



CABRA
DOMINICAN COLLEGE

EDITION 4 AUTUMN 2020



*The Good,
the Beautiful & the True*

THE BIENNIAL MAGAZINE OF CABRA DOMINICAN COLLEGE

CONTENTS

From The Principal	1
Faith In Action	2
Learning	4
Class Of 2019	6
Art in Action	10
Wonder Week	11
World Challenge Cambodia and Vietnam	12
Basketball Nationals	13
Caleruega Hall	14
Lenten Journey	16
Greener Cabra	17
Study Tour - Italy	18
Study Tour - Japan	19
Capable Confident Citizens	20
Year 12 formal	22
Sports Day	23
Old Scholars	24
Reunions	26
From The Archives	28



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 to the Autumn 2020 Edition of *The Good, the Beautiful and the True*.

The title of this magazine not only refers to our school song, but also goes to the very heart of what it means to be a Dominican. We seek our truth and we value the beauty all around us. The summer of 2019/2020 will remain in our memories for a long time. The long break from school is usually a wonderful time for rejuvenation. I am acutely mindful that the past summer holidays, however, have been a great challenge for many, due to the bushfire emergency across the country. The scenes of devastation, the smoke in the air and the stories of loss made it a memorable summer in a very different way. What has been incredibly uplifting is the outpouring of generosity, kindness and compassion from individuals across the globe. We have witnessed empathy and love as a nation, reminding us of our humanity, interconnectedness and collective capacity to find, offer and be hope for others, in times of great loss. All of us who are a part of the Cabra community have much for which to be grateful. Gratitude and thankfulness have been shown to enhance our wellbeing and I know myself I have felt a difference when I have made a conscious effort to be grateful every day.

We recently celebrated the opening and blessing of Caleruega Hall. As many occasions do in a school that is 134 years of age, this occasion invited us to reflect on the past and be thankful for the people who have gone before. Sister Bernadette Kiley, Leader of the Holy Cross Congregation of Dominican Sisters, always speaks with

conciseness and clarity, and is also very inspiring with her words. As she presided over the official opening and blessing, she talked about the "pared-back loveliness" of St Dominic's birthplace, the Spanish town of Caleruega, and how that town nourished his spirit. She invoked the founding Sisters of Cabra when she said,

"...as this land once sustained the students and sisters who lived and worked and studied at Cabra, may this building which now links Dominic's time to ours continue to be a place of grace and protection for all who will gather, play, compete, teach or learn here."

I am grateful every day for the wisdom and presence of our Dominican Sisters.

There has been significant commentary lately regarding educating the whole child. Everything we do at Cabra seeks to achieve this. This year, we have introduced a new timetable structure in an effort to enhance students learning experience by providing opportunities for deeper, authentic learning, with less interruptions. Mrs Sally Ivens, Director of Learning and Teaching, writes more about this later in this edition. One of the features of the timetable, is the time set aside for a well-structured wellbeing program for Year 7 to 9, which aims to enhance a sense of connection, understanding of self, others and the world. We hope, through these programs, to enhance students' resilience and develop a set of skills and knowledge that will stand them in good stead not just for their school days but also for the rest of their lives.

As we reflect on the introduction of our new Mobile Phone Policy, we are extremely pleased with the positive impact the reduction of screen time has had. Our policy was workshopped and shaped by the collective voice of a committee of staff, parents and students. A survey also went out to students and the committee listened to feedback and insights from families and staff. The policy is a direct result of our focus on improving the learning environment, enhancing relationships and increasing opportunities for face-to-face communication. It has worked, and we are delighted to see the increased student interaction, with each other and their learning.

As the term has unfolded thus far, it is wonderful to see how our students embrace all that is available to them. A large number of students are playing in our summer sporting competitions, and participating in various carnivals and Knockout competitions. Year 7 "Getting to Know You Day", Year 8 Reflection Day and Sports Day were great events, that also served to build confidence and character, and increase students' sense of belonging and connection. Student leaders have been generous with their time, encouraging their peers to get involved in Project Compassion initiatives and making concerted efforts to nurture a welcoming, inclusive environment. Community Living Week, long a Cabra tradition, also provides many chances for students to shine, to extend themselves, and to try something new.

Overall, the school year has started well, with each person adding to the richness and beauty of our Cabra community. We are all indeed blessed to be part of this community and its' unfolding history and story.

I hope you enjoy this edition and the stories and moments that are captured in these pages.

Dr Helen Riekie
Principal



L-R: Eileen Young, DEA Chair; Helen Riekie; Paul Angley, Cabra Business Manager and Bernadette Kiley at the opening and blessing of Caleruega Hall

FAITH IN ACTION

At our Welcoming Assembly, 2020 College Mission Captains Lucy Thiselton and Edward Zaza explained to students our 2020 theme.

"We are standing up here today because we want to tell you about our new school theme for the year. In 2019 you may remember that we had the theme of "Dare to Speak". This was a theme that challenged us to stand up for and be a voice for others. The very observant amongst you might have already noticed a banner at the bottom of your emails that says "Be Truth Seekers". This is our school theme for 2020. But what does this really mean? Of course our school motto is "Veritas" which does mean truth. And for Saint Dominic, truth was key to everything. But what does it mean to be a truth seeker and how can we be truth seekers this year?"

If we start with the image for our theme, it is of people in a boat heading out on a journey. The photograph for this image was taken by Ms Jess Rossi at CLW last

year. So this is a photo of Cabra students with an instructor at the helm. It is a visual metaphor for our theme. The teacher, journeying together with the students, in the pursuit of truth. Together they are out on the open waters, (a symbol for chaos and the unknown), and together they will share in the experience of where the journey takes them.

At Cabra we really are a community of great diversity with each person seeking truth in their own way. Maybe it's wanting to know more about God, maybe it's feeling unsure about God, maybe it's about figuring out who I want to be, maybe it's about standing up for the rights of others. Maybe it's taking a deep look inside myself and at my values, maybe it's about letting go of my pride and saying to someone "I need your help".

Seeking truth is many things because truth can be found in many places. We think that it is a great theme for this year. In 2020, we hope you enjoy being truth seekers."



Be Truth Seekers

At our beautiful Welcoming Mass on 14 February, we focussed on “Be Truth Seekers” and what it might mean for us in 2020. It was wonderful to celebrate the start of our year by taking the time to re-prioritise the Spirit in our lives and to consider how we are travelling. Preparations began the week before, in home classes, when every student in the school created an origami boat decoration and wrote their truth-seeking pledges on them. These were then gathered and used to decorate Caleruega Hall as we transitioned it into a sacred space. The mass itself was a very student-led affair, from the choir and instrumentalists, to our readers, altar servers, procession students,

and even the homily, which was presented by our two Mission Captains! Edward and Lucy spoke movingly about their personal journeys to truth-seeking, and the work that it can involve. Thank you to Father Peter Sheedy for helping us to celebrate mass and to the many special guests who made joining us a priority in their day.

Celebrating mass is a special and sacred ritual in our Catholic faith tradition. The beauty of celebrating mass together is we are celebrating belonging and being faithful people. And we are stronger in this when we come together!

Valeska Laity
Director of Mission and Identity



LEARNING

In A. A. Milne's classic, *Winnie the Pooh*, Christopher Robin tells Winnie, "you are braver than you believe, stronger than you seem and smarter than you think".

At Cabra Dominican College, we believe our students are brave, strong and smart, and in the Learning and Teaching team specifically, we work diligently to provide a variety of learning opportunities which are targeted and personalised, and support our students in being their best selves. This year, particularly, we have launched our new timetable. The purpose of this timetable is multifaceted; research proves that the adolescent brain benefits from a later start, and consequently lesson begin at 9am. Further to this, the structure of the timetable allows for students to experience longer blocks of learning, with less interruptions, giving students a deep and rich engagement. There is more time allocated to pastoral care and wellbeing programs, to support our philosophy of educating the whole child, relationship building and providing scope to engage in a spiritual program of contemplation.

The late start also allows our staff to 'huddle'; this is a term for a professional learning and collaboration period for teachers to plan and implement interesting and creative lessons, for the benefit of student engagement. The timetable will continue to unfold from its infancy.

I would also like to take this opportunity to acknowledge the 2019 cohort. Again, Cabra achieved 100% SACE completion. This is no easy feat, and it is worth mentioning that in order to attain this achievement, that we taught over 50 different SACE Stage 2 subjects, and had a variety of students achieve success in Vocational Education & Training (VET) as well as University courses. This is evidence to the fact that learning and teaching at Cabra is rich and personalised to meet the needs and talents of every student. Some further outstanding results to be celebrated were 26 A+ grades, as well as 20 students with an ATAR over 90.

In 2020, we welcome two new staff members to our Learning and Teaching Team; Mr David Nolan and Ms Marie Ellul.

David joins me in the role of Director of Learning and Teaching. In this role, David and I drive aspects of learning, teaching practice, curriculum design, timetable structure and leading staff in their vocation to continually improve and hone their craft. Marie is our College's new Future Pathways Coordinator. Her role is to work with individual students as well as larger groups and cohorts to tailor and personalise a future pathway; this includes a student's enrolment in VET, as well as other external learning opportunities, career counselling, and developing employability skills.

Winnie the Pooh also said, "When you see someone putting on his Big Boots, you can be pretty sure that an Adventure is going to happen." So, we encourage all our students to put on their 'Big Boots' in 2020, and engage in the adventure that is learning and embrace all the opportunities that Cabra has to offer.

Sally Ivens
Director of Learning and Teaching

1. Pictured are the 2020 Learning and Teaching team. L-R: Sally Ivens: Director, Kathy Kontos: Learning and Teaching Support Coordinator, David Nolan: Director, Marie Ellul: Future Pathways Coordinator, Anastasia Harvey: Learning and Teaching Administration 2. and 3. At the Academic Assembly in February we celebrated the achievements of the Stage 2 students of 2019, including our Dr Helen Northey Dux of the College, Stephanie Lam, pictured here receiving one of her Merit awards from her teacher, Mr Ed Lang. Proxime Accessit, Patrick Moriarty, is pictured receiving his Merit Award from his teacher, Mrs Isabel Heath.





CLASS OF 2019

Graduation Dinner

We farewelled the Class of 2019 at a Graduation Dinner held at Morphetville last November. Following tradition, the College Captains from ten years ago spoke at the dinner. Nina Reidy and Hugo Chis shared with our graduates their thoughtful and honest insights into life after school. For both Nina and Hugo, their lives have not turned out how they thought they would when they were at school. We thank them for their honesty in discussing openly the struggles they encountered along the way.

Here are some excerpts from their speeches.

“It is okay to not have it all worked out straight away.

Some of you sitting here will go straight into working or studying at TAFE or Uni will go straight into a field you love. And some of you might not. And that is okay.

It is okay to take a break from study for a while you work out what you want to do. And it is also okay to try a degree... or two.

I would suggest however, avoiding swapping and changing degrees as much as I have – my HECS debt is something we will not be discussing tonight, but if you do find yourself in a similar position I want you to know it’s okay... happiness and mental wellbeing outweigh any monetary figure you might owe the government!

Some of you might have one career during your lives, and some of you might have five, and some of you might find a different path all together. And that is okay.

Please don’t put the pressure on yourselves that I put onto myself. And if something doesn’t work out, please don’t feel ashamed. You are all still so young, and you have your whole lives to work things out – in fact most adults I know still don’t have it all worked out.

Graduating class of 2019, if there is one thing I hope you take away from this speech tonight, it is that your journeys are your own and there is no right or wrong way to go about things.”

Nina Reidy 2009 College Captain

“As I reflect on the last 10 years, I owe a great deal to the education and charism that was instilled in me by various teachers past and present through a living Dominican tradition planted in Cumberland Park in 1886 by Mother Teresa Moore and the founding Dominican Sisters of Cabra.

This education and charism that I speak about should not be taken for granted, rather it should be cherished and used as a guide as you now enter the world as adults. These charisms can be summarised in three sayings that were ingrained in us from day one at Cabra;

1. “Learn to learn, learn to live, learn to fly.” (Heads up I have not mastered the art of flying yet!)
2. “To find the good, the beautiful and the true”

And finally

3. “Veritas”

In all aspects of life, we learn from our experiences, both good and bad and from this we encounter the art of living and once we learn the art of how we live we can fly through all experiences of life knowing what we have learnt.

Yet, there will be good times and bad times in life. The journey will not always go to plan and we will make mistakes, but, in all these situations we are called to find the good and the beautiful that will assist you in overcoming tough times. Yet what will bring us happiness ultimately in life is the core charism of the Dominican tradition, which is TRUTH.

No matter who we are, what path we choose, what creed we follow or who we identify as, we are called to live out one fundamental charism that unites all people, that charism is TRUTH. Class of 2019, when you leave the gates of Cabra on Cross Road and prepare for the world, if there’s anything you can take from Cabra, it’s that you need to live your truth authentically and do not let anyone stop you. If you can live out TRUTH faithfully in all situations then I promise you the journey of life will be rich, experienced and fulfilling in the good times and in the bad times.

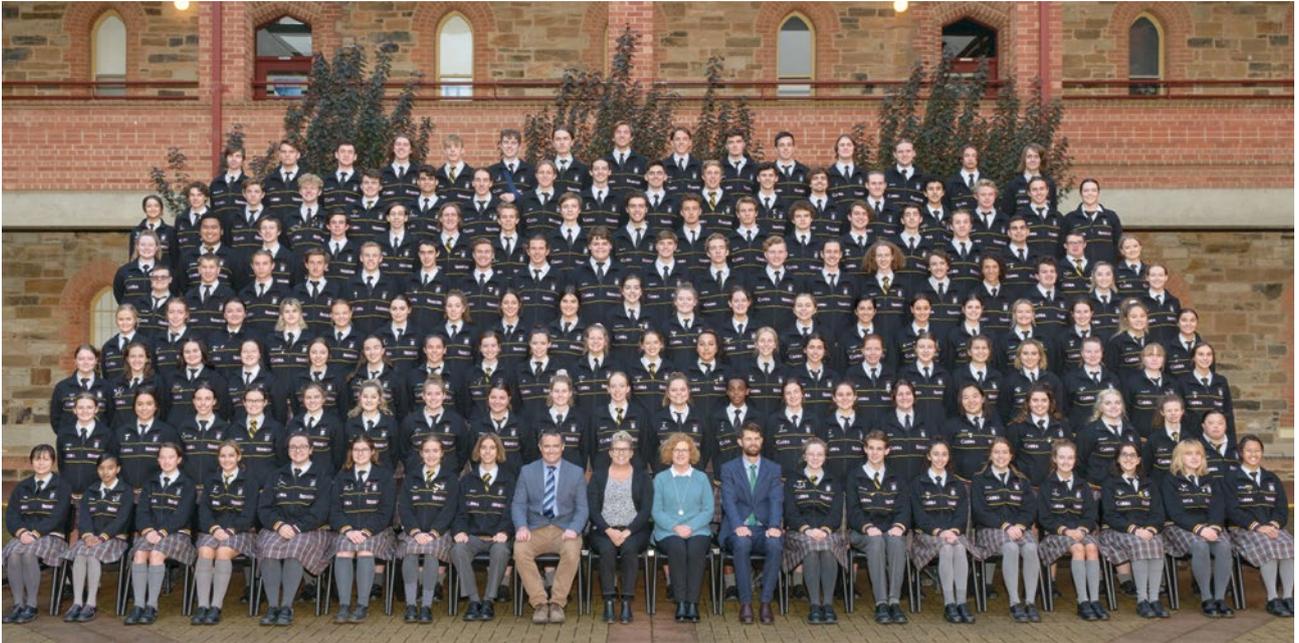
Class of 2019, I wish you all the best for the future and as you enter this new phase of life, remember to always find the good, the beautiful and the true.”

Hugo Chis 2009 College Captain





CLASS OF 2019



Old Scholar Andrea Rizos, '19, reflected late last year on what Cabra meant to her and her classmates.

Cabra Dominican College has been the home to us 2019 Seniors since 2013, when many of us started in Year 6, and 2015 as many more of us arrived for Year 8. We've been through many experiences together; happy memories and troubling times, challenging adversities and growing pains. All of which have led to us becoming a group of compassionate young adults with an amazing hilarity, kindness, and understanding for each other which became especially apparent throughout our final year.

As the many wonderful graduation ceremonies have come and gone, and we have begun moving on into the real world, where we can finally call ourselves grown-ups, I'd like to focus on reflection and let my year level do the talking...

What has Cabra given you?

- Cabra has given me the freedom to discover who I am and who I want to be as a person, throughout my seven years of schooling. Not only have they supported me every step of the way but they have given me a world of resources and opportunities.
- Cabra has given me a support network to lean on since 2013. Given me so many opportunities and good memories. Given me friends who I love, teachers I value, life skills and a good foundation for my future.
- Cabra has taught me to be respectful for others, no matter who they are. Cabra has given me many life lessons and friendships that I hope to take with me and will value for the rest of my life.
- I've learnt how to stand out in a crowd by finding and expressing my unique talents that I may not have found without Cabra.
- Cabra has given me opportunities I would never have gotten outside of our community. I am unbelievably grateful for all of the knowledge and generosity I have been shown over the years, this has contributed to my personal life and will continue in my years outside of Cabra. Safe to say I miss it already.
- Cabra has taught me that there are many good people in this world, and that together we can do great things.
- I've learned to share my talents with people, not hide them away.
- Cabra has taught me how to accept others and to never be afraid to reach out to somebody. You never know where you might meet a new friend.
- Cabra has taught me how to build relationships and the true value of a community. Cabra has taught me how to be accepting of others and really value the relationships around me because, before you know it, it'll all be gone.

We've been through many experiences together; happy memories and troubling times, challenging adversities and growing pains.

- I've learnt that you can find friends in the unlikeliest of places.
- Cabra has provided me with so much knowledge, but most importantly, over the past five years, I have met the most amazing people and the best friends that have constantly supported me and lifted me up. Throughout my time at Cabra, I have learned to be less scared and step out of my comfort zone which has definitely helped me grow as a person. This means a lot to me as I wouldn't be where I am without Cabra and all the people that I have met along the way.

What advice would you give to your younger self or the younger students still heading through high school at Cabra?

- Be yourself at all times. Cabra is a rare place in this world where you can be totally comfortable with being your true self without the thoughts of being judged, embrace it.
- Live in the moment and make the most out of your schooling experience because you only get one shot at it. Surround yourself with a good group of people that have your back and support you because that will truly make all the difference. Don't be scared to put yourself out there more and talk to people because this is something that I definitely regret not doing sooner.
- Make sure you put yourself and your mental health first, getting a bad grade isn't the end of the world. Work hard and stay focussed, but there are so many options out there and ways to get where you want—a number or letter doesn't define who you are.
- Get involved! Don't be the person sitting on the sidelines watching the world go by. You've got one shot at high school, be brave and just do it.
- Don't be afraid to be yourself and express your own opinions. True friends will support you for who you are, you don't need to worry about impressing anyone.

- Take chances and be confident! Talk to new people! I can't stress these point enough! There are so many amazing people within your cohort and you just need push yourself and make the effort to get to know them! I'm going to miss everyone and you honestly don't know the value of your schooling experience until it's almost gone. The more you put in means the more you get out of it.
- Be more confident and optimistic, don't be scared to try new things, you'll never know what's out there unless you take chances.
- It's cheesy, but people care. Don't be scared of reaching out for help if you ever need it. You're surrounded by amazing people and they love you. It's only too late when you decide it is. You are not alone.

- Embrace the school and your surroundings. Don't take it for granted because one day you'll want to hit the reset button and do it all again.

The 2019 Seniors have said it themselves; Cabra is a unique place we will cherish forever, we will hold onto the memories we have made here and appreciate all that the school has given us. I can't thank Cabra enough for being the safest, most accepting environment imaginable. Getting through your teen years can be made especially difficult, with the pressures of school, friends, self-acceptance and understanding. We're all exploring different avenues and learning new things about ourselves every day, but with the unconditional support from our teachers and peers, we have been able to grow and change in a safe environment.

Cabra has taught me how to build relationships and the true value of a community.

- It's easier to make new friends than you think.
- Take every opportunity as it comes. If you have to speak publicly do it, if you have to dress up in newspaper, don't feel embarrassed. When you look back you remember all the funny and stupid times that you've experienced and laugh about them, you don't want to look back and regret not doing something.

This is so unique and can't be found in many other places. I have loved and cherished my time at Cabra, and know I'm going to miss this community and period of my life an incredible amount. But, most of all, I'm going to miss the year level I have cried with, laughed with, stressed for exams with, taken a quick Maccas run with, and, most importantly, felt completely accepted within.



Andrea Rizos at the Graduation Dinner with Helen Riekie

ART IN ACTION



Cabra students were asked by the Women's and Children's Hospital School to create art for an exhibition in the hospital hall. The students were able to attend the opening last November, and the exhibition remained in place until February. Art teacher Sally Lawrey presented the following statement, explaining how the project came together, at the opening event.

Women's and Children's Hospital School + Cabra Dominican College

The good, the beautiful and the true

Two groups of students, from two very different schools; countless differences in circumstance and experience, all with their own unique gifts to share and celebrate. Students from Cabra Dominican College and the Women's and Children's Hospital School have come together to develop the work presented in this exhibition.

A collaboration such as this presents obvious challenges but students embraced the task and relished the opportunity to connect with a group outside of their own community. The Cabra Year Ten Fashion Design class were given the brief to create a textile design to be printed and sewn into scarves. Taking inspiration from their school song they began working around the words "*The good, the beautiful and the true*".

During the design process, Women's and Children's Hospital School Principal, Matthew McCurry, visited Cabra to provide further insight into the hospital school environment and circumstances of some of their students. Cabra students were humbled to hear stories of who might attend a hospital school, for how long, in what capacity, and also how these students integrate back into mainstream schooling following their hospital stay. Students reflected on their own schooling and how they might feel should that experience have been different. They considered being away from their friends for extended periods of time, learning with students of various ages, or simply not being in a traditional classrooms, but it was the lost connection to their community they felt would be most difficult.

Cabra students wrote to the Women's and Children's Hospital School with introductions and discussion about what "*The good, the beautiful and the true*", meant to them. The responding letters identified the many similarities in thinking between the groups as they focused on themes that spoke to them all.

The Good Relationships with family and friends, the importance of these strong and reliable bonds. Education and the joy of learning.

The Beautiful Inner-beauty, kindness, empathy and understanding. A smile. Nature and the both calming and energising effects of being in the natural environment.

The True Being present and mindful. Accepting and respecting each and every individual. Authentic experiences.

Cabra students took these concepts and visually interpreted them through drawing and painting to develop a series of images ready for printing. The original images were scanned and manipulated to create repeated patterns that were printed in Sydney onto their chosen fabrics which were then cut and sewn into scarves ready for wear.

The final products displayed here, their own objects of beauty, embody the shared ideas of the students involved. They represent a coming together and an acknowledgement of the value in reaching out and building new relationships. The scarves will stay with the WCH School students as a tactile reminder of their connection to the wider school community.

It has been a wonderfully rewarding experience to work with the Women's and Children's Hospital and one that Cabra hopes to build on in the years to come.



In the very last week of the school year, when the senior year levels have completed their exams, the younger years participate in Wonder Week. Students participate in a series of workshops designed to engage and excite. Through various fun activities the students explore SACE capabilities, use critical and creative thinking, practice problem solving and collaborate. They learn more about how to use their own personal gifts to help others in our contemporary world. Chemistry in the kitchen, spiritual wonder, personal training, catapult competitions and cultural cooking are just some of the many workshops we offered. Look at our creations and explorations!



WORLD CHALLENGE CAMBODIA AND VIETNAM

Our World Challenge trip officially started on our training camp at Belair in August where we met our expedition leader, Elvira. We participated in a variety of activities aimed to prepare us for this student-led expedition.

After many lunch time meetings, fundraisers, and training walks throughout the year, we finally departed for Cambodia, via Singapore, on December 1. The student roles in leadership, finance, transport, accommodation, food, and medic began straight away. Our overnight stop-over

in Singapore gave us the opportunity to experience some sights and sounds of Singapore before travelling on to Cambodia.

We explored Siem Reap, experiencing sunrise at historical Angkor Wat, then travelling in tuk tuks through the Angkor complex, including Ta Prohm and Bayon temples.

Our four-day Koh Pong trek in Ratanakiri (North-Eastern Cambodia) started by meeting our guides and packing food. We soon set out on four motorized long

boats. Our spirits were high! The waterhole at the first campsite provided motivation despite the heat and humidity. Day two of the trek was the most challenging as we faced steep inclines but were rewarded by amazing views when, half-way, we reached the top of the Cambodian jungle, as well as a flowing waterfall and waterhole at the campsite. We all experienced sleeping in hammocks amongst the trees for the first time, which were a lot more comfortable than we were expecting! On the final night of the trek, we were lucky enough to stay with an indigenous family at a nearby cashew farm.

At Phnom Penh we gained insight into the history of Cambodia as we visited the Tuol Sleng Genocide Museum and The Killing Fields. We also participated in an Ethical

Overall, the World Challenge expedition provided the team with new opportunities, experiences and life-long skills.



Tourism Workshop to understand our responsibility as tourists and how we can positively impact the places we visit.

We travelled by bus over the border to reach Ho Chi Minh city, Vietnam. To learn about the history of Vietnam, we visited the War Remnants Museum and the Cu Chi Tunnels where we crawled through the tunnels to experience life as a soldier during the Vietnam War.

We took an overnight train to Na Trang on the coast of Vietnam where we went snorkeling and enjoyed a slower pace of road traffic!

Back in Ho Chi Minh city, we travelled to Ta Lai village for our community project. We were warmly welcomed to the Ta Lai Longhouse who employ local villagers and

use local produce to cater for their guests and where we stayed in traditional bamboo longhouses for the next few nights. Our project consisted of building a toilet and washroom block for local indigenous families. Learning by watching the local builders, we formed the foundations, mixed many batches of cement, laid bricks, rendered walls, dug and formed the walls and lid for the septic, painted doors and carried many bricks! Our additional fundraising efforts allowed us to purchase one large water container and water scoops for the finished block. Despite the language barrier, it was a wonderful experience to work on a sustainable project which will benefit the health and hygiene of the village.

Amalie Fiebiger and Edmund O'Brien
World Challenge trip coordinators



BASKETBALL NATIONALS

Three teams and a support crew travelled to Melbourne last December for the 2019 National Basketball School Championships. Under 15 girls and Under 17 boys competed in Division 1, while Under 20 boys were in Division 2.

The girls' team had a very successful week, making it to the Bronze Medal game. Unfortunately, they lost to Hillcrest in a low scoring match, and finished fourth.

The Under 17 boys worked hard in a tough competition and finished a respectable 8th out of 16 teams.

Gold was within reach for the Under 20 boys but they were defeated by Guilford for the second year running. To come within 5 points after being down by 17 at half time was a great rally and the team should be proud of their Silver Medal.

Joel Morizzi
Sport CEA Coordinator

CALERUEGA HALL

We celebrated the official opening and blessing of the new Caleruega Hall on 14 February. Here are excerpts from some of the speeches on this historic occasion.

Sharon Cibich, Leader of Learning: Physical Education and Health, spoke of the way the new hall would transform the PE program.

“Our new facility provides continued up to date and innovative opportunities for our students. It has an optimistic environment providing new and rewarding challenges that allow students to strive to achieve their personal best, meet the challenges that confront them and flourish.

We have spaces in the facility that can be used as collaborative spaces or testing laboratories, strength and conditioning areas and we have up to date digital technology. Fortunately – and much to the student’s delight! – no longer will classes have to go to theory work in wet weather, because large numbers can enjoy playing together in this large space, and several classes can be separated into the areas.”

and to the architects and builders who brought their vision to life. While the name Caleruega is not the easiest of names to pronounce, I’m delighted that you’ve decided to keep the name by which the original gym was known. Caleruega, a small town in north-eastern Spain, was the birthplace of Dominic de Guzman, the founder of the Dominican Order.”

Principal Helen Riekie spoke of our history and our future.

“Today, it is not just an occasion that marks the opening of a beautiful facility, it is an occasion that recognises a rich history, where ‘today’ is only possible, because of the good work of people from the past.

As most of you are aware, Cabra Dominican College was founded 134 years ago. Cabra was built on pastoral land – a convent surrounded by open space and fertile farming land.

Physical education and sport were a part of Cabra almost from the beginning and through the early years. The sisters were creative with their approach, utilising their

ago, the old Calaroga Hall was opened and blessed, on Sunday February 17, by the Director of Catholic Education, Mr John McDonald, and Father Joe Grealy.

Sr Angela Molony, the Principal of that time, recalls that the new hall had a dual purpose: a place for the 700 student community to gather together for assemblies, celebrations and masses, and a much needed sporting facility.

At some time after the old Cal Hall opened, we moved to the correct Spanish spelling and pronunciation of Caleruega.

As Cabra changed and grew, as it has throughout its history, we began to outgrow the old Cal Hall. Our community is now nearly twice the size it was forty years ago, and our desire to be together as a whole for our important milestones and celebrations is strong. Now, we can gather comfortably, as we did this morning for our Welcoming Eucharist, in this wonderful new facility. We can even extend the invitation to parents and friends...without fear of congestion!

With the completion of the new Cal Hall, students and staff now enjoy:

- a generous double court gym that meets the requirements to host a national netball competition
- two beautifully designed foyer spaces
- two flexible classrooms spaces
- a space for a fully equipped workout gym
- ample storage facilities to accommodate the equipment for a flourishing curriculum and co-curricular program
- 496 retractable bleacher seating
- new toilet and change room facilities
- staff offices, coaching rooms, kitchen ...and last, but not least....
- state of the art AV and evaporative air-conditioning.

As you can appreciate, we are simply delighted with our new space.”

Our community is now nearly twice the size it was forty years ago, and our desire to be together as a whole for our important milestones and celebrations is strong.

Sr Bernadette Kiley OP, Leader of the Holy Cross Congregation of Dominican Sisters, explained the reason for the name.

“Thank you, Helen and your leadership team, for the honour of blessing and declaring open Caleruega Hall. When we are making decisions about things that must be treasured, some of us Dominicans apply the principle that if something is not beautiful or useful, it shouldn’t be kept. I must say that this magnificent building is beautiful and useful and because it is both, it seems to me to have a particularly Dominican spirit. It is a great credit to those who first imagined Caleruega Hall

skills and every moment and space as an opportunity for students to learn. In fact, the land that we are on today, was utilised well....whilst not a sporting field or hall, in the early years, it was a field of another kind....a field of vegetables...

Students and sisters worked the land, growing vegetables and getting an occasional ‘hug’ from the resident ‘cow!’

If we fast track from 1886, to 1980, we would be celebrating the opening of the first Calaroga Hall – a pre-fab gym fully funded by the Parents and Friends Committee. In fact, almost exactly on this day 40 years



1



2



3



4



1. Exercise circa 1940s 2. 1940s farm at Cabra 3. The old Cal Hall 4. Sr Bernadette Kiley and Sport Captain Emmie Hawkes officially opening the new Caleruega Hall

LENTEN JOURNEY

Ash Wednesday marks the beginning of a very rich and reflective 40-day season in the Church's liturgical year; Lent. During Lent we journey with Jesus towards the cross. We share in Jesus' experience of doubt, temptation, shame, humanness, and seeking God to help us. It is a rare moment for many in life today to truly take stock of who we are and where our shortcomings may lay. It's uncomfortable to acknowledge this in ourselves. The act of acknowledging that we have been less than we are capable of being, that we are sorry for this, and that we want to do better, is a powerful notion for any of us, but this acknowledgement is exactly what Christians are called to do and act upon during the season of Lent.

Across the school, our students and staff met in Houses and marked the beginning of their Lenten journeys by receiving ashes in the sign of the cross of their foreheads; a ritualistic reminder that we are all created from the most simple of things and that we are all called to be participants in

transforming our world into a place that God desires. The ashes themselves came from the burning of the students' Lenten promises and so they served as a poignant reminder for each of us to keep these personal promises.

Specifically for the season of Lent, our student leaders have created four House-led initiatives to fundraise for *Project Compassion* (Caritas Australia). They have worked hard to promote this justice campaign with vigour, and to educate our school on how our giving will help the important work of Caritas Australia in assisting communities of people in need. As our school leaders have pointed out, it is a privilege for us to be able to help simply because we are in a position to do so. If each of us gave even just \$10 across all four fundraising activities then in a school of about 1300 people, that is an impressive collective effort in helping to address social justice issues.

Bishop of the Port Pirie Diocese, Gregory O'Kelly SJ, stated in his pastoral letter for the season of Lent that, "Lent and Holy Week teach us each year to start again... So for those for whom life has become ashes, new hope is given, a promise of life to the full. To those drifting in life, the Resurrection of Jesus shows there is purpose in my life, that what I do in life means something, that there is a love that transforms all ash into joy. God so loved us He sent His only Son. I am precious; I am loved beyond all compare, Christ died and rose for me." May we continue to allow these transformative truths to remain in our hearts well beyond the season of Lent, not just as messages of hope to inspire ourselves inwardly, but to motivate us into action that deliberately seeks to make this world a better place.

Valeska Laity
Director of Mission and Identity



Back in 2018 a waste audit was conducted by KESAB and Science teacher Dr Krystyna Zarrikalum. From the data collected we could tell that we all needed to implement a waste minimisation programme at Cabra, and fast!

Last year Mia Hoendervenger, Lewis Golding, Gianna Maria Saad and Izabela Curak in Year 7 began to investigate and plan some solutions as part of their Genius Hour classes. They bought some tools and used donated compost bins to start a green waste collection and compost area. They started to implement an organic waste collection in their own classroom with the plan to roll out to the rest of the year level and then the entire school, and began by placing coloured eco bins in their own classroom, hoping that the sorting of waste in their classroom would improve. They planned to have fewer wheelie bins but have them painted in the same colour as the Eco bins. This would be helpful, to keep the waste message consistent in the school yard. These four students worked with Mrs Maria Burford and St Mary's Unit students to manage the collection of organic waste from Café Crumbs as well as helping with the garden beds.

This year they will work alongside Mr Alleway's Year 10 Essential Science class to collect organic waste from the café, home economic kitchen, staff kitchen and canteen and add it to their green waste compound. They are looking forward to continuing their good work this year, and have bought a worm farm and hope to use the worm tea to fertilise new and existing garden beds. They also hope to help plant and take care of vegetables and other plants in the new garden areas proposed by the Year 10 Maths students in Mrs Lee Jones, Mr Muldoon and Mrs Fisher's classes.

Together we hope to improve our waste management even more in 2020, there is still so much to do. However, with the efforts and vision of our students we are confident there will be many improvements in place very soon.

Sandra Ciccarello
Learning and Innovation Coordinator



STUDY TOUR - ITALY

In September, 23 students of Italian accompanied by three teachers set off to Italy for 26 amazing days. After a lengthy journey, we were greeted with a beautiful welcoming party at our sister school *Liceo Galileo Galilei*. It was an absolute pleasure to witness the delight in seeing each other in person for the first time! The students were all welcomed warmly into the homes of the most amazing families, and for the following weeks, they experienced the values and traditions of Padua first hand.

the two weeks in Padua with music and dancing that was fun for all and, with tears and beautiful memories to hold on to forever, we departed, farewelling our sister school and host families.

We toured Florence, Pisa, Siena and Rome, and stayed at an "Agriturismo" or farm stay in the Tuscan countryside, which was another highlight. In Rome we saw an amazing variety of art and architecture from the Colosseum and the Ancient Forum, the

"...the best 3 weeks of my life. In this time I was able to immerse myself in the wonderful culture and history of Italy, not only the famous sites and structures but also the family life and quiet country living. Being my first ever journey overseas, I was amazed at the diversity of the two cultures..."

Brittany Ayliffe

"...it was an absolutely wonderful experience which I am so thankful to have been a part of."

Stefan Juhasz

"Through this intercultural exchange, I not only got to experience and live the Italian culture including visiting all the famous historical buildings and cities and going to Italian school, but I had the opportunity to make new friendships that will last a lifetime..."

Allivia Pratt

This chance of a lifetime has inspired us to think more beyond Adelaide and all the things we know.

In Venice we saw the beauty of St Mark's Square, The Doge's Palace and St Mark's Basilica, and in the evening we went on a Ghost Tour around the small alleys, bridges and narrow paths of the lagoon city. The next day we hopped onto a Vaporetto to the islands of Murano and Burano. In Milan we visited the breathtaking Duomo, La Scala Opera Theatre and the very interesting Leonardo3 Museum where Leonardo's works were brought to life, encouraging a deeper appreciation for history and art.

Vatican Museums and St Peter's Basilica, to the Trevi Fountain and the Spanish Steps.

We thank the parents and caregivers for their unwavering support as we travelled across the world. Our hope is that this experience has shaped the students into global citizens and has opened their minds to viewing the world from different perspectives. We feel blessed to have escorted truly wonderful students during this very exciting time in their lives. Arrivederci Italia!

Elena Guastella, Flavio Zandona and Laura Foti

Italy Study Tour coordinators



The 2019 Japan Study Tour saw 11 students and two staff depart Adelaide airport for Tokyo last September.

Basing ourselves in Shinjuku Tokyo, over the next three days we visited: Harajuku's Takeshita Street, Akihabara, the Ghibli Animation Museum, Odaiba shopping district, the Meiji Dori Shrine, and Tokyo Disney. Enjoying Japanese cuisine, navigating the Tokyo train system, and learning Japanese etiquette along the way, it was a steep but enjoyable learning curve.

Having left an indelible mark on one of the largest cities in the world, we made our way to Kawagoe Minami High School where, for the next ten days, we enjoyed homestay and immersion in the Japanese education system. The exchange was once again a

huge success and created many bonds to last a lifetime. The students' experiences included Tea Ceremonies, Kyudo (Archery), Cards, Japanese Folk Telling, and conventional subjects such as Maths, Science, History, Religious Education, Geography and English. Our excursion to old Kawagoe Town, or Ko-Edo (Little Edo), was a highlight. We ate eel and visited the Shinto-Buddhist shrines and the Ko-Edo Museum where we held real Katanas, wore Samurai helmets and held ancient muskets. Our language students achieved greater levels of fluency in Japanese and we are sure they will return one day to Japan.

With the students saying sayonara to our homestay buddies, we met at the JR station in Kawagoe to begin our own group tour to Himeji Castle, Hiroshima, Miyajima

Island and Kyoto on the Shinkansen (bullet trains). We hung our paper cranes at the children's memorial, and rang the bell in Hiroshima Park, whilst saying a quiet prayer. In Kyoto we visited the Fushimi Inari Taisha Shrine (1000 Tori gates), Kiyomizudera, Nijo Jo, and Eiga-mura. We spent our second-to-last day at Universal Studios Japan, before sharing dinner and karaoke together on our final night.

It was truly a privilege to accompany our students on the 2019 Japan Study Tour.

Edmund O'Brien
Japan Study Tour coordinator

"The highlight of the trip for me was definitely the home stay and experiencing what the daily life is for a Japanese person."

Georgia McCaughey



CAPABLE CONFIDENT CITIZENS

Getting to Know You Day

The Year 7 cohort shared an afternoon at the Marion Pool in Week 2. This was an opportunity for students to build connections across their houses. Students enjoyed free time in the pool and access to the waterslides throughout the afternoon. Plenty of new connections were made and all had a great day.

Leadership Camp

At the end of Week 1, all Year 11 and 12 leaders attended Nunyara Conference Centre for a leadership camp. At this camp, everyone worked together to help develop

their leadership skills and to plan for the exciting year ahead. We worked in House groups and as a cohort together to develop our teamwork skills and to get to know everyone for who they really are. We all enjoyed the experience, learnt a lot about ourselves and reflected on what makes Cabra great, and how we can be stewards for those who come after us. Thanks to all teachers for coming in on their days off to teach us about leadership and what it takes to be great leaders and leave a legacy. It was a very enjoyable time and we can't wait for the year ahead.

Liam Hamilton
Murphy House Captain

Just Leadership Day

Recently our Mission Captains and Year 11 House Captains attended a 'Just Leadership Day' run by Caritas Australia. The day was an opportunity for our students to learn more about helping people living in poverty, by trying to understand the issue at a deeper level. During the season of Lent, Caritas Australia runs a campaign called "Project Compassion". Over the next six weeks our student leaders are holding several fundraisers at school to support the work of Caritas by raising much needed funds for Project Compassion.



CAPABLE CONFIDENT CITIZENS

Year 8 Reflection Day

Each year our Year 8 students participate in Reflection Day. Students learn about the history of our school and our Dominican heritage through sessions with our Dominican Sisters, connect and bond with their fellow classmates and teachers as well as simply take some time out of their normal routine.

Meeting our Dominican Sisters

Recently the Year 12 Captains were privileged to meet, converse with, and learn from four of Cabra's Dominican Sisters. The opportunity for us to share and exchange stories, and the chance for us to learn how Cabra's culture has been gradually developed during their time at our College was fascinating. Seeing excitement and

intrigue illuminate the Sisters faces when we detailed the technological innovations and infrastructure upgrades being brought and incorporated into our community was absolutely the highlight of the experience.

Aaron Quick
College Vice Captain

The Rite Journey – Calling and Departure Ceremony

The Year 9 community came together to celebrate the start of the Heroes Journey as part of The Rite Journey Program. Parents and caregivers were given the opportunity to hear from the highly regarded Andrew Lines and then join with their Year 9 child

and their teacher guides in a special ceremony to mark the formal beginning of the journey their children will be on this year. The Rite Journey is where students, under the mentorship of their teacher guides and outside support, will shine a light on adolescence and the issues that arise in that period of life. They will be challenged to become emotionally intelligent, responsible and resilient young men and women.

Thank you to all who attended, it was a very special night.

We are blessed to have such a caring and dedicated community to partner with.



YEAR 12 FORMAL





OLD SCHOLARS

Dr Joshua Cantone, '99

The last of four Cantone siblings to graduate from Cabra, (Dominic in 1993, Vanessa in 1995, and Victor in 1997.)

Joshua Cantone was the College Captain and Dux in 1999. Josh's academic path has led him to a doctorate and more, as he explains here.

"After school, I studied a double degree in Civil Engineering and Law at the University of Adelaide. I graduated in 2003 with a Bachelor Degree in Civil Engineering as the top student in the class. Then worked in Adelaide for 12 months at Kellogg Brown and Root as a Civil Engineer. In 2005 I was awarded a Fulbright Postgraduate Award in Science and Engineering sponsored by

BHP Billiton. This took me to the United States where I completed a Masters (2007) and Ph.D. (2010) in Civil Engineering at the University of Illinois at Urbana-Champaign. Following graduation I worked for CH2M in Chicago as a Water Resources Engineer."

Josh married Jennifer Knight (from Chicago) in 2012 and returned to Adelaide to work for Wallbridge & Gilbert as a Senior Civil Engineer and as an Adjunct Lecturer at the University Adelaide teaching Water Engineering. After the birth of their daughter Renlie in 2014 they moved back to Chicago, where he is now the Chief Operating Officer for Optimatics. Josh helps water utilities around the world use artificial intelligence to improve decision making.

"My wife is pregnant, due to give birth to our son in June 2020 at about the same time start I will start an Executive MBA at the University of Chicago's Booth School of Business. I am a glutton for punishment!"

Josh's memories of Cabra include "eating too many hot buttered rolls from the Canteen" and that his favourite teachers were Mrs Tanya Jones and Mr Flavio Zandona. He also says that coaching football and cricket in his senior years allowed him to engage with younger students who he is still friends with today.

"At Cabra I built lasting friendships in a family schooling environment. Cabra set me up for tremendous professional success with the help of caring and experienced teachers."

"The next generation is about to start with my niece Maddison Cantone starting next year at Cabra. She is the daughter of Nicolle Starr (now Cantone), who was my fellow school captain...she married my brother Dominic!"



1. Josh with his wife and daughter 2. Josh with Nicolle Starr in the 2000 Veritas yearbook, at the Year 12 Presentation Eucharist with Father Brian Delaney in 1999

Tutors

Emily Yiu '19 and Stephanie Lam '19 are just two of the recent old scholars who tutor current students in the Monica Farrelly Atrium on Tuesdays and Wednesdays.



Seaford Rangers

Cabra old scholars from the Class of 2019, Riley Connelly, Charlie Welsh, Wilson Verhage, Cameron Gardner, Tom Wright and Jack Tsaconas, are enjoying playing together for the Seaford Rangers, an FSA State One League club. We wish them all the very best with their soccer careers. Their coaches, Trevor Bailey and Ronnie Sills had this to say about the group.

“Charlie, Wilson and Cameron have graduated from the Under 18s last season and are now fully-fledged Reserve players. They were joined this season by Riley, Tom and Jack who were encouraged to join the family at Rangers and have settled easily into the club structure. All are extremely talented, hard-working and honest individuals who bring a great harmony to an already happy squad.”

Cameron Bradshaw '14

Cameron volunteers in the Cabra Heritage Museum and Archives once a fortnight.

We greatly appreciate Cameron's work, particularly during the process of moving the archives rooms last September.

“This was a challenging job, but a job none the less that we enjoyed and were very proud of. I would like to say a very special thank you to (retired archives volunteer) Sandra Hill, Dr. Helen Riekie and everybody else who contributed to the Cabra Heritage Museum for their support and contributions and for making my time volunteering in the archives and Heritage Museum such an enjoyable experience.”



Standing L-R: Riley Connelly, Charlie Welsh, Wilson Verhage, Cameron Gardner. Kneeling L-R: Tom Wright, Jack Tsaconas

REUNIONS



Class of 1969

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 oldscholars@cabra.catholic.edu.au to tell us your story, to talk about reunions or to update your information in our database.



"...we were all able to reflect on our time at Cabra which has served us so well as a base for our very various lives, but especially in the laying down of friendships which are able to be maintained or rekindled after all these years and life experiences." Kath McEvoy, '69



Class of 1979



SMU Community





Class of 1989



Class of 2009



Class of 1999



Class of 2018



FROM THE ARCHIVES

Heroic War Nurse Eileen Mary Callaghan

Recently, the Dominican Sisters handed us some type-written manuscripts entitled "Excerpts from school chronicles" featuring various stories of the impact of war on the Cabra community. In the lead-up to Anzac Day, we highlight the incredible story one of our old scholars.

Eileen Callaghan attended Cabra in the 1930s. As a nurse during World War II, she was a prisoner of war for nearly four years. The Southern Cross newspaper reported on her death in 1954.

"Sister Eileen Mary Callaghan died on Sunday, March 21st., 1954, at the Repatriation Hospital, Springbank.

She was educated at the Dominican Convent, Cabra, and did her nursing training at Calvary Hospital, after which she joined the staff of the Broken Hill Hospital as a theatre sister, and later was attached to the staff of the Yass Hospital, N.S.W. She was of a shy, retiring and charitable nature. Known to all her friends as "Cal," she held the respect and love of all who came in contact with her.

In 1940, she volunteered and enlisted in the Australian Army Nursing Service, and served with the 2/10th. Field Ambulance in Rabaul, where, in 1942, she was taken prisoner of war by the Japanese. Together with other Army sisters, she continued nursing at a Catholic mission in Kokopo for four months, and received a mention in dispatches for her gallant work. In April, 1942, she was transferred to Yokohama, where she remained for two years before being moved to another prisoner of war camp at Totsuko. She was a prisoner of war for three years and nine months; together with other nurses, she received brutal treatment and was forced by the Japanese to suffer indescribable privations and humiliations. For the last eighteen months of this period, she was bedridden, and there was grave doubt that she would ever return to Australia.

Life for her as a prisoner of war was but an endurance, but she determined to make it as normal as possible. Always mistress of herself, she retained her sense of proportion. To her, life was precious, and her aim was to return to her family and friends in Australia. The personification of unconquerable faith and hope and courage, and complete trust in God, she gave an example of these virtues to her

companions, and shared her strength with them. Deprived of contact with, and news of her family in Australia, and with little and unreliable information as to the progress of the war, she refused to despair or accept defeat, and in this manner, inspired others in their dark and desperate hours."

Pictured below is a jumper knitted by Eileen Callaghan and worn when she was a prisoner of war. The jumper is now held by the Australian War Memorial.



AUSTRALIAN WAR MEMORIAL

REL24311

Southern Cross (Adelaide, SA : 1889 - 1954), Friday 2 April 1954, page 5

"Good and Faithful Servant" Death of Heroic War Nurse—Eileen Mary Callaghan

SISTER Eileen Mary Callaghan died on Sunday, March 21, 1954, at Repatriation Hospital, Springbank.

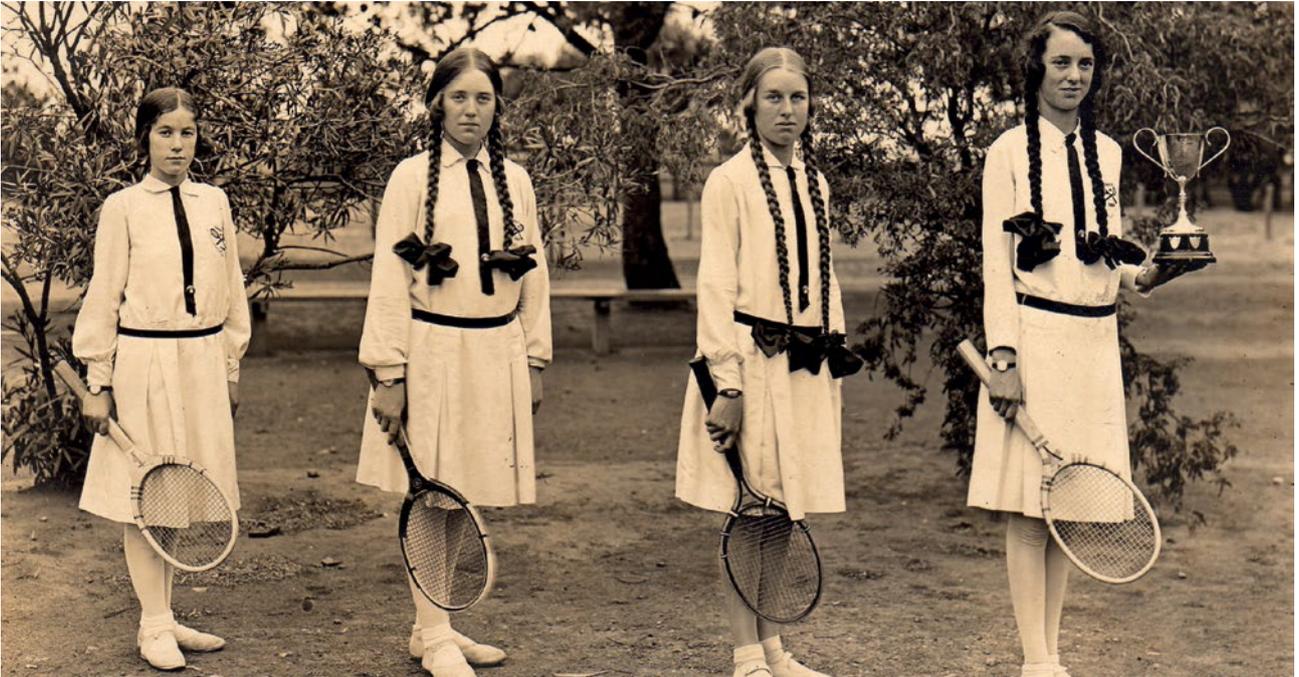
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where she remained for two years before being moved to another prisoner of war camp at Totsuko. She was a prisoner of war for three years and nine months; together with other nurses she received brutal treatment and was forced by the Japanese to suffer indescribable privations and humiliations. For the last eighteen months of this period she was bedridden, and there was grave doubt that she would ever return to Australia.

Only the nurses who were with her as prisoners of war can relate the horrors of the grim and desperate existence, and though reluctant to talk of themselves, they offer gladly and proudly their knowledge of "Cal."

Life for her as a prisoner of war was but an endurance, but she determined to make it as normal as possible. Always mistress of herself, she retained her sense of proportion. To her, life was precious, and her aim was to return to her family and friends in Australia. The personification of unconquerable faith and hope and courage, and complete trust in God, she gave an example of these virtues to her companions, and shared her strength with them. Deprived of contact with and news of her family in Australia, and with little and unreliable information as to the progress of the





Cabra B Grade Tennis Team 1929 L-R: T. Neligan, K. Clendinnen, N. Clendinnen, F. Anstey

Frances Anstey

This photo above of the Cabra B Grade Tennis team from 1929 was recently sent to us by Peter Anstey, whose aunt, Frances Anstey, is on the far right of the photo. According to a Southern Cross article from December 1929, they were premiers for two consecutive years, and Misses T. Neligan, K. Clendinnen (captain) and N. Clendinnen are the other players. Peter has provided further detail of his aunt's life after Cabra.

"In 1932, aged 18, Frances became a member of the Cabra branch of the Catholic Women's League which sold badges to raise money for charitable causes, visited children in the Children's Hospital, held bridge parties and other social activities as part of fund-raising. It also held debates and read prepared essays, fulfilling its aim 'of uniting the young Catholic girls, and promoting religious, social, and intellectual interests among them.' In the 1930s the Cabra branch directed its fund-raising to helping the unemployed 'in these days of depression' and 'assisting our nuns'. Frances was involved with the League for nearly 20 years.

During the WWII, and having four brothers in the Army, Frances worked as a volunteer for the Australian Comforts Fund (ACF) in Glenelg and also became involved in Red Cross activities. In 1939 she was among several 'catholic women of Glenelg', who helped organise a bridge and euchre party

at the Glenelg Town Hall in aid of Red Cross. She also assisted in the Red Cross markets which were held each week in Moseley Square. As a member of Our Lady of Victories Red Cross Circle, Frances took the role of convenor on 2 October 1942 and held that position for over four years. Then in 1945 Frances as 'Miss Glenelg' was an entrant in the Miss Red Cross fund-raising competition. While she did not win, she did raise 4,304 pounds and seven shillings (\$8608).

Frances maintained her school friendships. In May 1939 she was bridesmaid to her school tennis team captain, Kathleen Clendinnen when she married Jeffrey Langdon.

In 1951 Frances married Francis Abbott. They lived at 21 Moseley Street, Glenelg.

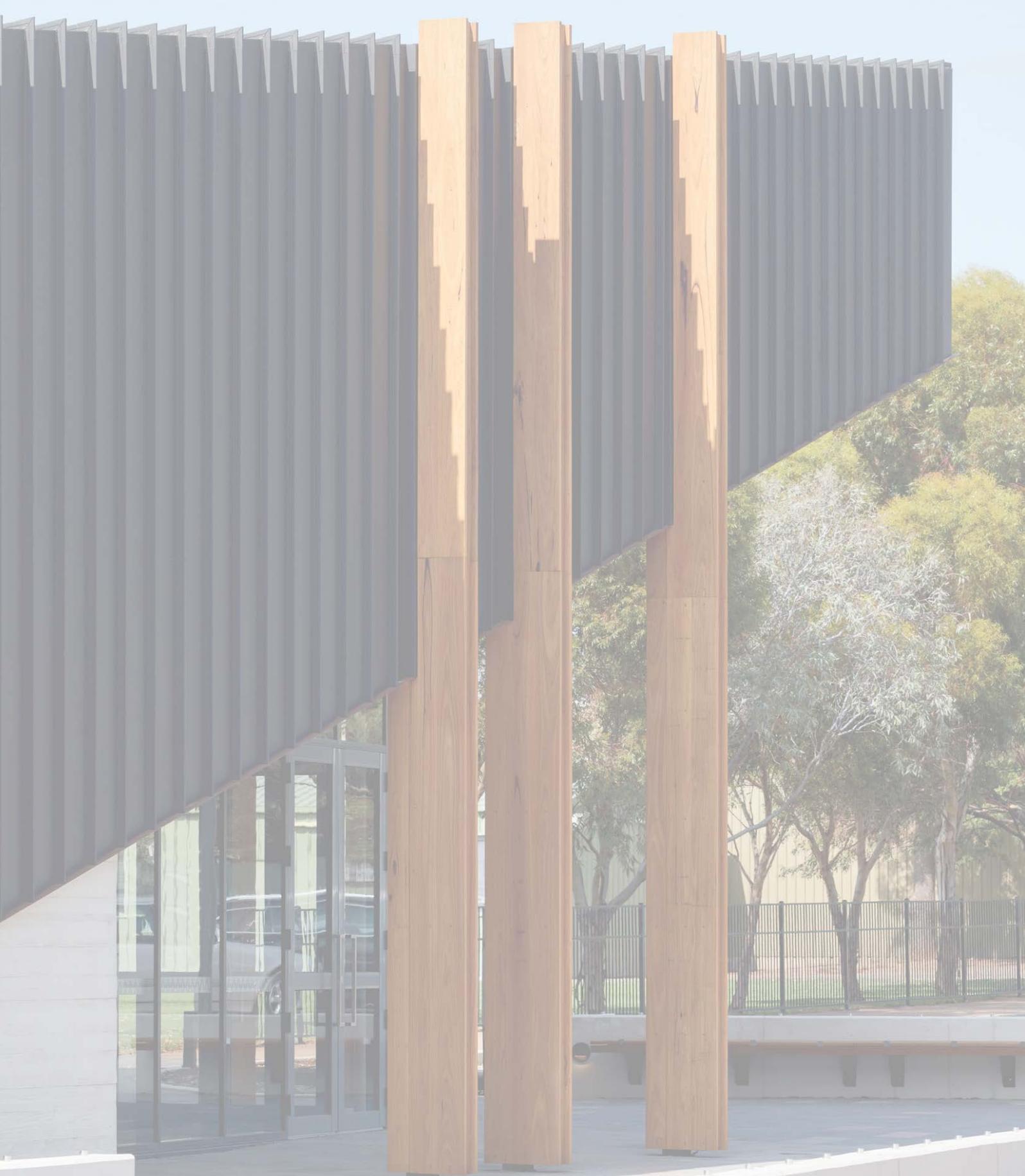
They did not have children. She survived her husband and died, aged 81, in 1995."

Through Peter Anstey's sharing of the photo of his aunt, we were able to discover a photo of Monica Farrelly, for whom our atrium is named. She is pictured in the photo below, third from the left.

In 2021 we will be celebrating 135 years since our founding. Do you have any photos from Cabra from the 1990s and earlier that you would like to share? Please email any images to publications@cabra.catholic.edu.au We would love to receive any images and to hear your stories of the people in the photos.



Cabra A Grade Basketball Team - Premiers 1929 L-R: N. Eblen, C. Field, M. Farrelly, M. Lee, K. Knowles, P. Garrard, J. Allender



CABRA
DOMINICAN COLLEGE



225 Cross Road

Cumberland Park SA, 5041

Telephone: (08) 8179 2400

Email: cabra@cabra.catholic.edu.au

Website: www.cabra.catholic.edu.au



Cabra Dominican College