



CABRA
DOMINICAN COLLEGE

EDITION 2 AUTUMN 2019

*The Good,
the Beautiful & the True*

THE BIENNIAL MAGAZINE OF CABRA DOMINICAN COLLEGE

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This edition of *The Good, the Beautiful and the True* was prepared with care and attention by Cabra Dominican College. All efforts are made to have the material up to date at the time of printing. Please email publications@cabra.catholic.edu.au with any feedback.

WELCOME FROM THE **PRINCIPAL**

I recently had the privilege of welcoming on Principal's Tours families who are considering enrolling their child at Cabra. Part of these gatherings involves me sharing with families the essence of Cabra. Given the small allocation of time, I labour over my chosen words, hoping that I accurately capture the heart and spirit of our community and the people who enrich it each day. Not surprisingly an essential aspect of the tours is the presence and leadership of the students. Perhaps, most importantly, our guests get to hear and experience our community through student's eyes – their thoughts, experiences and perceptions. I must admit, I love joining a tour, just to hear how students share their love of Cabra in a raw and authentic manner. Their enthusiasm and joy are palpable. They are proud of their school and nerves quickly dissipate as they ease into showing visitors their 'second home.'

So, what is it that makes Cabra such a beautiful learning community? It is a sum of 'all parts.' It is our foundational values and ongoing commitment to pursue Veritas 'Truth' that inspires and informs all that we do at Cabra. It is the presence and contribution of each unique individual, both now and in the years that have passed, that continue to create a welcoming, inclusive and vibrant learning community.

Recently, I read a reflection by Dominican theologian Edward Schillebeeckx OP on the Dominican story and his part within it. He described his life as a 'chapter in the Dominican family story'. He also shared

how the Dominican story had enabled him to find his place in the present and given him hope and expectation for the future. This analogy creates a beautiful image, which I believe, captures the importance of each person and their 'part to play in continuing and contributing to the Dominican story and our community'. In a novel, each chapter is important and imperative to the integrity and beauty of the story that is being told. Each chapter is unique and offers something new.

Over the term, I have heard from staff, as they share stories of the students and community moments that enrich us and contribute to our every unfolding Cabra story. I share with you a few of those stories below.

Grace Lam, a St Mary's Unit student, is a passionate supporter of Tutti. Recognising the significant difference this organisation makes, Grace is committed to raising money to ensure more young people can benefit from being involved. Using her skills in card making and cooking, Grace has run two fundraising drives and donated all her profits (over \$900 to date!) to Tutti.

Mia, Grace and Emily recently met with me for a RE assignment. Together we unpacked a quote from St Dominic and the lessons we can learn from his example. Whilst I was the interviewee, I was inspired by what they shared. They spoke about the importance of doing the small, everyday things for the people that we come in contact with. Their insights were offered humbly and also captured the reciprocal joy that acts of kindness and love generates.

Seeing an opportunity for further inclusion, Zach and Ryle as part of their Year 12 Sports Studies, ran an inclusive Sports Day for a number of schools. It was lovely to see their empathy in action creating activities that enabled all students to access and enjoy.

Sandra Hill, previously on staff, has given extraordinary service to Cabra over 20 years. Sandra has been our volunteer archivist and manager of the Cabra Museum. She has run tours for students and old scholars, inviting them to 'walk down memory lane' - sharing stories from the past and breathing life into the pictures and memorabilia. We are so grateful for her generosity and skill and wish her all the very best in her 'second' retirement!

Supported by Mrs Fiona Graff, five Year 8s, Jack, Adrian, Alex, Emily and Patrick have been asked to present a workshop at the Catholic Education Office, for staff keen to learn how to utilise 'gaming tools' to enhance student learning. This is an incredible endorsement of them, their Year 8 HASS work and Mrs Graff, who offered solutions to world problems, utilising Minecraft to realise their inventions.

As you read through this edition, you will discover many other 'chapters' of our Cabra story. I hope that you enjoy this edition and delight in seeing how 'Veritas continues to find expression in the lives of students and staff today' (Sr Anne Dolan OP).

Dr Helen Riekie
Principal



FAITH - **DARE TO SPEAK**

As part of our vision to empower students to create a better world, we workshoped a theme for the year. This theme will carry through the Welcoming Mass, St Dominic's Day and all other celebrations throughout 2019.

We were inspired by the words of Pope Francis, who spoke directly to young people and told them, "...do not be silent...instead let your voices be heard...you have it in you to shout."

Our theme for 2019 is "Dare to Speak"

The image for Dare to Speak uses a painting by Sr Sheila Flynn OP of a stylised cross, which features colours from each of the Cabra houses. The Speak letters mirror the letters that were on the fence at our beautiful Welcoming Mass, held outdoors, and the profile image of students is also from a photo taken by Ms Kate Lymn at the mass.

As Dominicans this theme inspires us to express ourselves whilst remaining true to our beliefs. To be Dominican is to be daring. Dominicans do not sit back and passively watch the world go by. Instead, they are right there in the middle of the action, speaking to the truth, often when others are too afraid to do so. Like Jesus, like Dominic, and like the Sisters who came before, we must endeavour to be both visible and vocal, which has and always will take a great deal of bravery and strength.

Proverbs 31:8-9 tells us to "...speak up for those who cannot speak for themselves... Speak up and judge fairly; defend the rights of the poor and needy." We are being called to action, to be the voice for the voiceless. God needs our eyes to see the needs of our brothers and sisters. God needs our hands to help. And most importantly, God needs our voice to denounce the injustices committed in silence.

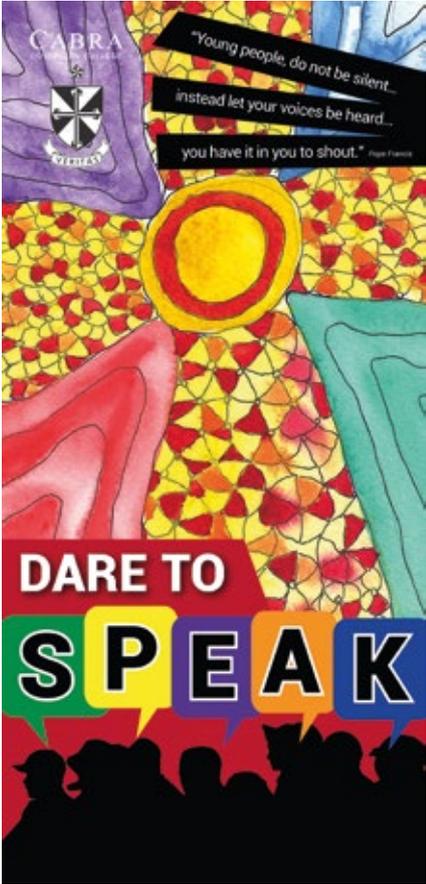
We cannot throw our words around carelessly. Words are incredibly powerful things and have the ability to change a person's life in an instant. And so when it is time to speak, we must dare to speak the truth with conviction.

Catherine of Siena said "Do not be satisfied with little things, because God wants great things!" Therefore, do not be afraid, instead dare to be seen and dare to be heard. Your playing small does not serve the world, for how can you make a difference if you say nothing?

So I leave you with the words of Pope Francis and I encourage you to contemplate these words not only for the next hour, but for the next year. "Young people, do not be silent...instead let your voices be heard... you have it in you to shout."

Georgia Steller, REC Student Spirituality





DARE TO SPEAK IN ACTION

- SOUTH AFRICA IMMERSION TRIP



As part of our Social Justice focus, Cabra offered for the first time an immersion to Kopanang, a project in South Africa founded by Dominican Sister, Sheila Flynn OP. Immersions support Kopanang through their donations, both financial and material (clothing, educational and sporting equipment), they also reassure the women that there are people who care about them and their families' future.

Staff member Chris DeSilva wrote the following reflection on the immersion trip.

Twelve Year 10 and 11 students and three staff members embarked on a life changing adventure when we boarded the plane to South Africa on December 9 2018. We had spent the previous 6 months preparing

The Kopanang project began in 2001 when Sr Sheila set up a programme which would enable African women, impacted by AIDS and poverty, to earn money in order to be able to feed their children. Embroidery was the skill Sr Sheila chose as the vehicle to help these women. 80 women currently work in Kopanang their efforts support 800 people within the Tsakane community.

People on the Immersions are all privileged to be able to live with the women who work in the project. Sr Sheila cannot forget this comment made before the first immersion.

"I never thought a day would come when a white person slept under my blanket"

The impact of the trip on ourselves and our students was just as amazing, we were embraced by these resilient and hopeful women. We saw firsthand the devastation

really mean. There is a palpable belief in the project, that working together will improve the future for themselves and their children. This place is a shield against all the difficulties they face outside, the women encourage, teach and support each other. It is empowering and anyone who spends time there cannot help but be inspired to be more and do more, and to practice Ubuntu –the essence of being human, the concern for the well-being of others

We spent the first week working in Kopanang either in the kitchen which feeds up to 70 children each breakfast and lunch, working in the crèche or helping the women in the project. The afternoons were dedicated to tutoring, playing games and getting to know the children of the project.

The most challenging experience for us was dropping parcels of food off to various Kopanang members. Without these parcels of basic food they would be unable to feed their families, which often included children from their extended family who had lost their own parents. Also very challenging was helping to distribute clothing donations in a satellite township where the families are, as Sr Sheila says *"on the edge of survival."* Imagine feeling desperate enough to thankfully accept second hand clothing from students out the back of our bus. For many people we met, donated clothing was all they had.

There is a palpable belief in the project, that working together will improve the future for themselves and their children.

for the Kopanang immersion under the guidance of Sr Sheila Flynn. We were on our way to Tsakane, a township 40 minutes out of Johannesburg.

of extreme poverty, lack of education and the impact of AIDS on a country. Whilst living and working with the Kopanang community we learnt what faith, grit and courage



During our second week we visited places of historical significance within Johannesburg and Soweto, including Nelson Mandela’s house, Constitutional Hill, the Apartheid Museum and the Victor Peterson Memorial. We also visited Regina Mundi Church; during apartheid it was a place of struggle and solidarity where people of all faiths and backgrounds stood together. During Mass the building was usually surrounded by police in armored vehicles on the lookout for ‘banned’ people or evidence of resistance meetings.

Jobs for African and Coloured people were limited during apartheid, for many women it meant being a servant in a white household;
“Servants are not forbidden to love, I love this child, though she’ll grow up to treat me just like her mother does. Now she is innocent”
Leaving Kopanang and our new families was difficult. We had become a part of the community and it was hard to believe that

we would not see them anymore. Tears and sniffles accompanied us as we drove to Pilanesberg Game Park. We went on an afternoon and dawn game drive before heading to the airport to start our journey home.
We are all very thankful that we had this opportunity. We are committed to continuing to help the Kopanang Project and to remember to appreciate all we have and not waste commodities or opportunities.
Chris DeSilva

FAREWELL **YEAR 12 2018**

At the Year 12 Graduation Assembly in November 2018, Sr Anne Dolan spoke to the graduating class on behalf of the Dominican Sisters. This is an excerpt from her speech.

Thank you for your generous presentation to us. It is indeed humbling to think that in all the important issues that face you in this final year, you have been so generous.

In a few weeks' time our community will celebrate 150 years since Dominican

great story. A small ship battered by huge waves, then becalmed when the winds dropped...sailors who threatened mutiny, homesickness and sea-sickness...all took their toll, but in it all those young women, some of the not much older than you year 12s had a great sense of faith and trust that what they were about to embark on in Adelaide was to be a great work for God!

And time has borne witness to the truth of that I think.

the College community to pursue Veritas / Truth has found expression in the lives of thousands of students like yourselves.

On behalf of the sisters, again, thank you for all the ways in which you have welcomed us to share celebrations such as these and to meet with groups of your leadership teams throughout the year. That has been a privilege. Your readiness to include us is something we cherish and your welcome greatly appreciated.

We wish you well in all that lies ahead of you. We hope that you will always feel at home at Cabra. Our prayers and blessings go with you.

Wherever your decisions take you, may you discover and enhance in your lives and in the lives of others, the blessing of the Good, the Beautiful and the True.

Go well and thank you.

Sr Anne Dolan OP

We wish you well in all that lies ahead of you. We hope that you will always feel at home at Cabra.

sisters arrived in Adelaide. The three months voyage of seven young Irish sisters on a sailing ship is, by any standards, a

As I look around at you I am overcome with great delight that somehow throughout Cabra's 132 years, the commitment of





2018 College Captains Charlotte Juniper and Liam O'Dea



FAREWELL YEAR 12 2018

2018 College Captains Charlotte Juniper and Liam O'Dea spoke to the school at the final Year 12 assembly:

We have the most dynamic group of people and without each and everyone one of you I don't think any of us would have been able to make it through the past few years. I know one day one of you will be my doctor, another one my kid's teacher, one probably arresting me for road rage, someone will be delivering the news or making the next blockbuster film, and someone will become a sporting icon ... my bet's on Luke Charlton. Whatever it is we decide to do I know that we will all look back on these days as the "good old days" and remember all the amazing times we had.

Finally I just want to say a quick thank you to the class of 2018. This year was tough on all of us. Many of you don't realise the impacts you have on each other but just know for me, you all made it that little bit easier to get through that test, assignment or essay. And to the rest of you guys, strive to be like the class of 2018, because in ten years I am going to look back with nothing but love for this bunch.

Make sure you are a good person in these final years, be good to your teachers and they will be good to you, be kind to your parents who are probably equally as stressed out, and finally check up on your mates and be good to your family. What is life without family?

At the Graduation Dinner, 2008 College Captain Dr Magda Palacz, offered some advice to the graduates as they move beyond the Cabra gates:

So if there's anything you take from my life story ramblings, I hope it can be that you never know where your life may end up – and that's ok! When you finish high school, for the first time in your life, you're going to have a bit of freedom, and that's scary, but it's also really exciting. Maybe the people who are a huge part of your life today may not be in your life later – maybe they will! I've seen many people stay close friends even 10 years later. Your life, can be 100% what you want it to be.

Upon being recognised as College Dux of the Class of 2018, Luke Bruno spoke to current students at the Academic Excellence Assembly:

Year 12 can be a tough and daunting year, which is why I would like to leave you all with a little advice. The honest truth is, no matter what I tell you all today, 90% of you will end up learning the hard way, which is fine. It's the way I learned. So, I will just summarise: Organise your week, Plan your study, Don't be afraid to ask questions, Try to get 8 hours of sleep a night, Your teachers are there to help you, and Maintain a good school-life balance.

There is one thing that I would like to delve into a little. It is the single biggest obstacle of your schooling lives, and I can guarantee

that each and every one of you will have at least one encounter with it: Stress. Stress is inevitable; stress is, and I quote, "a natural human response to pressure when faced with challenging and sometimes dangerous situations." Historically, stress is what triggered the *fight or flight* response in our ancestors. Think of those David Attenborough documentaries, where when survival is at stake, an animal will either flee, or fight. Of course, in our modern lives, we don't face survival danger. Instead, stress comes from different, modern causes. This could include work, or commonly in people our age, school. The only question now is, when you next feel stressed, how will you respond? Will you try to run away from your problems, let assignments pile up, put off study, miss draft deadlines? Or will you fight school head on, start assignments straight away, take lots of notes, study really, really diligently? I can honestly say, I have had my fair share of both. At the beginning of my learning journey, I always chose flight when faced with stress, and it mostly worked during years 8, 9, 10. But there came a point where I needed to change my response to stress, where I needed to stop running away from my problems and instead face them. To fight. That mindset enabled me to achieve higher than I could have ever imagined, and it can do the same for each of you. So, Year 12s especially, when you next are confronted with stress, which will you choose? Fight? Or flight?

1. Graduation Dinner 2. Graduation Dinner 3. Dux Luke Bruno speaks at the Academic Excellence Assembly



As Chandler Bielby was wrapping up final Year 12 events and celebrations in November last year, he suffered a rare and devastating stroke. Chandler was placed on life support at Flinders Medical Centre. Miraculously, he recovered.

Upon waking from an induced coma, Chandler was greatly disappointed to discover that he had missed the Cabra Open A Basketball team's trip to Melbourne for a tournament he'd been looking forward to all year.

“The Cabra basketball team took Chandler’s singlet with them to Melbourne and placed it over the bench for every game they played in the national school championship in which they finished second. Then as soon as they stepped off the plane back in Adelaide, they went straight to the hospital to present Chandler with his silver medal.”

Tim Williams, The Advertiser, 18 December 2018

Chandler’s initial recovery from the stroke astounded doctors and delighted his

family. Full recovery, though, will take time. Chandler recently talked to us about how he is feeling now.

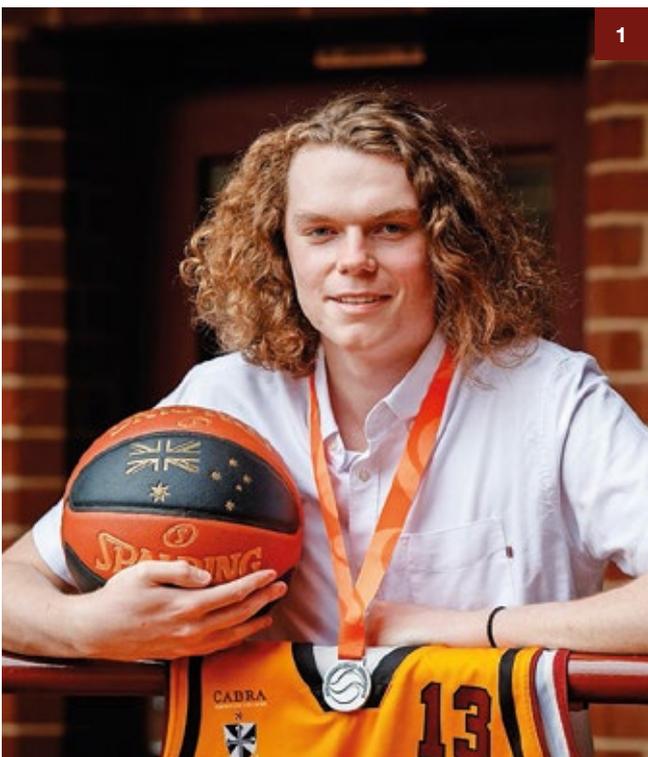
“I recently had an MRI scan and a cognitive test and we are waiting for the results but I am feeling really positive about them as I feel great, attending the gym and working on my fitness. I am coaching a Cabra middle school girls team who are undefeated. I am enjoying coaching as all the girls are so keen to learn and play and I am loving sharing my knowledge. I am studying a Personal Trainers course and working part time at the Forrester Eagles Basketball club.

I played basketball for Cabra since Year 6. I played in three Australian Schoolboys Championships and when in Year 10 I played in the Open Boys competition with Year 12s where we won Bronze. Before the illness I was playing for Forestville Eagles Division 1 U23 men. I am now assistant coach to that team and am training until I am able to soon play again. As soon as I can talk Mum and Dad into letting me play again I am ready. They say we just need to wait until the doctors give me the green

light but I believe I am ready now. I played a trial match last night and it felt amazing to be back on the court.

I want to thank my family who were there every day while in hospital and have always supported me. All my friends who sent me letters and get well cards and those who also took time out of their day to visit me in hospital and when I came home. The whole Cabra community, staff and students who wished me the best when I returned. I really want to thank Ms Laube and Ms Riley who provided me with amazing support in my final year and also for keeping in contact with Mum, Dad and myself whilst in hospital, filling my family in on graduation which I wasn't able to attend. Mr Morizzi was also a big support, especially for the rest of my team who were over in Melbourne. He ensured to keep my parents up to date with all the scores and made sure to organise a time that the boys could come surprise me in hospital when they returned.”

1. Chandler Bielby 2. The basketball team surprising Chandler with a hospital visit 3. Chandler and his basketball team after winning the grand final recently



DARE TO SPEAK IN ACTION

- SOCIAL JUSTICE INITIATIVES



"What is the difference between Charity and Justice?" This was a focus point for our Year 12 House Captains at the Caritas Just Leadership day. A game of Unfair Monopoly highlighted the structural inequalities that exist within society today. Empowered to be agents of positive change, our leaders then planned and prepared a range of social justice initiatives to implement within our College community as part of Project Compassion 2019.

The student leaders created a video for teachers to play during morning administration, to raise awareness of Caritas' work, and outline some of the fundraising events planned. These included a "Wear

your Team Colours" day, a lunchtime milkshake stall, a House v House gold coin line competition and a bake sale. Part of our social justice within the school was also participating in Bullying: No Way! Day and wearing odd socks to raise funds and celebrate diversity.

During Pastoral Care time with their home classes, students participated in a "Privilege Walk." This activity is aimed at giving students an understanding of some of the inequalities in the world. Afterwards, teachers read the following reflection.

Throughout this season of Lent and Project Compassion, take time to reflect on all the

blessings we have and how grateful we all are to be in the situations we are in. May we use the blessing and gifts we have for good, and share them with those who need it more.

'But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and truth.'

1 John 3: 17-18

Lucy Jenner, REC Student Leadership and Social Justice

THE OPENING & BLESSING OF THE THÉRÈSE SWEENEY MUSIC CENTRE



In early February, Sr Bernadette Kiley OP, Congregational leader of the Holy Cross Congregation of Dominican Sisters,

The Music Centre was named, in consultation with the Holy Cross Congregation, for Sr Thérèse Sweeney

movingly of Sr Thérèse's life and her many accomplishments, which included working for many years training teachers, advising librarians in Catholic primary schools, consulting for the Catholic Education Office and setting up the library at Sophia Ecumenical Centre. Sr Thérèse joined the Dominican Sisters in 1928 at the age of 19, and died in 2003.

It is the first time that a Cabra building has been named for a Dominican Sister.

blessed and opened our new music facility – the **Thérèse Sweeney Music Centre**. A number of special guests, sisters, students and staff enjoyed the formalities, entertainment and the privilege of being part of this historical event.

OP, a much-respected and beloved Dominican who was a Cabra old scholar and taught here for many years. We were delighted to have some of Sr Thérèse's family members and friends present. Sr Anne Stewart OP and Sr Bernadette spoke

It is the first time that a Cabra building has been named for a Dominican Sister.

Congratulations to all the students involved, particularly Alanna Howick, Samuel Madigan, Leah Dobson, Shan Mendoza and concert choir members.

1. Helen Riekie joins former Principal Brian Schumacher, Sr Anne and Sr Bernadette to unveil the plaque 2. Sr Thérèse Sweeney OP in the 1960s 3. The Holy Cross Dominican Sisters at the opening 4. Members of the concert choir performing 5. Grand piano cake by Sugar and Spice 6. Students participating in the prayer and blessing 7. Sr Enid Wood joins Shan on the grand piano

MUSIC HIGHLIGHTS OF THE YEAR SO FAR

Whilst the year has only started, our ensembles have been busy performing at shows, both within and outside of Cabra. Two performances of particular note were at the Fringe Festival and the Twilight Concert. Our Senior Drum Corps, led by our three new Drum Corps directors, performed brilliantly at the Royal Croquet Club at the Adelaide Fringe in March. They were professional and represented Cabra at a high level; making staff in attendance very proud. This performance was an excellent

opportunity for our students, who enjoyed the support of parents and current and past students on the night as well. Overall it was an amazing evening at the Fringe.

As the sun set over the new Thérèse Sweeney Music Centre and St Brigid's Square the Senior Drum Corps opened our annual Twilight Concert with the first march across our bridge – connecting our heritage to the new. The audience were treated to performances from all of our choirs, drum

corps and bands and the evening celebrated the start of what was only a glimpse into the amazing music that is yet to come in 2019. Our Music Captains were brilliant emcees and our Production Crew ran a smooth show. *Don't stop believin', hold on to that feelin'* – these lyrics from our finale encapsulated all that is inclusive and powerful in our music department and was a finale that will be truly memorable.

Gemma Heath, CEA Music Coordinator

1.2.3.5.&6. Twilight Concert 4. Students outside the Thérèse Sweeney Music Centre 7. The Drum Corps at the Fringe



FROM THE COLLEGE CAPTAINS

At the beginning of our very popular Principal's Tours, the college captains speak to the visiting families about some of their experiences at Cabra.

Here are some excerpts from some of their speeches:

Within the first half an hour of my first day of school, I had already experienced that thrillingly awkward feeling we all get when making a new friend at the age of 12 and was surprisingly comforted by the fact my home class teacher said I had the name of a future Hollywood superstar. I was in awe of the many opportunities immediately put before me. I was not only able to test my hand in music, media, metalwork, woodwork, ceramics, drama, and a wide range of sciences, but was able to develop many positive relationships with my peers as we bonded over our respective strengths.

So, while I quickly found I did not have the acting ability that my home class teacher had predicted, the wide range of other pathways the school offered me allowed me to quickly develop my own sense of community and identity in other ways.

I encourage you to ask your tour guides about Community Living Week, a program the college runs that provides students opportunities to engage their interests and develop relationships, as this is something I personally benefited from greatly - I was again provided the opportunity to make friends as we bonded through mutual fear of travelling more than half-way up the rock climbing wall.

Ever since these early moments at Cabra, I have become a more confident and sociable member of this wonderful and inclusive community. I really can't believe how quickly I have grown from a shy little kid into someone brave enough to be considered a leader to many of my peers.

Tate Williams, College Captain

I knew from then the first day that Cabra was the right place for me. With a variety of events such as "get to know you" days and reflection days I developed positive relationships with my peers. These have been further enhanced over the years on the sporting field, where I have represented the school in volleyball and soccer. On these teams I've developed strong connections to my peers and also my school. Additionally, I have developed a great rapport with teachers, something that has held me in good stead in the years I've

spent here and helped me in my academic success.

Belonging in a supportive and nurturing environment full of compassion, faith and equality for all was important to me. As a learner, I continuously improved thanks to the tireless efforts of my teachers.

I knew from the first day that Cabra was the right place for me.

These relationships, the environment and the opportunities, transformed me into the person who I am now; someone willing to take every opportunity and its associated risks, but still acting as that helping hand to anyone who needs it, which reflects my personality and values. Also, I think it's fair to say, that the reason I am standing here tonight delivering this speech to you is because of my growth as an individual within this community over these past six years.

Sam Madigan, College Vice Captain

And now comes this year...we have had some amazing renovations and changes to this school, with the new atrium and music building and the plans to expand our school gym- the school only grows bigger and more magnificent in the resources it can offer its students. The things your children can take part in have only grown

and diversified with opportunities like the Social Justice League and debating teams being offered to all students. Last year I took part in the first ever Kopanang Immersion Experience to South Africa. We immersed ourselves in South African culture while working in solidarity in the

Kopanang women's centre, where over 600 dependents and 68 women are supported and offered a chance to create their own income through selling their crafts.

I also learnt not long ago, when attending a nation-wide leadership camp here is South Australia, the four characteristics of the Dominican faith that our school motto is founded upon. Study, Prayer, Community and Service and there are no four words that could sum up this school any better. The commitment to study by teachers and staff here at Cabra is unwavering, the spiritual connection we have to each other and ourselves is fostered by the reminder that we all matter and matter absolutely, while the community is all inclusive and open, and our quest for social justice is met with support from all that attend here.

Alanna Howick, College Captain

Daniel Head, Deputy Principal of Student Wellbeing and Leadership, with College Captains Tate Williams and Alanna Howick, and Vice Captains Sam Madigan and Mia Ellis.



HOLY CROSS CONGREGATION

CELEBRATION OF 150 YEARS

In December, the Holy Cross Congregation of Dominican Sisters celebrated 150 years of ministry in South Australia. Sr Bernadette Kiley OP addressed the special mass, held in the Cabra Chapel.

On August 25 this year, Australia marked the 250th anniversary of the day Captain James Cook set sail from Plymouth. His mission was to observe the Transit of Venus in Tahiti but he was also under secret orders to search for land and the possibility of commercial activities in the Pacific.

By all accounts, there was little fanfare on that afternoon as His Majesty's ship Endeavour slipped quietly from the wharf. The world could not have known that Cook would return almost three years later carrying new knowledge of navigation, mathematics, geology, geography, botany, astronomy, cartography, and importantly for us, knowledge of "those wild new lands at the end of the earth".

Just over 100 years after Cook set sail, on December 5 1868, another ship, this one called the Orient, docked at Port Adelaide after a three-month voyage from England. Among the passengers on board were seven young Irish Dominican sisters from Cabra, Dublin. Unlike Cook, they had no secret orders: their mandate from the then-Bishop of Adelaide was to establish a secondary school for girls — something the young colony lacked. This they accomplished at St Mary's, Franklin Street, in a very short time and with remarkable insight into what then constituted a contemporary education for girls. The broad curriculum offered to the first Dominican students could well have owed something to Cook's voyage all those years before.

The founding prioress, Mother Teresa Moore, at 28 years of age was among the oldest in the group. We know that at least five of them would never see their homeland again. The sixth, Sr M. Catherine Murphy, fell foul of the local church authorities and was sent home for what is described in our records as "independence of thought" — something we've all since aspired to — and the seventh, Sr M. Thomas Molloy, disappeared from the community eight years after it was established. As yet, we know nothing definite of her subsequent life. These two cameos of Catherine Murphy and Thomas Molloy suggest that like Cook's mapping of the east coast of Australia, the coming of the Dominicans to Adelaide was not without controversy. In fact, the fledgling community led such a precarious existence that there was a time when the sisters in Dublin seriously considered recalling them home.

They didn't — and so the tiny seed, the seed that belonged to Christ, found its home in Australian soil. God, the vinegrower, the God who has tended this Dominican vine, enabled its roots to grow deeply into the earth, pruned it from time to time, and prepared it to bear fruit.

After the establishment of St Mary's, Franklin Street, in February 1869, the congregation opened a further 19 schools in South Australia and Victoria including schools and services for children with special needs. Some of our sisters served in the Solomon Islands from 1956 to 1988. Many worked in ministries beyond the schools, both locally and overseas. In 1991 we established Sophia, an ecumenical feminist spirituality centre which continues to flourish on the campus here.

But these are just statistics. We are here not to create an account but rather to remember a story, to give thanks for all who shaped it and to mark another moment in that story as it continues to be told. In remembering the story, I think it's fair to say

The 31 of us remaining consider ourselves blessed to see this time.

that among us have been Dominican sisters whose love for their students was palpable, whose ability to enthuse them as learners was extraordinary and whose humanity simply shone. There have been others of us whose different work enabled them to reach out to both adults and children whose needs required a particular kind of courage and compassion. And then there have been those blessed and burdened with congregation leadership in times of rapid change whose vision and commitment inspire us still.

In the communities where I've lived, I've known, and continue to know, women whose wisdom, kindness, creativity, patience and ability to laugh make the days memorable. Such have been the abundant blessings of a generous God.

I think it's also important to acknowledge that we have not always been at our best — whether in community, in the classroom or in other places where our work has taken us, and there are those who have suffered because of us. As a congregation we have to reckon with these failures as the harvest is gathered in.

Our story, however, is more than us. It's also about each one of you, because in some way

or another you have been part of our history and have shaped the story with us. Some of you once shared Dominican community with us, some of you are past and present students and staff of our schools, some of you shared the work of education or other ministries with us, some are members of other religious communities whose friendship we value, some work with us still, either on the campus or as Trustees of Dominican Education Australia. We give thanks for you: you have taught us much. We give thanks, too, for our families, those who are here today and those joining with us in spirit from far away. Thank you for letting us go at that moment when we set off to join this Dominican adventure, and, more importantly, thank you for never letting go of us.

Finally, to the story as it continues to be told. I've often thought about our seven pioneer sisters in the course of this week and wondered what they might have hoped for the future of their work as educators. As I joined end-of-year celebrations at St Mary's and Cabra this week and saw the beauty and energy and particular spirituality that

marked each one, I decided that their dream for Dominican education here in South Australia has well and truly been realized.

And as for that fledgling community of 1868, a total of 256 sisters joined them over the past 150 years. Unless the Holy Spirit has something surprising in store for us, it now seems that our work and life as a congregation is coming to fulfilment, and that this is a time of harvest rather than of planting. No matter: both the seed and the harvest belong to Christ, as our theme suggests. For us, this moment of harvest is as much grace-filled as the time for planting no doubt was for Teresa Moore and her companions.

The 31 of us remaining consider ourselves blessed to see this time. We give thanks to the God of abundance for 150 years of Dominican life, for all who have been part of this life with us and in whose legacy we share. We rejoice that we can celebrate this significant moment together, and with you all. We can't see the future with absolute clarity. Indeed, who can? Our pioneer sisters couldn't, but we believe, as they believed, that whatever the future holds, it is already held in God.

Sr Bernadette Kiley OP, Congregational Leader of the Holy Cross Congregation



INITIATIVES IN LEARNING

The Sweet Potato Project:

A class of year seven students undertook a cross-curricular approach to the Visual Arts, and Science. These students grew their own sweet potatoes in their Art class, and documented their often unpredictable and spontaneous growth through investigative journals, time-lapse watercolours and macro and micro layered drawings. Students each week cared for these plants, used scientific reasoning to predict growth and learnt about correct terminology. The class regularly drew their plants and used a creative approaches to Visual Art making.

14 February was Library Lovers' Day.

Several students entered the 200 word flash fiction writing competition on Valentine's Day. They wrote a love story and submitted it for judging. Their stories

were about what inspired them about our library with the topics of *love* and *libraries*. They also needed to include the story prompt *'there was love to be found in the library'*. Winners were Charlie Caldwell, Edward Mickan and Christa Skordas. Congratulations to these three and well done to the many others who entered.

Brain Awareness Week 2019 ran from the 11th to the 17th of March and is a global campaign to increase public awareness of the progress and benefits of brain research. Students in 9H have

been studying the nervous system and the brain as part of the Systems and Change unit and looked at some of the latest research around the teen brain and learning, growth mindset and mindfulness. They demonstrated their learning about their amazing brain in an expo in the Monica Farrelly Atrium this week, displaying posters, models, booklets, comics and even brain cupcakes! We had a number of visitors to the opening of the expo and the students were very eloquent in explaining their learning to leadership, teachers and peers from different year levels. We were

The collaborative nature of students working together within the one world encourages teamwork and meaningful communication.

1. Growing wheat in Italian class 2. Winners of the library lovers competition 3.&4. The Sweet Potato Project



all very impressed with the quality and depth of learning demonstrated by year 9 students. Thank you to all who have visited the display to learn more about how their brain works.

The Year 7s are involved in a CLIL initiative where they are learning Religion in Italian. **CLIL** stands for **Content and Language Integrated Learning** and refers to teaching subjects such as Science, History and Geography to students through a foreign language. This photo depicts a beautiful cross curriculum link where they have planted wheat seeds and placed them in the dark during Lent. The wheat represents the bread from the last supper and it is usually taken out at Easter to go on the altar to show new life. The students have also been predicting the growth and measuring and recording it.

Minecraft is an incredibly effective teaching tool that encourages student-led, inquiry-based problem solving opportunities, and unlimited possibilities for engaging learners. Students use initiative and take risks in the world of Minecraft learning. The collaborative nature of students working together within the one world encourages teamwork and meaningful communication. There is a considerable focus not only on using critical thinking skills to meet the outcomes of the lesson, but also on the importance of acting in a responsible and considerate manner in the online world. HASS and RE lessons in Year 7 provided opportunities for children to collaborate, push their imagination and problem solve. In Religion, after independently researching a Minister of the Church, children worked

with partners to create their Minister's house in Minecraft. Their research guided their Minecraft build to determine representations of this minister's life. For example, Dr Martin Luther King Jnr's house had a telephone to signify threatening phone calls he received. This was an example of a challenge he faced in his life to stop him achieving the Common Good.

5.6.&7. Brain Awareness presentations 8. A Minecraft home for Dr Martin Luther King Jr



INITIATIVES IN WELLBEING

Positive relationships are the vital foundation upon which our staff achieve quality educational outcomes with our students. They also contribute to the positive wellbeing of all in our school community. Students who feel connected to their peers and their school community are always more, productive and effective learners. Thus, wellbeing initiatives intrinsically woven into the day-to-day life of students and staff, are imperative throughout the year at Cabra Dominican College.

The College Wellbeing Team is wide and varied. It includes all Home Class Teachers, Rite Journey Teachers, Protective Practices Teachers, House Leaders and the College Counsellors as well as the Director of Student Wellbeing and Deputy Principal, Student Wellbeing and Leadership.

Term 1, 2019, saw the students of Cabra Dominican College engage in a myriad of wellbeing initiatives. We had specific themed days within the college calendar dedicated to raising awareness as well as encouragement and promotion of better skills and strategies interpersonally. These included Safer Internet Day, National Day of Action against Bullying and Violence and International Women's Day. Within home classes, recently, students participated in a college wide 'quiz night style', Quiz. This activity was less about building students' knowledge and understanding of answering 'general knowledge' quiz questions, or recognising and naming cartoon characters and famous faces at a speed greater

than others, but more about providing an opportunity for students to make connections with other students within their houses In Real Life (IRL, not via a URL or screen).

Home classes, were paired in vertical year level groups so that each student team consisted of a mixture of younger and older year level students. The success of this face-to-face real time relationship driven initiative among the Houses has prompted planning for weekly, shared home class time during morning admin for the remainder of the year. Just as our 'digital natives' (students raised in a digitally saturated world) are learning to navigate friendships, identity formation and connectivity via screens and within online forums, it is vital that we continue to provide avenues for development of these adolescent rites of passage via real time, face-to-face activities. Within the student-driven planning and preparation of our Houses for the 2019 Cabra Sports Day were terrific opportunities for students to build friendships, work collaboratively and practice their skills of communication, negotiation and emotional resilience under the guidance and direction of our Home Class Teachers and House Leaders.

Initiatives in wellbeing also included opportunities this term, for students to connect with their year level peers across all four Houses, not just within their Houses. The Year 7s enjoyed many 'Get To Know You' activities during the Year

7 Connections Day held at the Marion Swimming Pool earlier this term. The Year 8 Reflection Day provided opportunities for student connection through a Dominican lens and the Year 9 'Calling and Departure' ceremonies, as part of the Rite Journey Program, were an opportunity for peer connection and reflection in regards to becoming emerging adults. The Year 10 Street Smart Program was an emotion evoking and powerful day for this cohort providing further opportunities for social connectedness, emotional resilience and building skills in identifying and reducing road risks. The Year 11 Wellbeing Week concluded Term 1 for this group of students and it provided them with the luxury of time and space, across four sequential days, to engage in authentic learning about Respectful Relationships, Mental Health First Aid and Risk Identification. The Year 12 wellbeing initiatives this term included the Formal, the Retreat and a presentation by Hugh Kearns on the importance of good sleep, diet and exercise habits on wellbeing and ultimately, also on learning.

Initiatives in wellbeing to look forward to in Term 2 include a House Picnic, Walk-a-thon, House competitions in sport, STEM challenges and board games as well as a number of other fellowship focused activities.

Narelle Sandercock





ART & DESIGN THEME



The Good, Beautiful and True is our chosen theme for Art and Design during 2019. Students have focused not only on the song title and what this means, but also the lyrics which provide a rich resource and inspiration. The works on this theme will be showcased in our annual, end of year exhibition.

the work of M. C. Escher and the Op Art movement. The concept of hiding and or revealing truth have been expressed widely. In plants overlaid with maps, suggestions about the true inhabitants are alluded to. The Year 10 Art class embroidered masked portraits that simultaneously hide and reveal the self.

their Impressionist paintings, in Year 9 with animals in their environment and Year 10 with their botanical ceramic studies. What about the mundane? Pop Art first defied this ideal of beauty and the year 8s have rediscovered this in their 'beautiful food' printmaking.

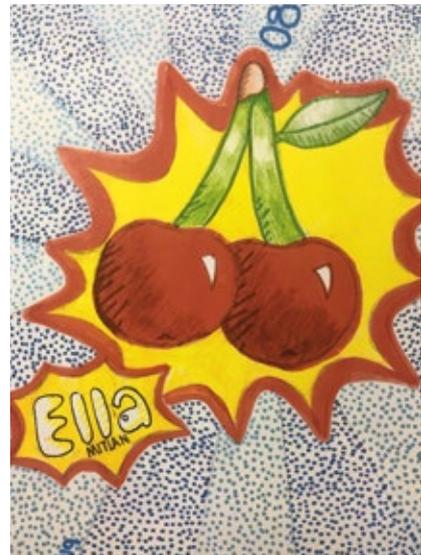
There is a vast portfolio of works already produced which have connected students to a host of artists and traditions within the theme. The best of which we are excited to be exhibiting in the Fra Angelico Arts Centre at the conclusion of the year.

Antonine Stagg, Visual Arts and Design Coordinator

There is a vast portfolio of works already produced which have connected students to a host of artists and traditions within the theme

Investigations have begun with questions about what is 'true'. Visual illusions challenge our understanding of reality and students have explored this through

More challenging is to look at what is 'beautiful'. We can all agree on beauty in nature. Students in Year 7 have discovered the beauty of light in the landscape through



SPORTS DAY

Team spirit was out in force for Sports Day 2019 as the four Houses competed for the glory of winning the House Cup. Mild weather allowed students to give their all to events from the 100m, 200m and 400m on the track, to throwing events of javelin, discus and shot put to our team events of Basketball, Netball, Volleyball and the Tug-of-War and the Cabra tradition of the Rubber Chicken Throw.

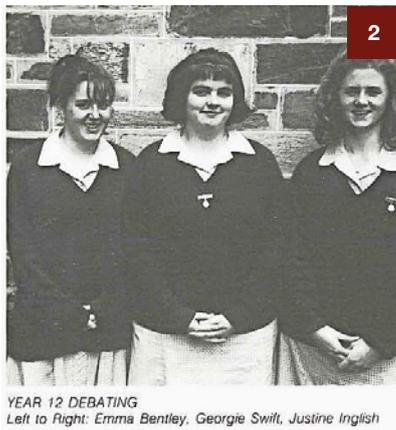
Never having been close to winning either cup on Sports Day before, Murphy House took up the challenge, and the beat of the Murphy drum was heard all day long. This seemed to pump up the team and despite lacking relay wins, Murphy came out winners. Their delight at the announcement was something to witness. Congratulation also to Kavanagh who won the Spirit Cup for the second year running.

Liam Carr and Shaun Beilby, Sports Day Coordinators





OLD SCHOLARS REUNIONS



50 year reunion

Following previous successful reunions in 1978, 1988, 1993, 1998 and 2008 it was a scary realisation that the time had come for the 50 year Reunion.

At the final Dominican Old Scholars St. Dominic's Day Mass in August 2018 a group of 4 from the class of 1968 decided to plan our reunion, using the contact details from previous reunions and other networking. 70 class members were contacted. These included those from 1st Year 1964 through to Matriculation 1968 as it was common for girls to leave school from the age of 15 years for employment or perhaps to attend Business College, with many not continuing through to Matriculation, (now year 12).

It was decided to have an informal luncheon, gathering at 12:00 noon on November 3rd, 2018. The venue, The Sebastian Room at The Monastery was decorated in school colours and photos from the previous reunion and proved to be a perfect venue enabling us to move around easily and chat.

The staff at Cabra kindly produced a Powerpoint display of photos donated by the

committee, which proved popular, with many gathering to spot themselves at a younger age and recalling many a school story. Most were able to stay all afternoon, reluctantly leaving by 5pm.

The following morning there was an interesting and extensive guided tour of Cabra, finishing with morning tea. This was attended by a smaller group who were again entertained by stories from our school life as we moved around the campus. Many congratulatory emails and thankyou's were sent to the organising committee following the successful event.

It is hoped to have another reunion in 5 years (2023). Please keep us updated by contacting the Cabra Old Scholars Liaison person if your contact address or email addresses change.

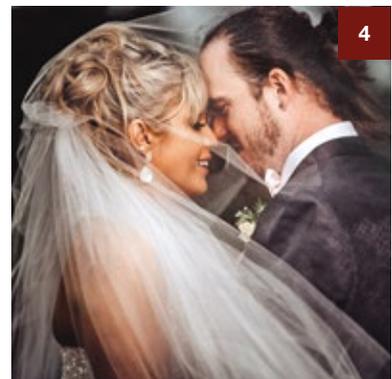
Organising committee — Sue Burdon (nee Barker), Marie Wellington (nee Wright), Margaret Broom and Imelda Nicol (nee Walker)

Class of 1988

It was a really great night, due mostly to the fact that those who went really wanted to

reunite with old friends. I loved my days at Cabra and as a boarder the girls I lived with are as much my sister as those I have by name and blood. We may not see each other for 20 years and then pick up like we only saw each other last week. That's easy. But I will admit that as excited as I was to go to the reunion — I was also a little terrified too! Scraggs (day scholars) and Boarders didn't always mix well and the reunion could have been a complete bomb with people keeping to their old 'cliques'. But the night wasn't like that — because in many ways our year level wasn't like that. There was acceptance for those who were from different backgrounds, different places, for people as they were, at least from my experience. I felt welcome at Cabra, because of my classmates. The reunion was no different. We were a bunch of schoolmates reminiscing on old times, sharing our life journeys and simply enjoying each other's company without the need to make false impressions.time just flew by too quickly.

Ali Appleby, 1988 graduate



Patricia Josephine Byrt

(nee Quirke) celebrated her 94th birthday Monday 4th March, 2019.

She attended Cabra Dominican College from 1937 to 1941. Patricia boarded at Cabra from 1937 to 1938, whilst her family lived in Glenelg. She then attended Cabra as a day scholar from 1939 to 1941.

After completing her education at Cabra she then went onto Business College in Franklin Street where Sister Clare was the Dominican nun running the business campus in the city.

The following grandchildren have graduated from Cabra: Rosie Byrt 2015, Sammy Byrt 2018, Brendan Gerner 2018.

Patricia has one grandchild currently attending Cabra; Sean Gerner in Year 8.

Still to attend Cabra in the future are grandchildren Jesse and Annabelle Gerner.

The history continues.

Sarah Lloyd and Tim Day,

both from the class of 2005, were married on 1 December 2018 in Plympton. Although they attended Cabra together for years, Sarah and Tim were not school friends, but began their relationship after meeting again through old friends many years after graduating. Best Man Shaun Pearce and groomsman Mason Lloyd are also Cabra old scholars.

Sarah shared some details from their special day:

“Our theme was ‘Perfect Pitch’ as I’m a singer and hubby is a baseball pitcher. Our wedding perfectly encapsulated our love and personalities. Every detail was lovingly thought of and planned for, to make it as personalised as possible! We had a rose gold and blush colour scheme, with mystical forest mirrors, sequins and greenery as the main idea through the decor. I sang myself down the aisle to my

Groom, with the help of a 6 piece, acapella men’s group. Our table numbers were the names of famous baseballers and singers. Our cake topper was a Microphone inside of a Baseball Glove. Our bonboneries were Vinyl records with a Baseball label, along with labelled Rose Gold Pens.

We had a picture of our three Grandpas who have passed, photoshopped together sharing drinks at the bar. We had fun games and activities for our guests but our love for each other was the main attraction. I couldn’t adore my husband more, I’ve chosen the most amazing man to spend my forever with!”

We would love to hear about all that is good, beautiful and true in our old scholars’ lives. Please visit our website, or contact Old Scholars Administrator, Anastasia Harvey, on 8179 2475 or oldscolars@cabra.catholic.edu.au to tell us your story, to talk about a reunion, or to update your information on our database.

FROM THE ARCHIVES

Sandra Hill

Sandra Hill worked as a librarian at Cabra from 1986 until 2011.

In the late 1990s she began her volunteer work in the archives and along with Sr Barbara helped set up the museum.

After retiring from Cabra, she continued to spend many hours volunteering in the archives and museum. In March, Sandra announced that it was time for her to "retire again."

We are indebted to Sandra for her many years of volunteer service at Cabra. As a community, we are so grateful for all that Sandra has done in maintaining the archives and museum. Her work in preserving our history is priceless.

Here, she reflects on her time at Cabra.

"For the past 20 years I have had the pleasure of looking after Cabra Dominican College's historical archives collection.

This has involved collecting and preserving historical material, assisting classes and individuals with their research needs, setting up displays in our Heritage Museum and welcoming visitors to that facility.

and support of Cabra staff members and students, past and present, as well as the Dominican Sisters. Sr. Barbara Specht deserves special mention as the Dominican Archivist for many years (and my mentor).

In a school established over 130 years ago there is a wealth of stories to be told and our museum attempts to tell some of them.

In a school established over 130 years ago there is a wealth of stories to be told and our museum attempts to tell some of them. Photographs, school uniforms and badges used through the years, science equipment, sports banners and trophies, text books and student work form just part of the fascinating collection of material on display.

Plans are currently underway to move the two archives store and work rooms from the St. Brigid's wing to a newly renovated area adjacent to our Museum, so that we will have a dedicated Archives and Museum facility in one section of the original 1886 building."

I certainly haven't done this work alone, and I gratefully acknowledge the help





COMMUNITY LIVING WEEK



THE **GOOD**, THE **BEAUTIFUL** AND THE **TRUE**

by Katia Labozzetta and Sarah Croser, 2000

Chorus:

*On a journey together we search for truth
Valuing our difference, embracing our youth
Celebrating freedom in all that we do
To find the good, the beautiful and the true*

On Kurna land Cabra now stands
With open hearts and open hands
Proud of its history and the Dominican way
Sharing dreams and hopes for today

Chorus

A rich heritage of courage and strength
Celtic sisters came with intent
Inspiring us to never give up
Living the Gospel of love
People of God using our gifts
Our mission's strong to work for justice
Including all and welcoming too
Forgiving each other is what we learn to do

Chorus

Learn to learn, learn to live, learn to fly

Chorus

To find the good, the beautiful and the true.



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