



BedaBoys Bulletin

December 2020, Edition



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President's Welcome



At the beginning of the year none of us could possibly have predicted how 2020 would unfold for our College community. The social and academic challenges currently faced by the students, College leaders and staff, and all their families are indeed unprecedented.

On behalf of SBOCA I must wholeheartedly acknowledge and congratulate the Principal, Mr John Finn, the College Leadership team, the Pastoral team, and all the staff of the College for their outstanding efforts guiding, supporting, and encouraging all the students and families associated with the School. We all applaud their unwavering diligence in maintaining the highest standards of education for all the boys during this dynamic and obviously unsettling time.

Their collective and untiring efforts truly reflect a compassionate commitment to the Lasallian tradition. As President of the SBOCA it has been an absolute honour to work with the College leadership team and all the tireless SBOCA Committee members and volunteers who have worked diligently behind the scenes (mostly in a "virtual" environment) to maintain a sense of momentum and continuity through a very challenging year.

Alas, due to COVID-19 restrictions there has been significant disruption to our scheduled 2020 calendar of SBOCA activities. Unfortunately the very popular University Coffee Mornings, the planned Coffee Catch-up events for recent graduates of the College, the majority of the Reunions, the 2020 Annual Dinner, and the Annual Finian Foundation Charity Breakfast and Golf Day fundraiser were all unavoidably cancelled. We are committed as a Committee to rescheduling as many of these events as possible next year as we emerge from the staged restrictions, so I encourage all to keep an active eye on the SBOCA webpage and app (to download the St Bede's Old Collegians App click on the "School App" icon on the main page of the College website www.stbedes.catholic.edu.au) for updates as we define a 'Covid normal' future.

Despite challenges, the Committee has nonetheless continued throughout this year to focus on enhanced networking and communications by building the Beda Boy Graduate Database, an ongoing priority of the Association, and expanding the St Bede's Community Online Business Directory to facilitate connections between families of current and past students and members of the local community. We have diligently managed the Finian

Foundation investments to achieve growth in a challenging financial environment to enable SBOCA to continue to support families of current St Bede's year 11 and 12 students who are facing financial difficulties with fees assistance and school expenses. We also maintain a strong focus on developing the collegial relationships between SBOCA and the Parents and Friends, the St Bede's Old Collegians Hockey Club, The St Bede's Mentone Tigers, and the Kingston Hawkes Cricket Club to build the enduring bonds that will strengthen the extended St Bede's College Community into the future.

The Association has also continued to plan and develop a series of new initiatives to involve and engage younger graduates with the SBOCA in a proactive effort to maintain relevance and strengthen the Association. These include, for example, planning for an International Outreach Program for College graduates that is modelled on the successful 2-week Thailand Mission Outreach Program offered by St Bede's to senior students. In addition, we continue to build the Beda Boys Brotherhood initiative, driven by the vision and energy of our immediate past President Steve Ager, with the objective of providing non-monetary support to Old Collegians who by virtue of their personal circumstances require assistance to effectively cope with their current challenges.

These activities represent a brief snapshot of the overall work and significant efforts of all the volunteers who tirelessly 'give back' to the College and its community through the SBOCA, and I am very proud indeed to be in a position to report the Associations achievements and successes. In closing, I must sincerely thank the Principal, Mr John Finn, The College Board, the College Leadership Team and all the staff for their ongoing confidence in the Association and their substantial support. I hope you enjoy reading about the activities of your Association, and invite you to attend any of the Committee Meeting's to give your feedback, comments, and suggestions as to how your Association can be improved. We are always happy to welcome new members and volunteers. I sincerely look forward to working with you all as we jointly continue to build the Old Collegians community in service of the College in the Lasallian tradition.

Dr Jason Smythe

A Word from the Principal



St Bede's is a large community. We each have our own story about how a COVID-19 affected year has impacted on us personally, on our families, our school, our work and our wider settings. Those reading this Bulletin will have a bespoke story of impact.

Looking back on our College calendar, one realises that many traditional events have not taken place. I have certainly missed the opportunity to see our students in music, sport, public speaking, the Arts, camps and community service. These activities give life, colour and opportunity to our boys.

However, despite all the uncertainty, health concerns, educational changes and family separations that COVID-19 has brought, we have learnt that you can never take away the essence of a Community. Our Bede Community has been resilient, inventive, supportive and steadfast. It is stronger than ever.

The St Bede's College staff have been magnificent through this COVID-19 period. The care of our young men has never been compromised despite the unexpected challenges that were encountered.

We have much to recognise and celebrate as we live with that support. As we move into 2021, the College not only increases in size due to the amalgamation, it also increases in size on the Mentone Campus due to an extremely high retention rate of students, especially at senior level. St Bede's College is a place for all, with a pathway for all. It is diverse and eclectic with one unbreakable and common thread; we are a Catholic College in the Lasallian tradition.

Amalgamation

The official date for our amalgamation into a two campus College is 27 January 2021.

On this day, the College will have a campus at Mentone and Bentleigh East. We warmly welcome our parents, students and families who will join us from the extended Southern suburbs of Melbourne from that time onwards. There has been a considerable amount of work done over the past

18 months to ensure a successful transition for all concerned. We have endeavoured to keep you up to date with this process. To that end, please find below a link to the Amalgamation Steering Committee Report. This is a very detailed report on the committee itself, the numerous sub-committees and the work each has undertaken to date:

[CLICK HERE FOR LINK](#)

2021 Theme

Our College theme for 2021 is "United by Our Passion, Our Vision, Our Future". This theme is the International Lasallian theme and is very appropriate for our year of amalgamation.



CIS

The Council of International Schools (CIS) visited the College (Virtually) from 10-13 November. This is stage two of a three stage process for the College in seeking International Accreditation. This four-day visit analysed many aspects of the school's operations in the following Domains:

Domain A	School Purpose and Vision
Domain B	Governance and Leadership
Domain C	Curriculum
Domain D	Teaching and Assessing
Domain E	Wellbeing
Domain F	Staffing
Domain G	Infrastructure and IT
Domain H	Community

Following this visit, and assuming that this stage is verified, the College will then move into the final stage which will require preparations over the next twelve months for a visit late next year.



Thank you to the many members of our community who spoke with the CIS evaluators. A formal report from CIS to the College will be available before the end of the year, and will be sent on to our community.

A Word from the Principal

A very brief summary from initial feedback is given below:

- Students were on task, engaged and articulate
- There was a clear sense of pride in the St Bede's Community from staff, students, parents, the Brothers and Old Collegians
- There was clear evidence of purposeful teaching and learning
- Parents are highly supportive
- The College Board is professional and extremely well run and managed.
- There is a healthy delineation between the Governance of the College and highly effective Staff Leadership
- Child safety is actively fostered, documented and reviewed
- The Curriculum Documentation is impressive
- There is a genuine care for students that comes from staff

Final Assembly and Graduation

We were delighted that we were able to hold an assembly for our Year 12 students. Students from other year levels, and staff viewed a stream into the classrooms. This enabled us to farewell the group and to distribute the traditional awards to the various winning Houses.

As we were not able to have adults onsite, we put considerable effort into the Virtual Year 12 Graduation evening which was held on Wednesday 4 November. All Year 12 families received a packaged box from the College, with a second that followed on the night. The feedback from the evening has been very positive.

College Visual Arts and Technology Show

We are delighted to advise that although we could not hold this annual event live, we have produced a wonderful virtual show for our Community. Congratulations to the many students who have pieces on display within the Virtual rooms. I commend the show to you.

The link below will direct you to the Visual Arts & Technology:

<https://sites.google.com/stbedes.catholic.edu.au/visual-arts-and-tech-show/home>

End of Year





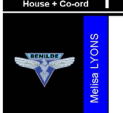
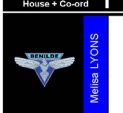


















We wish every Year 12 student well for 2021 whether they be starting an apprenticeship, taking up full time work, entering tertiary study or taking a gap year.

Our VCE Unit 3 and 4 students are in the final stages of their examinations. Although they have had an interrupted year due to COVID-19, they have remained buoyant and optimistic; this has been reflected in their approach to these assessments. The final results will be sent to all Unit 3 and 4 students on 30 December. All other year levels have completed their last assessments and have now concluded their academic year.

Student Leadership Next Year

The full set of 2021 College Leaders are now in place. Congratulations to all of these young men.

2021 Leaders

College Captain	College Vice Captain	College Vice Captain	College Vice Captain
Aidan CARROLL	Gavin BOYD	Elijah McEVROY	James VAKIS
			
House + Co-ord	Captain	Vice Captain	Vice Captain
	Adam BARTOSY	Max CRONIN	Kaylan KITTO
			
	Tom MURPHY	Callum AMOR	Tyler BILLING
			
	Nicholas TORPEY	Matthew LEHPAMER	Mitchell MURPHY
			
	Hayden WHITEHOUSE	Liam CRISP	Nate DEAR
			

The St Bede's College Board

On behalf of the Community I thank the College Board for the devotion and expertise shown throughout this year. There have been multiple meetings and many times when members have been drawn together to discuss the amalgamation and other issues. Congratulations to Anthony Brinkley as Chair and to the Board as a whole.

The Christmas Season

I wish all of the St Bede's College Community a happy, holy and safe Christmas. If there was ever a time when we can reflect on the year and celebrate with our family, it is now. We look with great expectation and enthusiasm to the year ahead.

Reunions

What a year!...With COVID-19 restrictions taking place we were unable to host all, bar one, of our reunions this year. Our hope is that in 2021, we will host all those reunions we missed out on this year AND all those scheduled for next year.

Reunions are generally held every year to celebrate times past. Celebrations are held for the 1 Year, 10 Year, 20 Year, 30 Year, 40 Year and 50+ Year Class Anniversaries. All Old Collegians are welcomed at the reunions.

These events are traditionally held on a Friday evening through the year and hosted by the SBOCA and the College Principal. The event begins with a warm welcome, drinks and canapés. Wood fired pizzas are served before a College tour commences. From here attendees drift off to the RSL over the road for further merriment!

The 50 plus reunion is held at lunchtime at a venue off site however a tour of the College is offered prior to the luncheon.

2021 will hopefully see our Reunion Program reignited. Below are the **TENTATIVE DATES** for 2021 that are, of course, COVID-19 restriction dependent. We hope to welcome you in the NEW YEAR

CLASS OF	YEARS	DATE	Event
2011	10 years	Friday 30 April	Light meal, drinks, College tour
2020	1 year	Friday 7 May	TBC
Before 1971	50 years	Friday 19 June	College tour, Luncheon
2000 and 2001	20 years	Friday 23 July	Light meal, drinks, College tour
1990 and 1991	30 years	Friday 27 August	Light meal, drinks, College tour
1980 and 1981	40 years	Friday 12 November	Light meal, drinks, College tour
Annual Golf Day	All years	Friday 22 October	Golf Day, Woodlands Golf Club

Reunions

IMAGES FROM PAST REUNIONS



Lasallian Update

ONLINE

FREE
EVENT

TWILIGHT RETREAT

A SHORT RESPITE IN A BUSY WEEK, OFFERING TIME FOR REFLECTION, BRIEF INPUT, SHARING IN SMALL GROUPS, AND CONNECTING WITH OTHERS.

Register your interest by sending your details to formationformission@delasalle.org.au

lasalleanzppng
www.delasalle.org.au

District of Australia, New Zealand,
Pakistan & Papua New Guinea

STAY CONNECTED TO THE YOUNG LASALLIANS NETWORK!

THERE ARE MANY OPPORTUNITIES TO **GET INVOLVED:**

 <small>Drop-Ins Events</small>	 <small>Short Term Immersion</small>
 <small>Music Ministry Volunteering</small>	 <small>Retreat Volunteering</small>
 <small>Lasallian Volunteering</small>	 <small>Camp La Salle</small>
 <small>Youth Minister Positions</small>	 <small>Parmenie Experience</small>

For more information contact us at

- www.delasalle.org.au
- [YoungLasalliansANZPPNG](https://www.facebook.com/YoungLasalliansANZPPNG)
- younglasallians@delasalle.org.au
- [young_lasallians_ANZPPNG](https://www.instagram.com/young_lasallians_ANZPPNG)



An invitation to Connect with Lasallian Alumni and Young Professionals

A surprising gift of the current situation has been the regularity and ability for Lasallians to connect with other Lasallians who are geographically distant. COVID has challenged all to be creative, adaptable and innovative. For the Formation for Mission Team, this has meant actively fostering a vibrant community over zoom.

Two gatherings that have been adapted from the in-person experience to the online zoom space are **Drop-In Experiences** and **Parmenie Experiences**:

DROP-IN EXPERIENCES: are an invitation to simply drop-in and connect with other Lasallian Alumni across communities. These are social events where people are able to bring a coffee or tea with them and enjoy 45 minutes of authentic connection with new and familiar faces from all parts of the District. Each event is joyfully facilitated and breakout rooms are filled with laughter and storytelling.

DROP-IN
The Last Tuesday of every month
For 45 Minutes

PARMENIE EXPERIENCES: are for people on the journey who are seeking something more - namely, community, rest and purpose. Parmenie is the place where De La Salle sought his own rest in the south of France. Today, Parmenie experiences gather people together to share stories and offer each other mutual nourishment. Parmenie continues to be a place for each person to come as they are, engage in authentic dialogue with themselves, others, and God, and re-engage in everyday life.

PARMENIE
Every Tuesday at 4:00 pm
For 30 minutes

For more information visit <http://delasalle.me/lyconnect>

PARMENIE AND DROP-IN BOTH BEGIN AT THE FOLLOWING TIMES
(rooms are open 10 minutes before commencement):

South Africa (-8 hours)	Pakistan (-5 hours)	Perth (-2 hours)	Adelaide (-30 mins)	NSW, VIC, QLD & PNG	Auckland (+2 hours)
8:00 am	11:00 am	2:00 pm	3:30 pm	4:00 pm	6:00 pm

Our team looks forward to connecting with you. There is no need to register, simply click the link and connect. If there are any queries, please contact Philippe Dulawan at philippedulawan@delasalle.org.au

District of Australia, New Zealand,
Pakistan & Papua New Guinea

From the Brothers

Br Phillip Elwin

Who doesn't value freedom? Phillip Elwin, De La Salle Brother, believes that with freedom comes the responsibility to act wisely. Mature years give plenty of opportunities to live life to the full (cf. John's Gospel 10:10) - and Phillip proves it with the array of activities he is involved with, in his seventies.

A science teacher in several Lasallian schools, then involved in formation ministry in Australia and then many years in Papua New Guinea, Phillip has spent latterly some years as a carer of older Brothers. He has made much use opportunities to continue education overseas and locally.

Twenty years ago, he saw an older retired missionary Brother from Papua New Guinea days, explore what he could still offer church and the wider society. This Brother threw himself into the service of housebound and needy people through the St. Vincent de Paul Society in his local church. He was also an overnight carer /supervisor for a disabled people's house. This witness of a desire, as a retiree, to keep involved in life, has pushed Phillip to use his "life-knowledge, wisdom and talents" to do likewise, and to great effect.

Initially, he used his guitar skills to enliven social events in two local aged-care home; he tutored struggling university students through a Sydney "Mission Australia" support service, and then found a solid commitment in leading one of several bush-walking groups, linked to the Heart Foundation. With others, he co-ordinates and leads two groups. These are very often older Asian Australians, who keep healthy while taking in the glories of the natural world, the history of Sydney and Harbour foreshores. The less tangible benefits that he sees are helping others grow in a sense of "being at home" locally, becoming more connected with people and place, and "sometimes deepening their sense of God's everywhere-presence in creation".

In his local church community, he is firmly committed to a social justice group, which funds projects in a poor Timor Leste community, and is establishing some connections with the indigenous Catholic parish at La Perouse. There has also been raising supplies in-kind, in collaboration with the Jesuit Refugee Service: the Social Justice Group collects donations and distributes food to refugees in

Western Sydney.

Br. Phillip perceives some older people as "shutting down (and) not searching for life". His strong motivation to keep searching for new life was also inspired, some years ago, by an elderly Brother Paschal who declined in health until his death, with motor neuron disease. Living in a nursing home, he was a cheerful presence who knew the names of residents and nursing staff, moving around in his motorized wheelchair, connecting with many people. Admired by his Brothers, while body, speech and movement gradually closed down, he was hugely open to and shared with those in his community.

We all, says Phillip, have the possibility and opportunity to be more intensely, rather than do and produce for those we care for!



A Heart Foundation bush-walking group with Br. Phillip (centre)

News from Old Collegians

Anthony Ferruccio (Class of 1983)



February 2020

“ For five guys Sal Algeri, John Clagan, George Riggio, Terry Wheeler and I who went to Primary and Secondary School together to still be mates through 48 years rolling through life, marriages, children, racism amongst ourselves...sad and happy days.

COVID-19 and Zoom had a standard 2pm Saturday race day. Kilometre’s and States apart pulling us closer together with two extras. 34 years of spending one week a year in the rough of North Victoria together. We are mates and Brothers, as we grow older we carry our past years as fond memories, no pictures, no erasing, just days, months and years stored in our minds and hearts.... until Alzheimers deletes them for good.

My mates...I love you”



City of Kingston Steve Staikos (Class of 2001) Hadi Saab (Class of 2011)

Steve Staikos has been elected to lead the Kingston community for the next 12 months as Kingston’s Mayor. Cr Staikos has served as a Kingston Councillor for 12 years and has been the Mayor on two previous occasions, in 2009-10 and 2017-18.

“We will be working hand-in-hand with our community and I am confident that together we can deliver a strong future for the City of Kingston.”

New elected Councillor, and Old Collegian Cr Hadi Saab was elected as Deputy Mayor.

Cr Saab said he was looking forward to working collaboratively with the Mayor, and all Councillors, noting his election to this position represents the change sought by the Kingston community.



Steve Staikos



Hadi Saab

News from Old Collegians

Steve Ager (Class of 1979)

He is a familiar face to many airline passengers around Australia and is also a very proud Lasallian.

Senior Qantas pilot Stephen Ager has featured in flight safety videos on domestic and international flights and is the Past President of the SBOCA.

Stephen said he received strong encouragement from his teachers at St Bede's College to pursue a career in aviation and shortly after completing his Victorian Certificate of Education, he embarked on flight training at Moorabbin Airport

He began working for Qantas in 1984 and his strong leadership skills led him into working as a Training Captain for new pilots.



In 2008, I flew the first Qantas A380 to Australia on its delivery flight from Toulouse. It arrived into Sydney to several thousand people and a shower of media attention. In stark contrast in 2020, flying into Victorville on the last A380 flights, the aircraft was left in the harsh Mojave Desert and farewelled by just our flight crew and a handful of ground staff. A different history in itself.

In a way, the full circle of the 'bookended' flights were a reminder of how fortunate I have been and how thankful I am to have had the opportunities afforded to me.

The journey rather than the destination is sometimes the greatest reward. Without the end point, the journey would never have started. For me, the journey started at St Bede's College. I am very grateful to all who helped me along the way.

During the COVID-19 pandemic, Steve was responsible for relocating the Qantas A380s to the desert in California - "a surreal moment leaving them out there but an honour to be given the responsibility".

As it turns out that was my last flight with Qantas. I have elected to take a voluntary redundancy package from the company. Given there's no flying on the A380 for the foreseeable future and at my point in my career, it is a sound outcome for me.

I have such affection for this photo which, in a sense, completes a full circle on the A380 for myself and the aircraft.

News from Old Collegians

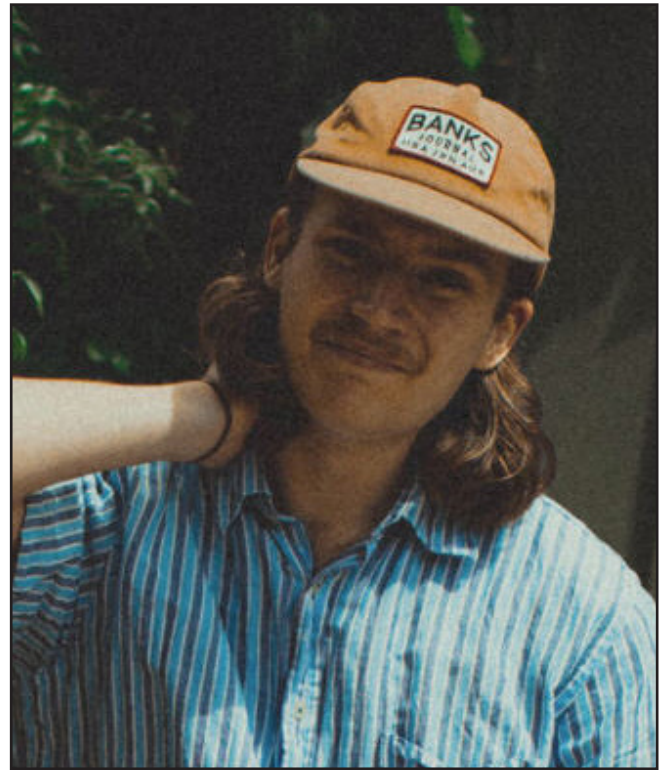
Jack Langdon interviews Liam Turner (both Class of 2018)

In 2019 after graduating from St Bede's College, Jack worked at Camp America in the USA. Returning home prior to the COVID-19 outbreak, Jack is currently studying Journalism at RMIT. He is a writer for Los Angeles based magazine, "Off the Cassette" and also a contributing writer for SEN's "The First Serve". The following article was published by "Off the Cassette" earlier this year.

"Liam Turner (known artistically as TURNR) is ready to reintroduce himself to the world. After spending half of his life pioneering and curating music, TURNR has homed in on his skills and is now an idiosyncratic producer in the electronic music field. Hailing from Melbourne, Australia, the music manufacturer has had quite the artistic journey in order to be at a point where '[he] finally has [his] own and unique sound.'

TURNR's tunes first came to prominence in 2015. At 15 years old, he was producing kick bass party tracks, something you would typically hear being played in the basement level of a nightclub. He soon realised that making bangers that people party to wasn't what he actually desired to do with his sound, rather he 'wanted to make something much more meaningful.' Despite having made a name for himself in the 'Melbourne Bounce' circuit, TURNR deleted all his party tracks from his SoundCloud, revamped his social medias and set himself on a new path, producing something that he could be proud of.

After keeping quiet on the music scene in 2016 as well as the best part of 2017, TURNR was ready to show the world his new sound. In October 2017 he released Sweet. The new release had much more funk compared to his previous tracks, as well as having strong vocal production and crafty pop stans. The song was well received by critics, so well that the high praise started rolling in. Triple J (Australia's largest interdependent radio station) released a story hailing TURNR as the next Flume. 17 years old and being compared to your hero as well as a Grammy award winner; of course anyone would



Liam Turner

take the compliment, but looking back TURNR tells OTC 'it was the best and worst thing to happen to me.' Obviously, he was and continues to be grateful for the congratulatory comments, but it sent him down a dangerous path. Looking back, he tells us that he subsequently had tunnel vision for making a chart topper that people would love.

After graduating high school, he elected to defer from university and solely focus on producing music that would please the critics. He distributed two more singles in that time, but it was nothing he was enormously proud of. He felt that his passion was slipping away from him, 'I thought that if I fully focused on music it would drive me,' but that wasn't the case. He told OTC that during his time merely producing music '[he] got stuck in a loop that consumed [his] day,' and that '[he] would make stuff until [he] hated it.'

TURNR 'needed to make producing music fun again.'

News from Old Collegians

After a progressive spiralling loss of his passion, TURNR took a break from music for a hot minute and looked to broaden his horizons. He started listening to more artists such as Crooked Colours, Running Touch and Roland Tings, just to a name a few.

‘Taking a break from music is what I needed,’ he told OTC. With this interval, he managed to reignite his desire to create music and orchestrate a new plan to curate the sounds that he wanted.

The producer started going into his workshop with an open mind. With all this in mind, TURNR has since matured in the studio. ‘I want to make my own identity...and I finally feel like I have found it,’ he tells OTC. TURNR is now experiencing a sense of liberty in regard to producing music and feels that there has been a weight lifted off his shoulders. He has ‘gotten to the point where [he] doesn’t care about making a hit,’ rather producing tunes that satisfy him. A mature TURNR tells us that he has come to realise ‘you can’t be perfect with anything if it is art.’ And he is right, after all, if art is an expression, how can it fail?

After a trip to Patagonia, South America, earlier this year, TURNR came back to Australia inspired and ready to have an EP produced by the end of the year, with no limitations attached. He tells us the sound of the EP is different and hard to describe, but that the songs have been layered with ‘the prettiest sounds and a house beat to it.’ The tracks have a four by four kick to it that TURNR hopes listeners will find interesting. Although the producer doesn’t have a date for the release of the EP (he doesn’t want to put a timeframe on it, being the perfectionist that he is) he tells OTC the extended play record will be out by the end of the year or early next year.

Now 20 years old, TURNR, despite still being young, has been on a wild artistic journey to get to this point, and although he still has a long way to go, the rising star finally feels plush in his home studio. Despite having a backlog of 150 tracks that won’t ever see the light of day, TURNR is more than comfortable with that now, as his upcoming EP titled ‘Patagonia’ is something ‘[he] is finally proud of.’”



Jack Langdon

News from Old Collegians

Luke Richards (Class of 2005)



“You can’t shock someone like me into sobriety”

Luke Richards gives a candid account of his experience with mental health, alcoholism and the factors that contributed to his recovery

When Luke Richards is in the ocean, he doesn’t think much.

He can feel his hands slipping through the water. He can smell salt as he surfaces for air.

But his sole focus is his next breath, his next stroke. Everything else is left ashore.

When Luke took up open-water swimming, it wasn’t meant to be a coping mechanism.

In fact, it had nothing to do with his mental health. Or his long battle with substance abuse. Or the multiple attempts Luke made to take his own life.

Yet three years into Luke’s recovery, it became all that and more.

“It’s meditative for me. If I’m having a good swim, if everything is working well, I don’t really think about anything. It’s probably the only time I practice true mindfulness.”

Rewind seven years and to Luke, the idea of achieving such clarity would seem farfetched. Farcical even.

Because up until 2013, he was an alcoholic.

“I was a daily top-up drunk. The physical effects of drinking copious amounts for a long period of time were starting to show. My hands would shake, I was nauseous most of the time, I could not hold or use utensils well.

I had to sneak a small bottle of vodka into the office during the day to calm the physical effects of withdrawal. I spent every spare cent I had on alcohol.” This behaviour persisted. For years. Luke tried to get sober. He didn’t. “I went to the doctors. I was still at the stage where I thought I didn’t have that much of a problem. I was still holding onto the hope that I could just control my drinking. He told me I had early onset Korsakoff syndrome (a chronic memory disorder, commonly induced by misuse of alcohol).

I freaked – like far out, I’ve got brain damage.” This could have been the catalyst for change. “The sad thing is that it didn’t actually change anything. You can’t shock someone like me into sobriety.”

Luke continued to wrestle with his addiction. Until he hit rock bottom.

“In 2012 I had my last suicide attempt and that was a result of drinking basically. That experience was so bad that I really didn’t want to go back to that place again and I knew that that’s where I was heading.

I was just shattered, that’s the only way to describe it.



Luke pauses when asked if he had to want to quit drinking more than he wanted to drink.

News from Old Collegians



It's hard not to fill the silence as he tries to find the words. "I had to be broken enough to be able to let go of the loop that was there and to want something different. I had to want life."

Luke's recovery was slow going but he made gradual progress. He went to rehab, participated in AA and in 2013, he got sober. It wasn't easy. As he tells it, going cold turkey puts an enormous strain on both body and mind.

"The hardest bit is obviously when you come off (alcohol) and you're not just shaking and shivering, you're in pain. The physical pain is one thing but when you combine it with psychological pain, it's an incredible thing to deal with."

Luke wouldn't wish his experience upon anyone. However, he says the impact on loved ones is also incredibly taxing. "Family members have it the worst. It'd be like having a drunk person driving a car with you trapped in the back not being able to get out."

Luke credits much of his recovery to the support of his loved ones – his wife, his parents, his siblings. He believes that recovery is a team effort. Even his penchant for open-water swimming started out as a family affair.

"My wife had a bucket list and she wanted to swim in the Lorne Pier to Pub. She's from the UK, terrified of swimming in the open water and I decided I'd do it with her because I didn't want her to have a panic attack in the middle of the water."
Luke took to it immediately. It's now part of his routine. He has become an Ultra marathon swimmer and is even tackling the English Channel in August 2020.

He does this to show people who are struggling that you can come back from the darkest places and do amazing things.

Despite first grappling with poor mental health at the age of 11, it wasn't until decades later that Luke's condition was formally recognised.

"When I was in rehab, that was when the psychiatrist was like, you've had trauma and that's when I was officially diagnosed (with anxiety and depression). The trauma came in the form of severe bullying. "There was never really talk about a lot of that stuff at home. It's just the way things were." Luke recalls the incident that sparked it. "I think it all started when I stood up for someone else. There was this thing that happened on Year 7 camp. They were picking on some kid and I stepped in. From that moment, that was it. I became their number one target."

Even when I was 19, going out for the first time, catching the train into town from Carrum to Mordialloc, I'd be terrified that I'd see these people on the train because I knew if they saw me alone, that would be it.

"As far as things that had a significant influence on my life, that was probably the number one factor that put me on the journey, combined with the fact that nothing was ever treated or dealt with."
Not once does Luke's voice waver. He maintains eye contact. His tone is calm, matter of fact even, void of bitterness. He has dealt with these demons. Today, in addition to a loving wife (who he met in sobriety) and two beautiful children, Luke works, swims and speaks extensively about his mental health journey.

He doesn't take anything for granted.

"I consider myself to be recovered however I still treat myself as if I'm not. The reality is I still have moments when the anxiety gets the better of me. The difference is that now I just revert back to the things I know.

"It's an ongoing thing but I'm not debilitated by it anymore. It doesn't own me the way it used to."

This article was produced by Beyond Blue. If you need assistance visit Beyond Blue's support services. Their mental health professionals are available 24/7 on: 1300 22 4636.

In the News

Shyam Barr (Class of 2002)

Shyam is the recent recipient of the 2020 Big Research pitch at the University of Canberra. He was awarded \$6,200 for his project “Preparing our young people for uncertain times”.

Shyam’s is an Australian educator helping people become self-regulated learners so that they can succeed now and in the future.

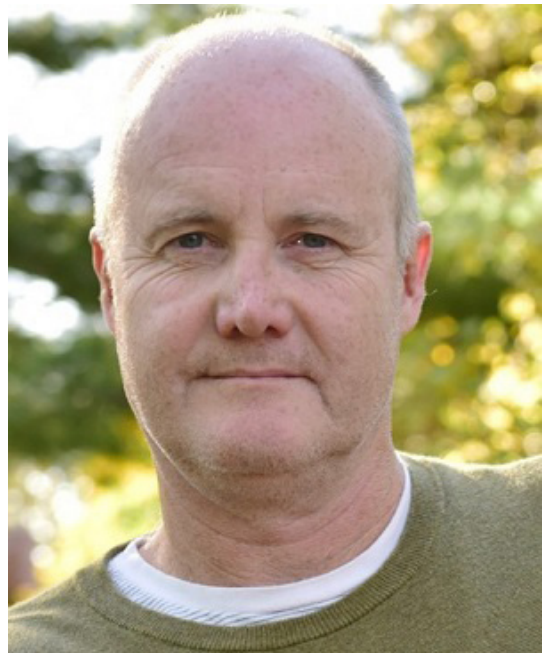


Shaun Curtin (Class of 1987)

Shaun Curtin left St Bede’s College in 1987 to start his five year apprenticeship as an Electrician. Some years later, Shaun completed his Masters and Honors degree (top of class) at Charles Sturt University.

After completing his PhD in Analytical biochemistry and plant virology at CSIRO Plant Industry (Charles Sturt University) Shaun travelled to USA

Shaun is now a Research Geneticist with expertise in Plant Science Research. He has been appointed Head of USA Agriculture Department as an Associate Professor at Minnesota University.



Mark Fennessy (Class of 1979)

Carl Fennessy (Class of 1985)

Australian Television powerbrokers Mark and Carl have stepped down as joint CEO’s of Endemol Shine Australia,

After 10 years in the top job, the brothers oversaw massive TV hits including MasterChef, Australian Survivor, Big Brother, Lego Masters, Australian Nija Warriors, Married at First Sight and Googlebox Australia.

They said *“The time has come for the next big adventure”*. *“We salute our incredible team of talented executives with whom we’ve had the pleasure to lead.”*

Where are they now?

”

Paul Johnston (Class of 1986)

Paul, previously of Johnston King Real Estate, has merged with Hodges Mentone and is now a Director. *“It has been an interesting journey from Cheltenham to Daylesford to Chelsea and now having offices in both Mentone and Chelsea”.*

Although living and breathing real estate, Paul does find time to pursue interests outside the office - a keen fan of the Saints and spending time with his three daughters.



Michael Epis (Class of 1983)

Michael is currently the Contributing Editor of The Big Issue. The Big Issue is a fortnightly, independent magazine that is sold on the streets by homeless, marginalised and disadvantaged people. Since its inception in Australia in 1996, more than 13 million magazines have been sold, putting \$30 million into the pockets of disadvantaged Australian.



Lawrence Costs (Class of 1945)

Lawrence is an Australian politician. He is a the Labor member of the Northern Territory Legislative Assembly, a position he has held since 2016. Lawrence represents the electorate of Arafura and lives on his homeland, Pitjarmirra, north of Melville Island.



Sporting News

Ryan Byrnes (Class of 2019)

Ryan was School Captain at St James College before moving to St Bede's College to complete Years 11 and 12. Ryan skippered the Sandringham Dragons, starring in the NAB League, averaging 25 disposals per game to take out the club's best-and-fairest.

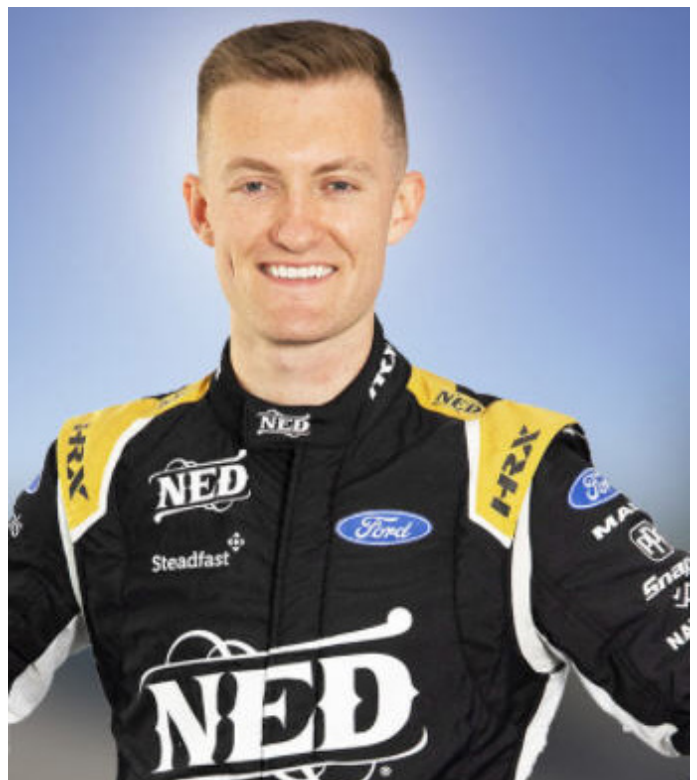
Ryan was selected by St Kilda with pick No. 52 in the 2019 National Draft and made his debut against the Adelaide Crows in the 7th round of the 2020 AFL season. On debut, he picked up 5 disposals and 2 tackles.



Dylan O'Keefe (Class of 2016)

Dylan made his Great Race debut this year in a Kelly Racing Mustang after being hired to team up with Andre Heimgartner at Bathurst. Previously Dylan had primarily raced Porsches, taking out his first Carrera Cup round Victory at Hidden Valley, race win at Sydney Motorsport Park and third in points.

Dylan and driving partner Andre finished an impressive 11th at Bathurst.



Sporting News

Sporting Club Contact details



For all the latest news on the St Bede's Old Collegians Hockey Club please visit their website: [St Bede's Old Collegians Hockey Club](#)



For all the latest news on the St Bede's Mentone Tigers, please visit their website: www.stbedesmentonetigers.com.au



For all the latest news on the Kingston Hawks Cricket Club, please visit their website: <http://kingstonhawthorn.vic.cricket.com.au>

Database Survey

This Association is YOUR Association so we would love to hear from you about what we are doing well, areas we can improve on and how we can design programs that meet your needs and that of our Community.

Please complete the LATEST survey [HERE](#)

Your feedback is very important to us and we value your time and input, thank you in anticipation of your response.

Please note this is an extended survey, DIFFERENT to that you may have completed earlier this week so be sure to complete.

The Finian Foundation



The Finian FOUNDATION

The Finian Foundation has been established by the SBOCA to help foster the Lasallian tradition of recognising that quality education should be available to all.

In recognition of a person who has dedicated his life to this tradition, with over 50 years of those spent at St Bede's College, it was deemed most appropriate to name the foundation the Finian Foundation after Br Finian Allman.

The Finian Foundation Ltd has been established as a charitable foundation and is able to receive tax-deductible donations and bequests to create an income stream that will be used to provide assistance to financially disadvantaged families to support their children's education at St Bede's College. All donations are fully tax deductible.

The generosity of donors allows for the alleviation of financial difficulties of a few families who experience difficulty in meeting the expenses arising from payment for school fees, books, and uniforms for their sons attending St Bede's College. Parents of such students who have been helped in this way have expressed thanks to the St Bede's Old Collegians Association for their kindness and generosity.

No matter how large or small, your gift will make a difference to current and future Beda Boys.

If you wish to make a donation to this worthy cause, please complete the form on the following page and mail to address below:

The Finian Foundation

C/o St Bede's Old Collegians Association,
2 Mentone Parade, Mentone, 3194

For further details, please contact Old Collegians Officer Jo Hynes

Phone: 9582 5722

Email: oldcolls@stbedes.catholic.edu.au

All donations to the Finian Foundation are fully tax deductible.

A memory from John Keyte attended St Bede's College 1938– 1941



"I was saddened by the death of Br Finian. A De La Salle Brother I greatly respected. His ability to meet and make welcome all old boys and to remember names was truly amazing. My time at De La Salle Malvern in 1937 and then as one of the new boarders at Mentone in 1938 with my brother Frank was a challenging experience for a twelve year old from Bairnsdale. A new school with none of the modern comforts enjoyed by our modern day students, but the beach was just over the road and that was a bonus.

Now aged 90, I almost feel like the last man standing...My education and experience at St Bede's College has enabled me to have a good life and a satisfying career and I know that the spirituality and temporal values will continue to be passed on to future generations, keeping our nation Christian."



The Finian FOUNDATION

No matter how large or small, your gift will make a difference to current and future Beda Boys.

If you wish to make a donation to this worthy cause, please complete the following and mail to address below:

Name of gift giver(s): _____

Address: _____

Email: _____

Phone no _____

Please circle amount: \$100 \$250 \$500 \$1000

Other amount: \$ _____

Payment Method Visa Mastercard Cheque*

Card number: _____

Expiry date: ___ ___ / ___ ___

Cardholder's Name: _____

Signature: _____

Direct Debit - Westpac

Either:

EFT: BSB 262 786 **Account:** 120 153 903

BPay Biller Code: 220 186

*Cheque payable to "The Finian Foundation"

The Finian Foundation

C/o St Bede's Old Collegians Association,

2 Mentone Parade, Mentone, 3194

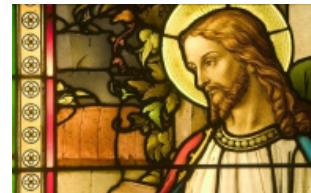
For further details, please contact Old Collegians

Officer: Jo Hynes

Phone: 9582 5722

Email: oldcolls@stbedes.catholic.edu.au

In Memoriam



Father Peter Robinson OAM

Dearly beloved son of Arthur and Emmie (both dec.). Loved brother of Carmel (dec.) and brother-in-law of Jack Myers (dec.) and fond uncle to their children and grandchildren; John (dec.) and brother-in-law Joan and fond uncle to their children and grandchildren; Kathie (dec.); and Clare (Sister Clare of the Daughters of Charity, Marsfield NSW). Dearly respected nephew and cousin to the Newtons, Nolans and Carolans.

A much loved and respected Priest; equally loved by the extended families.

Some of the science around Coronavirus COVID-19, (that humans are affected by their environment and particularly by the behaviour of others) is, in a sense, a reminder of how Peter lived. Through his actions we learnt that individuals, communities no matter how big or small, can be affected by the good of others: we know it, we feel it, we all felt it with Peter - his voice, his handshake, his body language, his sign language, his look and concern only for you as a beautiful human being. Anyone who came into contact with Peter in some way had to be affected. During his 87 years he had mastered the art of what someone has described as the moment when our thanks-giving becomes our thanks-living.

Gratitude and joy defined his mission in this life to eternity. At a future date, when circumstances permit, a memorial service will be held.

May he Rest in Peace

Peter Smith (Class of 1951)

Peter entered Eternal Life on 28 January 2020. He was Senior Athlete 1951, a dual ACC athletics champion, an accomplished agricultural scientist who made a significant contribution to the identification and eradication of plant disease in the Victorian and international agricultural industries, a loving husband and father of five.

May he rest in peace

Peter Lister (Class of 1996)

Peter entered Eternal Life 1 December 2020 after a courageous battle with brain cancer. Peter is survived by his wife Lauren and son Max.

May he Rest in peace

Greg McLeod (Class of 1975)

02/09/1955 - 28/10/2020

Passed away peacefully after a courageous fight.

Darling husband of Robyn.

Treasured dad to Danielle and Kieran.

Loved father-in-law of Patrick and Sarah.

Adored Grandpa to Ned, Orla, Henrietta and Matilda.

Very much loved big brother to Kerry, Phil and Mick.

Always a gentleman, devoted to family and friends. A good man will long be remembered.

Greg was a lifelong supporter, Life Member and Hall of Fame inductee of the Kingston Hawthorn Cricket Club. He and his wife Robyn were regular attendees and supporters of the Finian Foundation Golf Day. Greg will be greatly missed.

May he Rest in Peace.

Frank Forbes

Frank entered Eternal Life suddenly on October 3 2020. Frank was the much loved Grandfather of current St Bede's College students Sam Forbes and Liam Forbes. He was the much loved father of Martin Forbes (1986), Danny Forbes (87) and Anthony Forbes (1991).

May he Rest in Peace

Viv Haupt's (Class of 1994)

Written by long serving staff member Carmel Maloney...

Viv was a much loved staff member who retired in 1994. You may recall his macramé classes, his spontaneous singing, Viv's 'Harem', his surprise farewell karaoke night and his love and zest for life.

I will always remember the story Viv told me when he was first employed at St Bede's College by Br Bill Firman, the College Principal. Viv said he was struck by Br Bill's warm and genuine welcome. Br Bill was the first white man he had encountered who instantly stood up and came around from behind his desk to shake Viv's hand when he walked in to Br Bill's office. No other white man had previously extended his hand in friendship to Viv. Vale Viv Haupt

May he Rest in Peace

Connect with Us



This is your Association so your feedback is always very welcome. We would love to hear from you, whether it's a story, a memory or just a reconnecting, please get in contact.

St Bede's Old Collegians Association

St Bede's College
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MENTONE VIC 3194

Phone: 9582 5999
E-mail: oldcolls@stbedes.catholic.edu.au
Website: www.stbedes.catholic.edu.au/old-collegians-association
Facebook: www.facebook.com/stbedesoldcolls
LinkedIn: [St Bede's Old Collegians \(SBOCA\)](#)



Wishing you a very Merry Christmas and a safe,
Happy New Year.

OLD COLLEGIANS



ASSOCIATION