implant in the other. "It has been brilliant," she says.

"I'm going out again, going to the theatre more often, eating out – it's easier to hear the television, and I'm having conversations more easily. I feel connected again."


That's the transformative power of improving hearing health, and why Macquarie University Hearing is committed to research and education that will provide innovative solutions, benefiting millions of people living with hearing loss in Australia and worldwide.

As Mary says, "The clinic has enabled me to hear to the best of my ability by using the correct technology. With sensitive counselling from my audiologist, the equipment has given me incredible connectivity to the world around me, at home and socially. I'm no longer isolated from my community."

More than just a sensory deficit, hearing is fundamental to who we are, how we engage with the world, and how we connect with others. And hearing health affects us all – whether you're concerned about a grandchild, your partner or yourself, advancing hearing health improves the lives of all of us and our connection to each other.

If you would like to support the work of Macquarie University Hearing or join our mailing list, we would love to hear from you – email us at hearing@mq.edu.au

INTERESTED IN GETTING INVOLVED IN OUR EXCITING RESEARCH?

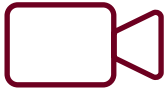
We are always on the lookout for research participants – email hearing@mq.edu.au or to find out more visit mq.edu.au/hearinghealth 



For the latest Macquarie University Hearing news and events follow us on Twitter @MUHearing



With support from the MQ Health Speech and Hearing Clinic to manage her lifelong hearing loss, Mary Lambell can socialise again and continue to enjoy the arts.



Member spotlight

For the love of language

Forty years ago, Philip Graham Williams completed his degree at Macquarie University as a mature-age student, pursuing his love of the French language. He retained his connection to Macquarie as the donor of the Elisabeth Hervic French Prize for 38 years, and now intends to generously support the research of Indigenous languages through a bequest.

An inveterate traveller with many trips under his belt, Philip distinctly remembers deciding to enrol at Macquarie University. It was during the mid-1970s, and he'd not long returned from travelling through South America. "My family had a strong connection to Argentina," he remembers, before describing the period of significant political upheaval and the coup that ousted Isabel Perón as president.

"Then, when I returned to work in Sydney, there was the dismissal of [Prime Minister] Gough Whitlam in late 1975 – it was a very unsettled period. As a result, I decided to study, and enrolled at Macquarie University as a mature-age student in 1977.

"The Whitlam era provided me with a means to do something with my life, to study at university for six years part-time for free, which was an added incentive. It was enlightening to be able to study at university level after the constraints of school – I was very lucky."

Philip says he did a few English subjects in his first year but majored in French – "I think I did more courses in French than anyone else!" he laughs, but it was clearly a labour of love for Philip, who was born in the UK to an Australian mother.

"I'm 80 now," he continues, explaining how his love for the French language began as a child, when he and his parents lived with an aunt, who was French. "Over your life, there are certain things that are dear to you," he says, "and French has always been an intense interest of mine."

Straight after school, Philip joined Barclays Bank and, at 21, moved to Australia, travelling overland via India on a bus. He spent most of his life working for the Bank of New South Wales and Westpac in Sydney, but did return to the UK with them to work for a few years.

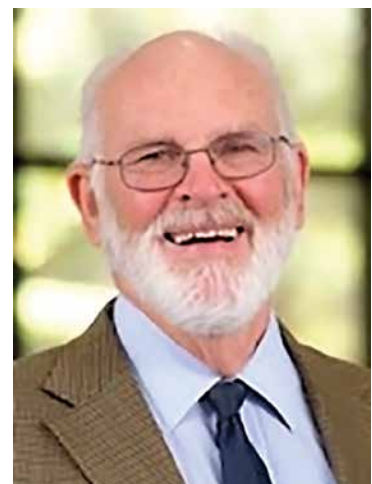
"I left Sydney on a French boat travelling between Sydney and Marseille through the South Pacific at the time of the May 1968 French crisis," he recalls. "Most of the passengers were French sailors going back to Brest, France, after three years on Moruroa atoll, where the French had been

conducting atomic tests. It was just as things were escalating in Paris, so it was rather difficult."

Philip jokes that his English accent still gives his background away, but he has called Australia home for nearly 60 years, retaining his connection with Macquarie University as the first donor of a language prize, the Elisabeth Hervic French Prize. Now, he has decided to leave a bequest to Macquarie University.

"Even though I've had an interest in French from way back, I wanted to give something that would relate to Australia on the linguistic side – I want to support some kind of research as a legacy, and trust the University."

"I'm interested in languages and, living in Australia, I believe the most important thing is promoting Indigenous languages. These are the nation's First Peoples and, when you think of how Indigenous languages have been suppressed in the past, I want to try and redress the balance in my own small way through research. It's a cause I believe in."



Philip Graham Williams is leaving a bequest to support research into Indigenous Australian languages.



Every year, generous bequestors help Macquarie University establish new scholarships, strengthen our research programs and improve the student experience.

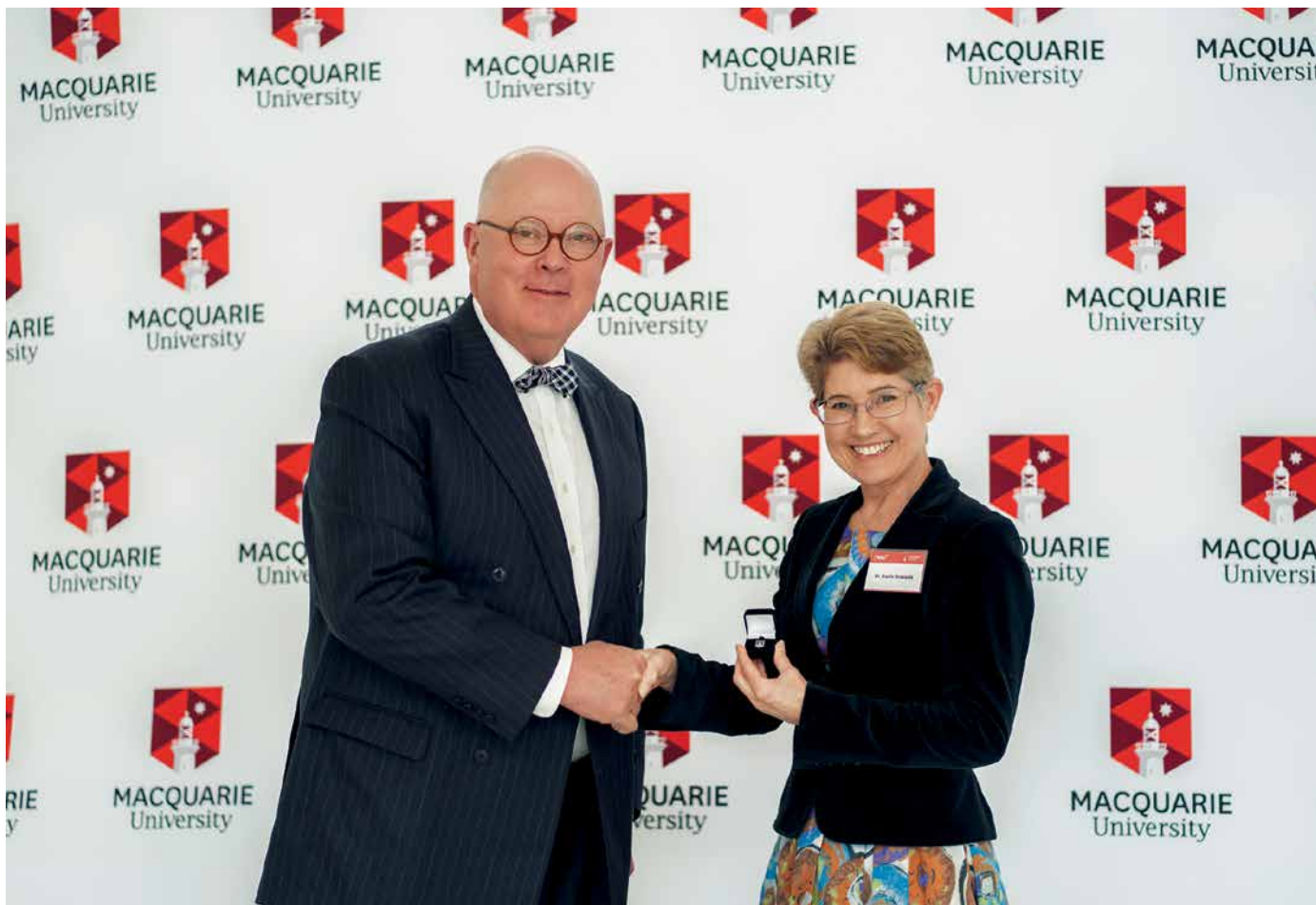
Derek To, one of the founders of the Lincoln Legacy Society, has committed to the future establishment of three To Family Scholarships. “Education serves a greater good for the public,” he explains. “That’s why universities are so important for this nation, and why a third of my estate is going to Macquarie University.”

Want to learn more? View an interview with Derek To about his strong connection to Macquarie University and his decision to leave a bequest.

For more information on how leaving a bequest helps us take our research, learning and teaching facilities to new levels of excellence and enriches our students’ educational opportunities, visit our website [🔗](#)



Click here [🔗](#)
to view interview
with Derek To



Member spotlight

Dr Karin Sowada

Dr Karin Sowada, who is Director, Australian Centre for Egyptology at Macquarie University, is the newest member of the Lincoln Legacy Society. Over her career, Sowada has been highly engaged with Macquarie University, having been involved in the University's archaeological explorations in Egypt since 1995 and a lecturer since 2017.

Sowada has joined the Lincoln Legacy Society with a clear vision of where her bequest will go. Her generosity will see the support of archaeological learning at the University, extending beyond her teaching years.

"As a member of staff, I am committed to maintaining Egyptology at Macquarie as a world-class centre of teaching, research and outreach, but my bequest will help ensure that mission continues well into the future."

Outside of academic life, Dr Sowada is well regarded in charitable and political organisations. She is the youngest woman to have served as an Australian Democrat senator for New South Wales, a role she held in the early 1990s which allowed her to advocate for education and youth. In the not-for-profit sector, Sowada has held senior roles in various organisations including board member at Mission Australia and CEO of Anglican Deaconess Ministries.

Wallumattagal Campus

A sense of place

In recognition of the Traditional Custodians of the Macquarie University land, the Wallumattagal Clan of the Dharug Nation, the main campus in North Ryde adopted a new name in 2022 – Wallumattagal Campus.

The proposal to change the name of the North Ryde campus was initiated by the Namesake Working Group, chaired by Pro Vice Chancellor for Indigenous Strategy, Dr Leanne Holt.

“Aboriginal and Torres Strait Islander people continue to make a unique and lasting contribution to the identity of this land,” says Dr Holt, a Worimi/Biripi woman. The working group comprised Aboriginal and non-Aboriginal academic and professional staff across the University and representatives from the local Dharug Community.

Dr Holt says adopting ‘Wallumattagal’ as a campus place name “provides us with the opportunity to tell a true history. It acknowledges the Traditional Custodians of the Macquarie University lands, who have sustained our local environments, education and culture for thousands of years; and allows us to connect this ancient history with the beautiful contemporary campus.”

Professor S Bruce Dowton, Vice-Chancellor, Macquarie University affirmed, “A greater integration between place-naming and Indigenous culture and languages can help us all to better connect to the beautiful land on which our University is situated and the country in which we live.

“Aboriginal and Torres Strait Islander people make an important contribution to our University. It is a place where Aboriginal and Torres Strait Islander culture forms an integral part of our learning, teaching, research and community engagement.

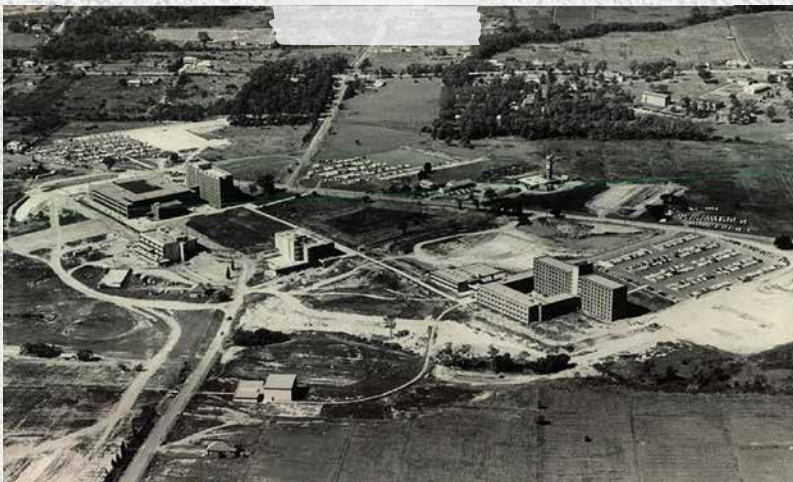
“We respect and have long valued knowledge from the world’s oldest continuous living culture. We recognise the value and wisdom of Aboriginal and Torres Strait Islander Australians.

During National Reconciliation Week, Professor Dowton said that actions such as renaming the North Ryde campus underscore the University’s commitment to reconciliation, deepen ties between people, and grow understanding of the original culture that has unbroken ties to this land for more than 60,000 years.

The North Ryde campus name change is built upon mutually respectful relationships with Aboriginal and Torres Strait Islander Communities and is one of the significant measures being undertaken by the University as part of its 10-year Indigenous Strategy launched in 2017. Under this strategy, Macquarie has employed more Aboriginal and Torres Strait Islander staff in teaching and research positions and welcomed more First Nations students.



Then...



Aerial shot 1967-1970



First students 1967



Wally's Walk



Mason Theatre 1967-1969



*Macquarie University site
pre-construction aerial shot 1965*



Macquarie University site pre-construction 1965



Old library building

Now...



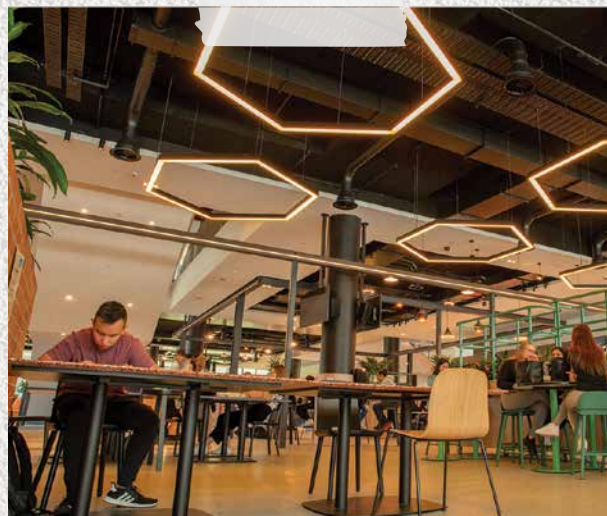
Lecture room in the new Pinsworth clinical education building



Graduation ceremony in the new graduation hall



Wally's Walk



Food court within ICC



1CC



1CC/Central Courtyard



Macquarie University lake and grass area

Research highlights

Mental health in later life

Epidemiological studies consistently show older adults have better mental health than younger adults. Professor Viviana Wuthrich, Director of Macquarie University's Centre for Ageing Cognition and Wellbeing, has spent the last 15 years trying to understand why. Her research suggests there are likely multiple factors at play, but there is more research to be done – and you can be involved.

Based on numerous studies conducted by Professor Wuthrich, **common mental disorders such as depression and anxiety present a little differently in older people** C

For example, Wuthrich's research has shown that it's common for older adults to be grumpy or irritable when they're depressed. However, family and friends often attribute this to ageing, rather than a sign of depressed mood. Similarly, when older adults withdraw from social activities and lose motivation, family and friends can attribute this to normal ageing, when it can also be a sign of depression.

Wuthrich has also found similar examples of how anxiety presents differently in later life. For instance, older adults tend to deny they are bothered by excessive worry, which is a diagnostic criterion for generalised anxiety disorder (one of the most common anxiety disorders). Instead, they report they're not worried, just concerned.

In general, older adults tend to be more dismissive of their symptoms and downplay the impact these symptoms have on their lives C

Wuthrich says, "Mental disorders can be harder to detect in older adults, and symptoms of mental disorders are often dismissed as being a normal part of ageing, which may partly explain the appearance of better mental health later in life."

Also, Wuthrich and her students have found evidence that, in general, **older adults develop a positivity bias in which they become more inclined to interpret ambiguous or negative situations more positively** C

That is, when faced with uncertainty or stressors, evidence suggests older adults are more accepting of the situation and generate more positive solutions than younger adults.

"This cognitive approach to managing stressful situations might also reduce mental distress for older adults as they simply don't think as negatively or as catastrophically about situations as much as younger adults do."

Evidence of this positivity bias was studied in numerous samples worldwide during COVID lockdowns, including in a **paper** C published by Wuthrich and her team. Researchers have consistently found evidence that, in general, older people coped better than younger people – they were more resilient, had a more positive attitude, and were more accepting of lockdowns and the threat of contracting COVID than younger people.

In other new research, Wuthrich explored key differences in avoidance behaviour between older and younger adults. As she explains, theoretical models of anxiety state that anxiety is maintained by avoidance. This can be behavioural avoidance, such as avoiding going out at night or avoiding conflict. It can also include cognitive avoidance, such as refusing to think about things that are threatening.

There is strong evidence from younger samples that greater avoidance is associated with higher levels of anxiety, and this has been demonstrated across all anxiety conditions. This is why behavioural interventions for anxiety focus on teaching people techniques to face their fears rather than avoid them.



Little research had examined this basic association between avoidance and anxiety in older samples so, in collaboration with a colleague in the USA, Wuthrich designed a study to examine differences in avoidance behaviour between older and younger adults.

She says, “We were curious to understand if the low levels of anxiety reported by older adults relate to differences in the number of threatening situations they avoid. We might expect older adults to report lower levels of anxiety because they engage in less avoidance.

“However, clinically, we regularly see older adults with well-established avoidance behaviours and, often, there are many things older people no longer do. That means older people may potentially report less anxiety overall because they very successfully manage to avoid situations that might make them anxious in the first place.”

The results of the study are being peer reviewed for publication, but the findings are interesting, and suggest age differences in avoidance might be linked to differences in anxiety. The study found that older adults reported the usual lower levels of anxiety compared with the younger adults; however, they also reported less avoidance across a range of common situations, such as social and medical. But no differences were demonstrated when compared with younger people in the number of agoraphobic types of situations they avoided, such as travel by plane or going to crowded places.



With research expertise in mental health in later life, Professor Viviana Wuthrich is Director of the Centre for Ageing, Cognition and Wellbeing at Macquarie University.

This research suggests that part of the reason older adults might experience less anxiety might be linked to the reduction in avoidance behaviour they engage in. However, as the data for this study was collected at one point in time, causal conclusions cannot be made. Future studies would need to measure changes in both avoidance and anxiety over time to determine whether one of these factors caused the other – a future project Wuthrich is keen to undertake.

To get involved, contact the research team on (02) 9850 8715, email spaa@mq.edu.au or visit the website <https://www.mq.edu.au/ageing-wisely>

Want to age wisely?

Professor Wuthrich and her team are also examining the impact of social connections on improving treatment outcomes for mental disorders. In pilot data from a study aimed at reducing dementia risk through lifestyle interventions, the team came across an interesting finding.

Participants who had undergone the lifestyle intervention, which included increasing social stimulation to maintain brain health, also had significantly better mental health outcomes. This finding led to the development of a new psychological intervention focused on examining the impact of changes in social connections over time.

“We’re currently evaluating this effect in a clinical trial that we hope to complete next year,” says Wuthrich. “We’re looking for adults aged 65 years and over, located anywhere in Australia, who are experiencing low mood, worry or anxiety.”

The trial is co-funded by the National Health and Medical Research Council and Beyond Blue, so there is no cost to participants, who will receive the Ageing Wisely cognitive behavioural therapy program (developed at Macquarie University).

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