Welcome
Engagements
Weddings
Babies
Enrolments
The College logo
The Helena Connection
African Bead Party
Head Students
Food and Technology
Reunions
Archives
Facebook
In the news

December 2014
Another year is over and another class of graduates joins the network of Old Helenians - welcome to the Class of 2014.
This year is the twentieth anniversary of the International Year of the Family and when we asked the Class of 2014 what family means to them, many responded with the David Ogden Stiers quote,

‘Family means no one gets left behind or forgotten.’

This is true of our Helena family - once you are part of it, you are forever part of it and the Old Helenians network is one way to keep in touch. This year we have continued our efforts to make it easier to reconnect with your Helena family - our Facebook page, HC Old-Helenians, is more active that ever thanks to the continued efforts of our volunteer social media expert, Michelle Alton. Thank you Michelle.

As well, you can email us: old.helenians@helena.wa.edu.au
We hope you enjoy this edition of Helena Connection and reading all about what the members of the extended Helena family are doing now.

Best wishes
Sue Wallace, Alumni Relations
Jessica Jaskolski
Class of 2009

Ben (who has been my partner since I was 15) proposed to me on a recent trip to Bali in November. He took me to the Rock Bar to have a few drinks and watch the sunset. While there he secretly checked into the Ayana Resort Hotel for a night in an Ocean View Suite, and as we were leaving the Rock Bar he suggested we ask to see what one of the rooms looked like (as it is a very flash hotel). The staff who knew Ben's plan pretended they were just showing us the room, as the lady went to leave the room I followed and she shut the door. It was then I became suspicious, and Ben popped the question. We haven't really made any plans for the wedding as yet, we are just enjoying being engaged for now. We are thinking the big day will be around 2016 and we will be going to look at some venues this weekend just to get some ideas. As we will be keeping the bridal party quite small there won't be any Old Helenians in the bridal party, however they will certainly be guests at the engagement party and wedding. It's been a while since I have seen some of them, so it's the perfect opportunity for a bit of a reunion!

Kate Hill (Kindy teacher) and Andrew Barclay (Year 3 teacher)

We were engaged on Sunday 13th July 2014. Given that Kate is a Kindy teacher who loves reading, I made up a children’s story, created the artwork for it and had it printed as a book. I then took Kate on a surprise trip to Melbourne and we did all the events that were in the story, culminating in a hot air balloon ride - which is when I proposed.
Adriane Evans and Bodo Von Bodenhausen married on Saturday, 4 October at 2.30 pm at Hillary’s Yacht club in front of 95 family and close friends. The weather was perfect and we could not have asked for a better day of love and laughter. The reception took place at the Yacht club from 6pm and the bridal party and guests partied till the wee hours of the morning. It was a travel themed wedding and a truly magical day. We are going to have our honeymoon in Japan from the 26 December -11 January spending two weeks skiing, visiting Tokyo/Kyoto/Hiroshima and Hakuba.
Jamie Cant  
Old Helenian - Staff  
Introducing Hugo Frederick Tean-Cant, baby brother to Adam Tean-Cant.  
- I am coming back to Perth to live and start work at St Mark’s Anglican Community School in January as Head of The Arts & Creativity. Looking forward to bringing my young family home from Singapore.

Kirsty Class of 2004 and Chris Bertram Class of 2003  
Introducing Lily Bertram, little sister to Mia and Jack.
Babies

Kate (French) Bernhardt
Class of 2000

Introducing Heidi and Blake Bernhardt, twin girls, six months old living in Penticton, British Columbia, Canada.

Daniel Bergin
Class of 2000

Introducing Annabelle Olivia Bergin, born at St John of God, Mount Lawley, on Saturday, 8 November 2014, first child for Brodie and Daniel.

Brodie and Daniel are living in Port Hedland where Daniel is deputy Principal at Dawson Park Primary.
Babies

Helena (Cook) Jeffrey Staff and Class of 2000 and Chris Jeffrey staff

Introducing Hattie Grace Jeffrey, born Thursday, 16 October 2014, 6lb 8oz, 50cm long.

At Helena, we often talk about our College as an extended family, one that continues to embrace students and staff even after they have left. At the end of Term Three, music teacher Helena Jeffrey went on maternity leave, and in October she and husband Chris, one of our ICT team, welcomed their first baby into their family. Hattie Grace immediately became part of our College family as well.
Enrolments

Old Helenians who would like to register their children to attend Helena College at either the Junior or Senior School would be advised to do so as soon as possible after the birth of the child. Waiting lists are growing all the time.

There is no fee for Old Helenians to register. (Normally $110.00 registration fee).

Please contact the College Registrar at the Senior School or the Enrolments Officer at the Junior School.

Junior School 08 9299 6626
Senior School 08 9298 9100
Did you know...

The image of the Helena college logo is reflective of the campus environment and being surrounded by trees. Tall trees on our site provide a visual reminder each day of our concern for our environment and also for the uniqueness and value of each individual. Differences between us may become things to be treasured, as we treasure the variety between trees in the forest.

The stream passes through the forest and speaks to us of change, of the flow of the seasons, as well as giving us the symbol of life. As water is essential for all living things, so without the spirit of inspiration and growth, the community, like the forest loses life.

A path is seen winding between the rocks, a symbol of solid foundations and of hurdles and challenges along the way. Perhaps this is the path that confronts each one of us as we journey through life, a path travelled by small and tall, young and old. We can share the time we are in the Helena community as a journey together along that path.
Ok, I'll make this quick cos the baby's at my feet destroying a pair of headphones. I live in Melbourne with my husband and the dog and a 9 month old baby and come back to Perth regularly to visit the family. The comedy career is still a lot of fun. I just ran my first half marathon, which surprised everyone, especially me.
Vicki Thomas  
Class of 1995  

After finishing at Helena in 1995 I did a boring degree in marketing at Murdoch University. While there I met my partner Andy and after uni we travelled to the UK and ended up staying there for 6 years. I worked in the Publicity Department at Penguin Books in London and then managed a community dance company in Wales. We travelled, with trips to Europe, Uganda and South America.

After returning to Perth I changed career and commenced work as a Communications Officer at St John Ambulance, taking 000 calls and dispatching ambulances. We had our son Aneirin in 2009 and our daughter Gwendolen in 2013. I have started studying again (slowly with 2 kids!) hoping to eventually be a paramedic. We've moved back to the hills and have filled our house with too many pets. I love running into Old Helenians around the place and it's great to be living near my old school again.
Photos from left - Iguazu falls (at the border of Brasil and Argentina), Taguytay in the Philippines.

John Lorenti
Class of 1996
Head Boy

- I completed a double degree at UWA - electrical engineering and commerce
- As a graduate I worked for Worley Parsons consulting on water and power projects, in Perth and Melbourne. I moved to Melbourne in 2004 and lived there for three years, which I really enjoyed.
- After I moved back to Perth I joined Verve Energy (ex Western Power), now Synergy (after the merger this year). At Synergy I am Engineering Manager for the operating unit called Gas Turbines and Sustainable Operations. We look after 19 gas turbines on the South West Interconnected System (the power grid) and also wind turbines, solar farms and remote diesel stations. I have been at Synergy now for over six years.
- Currently single - never been married / no kids
- Outside of work I travel, play indoor soccer, run and cycle.

- Highlights of travel include the European Championships in Portugal (2004), the World Cup in Germany (2006) and various other trips in between.... mainly to watch soccer tournaments!
- I am currently on a six month sabbatical from work (since July). Travels this time around include the Philippines (my brother has been living there for a couple of years), Sth America, United States, Central Europe and now enjoying Italy for a couple of months! Return to work in January!
Johanna Higgs
Class of 2000

When I first left Helena College I was full of dreams and excitement to travel the world. I imagined the beauty and the delight that must lay outside the boundaries of Perth and eagerly set about finding a way to head off into the world. I imagined that the world must be much like the world that I had grown up in, in the safe compounds of Perth and Helena College. Fourteen years and many travels and adventures later, I have learned the world is nothing like the wonderful, safe neighbourhood that I grew up in and that I was very fortunate to have had the opportunities that I did, growing up in Australia. My travels have taken me throughout Africa, Asia, Europe, Latin America and the Middle East. From travelling across the Brazilian Amazon, to working with former child soldiers in Northern Uganda and meditating with Buddhists in Burma, the world has shown me an incredible amount of delight. The world has also shown me an incredible amount of poverty and suffering.
Johanna Higgs

One of my very first travels took me to the Balkans. I had been travelling in Bosnia and Kosovo and it was my first experience of being in a post conflict zone. There were buildings that had been blown, piles of rubble and tanks rolling down the road. I remember seeing a small boy on one of my walks in Kosovo playing with a small toy in a pile of rubble and I was shocked that such a small boy should have to play in a pile of rubble. It was these travels that inspired me for what I wanted to do with my life. I decided that I wanted to become a development anthropologist.

I went home to go to study Anthropology and Politics at James Cook University in Cairns. I then went on to do my honours in Anthropology and wrote about child soldiers in Northern Uganda. I then complete a Masters in International Development while travelling through Latin America and I am currently doing my fieldwork in Colombia with children formerly involved with the FARC. I have also worked in the Philippines, Sri Lanka and China doing development based work. Horrified by the extraordinary levels of violence and discrimination against women and girls that I

Photo, Saharawi refugee camps in Algeria
Discrimination and poverty are two of the greatest challenges facing women throughout the developing world. Many areas, particularly in Central Africa, display endemic levels of physical, verbal and sexual violence. Discriminatory attitudes allow such violence to go unchallenged causing millions of women and girls to live their lives in fear.

Our project aspires to help women and girls to overcome poverty and discrimination by creating small collectives of women to work together to make local handicrafts. The funds generated through the sales of these handicrafts are used to pay the workers and to fund a girl's scholarship program to help get girls into school.

As part of our efforts to sell our handcrafted beads and raise money for our girl's scholarship program we would like to invite you to hold a bead party!

Invite your friends for an afternoon of coffee and cake and help us to sell our beautiful handmade jewellery to your friends and family at your own party!

You can help us make a difference to the lives of women who have been affected by some of the worst forms of violence and discrimination and with your help you can help us teach others how they can make the world a safer place for women and girls.

For more information please contact Johanna Higgs at johanna@projectmonma.org

So to end, I know that as a young woman growing up at Helena College, I was incredibly lucky to have been taught equality and to have been encouraged to study and work towards a good future. I would like to encourage all the girls at Helena College to take advantage of every opportunity that they have and never let anyone stand in their way of their dreams and ambitions.

Johanna Higgs

have seen as I have travelled around the world, I have also started a women's empowerment project called Project Monma. We are currently working on setting up projects in Uganda, Congo and Iraq and work towards income generation, education and awareness raising. We have conducted activities in Latvia, Sweden, Bahrain, Dubai, Iraq and most recently in Algeria and Tunisia.
Discrimination and poverty are two of the greatest challenges facing women throughout the developing world. Many areas, particularly in Central Africa display endemic levels of physical, verbal and sexual violence. Discriminatory attitudes allow such violence to go unchallenged causing millions of women and girls to live their lives in fear.

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For more information please contact Johanna Higgs at johanna@projectmonma.org
After leaving Helena I studied a Bachelor of Science (Exercise and Health Science) at UWA, then a Graduate Diploma in Education majoring in Physical and Health Education with a minor in Science and I've been working as a Phys Ed teacher at St Stephen’s School in Duncraig since graduating from uni (6 years now!) I met my now husband Andrew Jenkin when I started working at St Stephens, we got married on the 20th April 2013 so I'm now Jaime Jenkin :) We've had some amazing holidays, spending 6 weeks travelling across the USA in Dec/Jan 2010/2011 and 6 weeks travelling Europe in Dec/Jan 2013/2014 as well as our incredible honeymoon in the Maldives in April 2013. Most excitingly I'm now 33 weeks pregnant with our first baby, expected early January 2015!
I graduated Helena College 10 years ago in 2004. Since then I’ve worked on music festivals such as Big Day Out (AUS), Soundwave (AUS), CMJ Music Marathon (NYC), Reading & Leeds (UK), Latitude (UK) & Electric Picnic (IRE). I currently reside in London and work for a company called Festival Republic. Through this job I was given an incredible opportunity to partake in a charity ride from Kampala, Uganda to Kisumu, Kenya to raise money for a fantastic charity, Kenyan Orphan Project. A team of 50 riders completed 460km
In 5 days under the hot African sun in November and have so far raised over AUD$257 000 (£140,000) together.

KOP has several projects in Kisumu and after the ride we were able to go to some of them and see exactly what the money is for. The Health Start program is currently operating in 2 schools, providing 2000 children with one meal a day while they attend school, access to clean safe water, deworming and malaria nets. No other charity in the world is providing all of these things as part of one program and seeing such a massive improvement in the students.

You can still donate to my fundraiser -  http://kopafrika.believe.in/fundraising/im-cycling-over-450km-from-uganda-to-kenya-for-kop-ill-match-the-first-250-donated
Kara Granville
My name is Eleanore Blereau, I graduated in the class of 2009. I’ve been busy the last couple of years and have a few things I’d like to share.

Earlier this year I graduated from my Honours degree at Curtin University with First Class Honours. Getting first class allowed me to apply and receive an Australian Postgraduate Award Scholarship (APA) and Curtin Research Scholarship (CRS) and start my PhD at Curtin earlier this year, bypassing Masters.

My PhD thesis is based on studying and interpreting the geologic history of South Western Norway, which is an interesting part of the country as the geologic conditions occurred at very high temperatures (around 1000 degrees Celsius). I will be visiting Norway next year to conduct fieldwork which I am very excited about.
Guy Jordan
Class of 2008

Since leaving Helena College in 2008 it has certainly been an adventure. I started off studying Computer Science at Curtin and this resulted in my obtaining my current job at Thinkin’IT. I’m now responsible for project management, which mainly involves rollouts of new computer, server and network infrastructure for our small to medium business clients.

An example of a large project I have been working on lately involves us setting up our own ‘cloud’ in multiple data centres hosting a variety of different servers for our clients. I have travelled all over Australia and internationally on numerous occasions for work.

In the middle of all this I’ve travelled for holidays to Europe, America, Japan, Hong Kong and even bought an investment property. I am also in the process of merging into some new large business investments and I’m really excited for what’s to come.
Since graduating from Helena College I have been working towards my degree in Primary Teaching, which I hope to finish mid 2015. I have been working as a swimming instructor and tutor. Best of all I have enjoyed some amazing travel, including Egypt, Jordan, New Zealand, Cambodia and Vietnam. I am looking forward to more travel with friends after graduation next year.

I've also been forgetting English. My German is grammatically awful but the situation does often arise when the English word simply slips away (usually followed by a slap on my head from my German girlfriend who is well on the way to speaking better English than me)…..also vielleicht sollte ich einfach lieber auf Deutsch schreiben :P
Since graduating from Helena College I have been working towards my degree in Primary Teaching, which I hope to finish mid 2015. I have been working as a swimming instructor and tutor. Best of all I have enjoyed some amazing travel, including Egypt, Jordan, New Zealand, Cambodia and Vietnam. I am looking forward to more travel with friends after graduation next year.

Stella Kendrew
Class of 2010

After graduating from Helena College I have completed a Bachelor of Science in Nursing and I have been working at Royal Perth Hospital as a Registered Nurse this year. I have also been a volunteer with St John Ambulance for the past three years, which I thoroughly enjoy. I have been lucky enough to travel to some amazing countries such as India, Nepal, New Zealand and China since graduating and look forward to seeing more of the world in the near future.

Tom Kendrew
Class of 2010
Head Boy
Sophie Coomb
Class of 2011
Head Girl

It feels like school finished yesterday, the last three years have flown by! I have been spending my time studying a double science/arts degree with a major of human biology and anatomy and minor of Asian studies (history and politics). A strange mix I know, it always keeps me interested and on my toes! While not studying I have been working in Intensive Care at RPH doing administrative work, while at times confronting, devastating and tragic I have learnt to value each and every day and never to take my life and health for granted. My plan for the distant future is to complete a post graduate masters degree in some field of health science (I haven’t quite decided yet) I am inspired by the good work of the Australian health system and would like to personally contribute. My plan for the immediate future is that I am going to take a semester off my studies in 2015 and to work in France for 6 months as a nanny/au pair. I leave on Christmas Day 2014 and cannot wait, I am so excited! I hope to improve my French from my high school level and travel around Europe on my days off!
Head Students

Where are they now...
please help fill the gaps
Email old.helenians@helena.wa.edu.au

2014 Brehany SHANAHAN
Benjamin POLMEAR

2013 Tiarla FINIS
Callan CRANENBURGH

2012 Nicola GARZ
John KAROLL

2011 Sophie COOMBS,
Malcolm WILLIAMS

2010 Amy SWERLOWYCZ
Tom KENDREW,
see this issue

2009 Sophie YEOMANS
Joshua McGINLAY

2008 Ellen MACLAINE
Nathaniel WATTS

2007 Emma LAWRIE
Camden WATTS

2006 Janet SORENSEN
Jarrad STOVELL

2005 Bryony McCRUDDEN
David SORENSEN

2004 Jaime BLAKE,
Adam PATTON

2003 Jemma REYNOLDS
Patrick MCCARTHY

2002 Shannon THOMPSON
Nigel WATTS

2001 Renee PAPARONE
Paul LYONS

2000 Sarah HOWLETT
Sebastian BUZYNSKI

1999 Asha POND
Jonathon KYI

1998 Kelly READ
Ric KOSTERA

1997 Kirsty SHADE
Ronell BILLIMORIA

1996 Jodie READ (Butterfield)
John LORENTI,
see this issue

1995 Victoria THOMAS
Jonathon VOSE

1994 Mischa WILLIAMS
Anisa LEWIS
Lachlan MCKENZIE

1993 Claire HOOPER,
Michael BOWDEN

1992 Nicolette VAN IERLAND
Dale WOODLEY

2014 Brehany SHANAHAN
Benjamin POLMEAR

2013 Tiarla FINIS
Callan CRANENBURGH

2012 Nicola GARZ
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So I had this idea...
The Year 13s (well, 14s really by now) left school before they got to use the new kitchens. They talked conspiracy and that I was out to get them. That I had planned for this all along. And they were not happy about it at all. I told them I would invite them back for the ‘opening’ and that they would get to cook in the fancy new commercial kitchen. They thought I was joking…but I do not joke about things of such importance! So on Wednesday, 3 December, with Orientation and Graduation behind us,
we tested the waters.

‘If you build it, they will come.’ These words were enough to entice ‘Shoeless’ Joe Jackson, but would they be enough to get these guys to commit and turn up back at school? They were and they did. It says a lot about Helena when we invite a class of students back to school, a year after they have graduated, and they turn up. They not only turn up, they turn up to ‘work’. To make pizza and to drink coffee! It was fun. The (ex) students enjoyed the night. Our invited guest and pizza judge, Theo Kalogeracos rocked the place. Susie French was back in the kitchen and it was good. It was fun. We had an amazing night.

Thanks to Ian for dropping by and Sherene for coming along to take photos. For Joey K for helping to make it happen and to Barb (Mrs Brown) and Michelle for prepping the hours/days before and for entertaining my outrageous ideas! A bunch of current students also helped us prep. Lachlan H, Denver S, Jakob & Meg - thanks! The year 14s appreciated the work.

I know I didn’t invite everyone, but to be honest, I didn’t know who would turn up. The good news is this: Theo has said he will come back next year and run a pizza class with all the Year 12s. We just have to find a date that works for both of us. I might even invite the teacher, if they are not teaching, and if there is room in the kitchen. If there is not, we may have to seat you outside?

I’m already looking forward to it!

Matt Zarb, Food Technology teacher
Reunions

Class of 2004
Ten Year Reunion

WHEN: Saturday, 20 December 2014, 5.00pm
WHERE: John Forrest Tavern
Park Rd, Glen Forrest WA 6071

Class of 2014
One Year Reunion BBQ Breakfast

WHEN: Friday, 14 August 2015, 7.30am
WHERE: Canteen courtyard, Senior School

- Please stay on afterwards for the Inter-House Athletics Carnival -
On a very misty morning the class of 2013 (our Year 13s) headed back to school for their first reunion.

There was a good turn out for the BBQ breakfast on Friday, 8 August 2014 with 42 former students attending – which is more than half of the graduating class. Many were unable to attend due to early university lectures, work, studying interstate and overseas, plus the lucky ones too busy travelling the world.
Many hugs were shared as the group caught up with old friends and teachers.

Thanks to Craig Hillman, Steve Smith and Bill Offer, the chefs who cooked a fantastic breakfast, and to all staff who came to catch up with old students.

Sue Wallace
In a milestone event, Helena College has celebrated fifty years since the start of its Parents and Friends Association with an afternoon tea that brought together former parents, students and staff members. Around thirty people gathered at the new Helena House sharing memories and catching up on the many happenings and changes since they were involved in the College.

Among the guests was original committee member Keith Thomas who read aloud from the minutes of the first P&F meeting in February 1964. Keith was presented with a medallion to mark his contribution to the Helena College P&F, receiving it from Senior School P&F President Chris Polmear and Honorary Life Member of the Helena College Council, Sally Herzfeld. Other guests included MLA for Maylands, Lisa Baker whose mother was at the original P&F meeting.

The afternoon honoured the contributions of many people over the years and there was a recognition that the strength and vitality of today’s Helena College P&F, at both Junior and Senior Schools, owes much to the hard work of those who laid the foundations all those years ago.

Lucy Smith
College Archivist
The major goal of the Old Helenian Association is to keep you in contact with your Helena College friends. We do this through our Facebook page, HC Old-Helenian, which is where you will find information about reunions, College events and informal gatherings as well as catch up on each other’s news.
To keep you in touch, we need you to keep us updated with your news. You can do this by emailing us at old.helenians@helena.wa.edu.au or on Facebook. We would love to hear about major events or other happenings that you want to share with us.
ANITA McINNES

SALLY Boud of Darlington started learning how to be a goal umpire for football games as a way to make some money when she was still at school.

But eventually the former Helena College student grew to love the game and goal umpiring.

Her passion and commitment to goal umpiring has paid off as she has just been named the WAFL Goal Umpire of the Year.

After umpiring the State U18 carnival in Melbourne earlier this year she was selected to be one of the goal umpires at the curtain raiser before the AFL grand final at the MCG on September 27.

As well, Boud will join Lauren French, another Helena College 2007 graduate, as the WAFL goal umpires for the 2014 grand final this weekend between East Perth and Subiaco.

Boud and French became interested in umpiring through Helena College Senior School maths teacher, Warren Beckwith who supervises a mentoring program at the school to encourage and support students interested in footy umpiring.

Since graduating in 2007, both young women have gone on to make a name for themselves within the field.

Last year Boud was singled out by WAFL umpire manager Darryl Sinclair who predicted she would become one of WA’s leading flag wavers in future seasons. Helena College deputy principal Justin Pitt said it was a great achievement and a first for two female goal umpires from the same school to be involved in the grand final.

This announcement adds to the sense of celebration at Helena College, which last week won its first Athletics Carnival this century,” he said.

Helena College won the 2014 ACC Athletics Carnival F Division from Swan Christian College.

The school had competed against schools with two or three times the student numbers and Mr Pitt credited student participation as the key to winning the shield.

“We won the carnival by just two points so those students who ran for us and came last were just as responsible for our win as those who came first,” he said.

“Without the points they got for simply being in the races, we wouldn’t have won the shield.”
Cancer message for youth

When 22-year-old Meagan Slater noticed her stomach was persistently bloated a few years ago, she thought she needed to do more exercise.

At the time, she did not know the inexplicable swelling was because of the germ cell ovarian cancer that had invaded her body.

It is one of the five most common symptoms of cancer in those aged 15 to 25.

In a campaign to be launched by Canteen today, young people are being urged to seek medical attention for unexplained and persistent pain, bumps or swelling, significant weight loss, fatigue, fever, or if a mole changes in size or colour.

Rachel Hughes, lead clinician at the WA Youth Cancer Services, said these symptoms were based on the most common types of cancer in young people, including melanoma, gonadal germ cell tumours and Hodgkin’s lymphoma.

Dr Hughes said the symptoms were often overlooked in the belief they were sports injuries. “The key message is to seek help where the symptom is persistent and there is no explanation for it,” she said.

Ms Slater, who was cleared of cancer in May, is championing the free medical and psychological services available through Youth Cancer Services, which she credits for getting her through her darkest hours.

“One of the hardest things when you have cancer is losing a sense of yourself,” the Glen Forrest retail assistant said.

“Watching my hair fall out made me feel like I was losing my identity.”

About 100 West Australians aged between 15 and 25 are diagnosed with cancer each year.
Bec Oldmeadow
Class of 1998

Aged inspiring to Oldmeadow

THERE is something special about sitting down and listening to a senior recounting stories of their lives, according to writer and photographer Bec Oldmeadow.

Being able to sit with someone and take down their story to be read and remembered is one of the reasons she started up Portraits of the Elderly earlier this year.

She has collected raw photographs and honest interviews of a number of people for the project, including 86-year-old Yvonne June Gaver, who talks about her life growing up in Cantonment Street, contracting diphtheria, having a ‘player’ for a father and living through World War II.

Ms Oldmeadow said the project was one that was close to her heart.

“I lived with and cared for my grandfather for the last few years of his life and he had some remarkable stories of life as a doctor in World War II,” she said.

“I’m genuinely interested in people and we forget the elderly and I don’t believe we give them credit for their achievements; we tend to just see them as old people.

“I thought this project could help bring their stories to life and give them a sense of identity in our society.”

She said while the ordeals they had been through might be uncomfortable, she found comfort in their tales.

“They lost so many loved ones – their children, brothers and sisters, mothers, fathers, wives and husbands – and often in a very short space of time,” she said.

“Its loss we can’t even begin to understand, but they can also be surprisingly witty and make me laugh too.”

Ms Oldmeadow is looking for more local people to include in Portraits of the Elderly.

To nominate someone to be involved in the project, email becoldmeadow@outlook.com.

Portraits of the Elderly can be found on Facebook.

18/Nov/2014
Jessica Nico, Southern Gazette
Tamara Cowan- staff
Head of Health and Physical Education

St John Ambulance Association WA
Annual Presentation of National Medals, Clasps and Community Hero Awards Ceremony
4 December 2014

Her Excellency the Honourable Kerry Sanderson, AO, Governor of Western Australia, officiated at the St John Ambulance WA Annual Presentation of National Medals, Clasps and Community Hero Awards in the Government House Ballroom on 4 December 2014. Her Excellency presented 26 National Medals and medal clasps to ambulance and communications personnel in recognition of their service. Paid staff who have provided 15 years of unbroken service for St John were eligible for the National Medal, with clasps for every 10 years of service thereafter. The Community Hero Awards were also awarded by Her Excellency to members of the public who have displayed enormous courage and exceptional judgement in assisting another human being.

The Community Hero Award winners were:

Community category

- Jim Alston
- Jade Ashurst
- Challis Bick
- Nigel Bowden
- Jamie Callegari
- Vincent Callegari
- Rearhn Centis
- Tammy Cowan
- John De’Laney
- Matthew Doherty
- Russell Dymock
- Dean Gaebler
- Terri Hollows
- Mark Jennings
- Gary Kerman
- Nigel Lifford
- Fiers McCarney
- Tracey McLaren
- Hope Munro
- Kim Chi Nguyen
- Sebastian Palermo
- Peter Rothnie
- Aidan Sadler
- Ross Tamlin
- Sasha Thomas
- Melissa Yule

Her Excellency with Award winners outside the Government House Ballroom

Tamara Cowan on left