ISSUE 1-4

FROM THE PRINCIPAL

Our Vision
Mercy Regional College serves a wide rural community which values growth and diversity in Catholic Education in the Mercy tradition.

Our Mission
In the Spirit of the Gospels we commit ourselves to the core values of community, inclusiveness, learning, care, justice and mercy, excellence and achievement.

Our Goals

Community
Through the Mercy tradition we promote the uniqueness of the community and its heritage.

Commencement Mass and Blessing and Official Opening of Buildings
It is hard to believe that Friday two weeks ago the College community celebrated our Commencement Mass along with the blessing and official opening of the new and refurbished buildings at the McAuley Campus and what a great day it was in the history of the College. So many people have spoken positively about the Mass, our students and our wonderful new facilities. I have included below an extract from my address to the College community on this occasion.

"It is wonderful to have the Mercy community gathered together to celebrate the Blessing and Official Opening of our new and refurbished buildings. Today marks the conclusion of two years of planning and construction to see the completion of stage one of the Mercy Regional College Master Plan.

I thank Bishop Peter Connors for blessing our new buildings and the Hon. David Hawker for conducting the official opening and unveiling of the plaques which will commemorate this occasion. I am very grateful that both have made time to be here with us today.

The building project cost $1.6 million dollars and involved the construction of a new arts/technology centre named in honour of Ursula Frayne the first sister of Mercy to arrive in Melbourne over 150 years ago. The Art area has been named after Mr Bob Reed a passionate teacher of art at Mercy Regional College for many years who sadly passed away in 1994 and the woodwork area continues to carry the name of Ken Jehu in recognition of his outstanding service to the College since it began in 1973.

The other works involved the refurbishment of existing buildings to provide for a new resource centre named after John Tindley the first principal of the College, a state of the art Information Technology centre and a new warm and welcoming reception area and associated administration offices. The previous woodwork and art areas have been turned into general purpose classroom. In total close to 2/3rds of the College has had the benefit of the builders hammer and the painters brush.

The project was made possible as a result of a Catholic Capital Grant of $670,000, an Investing in Our Schools grant of $75,000. We are indeed very grateful for the assistance of the Federal Government for providing these grants and I would be most grateful if Mr Hawker could pass our appreciation onto the previous Education Minister Julie Bishop who approved these grants.

The remaining part of the project was financed by borrowed funds from the Catholic Development Fund, Ballarat and the generous donation of many parents and friends of the College. The College is grateful for the continued support of the Board and staff of the Catholic Development Fund.

As unveiled the honour board recognizes the generosity of our parents and friends of the
College. I am indeed very grateful to our donors as their assistance has enabled the first stage of the Master Plan to be completed.

The end result we see today could not have been possible without the assistance of many people.

In particular I would like to pay tribute to our Architects, Mr Peter Dunn, Mr Peter-John Di Michiel and Mr Tim Perks who are with us today. Their vision and creativity for what we could achieve in terms of transforming the college has been inspirational. Their ability to be able to make the most of our existing heritage buildings taking advantage of our wonder location is very evident today. Our students have very much enjoyed their new learning spaces and when our guests have an opportunity later to tour the new buildings, I am sure they will agree that our architects have done a wonderful job.

Our builders, the Nicol Group represented today by Mr Darren Morrison and Bachelor Building and Joinery represented by Mr Ian Titmus have brought to fruition the vision of our architects. Our builders have worked within the constraints of building on a school site in four different locations. Their craftsmanship has ensured that our new facilities will serve the College for many years to come.

I must also pay tribute to two members of the College staff that have ensured the smooth completion of this project. Firstly Mr Martin Ellul as Business Manager has ensured that we have completed the project within the allocated budget and Mr Danny Gordon as Property Manager has liaised on a daily basis with our builders and then ensured that all our staff and students had alternative rooms to work in during construction as well as ensuring that our new areas were ready for use.

I would also like to thank the Catholic Education Office for their support and ongoing encouragements.

Finally to our staff and students who had to cope with many different relocations and restrictions during construction. They have done this with the minimum amount of fuss. I think we will all enjoy returning to school at the beginning of term 2 with everything completed.

In the coming month the College will complete landscaping works which will further enhance our College.

I look forward to us all gathering again at this time next year at Noorat for the Official Blessing and Opening of the new O’Keeffe Junior Campus. Plans are well under the way with hopefully a start on building in term 2.
**Lions Youth of the Year**

On Friday Nick Stephenson participated in the Lions Youth of the Year District Final held in Skipton. I am delighted to report that Nick won the public speaking section with a very interesting speech on climate change! Congratulations Nick!

**3rd Annual Mercy Dinner – Friday 18th April**

Last year the second Annual Mercy Dinner was held where the College welcomed back and honoured past student Fr Ed Moloney and I am sure that all those in attendance would agree it was a great night. This year the third Annual Mercy Dinner will be held on **Friday 18th April** commencing at 7.00pm at the Noorat Community Centre. Our guest this year will be Dr Lauren Bourke who graduated from medicine in 2005. This year the College will also be taking the opportunity to honour the following staff members for their long service to the College.

The following staff will be recognized on the evening for providing 25 plus years of outstanding service to the College:

- Jenny Binder
- Lyn Davies
- Jenny Phillips
- Dinny Ryan
- Justin Staunton
- Lesa Thornton
- Tony Wynd

The following staff will be recognized on the evening for providing between 15 and 24 years of outstanding service at Mercy Regional College:

- Leanne Carpenter
- Mary Daffy
- Helen Kenna
- Lachie Lee

This will be a wonderful opportunity for many in the Mercy community to thank the abovementioned staff for their commitment to Catholic education.

Please get a table together for the evening and let Sue at the College office know by Friday 11th April.

Information about the evening is contained on a flyer attached to the last page of this newsletter.

**PTFA Meeting**

The PTFA Annual General Meeting was held on Monday. I would like to take this opportunity to thank the outgoing members of the executive, Mrs Sherrill Hinkley, President, Mrs Jo Place, Vice President, Mrs Anne Carr, Secretary, Mr Danny Gordon, Treasurer and Mrs Jenni Lenehan, PTFA Board Representative for their hard work and commitment to the College over the past year. Their support of the College is very much appreciated. I am also please to advise that the new executive for 2008 will be:

- President: Mrs Julie Keogh
- Vice President: Mrs Sherrill Hinkley
- Acting Secretary: Mrs Clare Jehu
- Treasurer: Mr Danny Gordon
- PTFA Board Representative: Mrs Jenni Lenehan

I thank these parents for being prepared to take upon this important leadership role within our school community. My hope is that other parents will now be prepared to support the new executive. The best way in which to do this is to attend the PTFA meeting held twice a term.

**Fee Raffle**

Don’t forget to purchase a ticket in our Fee Raffle. The prizes for the raffle are:

- 1st Prize: 1 year’s Tuition Fees Paid
- 2nd Prize: 50% of 1 year’s Tuition Fee paid
- 3rd Prize: 25% of 1 year’s Tuition Fee paid.

Each family has received four tickets for this raffle; however more can be purchased from the office to increase your chances! Cost of each ticket is $5.00

The raffle will be drawn on Friday 18th April at the Annual Mercy Dinner. This is a great opportunity to have your fees paid for one year for one child. Therefore I encourage everyone to have a go and purchase 1, 2, 3 or 4 tickets.

Sold tickets and money to be returned to the office by Friday 11th April.

Best of luck and thank you once again for your ongoing support of the PTFA.

**College Board of Management Annual General Meeting**

On Tuesday night the College Board held its Annual General Meeting. At this meeting the Canonical Administrators of the College outlined their desire to change the nature of the College’s constitution to provide for a Board that is expert and representative in nature and move away from a solely representative model. The effect of this change would see Board membership comprise people who have particular skills in the area of education, finance, law, management and building, along with a commitment to Catholic education. The board will continue to seek members from the four parishes that the College serves, Camperdown, Mortlake, Terang and Timboon. Members of the Board would continue to be appointed by the Canonical Administrators after a process consultation and discernment.

While the Canonical Administrators continue to investigate these changes to our constitution they have requested that the current Board of Management continue to operate as an interim board until finalisation of the constitution and the subsequent approval from the Bishop of Ballarat is sought.
Fr Barry Ryan will chair this interim board. I have listed below the members of the interim board:

Fr Barry Ryan (Board Chair)
Fr Denis Dennehy
Mrs Cherolyn Bullen
Mr Murray Whiting
Mrs Jenni Lenehan
Mr Max Fletcher
Dr Andrew Watson
Mr Martin Ellul
Mr Kerin Glennen
Mrs Jenny Phillips

**Presentation Ball**
The evening of Friday 14th March was a wonderful occasion for the College community as we held the annual Presentation Ball. I felt privileged and honoured to be part of the Official Party, which received the young ladies and gentlemen of Mercy Regional College. Both the boys and girls look magnificent on the night and were indeed great ambassadors for our College. It was great to see so many people from the school and wider community in attendance.

In particular, I would like to thank Mrs Geraldine Conheady who was responsible for the overall coordination and organization of the event, a very big undertaking. She was assisted and well supported by other members of the Presentation Ball committee that ensured the night was such a success. Thank you to:

Mrs Susan Jenkins – Flowers
Mrs Marie Harney – Suits
Mrs Jo Saunders – Photos
Mrs Monica Hickey – Booklet
Mrs Maureen Adeney – Ticket Sales
Mr Daniel Beard – Friendship Photos
Mrs Vicki Whiting, Mrs Sandy Noonan and Mrs Narelle Carlin – Set Design
Curtis Sonnet – Booklet Cover Design
Mrs Rose Henry and Year 10 parents – Supper

A special thank you to Mrs Jenny Phillips and Ms Lyn Davies for their work in coordinating our students over the course of the last seven weeks and all the other behind the scene work that so often goes unnoticed.

There are a large number of photos from the evening which can be viewed on the College website.

**MRC Athletics**
Last Wednesday, the College held its annual athletics carnival, with all students participating in the numerous track and field events. Overall results of the day were Markey House winning on 1818 points followed in second place by Ryan House on 1542 points. Frayne House came in third on 1480 points just ahead of Tindley House on 1465 points.

<table>
<thead>
<tr>
<th>U/13</th>
<th>Female</th>
<th>Kayla Spicer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Liam Darcy</td>
</tr>
<tr>
<td>U/14</td>
<td>Female</td>
<td>Caitlin Hickey</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Daniel Watson</td>
</tr>
<tr>
<td>U/15</td>
<td>Female</td>
<td>Ellie Kenna</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Tyson Osborne</td>
</tr>
<tr>
<td>U/16</td>
<td>Female</td>
<td>Lauren Carlin</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Jahd Anderson</td>
</tr>
<tr>
<td>U/17</td>
<td>Female</td>
<td>Katie Milbourne</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Ryan O’Connor</td>
</tr>
<tr>
<td>U/21</td>
<td>Female</td>
<td>Elyse Howard</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Sam Moloney</td>
</tr>
</tbody>
</table>

Congratulations to all members of Markey House and the Age Champions

**Reports and Parent/Student/Teacher Interviews**
Semester 1 Interim Reports will be posted home this week. These reports have been prepared by teachers to provide parents with information regarding students’ academic progress and work practices.

As always we welcome all parents and students to attend parent/student/teacher interviews to discuss in more detail the contents of the enclosed report. To provide a greater range of times for parents and students to attend these interviews the following times have been set aside for interviews this year:

- 4.00pm – 8.00pm Wednesday 23rd April
- 10.00am - 2.00pm Thursday 24th April (no classes for students on this day)

All interviews will be held in the de Chantal Stadium at the McAuley Campus. Parent/student/teacher interview booking sheets have been included with reports.

All parents are more than welcomed to take the opportunity to meet with teachers. Where a teacher has requested an interview it is essential that this interview take place.

**Uniform**
Traditionally the wearing of the summer uniform concludes at the end of term 1. Due to the short term the wearing of the summer uniform has been extended for the first three weeks of term 2. Therefore from Monday 28th April the correct winter uniform must be worn by all students. Page (iii) of the student diary contains information relating to the correct winter uniform.

The College is also seeking to establish a supply of the green school shirts to assist parents as we move towards the new shirt as part of the College uniform. The supply would be able to be accessed by parents that require a shirt for their child during the change over period. If you have a number of green shirts at home that are not being worn by your son or daughter please free to forward these shirts to the College office.
Procedures for reporting absences to the College

All absences need to be reported to the College on the day of absence by 9.00am. The College switchboard opens at 8.15am. Absences then need to be followed up with a note to the homeroom teacher the next day that students are at school. The College has a legal responsibility to be able to account for all students. Also students who arrive late to school need to have a note from parents explaining the reason for late arrival. Parents’ cooperation in these matters will eliminate the need for the College to make phone calls later in the morning.

Vandalism

Unfortunately over the past few weeks the College (at both Campuses) has been subjected to senseless vandalism. This is extremely disappointing. The police have been notified of these acts and are pursuing lines of enquiry. I would ask for the assistance of school families in reporting to police any persons or activities that appear to be out of place at either campus after school hours.

Condolences

The College community extends our condolences to Yolanda and Brendan McVilly and their children, Caitlyn (Year 7), Alicia and Jason on the sudden and tragic death of their beloved daughter Emma. Our prayers and thoughts are very much with the McVilly family.

Graduations

On Wednesday 2nd April Mr Kerin Glennen and Mrs Karen Glennen will both graduate from Melbourne University with a Masters degree in Education majoring in Student Welfare. The College offers our congratulations to both Kerin and Karen on their achievement.

Easter

Classes will conclude for the Easter break at 2.00pm on Thursday 20th March with classes resuming on Tuesday 8th April, 2008. Easter is a significant time in the Church’s liturgical calendar and I encourage all families to attend the Easter liturgies on Holy Thursday, Good Friday and the Easter Vigil. I have listed below the times of the Easter liturgies for the various parishes.

St Patrick’s Camperdown
Holy Thursday St Patrick’s School 9.30am,
Derrinullum, 11.00am & Cobden 6.00pm.
Good Friday Cobden, 12.00pm, Camperdown 3.00pm
& Lismore 5.00pm.
Holy Saturday Cobden 6.00pm.
Easter Sunday Derrinullum 9am, C’down 11am.

St Thomas’ Terang and St Colman’s Mortlake
Holy Thursday  Terang 7.30pm
Good Friday  Terang 3.00pm, Mortlake 3.00pm

Holy Saturday Terang 7.30pm
Easter Sunday Terang 10.00am, Mortlake 8.30am

St Joseph’s Timboon
Holy Thursday Timboon 7.30pm
Good Friday Timboon 3.00pm
Easter Saturday Timboon 7.30pm
Easter Sunday Simpson 9.00am

As Easter approaches, it is important that as Christians we take time to reflect upon the Easter season. Easter Sunday is both the third day of the Easter Triduum (Three Days of Easter, Good Friday, Holy Thursday and the Easter Vigil) and the first day of the Easter Season. It is important to remember that the Easter Triduum is the heart of the Liturgical Year. The seven Sundays of Easter are also very important as they have precedence over all other solemnities and feasts. The fiftieth and last day of Easter is the feast of Pentecost. Throughout this time of rejoicing, Alleluias are sung and the Easter candle stands in a special place in the parish church. May we take the time over the Easter season to celebrate the news of the risen Lord?

Easter Reflection

Is your life like this?

One day everything seems just right—
all is going well...
you feel at peace with yourself
and more or less at one with all the world—
Do you sometimes have days like that?

Do you also know the opposite?
when nothing goes right...
when you are at odds with yourself
and at loggerheads with all the world—
do you have times when you think the
chaos will never end?

And do you know those grey days in between
when life is dull, monotonous,
when day just follows day after day...
Do you ever wonder what it’s all about?

Do you ever wonder, do you ever think...
maybe Jesus found his days to like this too?
...from the heights of Palm Sunday
to the depths of Good Friday
and into the blazing glory of Easter Day
Coming Events

Friday 21st March
- Good Friday

Sunday 23rd March
- Easter Sunday

Monday 7th April
- Staff PD Day

Tuesday 8th April
- Students commence Term 2

Tuesday 15th April
- Board Meeting 7:30pm

Monday 21st April
- PTFA Meeting 7:30pm McAuley Campus

Wednesday 23rd April
- Parent / Teacher / Student Interviews
  Yrs 7-11 4:00 - 8:00pm

Thursday 24th April
- Parent / Teacher / Student Interviews
  Yrs 7-11 10:00am - 2:00pm [no classes]

Friday 25th April
- ANZAC DAY

Monday 28th April
- Winter School Uniform to be worn

Thursday 1st May
- MRC Cross Country

Tuesday 13th May
- National Literacy and Numeracy Testing Yr 7 & 9

Wednesday 14th May
- National Literacy and Numeracy Testing Yr 7 & 9

Thursday 15th May
- National Literacy and Numeracy Testing Yr 7 & 9

Friday 16th May
- Catholic Education Week commences

Mercy Awards

VCE (Yr 11 & 12) Mercy Award

Holly Noonan Anna Whiting and Molly Bradshaw for giving up their time to participate in the Year 11 Presentation Ball.

Middle School (Yr 9 & 10) Mercy Award

Jack McKenzie and Kane Veenstra for their contribution to the Social Justice Committee and their general contribution around the school.

Junior School (Yr 7 & 8) Mercy Award

Macauley Bambridge for all the help he gave to a staff member at the MRC Athletics Carnival last week.

World Youth Day

There are a number of students from the College attending World Youth Day from July 14 – 20th and during April and May these students will meet for formation group evenings. These students will be busy fundraising and preparing for their pilgrimage. Registration is still open to anyone who wishes to attend this exciting event. Check out the www.WYD08 website for registration. Please see Mrs. Saunders if you have any queries or have an interest in attending.

Transition Day

Michael Clements

Last Thursday we conducted the first of our Transition Days for 2008. It was a fantastic opportunity for students to become a little more familiar with their surroundings for next year and to meet some of their future teachers. Student’s contribution to the morning Mass was most appreciated and they relished in the opportunity to participate in Home Economics, Physical Education and IT. For the entire day they were positive and enthusiastic. Thank you to parents for attending the Mass and morning tea and to the teachers from St Colman’s, St Thomas’ and St Pats for your assistance on the day.
From the Wellbeing Coordinator
Kerin Glennen

Easter time is not far away and the weather appears to be cooling down a little to everyone's relief. Easter is a time for families to get together and celebrate, tell stories and remember the significant of this session.

As a community that celebrates, we must also look after our adolescent, members who do not have the experience with the effects of alcohol in their system. Both the long and short term effects, more than 40 per cent of young people aged between 16-24 years surveyed in Victoria in September 2002 were drinking at levels that placed them at short term harm. Of these, 19.5 per cent of males and 13.8 per cent of females aged 18 – 24 years were drinking at these risky levels on a weekly basis. These numbers have increased over the last 3 years.

As a parent you may find it difficult to say “no you are too young to drink” to your son/daughter, when the response is “everyone else is doing it.” At some stage parents need to say “16 is too young for you to drink”, it is also illegal to supply a young person of that age with alcohol.

The sons and daughters of our community need to be given every chance to achieve and be the best they can be in whatever field they wish to enter. Drinking at a young age, turning up to school hung over, bringing feuds that may have developed at a party to school do not help with the harmony and collegiality of a group. How are young people, well under the age of 18 able to access alcohol? Who would knowingly put a young persons life at risk by supplying them with alcohol whilst knowingly breaking the law doing so?

Alcohol is associated with significant levels of harm among Australians, particularly young people. In 1998, alcohol use was the cause of 814 deaths and 25207 hospital admissions of Australians aged between 15 – 34 years. My expectation is that this number has increased over the following years.

Our young of today will be the leaders of tomorrow, let us give them the chance to be the best they can be and not be reliant on alcohol as their drug of choice.

I wish all families a safe, happy and enjoyable Easter in the company of family and friends.

VCE Outdoor Education Surfing Camp
James Castles

The Outdoor Education students had an overnight stay at Torquay Foreshore Caravan Park. The camp was on the 13th and 14th of March.

The focus of the camp was to both learn to surf and understand what motivates individuals to participate in the sport.

It was outstanding to see the whole group all surfing, by the end of the camp everyone could stand up. Thanks must go out to “Go Ride a Wave” for their time and effort in teaching us how to surf.

It was pleasing to see that all students enjoyed themselves and the company of their class mates. Looking back on the camp it was a positive experience for all students and staff involved.

PUBLIC NOTICE
Lismore/Derrinallum Football Club
Junior training will permanently move to Thursdays as of this week. This change will be marked with a pie night after training at 6.00pm. It would be greatly appreciated if any parents could assist with the organisation of this night. Registrations fee of $28 for the new season can now be paid. For any enquiries contact Damon Hands at Derrinallum College. Hope to see many old and new faces at training.
From the Director of Learning and Teaching
Mrs. Lisa Pope

Careers Report
Melbourne University
The University of Melbourne would like to extend an invitation to Year 10 students to participate in Master Class 2008. This program offers interested students the opportunity to sample tertiary level study prior to choosing VCE subjects later in the year. Participation is free. Classes are hosted by academics at the University's Parkville (city) campus, so students can see first-hand how universities operate. This year, Master Classes will run in May in term two and a Master Class Day will be held during the school holidays on Wednesday, 2nd July. This event will allow students to experience a full day at university while attending classes in which they are interested. Interested students are asked to apply online at www.futurestudents.unimelb.edu.au/masterclass.

Online applications for all master classes (including those held on Master Class Day) will open on 7th March and close at 5pm on Friday 11th April. No late applications will be accepted. For more information contact the School programs Officers on 1800 801 662 or email: school-programs@unimelb.edu.au

Westvic Work Force
Applications are now open for an Apprentice Renderer with Gaylard & Missen Painting & Rendering. A letter of application along with a resume is required to apply with applications closing on Friday, 28th March 2008.

From the Head of Sport
Darren Cheeseman

Mercy Regional College Athletics Sports 2008
On Wednesday 12th March, Mercy Regional College held its annual athletics sports. Students participated in both track and field events with many outstanding individual performances. Nathan Monk won all of his events, as did Patrick Moloney, which was a fantastic effort. Many records were broken and these will be published in the next newsletter. Overall results of the day were Markey House winning on 1818 points followed in second place by Ryan House on 1542 points. Frayne House came in third on 1480 points just ahead of Tindley House on 1465 points.

Catholic All Schools Swimming
On Tuesday 18th March fifteen on Mercy's best swimmers travelled to Melbourne to participate in the CAS Swimming held at the Melbourne Sports and Aquatic Centre. It was a fantastic opportunity for students to swim in pool that hosted the 2006 Commonwealth Games.

Age group champions included the following students:
Under 13: Kayla Spicer and Liam Darcy
Under 14: Caitlin Hickey and Daniel Watson
Under 15: Ellie Kenna and Tyson Osborne
Under 16: Lauren Carlin and Jahd Anderson
Under 17: Katie Milbourne and Ryan O'Connor
Under 21: Elyse Howard and Sam Moloney

These age group champions will be formally recognised and presented with their medals at an assembly in term two.

Well done to all students for their efforts on the day and also to all staff and parents that assisted with the running of events and setting up. HSSSA Athletics will be held on Wednesday 9th April at the Leura Oval.
Fee Raffle

Don’t forget to purchase a ticket in our Fee Raffle. The prizes for the raffle are:

- **1st Prize:** 1 year’s Tuition Fees Paid
- **2nd Prize:** 50% of 1 year’s Tuition Fee paid
- **3rd Prize:** 25% of 1 year’s Tuition Fee paid.

Each family has received four tickets for this raffle; however more can be purchased from the office to increase your chances!

Cost of each ticket is $5.00

The raffle will be drawn on

**Friday 18th April at the Annual Mercy Dinner**

This is a great opportunity to have your fees paid for one year for one child.

Therefore encourage everyone to have a go and purchase 1, 2, 3 or 4 tickets.

Sold tickets and money to be returned to the office by

**Friday 11th April.**

Best of luck and thank you once again for your on-going support of the PTFA.
Family relationships program 2008 term 2

Warrnambool
346 Timor Street

Separation Recovery
Wednesday 26th March, 2, 9 & 16 April, 1-3pm

Building Positive Relationships
Wednesday 23rd April, 1-3pm

123 Magic, Parenting Program
Wednesdays 30th April, 7 & 14 May, 1-3pm

Learning to Bloom
Wednesday 21 & 28 May and 4 & 11 June, 1-3pm

Marriage Essentials
Saturday 17th May, 9am-4pm

Hamilton
Mary Knoll Centre, Clarendon Street

Separation Recovery
Thursday 27th March, 3, 10 & 17 April, 1-3pm

Building Positive Relationships
Thursday 24th April, 1-3pm

123 Magic, Parenting Program
Thursdays 1, 8 & 15 May, 1-3pm

Learning to Bloom
Thursday 22 & 29 May and 5 & 12 June, 1-3pm

Marriage Essentials
Thursday 22 & 29 May and 5 June, 7-9pm

Separation recovery
For people whose relationship has ended
- Understanding the separation process
- Managing strong emotions
- Improving communication skills
- Relaxation and survival techniques
- Looking to the future - setting goals

Building Positive Relationships
For anyone who wishes to improve relationships
- Positive and negative behaviours
- Communication skills
- Conflict resolution
- Negotiating outcomes
- Goal setting

123 Magic
For parents of children aged 2-12 years
- Managing difficult behaviour
- Child development
- Establishing boundaries
- Negotiating change respectfully

Learning to Bloom
A nurturing program for women
- Communication
- Setting goals
- Enhancing relationships
- Managing strong emotions
- Self-care

Marriage Essentials
For married couples or those who have been in a long-term relationship
- Why marriages succeed or fail
- How different needs affect relationships
- The effect of values and beliefs
- Healthy communication and conflict patterns

Enquiries and bookings for all programs:
5561 5922

Costs:
Separation Recovery $40.00
Positive Relationships $10.00
123 Magic $30.00
Learning to Bloom $40.00
Marriage Essentials $30.00
Concession available

Centacare
Mercy Regional College

Cordially invites you to attend the third
Annual Mercy Dinner

to be held on

Friday 18th April 2008
at the

Noorat Community Centre
McKinnons Bridge Road, Noorat

Featuring
Dr Lauren Bourke
MRC Student 1994 – 1999

and the recognition of long serving staff members of Mercy Regional College

The Dinner will commence at 7.00pm with pre dinner drinks and savouries
followed by a sumptuous two-course meal and
featuring keynote address from Dr Bourke

This will be an occasion not to be missed. Please reserve your table early to avoid
disappointment, as there are only limited numbers available.
Drinks are available at Bar prices

I wish to purchase ____________ ticket(s) at $37.50 per person to attend the dinner
Total $ ____________

Please reserve me ____________ tables of 10 @ $375.00 per table for the dinner
Total $ ____________

Name: ________________________________

☐ Attached is a cheque (payable to Mercy Regional College) for $ ________________
☐ Credit Card Payment
☐ Visa Card ☐ Master Card [please tick which card is applicable]

Credit Card Details: ____________ ____________ ____________ ____________ ____________ ____________

Expiration Date ☐ ☐ / ☐ ☐ Signature ________________________________

Please phone Sue on 5593 2011 to reserve your table by Tuesday 8th April 2008
Please Note: All payments must be received at the office by Friday 11th April 2008
FREE Youth Week Activity Cinema Under the Stars at Timboon Presents........

@ 7.30 pm

"HAIRSPRAY"

Friday 11th April 2008
at Timboon Railway Park

Fully Supervised Event: Shire staff, Victoria Police members & Volunteers.

FREE BUSES FROM THE FOLLOWING TOWNS

(Bookings Essential - Call Catherine O’Flynn to book your seat 55937100)

<table>
<thead>
<tr>
<th>Bus Run 1</th>
<th>DEPARTS</th>
<th>RETURNS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skipton (Police Station, Blake Street)</td>
<td>4.00pm</td>
<td>11.00pm</td>
</tr>
<tr>
<td>Derrinallum - (Port Office, Main Street)</td>
<td>4.30pm</td>
<td>10.30pm</td>
</tr>
<tr>
<td>Lismore (Police Station, High Street)</td>
<td>4.45pm</td>
<td>10.20pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bus Run 2</th>
<th>DEPARTS</th>
<th>RETURNS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camperdown (Police Station, Fergusson Street)</td>
<td>4.00pm</td>
<td>10.40pm</td>
</tr>
<tr>
<td>Terang (Police Station, High Street)</td>
<td>4.30pm</td>
<td>10.20pm</td>
</tr>
<tr>
<td>Cobden (Police Station, Curdie Street)</td>
<td>5.00pm</td>
<td>10.00pm</td>
</tr>
</tbody>
</table>