Leading lights in sport

Wondrous water polo success

Famous sporting parents

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Deanna Kouni of Year 4 at IPSHA gymnastics
Dedication and determination

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand”.
VINCE LOMBARDI

We love sport at St Catherine’s because it has so many benefits: it develops fitness, friendships, team spirit, school spirit, and the character traits of persistence, determination and teamwork.

And, research indicates, it also develops cognitive skills. Which is why we encourage all our girls to take part in a sport – from netball to rowing to gymnastics – to have fun and hone valuable life skills.

Not only do we love it, we are good at it. Our girls work hard and apply themselves consistently, which is evidenced by our strong results across a range of sports. Results that, we believe, make us the strongest sporting school in the eastern suburbs.

As you read through these pages, I am sure you will see the vibrancy of our sports program. You will also see the vibrancy of our girls, who work with dedication and determination in all they do, and apply the best of themselves to the task at hand.

Dr Julie Townsend
Headmistress

@stcatherinesHM
THE HEADMISTRESS’ BLOG
http://bit.ly/1sQP5W8
Leading lights in sport

St Catherine’s has become the leading girls’ school in Sydney’s eastern suburbs for sport. Our results rank in the top five of the 27 members of the Independent Girls Schools Sports Association (IGSSA).

Participation in sport is an essential aspect of a St Catherine’s girl’s life and intrinsic to her holistic education. We have 22 sports programs, each offering two pathways of participation. Every girl can join whichever sport she wishes and there is at least one sport that every girl can be involved in.

The first pathway is all inclusive, where students can join in to increase their physical activity and develop friendships while enjoying benefits such as self-discipline, teamwork and fair play.

The second pathway enables our more serious sportswomen to compete at the highest level and pursue their sporting dreams. Whether that is to become a member of the School’s first team, to represent IGSSA, to wear the NSW sky blue or even to dream of wearing green and gold. If a student would like to achieve goals such as these we will encourage her as far along the representative pathway as possible.

The graphic shows the School’s improvement in competitive team sport and at the IGSSA representative carnivals. When all carnival results are analysed, St Catherine’s has climbed from rankings in the 20s to be well entrenched in the top five of 27 independent schools over the last six years. The School has also enjoyed a steady climb upwards through the divisions in team sports.

Mr Ryan Cameron
Director of Sport

IGSSA Representative Sports
27 schools can compete at these carnivals
IGSSA grades, competitive team sport

Senior 1st teams

- **Softball Division**
  - 2008: 1E
  - 2009: 1E
- **Tennis Division**
  - 2010: 1G
  - 2011: 1D
  - 2012: 1C
  - 2013: 1C
  - 2014: 1C
- **Basketball Division**
  - 2009: 1C
  - 2010: 1C
  - 2011: 1C
  - 2012: 1C
  - 2013: 1C
  - 2014: 1C
- **Soccer Division**
  - 2008: 1E
  - 2009: 1E
  - 2010: 1E
  - 2011: 1E
  - 2012: 1E
  - 2013: 1E
  - 2014: 1E

- **Hockey Division**
  - 2008: 1E
  - 2009: 1E
  - 2010: 1E
  - 2011: 1E
  - 2012: 1E
  - 2013: 1E
  - 2014: 1E

- **Netball Division**
  - 2009: 1C
  - 2010: 1C
  - 2011: 1C
  - 2012: 1C
  - 2013: 1C
  - 2014: 1C

- **Water polo Division**
  - 2008: 1C
  - 2009: 1C
  - 2010: 1C
  - 2011: 1C
  - 2012: 1C
  - 2013: 1C
  - 2014: 1C

- **Touch Division**
  - 2012: 1C
  - 2013: 1A
  - 2014: 1A
Making a splash

St Catherine’s has established itself as arguably the best water polo school in NSW and perhaps the country.

The foundation for the sport is set by our Junior School program which has led to five straight Year 7 titles at IGSSA. We participate in the UNSW competition and have won the senior and junior titles for three years.

Over the last two years, the School won the three first (A) divisions offered at IGSSA: the senior first, the junior first and the Year 7 first division. The 2012 victory was the first time in 158 years that a St Catherine’s team had won a senior first division premiership in any sport.

Following this success many girls have been individually selected for representative teams. In water polo, Amy Ridge and Samantha Mitchell of Year 12 were recently selected for Australia at the World Youth Championships in Madrid. Samantha is a current member of the Australian schoolgirls team. Emma Whaling and Kaitlin Laycock of Year 12 have been members of the Australian youth team for two years. Tori Morrissey who graduated in 2013 and is a current coach, toured Europe with the Australian junior team in August.

Danielle Morrissey of Year 11 and Meghan Ridge and Tess Jenkins of Year 10, competed for Australia at the Pan Pacific Tournament in New Zealand. They are members of the Australian Youth team and are preparing for the World Championships in 2016.

This unprecedented Australian representation, not only for St Catherine’s but for any school in the country.

Such amazing results are possible with a quality program and experienced staff like our head coach Mr Richie Campbell, who is also the captain of the Australian men’s water polo team and a two-time Olympian. Mr Campbell is in the middle of his elite water polo playing career and competed in the World Cup in August. He has been coaching at St Catherine’s since 2012.

Mr Andrew Yanitsas is the School’s head of competitive team sport and was a member of the London Olympic coaching staff. He currently coaches the Australian youth men’s team and the UNSW Wests men’s team, who are the national champions. Mr Yanitsas started at the School in 1999 and he coached the senior firsts to victory in 2012 and 2013.

Mr Yanitsas and I are able to implement, guide and mentor all of our sporting teams and coaches by pooling together their extensive knowledge of elite and grassroots sport.

St Catherine’s was Mr Yanitsas’ first ever coaching assignment and he said, “I developed from a beginner coach when I was a teenager into a coach of a national team while working at St Catherine’s. “The student athletes here have a unique quality that sets them apart from others. Their ability to manage the balancing act between study and sport is paramount to our team success as well as their individual achievements.

“Our goal is to transition in to the new RPAC facility while consolidating our position as a leading school of aquatic excellence.”

Mr Barry Rodgers may be considered the godfather of St Catherine’s water sports. Mr Rodgers has worked at the School for 33 years and started water polo for the girls in 1985. He is considered a legendary lifesaver and won nine national titles including the coveted Australian ironman championship three times in succession.

Mr Rodgers has been a constant wise mentor for all of our sports staff who gain much from the knowledge and experience he has to offer. See page 12 for an in depth profile.

It is the structure, the quality of the program and most importantly the strength of the staff that leads to our success as a sporting school. What a great pleasure to provide so many fantastic sports programs for our talented girls, may the good times continue!

Mr Ryan Cameron
Director of Sport

Experienced & talented coaches

- Ms Lea Barta – current Australian women’s team athlete, World Championships 2013
- Mr Nathan Power – current Australian men’s team athlete, World Championships 2013
- Ms Kyle Dyson – former Australian women’s team representative
- Ms Lauren Sieprath – current Australian U12s representative
- Mr Lucas Reynolds – USA men’s representative
- Miss Tori Morrissey – current Australian youth team member, St Catherine’s Old Girl 2013
- Mr Tim Reeves – current Australian youth team member
- Miss Claire Negus – Australian junior team representative
- Mr Barry Rodgers – water polo coach for 25 years, head coach of swimming, Ironman Hall of Fame inductee
- Mr Mathew Reid – New Zealand men’s representative
- Miss Emily Miers – NSW youth state representative, St Catherine’s Old Girl 2013
- Miss Madie Petrie – UNSW Water Polo and St Catherine’s Old Girl 2010
- Miss Paula Dayeh – UNSW Water Polo and St Catherine’s Old Girl 2012
- Mr Jean Luc Poidievin – NSW U12s representative
FAMOUS SPORTING PARENTS

An Anglican day and boarding school for girls

Liz Weekes – mother of Isabel Scott in Year 3 – was a trailblazer for Australian women’s water polo and as a result, many St Catherine’s girls will aim for international recognition. Liz’s Olympic gold medal win was a huge achievement but there’s more. She has given a lasting legacy to all sportswomen.

Liz Weekes (now Liz Scott) was our gold medal goalie at the 2000 Sydney Olympics. It was the first time women’s water polo had been contested at that level and Liz played a huge role in making it happen.

Liz recalled “Men’s water polo was the first team sport to be included in the Olympics over 100 years ago. In 1995 when I first made the Australian team, we became world champions. We hoped we’d be a late inclusion into the 1996 Atlanta games but it didn’t happen. Basically, we didn’t get to compete at the Olympics because we were women.”

“We love the music program at St Catherine’s and Izzy has embraced it,” she said. She is a sleepy head and I struggle to wake her most mornings except Thursdays when Camerata Strings is on. I just whisper in her ear ‘Camerata Strings’ and she jumps out of bed. Now that, to me, is gold!”

Liz and some of her team mates lobbied the International Olympic Committee (IOC) by rallying at the airport in their swimming costumes and turning up to a press conference to state their case.

Liz said “I could have been kicked out of the Australian team but I thought it was worth throwing everything at it. Later a friend at the IOC told me our annoying little rallies were the turning point.

I think that now there is a little piece of all of us in the pool when the girls play under the five ring flag.”

Liz’s daughter, Isabel (Izzy) Scott of Year 3, has two Olympian parents: her father is Robert Scott, who won a silver medal for rowing in 1996 in Atlanta.

“My husband and I were public school students and we are astounded by the wonderful opportunities and facilities our children have at their schools. We represented Australia at the Olympics in rowing and water polo but we didn’t get to try those sports until we were at least 15 years old. Izzy has the opportunity to try both at a much younger age at St Catherine’s.

Liz believes sport and in particular team sport, is an important part of children’s learning and development. “It teaches you to set goals, to strive to improve and how to engage with others. In sport you confront the different emotions associated with success and more importantly when things don’t go your way.

“It teaches you the importance and wondrous rewards of teamwork, to believe in yourself and to persist.”

She added that in developing Izzy into a happy, well adjusted, confident woman the culture and values of the School are critical.

“We love that St Catherine’s shares our values of courage, respect, integrity and resilience.”

“Setting a strong foundation academically, socially and physically is critical for our girls as is the pursuit of excellence.”

Liz believes children’s education is a partnership between the family and the School and St Catherine’s plays an important role in preparing Izzy for the future.

“Setting a strong foundation academically, socially and physically is critical for our girls as is the pursuit of excellence. This is not about creating champions as children but it is about building a sense of confidence and an aspiration that our girls can be successful,” she said.

Izzy Scott says she would like to become a physio, but as her mother points out, she is only eight! Liz’s great hope is that Izzy finds something to be passionate about.

“We trust that Izzy will learn to have the courage to stand up for what she believes in, to respect herself and others and have integrity while becoming the best version of herself she can be.”

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Liz Weekes, Australian Olympic gold medallist in water polo, and her daughter Isabel Scott of Year 3
Steve McNamara nominates meeting the legendary Manchester United football team manager, Sir Alex Ferguson as a highlight of his career.

This might come as a surprise to those who know him as a former rugby league player and now a coach.

Steve currently coaches the England national team and is assistant coach of the Sydney Roosters. He moved his whole family to Sydney to work for the Roosters.

His daughter Grace is in Year 9 at St Catherine’s and he said the move was a big challenge for the family that includes wife Michaela and 12 year old Ben. “It was a risk but I think it’s enhanced the children’s education and life skills, in the way that mine were enhanced through sport”, he said.

“It has given me more opportunities than most occupations would. It really has opened doors. I mean – I’ve become a coach at the national level, I’ve been to the Houses of Parliament, I’ve even met Alex Ferguson!”

Brendon Julian was once described by Inside Sport magazine as someone who “invariably makes perfect sense” and it is clear he still does as he reflects on his cricketing career and his hopes for his daughters, Sienna in Year 2 and Jade in Year 6.

Brendon played for Australia for six years until 1999 when he moved into TV presenting. He and his wife Suzanne are highly visible members of the School community.

“Being able to understand and appreciate other people was a quality I learned as a professional sportsman. To tour and live with others for six months at a time can be an emotional roller-coaster. Sometimes you are in confined spaces such as buses, planes and hotel rooms for long periods so you must learn to understand each other and get along. It’s similar to being in a classroom where you learn to be with people from different backgrounds, views and religions.”

Discussing the qualities he would like his children to take away from St Catherine’s, Brendon said: “I want my girls to appreciate the environment that surrounds them, to recognise how good the School is as well as the area they live in. I’d like them to forge strong and lasting relationships and it’s very important to me that they appreciate and respect their friends, parents of their friends and their teachers. If they appreciate what they have now, they will work hard to maintain it.”

Both girls have represented the School in gymnastics and Jade likes water polo, swimming and netball while Sienna enjoys tennis. Their world famous father is very pleased that the girls can “have a go at many sports” at St Catherine’s as individuals as well as part of a team.

““I’ve been pushed outside my comfort zone and the more that happened, the more confident I’ve become,” he said.

Grace has settled in well at St Catherine’s and she too has had to go outside her comfort zone to meet new people and keep up with her study. Academically Grace is performing well and she has taken up rowing after being inspired by the London Olympics. She even enjoys rowing training in Sydney, “as it is much warmer and nicer than in the UK.” Her dad added that it was great to see her get up to train at 6am!

“I think not being scared to fail... is a very good quality to instil in your children”

“If Grace grows up to show qualities of integrity, respect, courage and service after being at St Catherinie's we will be very proud of her,” Steve said.

“I think not being scared to fail is how people become the best they can and that is a very good quality to instil in your children too.”
Sports for all

For girls who are interested in sports other than the mainstream, Mr Nick Athas, head of non-IGSSA pathway sport, is enthusiastic about those on offer at the School. Sports such as equestrian, surfing, triathlons, badminton and volleyball have flourished and participating enables girls to represent their school in their chosen sport, even if it isn’t widely popular:

Regular badminton and volleyball competitions encourage our overseas students from the boarding house to be involved in a sport they are familiar with and good at. Badminton is especially popular. “We are looking to expand the competition to include boarders from other schools in our area”, Mr Athas said. “As well as exercise it gives our overseas girls a chance to socialise and travel outside St Catherine’s.”

Equestrian is offered to girls who have their own horse as an opportunity to compete in a team and receive recognition for their sport at School. Their horses even wear St Catherine’s saddle blankets!

Utilising our unique seaside location, surfing and triathlon competitions are run over two days for girls who are interested and meet the fitness requirements. Placegetters may progress to the all schools national titles.

The School has newly created snow sports and rowing programs coordinated by Mr Gearoid Towey, a four time Irish Olympian and keen adventurer. The rowing program is only three years old, with over 50 participants, and the girls have already won a medal at the Head of the River regatta in Sydney.

In snow sports, nine St Catherine’s girls represented NSW at the 2014 Australian snow sports championships, a brilliant achievement for our skiers and snowboarders.

Mr Athas, who is a former Australian touch football player, explained that parent volunteers are very hands on in non-IGSSA sports. They are crucial to its success and they love the social aspect.
This sporting life

Considering the wide range of sports played at our School, you might think that it has always been that way...

Eirene Mort (OG 1897), our best authority for St Catherine’s in the 19th century, mentioned that “a daily set of tennis” was compulsory. Yes, every girl played tennis every day, except when she played cricket instead!

Eirene and her contemporaries also went swimming at Coogee Baths or at Bondi, muffled from neck to knee in navy serge; and did calisthenics which they called ‘drill’.

There was no other organised sport but the students sometimes played rounders, a form of baseball. There was no interschool sport at all, although a friendly match of tennis was occasionally organised against Kambala.

By the 1920s things had changed. The Tildesley Shield competition was founded in 1918 and IGSSA was formed as a body to control and organise interschool sports in 1922.

St Catherine’s girls still played tennis – although not all of them and not every day – but they no longer had the option of cricket, which did not return until 1986. Netball, called basketball, was introduced in the winter and overhead ball was very popular.

Interschool sport became a regular event, with tennis matches played against eastern suburbs schools and drill and swimming at Coogee still part of the girls’ sports routine.

In the 1930s and 1940s things really opened up. The introduction of the House system in 1933 led to regular interhouse athletics and swimming carnivals and sport became a subject on the timetable. Drill was renamed ‘physical culture’ and some girls took up fencing.

The House system also led to the introduction of order marks for the infringement of School rules. A poem in The Catherinean in 1933 laments that two order marks meant being excluded from sport for a defined period.

Hockey was introduced in 1949 and became an interschool sport in the following year. Headmistress Miss Una Fitzhardinge introduced fencing (again) and lifesaving, and we competed regularly in interschool athletics, swimming (including diving), and gymnastic carnivals in the 1950s.

From the 1980s the sports program began to look like it does today. Headmistress Mrs Jo Karaolis introduced water polo, volleyball, touch football, softball and basketball (the real deal, not netball – which we still played under its proper name). Girls began to ski on snow not grass, run cross country and learn judo. Soccer was introduced in 2002 and rowing, which had appeared briefly in the early 1990s then lapsed, was reintroduced in 2011.

Mrs Evangeline Galettis
Archivist
Our boarders love being involved in sporting activities. They provide the perfect opportunity to mix and make friends; embrace the benefits of an active life; and develop individual and group skills.

Matilda (Tilly) Single of Year 10 can remember playing netball as a five year old in Mudgee and the game is still her preferred sport. Tilly has played for St Catherine’s in the IGSSA and Randwick Netball Association (RNA) competitions as goal defence or goal keeper. “You have to have good eye-to-hand coordination and be a quick thinker to play well as an individual, but it would be impossible to play a team game like netball if you didn’t get on with others. I also enjoy dance and giving my best for the group is equally important. That way everyone can feel a sense of achievement and pride in our dance routines.”

Madie Urquhart of Year 10 is from Quirindi NSW and has played hockey since she was seven years old. She currently plays at UNSW club level and as an Under 16 Sydney representative player.

“Club hockey gives me a good break from school, and it’s a chance to meet others from different environments. Teamwork is vital, what you put into the game is what you get out of it.”

A love of sport runs in the Urquhart family and Darcie of Year 7, Madie’s younger sister, excels in athletics. Darcie loves sprinting and has “improved a lot since I’ve been able to run on ‘real’ athletics tracks in Sydney.” At an IGSSA competition held at Homebush recently, Darcie placed second in the 100 and 200 metre races. “It makes me feel good to set a goal and to work towards achieving it. I train twice a week with the team at E S Marks Athletics Field and I try to run most mornings when a competition is close.”

Joyce Williams from the Northern Territory and Daniela Koroka from Papua New Guinea, were quick to sing the praises of the new table tennis table in the boarders’ recreation room donated by the P&F. “It gets everyone together and it doesn’t matter if you’re a good player or not... it’s just fun to share a laugh!”

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Year 11 boarders, Celeste Tan from Malaysia and friend Karina Jusuf from Indonesia, were playing a social game of badminton in the quad when a member of the sports department asked if they and other boarders would be interested in badminton as a sport option for Term 3. “I play badminton at home, so I thought it was a great idea”, said Celeste. “It’s become a popular sport for boarders and day girls now. It really is such fun and we love the knock out competitions with their added element of excitement.” Crystal Wang and Reieng Li, of Year 10 – both from China – also “just love” Wednesday evening badminton.

“We’re really enjoying the competitive atmosphere and our badminton skills have developed very well due to good coaching.”

There’s not much opportunity to row in Wagga Wagga so Isobel Thomson’s father, a rower himself during his school days, encouraged her to get involved in rowing. “Dad said it’s a wonderful team sport and you develop strong friendships with your fellow rowers. I love the feeling of being really fit and even the early morning wake-ups don’t worry me at all. It’s worth all the effort when you win.”

Mrs Trish Wilson
Director of Boarding and Enrolments
Our fine sporting coaches

Mr Barry Rodgers was inducted into the Sport Australia Hall of Fame in 1999 and recently was inducted into the Ironman Hall of Fame. He won 11 state titles and six national titles, in addition to the Ironman title for three consecutive years from 1966–69. It was said that his best section was the swim and that the bigger the waves, the better he performed. Mr Rodgers represented Australia in the USA in 1964, New Zealand in 1966 and South Africa in 1968 – the last two tours as captain of the team.

Mr Rodgers has been constantly involved in Surf Life Saving since joining the Maroubra Surf Club in 1954 and he continues to compete in veteran surfing competitions. His example has caused more than one St Catherine’s girl to become involved with the Surf Life Saving movement.

As our head swimming coach and pool manager, Mr Rodgers continues to encourage and inspire our girls and continues in his own way to promote safe swimming with his commitment, enthusiasm and energy.

Imagine a tall, well-built man striding along the edge of the swimming pool calling encouragement to students in the water as they attempt to improve their stroke and you have the familiar picture of Mr Rodgers that every St Catherine’s girl has known since 1980.

In the 34 years since he joined the School he has taught, coached and “drown proofed” more than one generation of girls. Mothers of current students who were taught and inspired by him remember his energy and his practical approach with gratitude.

Titles held by Mr Barry Rodgers:
• Australian Junior Belt 1957–58 and Surf 1958–59
• Australian Senior Championship in 1962–63
• Senior Surf Belt Doubles 1967–68
• National Longboard Team events of 1969–70 and 1972–73

SWIMMING COACH
Mr Barry Rodgers
Level 2 swimming coach with 45+ years’ experience in teaching and coaching swimming
Coached Olympic swimmers Ronald McKeon, Max Metzker and Graeme Brewer
Head, coach and lessee of Des Renford’s pool 1968–1980
An Anglican day and boarding school for girls

Mr Gearoid Towey was born in Cork, Ireland and rose to be an international Olympic and World Championship athlete. He rowed in the Olympics for Ireland four times from 1996–2008. He was the 2001 World Champion and World bronze medallist in 1999, 2003 and 2006.

In a school that attracts top coaches to most sports it’s Mr Towey’s adventures on the high seas that make him really stand out. In 2005 he attempted to cross the Atlantic Ocean in a 23ft rowing boat with Ciaran Lewis. They endured two tropical storms and a hurricane but their boat was pitch-poled by a 10-metre wave leaving them adrift 900 miles from land. They were rescued by the supertanker Hispania Spirit in the middle of a force 9 storm.

He has also participated in ‘Raids’: expedition adventure races covering extreme terrain over five days or more using kayaks, mountain bikes, trekking, climbing, swimming and inline skates.

Mr Towey graduated from Trinity College Dublin with a natural science degree and trained as an actor after retiring from rowing in 2008.

Currently the rowing coordinator at St Catherine’s, he has also worked as the lead rowing coach at Scots, head rowing coach and lead rowing coach at UTS Rowing Club and as the lead coach at NSW elite lightweight men’s rowing squad.

Mr Towey said “the goal of the School’s rowing program is to give the girls a chance to experience themselves in a way they never thought possible – to expand their horizons, push their limits and help them realise that they are capable of doing great things in their lives. “My experiences have taught me that a human being is only limited by our minds and attitudes. Attitude is everything in sport. If you train with the right attitude then you will race with it too.”

“Top level sport has also taught me that a balanced human being makes a better athlete. If you work hard at your sport but also work hard on other important aspects of your life, then you will be a much stronger athlete and a more balanced member of society. And a much nicer person to be around!”

“Having our new base in the UTS Haberfield facility is a massive opportunity for St Catherine’s rowing to really take off.”

“Our girls will be rubbing shoulders with some of the best athletes and coaches in the country.

“We have a great team of coaches at St Catherine’s including two Olympians and several Australian representatives. We all believe in systems and consistency and creating a professional framework. We will be hard task masters but always with a smile on our faces!”
Super sporting staff

Ms Lee Sinderman. Deli manager, not only knows how to whip up a storm in the Deli, but on the playing field too. Earlier in the year Ms Sinderman coached the Year 9 softball and the Year 7 netball teams. After some successful games a team of Year 10s, 11s and 12s trained hard for the IGSSA competition and placed third overall.
Ms Sinderman said “It has been a great experience coaching for a range of abilities, in different sports and to see the girls compete. Sport is such an important aspect to developing skills in resilience; learning to stay positive no matter the outcome.”

Reverend Alex Koch has taken his own inspirational advice and used his faith to spur himself along in the notoriously difficult endurance event, The Six Foot Track in the Blue Mountains. Rev Koch has completed the arduous 45km trail seven times, with an impressive personal best of four hours 44 minutes!
Running is not the only sport Rev Koch has excelled at, having grown up with rugby and rowing. He rowed in the Shore 1st VIII that won the Schoolboys Head of the River in 1995 and 1996 – they still hold an unbeaten record of five minutes 42 seconds. Rev Koch continued his rowing career until 2001, representing Australia at the Pan Pacific Rowing Championships and the famous Henley Royal Regatta in England.
Rev Koch said “Rowing taught me the importance of teamwork; working together as a team. Spending huge amounts of time working with other people, trying to work in perfect unison, brings you closer together as you try to achieve a common goal.”

Ms Sarah Hatch, sports teacher and service education coordinator, has turned her hand to many sports including netball, softball, tennis and Oztag over the years, winning many medals and grand finals. After five years in western boxing, Sarah now trains six times a week in Muay Thai boxing and has for three years. Her sport takes her across the globe to Thailand where she attends intensive camps; learning from the masters of the sport in their native land.
Sarah said “Playing so many sports helps me to manage my time well and maintain my work life balance which gives me a really great positive attitude. Sport has helped me develop patience, commitment and a strong mind. Continuing to play, despite making mistakes, really encourages you to push beyond that, to be the best that you can be – it really is ongoing learning.”
Ms Liz Jones, a member of our Media Comms team, has always danced: tap, ballet, modern, street, hip hop, you name it, she’s tried it. After years of training in tap, ballet and modern dance, she took up ballroom and Latin American dance at university and her passion is now salsa.

Ms Jones said she started dancing in the living room when she was young and hasn’t stopped since. “Dancing with partners has really helped to develop my people skills and improved my stamina and fitness. Mostly though it has taught me that you have to follow your passions and in doing that, no end of opportunities arise.”

“We all need to find that place of peace in all the noise of life; dancing is that place for me.”

Mr Hayden Chan, Ms Chloe Stevens and Mr Lee Thompson from our ICT department regularly take to the streets of Sydney in aid of a good cause. Between them, they have run the City to Surf multiple times, Blackmores Bridge Run and the Sydney Colour Run.

Mr Thompson has also completed the adventurous obstacle course The Stampede. “The track is designed to test your strength, determination and will power and push you to your limits,” he said. Participants dredged through thick mud, under netting, and dived into iced water before slipping and sliding over the finish line.

Mr Thompson said “Running has taught me that with focus and determination you can achieve anything.”

Mr Raphael Durek, St Catherine’s tennis coach, is a former winner of the 16/u World Youth Cup and hitting partner for legends such as Roger Federer, Lleyton Hewitt, Pat Rafter and Kim Clijsters.

“Goal setting, discipline, hard work, sacrifice and teamwork are core when striving for success on the court as well as in life,” he said.

Mr Durek is aiming for St Catherine’s to win the Tildesley Shield, “that’s the big competition for us,” he said. “Building an elite squad is one part of the equation, but tennis at St Catherine’s also includes lessons for beginners and family groups. We have a group of mums that play socially and we encourage our community to play too. Tennis can be so many things but first of all it has to be fun.”

Mrs Camilla Jones Pritchard, is an English teacher and also plays hockey. She had great success captaining and playing for a number of teams including winning the 1st grade grand final for a Macquarie University team. Camilla shared her years of experience and wisdom to coach a St Catherine’s girls’ team to their own grand final win.

Mrs Jones Pritchard said “Choosing to play a team sport is one of the most beneficial choices a person can make. I have learnt about commitment, the value of health and fitness, how to win and more importantly how to lose. The team leadership roles have helped me develop my people skills, too.”

Tennis coach Mr Durek

Mr Chan, Ms Stevens and Mr Thompson from the ICT department

Ms Jones from Media Comms

Mrs Jones Pritchard, English teacher, coach and hockey player
Outdoor education

Broad, challenging, vibrant experiences in nurturing, outdoor settings call forth the unique potential of each girl, enabling them to form rich relationships with others and with the natural world.

Our program presents all students with the opportunity to push their own personal boundaries in a supportive and nurturing environment, whether canoeing on the Hawkesbury River, horse riding, deepening their understanding and sense of place in Sydney or simply spending the night away from home. Learning through participation, along with the opportunity to process the learning experiences at School and at home, creates a powerful experience.

Girls are encouraged to understand their identity, their community and their relationship with the natural world through physical adventures and guided discovery which extends every student and promotes leadership, strong values, resilience and independence.

These experiences are designed to extend students in ways that cannot be duplicated in the classroom, leaving girls with a strong sense of achievement and empowerment to strive for the best in all that they pursue.

Ms Jackie Gilson
Director Extra-curricular
(Beyond the Curriculum)
“Camp is a challenging but fun experience. I loved the activities and getting to know my year group in a different environment. The best challenge that I faced was when we had to walk up Mt Jellore with the group and camp out for the night. We were walking all day and we were really tired and so sore.

“We were nearly at the top and everyone wanted to go back down. In those moments you need positive energy and positive words. I said to the group “come on guys we are nearly there, keep going” and we did it, we reached the top. Just those words can change someone’s thoughts and feelings to help them get through it.

“It is amazing when you reach a summit, set a goal and achieve it. It was not only the view that made me happy but to see the group celebrate their achievements. Even if we did take cheeky selfies.”

**Sienna White**

*Year 8*
Junior School interhouse cross country at Queens Park
A spirit of fairness

The Junior School sports program is an essential part of St Catherine’s life and plays a key role in the development of each girl.

Sport helps the girls develop many qualities they can rely on now and later in life such as respect, integrity and resilience.

Through the many sporting opportunities in Junior School, students develop a spirit of fairness and team building, and have the opportunity to develop their individual abilities and strive for their best.

The program encourages a cooperative environment which enables students to understand teamwork. This vital life skill can be transferred to other areas of a student’s involvement at school.

“As house captain I have developed my leadership skills and have met many new friends in the lower year groups. I enjoy creating war cries and getting in house spirit for interhouse carnivals!”

Hannah Farrow, Year 6
Bronte House Captain

The wide variety of sports enables girls to develop new skills, confidence, interdependence, self-discipline and self-respect.

“I run because it’s fun and it gives me a chance to compete as an individual and as part of a team with friends.”

Zuni Mendez, Year 6
NSWCIS Athletics 100m and 200m and Junior School senior girls’ relay team, who placed fifth in NSW

“I play team sport because having teammates means you get to celebrate with them and learn to work with others while having lots of fun!”

Eliza Morgan, Year 5
Saturday Sport

The K–2 gymnastics display day, games, running and swimming carnivals celebrate units of work covered in Physical Education lessons. The aim is to encourage girls to participate in a non-competitive, friendly and supportive atmosphere with a focus on being active, supporting their peers, having a go and doing your best.

Years 3–6 are offered a variety of sport that cater for all levels of ability and preference. Each term, a different sport is played on Saturday morning against schools within the Independent Primary Schools Heads of Australia (IPSHA) and in independent competitions such as UNSW water polo.

Students may choose a representative or non-representative option from activities such as water polo, football (soccer), minkey/hockey, netball, basketball, tennis, touch football, softball, cricket, snow sports or diving.

In Year 3, girls have the option of participating in an afternoon sports program to further develop their skills and knowledge of rules to apply to sport in Years 4–6.

The School’s interhouse competitions are an embodiment of our core virtues and an integral part of the tradition and house spirit of St Catherine’s. These competitions promote participation from all girls and encouragement from peers while highlighting our talented athletes. Being a member of a particular house unites K–6 girls with a common goal and it is fun to participate in a house war cry amidst a sea of colour and decorations, building house spirit at school carnivals and events.

There are five houses and we are welcoming two new houses in 2015. Girls represent and compete for their house as they try to win the Championship House Cup and school representative selection in swimming, cross country, athletics and gymnastics.

Mrs Tanya Carter
Acting Head of Junior School Sport

“I play team sport because having teammates means you get to celebrate with them and learn to work with others while having lots of fun!”

Eliza Morgan, Year 5
Saturday Sport
Interhouse cross country carnival

“I enjoy the thrill and the excitement of performing and expressing myself when I’m doing my routine at a competition.”

**Jade Julian**, Year 6
Junior School Rhythmic Gymnastics team, who placed first in IPSHA Division 1 Advanced Group

Interhouse gymnastics

“I love playing team sports for school! It’s fun and I love running around and playing with my friends on a Saturday morning. I love facing the challenge of playing against other schools.”

**Lucy Wentworth**, Year 5
Saturday Sport

Interhouse swimming carnival

K–2 gymnastics display day

Interhouse athletics carnival

K–2 gymnastics display day
IPSHA football Saturday morning sport

Snow sports at Perisher NSW

IPSHA athletics carnival at Homebush

Interhouse gymnastics carnival

Interhouse carnival at ES Marks Athletics Field

K-2 running carnival

Interhouse athletics carnival
Grateful to our generous P&F

The P&F Magnolia Fair in May had more stalls, booths, external stalls and rides than we have ever seen before!

We were fortunate to have Sally Taylor, Year 4 parent volunteer assisted by class parents and other volunteers, manage the massive effort to roll out a terrific Fair. Even the friendly competition between stalls to see who could make the most money was fun but definitely serious!

The Magnolia Fair smashed all of our fundraising records and we managed to hurdle the magic $100,000 profit for the day.

A range of ‘wish list’ items were generously donated by the P&F to the School over the year. We concentrate on donating funds to the Junior and Senior Schools in equal measure and as needs require. Items funded include:

- water bubbler to be located near the Jo Karais Sports Centre
- table tennis table for our boarders
- THRASS resources for the Junior School
- a range of ‘in residence’ specialists covering mathematics, photography and drama
- additional choir risers for the music department
- sport equipment
- picture hanging system for the visual arts department
- state of the art lockers for Year 11 students.

The P&F Fathers’ Day breakfast in September was well attended – even though it was held indoors due to inclement weather. At the event the P&F was pleased to hand over a giant cheque for $200,000 to the Foundation to fund a specific item in the new Research, Performing Arts and Aquatic Centre (RPAC).

Encouraged by many in the School community to wisely spend the mounting P&F funds in the bank account, members of the Executive and P&F attendees at the July meeting voted on this donation and were pleased that we could tip the RPAC fundraising over the $2,000,000 level.

As we head towards the close of the School year, I wish everyone the very best. Enjoy the Christmas school holidays and return refreshed and ready for the new year ahead.

Congratulations to the five highest earning stalls:

- Year 10 Silent Auction $19,370
- Year 6 Rides $12,509
- Year 7 BBQ $9,008
- Year 9 Secondhand Books, DVDs and CDs $7,773
- Year 5 Crafts and Gifts $7,460

Thanks to our platinum sponsors to the Magnolia Fair – their generous support ensured the financial success of the day!

For a full list of Magnolia Fair sponsors please visit www.stcatherines.nsw.edu.au/getting-involved/community/Pages/Supporters.aspx
Foundation provides for future

FIZZ

The Foundation Fizz stall at this year’s Magnolia Fair proved very popular and was an opportunity for the Foundation to share details of the plans for the Research, Performing Arts and Aquatic Centre (RPAC) with the School community. This milestone capital works project will transform the opportunities for our students and wider community. The Foundation is raising funds to support the construction and was delighted to be presented with a cheque for $200,000 by the P&F at the Father’s Day breakfast. We have now raised in excess of $2 million towards the project.

FILMS

At the Foundation members’ annual cocktail party in May, producer, filmmaker and Year 7 parent Michael Cordell took us on a roller-coaster journey through his career. He recounted stories from programs such as Bondi Rescue, Go Back To Where You Came From, The Gruen Transfer and Three Boys Dreaming – a few of the highly acclaimed shows produced by his production company Cordell Jigsaw Zapruder.

FINANCE

St Catherine’s Foundation members, Anne-Maree Taylor and Genevieve Teo organised a very special corporate visit in August. Current parent, Grant Eshuys, generously hosted our Year 11 economic students, Ms Tracey Walker Head of Social Science and Miss Valerie Kalonikos economics teacher, on a visit to Citi Australia’s corporate office in Sydney’s CBD. The girls got a fantastic opportunity to see a global investment bank in action.

Citi’s Head of Research explained the bank’s global economic forecasts and delivered a fascinating overview on China and its effect on the Australian economy. This is an important topic in the HSC economics curriculum and he definitely brought it to life.

The students were also delighted that Thalia Prassas (Old Girl 2005), was able to give us a warm and personal insight into her career. She took us through her adventures since leaving St Catherine’s, her university studies and her current Equities Research role within Citi’s Equity Capital Markets team. What a great ambassador for St Catherine’s!

The visit opened our eyes to the world of finance, possibly sparked career aspiration for the future and planted the seed that anything is possible if you aim high.

FELLOWSHIP

As part of the Fielding Fellowship, the Foundation invited a number of past parents and staff to drinks in the Museum with Dr Julie Townsend prior to the 2014 Music Showcase. Family and friends were treated to an enthralling evening of musical talent by the best of St Catherine’s extra-curricular music ensembles and soloists. Past parent Annette McLennan commented: “Ian and I thoroughly enjoyed every moment. It certainly evoked many wonderful memories for us, our daughter Katie was always a very active participant in the many music programs at St Catherine’s.”

Helen Deegan, Chair of the Bequest committee shared a warm message about the significance of supporting St Catherine’s through a bequest.

The Foundation has certainly been buzzing with activity during 2014, and we look forward to an exciting 2015 when the RPAC Capital Campaign gets into full swing.

If you wish to discuss any aspect of giving, including making provision for St Catherine’s in your will, please contact Mrs Marilyn Rickard, Director Community Relations mrickard@stcaths.nsw.edu.au or 8305 6238.
Welcome to the 2014 AGM and thank you all for coming today. We would also like to welcome and thank Rev Koch who took his first Old Girls chapel service for us this year.

Last year saw the regular reunions held – for the 5-year, 10-year, 20-year and 30-year groups. Several of the Old Girls attended the 30-year reunion organised by Pat Wong at Coogee in June and, let me tell you, it certainly was a great night. Some of the girls had not seen each other since they left school and I am not sure that there was a break in the talking all night. The celebrations moved across the road to the Crowne Plaza after the restaurant closed and continued until the early hours of the morning.

Most of the reunions are organised by the Old Girls year representatives, a position that the Year 12 girls nominate for at the end of their school year. We would like to welcome our year representatives from last year – Annie Alexander (our boarder rep) and Sophie Valdeck. In her thank you card, Sophie spoke about being particularly excited and honoured to be selected as the 2013 day girl rep as she is a fourth generation St Catherine’s Old Girl.

Last year we held our annual function as a Sunday brunch at Vaucluse House. It was a beautiful morning and 40 Old Girls, along with Dr Townsend and Lynn Stone, enjoyed a delicious selection of pastries and hot food in a gorgeous location.

As I mentioned last year, having finished the digitisation in the museum for now, our focus moved to the update of the House Captain boards in the Sports Centre. These run out of space in 2016 and Evangeline has been busily working with our supplier in the hope of these being in place as soon as possible. Last year we added to the number of prizes that the Old Girls fund and have now taken over the funding of the prizes donated by the classes of 1983, 1989 and 1990. This brings the number of prizes donated by the Old Girls Union every year at the Annual Prize Giving to ten.

As well as providing support to the School, the Old Girls Union also provides support for Old Girls in need. Last year we donated money to Adrienne Renton whose five year old daughter Georgia has been suffering with leukemia for the last two years and recently underwent a bone marrow transplant. This was greatly appreciated by her family.

Early this year we heard of another very sick Old Girl. Some of you may have seen stories in the media about Bianca Scott – a 17 year old from Brisbane who is suffering from a disease called aHus which affects the kidneys and other organs in the body. Bianca attended St Catherine’s in kindy and Year 1 and her mother Tammy is an Old Girl who attended St Catherine’s in the 1980s. Bianca has since spoken at our Career Network evenings, at a School assembly and was featured in one of our Bulletin editions. We are all praying for Bianca, who is hoping that the Government will add the medication she needs to stay alive to the PBS scheme – without this, the family need to find $500k per year.

We farewell Mrs Barbara Beasley, alumni relations coordinator, at the end of this year. Barbara is retiring to spend time with her new husband! St Catherine’s thanks Barbara for the wonderful contribution she has made to our alumni community and we extend our best wishes to her in her retirement.
Alana Smith (Old Girl 1988–2000) has interviewed some of the world’s biggest sports stars including Novak Djokovic, Nico Rosberg, Jonah Lomu and Kelly Slater, plus home grown talents such as Adam Scott, Ellyse Perry and Patty Mills. She is a sports presenter and reporter with Fox Sport and Triple M, is an MC and event host and holds media ambassador roles with the Sydney Sports Ground Trust.

Alana is across all the footy codes but, as a rugby nut (her dad Greg coached the Wallabies in the 90s), she lists covering the 2013 British and Irish Lions Tour and 2011 World Cup among her career highlights.

A keen sportswoman herself and avid follower of the professionals, sports media was the natural choice for Alana. She completed a communications degree at UTS and briefly worked in sports marketing while trying to break into the media.

Often rising at 3.30am to prepare for her duties on the Fox Sports News desk, Alana says the demands of live TV aren’t always pretty but for the most part it’s an adrenaline rush. Her role has opened some incredible doors in terms of the places it’s taken her, the things she’s witnessed and the people she’s been privileged to meet.

There are obvious challenges in a male dominated sphere but in her near decade in the industry Alana has noticed positive change in the amount of mainstream media coverage female sports are receiving and the number of quality women becoming the decision makers in professional sports. She hopes to continue actively promoting this trend.

Mrs Evangeline Galettis
Archivist

For any Old Girls’ Union queries, please contact the Secretary Janet Smith on jsmith@aitkenlawyers.com.au
Dr Julie Townsend, Headmistress, had the pleasure of welcoming 45 Old Girls back to St Catherine’s for the annual Jane Barker Luncheon to honour Old Girls who left the School 50 years ago or more. A highlight of the day for many Old Girls is being welcomed at the School gate by our current Year 4 students who escort them into the School. Earlier, the Year 4 students had set the tables for the luncheon held in the Magnolia Room.

Our guests were delighted to hear from Georgia Ireland of Year 8 who is the current recipient of the Jane Barker scholarship. She spoke about her experience at the School so far and included memories from her mother Louise Ireland (Martin) who is an Old Girl from the Class of 1990. Members of the Class of 1964 were honoured and presented with a gift to mark their 50-year reunion.

After the event Natasha Baker (Bagenski) said “What a lovely day. It is quite wonderful seeing my cohort of 1964, some who I haven’t seen since I left St Catherine’s. Thank you for organising such a special event. The memories, stories, laughter and tears made for a joyous afternoon, one which I will treasure for years to come”.

Chris Morris (Anderson) said “The lunch... was a wonderful event and I would like you to pass on my thanks to all involved. It was so nice catching up with friends that I hadn't seen since Miss Patterson's dinner. It was also lovely to have so many memories flow back, as I had started when I was four and the School was a very dominating part of my life. I was always very proud of being involved in the history of the School. It is good to see it in the very competent hands of the current Headmistress who impressed us all at the lunch. Please pass on thanks to the Year 4 girls who were so proud to show us around”.

Please contact the Alumni Relations Coordinator on 02 8305 6234 or alumni@stcaths.nsw.edu.au for information on reunions, to register your interest in attending or to assist with the organisation.
We regret the passing of Deborah (Debbie) Laskie on 13 August 2014, who attended St Catherine’s from 1960 to 1972. Debbie was a keen photographer and helped with photographic content in The Catherineian for 1971. In her final year she was president of the photography club, a member of Bronte House and a prefect. She played tennis in A & B teams and was a member of the Tidesley Tennis team.

The Old Girls Report for 1973 notes that Debbie “having completed a successful year at Kindergarten Teacher’s College is enjoying a well-deserved overseas holiday.” Debbie graduated as a preschool teacher from Sydney Day Nursery Teacher College and began her career at St Catherine’s preschool.

Debbie left teaching in the mid 1970s to become a photographer at the Wentworth Courier. She also worked as a still photographer on the set of A Country Practice.

After marrying in 1984 she returned to childcare and in 1992 moved to the Blue Mountains where she set up a day care centre and B&B. She was an active member of the 3D camera club. Debbie loved children and photography and in 2006 she adopted a one year old girl from China.

Debbie is survived by her husband David and her daughters Rhianna and Ping. We send our prayers and sympathy to Debbie’s family at her tragically early death.

Owen Shelley passed away peacefully on 2 August 2014. During the 1980s he visited St Catherine’s regularly from Scripture Union NSW. Many students will remember him teaching the gospel in Junior School through his remarkable puppets and extraordinary drawings. He enlightened many young minds and introduced the gospel and the love of Christ through his puppets and choruses. Many Old Girls remember him with fondness and love for the impact he made on their spiritual lives.

Mrs Evangeline Galettis
Archivist
VALE

Stanley Lancelot Leaver
Old Boy 1947

Sadly Stanley Lancelot Leaver passed away on 14 August 2014 and was farewelled at his beloved Scots College. He attended St Catherine’s from 1934 to 1936 prior to going to Coogee prep. He was one of the few boys at the School and lived close by — almost across the road, which made his attendance ‘par for the course’ as he would say. He was very proud of his years here and his presence in the photo with Dame Joan.

At Coogee prep he won the Campbell Pratt Memorial Scholarship for best all rounder in 1942, so was fee free for his final year of school. At Scots College he was an excellent student as well as a keen debater and a candidate in the Royal Empire Society Speech Contest. He won the economics prize and leaving certificate honours in 1946, and in 1947 he won the history prize. After finishing school, Stanley was active in raising funds for the chapel at Scots and active in the old boys union later in life.

Stanley studied law at Sydney University and, as managing editor of CCH legal publishers, he was able to be the lawyer as well the writer he loved to be. One of the achievements he was most proud of was being part of the team which took CCH from a couple of staff in a small office in Milsons Point, to one of the largest publishing companies in Australia with interests in New Zealand, Malaysia and England.

Stanley particularly loved writing about legal history and the law, presenting it in a way that made it easy to understand. That was one of his great gifts. It was wonderful to see the joy in his face as he explained his latest idea and asked for your feedback.

He wrote well into retirement, publishing two books in the last years of his life: one about the Constitution and another about Australian history.

Stanley visited our School museum in the past few years, reliving his early school days at St Catherine’s. He is survived by his wife Shirley, five children, and four grandchildren. Both friends and family will sadly miss him.

Mrs Evangeline Galettis
Archivist
VALE

Suzanne Copland
Old Girl 1959

Suzanne Copland (Russell), who seems to have been universally called Sue, came to St Catherine's in 1954. The School community warmly welcomed the country born eleven year old with “her innate thirst for knowledge”. Sue’s primary education was provided by the Correspondence School and the School of the Air and supervised by her mother Bonnie. She did a good job too because Sue did very well at St Catherine’s.

Sue’s father had served in Papua New Guinea (PNG) during the war then settled on a returned soldiers block near Mudgee in 1947. In 1952 he purchased Barrigan Station at Wollar. Sue’s enrolment form gives her father’s occupation as grazier and her previous schooling as fifth grade at Black Friar’s – so perhaps after the move to Wollar Sue attended a local school. Nevertheless she was definitely a country girl, a fine horse rider and polo player, able to turn her hand to the tasks of life on a busy station.

Sue took music and music theory and was coached in tennis. Her friend and cousin by marriage, Jeanette Beaumont, said Sue loved music, was a proficient pianist and her whole family was very musical.

Sue graduated from St Catherine’s in 1959 with a maximum pass in the leaving certificate, with two first class passes (English and modern history) and four A’s (Latin, French, ancient history and biology). This won her the Canon Cakebread prize for leadership. It also won her a Commonwealth scholarship.

The Catherineion for 1959 contains her not entirely serious account of her experiences as an accompanist at School functions. Of one of these, the laying of the Foundation Stone for the Jane Barker Hall, she wrote “The pianist was inside St John’s and could not hear a word of the singing” a situation which was remedied when two mistresses came to the window “and sang loudly to keep her in time.” The same issue also includes her moving account of the frustrations and rewards of life in the country and her photograph as a member of the Senior B tennis team.

Sue did not go directly to university, instead she returned to the family station and worked for her father for two years. In 1962 she entered Women’s College at the University of Sydney to read archaeology. Her contemporary Dr Kerry James said: “She exemplified the aims of Women’s College: a brilliant intellectual and a young woman from the land who would not have been allowed to pursue her dream of learning had she not had a suitable place to stay.”

After she graduated in 1965, Sue’s career was extremely varied and included teaching, archaeology in Iran, writing and presenting a TV series on archaeology, and writing on current affairs for the ABC. In the mid-1980s she moved to Canberra and joined various Government agencies as a Middle East expert, serving as First Secretary (Agricultural Affairs) to the Embassy in Jakarta in 1990/91, and ending as Manager of AusAid Education sector in PNG in 2004.

Sue met her husband John, a veterinary scientist at university and much of the variety of her career came from her travels with him on his professional appointments. Her tombstone describes her as “A superb scholar and a lovely lady”.

Sue died of cancer in 2010. St Catherine’s is proud to have known her and to have played a part in her extraordinary career.

Mrs Evangeline Galettis
Archivist