



From the Principal.....

Dear Alumni,

Welcome to this second edition of *Emitte Lucem et Veritatem* for 2011 and please enjoy the various articles and photographs contained herein. They tell and show the many stories that are Monican – today and yesterday. It is a pleasure to read about the varied paths that Monicans take in their lives, and there are many thousands of such stories to recount and share.

I can proudly report to the Alumni that 2011 has been a year of great success for your College community. In this edition you will read about the VCAL Hub that was opened additional to the physical resources that were featured in the previous edition. Our constant aim, and communal promise, is to ensure that progress is steady, constant and strategic thereby setting SMC apart as a school of true distinction.

The annual Alumni Gathering during St Monica's Week is growing in numbers and in popularity. This year's photos are featured in this edition. I urge Alumni to make every effort to attend this marvellous event and to spread the word amongst family and friends.

There is one special feature of these gatherings – the joy that Monicans experience when they reconnect with their school friends of years past.

Increasingly, Alumni are making the wise choice to send their children to St Monica's College. The numbers are astounding. Please remember, wherever you reside, Alumni, your child will automatically receive a place at the College. This is important considering that waiting lists apply at most year levels.

I thank the Committee for their work throughout 2011. I am delighted that Mrs Sara Terpos is now employed as the Alumni Development Officer; and I commend all associated with the production of this magazine. We owe a genuine debt of thanks to the Alumni President, Mr Mario Bernardi, for his continuous devotion to the College.

We pray and persevere together.

Brian E. Hanley
College Principal

Editorial

Welcome, Monicans, to your second edition of *Emitte Lucem et Veritatem* for 2011! As the year draws to a close, I am reminded of the various significant milestones the Alumni Committee has achieved.

Firstly, the appointment earlier this year of Sara Terpos to the role of Alumni Development Officer at the College now means that we, as Alumni, have an ongoing and dedicated voice. Sara's appointment also demonstrates the commitment that the College has to growing and developing Alumni relations further. In less than 12 months, Sara has already overhauled the Alumni database, streamlined and reworked the Alumni page on the College website, successfully planned our second annual Alumni Gathering and introduced the College Alumni lapel pin, and much more. On behalf of the Alumni Committee, I'd like to thank Sara for the wonderful work she has done so far.

The second important happening of 2011 involves the consolidation of various disconnected Alumni groups on Facebook into one official SMC Alumni page. The official Alumni page was launched some time ago however, through the tireless efforts of Chris Dossor, Shelton Jeyaratnam and Paris Sidiropoulos among others, the previous 'unofficial' pages are gradually being closed down and all members are being encouraged to move across to the official group. Social media and social networking are increasingly important tools of communication, and the Committee is determined to use these tools to reach out to Old Collegians everywhere. If you wish to join the official Facebook Alumni group, details appear at the back of this magazine.

Our third major achievement this year was holding our second annual Alumni Gathering. The event was a resounding success with 160 guests in attendance at the Theatre of All Nations at the Dalton Road Campus on 21 August.

All guests shared in great food and drink, good conversation, outstanding entertainment by current students and alumni, and the ever popular guided tours of the campus. As evidence of the growing influence of alumni, many of you commented that you would like to see the Davisson Street Campus – so by popular demand, we are pleased to report that our third annual Alumni Gathering will be held at the Davisson Street Campus on 19 August 2012. Please save the date!

These milestones are evidence of the great progress that the College is making in its relations with Alumni. We, as ex-students, have always held and continue to hold an increasingly important place in the College community. It is through our experiences and networks that many students can enjoy various opportunities and privileges, and therefore the College as a whole can continue to grow and develop. There are many ways that you, as an Old Collegian, can contribute to this growth – by using your networks to provide students with the opportunity to undertake work experience or training, or by providing other services to current students, or by speaking to current students about your own experiences and career progression. If you wish to get involved in these ways or with any other College projects, please contact our Alumni Development Officer, Sara Terpos, who will be glad to assist.

For all of you who have contacted the Committee, or attended events or assisted with projects at the College over the past year, we would like to thank you for your contribution and involvement. The Committee would also like to wish all Alumni and their families many good wishes and blessings for Christmas and the festive season.

May we always send out light and truth.
Mario Bernardi



Where are they now?

Sara Fieschi
(SMC: 1995 - 2000)

Sara Fieschi (nee Cicerale) commenced her secondary schooling at St Monica's College in 1995 and completed these studies in 2000. Throughout her secondary education, Sara's favourite subjects were Biology, Chemistry and Health and Human Development and so in 2001, Sara decided to begin her tertiary education studying a Bachelor of Science (Food Science and Nutrition).

Enjoying her studies immensely, she decided to also complete an honours and doctoral degree (PhD) in the same area. Sara completed her PhD in 2010 and her research involved the investigation of the healthful components found in olive oil. In recognition of her PhD research, Sara has been awarded a: Doctoral Post-Graduate Scholarship; Nutrition Society of Australia Early Career International Conference Travel Scholarship; Australian Institute of Food Science and Technology Young Investigator Award; Deakin University Graduate Certificate of Research Commercialisation Scholarship; and recently was short listed for the International Union of Food Science and Technology Young Investigator Award.

Moving on from her PhD, Sara has taken on a position within the School of Exercise and Nutrition Sciences at Deakin University as lecturer. As part of this role, Sara is involved in teaching a number of undergraduate and postgraduate subjects within the Food and Nutrition Bachelor and Masters Degrees. Her research interests include: food preference and consumption; health benefits associated with the Mediterranean diet; and health benefiting food components.

Sara also has an interest in the following areas of higher education: improving student learning, engagement and experiences; improving and enhancing teaching; and utilising flexible teaching methods.

Sara is an active member of the Nutrition Society of Australia and the Australian Institute of Food Science and Technology and regularly presents at food and nutrition-related national and international conferences.



Where are they now?

Phillip Lai (SMC: 1994-1999)

High school years and tertiary education

Having spent the majority of my VCE studying business orientated subjects, such as Legal Studies, Business Management, and Economics, I decided to pursue the International Trade degree at Victoria University. It was during my University days that I started training consistently but recreationally in Taekwondo.

Upon graduation, I enrolled in a Diploma of Graphic Arts at NMIT Fairfield. Around that time, I was made aware of a Muay Thai gym (Thai Kickboxing) a friend had been training at. I took up his offer to try it out and after my first session I was hooked. I began training intensively on top of my busy schedule of Tafe and work. My studies soon paid off and I landed myself a graduate position at one of Melbourne's top advertising agencies, Singleton and Ogilvy.

The beginning of my professional fight career

My skills improved with frequent training, and it wasn't long before my coach asked me if I would be interested in having my first fight. I jumped at the chance. I was excited and nervous on the day but adrenaline overrode any thoughts of backing out. While I lost my first fight on a close judges' decision, I had learnt a lot from the experience, which I would use to fuel my next fight.

I started competing regularly on small local shows and later progressed to some of Australia's biggest promotions. After a few years of competing I discovered Mixed Martial Arts (MMA). While Muay Thai allows opponents to use punches, kicks, knees, and elbows, MMA as the name suggests, it is a mixture of all martial arts. I began training with one of Melbourne's most experienced MMA fighters, Denis Kelly.

I was training up to three times a day, with a typical routine including strength and conditioning in the morning, a run at lunchtime, and either MMA or Muay Thai in the evening. While I was cross competing in both MMA and Muay Thai, I was still working full-time. I knew that if I wanted to take it to the next level, I would need to make a choice between a fight career and a corporate career.

It was then that I decided to quit my job, pack my bags, and travel to Thailand to train at one of Bangkok's top Muay Thai gyms. For me, life was about the pursuit of my dream. In Thailand, I was living and breathing Muay Thai. We ran at least 15km everyday and trained 5 hours a day on top of that. It was gruelling training and I was unaccustomed to the extreme heat. It all paid off when I won my fight in Thailand via first round knockout.

Upon my return to Australia, I decided to pursue a career as a personal trainer. With flexible working hours, I was able to continue my own training for upcoming fights. It was then I confirmed my thoughts that advertising was not for me as the hours did not suit my lifestyle. My first fight upon my return to Australia was the biggest of my career, against a tough opponent for a World Kickboxing Association (WKA) Australian Muay Thai title. It was a tough fight and I ended up drawing for the title.

Life now

In 2010, I realised my dream and opened my own gym in Northcote with Denis. I have now retired from professional competition and found satisfaction in training new members and working with our fighters. To date I have had 14 professional fights with 10 wins, 3 losses, and 1 draw. From our humble beginnings of training in a small matted area at the back of an old gym, my gym, Nemesis MMA, now runs classes in MMA and Muay Thai every day.

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Where are they now?

Phillip Lai (SMC: 1994-1999)

We have one of Victoria's most successful fight teams that fight internationally and nationally. We also do our part for the community by running scholarship programs for disadvantaged kids and raising funds for various charities. It's not just all about fighting.

I now make a living doing what I love, all because I chased a dream and never gave up. This has been a key learning for me in my careers, chase your dreams and believe in yourself. If you stay focused and work hard, anything is possible. I have learnt so much since running my own business. There may be ups and downs but it is all part of the journey.

If anyone is interested in training Muay Thai or MMA, Phillip can be contacted via email on info@teamnemesisis.com.au or you can visit the website for further information www.teamnemesisis.com.au.



My Monican Experience David Robin (Staff: 1978 - 1984)

My first year teaching Science and Maths at a traditional boys-only Years 7-10 school, had left me feeling a little unenthused about a long career in teaching. A friend, Gary Rees, suggested that I might be interested in applying for one of the positions becoming available where he taught. It was a girls' school about to go co-educational.

He presented it as a great opportunity. It was a brand new environment, very much a 'green fields' site. It was a regional school. Boys were to be integrated into an all girls' school, a vastly different educational culture from my own secondary education and my only teaching experience. Also the new junior campus was sited separately from the senior college and there should therefore be more autonomy and decision making. There'd be plenty of job opportunities for a young enthusiastic male teacher as the boys would naturally progress from Year 7 through to Year 12. The facilities were great, the administration good, the students were enthusiastic and all the staff were young and idealistic.

I applied, was interviewed by Sr Therese Quinn and appointed to teach Years 7 & 8 Maths and Science the next year, 1978. I was also to be a co-pastoral teacher with Maureen Williams in 7 Mauve.

As I was from the eastern suburbs, I can remember my first drive from Box Hill to Epping via Eltham past South Morang. It was a long way. There were horse paddocks everywhere and the semi rural atmosphere was a bit of a shock. The train station was at the very end of the line, the walk from the school to station was reasonable but train duty would be fun if it was raining. The front oval looked like it was made of dried, rolled black mud and the school stood out as there was nothing much around it for what seemed miles.

As part of the first day's orientation we'd organised a bbq lunch for the students. Frank the maintenance man and myself had set up a very makeshift affair between the school and the creek. We had a few near disasters getting the fire started, the gusting North wind almost created a bushfire. We persevered and eventually the students were assembled in a long line for their sausages when one of the boys casually mentioned that there was a snake in the slashed grass near the creek. These boys were going to be trouble I thought but it had better be checked out and in fact there was a 2 metre tiger to be dispatched.

Calling the school oval an oval was a misnomer. It was a heavy, black basalt clay, rock strewn paddock but at least you could kick a football there so that was good. However, it was incompatible with the new carpet laid all through the open plan school. The administration solved this; each student had to provide slippers to wear inside! The boys weren't too much trouble; in fact they proved to be just very inventive. They would occasionally disappear down to the creek area and had to be brought back to class. They did find a very good use for the open areas when it rained: indoor cricket. The male PE staff tried to encourage this desire to play sport by changing the hard ball for a tennis ball and organising a staff student competition which unfortunately was banned after just the one match.

I had some truly marvellous teaching experiences and professional opportunities presented to me when I was at St Monica's. I was Maths co-ordinator, Administrative co-ordinator and worked for most of one year as acting Vice Principal but the one thing that made the strongest impression always occurred on parent teacher nights. At other schools where I taught you always anticipated parent teacher nights with trepidation. Here the parents thanked you for your efforts and were truly appreciative. You felt part of a shared desire to educate their sons and daughters.



My Monican Experience

David Robin (Staff: 1978 - 1984)

I can't remember all the staff that I worked with over seven years but there were some great teachers and personalities. Some I still see as friends over thirty years later.

Gary Rees, Maureen Williams, Carmel Philpott, Lorraine Pratt, Pam Coyne, Janis Foley, Sue Martin, Emilia Fields, Sr Margaret Keane, the principal Sr Therese, Pat Leddin, Greg Beck, Pat and Maurie Dunne, Mick and Chris Greene, Joe Favrin, Frank and Anna Salmic, John Davidson, Frank Greene, Bill McLaughlin, Mike Hanrahan, Rona Spotswood, Patrizia and far too many others whose names escape me now. All were committed professional teachers and educators.

Throughout the years, we had lots of fun with campus intra staff netball games and staff versus student sports, school trips to central Australia and many different student excursions.

You learnt that some staff were as competitive as yourself at sport, to steer clear of Maurie Dunne's elbows, never play netball against Lorraine Pratt, Carmel Philpott was a great goal shooter and Greg Beck could play almost any sport. You also learnt that the staff could beat the students at most sports, with the exception of soccer.

I stayed at St Monica's until the first two boys' years completed Year 12. When I visited again recently, after almost thirty years, it was still a long drive from the city but suburbia had overtaken the paddocks and the school had grown to be a major regional college offering a diverse curriculum.

I have enjoyed the opportunity to catch up with former staff and students at a couple of reunions in recent years. I was pleased to find that the students, like me, have very positive recollections of their years at St Monica's and have successfully pursued a wide range of occupations.

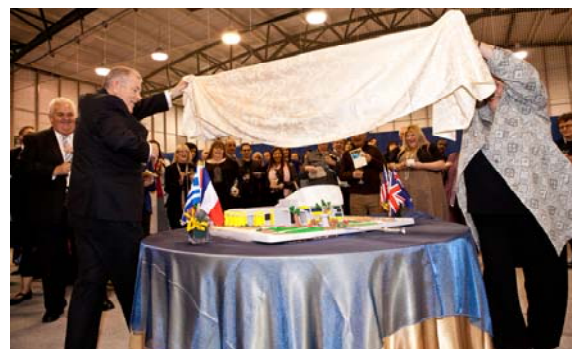
In 1988 I completed a Graduate Diploma in Computing and pursued a career in the IT industry. I have enjoyed the successes and challenges of the past 23 years but have rarely found anything as satisfying as the small part I played in St Monica's transition to co-education.



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What's new at SMC?

LOTE Centre and
Theatre of All Nations

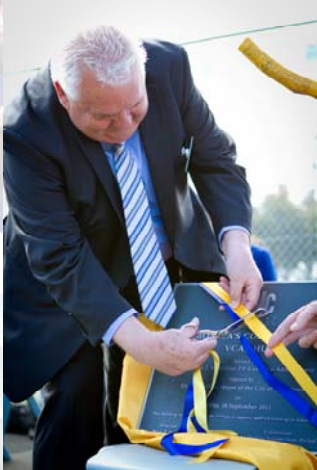


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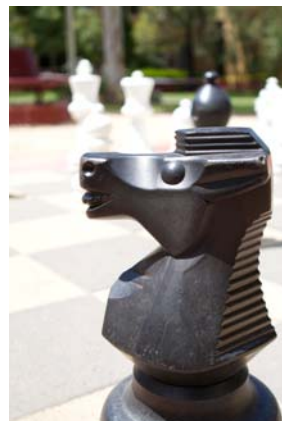


What's new at SMC?

VCAL Hub



Life size Chess Boards



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Alumni Gathering 2011

2011 Alumni Gathering

On Sunday, 21st August 2011, St Monica's Week celebrations commenced with our Annual Alumni Gathering in the Theatre of All Nations on the Dalton Road Campus. 160 past Collegians and staff (current and retired) came together to reconnect and reminisce about their old school days.

On arrival, guests walked the blue carpet and were welcomed by members of the Alumni Committee, all past Collegians. They were presented with their Alumni Pin and invited to join the group in the Theatre for an afternoon of fun, laughter and memories.

A group of past Collegians brought their musical talents back to St Monica's College one more time, providing the entertainment for the day. Our Junior Student Council hosted tours of the Dalton Road Campus, as guests reflected on their time at the College and the changes since leaving.

Thank you to all who attended and made it such a wonderful day for St Monica's College. We look forward to seeing you and many more new faces when we come together next year for our Annual Alumni Gathering.



Save the date

In 2012, the Alumni Gathering will be held on Sunday 19 August on the Davisson Street Campus.

*"Great to see
St Monica's is still a
wonderful school!"*

*"We had a
lovely time.
Very worthwhile"*



*"Thank you
for a
wonderful day"*

*"Great
occasion.
Thanks!"*

*"Wow, how
much has it
changed!"*



*"Looking
forward
to next year"*



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Sunday 21 August



“Tour was fantastic.
School has grown
enormously.
Students were
lovely. Well Done!”



“Well done to the
Alumni Committee on
a wonderful event!”



“Great school -
the changes are
amazing”



“Brilliant
idea to
reunite
old faces”



“Great event,
fabulous to
catch up,
well done
organising”



“Good to catch
up with old
students”



“Wetlands are
fantastic!”

From the Archives

December 1995

YEAR 12 FINALE

It was a wonderful display of fun and good humour when the Year 12 students of 1995 had their end of year parade.

Many people witnessed this event which has been a tradition at St. Monica's now for many years.

There were Bananas in Pyjamas, Devils, Coca Cola Cans, Pink Ladies, Nurses, Gorillas, and the Mafia just to name a few. One of the highlights of the day was the impersonation of Tina Turner by Donny Ieara (pictured) who performed two numbers for his (her) audience which proved to be a huge success. This was then followed by a breakfast which staff at St. Monica's had prepared for the students.



Tina Turner and an admiring fan



A couple of little devils



Five lovely lasses



The Pink Ladies



Bananas in Pyjamas



Ladies from the Roaring 20's



Could this possibly be future nursing material?



Memories

“ Had the time of my life growing up, meeting great friends which are still a big part of my life, having some helpful and influential teachers helping me make some important choices for the future and last of all, meeting my wife. Like the song says “At St Monica’s is where you want to be, for school days are the best days of all for you and me.” I agree.” 1982 - 1987

“ Lots of laughs and fun with a group of friends that are never forgotten. Mrs Rhonda Calvert the best teacher we ever had! Horses out the back and the old blue stone St Peter’s School.” 1972 - 1977

“ Made some great friends as a student of the college. I was also lucky enough to work at the college as staff and develop a great relationship with staff members.” 1993 - 1998

“ The best 6 years of my life. The school was like a second home and the teachers were almost like second parents. I found my life long friends on the grounds of St Monica’s College. Thank you.” 2001-2006

“ Gave me a strong foundation in education and a love for learning which I pass on to students each day.” 1990 - 1995

“ Cow paddocks all around. Having to wait for the 4.10pm train as I needed to catch the Bundoora/Kingsbury bus. St Monica’s competitions and fundraising events. Great friends. Sister Julian - a gentle soul. Trying to get out of PE with Miss Teseraro. A well rounded education.” 1971-1976

“ A very caring school with heaps of opportunities and great teachers” 1994-1999

“ Really good friends and loads of laughter. I remember wearing the blue uniform while the senior classes were still wearing the mauve/purple uniform. I remember the teachers good and bad!” 1986-1991

“ Memories of St Monica’s helping Sr Scholastica set up the new library. Learning how to take notes and swapping poetry with Mr Monagle.” 1971-1976

“ Friendships. Great teachers. Cold science labs. Fun Bastille Days. Laughter. Purple uniforms (remember when we were Purple People Eaters?). An English teacher who inspired me for life. A motto that carried me through the dark days (pray & persevere).” 1979-1984

2011 Committee

Sara Terpos: Student (1992-1997), College Captain (1997), St Monica’s Medal (1997), Staff (2011-Present)
Email - s.terpos@stmonicas-eppling.com **Ph** - 9409 8879

Mario Bernardi: Student (1999-2004), College Vice Captain (2004), St Monica’s Medal (2004)

Paris Sidiropoulos: Student (1992-1997), Staff (2009-Present)

Sylvia Emirzian: Student (1990-1995), Staff (2003-Present)

Shelton Jeyaratnam: Student (1994-1999)

Belinda De Vincentis: Student (2005-2010), College Captain (2010)

Chris Dossor: Student (1997-2002), College Vice Captain (2002), St Monica’s Medal (2002), Staff (2004-2005)

Bernadette Harris: Student (1979-1984), Staff (1989-Present)

Shelley Karpathakis: Student (2001-2006), College Captain (2006), St Monica’s Medal (2006)

Hong Tran: Student (2000-2005), College Vice Captain (2005)

Anthony Cardamone: Student (2004-2009), College Captain (2009)



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Launch of the Alumni Pin

In 2011, St Monica's College introduced the Alumni Pin, a symbol to recognise our time as students at St Monica's College and a reminder of how those days have shaped us into the people we are today.

The Alumni Pin was officially launched by the Principal, Brian Hanley, at our Alumni Gathering on Sunday 21 August 2011. This marked the beginning of a tradition, where attendees at future Alumni Gatherings will be presented with a complimentary Alumni Pin.



The Alumni Pin is complimentary to past Collegians attending the Alumni Gathering. If you would like to purchase an Alumni Pin, they are available for \$5 each. Please contact Sara Terpos on 9409 8879 for further information.



SMC

**PRAY AND
PERSEVERE**

**PLEASE
CIRCULATE**

Log on to www.stmonicas-epping.com to add your details to the Alumni Database.

Official Alumni Facebook Group:
<http://www.facebook.com/smc.epping.alumni>

