

AVONDALE

# REFLECTIONS

The Alumni and Advancement magazine of Avondale College of Higher Education

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# HOMECOMING

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In the mid-19th century, renowned American philosopher Henry David Thoreau spent two years, two months and two days living in a tiny cabin he built in the woods surrounding Walden Pond, Massachusetts. Part social experiment and part spiritual quest, he lived in simple, spartan-like conditions and wrote of his observations and reflections in his memoir, *Walden; or, Life in the Woods*, first published in 1854.

The explanation Thoreau gave for such an experiment: "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived" (*Walden*, p. 90).

Living deliberately. This idea is characterised by developing the "power to think and do," a phrase that originates in Seventh-day Adventist Church pioneer Ellen White's book *Education*. Avondale provides young adults with the opportunity to, as White says, train youth to be thinkers—not mere reflectors of the thoughts of others.

Our position statement for 2016 is One Life, based on the idea of living the one life we are given to the full. In John 10:10, Jesus says, "I came so they can have real and eternal life, more and better life than they ever dreamed of" (*The Message*).

The mission of Avondale encourages young adults to flourish and grow in a safe place—a place where they can make and learn from mistakes, where students can realise and fulfil their dreams. But this mission doesn't finish when you graduate or leave this place—as former staff members and students, we believe this mission still applies to you.

Living the one life we are given to the full is also the focus of our Annual Appeal. The Lifestyle Research Centre at Avondale is studying the role health and wellbeing plays in leading long and happy lives, and we are proud to be offering the Graduate Certificate and the Graduate Diploma of Lifestyle Medicine, the first of their kind in the world. I invite you to support the appeal, and the work of the Lifestyle Research Centre.

As Avondale enters its 119th year, it is my wish that you will seek to live deliberately, in whatever corner of the world you are in. Thank you for letting us be part of your life's journey.



**Professor Ray Roennfeldt**  
President  
Avondale College of Higher Education

## WELLBEING THE WINNER

### Avondale courses now count towards Lifestyle Medicine Fellowship

Units from Avondale's postgraduate courses in lifestyle medicine will now help health sector employees in Australasia earn a new professional fellowship.

The fellowship is an initiative of the Australasian Society of Lifestyle Medicine, and students completing the Graduate Certificate or the Graduate Diploma in Lifestyle Medicine through Avondale College of Higher Education can earn up to two-thirds of the points towards it.

"If postgraduate units in lifestyle medicine didn't already exist, establishing a fellowship program would be a much bigger task," says the society's Executive Director Stephen Penman. "So it's a real advantage to the society and to our fellowship candidates to enrol immediately in an established tertiary program."

"An affiliation with a professional society builds awareness of our courses and credibility for our Lifestyle Research Centre," says Dr Darren Morton, convenor for the lifestyle medicine courses. "As Stephen and I talked, we realised what Avondale could bring to the society and what the society could bring to Avondale."

## SAFETY NET FOR SERVICE

### Avondale's service learning trips are back—and better

Service learning trips at Avondale are back after a number of changes were implemented last year.



A new partnership with International SOS provides 24/7 health and emergency services for students and staff members while overseas. Procedures have been updated and document templates are now in use across all service learning trips to ensure consistency in planning and execution.

For Dr Wayne French, the chaplain on Avondale College of Higher Education's Lake Macquarie campus, the improved safety measures are a welcome addition to student club One Mission's long history.

"One Mission trips have always been student-led, and we felt it was important they stay that way," French says. "We don't want to take away leadership opportunities, we want to facilitate them safely."

"We're keen to grow and enhance the opportunities for students engaging in the support of others," says Professor Tony Williams, Vice-President (Academic and Research). "The concept of service is one that is consistent with Avondale's ethos, and we want to see that continue."

# NO ONE BETTER

## Avondale Seminary celebrates legacy of Norm Young

A long-serving academic and “impeccable scholar” has been honoured with the publication of a book and the first conferral of a new honorary title.

*No One Better: Essays In Honour of Dr Norman H Young* is a collection of refereed papers celebrating the academic achievements and interests of Avondale College of Higher Education's first conjoint associate professor.

In his introduction, co-editor Associate Professor Robert McIver notes the qualities that contributed to Young's success as a scholar. “He is meticulous in attention to detail, and relentlessly pursues evidence to support or disprove a position without fear or favour.”

Dr Barry Oliver, the former President of the Seventh-day Adventist Church in the South Pacific, spoke during a surprise presentation of the book. He described Young as “a man of great integrity who always speaks truthfully and honestly, a man who doesn't weigh the

consequences but simply speaks what is right.”

Young, attending the presentation outside Bethel Hall on the Lake Macquarie campus with wife Elizabeth, responded with characteristic humour. “Some of the language sounded as if I were on the point of death,” he said. “As far I know, I'm in reasonable health.”

An Avondale academic from 1973 to 2004, Young spoke highly of his colleagues. “I cannot think of one incident over that 30 years where there was any conflict. Yes, we didn't always agree with each other, but I don't ever remember anything disagreeable.”

Published by Peter Lang Publishing and edited by Avondale Seminary Head Dr Kayle de Waal and McIver, *No One Better* explores topics ranging from the Old Testament and the New Testament to mission, sociology of religion, identity and Adventist Church history.

Those honouring Young with a chapter include



Avondale's first Conjoint Associate Professor Dr Norman Young receives the book *No One Better* from Avondale Seminary Head Dr Kayle de Waal. **Photo:** Brenton Stacey.

Dr Jon Paulien, Dean of the School of Religion at Loma Linda University (California, USA), Avondale academics Drs Rick Ferret, David Tasker and Steven Thompson, former Senior Lecturer in Old Testament Dr Ross Cole and Dr John Skrzypaszek, Director of Ellen G White Seventh-day Adventist Research Centre.

**Brenton Stacey** is Public Relations Officer at Avondale College of Higher Education.

# LEAVING A LEGACY

## ALUMNI HERITAGE WALK

Leave a legacy of your contribution to Avondale College of Higher Education by purchasing a paver in the Alumni Heritage Walk.

The walk honours all Avondale alumni while raising money to preserve and restore the heritage features of the Lake Macquarie campus.

A paver measures 220 millimetres in length, 110 millimetres in width and 30 millimetres in height. It is etched with the given, family and maiden name (if applicable) of an Avondale alumnus, and the alumnus' final year at Avondale.

To add your name or the name of another alumnus to the walk, purchase a paver through the Avondale Online Store.



The restoration of a harpsichord by friends of Avondale Conservatorium has enabled Director Aleta King (left) to conduct a Bach cantata as part of her doctoral studies. Lecturer Claire Howard Race (right) will play the harpsichord for the cantata.

One of three projects identified by the conservatorium as a funding priority, the restoration of the harpsichord received \$900 in donations from those attending the conservatorium's first Soiree in November last year. The conservatorium had already raised \$1257 from its Symphony of Psalms concert at Avondale Alumni's Homecoming in August. An anonymous donor covered the balance of the cost of the restoration.

"I'm absolutely humbled by the generosity of the donors who made the restoration possible," says King. "Their financial support has breathed new life into the instrument."

**Photo:** Brenton Stacey.

## HARPSICHORD RESTORED



# MASTER OF CHANGE

Sanitarium's Todd Saunders on the key to managing corporate change

by Sara Bolst

**W**hat started as a simple question to his high school teacher—"What do you think I'd be good at?"—turned into a life journey for New Zealand-born Todd Saunders. Then a student at Christchurch Adventist School and excelling in maths, Saunders' teacher Dr Peter Kilgour (now on staff at Avondale College of Higher Education) had suggested looking into a business career.

"I thought it was great advice," says Saunders. "I loved the concept of buying and selling and trading, so that's where the original inspiration came from."

Now Saunders' career has come full circle. Having graduated with a business degree in 1990, he is working once again for the company that gave him his first post-Avondale job. As Executive General Manager of Sanitarium Health and Wellbeing, Saunders is responsible for implementing plans he made just years ago in his role as Strategic Planning and Development Manager—"for my sins," he says with a laugh.

But while Sanitarium has been a defining aspect of Saunders' career, he is perhaps most useful to the company because he left.

Only six months into his part-time accounting degree at the University of Canterbury, Saunders found himself drawn to Avondale. A group of Avondale students had returned to the church in Christchurch he attended. They convinced him “the bright lights of Avondale were calling.” After two years of saving money, he crossed the Tasman.

“I loved Avondale,” he says simply. “The ‘Avondale experience’ was a big thing at the time, and I became an enthusiastic campaigner for it. Finding myself in a dormitory with a couple hundred other guys with similar likes and interests, being so immersed in a community—it was just so different to what I’d experienced in a large university.”

Saunders thrived, finding “the good tension of being challenged” he had not found elsewhere. The determination of his lecturers to turn out first-class business students helped him push himself harder.

“They really inspired us to be the best we could be,” he says. “Their attention was personal, and it gave us that focus. When you’re challenged in that environment, you’re more likely to step up and deliver. It definitely had an impact on my career.”

His first job after graduating was at Sanitarium Health and Wellbeing, working first in its Cooranbong factory, then in Melbourne and in Tasmania in distribution centres. He was soon promoted to Finance Manager and transferred to the head office in Berkeley Vale, New South Wales. But while he loved his work, Saunders felt there was more to the business world that he had yet to experience. He ventured out, co-founding a management consultant business—Arbitrage Partners—in January 1998.

“I was getting closer to my 30s and I thought to myself, *There’s more to my career than working for one employer my entire life,*” Saunders says. “It was a good decision, because I gained so much. It’s been an interesting journey.”

The time away from his beginnings at Sanitarium exposed Saunders to an array of different companies in vastly different situations. Through Arbitrage Partners he helped establish Sony Ericsson’s first Australian mobile phone repair centre and transferred all of Fisher & Paykel’s electronics manufacturing from New Zealand to Australia; at one point he was involved in negotiations over electronics use with the Norwegian Defence Force. He spent five years as the General Manager of Operations and as a Director for Startronics. Each opportunity was different from the last, and each came with its own lessons.

Assessing companies and creating strategies on their behalf exposed Saunders to a wealth of information that could only be learnt first hand. But in 2009, Saunders decided it was time to return to the company he loved. He accepted a position as Strategic Planning and Development Manager for Sanitarium and, in 2011, moved into the role of General Manager.

“Working away from Sanitarium was quite a different period of my career,” he says. “But part of me felt like I

had unfinished business. I wanted to be based in Australia, close to my family, doing something I love.”

Being Executive General Manager is not a position Saunders takes lightly. As a leader of one of Australia’s most loved companies, he feels a responsibility not only to employees but also to the public. His background in change management has been crucial to guiding the company forward—as of 2012, Sanitarium is primarily a beverages—rather than cereals-based company.

“You can never over-communicate. Knowledge doesn’t suddenly appear by osmosis, and to assume it does is just foolish.”

“Sanitarium has been around for over 100 years, and its probably facing its greatest change,” he says. “We’re having to adapt to the ‘snackification’ of the industry—people don’t sit down for breakfast as much anymore, and they’re looking for something quick to grab on the way out the door. Tastes are changing, and we’re doing our best to meet those needs. But that means change.”

The biggest factor in successful change management? Communication, always communication.

“You can never over-communicate,” Saunders says. “Knowledge doesn’t suddenly appear by osmosis, and to assume it does is just foolish. You’ve got to be intentional with the way you communicate. If you can’t explain it in a simple, down-to-earth way, then you don’t understand your own strategy.”

“We see so many companies that acquire a business or change their direction without properly communicating to their own staff, and it fails and becomes some sort of organ transplant gone wrong. Without communication, staff just see the company turn and change around them—some may adapt and change with the company, but many will resist. When you invite everyone in your company to consider how they relate to that strategy, they have a chance to get on board.”

Effective communication is one of Saunders’ top goals. Internally, he defines this as being just as relatable to workers on the factory floor as to those on his executive team. Externally, he defines this as consistency in his representation of the company and of its values.

“People are intrigued by Sanitarium, and I’m proud to talk about the company,” he says. “When people see and understand the vision the church had in setting Sanitarium up, they get excited about it. It’s great to see other industry leaders really respect what we have been able to achieve and what we stand for.”

And as far as the future is concerned, chances are Saunders’ Sanitarium career has many chapters left. “I’ll be there as long as I enjoy it,” he laughs. “A sense of enjoyment is an important reason to turn up for work, and that’s what I’m passionate about creating in the workplace.”



## PACIFIC PARTNERSHIP A WIN-WIN

Annual Appeal to help Pacific islanders study lifestyle medicine at Avondale

The Avondale Annual Appeal this year will help reduce the “crippling” burden of chronic disease in the South Pacific islands.

Donations to the appeal will support the Lifestyle Research Centre at Avondale College of Higher Education. The centre will offer seed money to Pacific islanders so they can begin postgraduate study in lifestyle medicine. This Pacific Partnership should empower those with influence to share their knowledge with those in their communities.

Many of those communities must meet the challenge of treating chronic lifestyle medical issues, says Dr Chester Kuma, the Adventist Health Ministries representative on the church in the South Pacific’s Discipleship Ministries team. “More of our members are now dying from lifestyle diseases than from communicable diseases.” He gives as examples the 80 per cent cause of mortality in Fiji attributed to lifestyle disease and the 90 per cent overweight rate in the Cook Islands.

Ignorance and the availability of highly processed food are two of the contributing factors. Growing a garden is still commonplace, says Kuma, but the proceeds from the sale of produce at market now fund the purchase of processed food. “What’s driving that? Ignorance. It seems we don’t understand how sugar relates to diabetes or salt to high blood pressure.”

The South Pacific is “crippled by chronic disease,” says Dr Darren Morton, Lead Researcher in the Lifestyle Research Centre. “It’s the diabetes hot spot of the world.” Offering education in the management and treatment of chronic disease using lifestyle medicine interventions—which Morton says are cheap, simple and effective—“could radically transform people’s lives, their relationships and their communities.”

Kuma is a Solomon Islander born in Papua New Guinea. He began his training in Fiji and is a former head of surgery for the Solomon Islands. “It makes me sad when I return to the Pacific islands,” he says. “I willingly gave up surgery, the love of my life, because surgical intervention wasn’t solving the problem.” Kuma remembers amputating limbs almost every day. “I wanted to begin educating

people about how to prevent lifestyle diseases.”

It is the right decision, says Morton. “It’s not enough to put bandaids on chronic disease; we need to treat the cause. Lifestyle medicine is about encouraging changes in behaviour and attitude.”

The money you give to the appeal will support Pacific islanders as they study the Graduate Certificate or the Graduate Diploma in Lifestyle Medicine. Avondale offers the courses through the Lifestyle Research Centre.

The Pacific Partnership is another example of the centre’s growing contribution to the church’s comprehensive health strategy. But will it work? Kuma thinks so. “Those who’ll be trained will become trainers of trainers. That’s how we’ll spread the message and address the ignorance. I welcome the initiative.”

**Brenton Stacey** is Public Relations Officer at Avondale College of Higher Education.

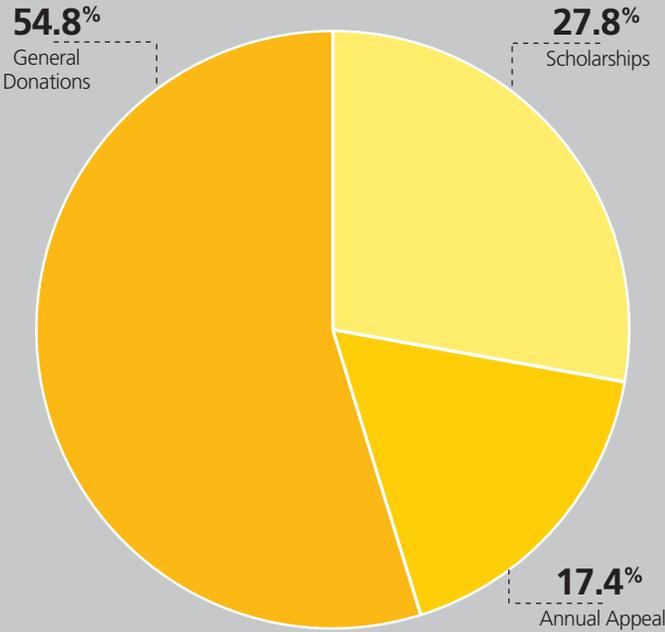


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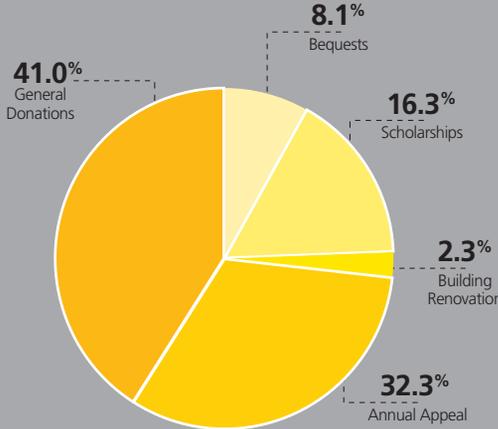
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# DONATIONS BY TYPE, 2015



# THE FIGURES: 2015 FINANCIAL REPORT

## DONATIONS BY TYPE, 2014



TOTAL DONATIONS  
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 FOR THE YEAR 2015

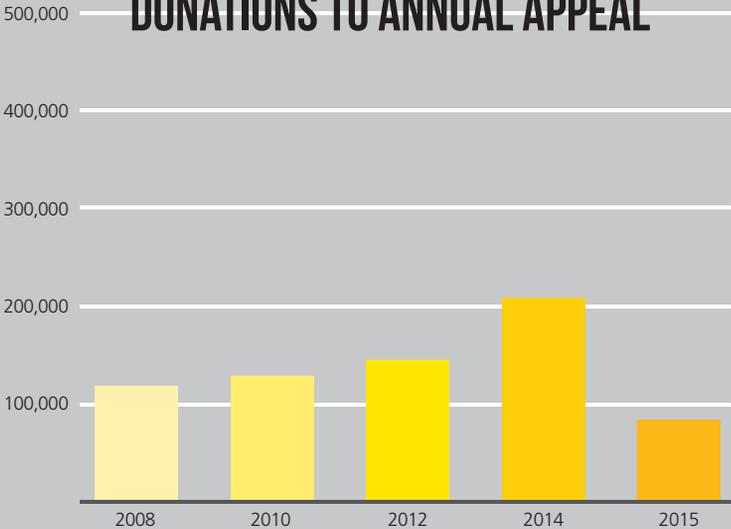
## 2015 ANNUAL APPEAL

Transparency is important. Because of our commitment to it, Avondale College of Higher Education is now publishing an annual donor report.

This year's includes donations for the Annual Appeal in 2015, a year in which Avondale did not receive a bi-annual offering from Seventh-day Adventist churches across the South Pacific. So, Annual Appeal donations in 2015 are lower than in the preceding even years, the years in which Avondale received an offering. However, we received almost \$480,000 in total donations.

Thank you for your continued generosity. We value your support—in fact, it is crucial as we continue on our journey toward university college status.

## DONATIONS TO ANNUAL APPEAL



# LIVE MORE: HAPPY!

How looking after your Limbo can give you an emotional brain boost

by Dr Darren Morton



I'm Australian, and we Aussies are famous for shortening the names of everyone and everything—the names of the mascots for the Sydney Olympics were, unremarkably, Sid, Millie and Ollie.

So, in the spirit of simplicity, let me introduce you to your Limbo. It's the nickname I've given to the part of your brain referred to as the limbic system. It lives in the middle of your brain, just below the part that looks like a cauliflower, which I call the Leader. Your Limbo contains several structures, all with complicated names.\* Among other things, it's your home of happy—brain scientists refer to it as your “emotional brain” (Clark et al., 2010).

## HAPPINESS

We've learnt a lot about the Limbo through the work of brain researchers who love to press buttons. They began by wiring up the Limbos of cats and rats to send a tiny electrical impulse to that part of the brain. Here's what the researchers discovered when they pressed the button.

The researchers found if they stimulated one part of the cat's Limbo, the cat would begin to purr and become playful. If they continued to stimulate the Limbo, the cat would lose all interest in food. Happy and thin—sounds appealing, doesn't it? But the researchers also found if they moved the wires slightly and stimulated another part of the Limbo, the cat threw a hissy fit and ate anything it could get its paws on. Repetitive stimulation of the Limbo in this way caused the cat to morph into an obese, hostile fiend (MacLean & Delgado, 1953).

So the rats didn't feel left out, the researchers stimulated one part of their Limbo and gave them the ability to press a button. The researchers watched in amazement as the rats repeatedly pressed the button, even in preference to eating and drinking. If left unchecked, the rats would have eventually died from exhaustion, albeit with their paws still poised on the button (Olds & Milner, 1954).

Feeling is the core business and mood the main gig of your Limbo, but it also has three other functions.

## MEMORY

Have you ever met someone for the first time only to have their name vanish from your memory moments after they've told you? It's more embarrassing when they clearly make a mental note of your name. This is why Dale Carnegie, author of *How to Win Friends and Influence People*, says the sweetest sound is the sound of your own name. Remembering a person's name communicates care.

Do you remember the name of your first boyfriend or girlfriend? I don't remember much about Year 3, but I do remember the name of a certain girl in my class. I liked her, and when I got to sit next to her in story time, my heart pounded. Your Limbo decides whether to file or forget the information with which it comes into contact. It makes this decision based on how it feels.

Strong feelings, strong memories. Little or no feelings, little or no memories. So, how do you make others feel? You'll be remembered, or not, for it.

## MOTIVATION

Most of what we do we do for a feeling—either to avoid pain or to achieve pleasure. This is why fear and love—two of our strongest feelings—are motivating forces. Even someone who avoids exercise would easily find the motivation to push themselves to exhaustion if they were chased by something of which they're petrified. And in his book *Emotional Intelligence*, Daniel Goleman shows how smart people can do dumb things when feelings are involved.

Remember: feeling is the Limbo's core business and mood its main gig. So, your Limbo motivates you.

I help people adopt healthier lifestyles, and what I've learnt from their experiences is that achieving long-term behaviour change requires more than just knowledge. The world is full of people who know what to do but don't do what they know. Why? The answer is, they don't feel like it. Their Limbo isn't in the mood, so their motivation levels are low. The behaviour change experts who wrote the book *Change Anything* say to adopt a new behaviour for good, you need to discover a way to feel positively about it (Paterson et al., 2011).

Strong feelings, strong motivation.

## MANY AUTOMATIC BODILY PROCESSES

I know you're not the kind of person who exceeds the speed limit when driving a car, but you probably know someone who does. If that person were to speed down the road and then suddenly hear a siren and notice a police car with flashing lights in their rear-view mirror, they would likely experience several changes within their body. Their heart would pound. Their palms would sweat. Their stomach would do flip-flops.

“Feeling is the core business and mood the main gig of your Limbo.”

A strong relationship exists between our emotional state and many automatic bodily processes. I use “automatic bodily processes” because these processes occur without you having to think about them. Thinking can't make your heart rate increase, palms sweat and stomach lurch, unless you think about something that makes you feel, in which case your Limbo does the work.

As your Limbo has such an impact on your heart, it's not surprising people with higher anger scores are two-and-a-half times more likely to experience a cardiac event than those who are more placid (Williams et al., 2000). And it's not surprising the emotional stress of heavy traffic increases the risk of a heart attack in the following hour by a factor of three (Peters et al., 2004). And those butterflies that take flight in your stomach during anxious moments? Scientists are discovering an intimate connection between the brain and the gut. Seventy per cent of your immune system is distributed around your gut (Mayer, 2011), so it's not surprising an upset gut can negatively influence your health.

Why do happiness and health promote and complement the other? Because the Limbo is intimately involved in both. How you feel effects how you heal.

## LOOKING AFTER YOUR LIMBO

Happiness. Memory. Motivation. Many automatic bodily processes. Hmm. I hope this is the sound you're making as you consider how important it is to look after your Limbo. After all, it's your body's emotional hub. Live more happy and it's likely you'll live longer.

\*There's some debate among brain scientists about what structures make up the limbic system. I'll assume the system includes the parahippocampal gyrus, cingulate gyrus, amygdala, hippocampus, septal nuclei, hypothalamus, olfactory system, sensory association cortices and portions of the thalamus. So glad we cleared that up!

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**Dr Darren Morton** is Lead Researcher in the Lifestyle Research Centre at Avondale College of Higher Education. He is also author of the book *Live More: Happy!*, which will be published soon

**W**hen it comes to baptism, Seventh-day Adventists have a lot to say. Thanks to a new study, there is now a place to say it.

The *Before and Beyond Baptism* study was commissioned by the South Pacific Division of the Seventh-day Adventist Church and carried out during camp meetings around Australia, New Zealand and the South Pacific. The issue of baptism is one that appears to be highly relevant—the survey is 18 pages long, yet 471 of the 1500 participants chose to write lengthy additional comments on the back, some up to two pages in length. Barbara Fisher, former Senior Lecturer at Avondale College of Higher Education and the study's lead researcher, believes the interest is due to the survey being the first of its kind for the church in the South Pacific.

"Thanks for the opportunity," one respondent wrote. "It was slightly cathartic. No one's ever asked me before."

The survey included questions about demographic and background, thoughts on ideal baptism age and re-baptism, and the participants' relationship with the church. Preliminary results were announced in August and revealed many positive statistics. Eight out of 10 participants indicated they could "definitely" see themselves as a member of the church in 10 years; one in five had accepted Jesus as their Saviour before, or by, age nine.

The surveys revealed a strong affirmation of Adventist core beliefs but confusion about the use of terms—is baptism "into Christ" or "into the church"? Some felt baptism should be separate from church membership, while others took the opposite view: one wrote "wanting to be baptised without becoming part of the church is like wanting to get married without having a spouse."

Respondents listed both pre- and post-baptism mentoring as areas that could be improved upon, with many suggesting ways that these could be implemented into local churches. But despite

most saying they had not received the mentoring they believed necessary, 95 per cent of the respondents indicated they were currently attending an Adventist church.

"Baptism was an important turning point in my life, perhaps the most important day of my life," one said. "Baptism itself was a mark that sealed my commitment to Christ."

While the surveys demonstrated a high number of positive encounters, many emphasised the need to take baptism requests seriously, regardless of the individual's age. The lack of follow through with pre-baptism study requests was cited often as a reason why

And this first step is already seeing progress. Since the study's preliminary report, Fisher has noted that conference presidents have been highlighting the importance of follow through and implementing methods to ensure requests are taken seriously. The North New South Wales (NNSW) Conference has been instrumental in this process, even developing an app called For The One that logs all incoming study requests.

"Barbara's research has been very helpful in making us aware of this issue," says Pastor Justin Lawman, NNSW Conference President. "We've got to be faithful in following through with the requests we have before soliciting new ones."

# LISTENING UP

## Baptism study surveys provide forum for improvement

by Sara Bolst

many church-attending individuals, particularly youth, had not yet been baptised. "I put up my hand a number of times at Big Camp," a young adult respondent said. "They took my name but never followed up."

One respondent, aged 20-25, had attended Adventist schools for 12 years, but had let his church attendance wane when his requests for pre-baptism studies weren't fulfilled. "I know others in my generation with exactly the same reason who have now left the church," he said. "I'm not comfortable claiming a prize that so many of my mates probably never will."

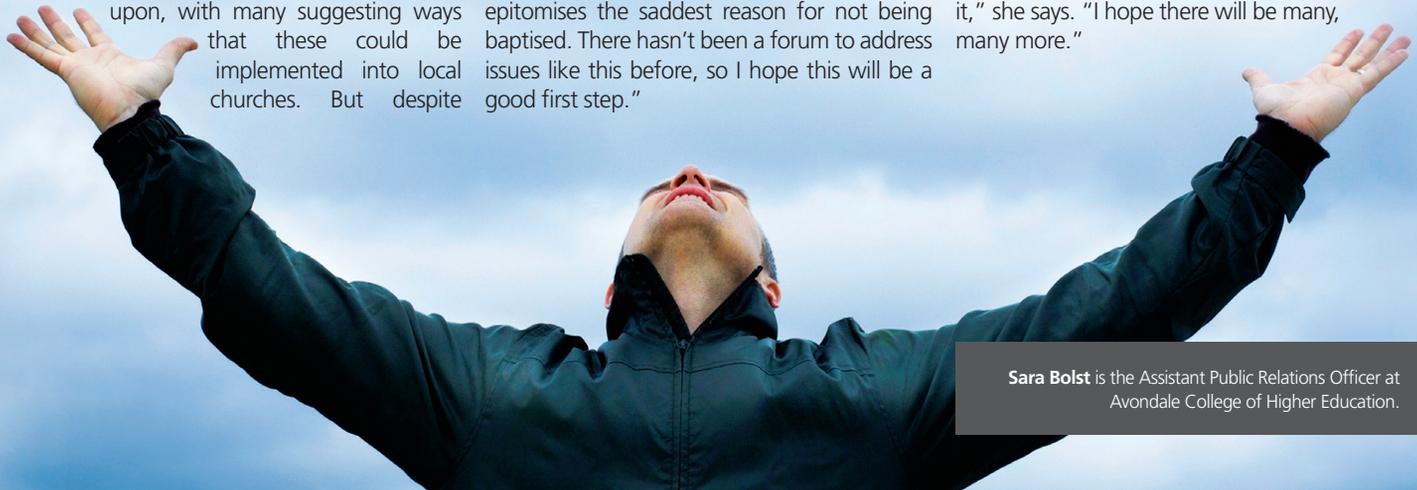
"It's heartbreaking to know that, for some young people, the biggest obstacle to baptism is follow-through," says Fisher. "To me, this epitomises the saddest reason for not being baptised. There hasn't been a forum to address issues like this before, so I hope this will be a good first step."

For The One establishes an accountability system that first places the responsibility on the pastor of the local church. If the request hasn't been followed up within two weeks it will be passed on to an area mentor, and ultimately the local conference, ensuring that no requests are left without further contact. The app will be trialed in 2016.

"It's very early on, but we think For The One has the potential to be a game changer for our church," Lawman says.

For Fisher, the knowledge that her research has helped bring about change is the ideal result.

"If one young person has been listened to as a result of this study, then it has all been worth it," she says. "I hope there will be many, many more."





## ONLY ABOUT MUSIC?

**D**uring 12 years of ministry at the Institute of Worship I received a wealth of affirming feedback. Equipping and supporting the ministry of corporate worship within the Seventh-day Adventist Church in the South Pacific was not a position my team and I took lightly, and we were delighted to receive constructive input from those we served.

However, there was one response that I heard too frequently for my liking; one I believe deserves attention. Some, while reflecting on the work of the institute, have uttered the dreaded, dismissive words, “But, of course, the institute is only about music.”

The implication is that somehow we strayed from core business. For some, music in the life of the Christian and within the worship of the church is seen as merely a minor distraction from the real issues—preaching, teaching, evangelising. In responding to this perception, I offer

the following vignettes and questions for your consideration.

Is it “only about music” when Aleta King, Director of Avondale Conservatorium, gives a group of 50 women from Port Moresby in Papua New Guinea the gift of music literacy? After four intensive afternoon lessons, they can tentatively sight-read their way through a simple melody line on a piano. If this new skill is “only about music,” where is the space to mention the dignity, pride of achievement and the breadth of opportunity afforded to these women? They can now put their new skills to use in worship at their church.

Is it “only about music” when a worship leader takes a congregation on a journey of discovery, introducing them to newly created and time-honoured hymns and songs? Or is it more than just music—finding fresh ways to explore the very nature of the God we serve? Instead of merely making sounds, congregational worship music is about new insights, responding to a deep experience, forging new bonds of community with those worshipping around us.

You can’t tell me it’s “only about music” when piano teacher Valmai Hill, having spent hours

arranging the music as a duet, sits a six-year-old pianist beside her at the keyboard as they launch into a simple tune made spectacular by a 60-strong orchestra. When the melody and the words sink into the consciousness of the thousands of people listening, is that “only about music”? What about the empowerment and the inclusiveness this act offers? What about the community made rich through celebrating the contributions of its children?

Valmai and I constructed and still maintain the Institute of Worship Orchestra, seeking out musicians of excellence whose commitment to the Adventist Church and lifestyle has sometimes left them with no musical opportunities without compromising the Sabbath or other sacred values. We don’t see our orchestra activities as “only about music”—for us it’s about nurturing individuals, providing opportunities for the church to say, “We value your gifts, your commitment and your dedication. We offer you an opportunity to give your best to God, and to offer your gifts as a catalyst for the faith development of hundreds—indeed thousands—of others.”

Adventist worship, and therefore the Institute of Worship, is indeed “about music.” But in celebrating the music, it is also about much, much more.

**Dr Lyell Heise** is the Director of the Institute of Worship at Avondale College of Higher Education.

# TAKE FIVE

## WITH KYLIE CULLINAN

Kylie Cullinan graduated in 2000 with a Postgraduate Diploma in Theology. Her ministry has marked many firsts, including the first commissioned female pastor to work for the Seventh-day Adventist Church in Victoria and the first to work—as departmental director—for the church in the New Zealand Pacific.



**You mentioned at Call and Commission last year that as a child you had a longing for serving God. What was it that fuelled that dream?**

I honestly don't know. You would not have picked me out of the crowd as a leader, so I put it down to factors like my family being really caring people. I came from a church that gave children and young people an opportunity to serve; I remember reading a poem in church for the first time when I was 11. Dad helped me; took me down to church during the week to practise behind a large pulpit with gold velour covering. I can still recite portions of the poem today. I'd say that diversity also worked in my favour and created an energy and a drive for change.

**How do you balance your passion for ministry with ensuring you have time for yourself and your family?**

I haven't always done this well. There have been times in my life that I've been submerged in ministry and it didn't serve me or anyone else well. These days I try to have good time management disciplines, I try to prepare and be organised in advance, and I'm honest about what I can and can't do.

I also make an effort to have a good relationship with God and a good relationship with myself. The Bible says to love the Lord your God with all your heart and soul and mind and love your neighbour as yourself. I take that seriously—to love God, to love myself, and then to do the same for others.

**Which Bible character do you find easiest to relate to?**

Joseph resonates with me because I've seen God send me to all sorts of places and use all those twists and turns in a powerful way. I've seen through my journey how God has helped me to grow in my life and leadership, just like how we see Joseph grow through his journey. I love how

the journeys of leaders in the Bible don't follow a straight line—that gives me courage.

**Being the first in many positions is a quite an achievement. How do you deal with the continued pressures and expectations?**

I think being the first means there are lots of paths to carve and conversations to have. It's time consuming and sometimes discouraging when you're regularly asked, "Why are people calling you 'pastor'?" But it's a privilege in some ways to have opened doors.

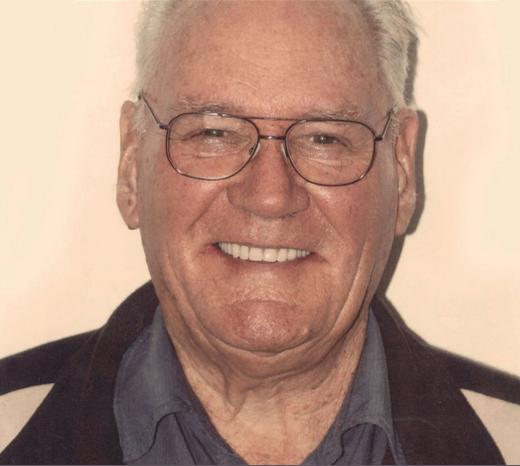
One thing I love about God is that what the devil intends for evil, He uses for good. I've seen that over and over again in my life, and while the road I've travelled was new and hard, it created an amazing amount of learning and insight for me. I wouldn't trade that for anything. I coach a number of female pastors, and I find great joy in being able to share with them as well.

**From your variety of ministerial experiences, what are some of the highlights?**

That's tremendously hard to answer, but I'd have to say that highlights have been the people I've met, the places I've been, and what I've seen and learnt of who God is. Right now, I love coaching and consulting, and I love being able to have pieces of all the things that matter to me: ministry, family, my dog, good food, bringing justice to the disadvantaged, and living on the beautiful South Coast of New South Wales.

**Viema Murray** is a Bachelor of Arts/Bachelor of Teaching student majoring in English at Avondale College of Higher Education.

## MY TRIBUTE TO BRIAN "HOULY" HOULISTON



Brian "Houly" Houliston died on December 16, 2015.

When I arrived at Avondale College in 1981, the ground floor of the Audo was Brian "Houly" Houliston's domain. This is where we attended woodwork, metalwork and technical drawing classes. In 1966, Brian

had been instrumental in the introduction of the specialist academic program, now known as the Bachelor of Education in Technological and Applied Studies. Upon his retirement in 1994, after 31 years at Avondale, it is estimated Brian helped prepare more than 200 graduates to serve in all sectors of education and related fields. Tony Martin, Dr Richard Morris, Associate Professor Tony Williams and I are proud to be among them.

My student memories of Brian include expertly demonstrated (not so expertly replicated) woodworking joints and his famous speed testing of the dovetail, mortise and tenon variety. Brian was also my welding teacher, I remember his affirmation of my fillet welds. He was not as impressed with a hurriedly completed shoe shine box I made out of rosewood—I'm reminded of him each time I use it.

As a leader, Brian was the quintessential Christian gentleman. I remember him as not only my teacher and department head but as a

deeply spiritual man, a long-serving Head Elder of Avondale College Seventh-day Adventist Church and, from time to time, preacher of the hour.

When I returned as a staff member in 1987, Brian was my first line-manager as Head of the Department of Art Design and Technology. I appreciated the support he gave to me and to the physical education program. Passionate for young adults to learn practical skills, Brian was saddened when Avondale ceased to offer industrial technology in 2003. I would like to think that sadness was somewhat relieved by its re-introduction in 2009.

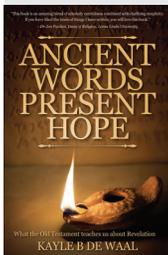
Brian leaves a significant legacy at Avondale, for which we will be forever grateful. Houly, I look forward to building something with you in a world made new.

Dr Wayne Miller is Coordinator of Vocational Education and Training at Avondale College of Higher Education.

## ALUMNI PUBLICATIONS

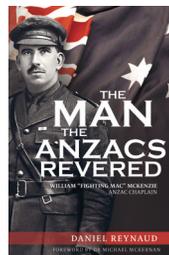
### SEMINARIAN'S BOOK IN NORTH AMERICA

A book by Avondale Seminary head Dr Kayle de Waal is now available in one of the world's largest literature markets. *Ancient Words, Present Hope* explores the significance of the Old Testament for reading and understanding the New Testament book of Revelation. Published by Signs Publishing, the book was launched in Australia last August at a one-day symposium on the book of Revelation. It was launched in North America by distributor Pacific Press in February.



### 2ND RUN FOR ANZAC CHAPLAIN BIO

Now in its second print run, *The Man the Anzacs Revered* tells the story of William "Fighting Mac" McKenzie, who became the most famous Anzac by the end of the Great War even though he stood for "almost everything the typical digger loved to hate." Author Associate Professor Daniel Reynaud's biography of the Salvation Army chaplain has proved popular—first published by Signs Publishing in 2015, the book's latest print run will provide an additional 1000 copies.



### SUMMER FADES BUT HOPE DOES NOT

Alumna Amanda Bews has a passion for the issues that affect young adults, as is demonstrated by her latest novel, *Summer Fades*. The book follows Summer, a teen struggling with the anorexia and abuse who finds hope and healing through faith. Published by Signs Publishing on 2015, it follows Bews' previous novel *Heaven Sent* in tackling big issues without being "preachy." With estimates stating one in 20 Australians suffer from an eating disorder, this topic is relevant.

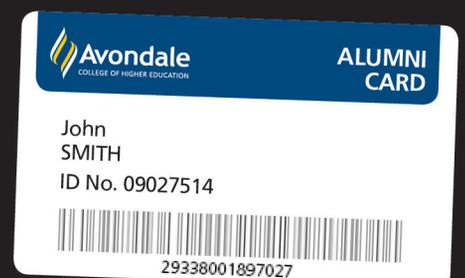


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# 2016 ANNUAL APPEAL

## LIFESTYLE IS THE BEST MEDICINE!

Scientific evidence is showing that returning to a simple lifestyle is often the best way to manage and treat chronic disease.

The 2016 Annual Appeal supports the Lifestyle Research Centre at Avondale College of Higher Education as it continues to lead in the study of this new frontier and grows its contribution to the Seventh-day Adventist Church's comprehensive health strategy.

Giving to the appeal will:

- offer seed money to Pacific islanders to begin postgraduate research in lifestyle medicine at Avondale; and
- support two of the centre's projects—Lifestyle Intervention and Infection Prevention.

Your donation will improve wellbeing by reducing the burden of chronic disease and reducing the impact of preventable infections. It will also empower those with influence to share their knowledge with those in their communities, many of which are now having to meet the challenge of treating chronic lifestyle medical issues.

Thank you for your support of the Lifestyle Research Centre.



**THANK YOU!**

The 2015 Annual Appeal raised \$85,000 for the Lifestyle Research Centre. The centre is using the money to employ research assistants and provide scholarships for its Lifestyle Intervention and Infection Prevention projects.

eGIVING

[www.avondale.edu.au/egiving](http://www.avondale.edu.au/egiving)

Donations above \$2 are tax deductible in Australia