



CABRA  
DOMINICAN COLLEGE

EDITION 7 SPRING 2021



Stories of the past, dreams  
of the future

“Stand in the company  
of the elders.” Ecclesiasticus 6:34



The Good,  
the Beautiful & the True

THE BIENNIAL MAGAZINE OF CABRA DOMINICAN COLLEGE

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Front cover and inside front cover: Students with past scholar Sister Maureen O'Connell OP, looking at items from Cabra's Museum and Archives.

## 135 years Special Edition

Welcome to the Spring 2021 edition of The Good, the Beautiful and the True, in which we celebrate 135 years since Cabra Dominican College was founded in 1886. Our theme for this year “*Stories of the past, dreams of the future*” comes from a line in a prayer by Dominican theologian Timothy Radcliffe. Through this theme we celebrate in 2021 our school’s past, present and future. You will find many wonderful stories of our community in this edition.

## Strategic Plan 2021-2023 Forward together

*In 2020, work commenced on shaping a new strategic plan for Cabra. Despite the challenges of COVID, we were able to consult broadly to shape what became our Strategic Plan for 2021-2023.*

Our strategic plan is the culmination of much dialogue and input from the Board of Directors, Executive Leadership, staff, students, parents, old scholars and Dominican Education Australia.

It is guided by our college’s Vision and Mission and provides direction in the best interests of the college, and consistent with the Board’s obligations. This plan aims to leverage from our current strong position and set a bold agenda as we move ‘forward together.’



Grounded in our mission and with students at the heart of everything we do, the Board seeks to explore a new horizon, to ensure Cabra Dominican College thrives.

We are part of an extraordinary story, which began with the life, death and resurrection of Jesus, and then is taken up through St Dominic sending his friars out in pairs to study and preach, and encompasses the extraordinary chapter of young Irish nuns travelling across the world from Ireland to become the founders of our school. A tradition of love and contemplation, of preachers, thinkers, and truth seekers, now calls us to action.

The four domains of our strategic plan provide the touchstones for our future direction and enable the college to fulfil its vision, mission, and legal and statutory obligations. The domains are interconnected and demand that our strategic work adopts an integrated approach, to enable the whole community to flourish.

**Dr Helen Riekie**  
**Principal**

The 2021-2023 Strategic Plan, invites us to dream boldly and set high targets in everything we do.



## GARDEN PARTY REUNION

Our Garden Party Reunion, held Saturday 4 September in St Brigid's Square, was an extraordinary celebration of Cabra's 135 years. From the very early days of Cabra, the Dominican Sisters invited old scholars back for garden parties on special anniversaries, so this year we decided to follow their example, inviting all past scholars and staff to celebrate with us for an afternoon, here on campus. We were delighted at the turnout – almost 400 people in total! There was a wonderful buzz throughout the afternoon, punctuated by much laughter and loud exclamations of surprise as old friends re-connected, sometimes after many years. It was a great honour and joy for us to be a part of this historic occasion, and to hear the many stories of the past shared. I hope it created many more wonderful memories for our community.

**Helen Riekie**



# GARDEN PARTY REUNION



# ST DOMINIC'S DAY

*At our St Dominic's Day mass in August, Mission Captains Risheyla Adrianza and Will Hoyle shared a reflection. Here are some excerpts:*

**Risheyla:** As our college motto, Veritas, reminds us, being Dominican means seeking the truth in everything we do. For me, this means being honest and true to myself, and also acknowledging my abilities and understanding who I am and what I stand for. But I know that I can only be who I am, when I am connected to others. And so for me, being Dominican is always more than just being ourselves and seeking what it is we want for ourselves; it's being in a community where the ultimate goal is for each individual present, to seek how to be the best version of themselves. This asks me to think of others' needs too.

**Will:** To me, being in a Dominican community means that I exist in a place of peace, support and kindness. I think we all strive to make these qualities surround our lives in the everyday activities and tasks we carry out. In this Dominican community, I have learned that there is always someone there to help whenever you need it.

**Risheyla:** There's a part in the Gospel we heard today, about Jesus being a metaphorical vine and his followers being the branches. For me, this absolutely relates to being a Cabra student. Jesus is the vine for our community, the core of who we are and the one who reminds us to strive to live with kindness and love. We can imagine our school as one of the branches stemming from this vine, as this is a school that endeavours to spread God's love and truth to others into the wider world. And we, as students and staff of Cabra, are like the individual fruits produced from this vine.

This is really important to realise because it reminds us that while sometimes we feel like we are on different journeys and paths throughout our schooling, we are always connected to our Cabra community... to each person here in this room today. Cabra, the branch, has given us a place and way to be fruitful. And the branch of Cabra is ultimately connected to Jesus, the vine, the source of nourishment for all that has grown.

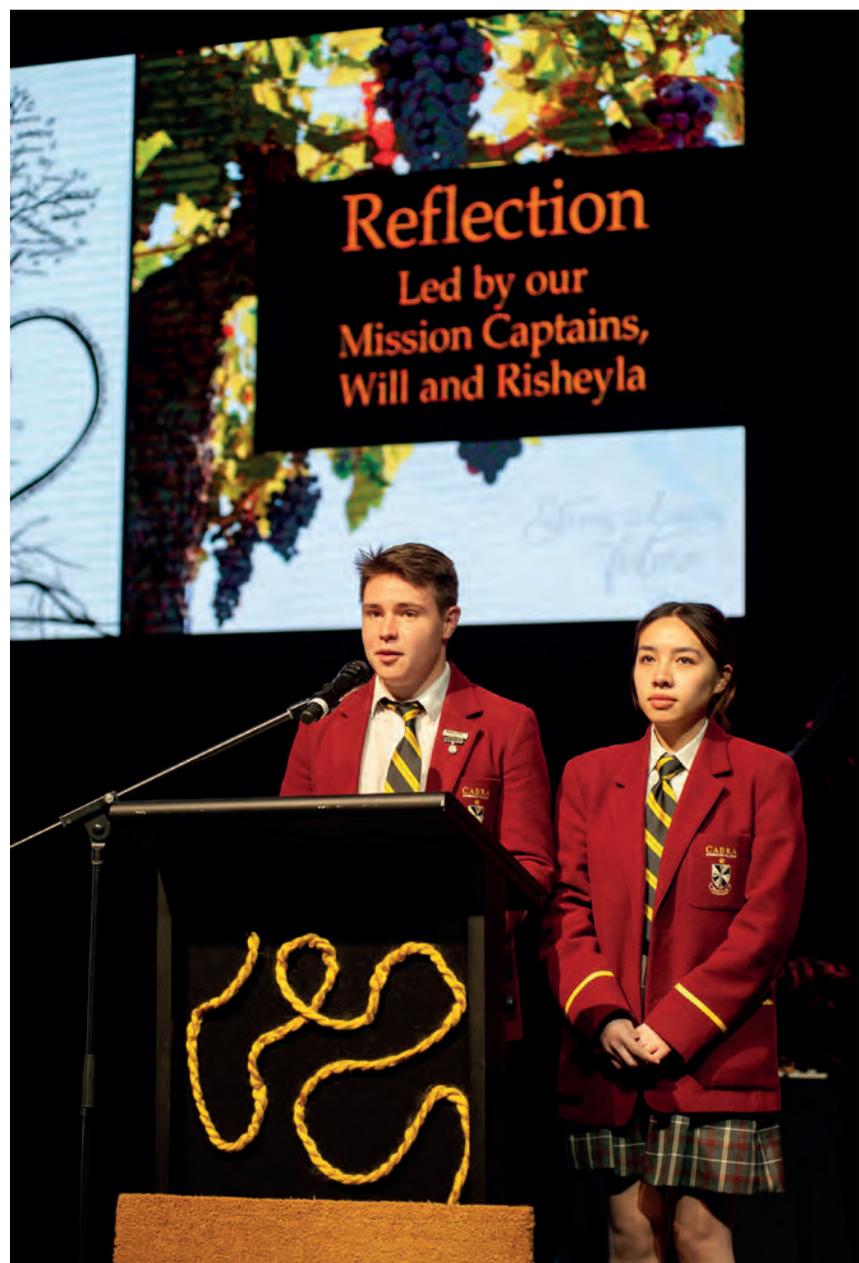
**Will:** The gospel reading, as seen through my eyes, very much reflects our connected lives, which I feel is a massive part of life at Cabra. Our golden thread is another symbol that reminds us of our interconnectedness here at school, the connection that Cabra has within the wider community, and of

course our connection to God. I guess what I am saying here is that our awesome sense of community is one of the main things I love about Cabra.

Having the connection and presence of the Dominican sisters alongside our campus is also something that sets our school apart from others. I want to say to our sisters now, your presence is a blessing to the whole community whenever you are

involved with a mass or some other activity within the school. Whether you are sharing your numerous stories with us, helping students with their research, or just joining in with celebrations, it is so great to see you all amongst our community. You have a way of telling funny, informative and inspirational stories. We are honoured that you continue to work with us.

**“To me, being in a Dominican community means that I exist in a place of peace, support and kindness.” Will**



**Risheyla:** We won't always be physically a part of this school community, but the golden thread reminds us that we are forever impacted by and a part of it. Will and I hope that you find worth in being here. We hope you can recognise what this place tries to do for each of us in preparing us to go out and make a difference for the better in the world. For 135 years this is what our school has sought to offer students like you and me. How awesome to think that after all this time, this mission is so successful that it continues in all of us today.



# STUDENT LEADERSHIP

*We asked Grace Austin (Murphy House Captain) and D'arcy Mulrooney (Boylan House Captain) a few questions about being student leaders in Year 12:*

## What made you want to be a student leader?

**Grace:** This is my seventh year at Cabra, and something that has always stuck with me—even after all this time—is the rich community of teachers, friends and peers that have continually supported me, and given me the confidence to flourish into the individual I am today. During my final year, I wanted to be able to give back to that community by helping to foster the lively and inclusive environment that has always welcomed me, so that younger students can likewise feel at home, and be encouraged to grow into the best and truest versions of themselves.

**D'arcy:** The idea of being able to have a influence on the experience that other students have at Cabra; the idea of making a positive change to another person's time here made me want to apply to be a student leader

## What do you enjoy about being a leader, and what is the most fun activity you have participated in?

**Grace:** I absolutely love being immersed in the diverse Cabra community, and having had the opportunity to speak and interact with so many different people throughout the year. A moment that still stands out to me was back in March when we were in the midst of organising our Murphy banners for sports day. We'd come up with the designs, sketched them out, and had about a week to paint all three of them. Over the course of those few days, almost all of the Murphy year 12's came and sat with us at some point to help paint—including people I never would have expected—and even a few younger students from other houses who saw what we were doing and wanted to join in. It was so lovely to get to spend time with people I'd been around for years, yet hadn't always had the opportunity to have a conversation with, as well as the unity that arose from working together towards a common goal. Helping to organise aspects of that day and seeing people from all year levels enjoying themselves in our vibrant purple and orange colours was so rewarding, and is something I will never forget.

**D'arcy:** Helping to organise and plan different activities throughout the year is very enjoyable. One of my favourite things I've don't this year would be having to responsibility of organising sports day for my house.

## What difference do you hope to make in our community?

**Grace:** Throughout the year, I've been hoping to help create a jubilant environment that will ensure other students feel welcomed and excited to come to school each day, but to also be a part of organising moments and events that they can look back on fondly. Additionally, Murphy's social justice initiative this year has been Reconciliation, and although I myself am still learning, promoting and incorporating indigenous culture into education is something that I feel is so important; at the end of the year, I hope to leave a greater sense of awareness, understanding and wonder surrounding such a rich and incredible history.

**D'arcy:** As a Year 12 leader, I hope to leave Cabra as a better place than how I found it four years ago. And as my time here comes to an end I hope to make it this community stronger for the future students of Cabra.





We asked Dr Helen Riekie some questions about the Cabra Chapel Windows Project, which will see the Sisters' Choir section (the western wing) transformed by priceless works of stained-glass window art.

## How did the Windows Project come about?

The idea emerged through a connection with Mr Hilary Regan, CEO of the ATF Press Publishing Group, and the international agent for renowned artist, Father Kim En Joong OP. In 2015, the former Principal, Mr Brian Schumacher, worked with Hilary Regan and Sr Bernadette Kiley to explore the idea of creating a book for Year 12s when they graduated. The book is a collection of reflections which school leavers could pick up and browse through or use each day. To complement the prayers, poetry and reflections, artwork was included to capture beauty and the importance of art in the Dominican story. As publisher, Hilary Regan was instrumental in exploring connections with Dominican artists who in turn, gave permission for some of their artwork to adorn pages in the book. Following the launch of the book, *Cabra Celebrates*, in 2016, Fr Kim En Joong agreed to donate a collection of new stained-glass windows for the Sister's Choir Chapel at Cabra. This was, in many ways, a beautiful extension of what was started, and naturally, warmly received by the Sisters.

Not dissimilar to the way the Chapel was first built, we are seeking donations

to support the cost of the shipping and installation of the windows, rather than allocating school funds, and therefore invite all of our community to become involved.

## Tell us more about the Dominican Sisters and their response to the Kim En Joong windows.

We see this as a wonderful way of recognising the ongoing presence and legacy of the Dominican Sisters; at Cabra and beyond.

The Sisters' charism, or set of beliefs, is about responding to what is around them, evolving with the times and always renewing, never rejecting, the past. The windows will transform the Sisters' Choir Chapel; a place of beauty through the interplay of light, art and peace.

Our students know that an important part of the Dominican ethos is seeking beauty—just as we sing in our school song about finding the good, the beautiful and the true. This is how we challenge and invite our students to find God's divine beauty all around them.

Sr Maureen O'Connell really loves the art of Fr Kim. She remembers first seeing his stained-glass work in the windows of Santa Sabina Dominican Priory in Rome when Timothy Radcliffe was Head of the Order. Definitely a cherished memory!

*"The 'Old' and the 'New' in stained glass craftsmanship, will be truly stunning! The 'Old' are a complete set by an English artist, Thomas Kempe, and priceless – the 'New' by Kim OP will*

*be just as priceless. Fr Kim's colours are so beautiful – I can hardly wait to see the windows installed in the Sisters Chapel, with the light shining through the spectacular colours of Fr Kim's stunning colourful glass."*

Sr Bernadette Kiley, Congregational Leader of the Holy Cross Congregation of Dominican Sisters, has spoken of her admiration for beauty in a sacred space, particularly regarding the Matisse Chapel in France, which features modern stained-glass windows, stating:

*"Father Kim En Joong's artwork beautifully aligns with Cabra's rich history and will be a fitting addition to the Chapel. The notion of beauty in a sacred space will be reflected through the new Sisters' Choir Chapel windows, capturing the Dominican ethos of seeking and valuing beauty as an expression of divine beauty."*

## Why is now the time?

Firstly, we recognised that the area needed to be refurbished, and that the old infirmary addition was past its use-by-date. In the last year we have restored the western wall of the Sister's Choir Chapel to its former glory and reopened that space alongside the chapel. We now wait in great anticipation for Fr Kim's beautiful stained-glass windows to arrive.

When the Chapel was built in 1917, at the height of World War 1, some would have said it was neither the time nor the place to embark on such a project. Yet here we are, more than 100 years later, enjoying one of the most beautiful chapels in South Australia, right here on our campus. The Chapel was built through the hard work of the Sisters and the generosity of many people. In Cabra's 135<sup>th</sup> year, and as we continue to celebrate 150 years of the Dominican Sisters in South Australia, the time seems absolutely right.

## How can people become involved?

Everyone can simply visit our website home page to access the link to the Windows Project. Alternatively, benefactors can call our front office on 8179 2400.

The Cabra community is immensely proud of the Chapel. As I walk around the school looking at the buildings, their names, and the plaques that commemorate special events and times in our history, I recognise that this is a unique opportunity for all members of our community to become a lasting part of the Cabra story.

# CABRA CHAPEL WINDOWS PROJECT

## Support the Windows Project

While Father Kim En Joong's magnificent artwork for the windows has been kindly gifted to the Sisters' Choir Chapel, we are seeking the generous support of our alumni and broader school community to donate towards the production, shipping and installation of the windows.

Your name, or the name of someone you would like remembered, will become a part of the extraordinary story of the Cabra Chapel.

“Father Kim En Joong’s artwork beautifully aligns with Cabra’s rich history and will be a fitting addition to the Chapel. The notion of beauty in a sacred space will be reflected through the new Sisters’ Choir Chapel windows, capturing the Dominican ethos of seeking and valuing beauty as an expression of divine beauty.” Sr Bernadette Kiley OP, Congregational Leader of the Holy Cross Congregation of Dominican Sisters.

## We extend our heartfelt thanks to the following donors:

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To donate to the Cabra Chapel windows project, please visit [cabra.catholic.edu.au/news/the-windows-project](http://cabra.catholic.edu.au/news/the-windows-project) or call the Cabra Dominican College office on 08 8179 2400.

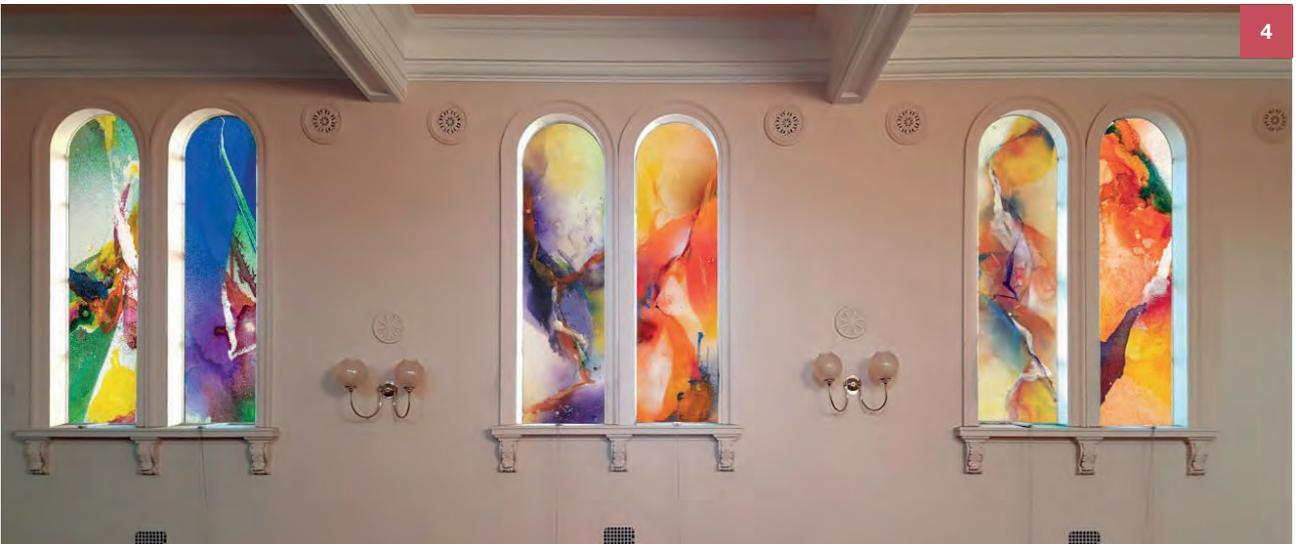
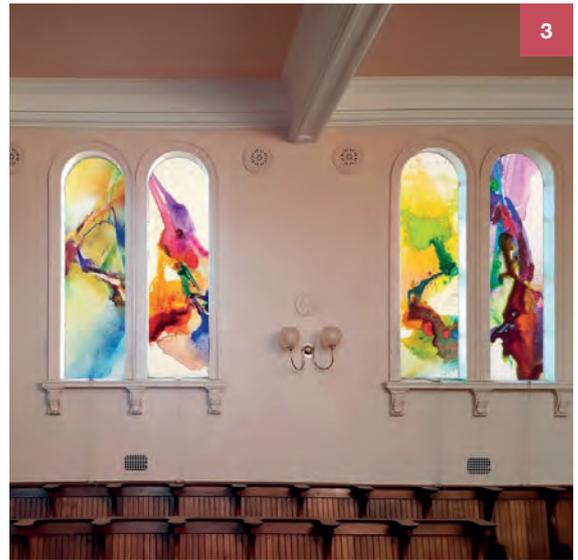
All donations are tax-deductible.

Donations of \$1000 or more will be recognised on a Donors' Board located in the foyer of the Cabra Chapel.

Donors of \$5000 or more will additionally be recognised in our publications as Golden Thread Patrons and will receive a framed commemorative print of a painting by Fr Kim En Joong, enscribed with thanks from Cabra Dominican College.

You are welcome to gather as a family, in friendship or class groups, or any other “circle of giving” in order to reach the \$1000 level or the \$5000 level.

# CABRA CHAPEL WINDOWS PROJECT



1: The Chapel, with the western Sisters' Choir Chapel, showing the windows as they are now. 2: The Sisters' Choir Chapel circa 1940s. 3 and 4: Artistic rendering of how the windows will look in the Sisters' Choir Chapel, by Glasmalerei Peters Studios, the glaziers creating the windows.

## ST MARY'S UNIT HISTORY

*Sr Maureen O'Connell OP here tells the story of how the St Mary's Unit began.*

In the late 1970's (1978-1979) a small group of parents with children at St Patrick's Special School, Dulwich, began asking the question: "Could our children manage education in Mainstream Schools?" They had read a research Thesis by the daughter of Denise Wood—a teacher at St Patrick's School—in which mainstream schooling was shown to be a real possibility for some students currently receiving education in the two Catholic Special Schools, St Ann's (Marion) and St Patrick's.

This small group of parents, which included Angela and Peter Roodhouse, Tony Bates and others, met on several occasions with Sr Genevieve Secker RSJ (Principal, St Patrick's School), Sr Maureen O'Connell OP (Principal, St Ann's School) and Board Members of the Catholic Special Schools Board (Tom McGovern, Des Byrne, Paul Morrissy, Darryl Knight and others) to discuss the issue of Mainstream Schooling and the question: "Where might mainstream schooling be best placed?"

As a Dominican Sister and aware that the Dominican Sisters of Holy Cross Province, SA had first introduced Catholic Special

Education at St Patrick's School, Grote Street, Adelaide in 1944, Sr Maureen O'Connell OP suggested Cabra Dominican College would be an ideal setting to host a Special Education Facility within Catholic mainstream schooling. Cabra was also geographically situated halfway between St Patrick's School and St Ann's School and therefore, a most suitable location for this exciting new venture. Sr Maureen was a member of the Dominican Provincial Council for the Holy Cross Congregation at this time, and offered to speak to the Dominican Provincial, Sr Marie Kerin OP and to the Dominican Provincial Councillors about this new venture.

A very positive response to a Special Education Facility at Cabra Dominican College was immediately given by the Provincial Council, and meetings commenced within weeks, with then Principal of Cabra, Sr Helen Northey OP and the Director of Education at the time, Mr Bill Clohesy, to be followed later by Director of Education, Mr John McDonald. Funding for such a facility and the teaching staff needed to coordinate the education of students with intellectual disabilities were the main hurdles to be surmounted. Enthusiasm and vision for this Special

Education Facility were so high that by late 1981, under the Principalship of Sr Angela Moloney OP, funding was granted by the South Australian Schools Commission, to employ a Coordinator and Assistant to receive the first intake of students with special needs into Cabra Dominican College.

This was a wonderful achievement and outcome for those first parents from St Patrick's Special School, who were so courageous and inspired in asking the question: "Can some of our daughters and sons be educated in mainstream schooling?" In the years that were to come, the answer to that question would be a resounding "YES!"

Meetings between the Principals and staff of the Special Schools, St Patrick's and St Ann's and Cabra Dominican College, took place on several occasions in the latter part of 1981 prior to the intake of students with special needs. This was critical in preparation for a smooth transition for those students entering mainstream schooling for the first time.

As Dominican Principals, Sr Maureen O'Connell OP and Sr Angela Moloney OP were more than aware of the Dominican



ethos that every child is a “Royal Person” (Meister Eckhart OP) and entitled to the very best education to achieve full, human potential.

With the whole Cabra Dominican College community prepared and enthusiastic to see this new venture underway at the College, advertisements were placed in the Daily Advertiser for a Coordinator and Assistant of a new Special Education Facility, to be called the “St Mary’s Unit”.

Deborah Down was successful in becoming the first Coordinator of the St Mary’s Unit in late 1981—her assistant, Margaretha Ryan, was also an excellent choice. These two wonderful educators, together with Sr Angela Moloney OP and staff, welcomed the very first students with intellectual disabilities into the mainstream Cabra Dominican College Community, in February 1982. A wonderful vision first proposed by that small group of courageous parents so many years before from the first Catholic

Special School, St Patrick’s at Dulwich, had finally been achieved.

In that last term of 1981, Deborah Down and Margaretha Ryan used all their creative teaching skills, with great energy and passion, to design and establish a Special Education Facility that would best enhance the learning experience of the incoming students with multiple special needs. The success of the St Mary’s Unit at Cabra in those first early years was due in very large part to the Vision and dedication of Deborah Down, ably assisted by Margaretha Ryan.

There were to be many more dedicated and highly qualified Special Education Teachers and staff to continue the vision of mainstream education for students with special needs at Cabra. One of those dedicated and inspiring teachers, Ruth Evans, had taught with Sr Maureen O’Connell OP at St Ann’s at Marion, in the early 1980s. Ruth later became the

Coordinator of the St Mary’s Unit at Cabra Dominican College, and still guides and inspires the students with special needs and the St Mary’s Unit staff to this day.

Gifted teachers will continue to work within the St Mary’s Unit inspired by the Dominican ethos that upholds: “the Sacredness and Preciousness of each child” and “the Royal Status of every human person”—an ethos which underpinned the original vision and subsequent establishment in 1982, of this “Jewel in the Crown” of education in the Dominican tradition at Cabra Dominican College.

**Sr Maureen O’Connell OP**  
**Dominican Sisters, Holy Cross**  
**Congregation, Cabra, SA**  
**July 27<sup>th</sup>, 2021**



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# WICKED

Performing Arts teacher and current Acting House Leader of Boylan, Sally Scott, was the Director of this year's college musical, performed at Noarlunga's Hopgood Theatre in May. For many years Cabra has had a musical production every two years and this year, Sally and her team felt that *Wicked* was the perfect fit for this cohort.

How right she was! The production was nothing short of a triumph and the whole Cabra community loved it. The cast and crew worked for months to create a production that was literally above and beyond any usual expectations for a school production, with stunning costumes, amazing singing, choreography on point and a witch who really flew.

Sally says that from the leads to the "Ozians" (townspeople), "every member of the cast had to have full energy and pizzazz." Her message to the students throughout the rehearsal process was that that characterization is key.

"Forgetting words is OK, forgetting choreography is OK; number one is characterisation. If the audience is captivated with your character they will forgive mistakes."

Sally says she was thrilled with how the production turned out, and how the students seemed to thrive in the theatre environment.

"The kids grew in their capabilities, but more importantly grew in their confidence, and in their relationships with others. The ultimate goal for our musical is to bring people together and have fun. Isn't it a bonus that it can also be FABULOUS?"

**Participating students were asked their favourite thing about being involved in the musical *Wicked*:**

"My favourite part was dancing behind the curtains in *Wonderful*. It was one of the best experiences I've ever had."

"Watching Ms Scott trying to be every character at once."



Sally Scott

"The ultimate goal for our musical is to bring people together and have fun. Isn't it a bonus that it can also be FABULOUS?"





“My favourite experience was being part of the Fly Crew, because of the bonds we had. It was so stressful when we were lifting Bella up and during rehearsals it didn’t always work and there always seemed to be something going wrong but it was just the most amazing thing when it worked and in all four shows we got her flying. That was the most special thing to be part of.” – Grace Austin

“I loved the Defying Gravity scene. I think it’s amazing that for a school production we were able to do something that incredible. I loved being in the start of that scene and setting the scene for that.”

“I’ve loved that song since first seeing the musical and it was really exciting to watch.”

“It was awesome to see Bella perform so well after working so hard.”

“Getting to be backstage and making the magic happen – that was the best part.”

“In the school scene you’re starting to get the background of the Wizard of Oz and I loved being a part of that.”

“What I’ll take away is the amount of people that we met and the connections that we made with everybody and everyone felt like family.” – Mia Peterson

“Seeing how hard everyone has worked, seeing all the hours that Bella and Annabel put in especially, then hearing Annabel sing Thank Goodness was so good. And having the teachers that we love and adore being part of it.”

“Dress rehearsal – it was so fun coming in on a Sunday and everyone was here and we were all getting ready and practising hair and stuff. That was really cool.”

“My favourite memory was making friends for life.”

“I was doing costume changes. My favourite costume change was the change into the yellow dress for One Short Day. It was the hardest but it was the most fun.”

“Having fun with my friends.”

“My favourite memory was backstage, talking to everyone and playing Uno.”

“What I’ll take away is the amount of people that we met and the connections that we made with everybody and everyone felt like family.” Mia Peterson

## OUR STUDENTS

*For her entry into the Australian Catholics' Magazine Young Voices Award, Molly Himsworth, Year 8, created a video in which she interviewed her uncle. The competition called for students to share inspiring stories, and Molly's entry was eventually named as the winner of the Intermediate section, with fellow Cabra Year 8 student Sebastian Higham named as runner-up. Several more Cabra students received Honourable Mentions and Highly Commended.*

*Here is an excerpt from Molly's entry:*

### **My culture, my future**

**Molly:** My Uncle, Daryle Rigney is a proud Ngarrindjeri man who is as a professor at the University of Technology in Sydney. He grew up in an era where Aboriginal people were discriminated against and had very little opportunity to succeed in society. He overcame these obstacles and has achieved greatness through education.

Daryle was born to very young parents (they were 15 at the time of his birth) He

grew up in small country towns as his father worked on the railway. When they moved to the city he attended a Western Suburbs school and his father and mother encouraged him to make the most of his education. As a young teenager Daryle was selected to play for the state in AFL. He finished high school and decided to work for a bank. As time went by he realised he wanted more than to work in a bank and play football. He finally made the decision to go to University and study to become a teacher.

**Molly:** What piece of advice would you give someone to pursue their education?

**Daryle:** I always say stickability is the thing. Everybody when they go through their studies find times challenging and its a little bit hard and I find its stickability. Hang in there, go and speak to people, seek the help that you need and I always say you really need to think carefully about what you're learning. Don't just accept what people tell you.

I talked earlier about (Kenyan writer and academic) Ngugi wa Thiong'o and this

little quote he gave, I love it! He was taking about colonialism and the English coming to Australia and he said, 'The night of the sword and the bullet was replaced by the morning of the chalk and the blackboard'. What he meant there was that you can't just control people's lives in a forceful way for a long period of time and that what you try to do is get to their minds to convince them that this is the way things should be done.

**Molly:** What made you choose the pathway you've taken in your career?

**Daryle:** I got into the career that I'm in as a result of going to university. What that then lead me to do is work in the university supporting Aboriginal students. I got a chance to talk to lots of interesting indigenous people from all over the world. I started to work a lot with my own community trying to see if we could make life better for our people.



Year 11 student **Ben Ridgway's** football season began with him being named as the Captain of his U16 side in SANFL team Glenelg. Since completing the shorter U16 season, he has also played for Glenelg's U18 side, with both teams enjoying considerable success.

We asked Ben a few questions:

**How have you been able to keep up with your Glenelg commitments, while continuing to represent Cabra on the footy field?**

"Most other colleges play on Saturdays, with the rule of if you play one game for college you are unable to represent your SANFL club on that same day or even the next day. This is mainly to prevent injuries from happening. Cabra plays on Wednesday throughout the year which allows me to play some games (depending on how my body is feeling) without it affecting my playing time at Glenelg on weekends."

**Has it been difficult to balance schoolwork with your football commitments?**

"Earlier in the year I had no troubles with balancing schoolwork and football but towards the end of Year 11 it has become quiet challenging due to the work load. The way I've been able to maintain a good balance is by doing my work during class and doing my homework whenever I have the chance. As I complete most of my work throughout the lesson I normally don't have

much homework, but when I do I always try to do it as soon as I have the spare time and not let it carry onto the rest of my week."

**I know that you have represented (and continue to represent) Cabra in a number of sports. What drives you to do that?**

"I am driven to continue to represent Cabra in sports because I see a lot of the 'bigger' sports schools being successful in that area. I am driven to give my best effort to hopefully give Cabra that same feeling of success in sport and get others involved in that feeling also. Playing sport for Cabra is also a time where I can play and have fun with my school mates as only some of them play football outside of school which makes the experience so much more exciting. It's a lot easier with knockout football and other sports as they are traditionally played during school hours which takes out the possibility of over lapping with Glenelg which is fantastic."

**Has being at Cabra assisted you in continuing to play for your club and SANFL team? If so, how?**

"Cabra has assisted me in being able to play SANFL level football as it has taught

me numerous life skills and traits that I carry onto the football field. These are traits such as leadership, resilience and a growth mindset. These traits help me thrive in a football environment as well as a school environment too."

**Finally, what is your favourite memory/moment of participating in Cabra sport?**

"It would have to be a Wednesday arvo normal school game in Year 9 when we were playing Nazareth. We played the game at Adelaide Lutheran and we had the best umpire and the Naz blokes were so good. It was pouring down with rain and we were all running around just having a bit of fun. I don't think there was one person who didn't have a smile on their face. We just had great banter with the other team and when the game was finished, we only had one set of change rooms to go in and we all started talking and having a laugh together."

I am driven to give my best effort to hopefully give Cabra that same feeling of success in sport and get others involved in that feeling also.



1. Ben Ridgway 2. Ben (front row 2nd from right) in the 2021 Open Boys Netball team, with coach Deanna Riley

## OUR STUDENTS

I was absolutely heartbroken hearing the news of the crisis over in Afghanistan. I couldn't stop thinking about all the unimaginable fear, pain and horror those innocent Afghans must be going through. It is unfair, evil and completely inhumane.

The more I learnt about the crisis, the more determined I felt to take action; to stand in solidarity with Afghans all over the world and give them hope for their future. When a group at our school formed, I was eager to join. Around 15 of us, staff and students, gathered to discuss the crisis and create a plan for action. We learnt from each other, drew from each other's strengths and worked hard together to organise a peace march.

Our Afghan Peace March was held on Tuesday 31 August, before school. The turnout was incredible: well over 100 staff and students, male and female, gathered to raise awareness within our community and walk in solidarity with all those affected by the crisis in Afghanistan. We wore ribbons in the colours of the Afghanistan flag, waved handmade posters in the air and just banded together in support.

The lead up to the peace march had been crazy. My days had been taken over by preparation for the march: writing to dozens of members of parliament urging for greater action, sending press releases

to various media companies for coverage of our event, attending meetings, making posters and just promoting the cause to as many people as I could. There had been lots of extra hours and so much hard work, but it was all worth it. Just seeing so many people show up and stand with the Afghans: it gave me so much hope. I felt overwhelmed leading the march with Eilish, knowing just how much difference it was creating in our school and beyond.

From here, our group will continue to meet, discussing where we can go next with our Afghanistan work. At the moment, we are also collecting donations of toiletries to create treasure boxes that can be gifted to all those Afghan refugees who have arrived here in Adelaide. We really just want to help these people feel a sense of safety, love, support, and belonging here in Australia.

Many people see the Afghanistan crisis as an issue for women, but it is really so much more than that. Yes, it may be the women who are facing the biggest impacts, but it is up to all of us, as humanity, to help them through it. We can use our power, freedom and rights to fight for theirs. As soon as we begin to see our lives as something bigger than ourselves, social justice and being a voice for the voiceless just becomes such a high priority. No, we may not be able to fix this problem at its roots, convincing the



Taliban to give up and free their people, but we can do what we can. There is so much everyone can do, like lobbying our governments for more action, raising awareness in our community, donating to causes, signing petitions and just taking a stand to show our support. Together, we can get through this.

**Hannah Smailes, Year 11**





Old scholar Grace Lam '19 was recently named as one of the three finalists for the Channel 7 Young Achiever Carclew Creative Award.

Grace, who has Down's syndrome, visual impairment and hearing impairment, competed against hundreds of others for this award, which was an open award for the general public.

"This highlights her achievement and we are so proud of her." says Monica, Grace's mum.

Grace was nominated by Tutti Arts as a multi-disciplinary artist for her piano playing, performing arts and her own visual arts business, **Grace's Handmade Cards**.

Grace is an accomplished pianist and previously participated in 2018 OzAsia production, 'Say No More'.

Graces plays piano at mass for the Kingwood Parish once a month. Fr Bob Wilkinson often says mass there and is a great supporter of Grace.

At the Young Achiever Award Gala presentation dinner, Grace was well supported by her family and friends including Fr Bob Wilkinson; Ruth Evans, Diverse Learning Coordinator at Cabra, and Pat Rix, the Artistic Director of Tutti Arts.

Grace did not win the award, but prepared a speech which she shared on her Facebook page.

Here is an excerpt from Grace's speech.

"When I finished school I was frightened because there were no jobs for me. So my Mum and I started my business, Grace's Handmade Cards, so I can have a job. What I want to do is grow my business so that other people with disabilities can have a job too. I would like you to know that people with disabilities can do an amazing job too, so give us a chance!"

Grace's Handmade Cards began as a fund raising initiative for Tutti Arts by selling cards in the library. She further investigated the idea of setting up her own business as her research project in year 11 and 12. When Grace first started she only sold handmade cards. Over the next two years, she began putting her designs on T shirts and tote bags as well. Grace also makes school candles, graduation candles and personalised religious candles. Multiple schools are supporters of Grace's Business, including Cabra.

Grace hopes to one day have her own shop where she can provide other disabled artists an outlet to sell their artwork.

You can find out more about Grace's business by checking her Facebook and Web page.

<https://www.facebook.com/Graceshandmadecards>

<https://graces-handmade-cards.myshopify.com/>



# ALUMNI

Molly Critchley attended Cabra for all of her schooling and, for much of that time, she wanted to become a Dominican Sister. Her mother said that she could wait until she was 21 as she needed life experience, and so after finishing school, Molly found a job and worked. By the time she was 21 years old, she had met Colin Fitzsimons and decided that the convent was not for her after all. Colin himself had also attended Cabra, as for many years boys were allowed in the infant school.

Molly and Colin married and had four boys, but as Cabra at that time was a girls' school, the boys attended Christian Brothers College. Two of the Fitzsimons boys sent their children to Cabra; Bernie's children Beth, Andrew and Abe and David's

children Alexandra, John, Kate and Julie all attended during the 1990s and early 2000s.

The photo has only recently re-surfaced thanks to Molly and Colin's granddaughter, now Beth Caldwell, Cabra's Director of Student Wellbeing. Beth enjoyed her time as a Cabra student and was involved in lots of activities including sport, drama and the college musicals. However, it was something else that made a lasting impression.

"The most important thing about my time at Cabra is that it showed me about inclusivity and community, which eventually determined my career path."

Upon completing Year 12, Beth worked in finance for five years, before deciding to study Special Education and Disability

Studies. She worked at several Catholic schools, eventually returning to Cabra. As Director of Student Wellbeing, Beth calls on her long-standing knowledge and understanding of the Cabra community every day.

"It's a privilege to work at Cabra in this role. What I really enjoy is working to support students and families to engage fully in our community."

Beth's children Charlie, James and Georgia have all attended or will attend Cabra, continuing the tradition started by Molly and Colin nearly 100 years ago.

**Beth Caldwell**



1: Beth Caldwell, Director of Student Wellbeing. 2: Colin Fitzsimons, aged in his 80s and making his family laugh by, according to granddaughter Beth, "trying to get back in to Cabra!"  
3: Pictured second from left in the seated row, is young Mary Critchley, known to all as Molly.

## Burden Wedding

Christian Burden '13 and Natalie Carbone were married in the Cabra Chapel earlier this year.

Five members of the bridal party were Cabra graduates, including Best Man Louis Burden '12, Groomsmen Joshua Tindall '13 and Benny Mbibi '13, and bridesmaid Kate O'Daniel '13.

"Nat and I met at University whilst studying human movement, being randomly assigned to a group project in our second semester of uni. Our friendship very quickly evolved into something more and we have been inseparable for the last seven years. We went through our first degree together before we decided to complete further study in our respective streams, with Natalie now a speech pathologist and myself an occupational therapist. I proposed in October 2019 during a trip to New Zealand and we were lucky enough to escape COVID restrictions for all of our celebrations since (engagement, kitchen tea and of course the wedding!)

It was incredibly special to be able to return to the Cabra Chapel for our wedding. We had always wanted a church ceremony and Cabra always had a special place in my heart so it seemed such a natural fit. The staff were amazing both leading up to and on the day and everything ran so smoothly.



I hadn't had the opportunity to return to the grounds until this year and it was amazing to see how much has changed in the eight years since graduating, but also the little pieces that still remain the same. You forget what a beautiful space the Chapel and the grounds really are until you spend some time away. We are so blessed that we were able to be married in such a stunning location.

We are incredibly grateful for the college's hospitality and for hosting our wedding ceremony. I will certainly jump at any opportunities to return or contribute to the Cabra community in the future!"



# ALUMNI

## Year 9 friends for life

This group of Cabra classmates from the late 1970s /early 1980s have been meeting regularly for dinner for many years. Cate Spurling attended Cabra for Years 8 and 9 in 1978 and 1979 before moving to Sacred Heart College.

“My brothers went to Sacred Heart College and we lived near there so as soon as it went co-ed I moved for Years 10 to 12. A few of the girls did the same thing. Even though I was only at Cabra for a couple of years I have some great memories and made friends for life. Those Cabra connections have continued to appear throughout my life.”

Pictured here are: Trudi-Ann Paech (Vella) Class of 1981; Margy Holland Year 3-9, 1973-78; Sue McCarthy (Ferrier) Class of 1981; Briony Leonard (Schapel) Year 8-9, 1977-78; Cate Lightfoot (Spurling) Year 8-9, 1977-78.

Others who usually attend dinner but were not in this photo:

Johanna Hicks (Minear) and Grace Coppola, both from the Class of 1981



## Hugo Ditroia

I graduated from Cabra in 2009, since then I've graduated from the University of Sydney with a Bachelor of Theology and Philosophy majoring in History and Canon Law.

3 years ago I moved from Sydney to Parkes NSW and work for one of the largest geographical catholic Dioceses in the country (The Diocese of Wilcannia-Forbes). I was appointed as Australia's youngest Chancellor of a Diocese in Australia's History. A Chancellor ensures that the both Civil and Canonical laws are met in a Diocese. The Chancellor is the highest position a lay person can hold in the Catholic Church. In addition, I head the Office of Safeguarding, implementing procedures ensuring that our Children have a safe community to grow in both within Catholic Education and in Parish life. Later this year I plan to return to part-time study to complete a Master's in Education.

**Hugo Ditroia (Chis)**  
**Class of 09 and 09 College Captain**



## Matt Mulryan

*Old Scholar Matt Mulryan, '09, visited Cabra during Futures Week to speak to Year 11s about the construction industry. Matt is now a Site Supervisor with Sarah Constructions.*

"My career in construction started during my time at Cabra participating in the VET programs that the school offers. I completed a Certificate 1 in building which gave me a taste of various trades in which I could pursue in the future. Once I left Cabra, I began an apprenticeship in carpentry, building house frames, decks, pergolas etc. On completion of my apprenticeship, I opted to return to study where I completed a Certificate 4 and Diploma in Advanced Building which allowed me to work as a building supervisor. I worked in the Residential sector for several years supervising the construction of multiple houses around Adelaide. From there I made the move to where I am today into the Commercial sector, working as part of the site management team on a new \$100m+ high school.

My story is just one of many pathways into the industry, university degrees such as Construction & Economics, Architecture or Civil/Structural Engineering are a perfect start for those that strive to work in Project Management. For those that want to work "on the tools" an apprenticeship might be for you."

**Matt Mulryan—Class of 2009**



Jonathan James '12 and wife Jacquie welcomed their baby daughter Jayda Jean James on Sunday May 30th, 2021.

## Margaret Bott

I left Cabra in 1957, went on to train at the Adelaide Children's Hospital, then to Perth to do midwifery. Those years were a lot of fun. Then I boarded a Greek ship called the "Patris" which was filled with young people between the ages of 18-24!! I spent four years in Europe, studying at la Universidad Por Stranieri, working at the American Navy Base Hospital in Naples, Italy, then on to America to work at the Mayo Clinic in Rochester, Minnesota. Went back to

Australia, worked in Alice Springs and Calvary Hospital in Adelaide, then back to Ottawa, Canada, where I met my husband on a ski hill. We married soon after and had five children, now 7 grandchildren and 52 wonderful years together. We had many chances of seeing more of the world and I have many happy memories. I still remember my years at Cabra with fond affection.

**Margaret Bott, Class of 1957**

# ALUMNI

## A day in the life of a boarder in 1962

*Tess McGrath attended Cabra from 1951 until 1963 and was a boarder for the last few years. Here she remembers the daily routine of boarding life back then...*

I slept on the enclosed balcony for a couple of terms, which was pretty cold in winter. A day in the life of a boarder was very structured except for Mass in the mornings which was optional (except for Sunday). I went to daily Mass at 7am. This was followed by breakfast in the refectory which was conducted in silence except for essential communications. After breakfast we went to the dormitory & made our beds & cleaned our teeth. We then went downstairs to the classroom or playground for a short time before Assembly & then lessons which began at 8.50. We had a short recess mid-morning & our main meal at lunchtime in the refectory at 12.30pm. This was the best meal of the day. Food was a high priority for boarders as we never seemed to get enough. I sometimes used to help Sister Aiden in the scullery after meals. She was a sweetheart, one of the nuns whose job it was to prepare meals for the whole Convent. I especially enjoyed using the butter pats to reform the left-over butter from breakfast or dinner into larger slabs which would be reused later.

After school we had free time from 3.40 until study at 5pm, which went until dinner at 6pm. During the free time after school we could play sport & often had team practice.

After dinner we had recreation for about an hour followed by Rosary in the Chapel

after which we went into silence (except for essential communication) until after breakfast the next morning.

Sometimes we prefects would be in charge of the study for the more junior years if a nun was not available. It was difficult to get much done if the younger students proved talkative. We all finished study and went to bed at 9.30pm. Sometimes I would sit at the top of the stairs and talk to the juniors. I felt particularly for the little first years who were often away from their homes in the country for the first time and found it all a bit overwhelming.



1. Tess McGrath 2. The St Catherine's wing balcony where some boarders slept. 3. Tess in the Leaving Honours Class of 1963.

Beth Caldwell provided this photo of the Holy Angels Sodality, pictured outside the Chapel in 1935.

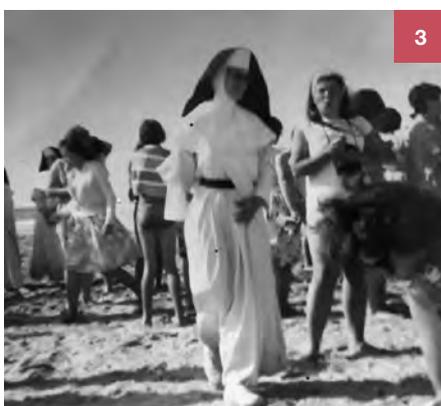


1: Altar procession at the opening and blessing of the St Brigid's wing in 1921. 2-4: 1974 - various teams and groups

# FROM THE ARCHIVES

As we prepared for our 135 year celebrations and our Garden Party Reunion, we were delighted to receive a number of photos from Cabra's history.

Past scholar Carmel Tuohy has provided a treasure trove of memories from her time as a boarder at Cabra in the early 1960s, and we are very grateful she has shared these with us.



1. On the school oval 1963. Carmel Tuohy (Penola), Lyn Cheso, Deidre Roberts, Joan Quinn (Pt Lincoln), Mary Edmond, Mary Evans, Sue Argar, Jenny Smith, Teresa Kennedy (Mt Gambier) 2. Softball Team 1963 – won against Loreto. Marie Roberts, Mary Edmond, Teresa Kennedy (Mt Gambier) Carmel Tuohy (Penola) Helen Hardwick, Helen Antwhistle, Liz Horman. 3. & 4. Dominican Sisters including Sr Mary Joseph, Sr Mary Mark, Sr Mary Clement, Sr Mary Andrew, Sr Mary Alberta and Sr Mary Leonard took students on a Geology Excursion to Hallett Cove in 1963.

## Garden Party Reunion of 1968

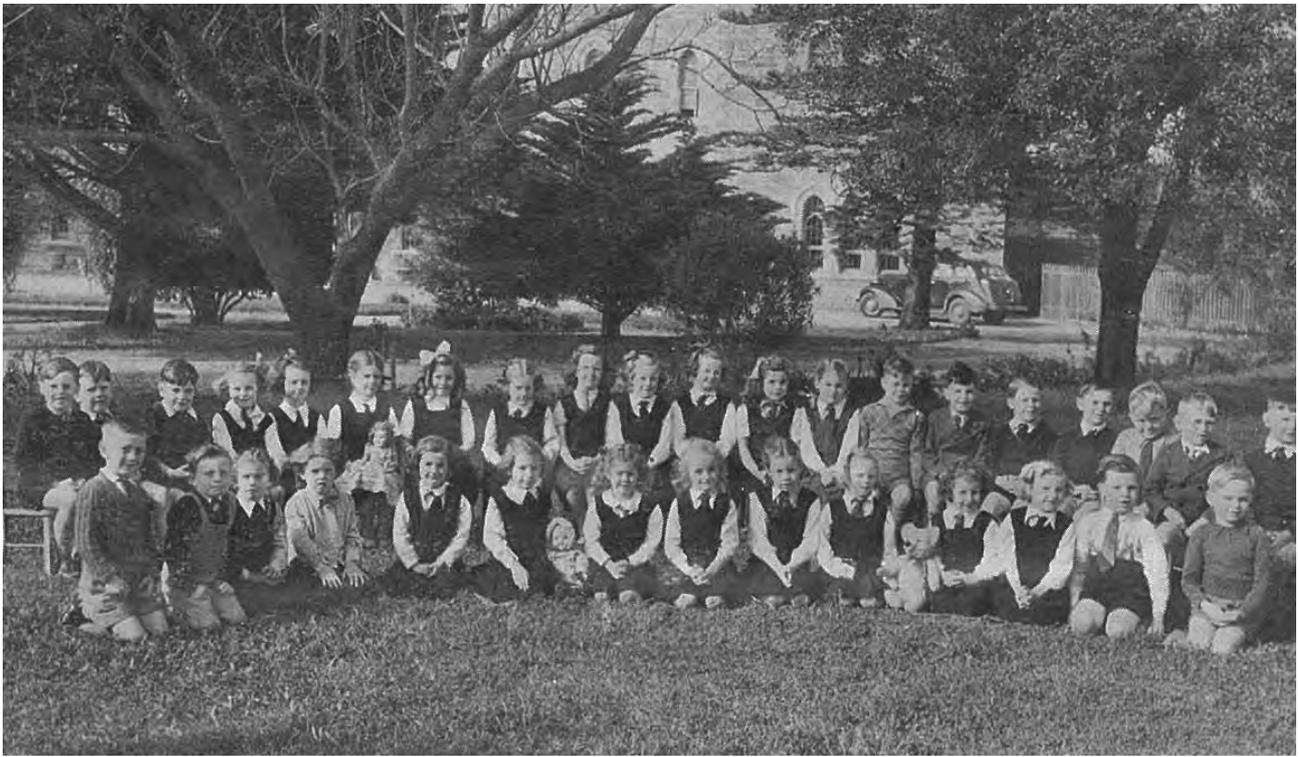
Di Riley, who completed "Matriculation" in 1967, provided these cuttings from The Southern Cross in early 1968. The photos are of past scholar attendees at a Garden Party Reunion held by the Dominican Sisters in 1968, celebrating 100 years in South Australia.





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 [publicatens@cabra.catholic.edu.au](mailto:publicatens@cabra.catholic.edu.au) with any feedback.





Cabra students in 1946

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