



ve  
ri  
ty



### Cover Art

Photography by Ellie Meade (Class of 2018) featured in the Next Gen Exhibition.

Artwork representing Sincerity.

"My artwork defines the sense of individual beauty in every human being, while challenging stereotypes of what makes someone beautiful. All people should be their true selves and not feel that they have to change to fit in," Ellie Meade.

### Inside Cover Photo

2018 Graduation Mass

Photo by MSP Photography

### Editorial Team

Shona Hendley, Judy-Ann Quilliam, Sophea Manzl, Elizabeth Till, Judith Potter

### Photography

Liz Crothers, Ellie Beaston, Eric Sebastian, Shona Hendley, Sophea Manzl, Judy-Ann Quilliam, MSP Photography, Louisa West, Pat O'Shea

Photos supplied by The Courier Ballarat, Shannyn Bourke, Jane McLeod

### Design

Shona Hendley and Liz Skrokov

### Print

Revolution Print

Contributions to Verity can be sent to: Loreto College  
The Marketing & Development Office  
1600 Sturt Street Ballarat VIC 3350 or  
verity@loreto.vic.edu.au



## FEATURES

### ETERNAL FAITH IN EDUCATION

12

Sr Caroline Deutscher ibvm celebrates her 100th birthday and 81 years of religious service.

---

### A MISSION OF SINCERITY

18

As an alternative to schoolies, a group of Year 12s from the Class of 2018 visited Timor-Leste to give the gift of education.

---

### WAY OF THE HEART

24

Year 12 student Shannyn Bourke shares with us her Taekwondo journey - its highs and lows and her determination to succeed.

---

### SISTERS MAKING WELLBEING A TOP PRIORITY

30

Two Past Pupils, the Duggan sisters, Shae and Laura are making entrepreneurial steps to help prioritise wellbeing within workplaces.

---

### A SINCERE FAREWELL

50

The Academic Award recipients of 2018, presented at the Academic Assembly earlier this year, including Class of 2018 Dux, Fabienne Blythe's heartfelt speech.

From the Editor,

Sincerity in our communication and relationships with others is an essential characteristic of the personal integrity Mary Ward envisaged. Her ideal was that we should "be such as we appear and appear such as we are." ([www.loreto.org.au](http://www.loreto.org.au))

When each edition of Verity is planned it is always a difficult process deciding on which stories and experiences of our Loreto Community to include because each have their own impressive features, qualities and values that make them worthy. This edition was particularly difficult because above all, each option was a true example of this Mary Ward value of Sincerity.

The edition features the experiences of a group of the Class of 2018 and staff who took part in the alternative to schoolies trip to Timor-Leste. They travelled through the country to several primary schools, kindergartens and secondary colleges to teach English and connect with the communities.

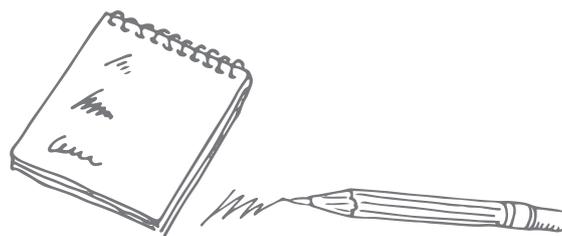
Another feature in this edition is a beautiful story about Sr Caroline Deutscher ibvm who took her Order of Loreto in Ballarat in 1941 and last year celebrated her 80th year of religious service. Sr Caroline dedicated her life to teaching, only retiring eleven years ago at age 89, her sincerity for education saw Sr Caroline dedicate her life to the profession of teaching in primary and tertiary education.

There is also the remarkable story of Year 12 student, Shannyn Bourke who has demonstrated grit, resilience and determination while always remaining honest and true to herself down her pathway of the martial art, Taekwondo.

This collection of stories and reflections of the Loreto Community truly exemplifies Mary Ward's value of Sincerity.

For our next edition, our theme will be based on the value 'integrity' as we further explore Mary Ward's vision of Sincerity.

**Shona Hendley and the Marketing & Development Team**



# Coming Up

## MAY '19

22-25

### Production - Shrek

2019 celebrates the world's most lovable ogre, Shrek. The Loreto College and St Patricks' College Production will take place over four days in May. Tickets will be available via the St Patrick's College website [www.stpats.vic.edu.au](http://www.stpats.vic.edu.au).

## SEP '19

4 & 5

### Arts Festival

The Arts Festival is an annual event for our talented students to perform in a range of disciplines, from singing, to dance and acting.

Tickets for this event will be available closer to the date via our website.

26

### Ride Like a Girl Opening Night

The much anticipated Ballarat Premiere of Ride Like a Girl will take place at the Regent Cinema this September.

The film explores the journey of Past Pupil and Melbourne Cup winning jockey, Michelle Payne.

Come and join us on the Loreto Blue carpet for this once in a lifetime event.



## OCT '19

14 & 16

### VCE Art Exhibition & VCE Runway Exhibition

The VCE Art Exhibition and The Gillians on October 14 will showcase our talented VCE student work.

This is a free event open to the community. Our VCE Runway Exhibition on October 16, will showcase the work of the VCE Design and Technology students via a runway show.

Tickets will be available closer to the event.

## NOV '19

6

### Past Pupils High Tea & Mass of Remembrance

22

### Class of 2018 First Year Out Reunion (evening)

22

### Class of 2014 5 Year Reunion (evening)

# Messages from Loreto

---



*Left to Right: Ms Judith Potter (Principal); Mrs Maria Myers AC; Sr Denise Desmarchelier ibvm, Mr Matt McCabe, Mrs Geraldine Frantz (Chair), Mr Richard Robinson, Mrs Erin Taylor, Mr Jeff Primmer (Business Manager), Mrs Nicole Loader. (Absent: Mr Luke Dunne – Deputy Chair)*

## From the Board

Already well into the 2019 school year we are very focused on our strategic direction for Loreto College. I am pleased to advise that we have now completed our new Strategic Plan for the College which will be launched to our College Community in the very near future. The Plan sets our commitment to the provision of a Catholic education for students in Ballarat and its surrounds for the next 10 years and beyond.

From the Board level we say farewell and thank you to three valued members of our Board and Committees for many years of dedicated service to Loreto College Ballarat. Janet Freeman joined our Board and Marketing and Development

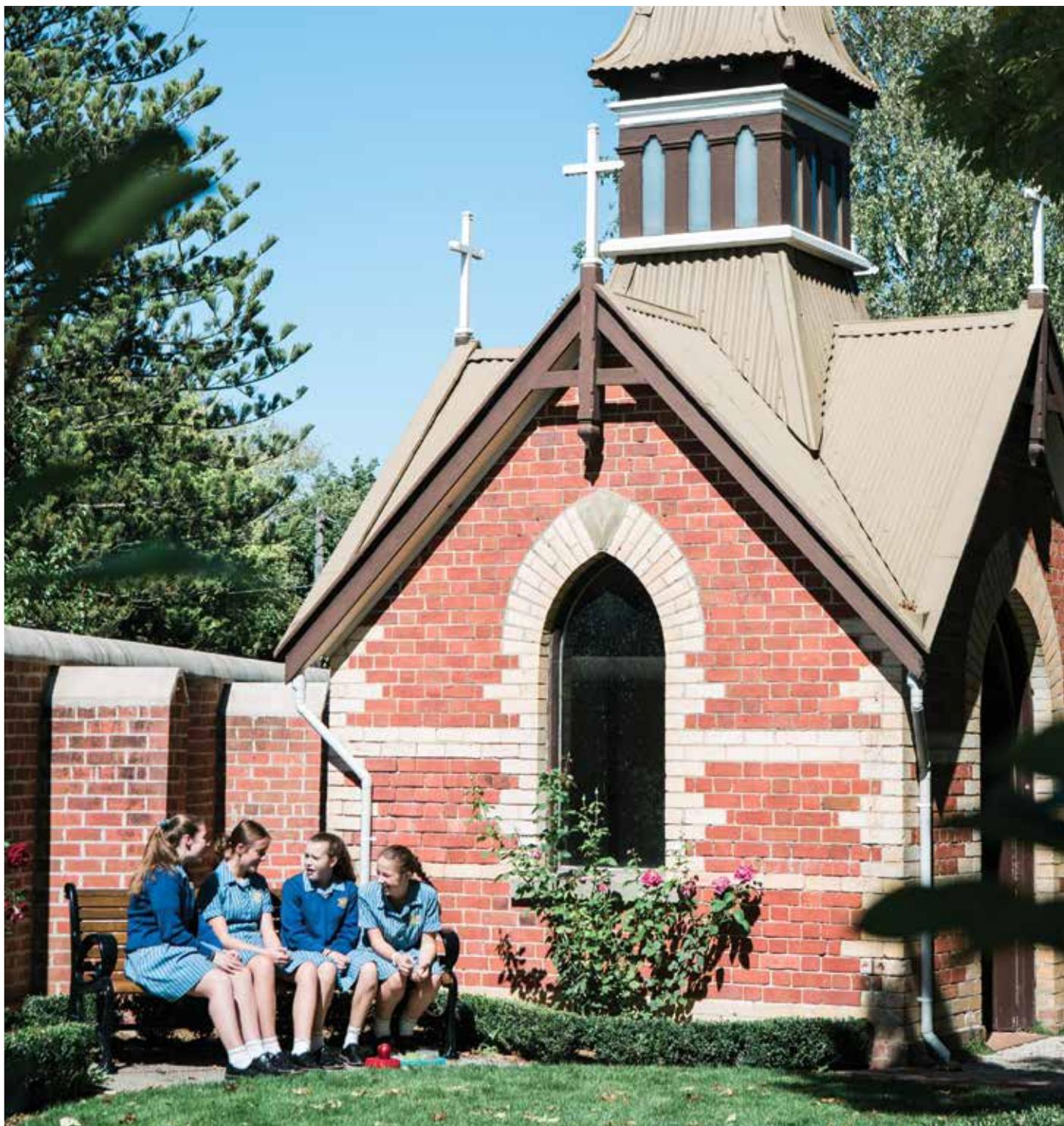
Committee in 2014. Janet's experience and knowledge of education and governance as a former Principal of Loreto Kirribilli, Sydney has been extensive and invaluable as has her generosity to make the trip to Ballarat for our meetings.

Tracey O'Neill joined the Finance and Risk Committee in 2014 and our Board in 2015. Her expertise and experience in the areas of Law and Risk Management have been outstanding as has her deep understanding of the governance structure and workings of the Catholic education system in Victoria.

We thank Stephen McArdle for his unrivalled service to Loreto Ballarat.

Stephen was an inaugural member of the Finance Committee and College Council and has gifted us with over 25 years of exemplary advice, leadership and strategic direction, especially in the early years of governance of the College.

Both Tracey and Stephen are continuing their commitment and service to Catholic education in Ballarat in their appointment to the new governance structure, DOBCEL (Diocese of Ballarat Catholic Education Ltd). Tracey has been appointed a Director and Chair of the Board and Stephen a Director and Board member. We wish them both well as they progress in their new roles.



I look forward to a very productive year ahead, working closely with our Principal, Judith Potter, and all Board and Committee members.

#### **College Board**

Mrs Geraldine Frantz (Chair), Mr Luke Dunne (Deputy Chair), Sr Denise Desmarchelier ibvm, Mr Matt McCabe, Mrs Maria Myers AC, Mr Richard Robinson, Mrs Erin Taylor and Mrs Nicole Loader.

#### **Finance & Risk Committee**

Mr Richard Robinson (Chair), Mr Matt McCabe,

Mrs Cathy Oakley, Mrs Nicole Loader, Mr Richard Robinson, Ms Judith Potter (Principal), Mr Jeff Primmer (Business Manager) Ms Elizabeth Till (Executive Deputy Principal).

#### **Property Committee**

Mrs Erin Taylor (Chair), Mr Shane Carey, Mr Luke Dunne, Mrs Carmel Flynn, Mrs Geraldine Frantz, Ms Min Myers, Mr Nick Grylewicz, Ms Judith Potter (Principal), Mr Jeff Primmer (Business Manager), Ms Elizabeth Till (Executive Deputy Principal).

#### **Marketing & Development Committee**

Mrs Maria Myers AC (Chair), Miss Meg Barry (President, Loreto Past Pupils' Ass.), Sr Denise Desmarchelier ibvm, Mrs Geraldine Frantz, Ms Jan Stephen, Mrs Trudi Kannourakis, Ms Judith Potter (Principal), Mr Pat O'Shea (Deputy Principal Wellbeing), Ms Judy-Ann Quilliam (Director of Marketing & Development).

By Board Chair - Mrs Geraldine Frantz

## From the Principal

Our 2019 school year formally commenced on 1 February with the Opening of the School Year Mass, celebrated by Bishop Paul Bird. College Captains, Hannah Augustine and Tessa Canny, shared insights into the value of Sincerity. Bringing the value of sincerity as words on a page to life through modelling this in our daily lives calls each of us to take a counter-cultural approach, modelling integrity and inclusiveness in our words and actions.

*Sincerity in our communication and relationship with others is an essential characteristic of the personal integrity Mary Ward envisaged. Her ideal was that "we should be such as we appear and appear such as we are".*

Self-acceptance sets us free from pretence and defensiveness, free to relate honestly and affectionately, to "love our neighbour as ourselves". This is a challenge for all of us, involving commitment to the on-going process of self-knowledge which leads to self-acceptance. (Loreto Schools of Australia Mission Statement)

A Loreto education supports, guides, encourages and challenges our students to develop a deep confidence in self that frees each to be 'comfortable in their own skin', deepening their awareness of, and engaging confidently in, the world around them. Dr Nonthando Hadebe, in her address at the 2017 International Loreto Education Conference in South Africa, spoke of the African culture which calls upon ancestors for guidance, and suggested that we, as Mary Ward people,



be inspired by Mary Ward's vision and embrace diversity. Dr Hadebe shared the African philosophy of Ubuntu as a new way of being present to each other, approaching one and all with the inclusive thinking that "I am because you are" and "I flourish that you may flourish". Ubuntu, as described

by Dr Hadebe, calls us to be people of sincerity, leading with integrity, advocating for inclusion, inviting ourselves and others to be who they are and be critical thinkers. Let us lead the way through our example.

By Judith Potter, Principal

## From the College Co-Captains

We are extremely grateful to be given the opportunity to lead our school in 2019 as we explore the theme of Sincerity and what that means for us and our school community. We feel that we have broadened our knowledge regarding sincerity after attending a conference with the 16 other Loreto Leaders from across Australia. This incredible experience magnified our excitement for the year ahead and instilled in us new ideas, everlasting memories and so much more passion than we ever thought possible.

One of the main purposes of getting together with all of these amazing girls was to create a Sincerity prayer that will be used throughout all Loreto schools within Australia for 2019. This experience, along with the Alliance of Girls' Schools Student Leadership Conference which we attended in Sydney, enabled us to gain a deeper understanding of the meaning of sincerity. While it can mean different things to different people, the key aspect that we gained from this conference was the idea of all of us, as Loreto Girls, striving to be the most authentic and true versions of ourselves every day. We look forward to sharing all of what we

have learnt throughout this experience and hopefully give all Loreto Ballarat girls the opportunity to gain a similar understanding of what it means to be sincere. We could talk about both of these conferences for days and are so very grateful for the chance to represent our amazing school at what can only be described as a once in a lifetime, invaluable experience for both of us.

Following this, together with our marketing team, we were given the task to design a badge to wear in 2019. We feel that with the knowledge we gained from the conference, and the teams incredible design skills, we were able to reflect the value of Sincerity through an image of a flower being passed from one person to another and the quote "Act not out of fear, but solely from love".

We were given the chance to speak to the school about our experiences of sincerity and called on our peers to act in accordance to their beliefs and values and we couldn't be prouder of how all of the girls have begun the school year. We have witnessed the incredible camaraderie and sense of community at the recent Swimming Carnival

where the girls displayed great House spirit and on Valentine's Day when the school was entertained by the now traditional Year 12 flash mob and singing and dancing in the quad. We have also witnessed incredible school spirit at the Head of the Lake Rowing Regatta and our peers have shown sincerity and support for all the rowers during the recent events.

“

*Act not out of fear, but solely from love”.*

Thanks again for the ongoing support provided to us and the Senate by all members of the Loreto family. We absolutely love being leaders of such an incredible community and this experience is one which we will cherish forever.

**By Hannah Augustine & Tessa Canny  
College Co-Captains**



# Around Loreto

---

## Graduation Mass

In December, the Class of 2018 experienced the unique and beautiful College tradition, the Loreto Graduation Mass.

This is an occasion that all Loreto students look forward to with great anticipation and is a moment that will stay with them forever.

Congratulations to the Class of 2018, may you all go forward in the spirit of Mary Ward and "set fire to the world".



## International Women's Day

We celebrated International Women's Day with our annual IWD Breakfast. As always, this was a special occasion to celebrate the amazing women in our community. A special thanks to our incredible guest speaker Dannielle James (Class of 1999) who left us feeling inspired and has shown that women can achieve anything they set their mind to! Congratulations to Lucy O'Loughlin (Year 12) recipient of Woman of the Day Award, sponsored by Fernwood Fitness, and Macaylah Johnson (Year 12) recipient of the Community Achiever Award, sponsored by Regent Cinemas.

The 2019 Loreto Alumni Spirit Award, sponsored by the Ballarat Courier, was awarded to Erryn James (Class of 2012).



*Erryn James and Eugene Duffy, Editor, The Courier*



## Athletics Carnival

The Loreto Athletics Carnival is always a spirited event. The competition was tight all day with some outstanding individual results and records broken.

There were many enthusiastic girls who participated on the track, in the field, in the team events or with emphatic cheering to win the House Spirit Stick.

The finale to the day is the Tug of War event which is always hotly contested. Mulhall Madagascar took out the title for 2019 with an outstanding athletics performance.



## Walkathon

The annual Loreto Walkathon this year celebrated the theme, 'On the Screen'. With an array of costumes that showcased all things on TV, computers, film and phones, it was an enjoyable 'Loreto Spirit' day for all.

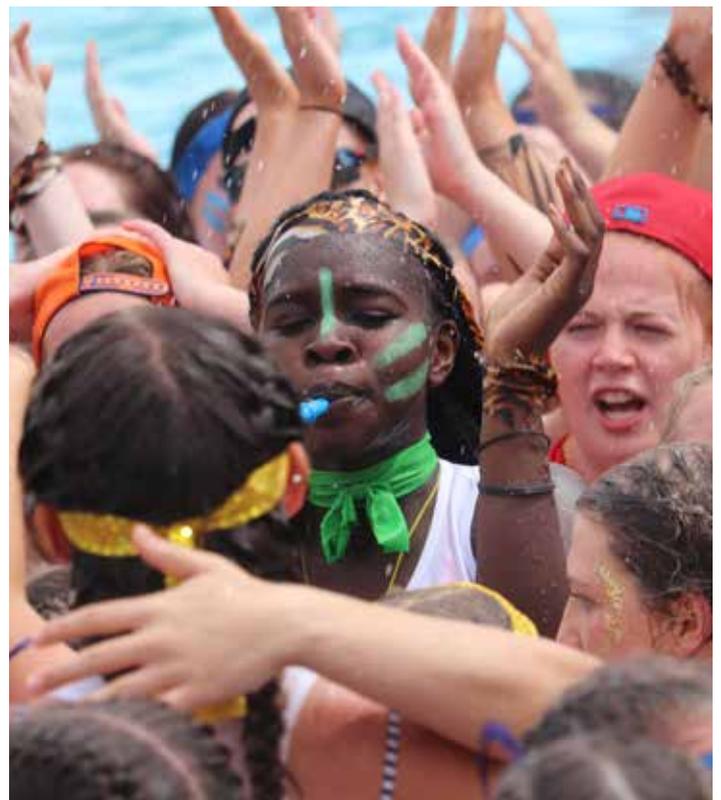
Concluding with the dynamic Fashion Parade Competitions. It is always a delight to be energised by the enthusiastic participation of students and witness their creativity. The serious side of the Walkathon is the extraordinary fundraising which contributes over \$20,000 annually to local and international projects.

## Swimming Carnival

The annual Swimming Carnival provides an array of opportunities for our students to enjoy serious and spirited competition and to display leadership; whether this be through fulfilling a formal role and assistance with planning, or support and encouragement to peers, or through example of whole-hearted participation.

The sense of belonging, achievement and House team spirit engendered throughout the day contributes to the wellbeing and connection with peers and staff.

Congratulations to Barry House who were the overall winners for 2019.



# Eternal Faith in Education

---

*A special chat between centenarian Sr Caroline Deutscher ibvm and Year 10 students  
Gemma Richardson and Emma Hill, with sincere thanks to Sr Trish Franklin ibvm.*

*Words by Mrs Judy-Ann Quilliam.*



Sr Caroline Deutscher ibvm celebrated her 100th birthday and 81 years of religious service with family, friends and Loreto sisters in a short prayer service and afternoon tea at Nazareth House on 4 February 2019. Such a glorious celebration of life is also an exemplar of the Loreto value of Sincerity and eternal faith in education.

Caroline Deutscher was born in Portland in 1919, the fourth of 10 children. She grew up in the small western district town of Merino. Caroline joined religious life in 1938 at 19 years of age after completing her early years of secondary school by correspondence, then gratefully financially supported by her aunt, as a boarder at Loreto Portland.

Young Caroline always had an insatiable appetite for learning, proudly sharing that she achieved 100% in her intermediate exams and was sincerely inspired by the Loreto Sisters who taught her. She "loved every moment" of her time at Loreto Portland. Caroline fondly remembered the names of the nuns at Loreto Portland who had such a profound effect on her life; Mothers' Fidelis, Josepha, Attracta and Delores.

When asked why she decided to become a nun, Sr Caroline responded resolutely with, "the nuns were lovely ladies, their love of God made them very attractive characters to me. If they could be teachers, and love the children, then it was something for me to do too!"

"God called me to enter. I know that's the work God wanted me to do."

Teaching had run in Caroline's family. Her mother's grandfather was originally sent to Australia from England by the British government to set up schools in Victoria in the 1850s. She said she wanted to "follow in their footsteps", a good example being set for her from a young age.

In 1941, Caroline professed her vows as a member of the Order of Loreto in Ballarat and dedicated her life to service as a teacher, first in primary, then moving on to tertiary education across Victoria and interstate. Caroline taught in primary schools in Ballarat, Melbourne, South Melbourne, Adelaide and Perth and tutored in Religious Education at Aquinas College, now Australian Catholic University (ACU). She also made a significant contribution to parish life in Ballarat.

When told she was one of the best teachers of her time, perhaps the most skilled, she shook her head, humbly muttering, "rubbish." Yet she knew that she had a talent for teaching. "I know I had a special gift," she said.

Asked what she loved the most about teaching, Sr Caroline responded modestly, "I loved teaching the little children in primary schools. Many of them had nothing in this world, but I could give them the best teaching possible."

"I couldn't give them money... but I could teach and train them, (through education). I could get them good jobs. I gave them the best teaching I possibly could."

Sr Caroline has an extraordinary memory, knowing exact dates, names and places from her past remarkably well.

She recalled teaching classes of up to 150 students at a time. "If there were not enough seats one group would sit on the floor until they were able swap places. Many were migrants from England, Ireland, Poland and Holland; they were Catholic migrants and they wanted a Catholic education. The English children would teach the other migrant children to help with the size of the class."

When asked what nuns did in their spare time, our Loreto students were touched by her instant nonchalant response.



*"God called me to enter. I know that's the work God wanted me to do."*

"When I finished at school, I would go home and help the other nuns. We helped other people, we helped the old nuns." Thus confirming Sr Caroline's life of service to others.

Sr Caroline was once asked to transfer from Catholic education into the State education system because she was such a good teacher and it was thought she could have a greater impact; however, she was resolute in her intention to remain in Catholic education because that was "what God wanted."

Sr Caroline's special gift for teaching naturally expanded to Aquinas College (ACU) where she helped nurture new generations of primary school teachers for many years. She relished the opportunity to train others to be good teachers in Catholic education before retiring at the inspirational age of 89.

When asked what advice she would give to any Loreto or teaching student today, her simple and sincere answer was, "to live your faith and be a true Catholic."

"I pray for all the people whose lives I have touched or met in my life."

At 100 years of age, Sr Caroline Deutscher may not even know it, but on this day, she touched the lives of three more people with her sincerity, integrity and extraordinary faith in Catholic education.

# What's New

---

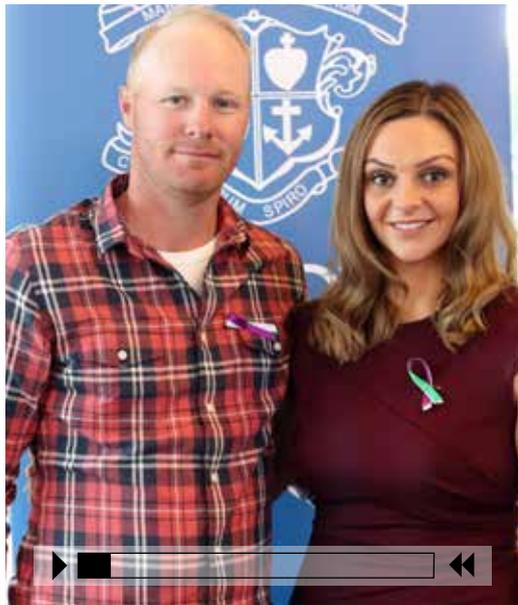
## Event Videos

To capture the inimitable Loreto Spirit and our extraordinary Loreto Education in action, a variety of our key events, programs and educational experiences have been captured to share on video.

The 2019 Swimming Carnival and Athletics Carnival videos capture the colour, athleticism, competitive spirit and House rivalry that are all so uniquely part of a Loreto Education.

You can view the videos on our website and social media.

[www.loreto.vic.edu.au/events-publications-media/loreto-publications/videos/](http://www.loreto.vic.edu.au/events-publications-media/loreto-publications/videos/)



## Interview with Dannielle James (Class of 1999)

Our guest speaker at the annual IWD Breakfast, Dannielle James shares her inspiring story, experience and success with us in an interview.

Dannielle and her husband Jason started their award winning company, Pipe Pro Directional Drilling in 2013.

Her message that women can succeed in a male-dominated industry is authentic, tangible and powerful, providing a clear message to our young women to support each other in personal and career growth.

Dannielle shares with us that life may not always go as planned. Life may take our graduates on different paths and the path that they least expect, the most challenging path of all, may just be the one that holds a great future for them.

You can view the interview on our website: [www.loreto.vic.edu.au/events-publications-media/loreto-publications/videos/](http://www.loreto.vic.edu.au/events-publications-media/loreto-publications/videos/)

# pollySHOES

*for the love of shoes*

# There is no other education like a Loreto education.



My Loreto Education may have been at a different time to your Loreto education, but there is one thing for certain; there is no other education like a Loreto education.

Our Loreto education and affiliate networks are highly regarded throughout the world and 2019 will see a gradual unfolding and sharing of the attributes that have made My Loreto Education an authentic and unique experience.

Look out for My Loreto Education videos, images and stories on all of our communication platforms and share your Loreto education and life experience beyond graduation on our biggest ever alumni survey.

## my LORETO EDUCATION



### FedUniTAFE

fed uni tafe

Free Tafe.



1800 333 864  
[federation.edu.au/tafe](http://federation.edu.au/tafe)

CRICOS Provider No. 00103D RTO Code 4909  
This training is delivered with Victorian and Commonwealth government funding



# A Mission of Sincerity

Thank you to Lily O'Shea, India Baker & Jess Johnston  
Words by Mrs Sophea Manzl

“

The people were so kind and giving. What they have, which might seem so little to us, makes them so happy.”

**This inspiring group of young women opted out of the typical end of year 'schoolies' and instead ventured to Timor - Leste to give the gift of education. In return they were gifted so much more - sincerity in its truest form, the type of sincerity that will change your life forever.**

“In Timor, I learnt what kindness and happiness really is”.

Last December, sixteen Year 12 Loreto women and three staff returned from their two week journey across Timor-Leste. As soon as they returned, Lily O'Shea, India Baker, Jess Johnston and Mr Pat O'Shea eagerly came into school during their holidays to share with us their experiences.

It was hard for the girls to put into words how much the trip really made an impact on their lives, they found it easier to share the stories of laughter, games, songs, and the creative ways in which they communicated with the locals.

From the beginning the group were ready to immerse themselves into something other than school and to get out of their comfort zones. However, nothing could have prepared them how much the two weeks in Timor would change their whole perspective on life.

One by one, the returned travellers sat in the Loreto College Parlour and shared their favourite moments. Amongst the reminiscing and storytelling, it was the warm smiles on their faces that really coloured the stories they were sharing.

“The Timorese people,” the conversation kept returning to the people. Their warmth, their smiles, their unconditional generosity, gregariousness, and kindness. It was the Timorese people that taught the group much more than they anticipated, “they taught us a lot more than we taught them”.

The aim of the trip was to travel to several primary schools, kindergartens and secondary colleges to teach English and connect with the communities through games, song, and engaging lesson plans. Their travel bags were filled with sporting equipment and stationary and as they travelled around the “winding and unsealed roads in a very hot and cramped van, with music always playing”, as Pat vividly remembered, they connected with hundreds of Timorese students. Most of the students had never seen a skipping rope before and were thrilled to play the mysterious game of football with the ‘papaya ball’ as they named it.

Left: Loreto students playing games with local Timor-Leste children.



Each evening before the team went to a new school, the girls spent hours preparing lessons, games and songs to share with the classes, drawing on ideas from their own Loreto education. "We definitely got a lot of ideas from our own Loreto education, we remembered what our teachers taught us and bounced ideas off each other. We were so nervous at first but then it became really fun preparing a class for more than 40 students at a time!".

The most challenging aspect was the language barrier they had to come up with creative ways to explain things and often had to communicate without speaking at all. Lily recalled that one of her fondest memories was simply playing games and laughing with the kids for hours on the muddy oval without even needing to say one word. "Playing ball without needing to say a word with one girl in particular was a highlight, she spoke no English, but we laughed so much, it was like there was no communication barrier at all!"

Along with playing sports, the girls taught classes famous Australian songs and in return they learnt some beautiful Timorese songs.

When they reached the community of Gari-uai, they visited the Loreto Kindergarten and were proud to see the difference Loreto Australia's fundraising over the years has made. The Loreto Kindergarten was the most sophisticated school they visited. The children are provided with a meal every day, have proper desks, visuals on the walls, toilets, sewing machines, and even a kitchen where they can learn to cook. "It was good to see what the money that we as a school have fundraised, at different events over the years, has contributed to".

*Left: Students in front of the Ainaro Guest House*

*Left 2: Working with students at the Gari-uai, Timor-Leste Kindergarten*

Everywhere they travelled across Timor-Leste they were welcomed with open arms, and plenty of food! It was phenomenal for them to see people with so little, offering so much, "The people were so kind and giving. What they have, which might seem so little to us, makes them so happy". The girls experienced this warm and sincere generosity again and again as they travelled around. On India's birthday one lady, who they had only met the day before, baked her a cake and even went out to buy her candles. This started something and all four girls that celebrated their 18th birthday while in Timor were presented with a cake at some stage! They were always thinking of others before themselves, right down to the small details.

"When they were preparing the meals, they were always thinking of us and what we might like. One night we went out for dinner and one lady noticed that we were eating chips, and so the next morning she made us chips for breakfast. Of course this isn't something we would normally eat for breakfast, but she was so thoughtful."

Amongst all the games, songs, food and friendship building, the team took time to learn about the history of Timor. They visited the Chega Museum and were shocked to learn about the powerful and horrific history of the Timorese. Timor has suffered numerous invasions, violent attacks, and has been severely impacted by the rest of the world, including Australia. Hundreds of prison and massacre stories, from both children and adults, throughout the museum highlight what happened specifically during the East Timorese crisis when anti-independence militants began attacks on civilians in the 1990s, killing thousands. 'Chega' translates to 'Enough!' and the museum has been set up as a part of the 'Commission for Reception, Truth and Reconciliation' where the Timorese people

have been given the opportunity to share their stories to help move on from the past.

Although this recent past is full of horror and violence, the beautiful Timorese people still see such hope for the future and this is what has left the girls so inspired.

"The people were so friendly. I think they realise that you cannot change the past. They have moved forward and don't ever want these things to happen again".

When asked what they loved most about the trip, these young Loreto ladies all responded in unison, "the people". It was the people they loved and taught them the most, "They taught us a lot more than we taught them". The people taught them what it means to forgive, to be happy, to be kind, and to love. The girls returned home with a new and sincere sense of being happy with what they have and recognising that they have the ability to use their privileges to do good. "I think we can learn from their happy, loving, generous, sincere nature. I would recommend this trip to anyone, there was no moment where I didn't feel safe. The people will just love you for being yourself and will be forever thankful for you visiting and teaching them."

It is inspiring to see this group of Loreto women step out of their comfort zones and to immerse themselves in a completely different culture, and in doing so learn a beautiful and fresh perspective on life, ready to tackle the world as they leave as graduates of Loreto College, Ballarat. The Timorese people share a similar perspective to Mary Ward, that we should always "be such as we appear and appear as we are" and know how important it is to value joy, happiness, and freedom.

# LORETO

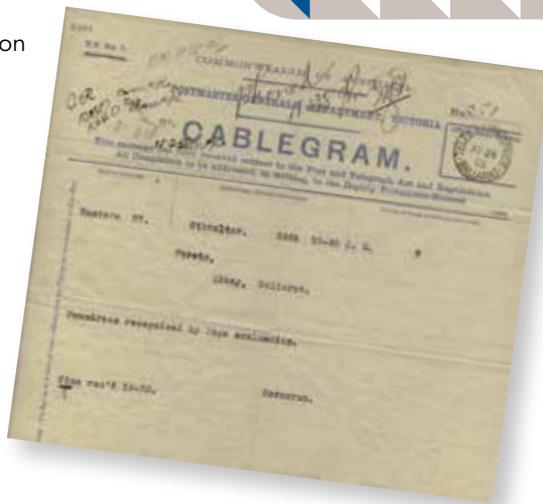
## ACROSS THE DECADES

### 1909

#### 110 years ago

In 1909 a Decree of Rehabilitation (canonical recognition of Mary Ward as founder) was finally granted by the Pope. Mary Ward's Institute had been suppressed by the Pope in 1631. In 1703 the Institute was recognised but not with Mary Ward as founder. Sisters had been petitioning for 203 years for the recognition of Mary Ward as their founder.

*Image: Cablegram announcing papal recognition of Mary Ward as founder.*



### 1875-2019

### 1879

#### 120 years ago

Death of Countess Elizabeth Wolff-Metternich, student and benefactor, 28 April 1899.

The Countess came to Loreto in 1898 as a student. In 1899 she began a journey back to her home in Germany but died on board ship. The Countess's bequest to Loreto made possible the completion of the Loreto Chapel. *Image: Countess*

### 1899

#### 30 years ago

### 1989

The first lay principal of a Loreto School was appointed in 1989. Previously this role had always been filled by a Loreto Sister. Dr. Anne Hunt OAM was appointed Principal of Loreto Mandeville Hall Toorak.



#### 50 Years ago

Loreto Sisters moved into 'Loreto House' in Albert Parkin June 1969. Loreto House was purchased as a Provincial's residence, Novitiate and community house.

Mother Teresa of Calcutta visited in 1969.

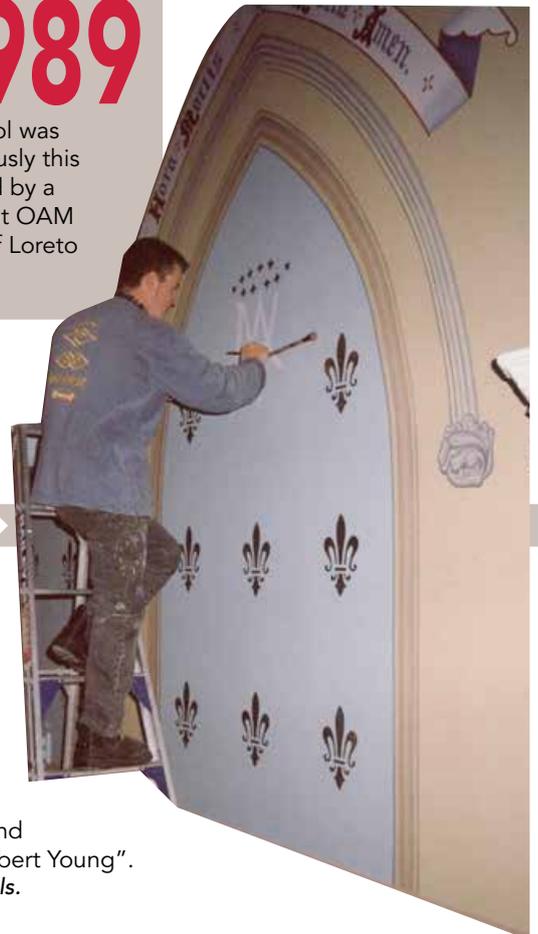
*Image: Loreto House*

### 1969

### 1999

#### 20 Years Ago

In 1999 the restoration of Loreto Chapel began. The Chapel had not been repainted since the 1940s and major conservation work was needed. The work was made possible by a bequest from past pupil, Lucy Kerley and completed by past parent, Robert Young". *Image: Painting the Chapel walls.*





### 140 Years Ago

Sr. Stanislaus Mornane entered – first past pupil of Mary’s Mount to do so.

Anastasia Mornane enrolled as a student at Mary’s Mount in 1876. Three years later she entered the Institute of the Blessed Virgin Mary and was given the name Sister Mary Stanislaus.

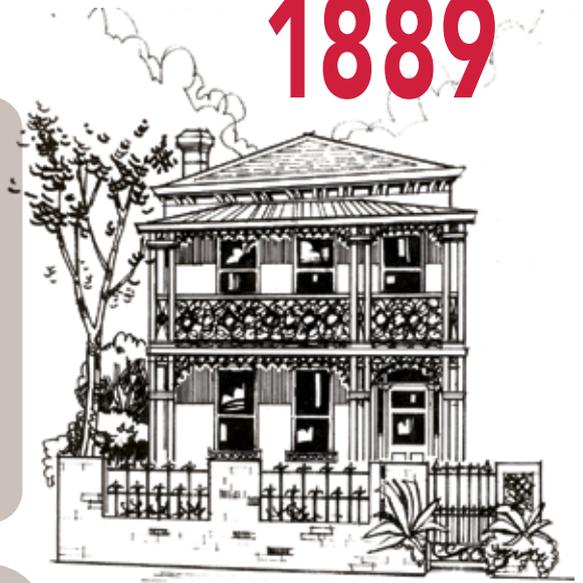


### 130 Years Ago

Establishment of Loreto in Melbourne 5 January 1889.

On 21 January 1889, a community of Loreto Sisters was settled in a house in Albert Park, ‘Mononia’ and opened a small school. The next year they built Loreto Convent Albert Park.

Image: Sketch of ‘Mononia’.



# 1889



In September 1899 the building of the Loreto Chapel was recommenced. The building of the Loreto Chapel had begun in 1898 but money soon ran out. After the promise of the bequest from the Countess, building was resumed with great ceremony. Unfortunately, the money was not received until 1901 and the Chapel not completed until 1902.

*“To our joy the church building was recommenced. We were allowed, under the foreman’s direction, to lay a brick each, in the wall of the cloister.”*  
(Eucalyptus Blossoms 1899)

# 1899

# 2009

### 10 Years Ago

2009 was the beginning of the celebrations to mark the founding of the IBVM (Loreto) and the Congregation of Jesus by Mary Ward in 1609.

Image: Ms Judith Potter with Loreto College Ballarat student leaders in 2009.





# Way of the heart

---

Words by Mrs Shona Hendley

66

*“These are the morals I was raised by... I apply these everywhere I go and to everything I do.”*

Courtesy, integrity, perseverance, self-control and an indomitable spirit are the five ‘tenets’ or principles of the Korean martial art of Taekwondo. “These are the morals I was raised by,” Year 12 student Shannyn Bourke explained. “I apply these everywhere I go and to everything I do.”

For Shannyn, a matter of fact, determined young woman it is clearly evident that Taekwondo is deeply ingrained within her. It has shaped her life, who she has become and where she is going. And if last year is anything to go by that is to a place of great success.

2018 was an unfathomable year of Taekwondo success for Shannyn which also took her to some pretty impressive travel destinations as well. Shannyn travelled to Tahiti to compete in the Oceania Taekwondo Championships where she won two Golds and a Bronze within the team and individual divisions. She also participated in the World Championships in Taipei where Australia placed an impressive 15th.

Like most success stories, Shannyn’s road hasn’t been short. The 17 year old began learning Taekwondo nearly ten years ago, at seven years of age as a way for her to learn self-defence. “My mum wanted my brother and I to be able to protect ourselves,”

Shannyn said. “We owned a pub which we also lived above and Mum thought learning a martial arts would be helpful in case anything ever happened.”

Shannyn describes her introduction to Taekwondo as being like a “a duck to water...I just took to it.” From the start Shannyn was motivated by her enjoyment of the sport but also a natural ability she possessed but it wasn’t until she was 12 that she began to compete in Taekwondo which literally translates to ‘way of the hand and the foot’.

Shannyn pursued the ‘Poomsae’ discipline of Taekwondo which unlike the fighting discipline, does not involve contact with an opponent. Instead it focuses on technique and accuracy, a routine that sees the competitor fight against an “imaginary opponent.”

When Shannyn made the decision to move into competitive Taekwondo she said “it didn’t go well. One of the judges who saw my first ever competition performance actually told me recently that on that day I had received the lowest score he had ever seen in 40 years of judging,” she laughed.

“So many people thought I was bad at it, other competitors made fun of me, so I decided that I would show them, I told myself



Right: Shannyn with Coach Ace  
Above: Shannyn and Coach Jason

that I will do it, I was determined to prove them wrong, that I could do this and that I could be good at it." It is this perseverance, self-belief and determination, a true sense of mind over matter, that drove Shannyn down this pathway of success.

Shannyn has depended on this resolve many times through her Taekwondo pathway, including through a personal battle with her weight. "When I first started competing I was overweight in comparison to the other competitors. This impacted my confidence and my mental game. In 2017 I made a conscious decision to be healthier and I have since lost 30kg. Weight is no longer an issue for me, it is no longer a barrier. I did it for me," Shannyn said.

Shannyn trained locally in Ballarat for the first few years, although she improved by doing this she described her improvement as "gradual" to a point where she "plateaued" and she began to feel "bored". This is when a decision was made that she would need to pursue her training elsewhere.

Shannyn moved to Halls Taekwondo in Melbourne where she currently trains, under the guidance of her two coaches Jason and Ace. "At the beginning it was very hard, very intense, it was the next level, I had moved from Taekwondo being a hobby to now being an athlete," she said.

Moving into this new competitive level has meant that Shannyn now makes the trip to Melbourne for sessions between two and five times per week depending whether it is on or off season. Each training session can run anywhere from two- six hours at a time, plus the commute time. This commitment, along with studying her VCE demonstrates a true love for the sport and also this idea of the 'indomitable spirit' that will not be stopped.

As well as two incredible coaches that have helped Shannyn reach a new level of success,

“

*So many people thought I was bad at it, other competitors made fun of me, so I decided that I would show them. I told myself that I will do it.”*

Shannyn also credits her mum for helping her get to where she is. "Mum sacrifices a lot for me. She drives me to all my competitions, she is the first one to say that I've done well but also the first one to say that I can do better. She is truly honest and never sugar coats things."

Shannyn hopes to continue her Taekwondo after finishing school this year, with a desire to compete in 'The Universiade', which she describes as the "University Olympics" - a competition with a range of sports, held every second year. Competing in this in 2021, while studying Clinical Psychology would be Shannyn's ideal scenario, hopefully a prelude for winning a Gold medal in the World Championships, Shannyn's ultimate Taekwondo goal and one with a resolve and genuine sincerity for the sport, is totally within her grasp.



NIKE  
ALLS  
EST. 1964

WT  
SHANNYN BOURNE  
EST. 1964

adidas  
alls  
com.au



*Sr Orla with students in Rumbek, South Sudan  
Image: courtesy of Paul Jeffrey*

# From Mary Ward International

*Words by Loreto Rumbek*

On Thursday, March 7, the US Secretary of State hosted the 2019 International Women of Courage (IWOC) Awards at the U.S. Department of State to honor 10 extraordinary women from around the world. This year, our very own Sr. Orla Treacy was nominated and selected for this prestigious award.

"Today, I was very aware of our girls as I was receiving the award. I pray that I am paving the way for them. My hope and dream is to see one of them with this award in the future."

She was nominated by Callista Gingrich, Ambassador to the Holy See, on a recommendation from the De La Salle Brothers whom recently started a school in our community. During the ceremony, Naw K'nyaw Paw of Burma, spoke on behalf of all the women being awarded, telling her story of courage, and ending with a poem which reflected on the fact that women of courage prepare the way for others to be brave and to fight for a better world.

When asked about the award, Sr. Orla said, "This award belongs to the young women of South Sudan with whom I have the privilege of working. Our students embody all that is courageous – they are young women of vision, strength and hope. Young women who dream of a better country for themselves and their families, who are prepared to challenge old structures and work towards making South Sudan great. I am grateful to all who have made this possible.

Our work in South Sudan is not possible without the ongoing support of our partners, our wider Loreto family, past pupils, students, staff and our local community in Rumbek.

Our Church leaders, community leaders and local government leaders have all played a significant role in supporting our mission."

In 2006, Sister Orla joined other Loreto Sisters who were starting a new mission in Rumbek, South Sudan. Touched by the plight of girls who were being forced into early marriage and denied the right to an education, she took action. Sister Orla and the Loreto Sisters started a girls-only boarding school with 35 students.

“

*Young women  
who dream of  
vision, strength  
and hope”*

Today, Sister Orla serves as the head administrator of the Loreto Rumbek Mission in Maker Kuei. The Loreto Rumbek Mission consists of 3 core programs: a community based co-educational school with nearly 1,200 children, an all-girls secondary boarding school with around 300 girls, and a women and child-centric Primary Health Care Unit (PHCU) which provides around 1,600 clinical consultations each month.

The mission is currently supported by 2 additional sisters – Sr. Penina from Kenya and Sr. Baida from India.

After receiving the award, Sr. Orla expressed her hope for the girls at Loreto, "Today, I was

very aware of our girls as I was receiving the award. I pray that I am paving the way for them. My hope and dream is to see one of them with this award in the future."

She added, "I spoke with one of our former students this morning and I shared my hope that a South Sudanese young woman would have the honor of receiving this award one day."

Sr. Orla was accompanied at the ceremony by her father, Blaise Treacy, brother, Eamon Treacy, fellow Loreto Sister from Bray, Ireland, Sr. Anne Mary Murphy, and Candacia Greeman representing the staff and students of Loreto Rumbek.

Her father noted, "I was very privileged to be present and I am very proud as a father," while her brother spoke of how proud their mother would have been to see Sr. Orla honored in this way.

Sr. Anne Mary, who previously served in the Loreto Rumbek mission spoke of the impact of the ceremony. "I was really moved to see so many women from all over the world – from so many cultures being honored.

What really struck me was the fact that these women were representing the many other women who work hard serving the vulnerable. I was also thinking of our girls in South Sudan who are setting out to do something great – preparing to work hard for their country," she explained.

*Republished with permission from Loreto Rumbek. You can view the full article on their website: [www.loretorumbek.ie](http://www.loretorumbek.ie)*

# Works by Loreto Students

---

## Sincerity

Below are Loreto College student works relating to the Mary Ward Value, Sincerity  
The works are representative of student's creative and artistic interpretations of this theme.

## Fate

---

*by Finnley Greet (Year 11)*

The sun had flitted through the trees like millions of tiny, falling crystals. A young boy and a young girl (because there always seems to be a young boy and a young girl) had sat by a sapphire brook that shimmered and waded, creating the perfect bubbling sound to compliment the song of nearby birds. The boy and the girl had talked, had liked what they had heard, and moved a little closer to one another. They had, of course, kissed, because the most perfect couples always do kiss in the most perfect places, at the most perfect times and should, by all rights, live a perfect life together thereafter. That's what happens in fairy tales and love stories, in books and movies, in all other references and recommendations - that is how it happens. Therefore, it was quite understandable that Christopher truly believed that was the way it would work out.

The boy and the girl sitting by the brook, listening to birds and water and watching the patterns made by the sun... that had all happened- just as perfectly as described - almost exactly one year ago. Christopher and Audrey had been dating ever since. For just over a year, the two of them had been together. Each radiating in each other's happiness, basking in each other's perfection, and simply shining in their own absolute joy at being in each other's company. At least, for a little while.

Over the past year, Christopher had grown a little (and he did hate

to use this word, but it was, unfortunately, quite appropriate) bored. Audrey simply wasn't the girl he wanted. It wasn't that she had changed, or that he had ever had any misconceptions about the sort of person she was, or even really about her at all. Christopher simply didn't think of her the same way he had one year ago. She might not have changed, but it seemed that he had. He didn't want to lie to her, so he had decided to break up with her as soon as he had had this epiphany- and was quite sure of it, of course. He had chosen to execute his plan in the same place they had first admitted their feelings: by the perfect sapphire brook.

"-anymore," he concluded, licking his lips in a vain attempt to wet them. His lips always dried out when he was nervous, or doing something particularly unpleasant. He wasn't exactly excited about breaking up with the only person he could ever safely claim he had loved.

"Just to be clear," Audrey began in a voice that was neither sad nor angry- the two emotions Christopher had expected her to present him with- but was, rather, quite calm and reasonable. Quite normal, if you like, "You are breaking up with me, correct?"

"Well..." Christopher, a little stunned by Audrey's reaction, took a moment to recover, "Yes. I just think that if it's meant to be, it'll be, and if it's not, it won't. We'll find each other again if we're meant to,

# Design Folios

by Macy Mitchell (Year 10) & Halle Martin (Year 10)

“

The folio pages presented are the work of two Unit 1 Product Design and Technology students. The students have been presented with the problem of creating and making a more sustainable outer garment than the plastic poncho shown to the class. This has involved research of design styles, material properties and suitable processes.

Macy Mitchell's page is demonstrating visualisations of a possible proposed design solution. Halle Martin is demonstrating a Design Option that would be a viable solution to the problem of creating a more sustainable garment with fabric swatches shown.”



*continued*

and then we'll... we'll know for sure that it's right," he recited what he thought was the best part of the speech he had prepared for this moment. Audrey frowned a little.

"I'm sorry, did you say 'meant to be'?" she parroted the boy who had, up until approximately one minute ago, been her boyfriend. Whom had told her countless times how utterly in love with her he was, and to whom she had repeated the phrase equally as often. Christopher was almost offended by her apparent lack of shock at the proposed break-up.

"I...did," Christopher admitted warily. Audrey had a way of always being right, and proving with ease that she was right, that irritated Christopher to no end, and was also one of the things he had loved most about her. Her voice was argumentative, a sure sign that she was about to prove a point, or to convince Christopher of something he didn't particularly want to be convinced of.

"Meant to be," Audrey repeated a little. There was a pause. Then, quite suddenly, Audrey laughed. It was not a pleasant laugh, but the kind of laugh one employs when one is absolutely astonished at another's lack of intelligence. A laugh of sheer disbelief.

"It seems to me, love," Audrey began again. She only ever called him 'love' when he had done something exceptionally stupid, "that you are leaving far too much up to fate. Whether or not it's meant

to be, I intend to make it be. Because, as well you know, I've never really given a damn about what other people think is right. 'Right' is relative. There is no real 'right'. No one answer to anything. Just what is and what isn't. And what isn't can always be."

There was a very long pause in which neither party spoke. Audrey smiled at the ground, and Christopher stared at her, his mouth open. Once he noticed this last fact, he closed it at once. He licked his lips several times. He had never felt this nervous in his entire existence (not that his existence had been exceptionally long). He knew he had made a mistake, though he wasn't quite sure what it was yet. Which made him even more nervous.

"But it's fine," Audrey said, and smiled at Christopher, "Really, it is. In a way, I imagine it will be fun to win you over all over again. And trust me, I will succeed."

Audrey turned, with one final smile, and walked away. That was that, Christopher supposed. Although, his heart was still beating very fast. His face felt unnaturally hot. He licked his lips. The sun flitted through the trees like millions of tiny, falling crystals. Christopher, although he didn't realise it at the time, felt exactly the same way he had just over a year ago: a naïve boy, deep in the thralls of new love.



Witnessing the need for training in the mental health and stress management realm, sisters and Loreto past pupils, Laura (Class of 1999) and Shae Duggan (Class of 1998) started their own business to help fill this void, launching FeelsGood Wellness in 2018.

FeelsGood Wellness, a project of passion and love of the two sisters, provides

corporate wellbeing programs, delivered by expert facilitators, both online and in person. It is aimed to enhance mental health, stress management, creativity, resilience, focus and connection.

Laura says that the main purpose of FeelsGood is to “help people cultivate the skills necessary to be resilient and have a positive relationship with stress.”

Underpinned by neuro science the course “delivers the message that we all need to be proactive and instrumental in our own mental health and wellbeing. It gives staff the knowledge and skills to have a positive impact on their own mental health. Our targeted training for managers helps create a workplace culture of acceptance and support for those suffering from mental

# Sisters Making Wellbeing a Top Priority

Words by Mrs Shona Hendley

“

*we can take some stigma and fear out of mental illness giving staff the confidence to support themselves and those around them.”*

illness. By educating the whole team we can take some stigma and fear out of mental illness giving staff the confidence to support themselves and those around them,” she said.

For Laura, it was her own personal experience that led her on this pathway. “About six months into my career as a primary school teacher I collapsed in the street in St Kilda, having suffered a brain aneurysm. I had brain surgery to stem the bleed and the surgery caused me to have a stroke. I was 23.”

This unexpected, life changing event, doctors said was caused by stress; something Laura believes is to do with her lack of resilience and lack of internal supports to help her cope with everyday stress.

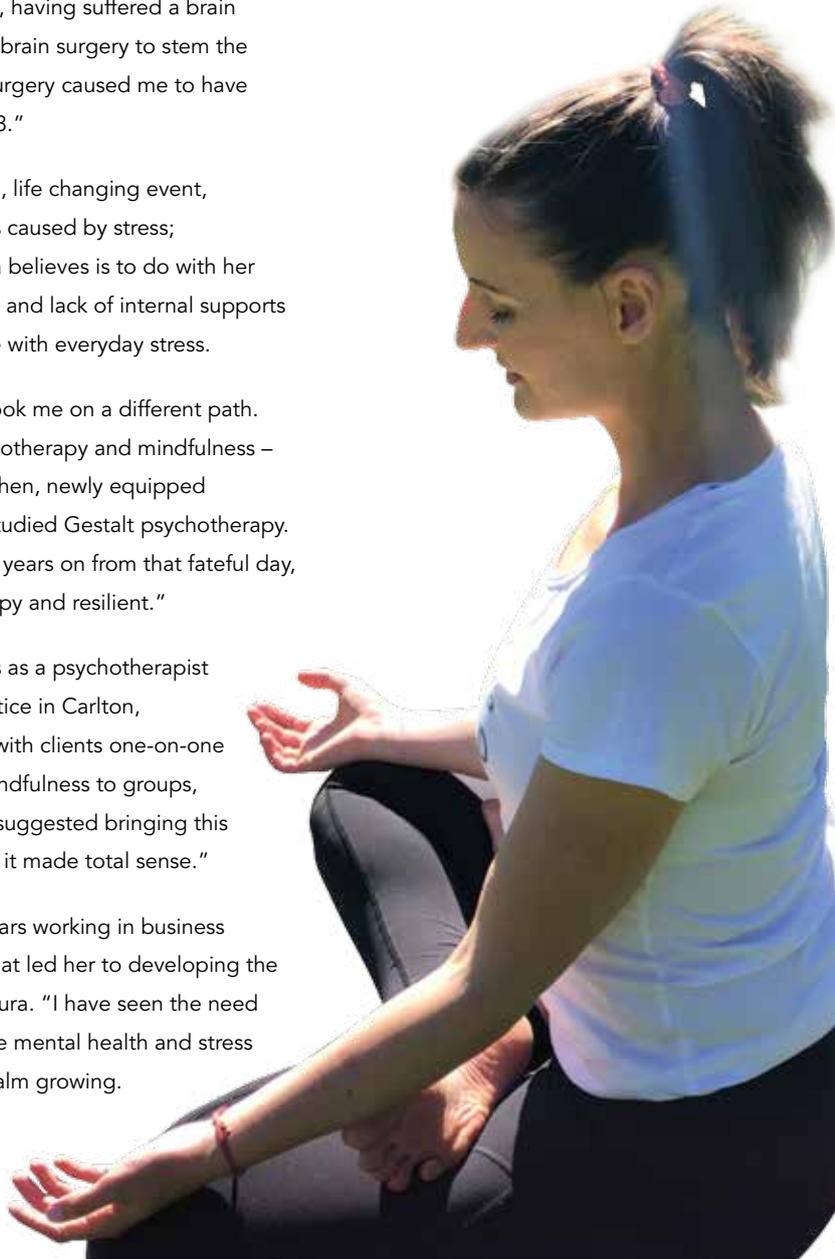
“My recovery took me on a different path. I explored psychotherapy and mindfulness – first as a client, then, newly equipped and inspired, I studied Gestalt psychotherapy. Almost fourteen years on from that fateful day, I am strong, happy and resilient.”

Laura now works as a psychotherapist in a private practice in Carlton, “I love working with clients one-on-one and teaching mindfulness to groups, and when Shae suggested bringing this into workplaces, it made total sense.”

For Shae, her years working in business was the factor that led her to developing the business with Laura. “I have seen the need for training in the mental health and stress management realm growing.

Laura’s profession and her approach to stress management though mindfulness seemed like an obvious solution to this need within businesses,” Shae said.

Shae also attributes the interest and value of meditation and understanding of its power to help both mentally and physically to their cousin Gina Ryan, who was Vice School Captain at Loreto College in 1986.





*God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference."*

Gina sadly passed away from Cystic Fibrosis the following year.

"Gina was years before her time in using meditation as a tool for coping with her illness and now years later science has proven that this would have also had benefitted her physically.

Gina's favourite prayer was 'God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.'"

From personal and sincere roots FeelsGood Wellness have worked with both MARS confectionary and PETStock since developing their program last year. "It is our hope that the positive effect of our courses will extend beyond the health and wellness of those in the workplace, into their homes and their families. We encourage all of our participants to share the course with their family members so that people can see the benefit at work and at home," Shae and Laura said.

The Duggan sisters have done what many only talk about and pursue an entrepreneurial idea and made it a reality. Their success Laura believes has a lot to do with their sibling relationship. "Working with my sister is excellent because we can be totally honest without fear of hurting one another or causing a rupture. Nothing is ever left unsaid in our family and this works really well in our business relationship.

We have very similar beliefs and values, and we trust one another implicitly. We are both so inspired to create this together, that the process has been fun and easy," she said.

Another factor that has helped them along their pathway was their time at Loreto. "Loreto was more than just a school to me. It was a place where I knew I belonged and a place where I was able to grow and figure out a lot about who I was. Loreto instilled in me that women are powerful and encouraged me to challenge the status quo," something the Duggan's have undoubtedly achieved with FeelsGood Wellness.

# my LORETO EDUCATION



Your Loreto education could support a girl to become a Loreto woman

## 2019 Annual Giving Appeal

**A Loreto education really can change the world!**

Please consider using your Loreto education to support a girl to become a Loreto woman.

For information about how to support a bursary or scholarship to assist students to attend the College and contribute their gifts to our community, please see the card mailed out with this edition of Verity.



You can donate online via the website: [www.loreto.vic.edu.au](http://www.loreto.vic.edu.au) or by returning the card provided.

**REGENT CINEMAS**

**WHAT'S ON AT THE MOVIES**

[www.regentballarat.com.au](http://www.regentballarat.com.au)

After  
JUNE 6

The Sun Is Also A Star  
JULY 4

The Lion King  
JULY 17

**F E E L S  
G O O D  
W E L L N E S S**

A positive approach to stress and mental health in the workplace.

Science-based training for your team, delivered online and in person by psychotherapist Laura Duggan.

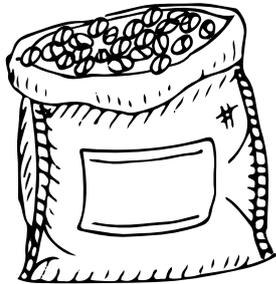
[feelsgoodwellness.com.au](http://feelsgoodwellness.com.au)

# Expert Tips

---

## Better Gardens

with Dennis and Andy



### Preparing Garden Beds for Planting

The magnificent Loreto garden beds take a lot of work to ensure flowers are on display virtually all year round. Throughout the season, flowers that reach their peak early are removed and as the season ends more flowers are pulled out early to give the garden bed a rest.

In preparation for new season plantings, the garden beds under tree canopies are often re-shaped to bring them out from any overhanging tree canopies and a heavy concentration of fertiliser is applied. (Garden beds under tree canopies will always dry out quicker throughout the season of flowering). The soil is top dressed to build the bed back up and Permfert and organic pellets are tilled throughout. The beds should then be left for at least two weeks and moisture monitored to prime the soil for the next season plantings.

## Fun Facts from the Archives

With Robin Scott, Loreto Province Archivist

- During the 1956 Olympic Games, a temporary stand was built on the school side of the fence so that the students could watch the rowing.
- The bell in the pond in the front gardens, which is the convent bell, used to hang in the southern arch on top of the Novitiate Building.
- Many pets have lived on the school site. There have been dogs, cats, budgies, a white rabbit and a pony in the pony paddock.

## Tech Tips with Mick

*"Sincerity in the online world."*



We are bombarded with targeted advertising wherever we go, made to feel inferior by the glamorous and idealised expressions of self through social media, and are, dare I say it, receptacles for 'Fake News' that places audience engagement and sensationalism above the truth.

So is there a place for honesty, integrity and sincerity in the digital environment?

Here are some places you might find it, or some strategies to make your own genuine contributions:

- **NEWS & CURRENT AFFAIRS:** If social media is your go for up to the minute news, consider accessing the Twitter, Facebook or Instagram feeds of the SBS or ABC News. While not always perfectly objective, these organisations employ trained journalists, and as publicly owned media outlets often have a greater level of accountability for their content.
- **SOCIAL MEDIA CAMPAIGNS:** In rare moments, social media communities step out of the bubble and use people power to address real issues that impact others. Body image campaigns ask us to post a picture of ourselves without makeup, or honest posts draw our attention to urgent human rights or environmental issues. Social media is full of ideas and agendas, but sometimes these can contribute positively to our world.
- **ETHICAL SHOPPING:** As local markets have become global thanks to the ease and accessibility of online shopping, the scope for consumer choice has increased, allowing shoppers to choose brands that operate with integrity, having ethical and/ or sustainable business practices. At no time in history have consumers had such power to shape global markets.
- **PERSONAL BLOGGING:** Want to be a beacon of truth shining out from the murkiness of the internet? Creating a personal blog in the form of a website or online journal can be a way to share your views, experiences and stories in an environment where you have complete control. It is also a way to connect to other genuine people who share your interests.

# Carmel Parker's Health & Fitness Tips

## Benefits of Physical Activity

Engaging in regular physical activity, whether it be walking the lake or serious running training, can prevent the onset of disease, reduce stress and help us to live longer.

What's not to love about that?!

The benefits of regular physical activity can be felt both inside and out.

### Here are some key benefits to getting your heart rate pumping:

#### Reduced risk of heart disease

Physical activity strengthens your heart muscle, helps maintain healthy blood pressure levels and boosts 'good cholesterol' (HDL) and decreases 'bad cholesterol' (LDL).

#### Prevent illness

Physical activity reduces the risk of Type 2 diabetes, osteoporosis and some cancers.

#### Longer Life

Recent studies found that the more physical activity you engage in, the longer you are likely to live.

### Maintain a healthy weight range

Physical activity and a balanced healthy diet are the keys to preventing weight gain and obesity. Everything you eat and drink contains calories and any movement burns calories. Even simple forms of physical activity - walking to work, taking the stairs - will help to burn extra calories.

### Get Stronger

Muscle and bone strength are important for healthy bone density, good posture and balance. This is especially important as we grow and age.

### Improved Mental and Emotional Health

Physical activity can improve mood and relieve stress, anxiety and depression and helps us sleep better. While we are active, the body decreases stress hormones and releases endorphins (natural 'feel good' chemicals).

### Boost Memory

Physical activity can boost your memory and thinking skills.



## 5 Minutes With....

*Miss Abbey Townsend (Year 7)*

*First year as a Loreto College student*

### Q: How would you describe your experience at Loreto College so far?

A: I would describe my Loreto experience so far as a very different but exciting, new journey. It has been a great opportunity to make a lot of new friends and try a lot of new things. It took a little bit to get used to this new environment as high school is very different to primary school but after a few weeks, I got more comfortable with little things like making sure I was in class on time, working out how to undo my lock, carrying a heavy bag and reading my timetable.

### Q: How did you feel on your first day of school at Loreto?

A: My first day at Loreto, like everyone's I'm sure, started out with a lot of nerves and excitement. Of course, I had packed every unnecessary item I'd thought I need for the first day. I was so nervous during the first couple of periods, but by the end of the day I was so comfortable and ended up having a great day. The teachers met us with a smile; they really understood how we were feeling and helped us a lot to settle in.

### Q: What is the most exciting part about being a Loreto Girl?

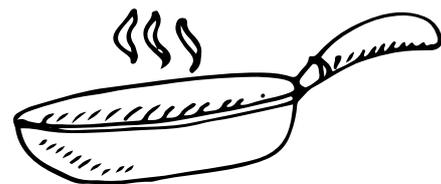
A: The most exciting part about being a Loreto Girl is having the chance to be a part of the Loreto community. Loreto girls have a lot of spirit, like at events such as the Swimming Carnival; everyone comes together and has a lot of energy and support for one another as they scream and encourage their House.



# From Thea's Kitchen

## Fajitas

*"Eating food should be more than just satisfying a physiological need. It should be about a sincere enjoyment sharing of a meal with others and should promote social interaction. This is a recipe is one that we enjoy in our Food Technology programme and has been shared with me by family members who also have a love of food,"*



### Method - Marinade

1. Measure the dry ingredients carefully and add to a zip lock bag.
2. Close the bag and shake the spice mixture until thoroughly combined.
3. Add the chicken tenderloins and shake the mixture until it coats the chicken.  
Refrigerate.

### Method - Filling

1. Deseed the capsicum and cut into long strips lengthwise.
2. Peel and cut Spanish onion into strips.
3. Wash and drain the lettuce.
4. Preheat the oven to 150C. Wrap the tortillas in foil.
5. Add oil and preheat the frypan on medium high heat on a medium burner.
6. Add the chicken and cook until golden.
7. Place the chicken on a plate and cover with foil to keep warm.
8. Place tortillas in the oven to warm for 15 minutes.
9. Add a small amount of oil to the pan and cook the capsicum until soft and slightly golden. Remove capsicum from the pan and add to a separate plate, covering with another piece of foil.
10. Add the onion to the pan and cook with a small amount of oil until soft and slightly golden. Add to the plate with capsicum.
11. Assemble the tortillas by placing the 4 tortillas on a clean bench. Spread the sour cream and avocado dip down the centre of each tortilla. Top with lettuce, chicken, capsicum, onion then salsa and cheese.
12. Wrap by folding up the bottom edge and then fold in sides.  
Secure the end with a small strip of foil.

### Meat marinade:

- 400gm chicken tenderloins
- ½ tsp chilli powder
- ½ tsp paprika
- ½ tsp onion powder
- ¼ tsp garlic powder
- ½ tsp salt
- 1 Tablespoon corn flour
- 1/8 tsp cayenne pepper
- 1//8 tsp cumin

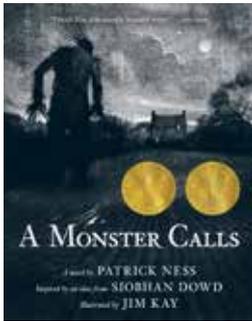
### Filling:

- 4 large tortillas
- 1 Tablespoon olive oil
- 1/3 medium yellow capsicum
- 1/3 medium green capsicum
- 1/3 medium red capsicum
- ½ Spanish onion
- ¼ cup light sour cream
- ¼ cup avocado dip
- ¼ cup tomato salsa- mild (Mexican)
- ½ cup grated tasty cheese
- 70gm mixed lettuce



# Book Talk

with Mrs Sarah Lane



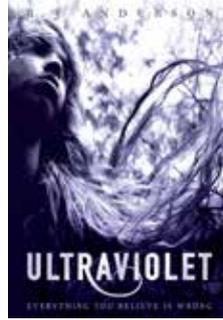
## A MONSTER CALLS:

**Patrick Ness**

*"Your mind will believe comforting lies while also knowing the painful truths that make those lies necessary. And your mind will punish you for believing both."*

Patrick Ness has a way with opening lines and he does not disappoint here. I dare you to open this book and not continue reading. This particular story is the brain child of the late Siobhan Dowd and the combination of these two is nothing short of magic.

The ancient monster that appears at Conor's window wants one thing, perhaps "the most dangerous thing of all", the truth. Laced with myth and fairy tale like qualities, this incredible, powerful story about a young boy whose mum has cancer deals with themes of grief, loss, anger and truth.



## ULTRAVIOLET:

**R.J. Anderson**

*"Every time you show your feelings, you apologize. Have you ever had an emotion in your life that you weren't ashamed of?"*

Alison has been institutionalised after confessing to the murder of the most popular girl in school. But did she really do it?

Alison has a condition called synaesthesia which means her senses are realised simultaneously as another sense. For example, sounds have colours and she can taste when people are lying. Being a human lie detector is one thing but Anderson's vivid descriptions of how Alison perceives the world are utterly engrossing. Alison however, wonders if she's going crazy and tries to hide her condition and true self. But she's not the only one concealing their true identity!



## THE NEST:

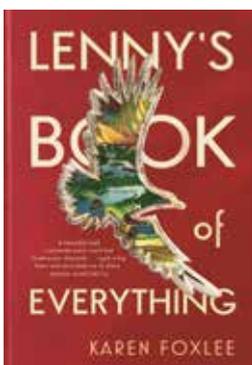
**Kenneth Oppel,**

**Illustrated by Jon Klassen**

*"People lie and say they don't want perfect. But really they do. Perfect bodies and minds and comfy chairs and cars and vacations and boyfriends and girlfriends and pets and children. Above all, children."*

When Steve's baby brother is born, something is wrong. So when an "angel" appears in Steve's dreams and offers to "fix" the baby, it seems like the perfect solution. However, we quickly discover that things aren't exactly as they appear.

Klassen's dark illustrations add to the feeling of foreboding and accentuate Steve's helplessness.



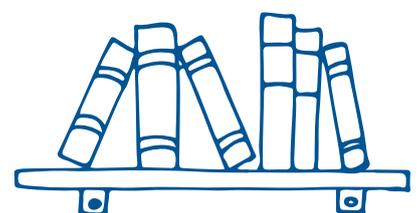
## LENNY'S BOOK OF EVERYTHING:

**Karen Foxlee**

*"She was thin with worry our mother. She was made almost entirely out of worries and magic".*

Our young narrator, Lenny, lives with her brother Davey and their single mother. They don't have much, but it's enough to get by. When Davey is born their Mother has a "dark heart feeling" that doesn't go away. At age 5 Davey starts to grow at a startling rate and by age 7, he's as tall as a man. This story has a "Big Fish" kind of feel, where magic is blended seamlessly with the everyday, leaving you with the sense that anything is possible.

Davey's rare form of gigantism dominates the tale, with each chapter date stamped informing us of Davey's increasing height. The story is emotive and heartbreaking, yet also uplifting.



# Such as I am

Words by Mrs Wilma Douglas, Mrs Judy-Ann Quilliam & Mrs Thea Mooney



Wima Douglas in a Loreto College Food Technology room

When Mary Ward expressed her idea of Sincerity that “we should be such as we appear and appear such as we are,” she could never have known that all these years later, Wilma Douglas would grace the Technology classes of Loreto College for almost 17 years, leaving behind her a legacy of sincerity for all to treasure.

The Loreto Schools of Australia Mission Statement in describing the value of Sincerity “everyone in the school community shares the pastoral responsibility which involves knowing, accepting, respecting and encouraging each student as individual and modelling a consistency between words and actions.” From the first day that Wilma entered the grounds of Loreto as the Food and Materials Technology Assistant, to her last, she has lived this idea in thought, word and action.

A common analogy shared by students and staff is that Wilma reminds them fondly of their Grandmother – caring, selfless, always with a cookie to share, a glint in her eye when she smiles, warm and sincere.

What many don't know is that Wilma has always worked hard for her living and she is very proud of that. She has only ever had one job interview in her working life, and that was for her job here at Loreto. Wilma's first place of employment was at the renowned Ballarat fashion house and clothing manufacturer, E. Lucas & Co. This was where she learned and honed her exquisite sewing skills, whipping up finely boned garments with meticulous speed.

With sewing skills perfected she turned her hand to her other great love, food; working for 35 years at another renowned Ballarat institution, H.A Morris Catering

before starting her own successful domestic cleaning business. It was within her time in the cleaning business that Wilma was introduced to Loreto College.

Loreto College had advertised for a Food Technology Assistant when she was cleaning the home of College neighbour, Mr Jack McCunney. Jack insisted that she would be perfect the job and proceeded to pass on a ‘a good word’ to the Principal of the time, Ms Anne Fry. Wilma insisted “that she would not be witty enough for that job!”

And so it was, that Wilma nervously attended her first ever job interview, under the endearing scrutiny of Loreto staff, Mr Roger Morris and Ms Jennifer Leigh, at the Dawson Street Campus. Of-course with such a virtuous resume, Wilma started work straight away; that was 17 years ago.

Wilma has seen many changes over her time, the biggest being the transition to the one site at Sturt Street, as Loreto College Ballarat. Wilma has dedicated the past 17 years of her life to Loreto, often sitting up all hours of the night unpicking a student mishap with the sewing machine, so they could graciously start again next class. She vividly recalls one little mishap that took her four hours to unpick.

As for her time at Loreto, Wilma will mostly miss the sound of the girls.

“Everyone is very friendly and I will miss everyone, but it is the sound of the girls in the classrooms and hallways that I will miss the most!”

Wilma is looking forward to retirement and spending time with her grandchildren in her much-loved garden and new sewing room; a special room just for Wilma, that her time

working at Loreto College has afforded to set up.

There is no doubt, that as Wilma Douglas sits at her sewing machine, cookie jars full, looking out at her grandchildren playing gleefully in the garden, that the sense of retired serenity that she so deserves, has come from years of working hard and living a life of sincerity.

“Simply, such as I am!”

*It is with mixed emotions that I take this opportunity to farewell and thank our wonderful friend and colleague Wilma Douglas. It has been my honour and privilege to have worked closely with Wilma Douglas. During this time I have seen her incredible commitment and dedication to her work and the broader school community as she has assisted us to deliver programs to our classes. I have observed countless, selfless acts*

*of kindness as Wilma constantly thinks of others and is generous in giving up her time, going above and beyond what her duties required to provide help where ever it is needed, whether it be to mend a school dress for a student, take student materials work home to unpick or shorten netball skirts for after school sport. She has touched the lives of both staff and students with her kind and gentle way of going about life. She will be missed by all*

*of us in the Technology Faculty, yet we are excited that Wilma will finally be able to enjoy taking the time focus on herself and her family. I extend to her my heartfelt thanks on behalf of each member of the Technology Faculty for all that she has contributed in making our jobs so much easier. She will be missed by us all.*

**Words by Thea Mooney**



**Debra Rieniets**

**RELIABLE & PROFESSIONAL  
ACCOUNTING SERVICES**  
CALL TODAY TO DISCUSS YOUR NEEDS

**0408 762 137**

www.debr.com.au | info@debr.com.au | ABN: 37 582 762 958 | PO Box 92 Hepburn Springs VIC 3461

- Business Accounting Services
- SMSF Auditing
- Superannuation, Payroll
- BAS, ATO Compliance
- Financial Statements
- Staff Training
- Short/Long Terms Projects

**H studios**  
“your total marketing solution”

**DIGITAL MARKETING | FILM | DESIGN | PHOTOGRAPHY**

**Give us a call to discuss all your marketing needs!**

📍 102 Armstrong St Sth, Ballarat Central, VIC 3350 | ✉ info@hstudios.com.au | 🌐 www.hstudios.com.au | ☎ (03) 4313 4233

# Leading with Sincerity

*Words by Ms Judith Potter & Mrs Judy-Ann Quilliam*



The Loreto Schools of Australia (LSAC) Leadership Teams Conference, with the theme 'Living with Sincerity, Leading with Integrity' saw a gathering of leaders across the Loreto network, strengthening and deepening our appreciation and understanding of the Loreto Mission and Vision and the Mary Ward Compass; with a particular focus on bringing the words in the Mission and Vision statement to vibrant life through words and actions.

One of the many joys of our Loreto network is the support and encouragement, one for another, and the open sharing of ideas that enriches Loreto education across our country and beyond. The conference presented an opportunity to learn more of the glorious educational vision of Mother Gonzaga Barry, explore and become attuned to our unconscious bias, deepen our understanding of the Mary Ward Compass, take time to reflect, learn from each other and so much more.

Beautiful autumn weather and Irish charm greeted our leaders and colleagues from Loreto Normanhurst, Loreto Coorparoo, Loreto Kirribilli, Loreto Toorak, Loreto Marryatville, Loreto Nedlands, Bayview

College Portland, John XXIII College, Loreto Ministries, Loreto Australia & South East Asia, Mary Ward International Australia and Loreto Vietnam to the city of the founding Loreto school of Australia, Ballarat.

Wendy Hildebrand ibvm, Province Leader of Loreto Australia and South East Asia's keynote presentation on 'Leading with integrity in a complex world; Loreto landscape near and far,' shared how the global scope of Loreto is through the heart of God to all four corners of the globe, and how in true Loreto spirit, the motto, "If you want to do something fast, do it alone. If you want to do something more, do it together," has enabled a global Mary Ward footprint.

Mary Ward International Australia (MWIA) focuses on the empowerment of women and children, community development, social justice, poverty reduction, healthcare and protection against violence and trafficking. Kim Nass, Executive Director, shared that Loreto schools have collectively donated over one million dollars to support MWIA projects in the past ten years.



Nguyen Viet Dung, Executive Director Loreto Vietnam, shared an insight into the ongoing work of Loreto Vietnam and the heartfelt driving force behind their work; "Our children are wonderful. Give them some tools and they can create wonderful things. Giving them an education and they can change the world!"

The Conference was facilitated by Sandra Perrett ibvm, and guest speakers included Jane Kelly ibvm, Laura Douglas and Melissa Scadden (Justitia), Wendy Hildebrand (Province Leader of Loreto Australia and South East Asia), Cate Sydes (CEO, Loreto Ministries), Nguyen Viet Dung (Executive Director Loreto Vietnam), Kim Nass (Executive Director MWIA) and Anne Muirhead (Director of Mission Loreto Ministries).



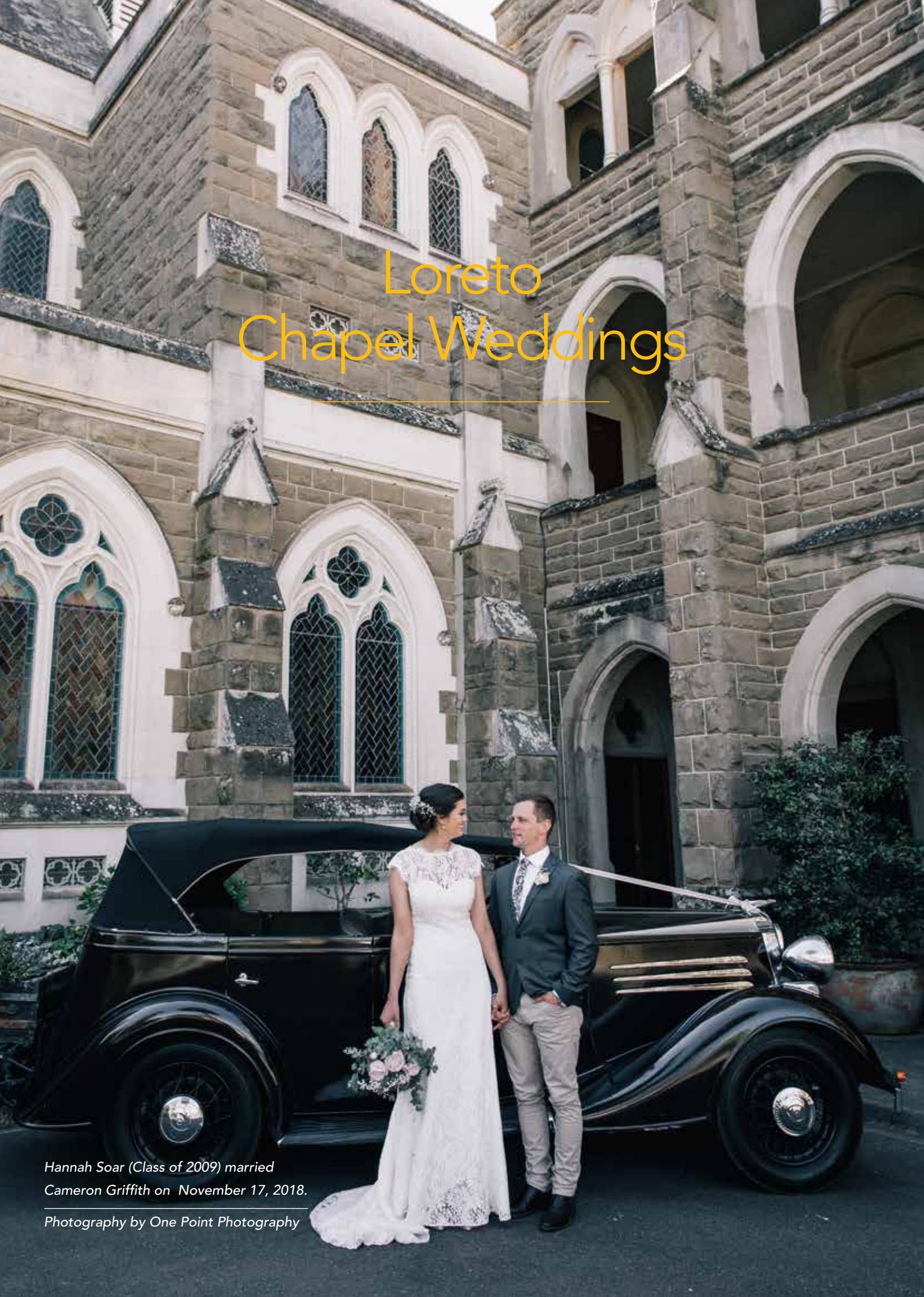
Nguyen Viet Dung speaking at the conference



**Biggin & Scott**

Our family selling  
for yours.

Call Biggin & Scott on 5331 3911



# Loreto Chapel Weddings

---

*Hannah Soar (Class of 2009) married  
Cameron Griffith on November 17, 2018.*

*Photography by One Point Photography*

Zoe Hutchings (Class of 2012) married Ryan Becker December 1, 2018.

Photography by Samci Photography



Caitlin Garner (Class of 2009) married Julian O'Loughlin on November 10, 2018.

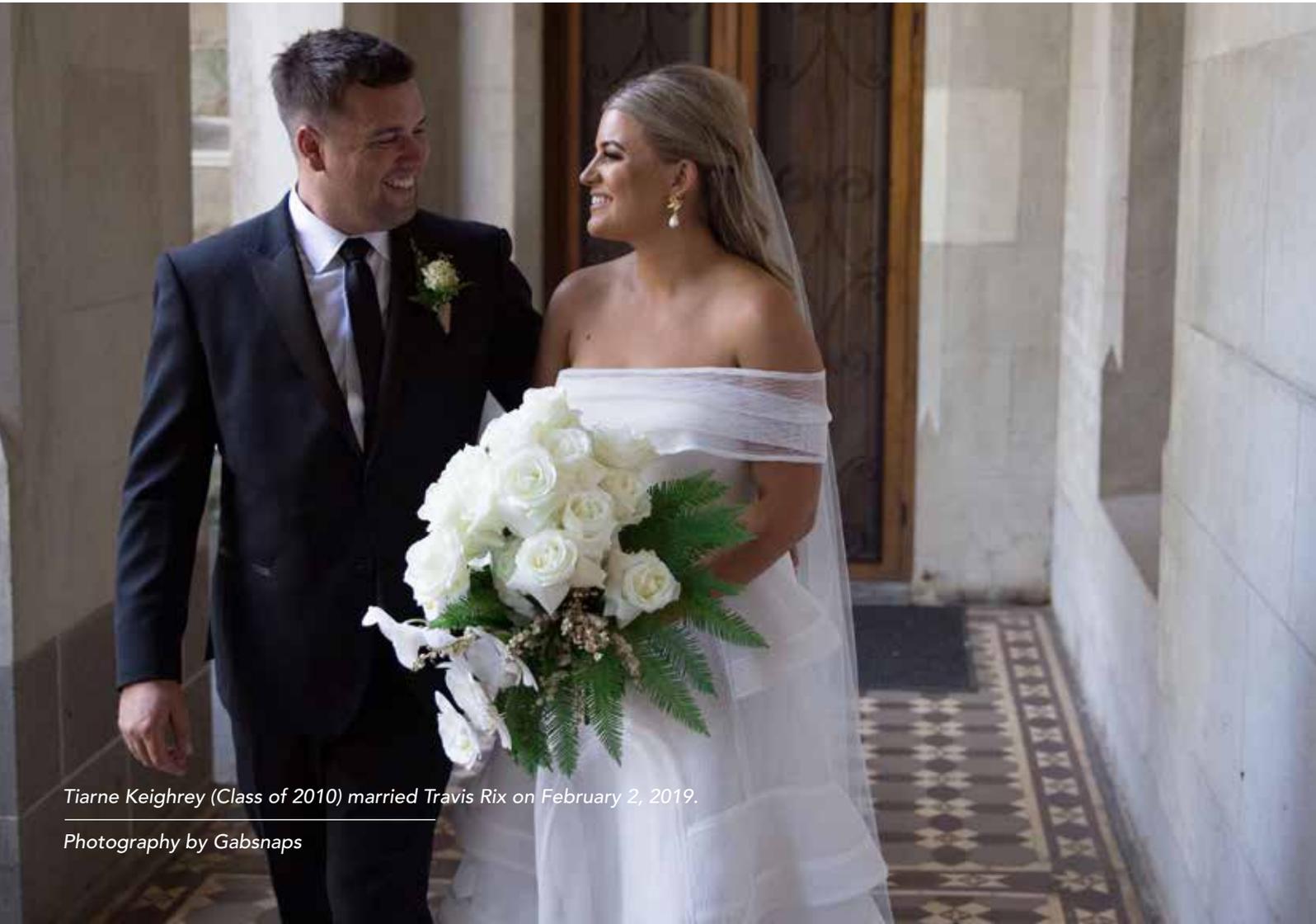
Photography by One Point Photography





*Kate Appledore (Class of 2009) married Louis White Kvause on November 24, 2018.*

*Photography by Georgia Verrells*



*Tiarne Keighrey (Class of 2010) married Travis Rix on February 2, 2019.*

*Photography by Gabsnaps*



*Gemma Sandlandt (Class of 2009) married Dean Carlson on October 10, 2018.*

*Photography by One Point Photography*

# Alumni Updates

---

## Mary Kelly (Nunn) (Class of 1962)

February 5 2019 was a special day for Mary Kelly, past Ballarat pupil and current member of the music staff. It marks 70 years since she first set foot through the archway which is the entrance to Loreto College Ballarat, or Mary's Mount as it was then.

As a little tot of five, Mary said good-bye to her mother and father at the gate to enter the Kindergarten (now the Loreto Archives Centre) to begin a continual association with Loreto.

She cannot remember if she cried or not at the time, but is fairly sure that her Dad would have. She left her parents at the gate to be welcomed by Mother Francesca O'Loughlin, herself a past pupil.

In 1949 the gardens were bushy with hedges and arches and large shady trees. The gatekeeper's cottage, occupied by the Arnells, was a small house to the right of the entrance gates and the small grounds around the kindergarten were fenced. The convent cemetery was directly behind the kindergarten and the large vegetable gardens behind that (now the Mary Ward Centre).



## Births

Jessica Cooke (class of 2000) and husband, David Morris, welcomed a little boy on July 24, 2018, Lachlan John Morris.

## Marriages

### In the Loreto Chapel:

Gemma Sandlandt (2009) married Dean Carlson on October 6, 2018

Erin van Egmond (2005) married Lukas Webster on October 10, 2018

Caitlin Garner (2009) married Julian O'Loughlin on November 10, 2018

Beth Santilli (2008) married Jay Carey on November 11, 2018

Hannah Soar (2009) married Cameron Griffith on November 17, 2018

Kate Appledore (2009) married Louis White Kvause on November 24, 2018

Zoe Hutchings (2012) married Ryan Becker on December 1, 2018

Samantha Hewitt (2010) married Chris Linke on January 12, 2019

Tiarne Keighrey (2010) married Travis Rix on February 2, 2019

### Other Weddings:

Jessica Cooke (2000) married David Morris on October 21, 2018

## Past Pupils' Association

Many of our Past Pupils because of age or distance or the many family and career commitments of busy lives cannot attend Loreto College events like class reunions, the November Annual General Meeting, High Tea and Mass of Remembrance or the annual Loreto and St Patrick's College production or the International Women's Day Breakfast.

Another way to remain connected with the Loreto Community is through the 2019 value of Sincerity, a value so integral to the words and life and enduring spirit of Mary Ward. Wherever you may be you can share with the young women in the

Loreto schools of today as they aim to live the value of Sincerity. The wisdom of Mary Ward is just as relevant to us all today—"to aim to be such as we appear and appear such as we are." Imagine how powerful a message that could be in our troubled world if the thousands of Loreto students from many generations ago through to the Loreto girls of 2019 could strive to live the value of Sincerity in every aspect of our lives. In the words of the Sincerity Prayer written by the Loreto student leaders for this year let us be "free from fear of judgement" and "act out of love not fear" and continue to be women of courage and determination to

"Be the Change", the theme of the 2018 Loreto Federation.

Let us remember how we would sign off in a letter or card (yes, some of us still write letters of thanks and condolence and birthday wishes and sharing news with family and friends!) knowing all that we do and say and write and share in social media is done in a genuine spirit of Sincerity.

**Miss Meg Barry**  
**President**

*We rely on the individual, a family member or representative, funeral director or legal counsel to formally advise the College the details of any births, deaths or marriages to be published in Verity. Only confirmed members of the Loreto Community will be published. We invite deaths notices to be included and commemorated at our annual Past Pupils Mass of Remembrance in November. Contributions gratefully received to [verity@loreto.vic.edu.au](mailto:verity@loreto.vic.edu.au)*

# Academic Assembly



## VCE & VET Highest Study Scores

- **Accounting** - Phoebe Sanders  
Sponsored by Cathy Sims (Class of 1999)
- **Art** - Fabienne Blythe  
Sponsored by Jane-Marie (1969), Margaret OAM (1979) and Catherine (1978) Heffernan
- **Biology** - Abiathar Templar  
Sponsored by The University of Notre Dame
- **Business Management** - Phoebe Sanders  
Sponsored by Ann Nathan (Class of 1961)
- **Melinda Unmack Chemistry Prize**  
- Sage Mikus  
Sponsored by Melinda Unmack (Class of 1984)
- **Creative & Digital Media**  
- Alana Azzopardi  
Sponsored by Ballarat Real Estate
- **Dance** - Laura Main  
Sponsored by Mardi Richardson (Class of 1994)
- **Drama** - Jessica Johnston  
Sponsored by Loreto College Ballarat
- **Product Design & Technology**  
- Fabienne Blythe  
Sponsored by Veronica Micich (Class of 1997)
- **English** - Rachel Murphy  
Sponsored by Anthea Stevens (Class of 2010)
- **English Language** - Grace Fry  
Sponsored by Jan Stephen (Class of 1965)
- **English Literature** - Fabienne Blythe  
Sponsored by Maria Myers AC (Class of 1964)
- **Food Studies** - Megan Holloway  
Sponsored by Peter Ford Catering
- **Global Politics** - Fabienne Blythe  
Sponsored by Geraldine Frantz
- **Health & Human Development**  
- Miriam Litwin  
Sponsored by Peter Ford Catering
- **History: Revolutions**  
- Rachel Murphy  
Sponsored by The Sovereign Hill Museums Association
- **French** - Emma Moreau - Labregere  
Sponsored by Lifestyle Travel
- **Japanese** - Kaya Schwarz  
Sponsored by Lifestyle Travel
- **Legal Studies** - Sophie Smith  
Sponsored by BJT Legal - Andrew Byrne
- **Mathematics: Further**  
- Lillyana Ryan - Brown  
Sponsored by Basillio Sour Dough
- **Mathematics: Further**  
- Phoebe Sanders  
Sponsored by Jess Egan (Class of 1997)
- **Mathematical Methods**  
- Jade Montgomery  
Sponsored by John Thomas Electrical
- **Mathematics: Specialist**  
- Jade Montgomery  
Sponsored by Rebecca Kannourakis (Class of 2009)
- **Mathematics: Specialist**  
- Grace Todd  
Sponsored by Loreto College Ballarat
- **Media** - Megan Broadway  
Sponsored by MSP Photography
- **Music Performance** - Lily O'Shea  
Sponsored by Morton Dunn Architects
- **Physical Education** - Allannah Stevens  
Sponsored by Bakers Delight (Eastwood St)
- **Physics** - Sophie Boak  
Sponsored by Avis Car Rental
- **Psychology** - Grace Fry - Sponsored by Maria Myers AC (Class of 1964)
- **Studio Art** - Mikayla Holland  
Sponsored by Revolution Print
- **Sociology** - Lara Sartori - Sponsored by Melanie Schoo (Class of 1998)
- **Sociology** - Ella Van der Voort  
Sponsored by Professor John McDonald Federation University
- **Sport & Recreation VET** - Madison Dunn - Sponsored by Greta Stevens (Class of 2015)

## Dux - Fabienne Blythe

*Fabienne received the  
College Dux Award Sponsored by the  
Loreto College Past Pupils' Association*

## Academic Honours - ATAR over 90

### **Fabienne Blythe**

Sponsored by  
Catholic Development Fund

### **Grace Fry**

Sponsored by  
a Past Pupil who chooses to  
remain anonymous

### **Sophie Smith**

Sponsored by  
Sarah Flynn (Class of 2007)

### **Lillyana Ryan-Brown**

Sponsored by  
Veronica Micich (Class of 1997)

### **Winter Greet**

Sponsored by  
Sharon Moss (Class of 1976)

### **Ellen Simpson**

Sponsored by  
Amy Cumper (Class of 2005)

### **Jade Montgomery**

Sponsored by  
Maria Myers AC (Class of 1964)

### **Grace Todd**

Sponsored by  
Loreto College Ballarat

### **Sage Mikus**

Sponsored by  
Loreto College Ballarat

### **Megan Broadway**

Sponsored by  
Loreto College Ballarat

### **Ella Van der Voort**

Sponsored by  
Loreto College Ballarat

## VCE Baccalaureate

Sophie Boak  
Megan Broadway  
Grace Fry  
Breanna Gulbin  
Niamh Hubble  
Sage Mikus  
Jade Montgomery  
Emma Moreau-Labregere  
Alexandra Ryan  
Evonne Tay  
Grace Todd



*Left: Academic Award recipients.  
Above: Fabienne Blythe delivering her heartfelt  
speech as Dux of 2018*

*On the following page we share  
Fabienne Blythe's full speech - an exemplar  
of Sincerity.*

## Dux - Fabienne Blythe

**Good morning staff, girls, special guests, families of my fellow class of 2018 graduates, and good morning to the graduates themselves.**

Standing here today, before all of you - is one of the happiest, proudest moments of my life. I am so humbled, so grateful for this wonderful opportunity to speak and to connect with you all, and to express my deep gratitude to the College and all those who have had a profound and lasting impact on my journey here.

I can't describe how it felt to open my results that morning - after not sleeping a wink the night before, I got up at five am in anticipation. Those who know me, know I have drama queen tendencies so it wouldn't surprise them to know that in the minutes before 7.00 am ticked around, I was looking up at the early morning sky, crying messily, and listening to Fix You by Coldplay. I was a nervous wreck, because I knew, that in those next moments I'd find out if all my hard work had paid off.

My results are such a huge deal for me, and they mean so incredibly much because they are the fruit of 6 years of pure hard work and determination. And I mean 6 years. The very first Loreto Academic Assembly I attended in the initial days of Year 7 changed everything for me. Watching the amazing girls get up on stage to receive their awards, the seed of a dream was sown in my mind. Listening to the Dux speak, I knew that I wanted to be up there too, when my time came. So I started preparing for Year 12 in Year 7. I was the girl stressing and rigorously preparing for that Year 7 french test, and that Year 8 RE assignment and every other assessment task (except maybe maths). If I'm honest, there wasn't a day when I walked through these rooms, corridors and halls without

thinking of my secret dream to dux. That early fixation on my goal wasn't necessarily a healthy and positive thing, at all. But it did foster some excellent habits in me, to which I owe much to today. Starting in Year 7, I established a strong work ethic, one where I challenged myself to do the best I possibly could in my subjects. As a result of this, even prior to Year 10, I had fully grasped what study techniques worked best for me. I encourage you to focus on developing your study skills - the earlier you do this - and adopt a serious attitude towards your work, the more time you'll have to find what works for you. It's of course not too late to figure out what study methods work best for you though - you can never be too late joining the study party. On that note I implore you to have a serious mindset when it comes to studying. I used to look back sometimes and cringe at myself preparing for a Year 7 Humanities test like it was some kind of university exam, but now I don't. That little version of me had the ambition to have a dream that was bigger than her, and to chase it with fiery determination. I hope I never lose that about myself, and I wish you all courage to dream.

My goal to dux didn't mean what you think it might. It wasn't a goal to be the best, or to win. Rather it was a challenge I posed to myself. I wanted to prove to myself the power of my will and determination. To prove that I was strong enough to succeed despite the challenges I faced. And I say this now, still with a quite a bit of shock and disbelief - me being our wonderful school's dux for 2018 - is living proof of the power of dreams and sheer grit. If you remember one thing from this speech, if you take a single thing to heart, let it be this: YOU have the power to turn your dreams into reality. Your dreams to reach that certain level in your sport, your dreams to edit Vogue, your dreams to be a brain surgeon, your dreams to travel the world, your dream to swim with whalesharks, your dreams to be an

aerospace engineer, your dream to plant a garden. And Emmanuelle, your dreams to own a horse.

Triumph does not exist without adversity, and those who are close to me know that my achievement really does prove the sheer power of determination and hard work, because my VCE years were far from easy, far from straightforward. The setbacks will come, and there will be times when you falter, when you feel you've failed and when you give up. And that's okay, but only give up for an hour, then pull yourself back onto your feet. Well, try to pull yourself back onto your feet - but sometimes you can't do it alone. My self belief carried me through, but only in conjunction with the amazing support I received from my mum and this brilliant school. And that brings me to another major point I want to speak about - the importance of looking after yourself and your mental health. As much as we'd love to, we can't manage everything on our own, especially in a stressful year such as Year 12. I know there's still a bit of a stigma around mental health and reaching out. In the name of breaking that down, I'll be the first to say that Ash, our school's amazing counsellor was my rock in Year 11 and 12. Ash, I can't thank you enough - as you know. We are so so so incredibly lucky to go to a school that looks after our wellbeing so thoroughly, believe me.

For the class of 2019, some advice. I don't really feel qualified to give advice, because I really am just the same as you. But here goes. Contrary to popular belief, a huge amount of stress isn't a necessary feature in the Year 12 starter pack. A little bit of stress can help you succeed, but there is a point where it can become destructive. To try and combat this stress, take time to do the things you love. Socialise, don't skip every 18th! Year 12 is as much fun as it is hard work, believe me! Remember that you're all in this together. Look out for

each other and cherish your friendships. Relax and remember that it's just one year in your life, and all you can do is your best. I used exercise as a stress relief tool, there really is nothing like the magical power of the endorphin rush you get after a spin class or gym session. Something I implore you to do is to take care of yourself like you would another person. Year 12 is a tricky year, and it's easy to be really hard on yourself in the face of competition. I wish I was kinder to myself. I hope - when that SAC mark doesn't go to plan, instead of beating yourself up, you celebrate your efforts and get ready to try again.

Although I'm far from an athlete, I had an athletic way of visualising my work and my goals. My dream was made up of a series of running races. At the end of each race was my specific goal, which I imagined as the tape stretched across the finish line, which you burst through when you get to the end. There was no one in the race but me and the finish line. It was just me and my goal. So in the last weeks of the last term of year 12 when my goal was to write two essays and an analysis for lit per week, I tried not to freak out. Sitting at my desk at night with my laptop, eyes watering and sleep beckoning, I kept telling myself that if I kept working, kept writing I'd keep running in the race, however slow I may be - and I'd make it to the finish line and smash through that tape, crush that goal.

Don't be afraid to decide what you need to do to make your dream happen, to put those goals into place and then set everything in motion and start working. It's never too late to start-or too early.

I think the single most important study tip I can give you; besides understanding how your own brain likes to study is to go hard at the start of the year. Go hard right now. If you haven't already, start knuckling down when you get home tonight. Take advantage of the freshness of a new year,

study hard and get ahead while you can, while you still have lots of energy and are far from burning out. That's what I discovered, and I believe it really is a factor to which I owe my results.



*You are the master of your fate. You are the captain of your soul.*

A simple sentence informed my subject choices, which in turn enabled me to succeed. It's corny, I know, but seriously: FOLLOW YOUR PASSION. When it comes down to it, what you're passionate about is usually what you're good at. Don't worry about having unconventional subjects or not being in classes with your friends. You can't spend hours and hours studying, let alone expect to enjoy it, if you're not studying what you love. In the fun and busyness of your early school years take time to get to know yourself and what you like. Pay attention to what sets your soul on fire, look for the sparks and follow them when you choose your subjects in Year 9 and 10. Then feed them with hard work and I guarantee you'll find yourself flourishing. And on that note, on the note of passions - I wish someone had told me when I was in Year seven not to be afraid to love school. If you do and you're like me, don't hide your excitement about writing your first essay and don't worry about what everyone might be thinking when you're carrying mountains of books back from the library to your locker. Or doing your homework on the bus because you're so excited. Don't

dull your sparkle. It goes for everything- whatever you are passionate about, whether it be makeup or waterskiing or pasta - when you're loving what you love proudly and wholly, that's when you start to glow.

Now, the difficult part. How can I thank the people who make this school the special place it is, our teachers and the brilliant Ms Potter and the amazing Mr Morris - for their hard work and their dedication and their care. To my Year 12 teachers - Ms Till, Ms Caillard, Mrs Leigh, Mrs McDonald, Miss Griffin, Madame Jost - I am so grateful for the time you took with me and my classmates, the passion for your subject that you shared with us, your everlasting patience and support. Your sense of humour and your intelligence. I am so thankful, WE are so thankful for all you have done.

To my amazing cohort - my fun loving and inclusive sisters - I say thankyou both for the memories we've made together as a group, and the memories yet to be made in the future in each other's company.

To my Aunty Sue, thankyou for your love, support and laughter and your excellent sense of humour.

I would like to thank my Mum. Mum, everything I am and ever will be, is because of you. No words will ever say how blessed E and I are to have you, or how grateful I am for all you are and all you do. And no words will ever say how much I love you.

I'll leave you with a quote from Henley's Invictus that's been all over my journals since I was little.

You are the master of your fate. You are the captain of your soul.

Because you are.  
Thankyou.

# Loreto Launchpad

Words by Jane McLeod (nee Byvoet) Class of 1998 – Mr Kipp and little Jimmy Eco Toys



I have always loved timber, when I was a child I could often be found in my Dad's shed making something hideous out of wood scraps.

This was also evident in my days at Loreto making pieces of 'art' in the later years. A CD cupboard, an outdoor lounge chair and a skateboard are a few pieces I can remember from VCE.

A health scare in 2005 lead me down a path of healing, trying to live a more natural lifestyle and clean up my personal environment. It was during this time I discovered that plastic was not a particularly positive choice for the environment and learnt the impact that plastic toys have on our landfill.

When I had my first son I naturally turned towards wooden toys. The idea to start

a wooden toy hire business came from a personal need. Kipp was born ten days before Christmas and therefore would tire of all his toys well before mid year!

I couldn't afford to be buying wooden toys all the time and I felt unease with the cheap plastic toys I was buying to fill that void, that would break easily and end up in landfill. I began hiring wooden toys in the Ballarat area and soon realized that not all wooden toys are created equal! With the help of a friend (another ex Loreto girl) we set up a pop up shop selling the brands that we loved.

A few years and another two Sons later I now have an online shop selling these quality brands and hiring them Australia wide. The online store has expanded to include bamboo toothbrushes and bamboo dinnerware for kids.

Only recently I have started a second business 'The boo collective'. My interest in sustainability was again the driving factor. I began using bamboo toothbrushes when I learnt that 30 million plastic toothbrushes are sent in to landfill each year in Australia. Tired of trying to find different coloured or shaped bamboo toothbrushes so my kids would stop using anyone's brush, the idea came "Why not get some made that have different coloured handles and bristles!"

My interest in sustainability could also be seen in my days as a Loreto Student. A particular Year 12 Art piece depicted a beautiful forest scene and then that same scene after years of human impact on the environment. I'm happy to report that a few trees have been cut down since I created this art piece but as yet there have been no children born with green, mutated faces!



A memory from my time at Loreto was Mrs Ferguson (Year 10 Psychology teacher) telling me one day that I would make a great business woman. I replied “No thanks, I want to be Mum” and in our Year 12 yearbook my response to the question ‘What will you be doing in 10

years time?’ was “I will be hanging out the washing with my kids playing around me.”

**How things have changed!**

I do love my kids (sometimes I don’t like them) but I am very passionate about the businesses that I have created. One thing

that hasn’t changed is my fond memories of my time at Loreto. I actually balled my eyes out on the last day of Year 12 as I didn’t want my time there to come to an end!

[www.mrkippecotoys.com.au](http://www.mrkippecotoys.com.au)

And also on Facebook and Instagram

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](mailto:verity@loreto.vic.edu.au)

[www.mrkippecotoys.com.au](http://www.mrkippecotoys.com.au)

**Free Ballarat pickup!**

**WOODEN ECO TOY HIRE!**

- No joining fee, no minimum hire.
- Toys hired on a monthly basis.

**QUALITY WOODEN TOYS FOR SALE!**

- shop our large range online.

**BAMBOO TOOTHBRUSHES AND KIDS BAMBOO DINNERWARE!**



# SHANE COOK H O M E S



**WINNER 2015**  
HIA Victorian  
Custom Built Home



**Master  
Builder™**

**WINNER 2015**  
MASTERBUILDER Regional  
Townhouse/Villa Development

[www.shanecookhomes.com.au](http://www.shanecookhomes.com.au)

**5367 2332**



TV COMMERCIALS  
VIDEO PRODUCTION  
ANIMATION  
PHOTOGRAPHY

**BIG** PRODUCTIONS®  
**&SMALL**

bigandsmall.com.au



www.revolutionprint.com.au

**R** RevolutionPrint

# BRINGING THE SPARKLE BACK TO YOUR SCHOOL'S MESSAGE



Peter Ford  
Catering

## RENOWNED CHEF PETER FORD

YOUR LOCATION - OUR SKILL AND REPUTATION COMBINED WITH  
UNIQUE MENUS WILL ENSURE YOU & YOUR GUESTS REMEMBER  
AND CHERISH THE SPECIAL DAY.

WWW.PETERFORDCATERING.COM

PHONE: 0410 331 146 JOIN US ON

CANAPÉS · PAELLA · TABLE BANQUETS · TASTING TABLES · SIT DOWN DINNERS





Loreto  
COLLEGE BALLARAT | EST. 1875

---

Loreto College Ballarat  
1600 Sturt Street  
Ballarat, Victoria, 3350  
p: (03) 5329 6100

---

[loreto.vic.edu.au](http://loreto.vic.edu.au)