



CABRA
DOMINICAN COLLEGE

EDITION 11 SPRING 2023



*The Good,
the Beautiful & the True*

THE BIENNIAL MAGAZINE OF CABRA DOMINICAN COLLEGE

The Good, the Beautiful & the True

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From the Principal



For the past few years, Moore House have supported Puddle Jumpers as their social justice initiative. They have raised funds and awareness for the charity that was founded and is run by Melanie Tate, a Cabra past scholar, whose sons are now current students.

Puddle Jumpers is a non-profit, non-government organisation committed to responding to the social development needs of society's most vulnerable children and young people.

The Puddle Jumpers website provides further context for their work.

"We believe that all kids matter and deserve the right to engage in happy and fun experiences in their life. We provide opportunities and support for children and families at risk through holidays and recreational activities designed to promote personal, social and cultural growth and development."

Puddle Jumpers participate in a fundraising initiative called the Adelaide City Plunge,

where teams seek sponsorship to abseil down the side of the InterContinental Hotel on North Terrace. As part of the Sr Angela Moloney Award, each House, named for one of our founding Sisters, chooses a social justice initiative for which to raise funds and awareness. Moore House, named for Teresa Moore, the foundress of the Holy Cross Congregation, organised a "Vote for a Teacher" campaign, where our community could support the initiative by voting for a teacher to "take the plunge."

I was "lucky" enough to be voted in! I completed the abseil on a recent Saturday afternoon. It was lovely to take on this challenge alongside other members of our Cabra community; current student, Isabelle Braun, Year 11, and Cabra past scholar, Bella Courtney '21. Max Tavella, Year 11 also took the plunge, with his mother, Puddle Jumpers founder, Mel. Bella, Isabelle and Max are young people really making a difference to their world,

particularly in their work with Puddle Jumpers. They do not look for accolades, but simply go about their work, which is all the more inspiring.

The plunge was an exhilarating experience and most importantly...I am delighted to share the news, that through all fundraising groups, more than \$100K was raised for Puddle Jumpers.

Congratulations to Moore House Leaders Ms Kate Harrison, Mr Alex Jackson and Captains, Amelia Hadfield and Marco De Pierro and all the students in Moore, for their very successful Puddle Jumpers fundraising campaign, and for taking me well and truly out of my comfort zone.

Helen Riekie | Principal

Top: L-R: Helen Riekie, Bella, Isabelle

1: Exhilaration!

2: It was wonderful to spend time with all these members of the Cabra community.

St Dominic's Day

The Cabra Dominican College community celebrated the feast day of our patron, St Dominic, on Friday the 4th of August. While St Dominic's Day is always a highlight of the College Calendar, this year we were presented with the challenge of a clash with a conference of Adelaide's clergy, leaving us without a presiding Priest. This challenge was accepted by our Student Leaders however, as noted by College Captain Iris Nissen in her introduction when she suggested our St Dominic's Day liturgy; *"provides us an opportunity to celebrate being Dominican in a very Dominican way. Today our Student Leaders assume*

responsibility, ensuring our celebration this morning reflects our grounding in good".

Iris' words reflect the 2023 College theme 'Grounded in Good'. This theme was central to our St Dominic's Day liturgy, and was further unpacked by our Mission Captains Ruby Pearce and William Mensforth throughout the service. While reflecting on the Gospel of Matthew, specifically the feeding of the five thousand, Ruby and William encouraged students to consider the true 'miracle' that took place at this time. This led to Ruby's powerful conclusion that invited those present; *"to consider how you will be this force in and outside of the*

Cabra Community. Taking the responsibility of goodness into our own hands, and creating the ripples of compassion in your own worlds. Not waiting for the good, being the good".

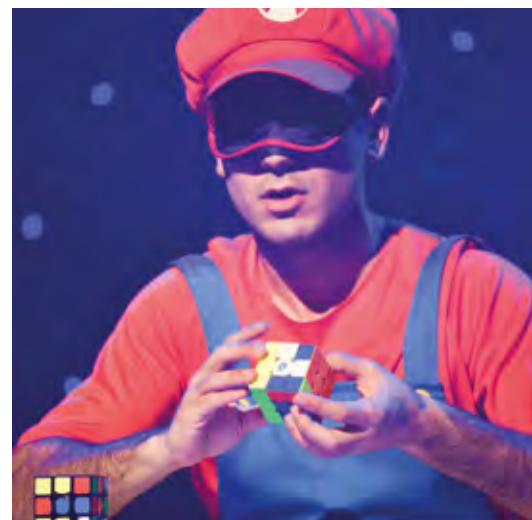
Liam Parker | Director of Mission and Identity

Community Morning Tea

As is our tradition, we held a morning tea for all our special guests following the liturgy. The Holy Cross Dominican Sisters cut the celebration cake and then were presented with flowers by our student leaders.











Project-Based Learning in Year 7

Week 9 and 10 of Term 2 was History Showcase week for our Year 7 students! The end of the term saw the culmination of a term-long Project Based Learning (PBL) Unit on Ancient History.

Project-Based Learning is an educational approach that centres around students actively engaging in real-world, meaningful projects to develop essential knowledge, skills, and understanding. It is designed to foster creativity, critical thinking, problem-solving, collaboration, and project management, while empowering students to take ownership of their learning. To facilitate this ownership, the Year 7s engaged in several 'feedforward' opportunities throughout the unit, to improve their showcase.

PBL begins with a driving question. For this task, the question presented to the students

was: *'As historians, design and create an engaging and educational showcase that focuses on a particular artefact, person, place, or event from the ancient world.'*

Another key component of PBL is a public presentation. This allows students to practice public speaking and communication skills while sharing their knowledge and insights about the ancient world.

We are very proud of the way that our Year 7s have embraced PBL this term, and we have received some excellent feedback from them about this different way of learning and working.

**Kim Jones | Leader of Innovation:
Middle Years, and the Year 7 History Team**

Student feedback and data:

- Year 7s rated PBL, and their engagement and enjoyment throughout the unit, as a 4.3/5 star rating.
- The top two skills identified by students that PBL allowed them to learn and practice were: creativity and collaboration

A large focus throughout the unit was 'feedforward' opportunities. 'Feedforward' provides learners with future-oriented suggestions and solutions throughout their learning journey. Some comments about the feedforward process:

"The feedforward process was helpful to create an engaging finished project, and helped my group to know how we were going." **Charlotte**

"I really liked the feedforward process. I found it helpful because I improved on my work and made it all better and improved. It helped me to be better because I got many suggestions." **Danika**

This type of learning may relate to the real world since it shows us how to work in and manage a group. It shows us how to organise multiple people to complete a task together. **Isla**

- General comments about PBL as a way of learning and engaging:

"I enjoyed creating and making different things with different objects; it was fun. I would recommend it because it is a great way of learning in a fun, creative way."

Henry

"I enjoyed this style of learning so much and would definitely recommend it to someone who wanted to try a different style of learning. I would love to work on something like this again. I like the creating element of it and a chance to get our hands dirty."

Mia

"The PBL experience was great with you picking what you want to learn through a concept you understand. I really loved it and I would recommended it to everybody in the future, with it being a great way to learn about what you want to learn while learning other important skills like critical thinking."

Riley

- Students' understanding of how PBL relates to real-world, future skills:

"I think that problem solving, critical thinking and collaboration is a must in the workforce as you should be able to work together with people to make the right decision and to include everyone's ideas."

Oskar

"A lot of outside-the-box thinking was used. Thinking outside of basic ideas is used a lot in society and would be good in the future to have that practice of coming up with big bright ideas."

Elka

"In the future, PBL skills I will probably use are project management and collaboration skills in leadership type roles, and creativity, critical thinking and problem solving in roles where finding physical solutions (and likewise) is required."

Allegra

"This type of learning may relate to the real world since it shows us how to work in and

manage a group. It shows us how to organise multiple people to complete a task together."

Isla

"I liked the PBL as it allowed you to work with your friends on something you all wanted to do. I would work on another PBL as it was fun and engaging."

Oliver

"Skills for the future from PBL would be note taking, collaboration, researching and problem solving. I liked working with my group and doing something new."

Beth

"I really enjoyed the chance to work in a group and I think that it was good to have everyone's ideas and research put together. We decided to create a poster, model and information presentation. We found the model most challenging as not all the resources were available so we compromised to come up with a final product we were proud of."

Tegan



Charlie and the Chocolate Factory

WONKA



After a full year of preparations and four long months of rehearsals, our 2023 College Musical, Charlie and the Chocolate Factory piqued the pure imagination of all audiences at the Hopgood Theatre in May. Congratulations to the entire company on a sell-out season and thank you to the Cabra community, staff, parents, and schools who supported us along the journey.

Sally Scott | Producer/Director

The College Production gave me opportunities to make so many new friends, make some lifelong memories, and have so much fun! The cast and crew were all so welcoming and friendly. Charlie and the Chocolate Factory was an experience I will never forget! **Sasha 9B**

Charlie and the Chocolate Factory was such an amazing experience, especially because I met so many incredible people and we all got to share our talents with each other! **Amelie 10U**

I never thought I would get this much of a positive experience during this musical. It was always fun to walk and talk around with everyone, especially in our unique accents. **L'lianna 11M**

The preparation and practise took a long time, but the support and result were much more than worth it in the end. **Scarlett 7B**

The school musical was an amazing opportunity and a great experience, helping me pick up new skills, knowledge, and make new friends on the way! Can't wait for the next one! **Imogen 7U**

It was a fun and rewarding experience, and it was so amazing seeing everyone's hard work come to life. There were countless amazing memories – it was incredible! **Sophie 11B**

The musical was an amazing experience that I am so grateful to be a part of. I have made many new friends and had many new experiences, and I would recommend it to everyone. **Jessica 7N**

Charlie and the Chocolate Factory was an experience I'll never forget because I made some friends and got to dress up in costumes that were so much fun. I also got to do something I love – to perform on stage with amazing people and create some of the best memories of all, with laughter, joy, and love. **Clare 11U**

I really love the musical; it was an amazing experience and I felt like I met a lot of people. I miss the musical so much. **Saara 12H**



Visitors from Japan

Kawagoe Minami High School

On 26 July, 22 students and two staff members arrived from our sister school, Kawagoe Minami High School in Japan, and were met by their excited host families and host buddies. In the first few days of their visit they participated in a school tour and a Music and Dance performance with Mrs Heath & Ms Gale, and made delicious meat pies with Ms Ross! Students and host buddies enjoyed an excursion to Victor Harbor and Urimbirra Wildlife Park, and a visit to the city & SA Museum.

In their second week, students enjoyed a Woodworking class with Mr O'Brien where they shaped, sanded and painted boomerangs. They then asked family and friends to write messages on them to remember their time at Cabra.

Ms Stasic's Year 7 Japanese class made a surprise afternoon tea of fairy bread & Vegemite on Salada crackers for the Kawan students. They enjoyed their treat (not so sure about the Vegemite!!) while we played an intercultural game of Bloocket.

The Japanese students also participated in a fun Scavenger Hunt around the school with our St Mary's Unit students, and enjoyed making Australian bookmarks and decorating biscuits together. Many lollies were tasted!! That night, host families & Kawan students attended a Farewell Party where we celebrated our time together and awarded students with certificates and gifts.

The highlight of the stay was the incredible performance of a traditional Japanese Fishing

song at St Dominic's Day. The students were thrilled to receive an award for 'Best Visiting Act' and received a huge round of applause! It was so amazing that they could be a part of our special day!

On Saturday morning, many tears were shed by students, host buddies and host parents as we farewelled our friends. That is always a sign of a successful exchange! Many amazing friendships were formed, and we look forward to continuing our sister school relationship for many more years to come.

We would like to thank the Cabra community and our incredible host families & buddies for welcoming our Kawan students to Cabra.

**Carmen Stasic & Carey Murray |
Japanese Teachers**

It has been a delight over the last couple of weeks to have students and staff from our Japanese sister school visit, after years of Covid delays. Our relationship with Kawagoe Minami High School began 23 years ago and we are grateful for the experiences and increase in understanding that the visit and our ongoing connection provides. The visiting students' performance at the talent show was a highlight for us all!

Helen Riekie | Principal





Generations

The family of Marie Smith (Jackson) '64

1st Generation – (Marie's grandfather and siblings)

Alphonsus George Day	Born 1889	started primary school at Cabra 1895
Marie Rose Day	Born 1895	
Aloysius Verdon Day	Born 1891	

2nd Generation – (Marie's aunt)

Patricia Lilian Day	Born 1924	started secondary school at Cabra following primary schooling at St Therese, Colonel Light Gardens
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Other members of this generation (including great grandparents) absent due to limited schooling

3rd Generation – Marie, her sister and cousin

Marie Anne Jackson	Born 1948	started kindergarten 1952, primary & secondary completed 1964
Colleen Glenyse Jackson	Born 1952	started primary 1957, completed 1968
Jennifer Patricia Harvey	Born 1954	started secondary 1968, completed 1972 Cousin

4th Generation – Marie's daughters

Kirsty Lee Smith	Born 1970	started middle school 1981, completed 1987
Katherine Marie Smith	Born 1973	started secondary school 1986, completed 1990
Madeleine Ruth Smith	Born 1979	started middle school 1989, completed 1995

5th Generation (current) – Marie's grandsons

Jude Goodwin Smith	Born 2002	Class of 2021
Reilly Shum	Born 2005	current Year 12
Jeremiah Goodwin Smith	Born 2007	current Year 10
Sidney Shum	Born 2008	current Year 9
Oliver Jack Balint	Born 2010	current Year 7



1. Alphonsus Day and siblings
2. Marie in her early years at Cabra
3. L-R: Margaret Dunn, Ann Stanley, Marie Kelley, Marie Jackson 1963
4. L-R: Dianne Morelli, Marie Kelley, Marie Jackson having fun with some "adaptations" of the sport uniform
5. Colleen Jackson 1968
6. Kirsty Shum (Smith) 1987 pictured in Year 8
7. Kate Goodwin-Smith (Smith) 1990 pictured in Year 8
8. Madeleine Balint (Smith) 1995 pictured in Year 8
9. L-R: Kirsty, Madeleine (deceased in 2020), Marie, Kate, Kate's daughter Matilda
10. The fifth generation currently at Cabra; L-R: Sidney Shum, Oliver Balint, Jeremiah Goodwin-Smith, Reilly Shum

See From the Archives page 14 for more photos

We asked Marie some questions recently about her family's connection to Cabra.

GBT: Five generations reaching back to the 19th Century is quite extraordinary. What does your ongoing connection to Cabra mean to your family?

As a third generation Cabra student I have a strong sense of belonging to the Cabra community and a loyalty to Cabra and the Dominican tradition of seeking truth, justice, respect for the uniqueness of each person along with its commitment to developing minds and spirits. I am proud that our 3 daughters continued the tradition by choosing to send their sons to Cabra and I know their 19th and 20th Century forebears would be equally delighted

GBT: What are your memories of Cabra, and how did it influence your life after school?

Cabra encouraged questioning minds in all matters and this has been the basis of all learning for me in everyday life, relationships, family, community work and formal education.

Playing sport and joining teams and groups to make a difference was important. Sports Days involved lots of team preparation and practices to do march pasts in the four teams of

Calaroga, Notre Dame, Aquinas, and Siena to a high standard of uniformity. Sports uniforms, their length, how we tied our girdles and wore our socks were strictly monitored and counted towards team success.

We were encouraged to be prepared to make a difference no matter where or what you do in life; to take responsibility and to be of service to others.

Students were disciplined for outlandish haircuts, hair colours or not wearing gloves, hats and berets on the right angle or wearing a uniform too short or too stylishly. Uniforms were measured from ground to hem whilst kneeling and this was done by either a prefect, nun/ or lay teacher. These misdemeanours were punishable offences. I was often in trouble for breaking rules hence many detentions and /or recess and lunch times spent picking up papers in the yard. To this day I struggle to walk past strewn rubbish without taking responsibility for picking it up.

Like all teenagers I was always hungry after school, especially when I stayed on to play tennis. It was handy having veggie gardens, grapevines, fruit orchards where the Aquinas building, and the large ovals are now. Out of

bounds of course to students but we managed to leave plenty for harvesting for the nuns and boarders' kitchens.

In my later secondary years, I committed to going to morning mass in the Cabra Chapel for the 6 weeks of Lent and with this came the wonderful opportunity to have breakfast with the boarders. It was here I learned how to fry fritz and eggs in butter and load it with salt and pepper on toast. This was followed by extra helpings of hot milo- A delicious Lenten memory which erased the not so delicious memory of the mandatory cleaning of the scullery that followed boarders' breakfasts!

I have fond memories of and am grateful the access students had to Cabra's piano music rooms around St Dominic's Square and also being allowed into the library upstairs during lunch periods. These places gave me solitude and time to do the things I still enjoy today.

GBT: What else do you think is special about Cabra?

Apart from all I have mentioned I would say that Cabra has always reflected a cross section of the community and modelled being inclusive of diverse cultures, abilities, and backgrounds.





Generations

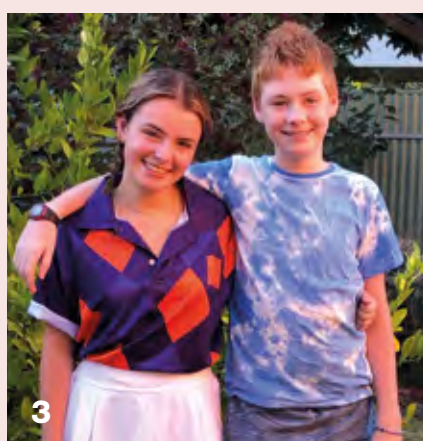
The family of Stephanie James (Regan) '66



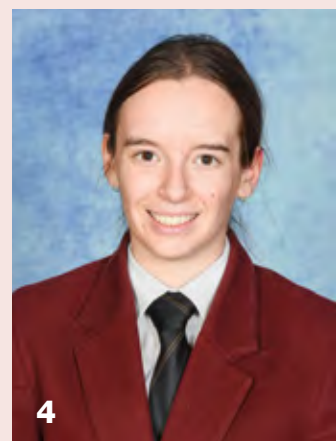
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Stephanie James recently attended our Community Morning for past scholars of the 1960s and prior, and provided the following information about the five generations of her family that have attended Cabra.

"I have one grandson at Cabra, Ned Svenson in Year 10 (2020-today), his sister Pippa (2016-2022) left school last year, and their cousin, Aurora Owen (2017-2021) left the previous year. They were the fifth generation to attend Cabra.

My maternal grandmother, Rosie McManus, was among the first boarders at Cabra. Her two eldest daughters, Mary and Ellen (or Nellie) Kelly were also boarders in the early 1900s, (second generation). Their seven Regan nieces and nephews were all at Cabra; the three girls all finished Year 12. As the middle of the three girls I attended Cabra from 1954-1966, (third generation). My three daughters were all Cabra students: Katherine Flynn 1976-1988, Jacqui Flynn 1984-1990, Sophie Flynn 1989-1993 (fourth generation)."

From the Archives

A piece of writing by Rose McManus, by then Mrs Kelly, re-printed in the 1886-1986 Centenary Veritas, describes her memories of being a foundation boarder.

"After we boarders arrived in Cabra early in 1886, the first familiar figure that greeted us was the statue of Our Lady which rested safely in its niche on the third story. This old friend had occupied the oratory in Franklin Street school room for years and thus made us feel quite at home. The building, consisting of the main front porch and the west wing, was set in large grounds which were at first dusty and covered with grass and weeds. These stained our clothes as we ran through them.

In those days, a picnic to the hills was one of the highlights. We talked about it for weeks beforehand and again for days afterwards as some of the girls were painfully conscious of its effects. One such outing I remember happened

the day after Rosary Sunday... We walked from Cabra to the hills, via Mitcham, and there were no houses between the Convent and Mitcham.

I can remember how tired we felt trudging back home, arriving at the Convent just at dusk. After dinner, we bathed our blistered feet, encased them in Vaseline and old linen, and, needless to say, our slumber was sound."

Top: The first day of school at Cabra in 1886, including students, builder, architect and Sisters. Rose McManus is in the group to the right, back row, second from left.

1: Details of a book from the Cabra archives, presented to Miss R McManus for "her attention and proficiency in the Second Class of Christian Doctrine, 1886"

2: Stephanie James (Regan)

3: 5th generation Cabra students Pippa Svenson '22 and Ned Svenson, current Year 10, pictured dressed for Sports Day in 2022. They are direct descendants of founding student, Rose McManus.

4: 5th generation Aurora Owen, pictured in Year 12 in 2021

Academic Challenge & Enrichment

Congratulations to our students for a very successful Robocup Junior State competition, held recently at St Peter's College. The Cabra team won overall 2nd place in the Heavyweight Sumo division and received an additional innovation award in Sumo. There were 120 teams that participated from across the state in a variety of competitions.

Sumo is a head to head competition where students need to come up with creative programming for two autonomous robots to push or flip the other out of a circular ring. Sumo robots must be fully autonomous, with a variety of sensors to search for the opponent, push them out, and stay inside the playing area.

ACE students have also attended the Ethics Olympiad and the Da Vinci Decathlon, as well as participating in Chess Club, Debating Competitions and Strategic Games Club. Workshops for the Tournament of Minds teams have readied them for the competition in September.

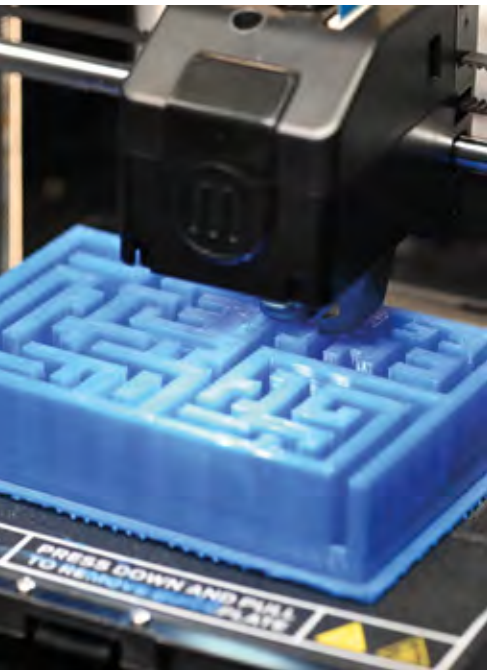
Ms Kate Rowberry | ACE Coordinator



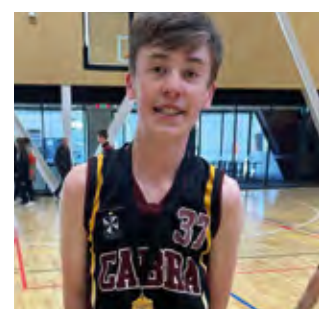
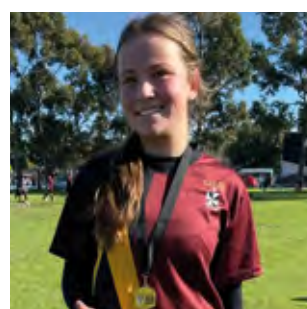
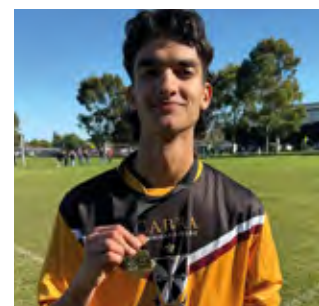
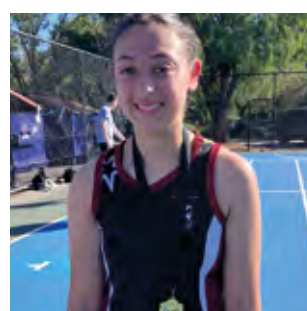
What's Happening in the Angelico Centre

The Angelico Centre, opened in February this year, is now busy with classes every day. Students participate in a wide range of Visual Arts and Technologies subjects, including woodwork, metalwork, ceramics, art, fashion design, photography and podcasting.





2023 Intercol



Congratulations to all players and to our Year 12 cohort who supported the week with huge numbers, a testament to them and their Sport Captains Jesse Blackwell and Poppy Cartwright.

The third annual Intercollegiate Competition against Nazareth Catholic College took place in August. It was wonderful to see so many students representing the College and in attendance at the various events, supporting their peers. When the true spirit of competition is in play, young people can begin the important process of defining and extending themselves.

41 games took place from Tuesday to Saturday that included Debating, Table Tennis, Football, Soccer, Basketball and Netball. The week was tightly contested by both schools with Nazareth taking out the week 22-19.

Joel Morizzi | Sport Co-Curricular Coordinator



Community News



Dominican Refugee Tertiary Education Fund

You can help!

The Dominican Refugee Tertiary Education Fund was established over 6 years ago to assist former Refugee students of Cabra Dominican College and St Mary's College to pursue tertiary education.

These students are in Australia on Temporary Protection Visas and therefore they are charged the International Student Fee for tertiary students at Australian universities.

This is generally double the amount charged for Australian residents which makes it inaccessible for many refugees.

The fund is proud of the support provided to four old scholars, two (female) students have completed a nursing degree and are now employed as Registered Nurses in the Cardiac Ward of a local private hospital and two students (female & male) have both successfully completed a degree in Civil Engineering. Three of these young Refugees received notice recently of permanent residency in Australia. The fourth is still waiting after 13 years.

The fund has raised over \$100,000 with the support of the Cabra Chapel community and the Dominican Sisters community.

Should you wish to know more please contact Sr Maureen O'Connell on 0439 895 321 or via email maureenoc19@gmail.com.

Should you wish to contribute towards the tertiary education of refugees that have attended Cabra Dominican College or St Marys College, you can donate to:

Bank Account Name: Maureen O'Connell

BSB: 105 081 / Account Number: 072723240 / Reference: Tertiary Assist

Please note: The Dominican Refugee Tertiary Education Fund is not a registered charity and therefore donations are not eligible for a tax deduction.



English Classes at Sophia Ecumenical Centre

These classes provide English tuition and practical life skills for refugee men and women not able to access alternative classes.

Supportive environment with child-minding provided.

For further information please contact the Sophia Office Manager 08 8373 3781 (Tue – Fri 10am-1pm)

English Classes for Women

Weekly during school terms.

Wednesdays 10.00am – 12.30pm

Held at Sophia

Free of charge

English Classes for Men

English classes for men will be commencing on the 6 September 2023.

The classes will be taught by Bernie Fitzsimons, a well-respected educator.

Weekly during school terms.

Wednesdays 10.00am – 12.30pm

Held in the Catherine Murphy room.

Free of charge

Sr Maureen O'Connell



Premiers

Staff member Deanna Riley coached the Contax Reserves netball team, including Dusty Millar, Year 11 student, to a Premiership in August.

Eliza Hunter, a pre-service teacher at Cabra in Term 3, was part of the Premier League Premiership team for Contax.



Staff Baby

Charlie Jay Harding was born to Ashley Harding (Telford), Cabra counsellor and her husband Shane on 11 July.

"He was born on 11/07/2023 9 weeks early and weighed 1280grams but other than being teeny tiny he is in perfect health just needing to grow a little more before we can bring him home :)"



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Coaches, Tutors and Visitors

We welcome back our alumni in a number of different ways across the year, including as sporting team coaches, as academic tutors and sometimes to speak with our current students.

Recently, we were fortunate to have two old scholars, Darcy Campbell and Tom Allen, come back and talk to our Year 10 students about developing good study habits and developing strategies to help them in Year 11 and 12. We also had two of our placement students, Ms Hunter and Caitlin from our Counselling team provide some advice as well.

1. Tutor Riley O'Shannessy '22
2. Matthew Kojevnikoff '20 and William Moore '20
3. Caitlin Eichner (2022)
4. Anastasia Willoughby (2022)
5. Tutor Ketan Vashishth '22
6. Tom Allen '19 and Darcy Campbell '19 visit

Alumni News

Vale

In Memory of Mary Symons (Loughhead) '60

Mary Symons, nee Loughhead, was a remarkable woman who recently died at the age of 79 in London, where she had lived for over 45 years. Her story is a testament to the power of education and the opportunities it can provide.

Mary's educational journey began when she was awarded a scholarship to attend Cabra in 1956, after completing her primary education at St Therese's PS Colonel Light Gardens.

Her family has a long-standing connection with Cabra, with both her mother, Sadie, and two aunts having attended the school. Her Grandma Elizabeth was a special friend to the Dominican nuns all her life. The new Music Centre is named after her Aunt Monnie, better known to all Cabra people as Sr Mary Therese (Sweeney).

After completing her education at Cabra, Mary went on to study pure and applied mathematics at Adelaide university, earning a science degree. This was a remarkable achievement for a woman in the early 1960s, when university education was still relatively rare for women, let alone in fields like mathematics.



Following her graduation, Mary began her professional career in the infant computer industry, starting in data entry at the CSIRO unit adjacent to the university. She remained in the field of computers throughout her career, eventually working in the Computer Help Unit at Imperial College London, where she also served as Head of the University Union.



Mary is survived by her husband James, her children, and grandchildren. She is a credit to her formative education at Cabra, which provided her with the foundation she needed to achieve such great success in her life.

▼ Emily Vonderwall '18

Emily Vonderwall '18 is currently pursuing post-graduate studies with the Lab of Evolutionary Genetics and Sociality at Flinders University where they are looking at defining the natural fluctuations of Oxytocin and Dopamine in pair bonded and solo sleepy lizards (*Tiliqua rugosa*) across the mating season.

"I just wanted to tell the staff who knew me during my time at Cabra that I'm a Marine Biologist and Aquaculturist now. I finished my undergrad in Marine Biology and Aquaculture earlier this year, and now doing my first year of post grad work. I know when I was in school I said I wanted to be a teacher and had accepted an offer in a bachelor of education. But I ended up changing my mind last minute and followed what I wanted to be doing since I was a kid. I guess I just wanted to tell the staff who got me through high school, if it wasn't for all of you, I wouldn't be where I am today so thank you."

Emily also passed on special thanks to teacher Celeste Becker, saying that "she was the one who really tried to get me into STEM from like Year 8".





▼ Rebecca Mangelsen '20

"I graduated in 2020 and I am in my third year of nuclear medicine at the University of South Australia. I would love to bring attention to women in stem and the opportunities in my work field."

I have recently co-authored and co-illustrated a paediatric colouring in book which guides a child through a nuclear medicine scan.

Through games and interactive questions, my colouring book aims to provide children with an educational distraction whilst visiting the nuclear medicine department. The goal is to provide children with information about their visit to alleviate patient anxiety and lead to a better clinical experience.

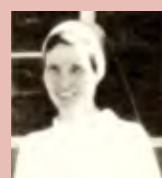
The books have been distributed in 11 Australian and New Zealand hospitals, with many other hospitals receiving trial copies. I was also fortunate enough to present at the Queen Elizabeth Hospital and the international ANZSNM scientific conference."

Rebecca with her co-author Ruby Holman



▼ Moira McAuliffe '66

"I have lived in Portland, Oregon since 1992. In 2002 my husband (RV Branham) and I founded Gobshite Quarterly, a multilingual literary journal – earlier this year we published the 20th anniversary issue. In 2008 we established a small press, Reprobate/GobQ Books. Our current project is a bilingual chapbook by Swiss poet Florian Vetsch. Last year we published a book of drawings by Melbourne muralist/cartoonist M.P. Fikaris and chapbook by Adelaide poet Judith Steele; we have also published a U.S. edition of Sydney rock journalist and poet Mark Mordue's Darlinghurst Funeral Rites. www.gobshitequarterly.com"



Correction from Edition 10

In the previous edition of *The Good, the Beautiful and the True*, a 1969 photo of Sr Mary Alberta was incorrectly labelled.

Here is the correctly labelled photo: Sr Mary Alberta, Margaret Hayward (Forde)

Alumni News



Michael Hennessy

"In 1979 Cabra welcomed boys into Year 10 for the first time, and I was lucky to be one of the five boys who took up the opportunity, joining my four sisters for the first time all in one school. My mother and her sisters also attended Cabra, as did many of my cousins and nieces and nephews in a long association with the school.

I am not sure who thought it was a good idea to put me into core classes as the only boy, but it did make for an interesting first year. Sr. Fran Davidson obviously believed in equality as she asked the boys (me) every second question in English and Sr Alphonsus kicked me out of music anytime someone made a loud noise, but on the flip side, I had a PE change room to myself! It took the teachers and the girls a while to get used to having boys in the class.

I was not always the easiest student to have in the class, but I always felt that the staff were very supportive and by necessity, forgiving. I enjoyed my time at school and made some lifelong friends at Cabra. My most admired teachers were James Moncur, Michael Holdcroft, Mary Emery and Sr Fran, but my all-time favourite was Sr Pat Brady with her limitless patience and calm manner. These people saw qualities in me that I didn't know I had.

It would probably horrify some of my teachers to learn that I have spent the last 38 years as a teacher. Some of my classmates might also be amused by that. I started teaching in the Education Department but moved to

Catholic Education in 1989. I am currently the Information Services Coordinator at Xavier College (Gawler Belt). I help run the Student Hub and support the Pastoral Care team while still doing some teaching. In the 25 years at this school, I have carried out a variety of roles which has helped keep life interesting.

It is hard to believe that it is 43 years since I graduated, but I still have many funny and

fond memories of my three years at Cabra. I apologise to the teachers who remember me for other reasons!"

Vertical Group 7, from the 1979 Veritas, consisted of students from Years 10, 11 and 12. This was not Michael's core class, in which he was the only boy!



Tanya Sharkey

Recently we marked a very special milestone for one of our staff members, Tanya Sharkey, who celebrated 40 years of teaching at Cabra. Not only is Tanya a long-serving teacher, she was also a boarding student here in the 1970s and a parent from 2000 to 2012.

Deputy Principal Jarrad McCabe presented Tanya with a certificate honouring her years of service at a gathering of staff on St Dominic's Day.

You can read more about Tanya's story in the Spring/Summer 2022 edition of The Good, the Beautiful and the True magazine.

▼ Michelle Neilson (Fox) '86

We asked Michelle, a current staff member, to share her story.

"I attended Cabra from 1982 until 1986, a period that coincided with two significant events in the school's history. The first of these was the establishment of the St Mary's Unit, now more commonly referred to as SMU, in my inaugural year. My graduating year marked Cabra's centenary celebration. My memories of Cabra go beyond it being just an educational institution it was a place where personal growth and wonderful memories were cultivated. It was here that values like teamwork, respect and effective communication were instilled in students. The friendships I made during my five years at Cabra have endured the test of time and remain strong to this day.

Another profound impact Cabra had on me is my deep-seated passion for inclusive and diverse education. In 2016, during Cabra's 130th year, I had the privilege of returning to the school as a staff member, working as a curriculum ESO in the Diverse Learning Team. This experience has been very rewarding. I firmly believe that schools like Cabra, which embrace diversity, have the power to nurture compassionate and empathetic students who are well-prepared for the challenges of our diverse world.

As my four boys have successfully completed their school journeys and transitioned into young

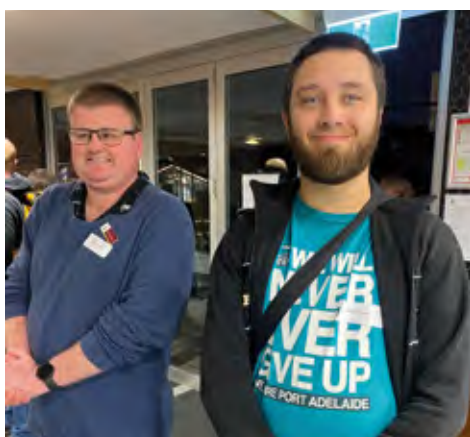


adults, I decided to take a term-long service leave to embark on an exciting adventure across Europe with my husband, Scott. This journey marked the beginning of a new chapter in our lives, filled with unforgettable experiences and beautiful memories. While I feel incredibly

fortunate to have had this amazing opportunity, I was excited to return home to my family, friends and the Cabra community."

Michelle and husband Scott on their recent European adventure

▼ SMU Reunion, held on 26 May



Alumni News



Pictured above is the current Board of Directors for Cabra Dominican College.

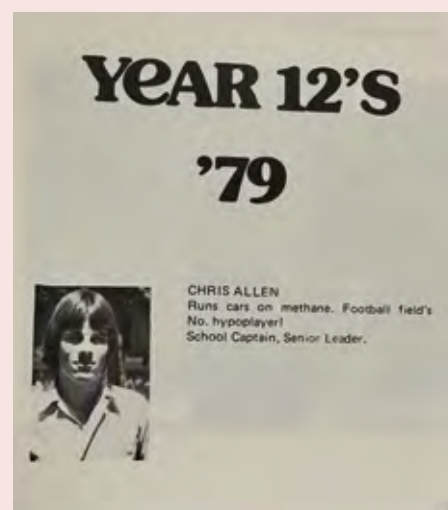
A number of alumni serve as Board Directors, including Chris Allen '79, back row on left, Mary-Ann Royle (Cawley) '81, Kate Mathew '88, Elysia Ryan (Turcinovic) '95, and Bridget Shinnick '13.

▼ Chris Allen '79

Chris Allen was the first "boy school captain" in 1979, and now serves as a Director on the Cabra Board.

We asked Chris to tell us about his work, and what drives his continued connection to Cabra.

"I am a barrister. My day-to-day work involves conducting criminal trials. I am retained to appear for the defence and for the prosecution. Although my time as a student at Cabra was short – 2 years – looking back now, I appreciate that the time I spent at Cabra helped to shape my outlook on life. The staff who taught me encouraged me to strive to achieve the best I could, always with a sense of respecting others. I look back on those days with fondness. I loved my time at Cabra. While in many ways Cabra in 2023 is very different to what I recall from 1979, much remains the same. Cabra was then, as now, inclusive. The sisters and staff who taught me, instilled in me a sense of social justice which has defined my career since I left school."



Chris pictured in the 1979 Veritas

Reunion



1960s and Prior Community Morning

In May we hosted the 1960s and prior Alumni Community Morning. The past scholars in attendance, many of them former boarders, shared stories and laughs and spoke of their love for the school community and their joy in reconnecting. There were several current students who participated in this event, representing the college beautifully, whether they read or performed music during the liturgy, passed around platters during morning tea or simply chatted with our guests. The alumni really enjoyed this connection with our young people. The students involved also loved hearing the stories about Cabra and what it was in a time when much of the technology and facilities didn't exist.

Helen Riekie

16/05

Save the Date

▶ The next Community Morning, for anyone who finished at Cabra more than 50 years ago, is scheduled for Thursday 16 May, 2024

Reunion Dates for 2023

4/11

**Reunion Tour for
Class of 1993 (30 Year),
Class of 1983 (40 Year),
Class of 1973 (50 Year)**

► **Saturday 4 November**
4.30 – 6.00pm

Reunion Tours

Principal Helen Riekie is hosting Reunion Tours of the college for our alumni. Join your classmates to visit the “old haunts”, and our newest facilities. Share your memories with each other, and us!

We encourage you to gather your year level and organise a dinner at one of the many local pubs and restaurants following the tour.

Tours are free of charge and include a complimentary memento bag.

For more details and to RSVP visit the Alumni page on our website www.cabra.catholic.edu.au/discover/alumni

Communications Office:
publications@cabra.catholic.edu.au
P: 8179 2460

7/10

Class of 1968 (55 years)

► **Saturday 7 October 2023, 12 noon**
The Monastery – Sebastian Room
(behind the Church) 15 Cross Rd, Urrbrae

Visit our website for further information or contact Marie Wellington (Wright) on 0439815235 or mariewellington@bigpond.com

18/11

Class of 1977 (45 years)

The organising committee is planning an event for the afternoon of **Saturday 18 November 2023**. Visit our website for further information or contact Kay Doherty at 0402 138 271 or kayandpaul@hotmail.com

4/11

Class of 1973 (50 years)

A private cocktail style event for the Class of 1973 has been organised by the 50th Reunion Committee.

► **Edinburgh Hotel, Mitcham**
Saturday 4 November 2023, 6.30pm

Cost: \$58 includes a drink on arrival (champagne, wine or a mocktail) and a generous selection of canapes and platters served during the evening.

Bookings: www.trybooking.com/1096178
Bookings close Monday 23 October.

For more information about the 50 year cocktail event, please email 73veritas@gmail.com

Alumni Events

Class of 2023 – Back on Campus

(Yearbook Collection)

Thursday 21 March, 4.00pm – 6.00pm

Alumni Community Morning

All past scholars from 1973 and before are welcome

Thursday 16 May, 10.00am – 12 noon

Reunion tour for

Class of 2014 (10 years)

Class of 2004 (20 years)

► **Saturday 7 September**
4.00pm – 6.00pm at Cabra

Reunion tour for

Class of 1994 (30 years)

Class of 1984 (40 years)

Class of 1974 (50 years)

► **Saturday 2 November**
4.00pm – 6.00pm at Cabra

2024

2023



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Cabra Dominican College

Cabra Dominican College is an educational ministry of Dominican Education Australia