



CARDIJN
COLLEGE

INSPIRED

Alumni News from Cardijn
ISSUE 05, 2022

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CARDIJN
COLLEGE

INSPIRED Magazine **ISSUE 05, 2022**

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From the Principal

Welcome to issue #5 of INSPIRED magazine. In this issue you'll learn about the career journey of Artist Tonia Composto ('88), gain an insight into the wild career of Dr Taylor Hawkins ('13) and meet Cardijn's Learning Enrichment Director Kate Thompson. You can also view photos from recent reunions, read about Old Collegians' sport and music and catch up with what has been happening at your alma mater.

It has been a privilege to serve as the Acting Principal for the second half of 2022 in what has been another wonderful year at the College.

We began 2022 in interesting circumstances with a significant number of students learning remotely due to the restrictions that were in place as a result of the pandemic. As these restrictions eased, we were able to welcome all students back on campus and re-introduce some of the events and customs that make Cardijn a truly special place to learn.

Early in term 1 it was announced that our long-serving Principal, Dr Paul Rijken would be retiring. Paul had served as Principal for 17-years and had an association with the College which had extended across almost three decades. In making the announcement, Board Chair Tim Ryan said:

"Cardijn College has been more than a job for Paul. His dedication and service to our students and community has been a masterclass in how to engage and empower people and form meaningful connections with others, all while creating a culture of collegiality and a sense of family. Paul has seen many thousands of students pass through Cardijn's doors, followed by their children in more recent years."

It was pleasing to welcome so many of our Old Scholars back to Cardijn to recognise and celebrate Paul's contribution to the community and farewell him as he entered his well-earned retirement at the end of Term 1. The Old Scholars who participated in the choir at the Community Mass provided an unforgettable experience that was so significant

and meaningful and their rendition of, 'The Prayer' will leave a lasting impact on everyone who was able to be at St. Luke's on that night. You can view photos from the farewell events on Pages 18 and 19 of INSPIRED.

The scale of change at our school took many old scholars by surprise as the building and development works completed over the last several years have certainly changed the landscape of the campus you will remember.

The retirement of Dr Rijken signalled the closing of a chapter in Cardijn's history. Paul enjoyed a long association with the College dating back to the very first day. Some of you may even remember the first day at Cardijn in 1984, when Mr Rijken, not yet a Dr, began his career as a Mathematics and PE teacher.

As with any end, there is a new beginning and we shift our focus to 2023 when we will officially welcome Cardijn's 7th Principal, Mr Steve Byrne. Following the consideration of an incredibly high-calibre field of applicants, Steve's appointment was announced in a letter from Tim Ryan in May 2022.

"Steve has spent a decade as principal at Sacred Heart, but his experience at various schools throughout his career and his prior work successfully leading the complex amalgamation of the two Sacred Heart Colleges (Senior and Middle) and Marymount College, stand him in great stead to lead our growing school across its three campuses," Tim said in his announcement to the community.

"I have great confidence and faith that Steve brings the right skills and experience to the job of Principal and that by working



with our outstanding team of educators, he will continue to foster Cardijn's tremendous growth and success, leading us into the next era of outstanding and innovative education for our children. It is an exciting time ahead for our school."

2022 again saw Cardijn rank very highly for academic excellence in the SACE. We are incredibly proud of our Class of 2022 who achieved 100% SACE completion, with 20 students who joined our 90s Club, achieving an ATAR in the top 10% nationally and nine students who achieved 10 merits received by the College. Our Dux of the College is Imogen Brown who achieved an ATAR of 98. A feat made even more impressive considering Imogen was our 2022 College Captain and the recent recipient of the Joseph Cardijn Award for overall excellence. Our Proxime Accessit for 2022 is Chantelle Haddad with an ATAR of 97.85. Remarkably, 54% of our 2022 cohort have graduated with a dual certification (SACE & VET), which provides them with

the perfect launchpad into their future career or further study and training.

At our Marcellin Campus, we were thrilled to again achieve 100% SACE completion. We also celebrate the 78% of our cohort who have already been signed up to an apprenticeship and are out in the workforce responding to the current skills shortage in South Australia.

Our alumni community is such an important part of who we are and we value your connection and contribution. In 2022, we experienced the largest participation in our reunions program since its launch which is a true sign of the increase in our levels of alumni engagement. Soon we will release the 2023 reunion events program and we look forward to seeing you!

2022 has been another incredible year for the Cardijn community and we once again thank Dr Paul Rijken for his significant

contribution to our community. We are privileged to welcome Mr Steve Byrne to the community as Principal in 2023. Steve has already been very present in the community throughout the second half of 2022 and he is so excited to join the Cardijn community. Steve is inspired by the vision of our founding Principal, Br Walter Smith and has exceptional experience in leading big, multi-campus schools, but has a vision for doing this through a lens of 'making big feel small' so that every young person (in the words of St Marcellin Champagnat) is 'known and loved'. As a community there is much to look forward to and the Cardijn community will continue to thrive both now and into the future.

I hope you enjoy reading this issue of your alumni magazine and thank you for your continued support of Cardijn.

Patrick Harmer

Introducing the Centre of Innovation and Creativity – where students thrive

This year saw the completion of a building project that unfolded during the height of the pandemic. Students watched on with anticipation as the impressive structure rose from the construction site that was once the Art and Design studios and Materials workshops.

Whilst students and staff were temporarily relocated to South Adelaide Football Club and Marcellin Campus, the \$18.5M Centre of Innovation and Creativity began to take shape.

The building was officially opened and blessed by the Archbishop of Adelaide Patrick O'Regan in May. At the ceremony, then-Principal Dr Paul Rijken said:

“A building such as this one does not just happen with an apparition in the mind of the principal. The vision was a combination of a strong

vision for Cardijn, its masterplan and great minds working together. When the needs were recognised and the knowing that this stage was at the last in a masterplan developed last decade, a taskforce of teachers, ESOs, students and parents met with our architect Nick Tridente and workshopped every single need and purpose of this building. This took well over nine months before we even got to concept drawings.”

This contemporary building brings together our STEM curriculum in a state-of-the-art learning environment which unites technology and the creative arts.

It provides an inspiring space for students studying Creative Arts including Art, Design and Textiles as well as the STEM subjects including robotics, design prototyping and 3D printing.

A popular feature of the new building is the 360-degree cinema room, where students can become immersed in a virtual environment anywhere in the world. This technology can be used to simulate learning and training environments for a variety of applications. Staff and students are enjoying uncovering the possibilities for this new piece of technology to Cardijn.

The new canteen and cafeteria space serves up an array of healthy meal options and treats as well as offering barista-made coffee.

You can view the Centre of Innovation and Creativity, as well as other areas of the campus in our new virtual tour.

Visit bit.ly/3V9vsLO.





*The
Centre of
Innovation
and
Creativity*





What inspired you to create art? How did your time at Cardijn influence you in your career and life?

Creating artwork has always made me happy, I loved it and I knew I wanted to make a career out of it. I never thought I would end up being an illustrator, but my path from visual artist to graphic designer took me there. It's a happy medium.

I had a great art teacher at Cardijn, Sue Roche. She was lovely, she was very talented and sparked my career in the creative arts. She took the time to pay attention to details and she noticed my artwork style from the very beginning!



What have been your proudest moments & highlights since establishing Lemon Chicken Por Favor?

There have been a few! I suppose whenever I get any media coverage, like this magazine feature, it's always a thrill. I'm also represented by Australian agents The Illustration Room.

When I was offered representation, that was a big deal. If an agent wants you to make money for them, it validates that you are on the right track. - funny thing is, most of the time I have no idea what I'm doing hahaha! (An illustration agent will promote and connect illustrators with clients in the media, publishing and corporate industries)



Completing any big outdoor mural is also a big achievement, they are really hard work and I received a silver award with Illustrators Australia for one of them.

Last year I was asked to lecture on illustration and design within the Bachelor of Illustration degree at Melbourne Polytechnic, I have been doing this for a year now and will continue to do this in 2023. Being able to pass on my knowledge and experience to a new generation of illustrators is a real honour.





I was recently shortlisted in The World Illustration Awards for my little children's magazine, GoGo.

Having any artwork published is an achievement – when it's a big client like The Age or the ABC, I tend to do a little happy dance.

If you want to see some of my work you can visit www.lemonchickenporfavor.com.au or follow my Insta page... @lemonchickenporfavor

Tell me about your passion for illustration.

I have this intense love affair with illustration. It's very exciting and rewarding, but also a very challenging career. Like any other creative field, you never really switch off and you have to work at it every day and it can be exhausting. Nevertheless, it feeds my soul, it has allowed me to be a designer and an artist combined, to have a voice and tell stories through a commercial public artform. I feel very privileged to be able to work in this niche industry.

What advice would you give to current students about following their career dreams and ambitions?

Put in the hours to achieve your career goals, it takes hard work and experience to get good at something.

Don't be disheartened by knock-backs, they happen in every career

path, and if you're planning a creative career, expect a lot of them to come your way. I still get them and just shrug them off. Something new will always turn up.

Tell me about GoGo Zine.

GoGo Zine is my little love project. A 16-page fully illustrated mini-mag aimed at middle readers and up. Each volume carries a different theme and is filled with history, puzzles, stories, recipes and interviews around the theme.

I have just launched Volume 6, The Hairdresser Issue. I sell it via my Etsy shop and it's also stocked in a few retail shops in Melbourne. I plan to get it into other states.

I had the idea for a long time to create my own children's publication, as I was constantly rejected or ignored for commissions by other bigger children's publications. Frustrated, I decided to create my own. The concepts sat in a file for a few years, but I put my energy into it during the endless Melbourne lockdowns. It has a bit of a cult following for zine collectors and in a perfect world I would just illustrate GoGo. If you want to check it out, you can find it on Instagram @gogokidszine

Any other news to share?

I have a children's non-fiction book coming out next year called 'All About the Heart', published with Berbay Books and written by Dr Remi Kowalski, and will be working on another body part book in the series very soon.



Past Scholars Choir



Formed in the middle of the year to be a part of the send-off for Dr Rijken at the end of Term 2, the Past Scholars Choir loved the idea of catching up and making music so much, they decided to make it a regular thing!

They now gather a couple of times a month for a sing, chat about old times and catch up on what's happening now and occasionally work through some charts.

In Term 4 the group performed as part of the Term 4 Music Night at the College and then had their own more intimate concert on their final rehearsal in late November.

We have created a past scholars Facebook group www.facebook.com/groups/2023574324492708 where we post notices about rehearsals and performances. Join us on Facebook or better still, come along and have a sing!





In this issue of **INSPIRED**, we chat to 2013 College Captain Dr Taylor Hawkins as he takes a breather from caring for the orangutans at Perth Zoo to share his career journey beyond Cardijn

Dr Taylor Hawkins

DVM BSc (vet Bio)

Class of '13

I had some great support from many of the teachers and many kept pushing me to have bigger and better goals.

Who/what do you remember most about your time at Cardijn?

I fondly remember the large amphitheatre in the middle of the school, walking through it many times each day, meeting friends there and watching events like Athlon day.

I used to spend a lot of time in the Careers office, talking about all my ambitions and things I wanted to achieve in the veterinary industry. It's scary to think that I have achieved many

of these goals and am headed in the direction of many more.

What have been your proudest moments & highlights since becoming a Veterinary Surgeon?

Highlights would involve being sent to South Africa this year to assist teaching a group of final year veterinary students from The University of Adelaide about the medicine of Africa's awesome wildlife. We got to anaesthetise lions, leopards, rhino and more, all in a day's work.

Being interviewed on TV alongside

Robert Irwin whilst working at Australia zoo.

Seeing a really sick patient recover and become its normal self, or even get released into the wild, after you have put so much effort into it has to be one of the most rewarding things that I get to experience every week.

Another highlight is all the awesome people I get to meet and work with along the way.

How did your time at Cardijn influence you in your career and life?

Cardijn helped me grow my love for science and desire to have a career in the animal industry. I had some great support from many of the teachers and many kept pushing me to have bigger and better goals.

What pathway did you take after school?

I went straight into university after school and completed my Bachelor of Science (Veterinary Bioscience) and then Doctor of Veterinary Medicine in 2020. I absolutely loved my uni experience. The veterinary teaching campus is located rurally, so many of the students live there for five to six years. It was just a great and fun community, much like Cardijn. I think the key to a good

education is a balance of learning and being able to have fun.

Tell me about your passion for animals.

I have always loved animals and particularly wildlife. I spent a lot of time at the zoo growing up, thanks to my parents for all the driving! I also spent a lot of time volunteering with wildlife directly or volunteering for organisations trying to raise awareness for wildlife.

I loved science, which grew into a love of medicine and surgery. These passions easily developed into a career as a veterinarian.

I love travelling and combined this with my passion for animals. All of my travel has been to awesome wildlife destinations and I have been lucky enough to help many animals along the way.

What advice would you give to current students about following their career dreams and ambitions?

Absolutely go for it! Set goals and keep striving to achieve them. I am currently where I dreamed of being whilst in high school and never thought I could reach it.

Try to get as much experience as you can in the field you're interested in - volunteer, work experience, etc. One of the best things that you get out of this is creating an awesome network of like-minded people who may even employ you one day!

It's okay if you don't get where you want to straight after school with your career! So many people get into this situation. After school, there are so many pathways into different careers, and it's easy to move between university courses. Embrace change and the challenges that life may throw you!

How is it to work as a vet at a Zoo?

I love it! Every day is so different. I can be working on tiny little frogs,



a fish, an orangutan, a tiger and an elephant, all in the same day!

Currently I'm working at Perth Zoo and really enjoying it. I live on site, which is fun waking up to the sounds of all the animals in the morning. My school friends will not be shocked that I am literally living at the zoo.

The coolest thing about working in zoos and with wildlife as a vet is that we are surrounded and

supported by other staff, nurses and zookeepers that are also so knowledgeable and incredible at what they do.

Any other news to share?

My high school self would be very proud and jealous of what I have achieved. I couldn't have done it without the support of my family, my partner, friends and many mentors along the way.



2022 SACE Results



Dux of the College

98
ATAR

Imogen Brown

Our Dux of the College is Imogen Brown who achieved an ATAR of 98. A feat made even more impressive considering Imogen was our 2022 College Captain and the recent recipient of the Joseph Cardijn Award for overall excellence. Imogen received A+ for Creative Arts, Drama, Music Performance – Ensemble, Music Performance – Solo and Research Project. She achieved As in Integrated Learning – Religious Education and Biology.



Proxime Accessit

97.85
ATAR

Chantelle Haddad

The Proxime Accessit for 2022 is Chantelle Haddad. Chantelle achieved A+ for Integrated Learning- Religious Education, English and Research Project, A for Physics, A- for Chemistry and B+ for Mathematical Methods.

The 90s Club

| | | | |
|------------------|-------|------------------|-------|
| Imogen Brown | 98 | James Caudle | 93.6 |
| Chantelle Haddad | 97.85 | Mya Croser | 93.15 |
| Tiana Swan | 97.6 | Katie Tasker | 92.75 |
| Eleni Mavraidi | 97.2 | Bella Nicholls | 92 |
| Grace Connolly | 96.8 | Damon Marenkovic | 91.35 |
| Brooke Lovett | 96.55 | Leah MacLeod | 91.3 |
| Emma Hunt | 94.7 | Lucy Freeborn | 91.05 |
| Liam Kay | 94.3 | Madison Gregory | 90.6 |
| Poppy Rodgers | 93.8 | Charli Paparella | 90.05 |
| Star Thomas | 93.65 | Lucas Tan | 90 |

100%
SACE Completion

38
A+ Grades
10 with merit

30%
of cohort achieved an ATAR of
85 or above

54%
of the cohort graduated
DUAL CERTIFIED
achieving the SACE
+ a VET qualification

10 A+ Merits

| STUDENT | SUBJECT | TEACHER |
|-------------------------|--------------------------|-------------------------|
| Suranne Armitage | Research Project | Ms Sophia Dimitropoulos |
| Jade Baldock | Child Studies | Ms Carlie Sherwood |
| Angel Contessotto (Y11) | Research Project | Ms Sophia Dimitropoulos |
| Chantelle Haddad | English | Mr Kenneth Fay |
| Chantelle Haddad | Integrated Learning - RE | Mr Joseph Catania |
| Brooke Lovett | Integrated Learning - RE | Ms Sophia Dimitropoulos |
| Eleni Mavraidi | Integrated Learning - RE | Ms Sophia Dimitropoulos |
| Tom Roberts (Y11) | Research Project | Ms Sophia Dimitropoulos |
| Nikhil Sijo (Y11) | Research Project | Mr Matt Kempson |
| Tiana Swan | Integrated Learning - RE | Ms Sophia Dimitropoulos |

Old Collegians Sport

The Cardijn Old Collegians Football Club is entering its sixth year in 2023 with a focus on providing a supportive and inclusive environment for old collegians of the College. Football, or soccer, has been a hallmark of Cardijn College since its early days, producing quality players and encouraging participation through school programs and extracurricular opportunities. The Old Collegians Football Club presents itself as a natural progression for students leaving the College as well as other players with some form of connection with the club, whether they are old collegians or are looking for a social sporting club environment.

2022 proved itself to be a challenging year in terms of performance but certainly made ground on revitalising the culture of the club as a social centre. The first team, buoyed by a strong finish to 2021 and retaining its core of players, were pushing for a strong year; however, gaps in key on-field positions and an influx of strong teams into Division 2 meant the team struggled to find form early on. This culminated in a coaching change midway through the season with Club President Josh Partridge taking over as first team coach. Similar to 2021, the second half of the season bore stronger results for the first team, but consistency proved to be an issue for their performance. Ultimately, the first team were unable to post results strong enough to retain their position in Division 2 for 2023. With that said, the culture developed among the playing squad and a revitalised view on the game looks to provide a springboard for success for the first team in 2023.

The reserves and C grade teams experienced similar challenges in on-field performance. 2021 proved a challenging year for both squads, experiencing inconsistency in squads and having this negatively affect their results. Some of these issues were rectified in 2022 with a more consistent showing with core squads for both teams. However, positive results remained elusive for the C grade team for a variety of factors. The reserves team experienced more success on the field, proving themselves to be challengers for the league for many games during the season. However, some unlucky results and thinning of the playing group toward the end of the year restricted their potential success. The team looks to regroup moving into 2023 with renewed focus on maintaining a core player group and improving fitness to ensure success in the coming season.

Moving into 2023, Cardijn Old Collegians Football Club is looking to create an environment that is conducive to on-field success and opportunities for social inclusivity at all stages. This will be facilitated with a string of fresh committee members who look to provide the club with opportunities for innovation. The continued focus on creating a socially inclusive environment will remain with on-field improvements sure to follow. Improvements in coaching, training and social events will compound with the dedication to creating an inclusive environment to culminate with success for the club in the future. Watch us grow in 2023!



Staff Q&A

Kate Thompson



INSPIRED chatted to Cardijn's Director of Learning Enrichment Kate Thompson to learn more about her passion for young people's education, wellbeing and development.

What inspired you to pursue a teaching career?

I was the born daughter of two exceptional educators – all I ever wanted to do, was to be like them. My earliest memories are of me in my 'playroom' pretending to be a teacher to all my soft toys and dolls. I mimicked my mother, father and my two favourite teachers, my prep teacher Mrs Gallagher and my Year 4 and 5 teacher, Mr Dinneen. They brought me so much joy, and I wanted to do this for others. Teachers were just teachers to many students and their families, but the above were my absolute heroes!

I remember fondly the diversity of

beliefs that permeated my school life and the range of activities with which I was presented. This instilled in me a sense of hope and a set of enlivened values. With this knowledge and understanding, I have been inspired to present and nurture these opportunities to the students in my care. My teachers valued me as an individual with a unique personality shaped by my family values, ethnicity, gender, and religion. It didn't matter what I had happened on any particular day, and I always knew that I belonged.

I was also fortunate enough to be a student that was educated in the Marist tradition, where I

learnt to be an advocate of the Marist characteristics, which has profoundly impacted me in such a way that it feeds my soul as a teacher - to value, cherish and nurture young people - that everyone matters - absolutely!

What do you enjoy most about working at Cardijn College?

Every morning as I drive down the drive, I feel this sense of purpose and excitement. I am driving into a community invested in our young people's education, wellbeing and development. We work alongside each other to support our students in navigating the world around

them. The community is like no other that I have ever experienced. Staff prayer, community music, office collegiality, the use of evidence-based practices and most of all, our family spirit. Cardijn is an extension of my family, where we travel our journeys together. Each day I am fortunate to teach in a Future Thinking classroom, where Maths, Science and Technology can come alive, where I am privileged to watch my students grow and become more confident in themselves. This is why I love working at Cardijn.

What are your goals and priorities in your role as Director of Learning Enrichment?

As an educator, I have three loves: the love of learning, the love of learners, and the love of bringing the first two together. Nothing is more satisfying than watching a child learn something new and how it changes their self-esteem and confidence.

My role is driven by the belief that for students to be able to thrive, we must be committed to all of them and understand the student's needs within their context. They must be able to access their learning at their entry point and have opportunities to develop knowledge, skills, and attributes so that they can thrive in a rapidly changing and complex world. I have an authentic love for learning, contributing to my vision and passion for providing equitable learning where every student experiences success. Through a culture of inclusion, where students have agency, there is a partnership with parents, carers and families, focusing on the learning and wellbeing of all our students. The Learning Enrichment portfolio has a shared understanding that every

student can learn and fulfil their educational potential with suitable adjustments in place. This is at the core of what we do, where our young people are in the classroom and enjoying the learning journey whilst experiencing success.

Who/what inspires you in your work and life?

As a child...

As a child, I always loved the feeling of being lost in a book. It made me see things from a different perspective, allowed me to travel back in time, experience new worlds, and invited me into its amazing world full of characters, places, and stories I had never dreamed of. Reading was the best adventure I could have ever had. A. A Milne, E.B White, Astrid Lindgren and Louise May Alcott taught me that even in the most complex situations, if the protagonist has someone that believes in them no matter what, then they can achieve absolutely anything. As I continued to immerse myself in literature, Pippi Longstocking, Little Women, The Adventures of Christopher Robin and Charlotte's Webb, the more inspired I was to become a teacher. A teacher that all students could rely on, a teacher that quietly walked alongside them, providing support and empowering them to believe in themselves.

As an adult...

My husband, Michael, is my daily inspiration; he didn't love learning at school but loved his teachers and friends. We often talk about the importance of schools and students having teachers in their corner and someone to encourage them to reach new heights. Being a teacher's partner would not be an easy role to play. He believes in what I do and why I do it, and I couldn't do my role without him backing me 100%

Every morning as I drive down the drive, I feel this sense of purpose and excitement. I am driving into a community invested in our young people's education, wellbeing and development.

of the time. Mike also challenges me to be better, to do better and to see things from different perspectives; he is my inspiration to do what I do.

What are your interests/hobbies outside of work?

Leo (13) and Meika (10) are our two Golden Retrievers who bring us much joy, and there is nothing better than coming home to two golden faces and their wagging tails; so excited to see you. They enrich our lives every day and bring so much excitement to our lives. Not only are they our everything, but they share many of our interests and hobbies with us. Whether it is heading to the beach for the day, swimming and riding the waves, or chilling whilst out in the garden, especially when spending time in our vegetable garden and orchard, or lounging by the pool and reading or eating my numerous baked goods. The only time the pups aren't with us is when we are out exploring the world. We are passionate travellers, and this is something that enriches our lives in a variety of ways.



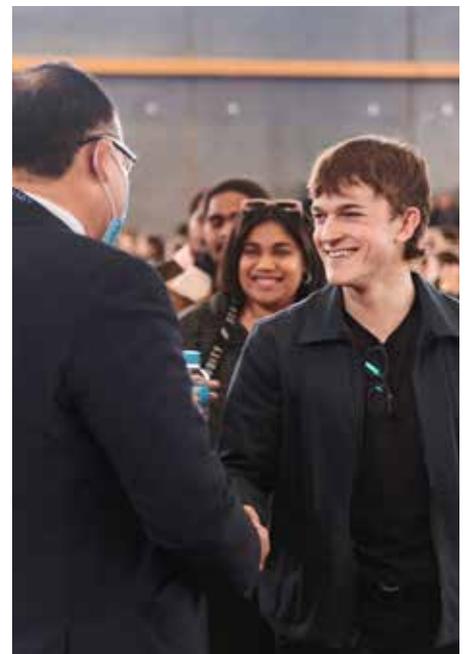
Farewell Dr Rijken

The End of an Era!

He served 17 years as our Principal, and his connection to Cardijn dates back to the school's very first day, but the lasting impact he has had on the scores of students he inspired at Cardijn is immeasurable.

It was a farewell fit for one of Cardijn's foundation staff members. Over a series of events, we recognised and thanked Dr Paul Rijken for his service and significant commitment to the Cardijn community.

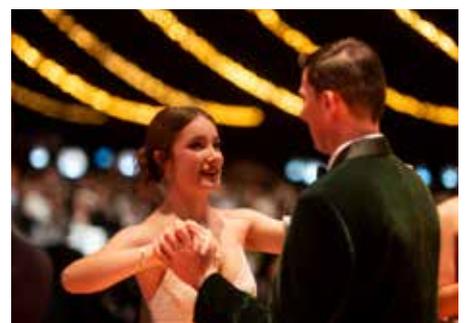






2022 Graduation





Dux Assembly Speech



Your experience at Cardijn is what you make it, so take every opportunity before you and be open to the unexpected.

Good morning Dr. Rijken, distinguished guests, staff, families, old scholars and students of Cardijn College. Firstly, to this morning's award recipients, my heartfelt congratulations, the acknowledgement of success is often just the tip of the iceberg but I hope today we can do our best to celebrate all the sacrifice, hard work, dedication and perseverance it took for all of you to get here. And to Charli, a special congratulations, there can only be one dux each year and so you should be very proud of this achievement.

As Dr. Rijken said, my name is Sebastian and it is an honour to speak to you all this morning. As I look around it blows my mind that I graduated almost 5 years ago. But if you would entertain an old coot for a while, hopefully I'll be able to pass on some advice from the lessons I have learnt.

My earliest memory of Cardijn was the morning of my first day where we were divided into our houses. It was a time before the new Library or Music Centre and the amphitheatre was still a concrete jungle. I remember the nervousness I experienced, the new school and new people was overwhelming. But at the same time, I was excited, because it was full of new opportunities. This brings me to my first piece of advice, specifically to the year 7 and 8 students... **take every opportunity before you and be open to the unexpected.**

Throughout my time at Cardijn I was involved in almost every

extra-curricular activity; volleyball, basketball, debating team, student leadership, and three music ensembles... and I never regretted any of it. The friends I made, skills I learnt and confidence I gained were invaluable. Your experience at Cardijn is what you make it, **so take every opportunity before you and be open to the unexpected.**

It is fair to say that where I am today is completely unexpected, for a long time I wanted to be a winemaker. It wasn't until the beginning of year 12, when my youngest brother finally convinced my parents to get a dog, did I consider becoming a vet. Fast

forward to now and I am 18 months off completing

my Doctorate of Veterinary Medicine and hoping to work exclusively with horses, while 6 years ago I wouldn't have even been able to ride. But the funny thing is, I have no doubt

that this was the career I was meant to end up in. So be open to the unexpected.

For the senior school students, my advice is to **challenge yourself and get close to your fears.** One of the greatest opportunities I have had since graduating was to work for six-time champion Adelaide racehorse trainer Tony McEvoy at the iconic Lindsay Park Stables. Now, some of you may think that working with 500kg animals which are easily frightened and capable of moving at 70km/hr would be dangerous, and you would be right. I have been kicked, stepped on, dragged and fallen off these animals far too many times. But

old scholar
Sebastian Macaspac

At this year's Dux Assembly, we were fortunate to welcome 2017 College Captain Sebastian Macaspac back to Cardijn as our Principal's guest and keynote speaker. Sebastian addressed the assembly with an inspirational speech that we are thankful to be able to share with INSPIRED readers.

from these experiences, I learnt two very important lessons.

Lesson 1: the safest place to be near a horse is as close to their shoulder as possible. While seemingly contradictory, the shoulder of the horse is the only place where they cannot get enough leverage to strike a damaging blow. In other words, you have to get close to that which may scare you. In life, we all have our own fears and challenges that scare us, but it is the courage and confidence it takes to face these obstacles which matures us and makes us better at life.

Lesson 2: You always get back on. Even if you fail in your challenges or attempts to face your fears, these are beautiful opportunities to learn. They are also opportunities to build determination, because whenever you fall off a horse, you always get back on.

Now for year 12 students, my advice to you. I recently competed in my first competitive running race, running a half marathon. Running is an amazing sport which can teach you many invaluable lessons but perhaps the most



important is perseverance in **running YOUR own race**. During year 12, it is so easy to compare yourself to your peers, their study habits, academic results, and goals can keep you up at night. But in both running and life, joy is found in the competition of oneself and completing your own personal goals. So year 12s, this year stop comparing yourself to each other, you are all **running your own race**. Instead, take the time to support each other and cheer one another on. Take it from me, the guy who chose to study six years and two degrees in veterinary medicine. At times it feels like my life has been going so slow compared to my peers. But be patient and focus on yourself this year, run your own race at your own pace as best as you can, and cheer on your peers whenever you can.

Now when I was a student, it is at this point during the speech where I would be starting to doze off and my eyes would begin to wander, and they would often wander up to those honour boards. You may have never noticed these boards until now. But on them lists the

achievements of the great students who have come before you, a rich history of Cardijn College that continues to grow year-by-year. A history of alumni which today's award recipients will be added to. But what makes these honour boards so illustrious isn't just the achievements of these people as students, but how they took the teachings and lessons of Cardijn College into their communities to do great things. I have seen this effect in my own life, for it was one of these Cardijn alumni who went on to become a teacher who inspired me as a student to aim high and pursue my career as a vet. I hope that the same is true for today's award recipients, I hope you take the values of Joseph Cardijn into the next phase of your life to inspire the best in yourself and your wider community, and we will be so much better because of it. To today's award recipients, your journey is not over and we are excited to see how you will add to this rich history as Cardijn alumni. Congratulations once again, welcome to the club, and I wish you all the best. Thank you





Class of 1992 Reunion

2022 was a record-breaking year for the Cardijn College reunions program with the largest number of reunion attendees since the program's launch. Don't miss out on an invitation to your reunion! Update your details with the College by completing our form available at:

www.cardijn.catholic.edu.au/community/old-scholars







*Class of
2002
Reunion*







Class of 2012 Reunion





The Year In Social...



February 2022

School's back for 2022! We welcomed our new Year 7 students as they joined our Year 12s who made excellent tour guides.



March 18

Our Year 10 Food Technology Class transformed cheesecakes into expensive-looking desserts with the food presentation skills they had been learning.



Term 2

Dozens of heartfelt comments from old scholars poured in as we showed our gratitude and celebrated Dr Paul Rijken on his retirement.



February 7

2021 Art and Design students Grace and Aleesha were selected for the SACE Art Show!



March 15

They're back to reclaim the title! Chisholm House named this year's Sports Day champions!



June 16

Several students were nominated in the 2022 Youth Recognition Awards, an award that acknowledges young people who give time back to community groups, schools and other programs that benefit the people of Onkaparinga.

2022



June 17

Students were flown to Perth to experience the role of an Electronics Technician in the Royal Australian Navy. They toured the HMAS Stirling Naval Base and shared meals with serving Naval personnel whilst asking as many career questions as they could think of.



CHECK OUT THE
RELAUNCH OF OUR
SPORTS ACADEMIES

August 11

The inaugural Basketball Academy was launched with 54 students across Years 8 and 9 participating in the programme.



SCAN TO SEE THE
VR SPACE



September 19

Students are loving the shared VR space in the new Centre of Innovation and Creativity!



July 29

We gained access to the bottom level of our Centre of Innovation and Creativity, including the highly anticipated new canteen.



November 29

Old scholars returned to perform at our Music and Arts Night in our redeveloped Student Central plaza.



November 29

Congratulations to Kyle Marshall ('22) on being drafted to the Port Adelaide Football Club with Pick 59 in the 2022 NAB AFL National Draft.

**Follow Cardijn
on social media**



facebook.com/CardijnCollege



instagram.com/cardijncollege



linkedin.com/school/4681717/

Alumni Gift Guide



Within The Chaos Candle Co

Michelle Penna (Freeling) '05

Owner and creator of Within the Chaos Candle Co. Michelle Penna (nee Freeling) is a mother-of-two (soon to be three!) and a lecturer in nursing at Flinders University. Michelle has created an affordable, unique range of home fragrance products, from candles to wax ornaments. She has always been fascinated with the way our sense of smell is so closely linked to memory, and loves helping her customers evoke special memories. That's what inspired her to create a range of candles that represent parts of SA, such as Glenelg, Fleurieu and Kuitpo.

www.withinthechaoscandleco.com/

Good Life Market

Ayesha O'Neill (nee Byrne) ('08)

We've all been that parent in the supermarket aisle staring at the back of snack boxes wondering what all those numbers mean and what's good for our kiddos and what's...not so good! Well, we're one step closer to an easier shopping experience and healthier stocked pantry with Good Life Market!

With a product range straight from the fruit tree to your tummy (with just a little bit of squashing and packaging in between!), these are the fruit strips and dried fruit snacks you won't feel guilty about giving your children. They're delicious, they're preservative, additive and sulphur free – which is a big tick when it comes to dried fruit – 100% natural with none of the nasties. Even better, the fruit comes from a South Australian family-owned farm, so you'll be supporting SA while you're snacking.

www.goodlifemarket.com.au



Hill Street Distillery

Chris ('97) & Ben ('01) Ryan

Hill Street Distillers is a craft distillery recently launched by brothers and old scholars Chris and Ben Ryan.

The Original Gin brings aromatic juniper, fresh citrus and a clean spicy finish. Loved by locals, family, friends and us!

Visit www.hillstreetdistillers.com and use the discount code OLDSCHOOL



Alumni Celebrations



Luke Harris '91
(former staff)

2022 Onkaparinga Business Awards
– Best Customer Service – Gone
AWOL.



**Jess Phillips (nee
Rismondo) '03**

Selected as Captain of the
Australian Korfball Team in
the Asia Oceania Korfball
Championship 2022. Australia
brought home the bronze medal.



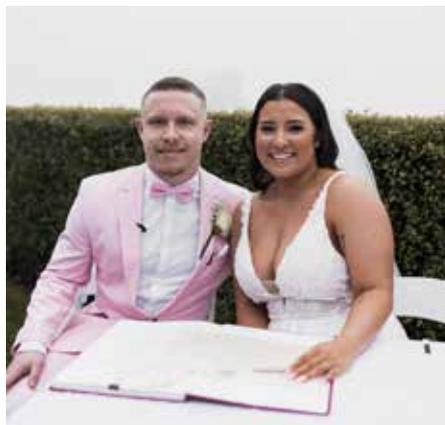
**Angela
Dodson '01**

2022 Onkaparinga Business Awards
– Best Pet Grooming or Pet Care
Business – The Playful Pooch
Dogcare Centre.



**Rebecca
Tracey '19**

Won the Baking Association of
Australia's SA competition for
Excellence in Baking! Rebecca
has progressed to compete in the
national competition next year in
Sydney.



**Jonathon Rideout '13 & Jasmin Rideout
(nee Ryan) '13**

Jonathon and Jasmin were married on 4 June 2022 at Mount Lofty
House.







A digital walk down memory lane

If you've always wanted to look through the yearbooks from your time at Cardijn but don't have the hard copies - now you can! The yearbooks from 1984 - 2021 have recently been digitised and are available to Cardijn alumni by completing an online form.

Once the form is submitted and your identity verified, a link will be forwarded to view the yearbooks from your years at the College.

Please visit <https://forms.office.com/r/rxflbcegbp> to complete the request form.

Happy reminiscing!

