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Cover Art

'SS Someretsire' (The ship that Mother Gonzaga Barry travelled to Australia from Ireland on in 1875)

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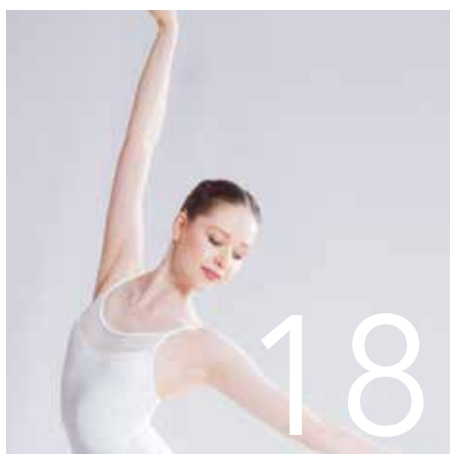
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From the Editor,

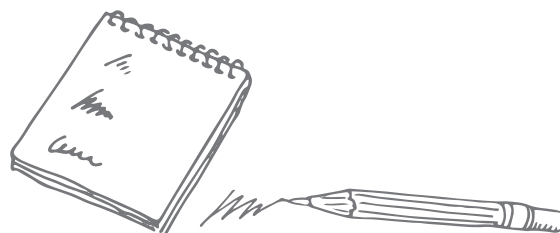
“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”
Albert Einstein.

Our world is one. A global world of different cultures, languages, experiences and people. The Mary Ward Loreto values were before their time in recognising this and creating an educational community that transcended boundaries, making it a global pioneer in the educational sphere.

Designing and collating this ‘global’ edition of Verity has been fascinating in discovering all of the intricacies of this and learning more about the ever growing Loreto Community and the ways in which they are active in the international arena. This edition of Verity explores some of these experiences from dancing on the global stage, current and past students making waves in the world of the arts and taking a step back into how the world-wide Loreto journey all began.

We hope you enjoy reading this as much as we did putting it together.
Our next edition will focus on the 2018 Loreto value, Justice.

Shona Hendley and the Marketing & Development Team



Coming Up

OCT '17

24

Annual Past Pupils' High Tea

Past Pupils Mass of Remembrance & Past Pupils' Association AGM

Mass in the Chapel at 5pm

The Past Pupils' Association AGM will be held in the Mary's Mount Centre Foyer between 4.45pm and 5.45pm.

27

Old Boys' Twilight Beverages

A great opportunity for Old Boys to catch up and spend some time in the College grounds.

NOV '17

24

First Year Out Reunion

A chance for the Class of 2016 to celebrate with their class mates and share experiences since leaving school.



MAR '18

24

Reunions

Dawson Street Class of 1968 (Form 4)
Reunion
Class of 1998 Reunion
Class of 1968 Reunion

23

Easter Picnic

APR '18

21,28

Reunions

Saturday 21
Class of 1988 Reunion
Class of 1998 Reunion
Saturday 28
Class of 1978 Reunion
Class of 2008 Reunion

MAY '18

18-20

Loreto Federation

Loreto Federation will be held at Loreto Normanhurst, NSW from 18-20 May.

Messages from Loreto



From the Board

For the past six years I have been privileged to be Chair of the governing body of this wonderful College. This is a position that comes with great responsibility, but, being able to assist in the development of the College and in the tradition passed on to us by the Loreto sisters dating back here in Australia to 1875 has also brought a great amount of joy and pleasure. However, it is now time for me to hand over the reins and reflect on some of the achievements of your Board (formerly Council) over the past six years.

Firstly, I would like to acknowledge the tremendous support of all Board and Subcommittee Members who have worked tirelessly and with great care and dedication over the years, and made my position so much easier to undertake and fulfil. I also acknowledge the support I have received from Ms Potter as school principal, along with her leadership team and staff. It has indeed been a great

pleasure to work and interact with not just these people, but also the greater school community.

There have been many highlights throughout the past six years. Most might think the standout would be the completion of the Mary's Mount Centre along with its opening and hosting of Federation in 2014. Some Year 9 students would certainly believe the biggest highlight would be the renovation of the old hall into the state of the art Mulhall Centre. These two building projects were certainly great achievements for our school. However, to me the highlight of my time as Chair was on so many occasions to see our students continue to excel with outstanding results and performances.

Whether it be in the academic, sport or the arts arenas, I have been continually amazed at the achievements of our students. Each year these achievements seemed to climb to greater heights. We regularly have fine young women doing great things.

As a governing body, our aim has always

been to try have the College continue to grow in the mission and manner of the Gospel as lived out by Mary Ward and Gonzaga Barry. I congratulate those who have worked collaboratively with me over the years and I leave in the full knowledge that the College will continue to flourish in the coming years.

Thank you for all your support. It has been an honour and pleasure.

Board Chair - Mr Shane Carey



From the Principal

In late June I had the enriching opportunity to participate in the Loreto Schools International Education Conference, hosted by the Loreto schools in South Africa. Engaging with Loreto educators from across the globe in an exploration of a contemporary Mary Ward education was a reflective, collaborative and joyous experience. In this edition of Verity, Mrs Linda McDonald and I are delighted to share a little of our experience.

Mr Shane Carey will conclude his role as Board Chair at the end of 2017. Shane has made a significant contribution to the College over an extended period. His generous contribution includes ten years membership of the Finance & Risk Committee (two years as Chair) and eight years as a Board member (six years as

Chair). We are delighted that Shane will continue to share his expertise, time and strategic thinking as a member of the Finance & Risk Committee.

Shane has brought a strong financial background to his leadership and service at a governance level alongside an absolute commitment to the heart of a Loreto education, the Loreto Mission and Vision. Shane's two daughters are proud Loreto past pupils, with Caitlyn and Jacqueline graduating in 2012 and 2013 respectively.

These last six years in which Shane has served as Board Chair have seen major strategic goals achieved, including the Mary's Mount Centre and the Mulhall Centre. In the development of new facilities, Shane's approach has been on

the opportunities offered to students and staff through their development. Shane has been unstinting in his support of the achievements of students and staff and has been a supportive and encouraging presence at major assemblies, performances and College events.

Shane has led the Board's long term strategic thinking, with an eye on working collaboratively with Board members, Board Committee members and senior staff to best position our wonderful school for the future.

On behalf of the extended Loreto Ballarat community, I extend our deep appreciation for his leadership, active presence, support and encouragement.

Principal - Ms Judith Potter

From the College Co-Captains

From Maddy

If you were to ask me on the very first day of Year 7 what I wanted to do as a career, I would have immediately said 'actress'. At that time I was somewhat narrow-minded, I was set on one thing and one thing only. Whilst I was determined, my mind was closed to the idea that there were other possibilities for me, and I did not realise my potential was far greater than I could have imagined. As my time wearing the famous blue and gold uniform is drawing to an end, there is one question I am constantly asked; "What do you want to do in the future?" Unlike my little Year 7 self, I am overwhelmed with the vast number of possibilities and opportunities and often cannot muster up a reply.

Over the past six years the guiding hand of a Loreto education has taught me to discover the other options that are out there. While Loreto has taught me about the constitution, autocratic businesses, and matrices, I will take much more than text book knowledge with me into the future. Loreto has shown me how to be

sincere, gracious, loving, resilient, humble and most importantly they have taught me that as young women we are the key to the future and can do anything we set our minds to. I see these qualities as preparing myself for a global future. In our world we are constantly questioning and doubting our abilities based on numbers, but a score does not define who we are. As we Year 12 students prepare to leave school life as we know it, we can be confident despite our final ATAR score. I feel amazingly privileged to be part of such a special education and am excited for the future. I will always remember Loreto and the lessons I have learnt.

From Ella

Loreto is a place where we are constantly told to push ourselves so that we will never allow ourselves or anyone to underestimate us. We are taught to stand up for what we believe and most importantly, that we can achieve whatever we set our minds too. This is all possible through the compelling vision that Mary Ward had for young women. A quote from Mary Ward that

resonates with me is, "Women in time will come to do much." This shows her faith in us to do great things, just as she did. A truly special thing when wearing our uniform is that we are easily recognisable to all. When on an excursion in Melbourne we are bound to run into a past student, not necessarily from Loreto Ballarat, but from any one of the Loreto schools around Australia. It is through these encounters that we are once again reminded of how lucky we are to be attending such a great school. The past Loreto students will always share a story of their time at school, how much they enjoyed it, and the friends and memories they made and still treasure to this day. This shows the great connection each girl has to Loreto, a bond that we share for life with people all around the world, a bond that is signified through not only the Loreto ring that we are presented with in Year 12, but through our personalities and who we are as young women.

"Once a Loreto Girl, always a Loreto Girl"

**Ella Higgins and Maddy Veal
College Co-Captains**

Around Loreto

West Side Story



The annual Loreto and St Patricks' College production West Side Story was held to a full house over five shows in May. The wonderful performance transported the audience to another time and place. The high quality of the production is a true testament to the students and staff involved in all areas, from on stage to back stage.

Fathers' & Daughters' Dinner

The annual event is a relaxed night out, this year featuring, guest speaker, AFLW Collingwood star and past pupil, Bree White.

The event raised over \$3000 from the raffle tickets and auction.

The inclusion of staff and students in these events is critical to engaging and fostering the Loreto Spirit, and everything that is so special about Loreto College Ballarat.



Loreto Pilgrimage

The Loreto spirit transcends time and distance as twenty Year 11 and 12 Loreto College Ballarat students discovered on the Loreto Pilgrimage to Ireland and England in March this year.

The bi-annual experience allows students to learn more about the origins of the Loreto Community and make connections with other Loreto girls. "We... visited Loreto Beaufort and the Loreto spirit was uncanny, the school spirit and welcoming and genuine girls resembled Ballarat to no end," Molly O'Neill (Year 12), said.

It also provides the opportunity for students to follow the footsteps of Loreto founder, Mary Ward, in particular, in the city of York.



Walkathon

Our annual Walkathon is a fun-filled whole school event organised by Mrs Mandy Carroll and our JPIC Committee with great commitment. The sense of fun shines through as does the serious side which is at the heart of our Vision and Mission.

The theme 'On the Shelf' shaped the costumes for this year's event with a variety of costumes from 'Hungry Catepillars' to tea bags being worn by staff and students alike. The fundraiser was a great success, raising nearly \$19,000.

Arts Festival

The annual Arts Festival provided two wonderful evenings of entertainment in early September. Music and performance have the power to transport us to another world, one in which we can just enjoy 'being' in the moment.

All in attendance witnessed the glorious Loreto spirit shining through each performance. Staging the Arts Festival is a collaborative effort between students and staff both on the stage and behind it.





Lights, Camera, Action

Words by Mrs Shona Hendley & Lucy Demuth

"Visions are worth fighting for. Why spend your life making someone else's dreams?"

Tim Burton (Director). Being able to tap into an idea and explore it with a clarity of vision and a sense of individuality is something filmmakers dream of. For some, like our own Loreto Girl, Lucy Demuth (Class of 2016), it comes easier than others.

Less than a year since finishing Year 12 at Loreto College, Lucy is already pursuing her filmmaking dream. Lucy has achieved success in film competitions, nationally and

on the global stage, with her Year 12 Media film, 'He's Behind You'. The short film is a narrative about cyber-bullying and its impact on mental health. The film won the Australasian Video Producers Association's 2016 Student Award and has been shortlisted in the Top 15 for the 'Get Reel' short film competition (Australia and New Zealand). It also featured in the Art Gallery of Ballarat's Next GEN 2017 Exhibition, a showcase of VCE Art, Technology and Media work within the Ballarat and Grampians regions.

"The short film differs from many other student films on the topic of cyber-bullying because it "shows the protagonist overcoming the issue, rather than being beaten by it," Lucy said. Taking this perspective allows Lucy to offer a powerful insight into the internal dynamics of dealing with an issue that faces so many young people but at the same time leaves a sense of optimism, that it can be overcome. The film highlights how being active online can open anyone up to the criticisms of others and how this can then lead to bullying

online and then within a person's real-life community, such as school. This idea of not being able to escape that makes cyber-bullying so prevailing and is represented by Lucy through her camera framing, something which she was commended on by competition judges. The film ultimately highlights the importance of friendship and supporting each other, affirming that a person can get through a situation like this.

Along with a well-developed narrative and subconscious nod to the value of social justice inherent at Loreto College and its 'Loreto Girls', technically, the film was also well executed as highlighted by its film festival success. The practical skills learnt through VCE Media and the assessment specifications that dictate students must perform these wide-ranging technical skills individually, meant Lucy was a one-person film crew, operating the camera, directing actors, writing the script and editing the final film. Being able to do this at such a high level is indicative of what the future holds for Lucy in her filmmaking career.

As in many journeys of self discovery, a bit of serendipity played a role; this is true in Lucy's passion for filmmaking. Once in Year 10 Multimedia in Year 10, Lucy soon realised she had an interest and curiosity for this area. Her initial interest was visual effects but as often happens when we are opened up into a new world of discovery,

this changed. After further studying Media at VCE, her visual effects interest transformed to producing but ultimately, studying within this area reaffirmed that this was indeed the path she wanted to travel.

Lucy is working her way to her dream as a film producer, studying a Diploma of Screen Media at Swinburne University and "absolutely loving it!" Through the course Lucy works directly with industry professionals from around the globe who provide invaluable insight and specialist skills within the area of film making. One area which has stood out to Lucy is the area of screenwriting. "Creating stories" is something that drives Lucy so this screenwriting focus allows her to develop this further by working on treatments and other screenwriting elements with staff that have extensive skills and experience in this field.

"They say that Melbourne is one of the best places for film school. It prepares you well as it has a long history of film, a small but strong community and network", Lucy said. Like the industry itself, filmmaking courses are based on teamwork and support, working together to create the final product. Learning from industry experts and other students, all with their own expertise, in such a respected course as the course Lucy is undertaking at Swinburne will no doubt set her up for a bright career.

Lucy's dream is to produce feature films in the UK. "I love the landscape of the country and how it would be in films." This idea of the eerie British, country landscape and Tim Burton's (Director of fantasy film classics Edward Scissorhands and Beetlejuice) fantasy auteur characteristics are strong influences on Lucy and would be aspects she would like to explore one day when producing her own films. Lucy's clear vision combined with her obvious talent, determination and passion for filmmaking create just a tiny suspicion that we will see her name on a major film title in the not so distant future.

“

shows the protagonist overcoming the issue, rather than being beaten by it.”

#loretogirlempowered



Accountant Empowered

Words by Mrs Shona Hendley & Lauren Bromley

"I have always been very independent and I think that independence was nurtured during my time at Loreto. I learnt that no one else can make your life what you want it to be. That you need to set goals and work your way to achieving them."

Lauren Bromley (Class of 1995) is definitely a Loreto Girl Empowered. Lauren is a past pupil who has sought a career pathway in accounting, a profession she describes as "male dominated." Not only has she succeeded within it but is now challenging

this current male driven environment by launching her own accounting business with a fellow female colleague, Jane Phillips. "Although we currently live in a world of female empowerment, this industry is still very male dominated. It became evident that I was limited in the role I was in and that to further my career I needed to take matters into my own hands;" and so she did.

Lauren has worked within the accounting area for nearly two decades. It was a

passion for numbers and some guidance by former Loreto staff, specifically Sr. Elizabeth, Peter Kerwan and Damian Ryan that led her to this career pursuit. "Once I started studying accounting with Mr Ryan I was hooked. It all just made perfect sense to me and I loved being able to get a balance sheet to balance....yes call me a nerd!"

Reflecting on her career so far Lauren said "there have been challenges" working in a male dominated industry. "There were definitely times when I found myself

working a lot harder and having to prove myself a lot more often than some of my male colleagues in this industry...But I have always said I like a good challenge, it motivates me and makes me more determined. I think resilience is the main quality that you need to have to deal with these sort of hurdles. I think Loreto instilled in me that I was capable of doing anything I set out to do. Loreto taught me resilience and to keep striving for what you want in life."

This love of a challenge and perseverance is now visible in a tangible form through her co-owned boutique accounting firm, Bromley Phillips Accounting and Business Services. "This business is a goal that I never realised that I wanted or needed until recently, but now that I am here and each morning I come to an office that I am responsible for – it is a fabulous achievement for me, and it fills me with a sense of pride and empowerment that I hope every Loreto girl gets to enjoy throughout their lives," she said.

The female owned and managed accounting firm offers many advantages that perhaps aren't as inherent in other firms in the accounting domain. "We have many female clients that we have grown fabulous relationships with over the years and the constant feedback they provide us with is that they prefer dealing with women because they don't talk down to them and that we believe in what they are doing.

We offer a much more supportive and caring service for our clients. We understand that certain areas of accounting need a lot of explanation and guidance, not just a written letter of advice.

Quite often, women are juggling many things at once – careers, families, children – so we also know that time management is very valuable and also know that sometimes there is value in just having a chat with a client and reinforcing your belief in them and what they are doing in their business.

That's why my colleague and I work so well together and we are also great friends. It's not always about business but developing trusted and supportive friendships with your clients and colleagues," Lauren explained.

Lauren's success in breaking down these gender barriers within the accounting industry is testament to her hard work and determination and something Lauren attributes to her years at Loreto and the skills and values it teaches you. "It shows all of these girls that they can grow up to be women that can achieve anything their heart desires. Loreto gives the girls all the tools they need to succeed, be empowered and prosperous. It is up to the girls what they choose to do with those tools."



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What's New



In Your Shoes...

The inaugural “We’ve Been in Your Shoes” Careers Evenings featuring twenty past pupils were held in July and August. The evenings provided a unique opportunity to welcome back past Loreto pupils to share their career stories and wealth of knowledge, experience and advice with current Year 10, 11 and 12 students who are currently undertaking the exciting task of choosing their study and career paths.

Both evenings included personal stories, informal ‘Q&A style’ panel discussion and mentor tables to facilitate personal and group conversations with the students.

We sincerely thank the twenty remarkable past pupils, representing a diverse array of careers who so generously and without hesitation, gave their time for each evening. The connection between past and current students was extraordinary and provided a taste of greater future possibilities.

Our sincere thanks to: Victoria Armstrong (Class of 1983), Nicole Van Berkel (Class of 1994), Kellie Berry (Class of 2005), Mary Spencer (Class of 2006), Kelsey Crosier (Class of 2013), Sally Eastwood (Class of 2001), Nicole Loader (Class of 1999),

Rebecca Niutta (Class of 2007), Ruby Young (Class of 2016), Annie Turner (Class of 2016), Marnie Papst (Class of 2006), Kate Kinnersly (Class of 2013), Teresa Mellberg (Class of 2006), Jess Egan (Class of 1997), Remi Briody (Class of 2004), Erin Gordon (Class of 2001), Molly Wheatland (Class 2013), Grace Mulcahy (Class of 2016), Rachel Sutton (Class of 2016) and Jayde Harrington (Class of 2013).



For more coverage of the Careers Evening and insight into the Loreto Community please view the ‘Your Global Future as a Loreto Girl’ video on our website from November



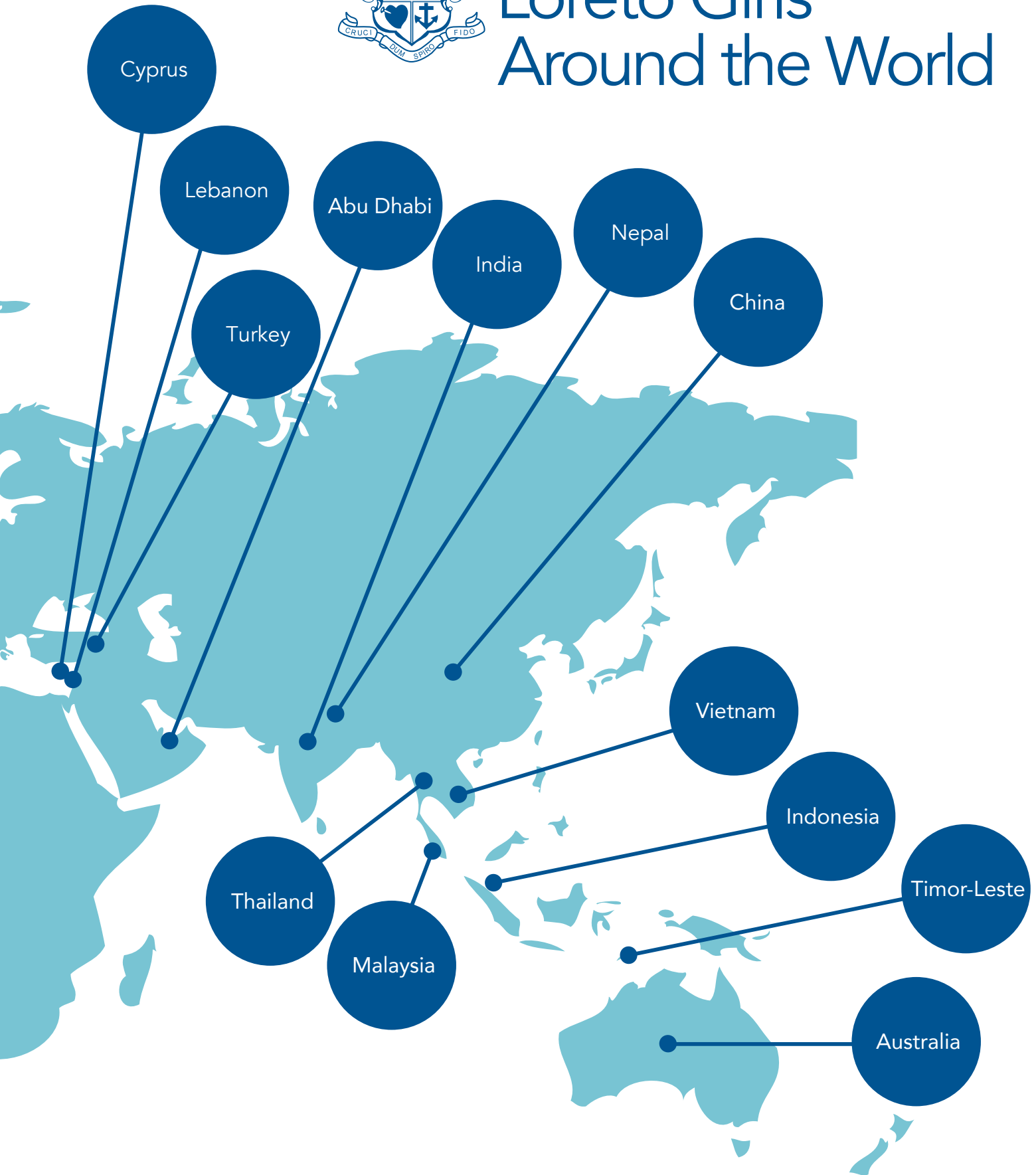
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Education is critical to nurture global citizens who can rise to the challenges of the 21st century... Let us work together to foster education for global citizenship — education that empowers people to contribute to our common future.”

— Ban Ki-moon,
UN Secretary General



Loreto Girls Around the World



This infographic displays the locations around the world that Past Pupils opened our last Alumni eNews. This small snippet shows the wide ranging locations around the world where some of our Loreto Girls currently are; demonstrating how global the Loreto Ballarat community really is. Loreto Girls are active global citizens in all parts of the world.



Name: Alexandra McMaster

Age: 22 years

Dance Styles: Classical Ballet, Jazz and Spanish/Flamenco Dance.

Greatest Dance Accomplishment: Lead Role of Four Seasons "Summer" By Louis Stiens of Stuttgart Ballet Germany.

Alexandra completed her Pre-Professional training at the renowned John Cranko Schule in Stuttgart, Germany and graduated in July with an Advanced Diploma of Dance.

Alexandra is very excited to commence her professional ballet career in France later this year.

Dancing on a Global Stage

Ballarat is renowned as an epicentre of dance in Australia, consistently producing outstanding talent for the global stage. There is a high concentration of excellent dance schools in this region, complemented by the opportunity to dance on the exquisite stage of Her Majesty's Theatre and perfect performance at The Royal South Street Competitions.

Our schools play an important part in supporting this young talent and their global dreams, and Loreto College supports many girls to balance their studies and their gifted talents in the Performing Arts. Our current students now have the opportunity to practice and perform on state-of-the-art facilities in the Mary's Mount Centre and can also study VCE Dance. However, for some their talent is so great, the global stage calls at a younger age. We proudly follow a small group of past and present students who have chosen full-time dance careers and share their stories, for once a Loreto Girl, always a Loreto Girl.



Name: Maidie Widmer

Age: 15

How long have you been dancing for? Maidie has been dancing since she was five years old.

Dance style/s: Classical, Contemporary, Character and Pas De Deux

Greatest Dance Accomplishment: Studying full-time dance at The Australian Ballet School.

Where have you performed? Maidie has danced in Brisbane, Sydney, at the State Theatre in Melbourne and throughout Victoria. Maidie has also performed in New Zealand in the Alana Haines Australasian Awards.

Dance Goal: to become the best she can be within the ABS so that opportunities with Ballet Companies arise on her graduation!



Name: Abbey Lavery

Age: 16

How long have you been dancing for?
Abbey has been dancing since she was three years old.

Dance style/s: Classical Ballet,
Contemporary, Character and Jazz

Greatest Dance Accomplishment:
Dancing through to the finals at the Alana Haines Australasian Awards and as a result, offered an eight day scholarship for a Summer School at the prestigious Rosella Hightower in France.

Where have you performed?
Abbey has danced throughout Australia, New Zealand and in France.

Dance Goal: Abbey is still not certain where her professional dancing future will take her, however, there is no doubt that it will be on a global stage.

Photo courtesy of Luka Kauzlaric, The Courier



Name: Bridgette Chivers

Age: 18

How long have you been dancing for? Fifteen years

Dance style/s: Classical, Contemporary, Jazz, Tap, Acrobatics

Greatest Dance Accomplishment: Being accepted into Melbourne theatre performance school, Jason Coleman's Ministry of Dance.

Where have you performed? Bridgette has performed all over Australia in competitions.

Dance Goal: To travel the world whilst doing what she loves, dancing and performing. On completion of her Diploma she aims to gain employment as a professional show dancer with various cruise ship companies worldwide and develop her choreographic and teaching skills.



Name: Philippa Crawley

Age: 14 (currently in Year 8)

How long have you been dancing for?

Philippa has been dancing for almost eleven years.

Dance style/s: Her main focus is classical ballet but also a bit of contemporary dance.

Greatest Dance Accomplishment or moment so far: When Philippa was awarded a scholarship to travel to Italy to represent Australia in a competition. And most recently being selected for The Australian Ballet School for 2018.

Where have you performed?

Florence Italy, St James Theatre Wellington New Zealand, The State Theatre in Melbourne, Queensland University of Technology Gardens Theatre, The Curtin Theatre in Fremantle, The Smith Auditorium Shore School Sydney, Victorian College of the Arts Secondary School and of course Her Majesty's Theatre Ballarat!

Dance Goal: To work in a professional ballet company.



Global Creativity

Words by Mrs Joshe Burrows & Mia Paxton



Current Year 10 student, Mia Paxton has demonstrated her artistic and teaching skills, through the City of Ballarat's Unique Message Maker Project this year. Mia discusses this opportunity and her passion for anime and manga, the Japanese comic form with Faculty Leader: LOTE, Yoshie Burrows.

Tell us a bit about your involvement for the Unique Message Maker Project.

I worked with Katja Fiedler, Youth Development Officer at City of Ballarat, to run manga drawing classes. The classes were one of eight initiatives provided through the City of Ballarat Youth Development's Unique Message Maker (UMM) Project, and was funded by Engage Victoria. The intimate classes involved eight students, aged 12 to 16, and were a series of six workshops to develop manga drawing skills. For the first five classes I put together different activities in order to learn different skills. For example, one week I taught body structure and clothes, and the next week I taught facial structure and features. After teaching these basic techniques, each student developed their own characters. Their final artworks are now displayed and celebrated publicly in the Ballarat Library.

Following these workshops, I had interviews with Gavin McGrath Mornings and ABC Radio on my classes, which were broadcasted throughout Western and Southern Victoria.

I have now been given the chance to exhibit my artwork in the ContainART Mobile Gallery in Ballarat. This gallery is a small Mobile Box which is moved around different public places in Ballarat, exhibiting young artists' work and offering them the opportunity to sell their work.

What did you gain the most from teaching these sessions?

I connected with the students and enjoyed teaching them. It was great to see their improvement and watch them create their own artwork in the last week using their newly developed skills. The sessions were well structured with all resources prepared, images displayed on a large screen, and a whiteboard. The Ballarat Youth Services supplied the students with their own books, pens and snacks. It was very rewarding that I was paid for each session and for preparing the PowerPoint Slides exhibited at the library, which displays scanned versions of the student's work. It was a great experience to be paid for something that I love to do.

What is your inspiration?

It was my dream to be a professional anime and manga creator. There is a specialised manga and anime course at the Japanese University, which is not far from my grandparent's house and so travelling would have been easy. However, I have decided to continue drawing as a hobby and focus on gaining employment in the business and economics department.

Tell us about you and Japan? How did your love of Japanese culture come about?

I was born in Japan in 2001, moved to Melbourne in 2004, and then we relocated to Ballarat in 2005 where I started my prep year at Black Hill Primary school. I usually go back to Japan once a year with my family for a holiday. Last year, for two months, I went on an exchange program to our sister school, Sacred Heart Obayashi. I had no family or friends there with me, which forced me to speak Japanese for two months.



This experience boosted my Japanese communication and listening skills.

Tell us about you and your love of manga.

I started to watch Naruto, a very popular anime and manga, and Studio Ghibli, one of the most famous anime studios in Japan, when I was in Grade 1 and this inspired me a lot. In Grade 2, I began by copying anime characters to learn the basic skills, and gradually started drawing my own characters. The characters I copied were mostly females from Studio Ghibli because I found them simple to draw. I like many anime characters but my favourite character would have to be Lucy from Fairy Tail.



I used to copy anime characters to learn the basic skills, but I gradually started to draw my own characters."

Tell us about how you draw.

I prefer hand drawing manga because I find it easier, but also enjoy digital drawing. For my digital drawings I use the Intuos Pro Medium Tablet, which is a wireless tablet connected to my laptop. Digital drawings with colour take around ten hours, and hand drawings take around two.

Ambitions? Where do you want to go from now?

I will be running more classes in Term 4 and am looking forward to the next round.

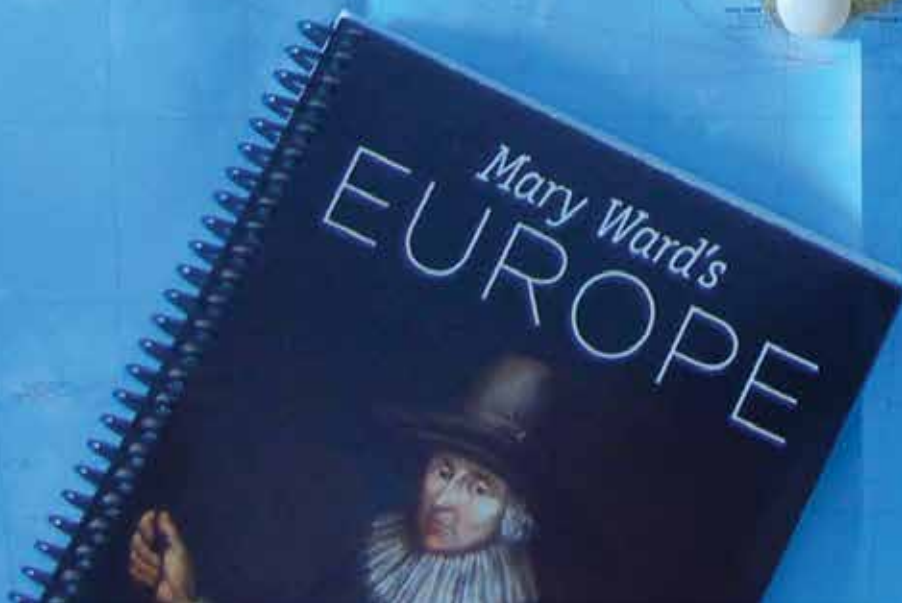
For further information on Mia and her involvement in the UMM Project please read a article featured in The Courier
www.thecourier.com.au/story/4603679/youths-getting-animated-about-anime/



Mary Ward Women Thinking Globally

Loreto Archives

Words by Ms Robin Scott



Our Loreto community is part of a global network sharing the values of justice, freedom, sincerity, verity and felicity and working to empower women worldwide. Mary Ward, founder of the two branches, the Institute of the Blessed Virgin Mary (Loreto) and the Congregation of Jesus (CJs), had an international perspective. Living in a religiously polarised society, she looked to Catholic Europe for the freedom to practice her religion and to found an order of religious women. In 1609 she travelled to Saint Omer in France and then to the Spanish Netherlands, first to join a community of the Poor Clares and then to begin her own mission. Mary Ward's own mission for some time was called the 'English Ladies' but soon became the Institute of the Blessed Virgin Mary and the Congregation of Jesus as we know them today. Despite the strictures applied to women of the 17th Century, Mary Ward travelled widely, founding convents and schools across Europe. Many of these foundations did not survive the hardships years of religious intolerance, papal suppression and war, but the seed remained strong.

Amongst the foundations that survived and those that were established after the death of Mary Ward, was The Bar Convent in York, founded in 1686 by Frances Bedingfield who had joined Mary Ward's Institute in 1632. The Bar Convent is important in Loreto's story as it was Yorkshire where Mary Ward was born and died and where Irish woman, Frances Teresa Ball, trained to become the

founder of Loreto in Ireland. It was from Ireland that our Mother Gonzaga Barry came to Ballarat to establish Loreto in Australia, another branch on the family tree.

Mother Gonzaga was at the forefront of the drive for a global identity and urged unity of the branches of Mary Ward women across the world. A powerful symbol of the union movement is a family tree which graphically represents the expansion of Mary Ward's order. The family tree is an oil painting, painted by a Sister in Vicenza, Italy, and given to Mother Gonzaga in 1907. The tree names the foundations and illustrates them emerging from a single source, the founder, Mary Ward. This painting is now on display in our Loreto Archives Centre.

Encouraged by Mother Gonzaga, there was an early global awareness within the Loreto schools in Australia. Mother Gonzaga travelled back and forth to Europe five times and made close friends with the international leadership, retaining this friendship with generous correspondence. In early school magazines, contributions from students of other countries were as valued as articles from local students in the form of 'Foreign Correspondence'.

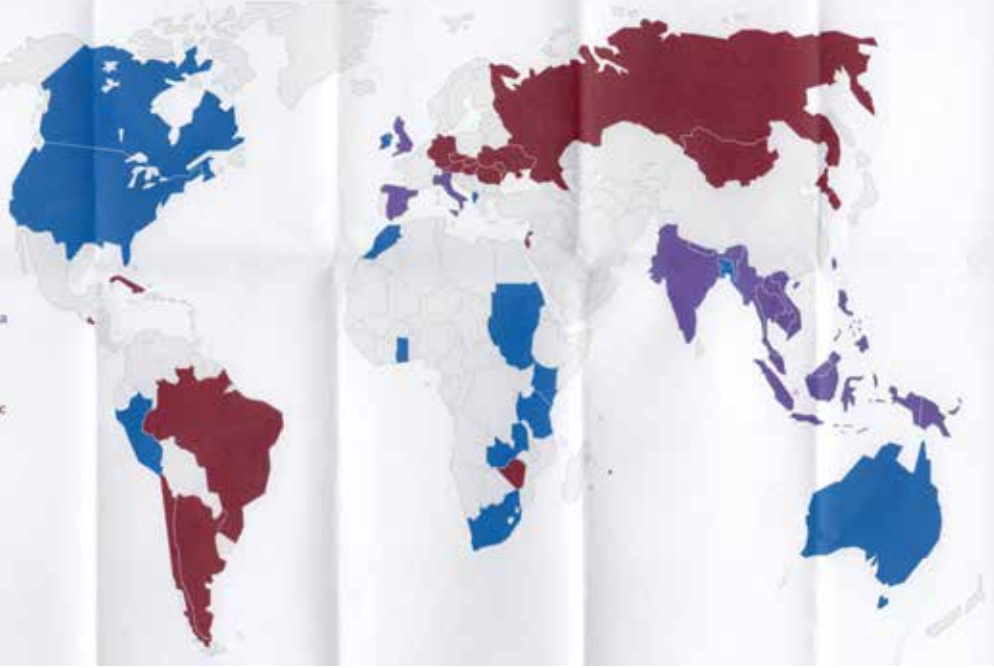
In 1890 the magazine editorial invited contributions, "on the questions of the hour, more especially those that concern our own sex, our general position in the world, and what may seem to be the improvements which can and ought to be effected in the condition and education of woman."

Albania
Australia
Bangladesh
Canada
Darjeeling

LORETO AND CONGREGATIO JESU

Ghana
Ireland
Kenya
Mauritius
Morocco
Peru

South Africa
South Sudan
Tanzania
USA
Zambia
Great Britain
India
Italy
Nepal
Spain
South East Asia
Argentina
Austria
Brazil
Chile
Czech Republic
Cuba
El Salvador
Germany
Hungary
Jerusalem
Korea
Moldova
Mongolia
Romania
Russia
Slovakia
Ukraine
Zimbabwe







“

*Mother Gonzaga
was at the
forefront of the
drive for global
identity”*

The early 2000s saw a renewed commitment to push the bounds of internationality beyond the early foundations. The ‘Courage to Move’ initiative encouraged established Provinces to expand into neighbouring disadvantaged countries. This saw our Australian Province move into Vietnam and Timor-Leste.

Another international initiative has been the establishment of Mary Ward International (MWI) in 2002. MWI supports a network of people associated with Loreto assisting global justice and development. MWI Australia supports projects in Australia, India, Kenya, South Sudan, Timor-Leste, Vietnam and Zambia. Sisters, volunteers and community workers live in communities to establish and assist with specially designed community projects.

The IBVM/CJ family tree continues to grow as Loreto Sisters, and the network of boards and committees are put in place to support them and embrace new opportunities for mission. With each successive generation of students there are more and more willing hands to support this global vision.

Gari-Uai Pre-Primary School, Timor-Leste. Photo courtesy of MWIA.

A Global Loreto Education

Words by Ms Judith Potter & Mrs Linda McDonald

Loreto College Ballarat is blessed to be a member of a global Mary Ward family. The Loreto International Schools' Conference held in Pretoria, South Africa, at the end of Term 2 was an enriching opportunity for Mary Ward educators from nineteen countries to engage in listening, reflection, discussion and action as we explored a contemporary Mary Ward world. We express our deep appreciation to the staff of Loreto School Queenswood (Pretoria), Loreto Convent School Nana Sita (Pretoria) and Loreto Primary School Strand (Cape Town) for their exemplary planning, organisation and wonderful hospitality. In particular, we thank Mr Marcello Pallozzi (Principal, Loreto School Queenswood) and Mrs Tania Seiderer (PA to the Principal) who led the planning and organisation.

The opening address of the conference was given by Sr Noelle Corscadden (IBVM), the world wide Institute Leader. Sr Noelle reminded us that we had come together because of the common vision we share and that "our primary objective as Catholic educators and as educators in the Ignatian and Mary Ward tradition is not simply to form, but it must also be to transform". Sr Noelle noted that we are living at a time when, "our world needs more than ever

citizens who are caring, who are lovers of truth and doers of justice, women and men who will stand up and be counted to make our world a better place, who will go out and help to transform the world, women and men who are peacemakers, who will care for the poor, who will feed the hungry and who will welcome the refugee and who will care for our earth."

The goals of the conference were:

- To gain a sense of the wider body to which we belong, in all its diversity and richness.
- To tackle a number of relevant and desired topics together as Mary Ward educators.
- To address some common problems and challenges.
- To support, learn from, encourage, and energize each other.
- To update Loreto education guidelines by identifying new challenges.
- To set up whatever structures may be needed to enable future networking and promote ongoing cooperation.

The theme of "Rooted, Responsive and Relevant" flowed through each aspect of the program.

- Rooted: our greatest asset is that our

roots are deep into a wonderful source: the Jesus tradition, the Gospel values and Mary Ward.

- Responsive: our greatest opportunity may be our greatest privilege through affirming our students in what they have achieved, giving them a cue to their potential.
- Relevant: perhaps our greatest challenge is to keep relevant.

A diverse range of speakers and ensuing reflection and discussion informed the final stage of the conference, the collaborative development of a Mary Ward Compass for today and the future. Bishop Kevin Dowling reminded us that a holistic education is critical for the future of humankind; indeed, he noted, "it is essential for the survival of all humankind and the planet". We are fortunate that the founder of Loreto schools across Australia, Mother Gonzaga Barry, not only shared this deep belief but ensured it deeply underpinned a Loreto education.

"What is peace, what does living in peace, being peaceful, mean? This is all about a new mindset, a new worldview based on a commitment to active nonviolence and just peacemaking; it is about attitudes, values

and the quality of relationships among people and in communities, and all the institutions and structures in a society which can promote and be able to sustain peaceful and perhaps even reconciled people and societies.”
(Bishop Kevin Dowling)

Sr Cecilia O’Dwyer (ibvm), based at the UN (New York), explored the importance of a global civil society. With the guidance of Sr Cecilia, we explored the 2015 historic agreement for our world, the UN Sustainable Development Goals, the first ever Universal Agenda for Development, designed to end poverty, protect the planet, and ensure prosperity for all. Sr Cecilia shared her insights on the interconnectedness of the UN Goals and Pope Francis’ “Laudato Si”

“If the simple fact of being human moves people to care for the environment of which they are a part, Christians in their turn realize that their responsibility within creation, and their duty towards nature and the Creator, are an essential part of their faith.”
(Pope Francis, Laudato Si)

Theologian, Dr Nonthando Hadebe, challenged us with the question “What has happened to us as a global community that difference is constructed as inequality and ‘othering’ that justifies exclusion?” Dr Hadebe spoke of an “architecture of exclusion” in global society which results in an architecture of inequality. Mary Ward absolutely refused to be a slave to the culture that did not educate women. Our school can be a catalyst for change through ensuring every aspect

of the Loreto Ballarat education aims for each learner to be at home in her own skin, gender, religion and embracing of these multi differences in others: for each child to look at those with other religions with openness and joy. “I blossom so that others may blossom”.

We are human only through relationships. Dr Hadebe led us in a reflection on a way of thinking and acting that permeates every aspect of the school so that there is a culture of equality and justice. She shared with us the philosophy of Ubuntu, which at its heart simply but very powerfully means “I am because you are.”



Works by Loreto Students

Global

Below are Loreto College student works relating to issues and themes that are of global significance; including sustainability, the environment and travel.

An Image of Ireland

A Poem by Clair Constable (Year 8)

*I heard stones crunching under my feet as
I walked the pathway to the cobbled stone
wonder. My eyes travelled up its great walls
covered in a green moss, the ancient structure
still standing.*

*Stepping into what would have been a grand
entrance I felt a burst of excitement run through
my body, picturing the many people hundreds of
years ago dancing in their marvellous wear. The
hard floor laid in place where the ball-room once
was but now it was nearly unrecognizable.*

*My feet had a mind of their own and travelled
over to an enchanting window, my hands
touched the rough surface feeling every little
edge. Looking out the window my eyes roamed
all over the massive green scenery that stretched
further than the eye could see. The grass looked
so wild but yet it had a calm feeling to it that
made a smile grow across my face.*

*The fresh breeze kissed my skin and before I
knew it I was running out into the green, dream.*

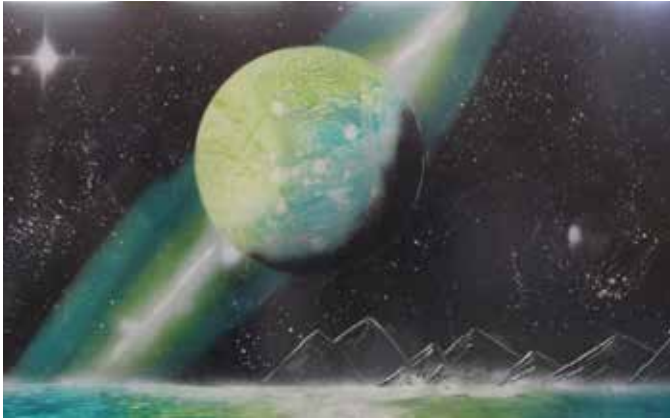
*It was so picturesque and perfect, Ireland had
a magic glow to it that I had never seen in
Australia.*

*I ran as fast as I could I felt so free in Ireland, I
could hear the pleasant sounds of birds singing
and talking to one another. I sat down in the
silky grass and rested my head down, it was
so soft like a pillow the smell of wet grass was
comforting. But that's when I noticed something
in the corner of my eye.*

*A milky white rabbit sat looking at me directly in
the eye, this rabbit didn't seem real, it was too
beautiful for this world. I sat myself up and just
as I shifted my hand to reach out to the creature,
it hopped across the grass and out of sight. I
quickly got up and raced after the rabbit I saw
its white foot go behind a rock but before I got
there it was long gone, in a way I felt defeated
that rabbit got away it was so special for some
reason that I couldn't get it out of my head. I
brushed the dirt off of my jeans and headed back
to the beautifully shaped stone.*

Artworks

by Mikayla Holand (Year 11)



“

My artwork explores the possibility of humankind travelling to other planets and experiencing the beauty of planets and landscapes. This fantasy is yet to come in the near future, as it may be a necessity if we do not look after this planet. ”

Ceramic Artwork

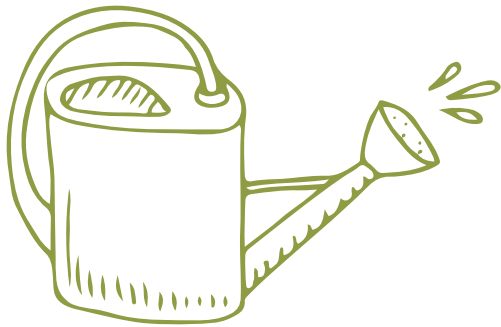
by Hazel Lanyon (Year 10)



“

My Kombi Van tells the story of someone who has left a selfish society in search for a deeper connection with the natural world. ”

Expert Tips



Better Gardens

with Dennis and Andy

Home Gardeners to the Rescue

More gardeners have embraced growing their own food for generations for the flavour, cost and bragging rights. Which makes them the original 'no waste' food movement.

Food waste has been on the radar with American research indicating that 50% of the U.S commercially grown food is 'rejected' by supermarkets due to appearance. This includes over two million tons of fruit and vegetables.

Food transport kilometres, wasted water and depletion of arable land on a global scale, the 'ugly food' is gaining interest and home gardeners are poised to be a critical part of the solution on food waste.

So save a dollar and buy ugly next time you're at the supermarket.

Tech Tips with Mick

Global Trends: Connectivity



The internet offers the learner previously unimaginable freedom. Research, creative, and collaborative tools have changed the face of education. However, in freely exploring the vast array of resources that the internet provides, it is important that the well-being of students and their families is the first priority. The following strategies for internet use have been collated from the American Academy of Paediatrics, and the Australian Office of the Children's eSafety Commissioner.

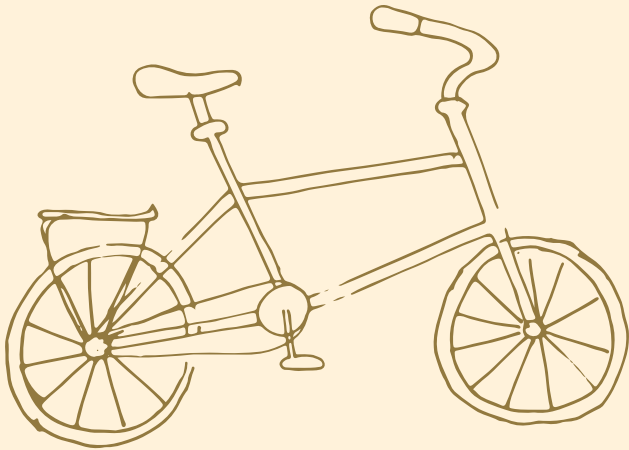
- **Secure your home network**—When establishing a home internet connection, set strong passwords and model safe internet usage practices: Security starts at home, and young people will often look to parents for guidance.
- **Talk about the online world.** Conversations are key to developing an understanding of where teens need support, and where they have encountered issues online.
- **Encourage appropriate online use.** "Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world". The internet and social media are here to stay and each person needs to learn how to manage their own online presence in their own way.
- **Warn children about the importance of privacy online.** "Teens need to know that once content is shared with others, they will not be able to delete or remove it completely, and includes texting of inappropriate pictures. They may also not know about or choose not to use privacy settings."
- **Make your own family media use plan.** Internet use needs to fit within the context of family life. Sometimes this means switching off. "An appropriate media use plan can shift the focus to important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep."

Carmel Parker's Health & Fitness Tips

Mindfulness

Mindfulness is the art of living in the present moment rather than going through life on 'autopilot'. Studies have shown that mindfulness meditation helps to combat stress, improve focus and increase resilience. It helps you to stop worrying by bringing your attention back to the present through acknowledging your worries and letting them go.

- **Focusing on breath** Take a few deep breaths and bring your attention to your breath as you breathe in and out. Try to be fully present and notice the sensations of the breath.
- **STOP** S - stop what you are doing, T - take a deep breath, O - observe how you are feeling, P - proceed with whatever it is you are doing
- **Smiling Mind** The Smiling Mind App has reached more than 1.5 million people worldwide. It is a fantastic tool that caters for all age groups and it is FREE!



5 Minutes With....

Lily O'Shea (Year 11)

Interview by Emily Beggs (Year 12)

Q: What was the most exciting part of the Loreto Pilgrimage?

A: The homestay with students from a Loreto College in Ireland. We had instant connections with girls from the other side of the world simply because of our association with Loreto and Mary Ward.

We also visited Mary Ward's grave which was so enlightening and the Bar Convent, the first Loreto institute. The Bar Convent building was so extraordinary because from the outside it seems very ordinary but inside it is a beautiful church. It was built as a hidden treasure because during their time of establishment, practising Catholics were not accepted in society.

Q: Did you experience prominent aspects of Mary Ward in the Loreto schools you visited?

A: Yes, definitely! Every school shares the same values as Loreto College Ballarat. Everyone we met was so friendly and welcoming and it felt as if we had known them forever.

Q: What was most different about their schools?

A: The accents! On a more serious note, their school structure and curriculum was quite different to what we experience here in Ballarat. One thing we noticed, however, was the same Loreto spirit and strong connectedness.

Q: What was the craziest experience on the trip?

A: There was a variety of funny moments throughout the trip, from persuading host families to try vegemite, to memorable tour guides! We had a whirlwind of adventures and created many fond memories that we will continue to remember for years down the track.





From Thea's Kitchen

Moussaka

featured in

'Our Loreto Kitchen' cookbook

Ingredients

1 medium eggplant/ aubergine
1 large potato
Coarse cooking salt
¼ cup olive oil
2Tbs extra olive oil
1 large onion
2 cloves garlic
800gms minced lamb
425gm can chopped tomatoes
2Tbs tomato paste
½ cup dry red wine
2Tbs parsley
1tsp sugar
1 beef stock cube
¼ tsp ground cinnamon
Salt and pepper
¼ cup grated parmesan cheese
½ tsp ground nutmeg
Bay leaf

125gms butter
2/3 cup plain flour
1 litre milk
½ cup parmesan cheese
2 eggs

Method

Preparing the eggplant and potato

Cut the eggplant into ½ cm slices, sprinkle with salt and stand for 20 minutes.

Grease two foil trays and place on a baking tray. Lightly grease a baking tray.

Place the eggplant slices in a single layer on the baking tray and brush with oil.

Grill on both sides until brown and drain on absorbent paper.

Alternately cook on a skillet or barbeque grill.

Peel and slice the potato into ½ cm slices and place in a single layer in the two foil trays.

Top with a single layer of eggplant.

Preparing the meat sauce

Peel and dice the onion and peel and crush the garlic.

Chop the parsley finely.

Heat the oil in a large saucepan, add the onion and garlic and stir until the onion is soft.

Add the mince and cook, stirring until the mince is brown and broken up into fine pieces.

Add the tomato paste nutmeg and cinnamon and cook for about half a minute.

Add the tomatoes, wine, crumbed stock cube, bay leaf and sugar. Season with salt and pepper and simmer for 20 minutes.

Preparing the cheese sauce

Lightly beat the eggs.

Melt the butter in a pan, add the flour and cook whilst stirring over heat until it bubbles, about 1 minute.

Remove from the heat and add milk.

Return to heat and continue to stir until the mixture boils and thickens. Remove from heat and quickly stir in the cheese and eggs.

Assembling the moussaka

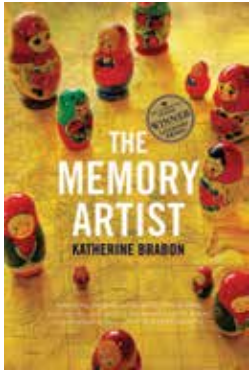
Pour the meat sauce over the eggplant and potato.

Top with white sauce making certain to cover all the meat sauce.

Sprinkle with extra nutmeg, cheese and bake in the oven at 180C until golden brown on top.

Book Talk

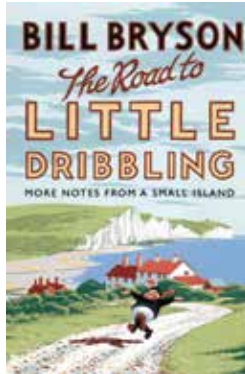
with Mrs Marcia Phillips



THE MEMORY ARTIST:

Katherine Brabon

The winner of the 2015 Miles Franklin Award, *The Eye of the Sheep*, is the poignant story of Jimmy and his family, struggling to cope with the challenges that life presents. Six year old Jimmy struggles to understand the world around him. His home life is both loving and violent and the loss of his mother causes intense feelings of bewilderment and abandonment. This is an extraordinary and compelling story of identity and acceptance and the character of Jimmy will linger long in the memory of the reader.



THE ROAD TO LITTLE DRIBBLING:

Bill Bryson

Sally Morgan's *Sister Heart* was awarded the 2016 Prime Minister's Literary Award for Children's Fiction and is a verse novel based on the Stolen Generation. It tells the story of Anne, a young girl removed from her family and sent to a government institution in Western Australia. Anne struggles to cope with the loss of family and country but it is her friendship with Janey and Nancy that provide her with support and kinship to survive the difficult and challenging times in the home. It is an emotional story of hardship, loss and deprivation but also of hope and survival.



ALL THE LIGHT WE CANNOT SEE:

Anthony Doerr

Based on the experience of Asia Bibi, a Christian woman on death row for blasphemy in Pakistan, *The Truth about Peacock Blue* explores issues of freedom, justice and human rights. Aster is a young Christian girl living in Pakistan who has the opportunity to further her education at a Muslim school. Unfortunately, not all at the school welcome her and it is a teacher who accuses Aster of blasphemy, resulting in her imprisonment. Aster faces an uncertain future and possible death because of her beliefs. Realistic and chilling, this is a story with power and resonance.



SEE YOU IN THE COSMOS: Jack Cheng (Middle Years)

11 year old Alex is a resilient and independent character who is the sole carer for his mother. He is also passionate about rocket travel and has built his own, planning to enter it into the SHARF rocket competition to be held in New Mexico. To do so he must travel for hundreds of kilometres and his journey and arrival in New Mexico is not without multiple obstacles, although this is just the start of his adventures. Along the way he discovers a half-sister and a family story he was unaware of. It is the optimistic and resilient voice of Alex that makes 'See You in the Cosmos' stand out from many other novels aimed at the 10- 13 years age group. He is both wise and naive and his personal struggle takes the reader along the journey as Alex discovers friendship, family and support. This is a story to make the heart sing.



STEAMing Ahead in Education

Words by Mrs Judy-Ann Quilliam



At Loreto College our Science, Technology, Humanities, Arts and Mathematics Faculties have creatively combined to provide an innovative new learning experience for Year 8 students that cultivates an understanding of the critical, abstract and complex concepts of STEAM education.

STEM (Science, Technology, Engineering and Mathematics) education is an ongoing priority in schools, however, the progression from STEM to STEAM has gained momentum in recent years to meet the emerging learning needs of students to thrive in the rapidly changing 21st century economy. STEAM is the globally

recognised contemporary approach to learning that adds Arts to the equation to guide student inquiry, dialogue, and critical thinking.

STEAM takes STEM to the next level: it allows students to connect their learning in these critical areas together with arts practices, elements and design principles to provide a full suite of learning. STEAM removes limitations and replaces them with curiosity, critique, inquiry, and innovation.

After months of research and preparation, Faculty Leaders, Natalie Howard, Paula Wheaton, Felicity Knobel and Digital

Learning Leader, Michael Walsh designed and introduced a new collaborative Community Development Project for Year 8 students that successfully unfolds the STEAM concepts, problems and opportunities, providing inspirational outcomes for teachers and students. The project began by students exploring an authentic key inquiry question: Can a new sustainable community be developed on the outskirts of Ballarat, and can you convince people to come and live there?

Groups of students worked together within each of the STEAM subjects throughout the

semester to research, explore and answer critical questions such as:

- How are planned communities developed and divided?
- How are communities affected by urbanisation?
- How is energy produced and distributed to communities?
- What is the impact of different forms of energy on communities and the environment?
- How can community design reflect the needs of the population?

Scaffolded inquiry questions followed as the students developed creative design plans, websites, brochures and marketing campaigns for their original community development project, including consideration of:

- The characteristics and requirements of a new community
- The characteristics and requirements of individual dwellings within their new community

- Marketing, sales and presentation of their new community

The students visited the land sites under consideration and thoroughly enjoyed the authenticity, diversity and subject connections throughout the project.

Year 8 student Ash Love, said, "We were doing things we have never done before!

It was really good to work on a real project that also showed us how our subjects connect"

Year 8 students, Alex Davies, Evie Caldwell, Eliza McCrum and Kenya Wellwood-Kane all agreed it was a fun project, however, they still had to make sure all of the detail was correct. They all helped each other when needed and worked to the strengths of each student to share the workload to achieve the final project outcomes.

To conclude the project, the students presented their concepts to an independent panel of industry judges represented by Director & Principal

Consultant of Sustainable Development Australia – Lisa Kendal, Real Estate Consultant – Alistair Morrison and Director of Marketing for Loreto College – Judy-Ann Quilliam.

"The extent of research, attention to detail and creative concepts applied to the presentation of each community project was outstanding", agreed the judging panel who found it difficult to determine one final winning group.

At the conclusion of the project teachers, students and judges all agreed; this project clearly demonstrated our students thrive on the opportunity for collaboration, experiential learning, real problem-solving, and working through the creative process. Our students are the innovators, educators, leaders, and learners of the global 21st century, and every teacher and student group a champion in this inspiring project.



Loreto Launchpad

Struggling to eat during chemo? We have something for you...

Words by Alexandra (Alyx) Stewart- Kee-moh Snacks



How did I end up in the food industry? This is a question I ask myself daily. It is a far place from what I had envisioned during my years as a Loreto girl.

After I left Loreto, I studied a Bachelor of Applied Science (Orthoptics). I had my own clinic in Perth and travelled the state with other specialists. After some years I moved to Melbourne and worked in an ophthalmology clinic and assisted in surgery. This was my career for a couple of decades.

I also studied Forensic Science and this would have logically, been my next career move. But life had a masterplan for me and conspired to make sure I was steered in quite another direction.

In 2005 I was diagnosed with breast cancer. There's never a convenient time for cancer

and nine weeks before my wedding made it even less convenient. I struggled through every aspect of this hideous disease, particularly chemotherapy. The side-effects were brutal and took an inordinate toll on my body - they still do.

The biggest issue was nutrition and actually being able to get food in (and stay in). Side-effects had made it so difficult to eat that I had developed disease related malnutrition. It's very common in the cancer world but not widely dealt with. It's not a surprising outcome as my entire diet for months (when I could eat) consisted of lamb, garlic, the freshest white bread with the crusts removed and strawberry jam. These were a combination of cravings and what wouldn't aggravate my side-effects.

I volunteer a lot in the cancer community and do a large amount of speaking

engagements. People would tell me of their struggles with side-effects and food. I listened very closely to familiar stories. Everyone's cancer is different but their stories share many similarities. There was a need to be filled here. When you feel wretched with illness, you don't have the capacity or the energy to investigate what you can eat. What you need and want is something that says, "I am right for you". Something where all the decision making has been removed.

That's how Kee-moh Snacks was born. There was no point in knowledge gained from a difficult journey being kept to myself. Knowledge is to be shared and if it can ease someone else's journey, there is a duty to share it.

I set about developing a highly nutritious food range with side-effects in mind.



Common side-effects include sore, ulcerated, dry mouth, nausea, metallic taste, constipation, loss of appetite, loss and gain of weight to name a few. Every product states which side-effect it is suitable for.

Protein forms a big component of the foods. The body needs the amino acids contained within proteins to form muscle. Muscle wastage and fading is a huge factor

when you are unable to eat. If someone can only eat small amounts, they are ensured that what they are eating will help keep disease related malnutrition at bay.

My ultimate goal for Kee-moh Snacks is as large and as widespread as cancer. It's global. Can one small girl from Ballarat affect change on a global scale? Just watch me. Knowing that my journey has been to ultimately ease someone else through

theirs - that's ok with me. To order, please go to www.kee-mohsnacks.com.au

If you are a past pupil of Loreto College Ballarat with a new or growing business that we can help you launch, contact us at verity@loreto.vic.edu.au

Kee-moh Snacks

For the days you are struggling with the side-effects of cancer treatment and don't feel like eating - we have something for you...

No matter the side-effect you are experiencing, there will be something in the **Kee-moh Snacks** range that you can eat and will assist you in building on your nutritional and energy requirements. **Kee-moh Snacks** allows you to concentrate on your wellness journey.

Kee-moh Snacks makes a thoughtful gift for a family member or friend.

Protein powders, chia puddings, overnight oats, protein balls, supergreens powder, high protein bars, immunity boosting blend, fibre supplements, trail mix, inca berries plus much more...

www.kee-mohsnacks.com.au



A full-page photograph of a bride and groom in a garden. The bride is wearing a white dress and veil, and the groom is in a black tuxedo with a white boutonniere. They are standing in front of a large green hedge. In the background, a large stone building with a spire is visible through the trees. The text 'Loreto Chapel Weddings' is overlaid in the upper center in a yellow font, with a thin yellow line underneath it.

Loreto Chapel Weddings

Chloe Rix (Class of 2010) married Charles Martin on January 27, 2017.

Photography by Michael Renga

Teresa Hamm (Class of 2006) married Cailin Mellberg on January 28, 2017.

Photography by Rik Malone



Catherine Bride (Class of 2000)
married Vincent Newman on January 21, 2017.

Photography by Mojo Photography



Gemma Gravestocks (Class of 2008)
married Christopher Mars on February 18, 2017

Photography by Mojo Photography





*Sarah Byrne (Class of 2007)
married Joshua Telles on February 25, 2017.*

Photography by Lakshal Perera

Alumni Updates



The 'Spittle Girls'

Fourth generation 'Loreto Girls'! It was a pleasure to welcome back past pupils Jacqueline Spittle (Class of 2013) and Roxanne Spittle (Class of 2011) to Loreto with their Great Aunt and fellow past pupil, Mary Fleming (nee Spittle) earlier this year.

Mary's mother was one of the earliest pupils at Loreto 'Mary's Mount', and Mary was both a day girl and boarder in the 1930's. She has very fond (and very clear!) memories of her time spent here and still keeps in touch with her fellow Loreto friends.

Past Pupils' Association

Greetings to All,

As I write, there is the promise of Spring in our gardens, with bulbs poking through the cold earth and with the trees coming into bud. This year we have a change of date for our Annual Past Pupils' High tea from the usual first Wednesday in November to Tuesday 24 October.

Our Past Pupils are warmly invited to spend a happy time in the Mary's Mount Centre where the talented Year 8 girls, who were awarded our Past Pupils' Performing and Visual Arts Scholarships for 2017, will perform for us. We invite you to share your fond stories and

memories of your schooldays at Loreto College as you enjoy a High Tea.

All past pupils are invited to our Annual General Meeting at 3.45pm after which we will gather in the Chapel at 5.00pm for the annual Mass of Remembrance for all those of the Loreto family who have gone before us.

The 2018 Loreto Federation will be held at Loreto Normanhurst in Sydney from the 16 – 18 of May. The theme chosen for this coming together of past pupils and friends of Loreto is "Be the Change". It was our privilege to host the 2015 Federation in Ballarat and we

hope that many Ballarat past pupils will consider attending this enriching Loreto experience. Further details of the programme and registration will be available soon on the Loreto College Ballarat website.

I look forward to seeing you on October 24 and in Sydney in May 2018.

Miss Meg Barry
President

Births

Kelly-Ann Clarken (Class of 1999) and Adam Denholm welcomed baby girl Eva in 2016

Elly Martin (O'Neill- Class of 1999) and husband Stuart welcomed Hamish George on September 28, 2016

Jo Gray (Boyko- Class of 1999) and Sam welcomed baby girl Sadie Elizabeth Eugenia on April 7, 2017

Meaghan Stumpe (Boatman- Class of 2013) and her husband Michael welcomed Elijah George Stumpe into their family on April 24 2017.

Marriages

In the Loreto Chapel:

Catherine Bride (Class of 2000) married Vincent Newman on January 21, 2017.

Chloe Rix (Class of 2010) married Charles Martin on January 27, 2017.

Teresa Hamm (Class of 2006) married Cailin Mellberg on January 28, 2017.

Gemma Gravestocks (Class of 2008) married Christopher Mars on February 18, 2017.

Sarah Byrne (Class of 2007) married Joshua Telles on February 25, 2017.

Past Pupil Marriages:

Janine Hayes (Class of 1980) married Gary Frost on January 7, 2017.

Meaghan Boatman (Class of 2013) married Michael Stumpe on April 1 2017.

Deaths

Miss Emma- Kate McGrath (Class of 2016) - March 1998 – May 2017

Emma Kate's contribution to the Loreto College community lives on in her gift of a joyous and open-hearted presence. She is so dearly loved and missed every day.

Mrs Maureen Fithall (former Loreto College Ballarat staff member) passed away peacefully on June 4, 2017.

We pay tribute to a very dedicated former staff member. Her colleagues remember her as a wonderful mentor, thorough professional and passionate, dedicated teacher.

Reunions



66

*Being a Loreto Girl means...
Having an excellent education
which enabled me to lead a rich
and purposeful life. "I left school
believing that as women we can take
our places in the world and be the
equal of men. . ."*

Jane Garvey Class of 1967

Class of 1967



66

*Being a Loreto girl means being part
of a strong and wonderful network of
very special friends. I am grateful for
a wonderful education and fabulous
role models."*

Helen Delahunty Class of 1977

Class of 1977



66

*My experience at Loreto taught
me that I was a confident and
independent woman capable of
achieving anything that I wanted
in life and never to dream too
small."*

Leonie Vincent Class of 1987

Class of 1987



“

Treasure the moments of your schooling life, make life time friends and most of all try your very best.”

Brooke Gruer Class of 1997

Class of 1997



“

Loreto means being a part of a connected group that support and care for each other every day. Even 10 years on, my friendships from Loreto still remain and the memories we have together are what has shaped me to be the person I am today.”

Tara Anwyl Class of 2007

Class of 2007



“

My time at Loreto was everything and more that I cold have asked for in my high school experience. As I have continued into further education and my future career I hold on to the values and knowledge set out for me as a Loreto Girl.”

Nicole Kirby Class of 2012

Class of 2012

Farewell to a Friend

In farewelling Gerard Viccars, we celebrate over 31 years of dedicated and loyal service. Gerard has been an active staff member with a great devotion to Loreto College and the Loreto Sisters. His dedication, integrity and ethical approach stand out. No task was too difficult for Gerard.

Undoubtedly one of Gerard's greatest passions has been for the Chapel and all the heritage areas and facilities within the school. He has taken great pride in ensuring that our heritage facilities are superbly maintained. It was indeed appropriate that Gerard took a phone call in January 2007, from the nephew of Eileen McIntyre, informing him that the College had been named in Ms McIntyre's will. This bequest has since funded a number of upgrades in the Chapel, each overseen by Gerard.

Gerard's contribution to the Finance and Property Team has been significant. No task has been too small or too big. Gerard's preference has always been to work behind the scenes. Looking back, any special occasion, including the Blessing and Openings of the Mary Ward Centre, The Loreto Café, The Archives Centre, The Mary's Mount Centre and the Mulhall Centre, have been enhanced through Gerard's pride in Loreto College and meticulous attention to detail.

Gerard also had a very deep respect and admiration for all of the Loreto Sisters and remained a close ally and friend to many. Gerard's office was often the first port of call for Sisters who were visiting the school. Gerard has an extensive historical knowledge of the College and a great love

for the Loreto traditions. He is a skilled photographer and his photographs will help tell Loreto's story in years to come.

Gerard will be missed by all involved with Loreto College. We pay tribute to Gerard Viccars. Loreto College is the better for his walking with us for decades.

Ms Judith Potter - Principal

Mr Jeff Primmer - Business Manager

When Mary Ward was trekking the Alps and founding schools all over Europe she had among her companions a Mr. Wright. The Loreto Sisters and the College have had a Mr. Wright in the person of Gerard Viccars for over thirty years. It is with much pleasure that I share some memories of Gerard's time with us in Mary's Mount and in Webster St, Ballarat.

As well as Gerard's responsibilities in the College he always had time for the needs of the Sisters and he took great pleasure in doing so. For example, for many years Mother Borgia (who lived to be 104) trusted Gerard to fill her fountain pen, this he did with great accuracy and respect and many interesting conversations were shared between them.

In 1991 when the Sisters moved from the main house to the site where the Performing Arts Building is now, it was Gerard who ensured a smooth transition and arranged for the heritage articles etc., from the original house to be carefully protected. When the Sisters moved to Webster St in 2012 again Gerard was vigilant and offered to keep an interest in our beautiful chapel.

Many Loreto Sisters around the Australian and South East Asian Province join me in

paying tribute to Gerard for his long and generous association with us, nothing was ever a trouble for him and we will remember him as a gracious and kind friend.

Sr. Margaret Sculley ibvm.

Gerard, on behalf of the Property Committee, I extend our congratulations and best wishes for your retirement.

We will certainly miss your extensive knowledge, dedication and commitment to the preservation of the heritage of Loreto Ballarat. Anyone who has had the pleasure of one of your personally guided tours of the college has indeed been immersed in a memorable historical journey.

Mrs Geraldine Frantz

Chair, Property Committee & Board Deputy Chair.



His dedication, integrity and ethical approach stand out."

Your Influence



**WHAT WOULD
IT BE LIKE
TO BE A
LORETO GIRL?**

Annual
Appeal
Thank
You

“

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- Miss Taylah Blake
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