ISSUE 4-1

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 Focus for 2009
Learning: Through the Mercy tradition we encourage our community to seek knowledge, to nurture curiosity and to love learning.

Welcome Back
Welcome back to what will be a very busy term four. I hope that all students have had the opportunity to have a break from the day-to-day routine of school and are now set for the challenges of the final term for 2009.

Social Justice Sunday
Recently, Social Justice Sunday was celebrated and the annual Social Justice Sunday Statement was issued by the Australian Catholic Bishops. A copy of the statement is available at the College Office. As part of the publications that are issued at this time, the Australian Catholic Social Justice Council have identified ten steps towards being witnesses to the Gospels. I have provided this below for your reflection.

1. Take seriously the call to be witnesses to the Gospel of life
Witnessing to the gospel of life challenges us to address the human need before us and to be a force for change to institutions and policies that divide society, undermine human dignity and cause human poverty and disadvantage.

2. Be witnesses
Working for justice and showing a willingness to reflect deeply on the meaning of injustice and the cause of oppression, encourages others to examine their lives and values, inspiring women and men to turn to Christ and to the service of others.

3. Deepen an appreciation of the power of the Gospel
An ever deeper appreciation of the power of the Gospel enables us to draw parallels between current situations and the life and ministry of Jesus and enables actions to emerge from gospel values

4. Incorporate commitment to justice into worship and prayer
Through our prayer and worshipping together, we come to realise that our lives are sacred as is the life of all our brothers and sisters.

5. Imagine a better world and bring this vision to fruition
Jesus was vitally concerned with what divided society and caused human impoverishment. His ministry to establish the Kingdom of God was certainly concerned with personal conversion but also with liberating people from unjust structures. We can expand our creativity and imagination to develop new thinking, ideas, structures and institutions.

6. Develop a more ethical lifestyle
As we integrate our response to one another, to our world and to the environment, we will develop a more ethical lifestyle.

7. Be committed to non-violence
Acting responsibly and with integrity, we voice our condemnation of violence and war to solve problems.
Choosing not to hurt or kill another human being is the greatest contribution each of us can make to peace. Our gentleness and peace can build strong relationships and community.

8. Honour Aboriginal and Torres Strait Islander peoples
Having apologised for the injustices of the past, we now need to take concrete steps towards a reconciliation based on mutual respect.

9. Care for the vulnerable and the marginalised
We need to work towards the inclusion of all people into our community, bridging our divisions, building upon our hopes and accepting our responsibility to build the Kingdom of God in the here and now.

10. Engage in sustainable development
We are currently living out of harmony with nature, scarring the surface of the earth with erosion and deforestation, contributing to rising sea levels and devastating droughts. We need to develop a sustainable environment by reversing this damage.

Make a Wish Foundation
Walking from Melbourne to Portland, the “Make a Wish” Foundation volunteers and Collingwood Captain, Nick Maxwell, stopped in Camperdown to make Jasmine Bell's wish come true. This time last year Jasmine was receiving treatment for cancer and she thought that the events organised for Camperdown and Warrnambool were to provide the opportunity for her to walk and present Portland Make a Wish Foundation President, Gail Jaensch, with the $2039 raised by Mercy Regional College and the residents of Camperdown and Princtown. Gail Jaensch, however, presented Jasmine with her own wish - a trip to Cairns, to enjoy skydiving and bungy jumping!

This will be a well-deserved break and adventure for Jasmine and her family.

Redevelopment Works Continue...
Over the term break a number of projects were completed and a number commenced, in preparation for 2010.

The toilet amenities at the O'Keeffe Campus were upgraded with them being repainted and new flooring installed. The new basketball court was laid and the new modular classrooms have arrived, which will provide an additional two classrooms, two offices and a storeroom. At the McAuley Campus, work has commenced on the new commercial kitchen, which will provide a welcome addition to our technology facilities and will allow for the expansion of the curriculum in the food technology and hospitality area.

Catholic All Schools [CAS] Athletics
Last term on Tuesday 15th September a team of Mercy athletes competed in the Catholic All Schools Athletic competition a state-wide athletic competition.

The students were selected based upon their performances at both the College and HSSSA competitions held earlier in the year. Mercy competed in the Green Division for schools with an enrolment of 400-900 students. Lastly, we received the final results from this competition and Mercy Regional College is the State Champions for 2009.

The table below lists the schools that we competed against to achieve our victory!

<table>
<thead>
<tr>
<th>School Name</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>MERCY REGIONAL COLLEGE</td>
<td>210</td>
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<tr>
<td>Trinity College, Colac</td>
<td>195</td>
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<td>Monivae College, Hamilton</td>
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<td>Sacred Heart College, Kyneton</td>
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<td>St Ignatius College, Drysdale</td>
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<td>Mary MacKillop College, Leongatha</td>
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<td>St Joseph's College, Echuca</td>
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<tr>
<td>CRC, Melton</td>
<td>85</td>
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<tr>
<td>CRC, North Keilor</td>
<td>84</td>
</tr>
<tr>
<td>MacKillop College, Swan Hill</td>
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<tr>
<td>Marian College, Ararat</td>
<td>52</td>
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<tr>
<td>FCJ College, Benalla</td>
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</tr>
<tr>
<td>St Joseph's College, Mildura</td>
<td>39</td>
</tr>
<tr>
<td>CRC Sydenham</td>
<td>23</td>
</tr>
</tbody>
</table>

Congratulations to our Athletic team on an outstanding victory!

We also congratulate the following students on becoming Individual State Champions at the [CAS]:

Girls 17-21 year old: Sephanie Jamieson 4th place
Boys 16 year old: Jahd Anderson 2nd place
Girls 15 year old: Caitlyn Hickey 4th place
Boys 14 year old: Declan O'Connor and Nathan Monk equal 5th place.

Please see further article & photos on page 8.

School Uniform & Hats
A reminder to all parents that the summer uniform is to be worn during term 4 and that part of the summer uniform is the requirement that all students must wear the approved College hat when in the sun. The College hat is available from our uniform shop.
Car Raffle
Monday, 31st August, marked the beginning of the 35th year of the Mercy Regional College Car Raffle. The car raffle is certainly now the most important fund raising effort of our PTFA. Raffle books and rosters for selling tickets have been distributed.

This year’s prizes are as follows:

1st Prize:  
2009 LV Ford Focus LX Sedan valued at $29,990.00  
Supplied courtesy of A K McKenzie Motors Colac and supported by Manifold Motors Camperdown

2nd Prize:  
Harvey World Travel Voucher valued at $2,000.00  
Supplied courtesy of Harvey World Travel, Camperdown

3rd Prize:  
Electrical Voucher $1,000.00  
Supplied courtesy of Camperdown Retravision

4th Prize:  
Nutrimetics Pamper Pack valued at $250.00  
Supplied courtesy of Helen Bourke, Terang

5th Prize:  
Jewellery Voucher valued at $200.00  
Supplied courtesy of Showcase Jewellers, Camperdown and Colac

6th Prize:  
Dinner Voucher valued at $100.00  
Supplied courtesy of Madden’s Bar & Bistro, Camperdown

This year, we have again selected a more fuel-efficient car to ensure the running costs, for the eventual winner, will be more economical. The College is indeed grateful to our abovementioned suppliers for their generosity of raffle prizes. Where possible, it would certainly be appreciated if our school community could support these businesses.

I look forward to a very successful car raffle result, which can be easily achieved if ALL families work together to sell their book of raffle tickets and assist with the selling roster. Please see a copy of the roster for the next month on page 14 of this newsletter.

VCE Students
With only a week of formal classes left and just under two weeks until the first VCE exam, our VCE students are being offered many additional classes, revision times, lectures and tutorials prior to the commencement of VCE exams.

I take this opportunity of thanking our Year 12 teachers who are ensuring that our students are well prepared for the exams. All in all, our Year 12 students are very fortunate to have a dedicated team of VCE teachers who are willing to assist them in any way possible to be well prepared for the forthcoming exams.

In return I hope that our students will:
- Make the most of the extra classes being offered
- Attend all scheduled practice exams
- Ask their teachers for assistance
- Continue their an extensive study and revision program
- Review their commitments outside of school to ensure that study in NOW the NUMBER ONE PRIORITY
- Make some sensible choices in terms of social activities, especially on weekends

To do all of the above, our students will require the support, guidance and wisdom of parents. I look forward to celebrating the success of our students in early December.

Prayers
During the holidays the College community were saddened to hear of the passing of Mr Ray Russell. Ray was a life-long supporter of the College and also a great neighbour. He was one of the Catholic families who ensured that Catholic secondary education would be provided for families in our region. In recent years, Ray always kept a watchful eye on the school, especially during the holiday periods. We remember Ray fondly and are very grateful for his contribution to the College over many years. The College community extends its deepest sympathies and his wife Margaret, his children Peter, Kevin, Noel, and Stephen and their families.

We should also remember in our prayers, the victims of the Samoan Tsunami and the Indonesian earthquake. With so many families experiencing the heartache of losing loved ones and being displaced from their homes, we pray for both the physical and spiritual support of these people.

Along the Track
I have attached to this newsletter, for your interest, on page 10, a reflection titled “Anger” written by Jim Quilinan from the Diocesan Catholic Education Office in Warragul. I hope you enjoy this reading.
Year 9 City Camp
This week, at last, our Year 9 students ventured to Melbourne for their annual city experience, with the Swine Flu no longer causing us any concerns. During their time away, the students were immersed in life in Melbourne, learning and experiencing life in an urban setting. It also provided the opportunity to visit many sites in and around Melbourne. I thank the students for their good behaviour and co-operation during their time away. Thanks are extended to Mr Michael Clements for his outstanding organisation of the camp for the second time, this year and to the following staff who gave up their time to attend the camp: Mr Simon Horan, Ms Rebecca Rees, Ms Lisa Pope, Mr James Castles, Mrs Berni Sinnott and Mr Darren Cheeseman.

Wishing you all a safe and pleasant start to Term 4.

“It is not sufficient that Jesus Christ be formed in us;
He must be recognised in our conduct”

Catherine McAuley (1778-1841) Foundress of the Sisters of Mercy

Andrew Watson
PRINCIPAL

Coming Events

TERM 4
Tuesday 20th October
- Board Meeting @ 7.30pm Camperdown

Thursday 22nd October
- Year 12 Final assembly [period 5 & 6]

Monday 26th October
- PTFA Meeting, McAuley Campus @ 7.30pm

Friday 31st October
- VCE Exams commence

Monday 2nd November
- School Board Holiday

Tuesday 3rd November
- Melbourne Cup Holiday

Tuesday 17th November
- Board Meeting @ 7.30pm Camperdown

Wednesday 18th November
- Arts Nights & Car Raffle Draw

Friday 20th November
- VCE Exams conclude
- Graduation Mass @ 6.00pm
- Graduation dinner @ 7.45pm

Monday 23rd November
- PTFA Meeting – O’Keeffe Campus @ 7.30pm

Tuesday 24th November
- Year 11 Exams commence

Thursday 26th November
- Year 11 students conclude

Monday 30th November
- Year 7, 2010 Orientation Day [no school for current Yr 7’s]

Tuesday 1st December
- Year 8 Exams commence

Wednesday 2nd December
- Year 7, 9 & 10 Exams commence

Friday 4th December
- Year 7 – 10 students conclude

Monday 7th December
- 2010 Leadership Camp

Tuesday 8th December
- 2010 Leadership Camp
- End of Year Mass & Awards Presentation, St Thomas’ Church Terang @ 7.00pm

Friday 11th December
- Reports posted home
- Teaching staff conclude

Monday 14th December
- VCE Results available

Wednesday 16th December
- Office closes
**Mercy Awards**

**VCE (Yr 11 & 12) Mercy Award**

Racheal Broomby for application to her studies and inclusiveness.

**Middle School (Yr 9 & 10) Mercy Award**

Jack McKenzie and Kane Veenstra for participating in the “Shave for a Cure” fundraiser for the Royal Children’s Hospital and raising over $2000.

**Junior School (Yr 7 & 8) Mercy Award**

Maggie Rose for her commitment to her studies.

**PUBLIC NOTICES**

**Noorat & District Tennis Association**

Invites anyone interested to participate in an eight week coaching program on Thursday evenings 4.00pm onwards at the Terang Recreation Reserve Tennis Courts for Ages 7 years plus, Beginners, “Hot Shots”, Intermediate, Advanced. $5.00 per week [Family concession available], Level 1 & 2 VCTA accredited coaches. If interested please phone -

Shane Quick  5592 5300
Jack Kenna  5562 9297
Denise Arundell  5592 1345
Lorraine Meade  5591 8398

**Let’s Dance Gala Night**

To be held at the Terang Civic Hall on Saturday 24th October. For ticket sales please contact Caroline Nash on 5593 2264.

**From the Director of Learning and Teaching**

**Mrs Lisa Pope**

**PRE APPRENTICESHIP COURSES**

Employers want workers who are interested in their jobs, have some experience and want a career in their trade. Doing a pre apprenticeship with South West TAFE can make you the answer to their needs. Try an Automotive, Carpentry, Cookery, Engineering, Electrical, Hairdressing or Plumbing pre apprenticeship in 2010 and see where it may take you. Any student who wishes to apply for a pre apprenticeship next year can you please contact Mr Walsh ASAP to find out all details and what courses are on offer.

**AUSTRALIAN NATIONAL UNIVERSITY PLANT SCIENCE SCHOLARSHIP**

$6,500 per year for up to four years with research opportunities in industry and government. Scholarship recipients study the Bachelor of Science with a major in plant Science. ANU particularly encourages applications from students in rural areas because they believe they have direct experience of current challenges facing sciences and a strong desire to address them. Apply online for a Plant Science scholarship at the top-ranked university of Australia: Applications close 18 Dec 2009.


**UNIVERSITY OF MELBOURNE**

**Course Information Day - 17th December 2009.**

- Speak with course representatives
- Hear about the selection process, enrolment options and course offerings
- Enjoy a tour of the campus or a Residential College
- Discover further graduate study options
- Parent sessions.

For registration and up-to-date details of the day, and the Change of Preference period, please go online at www.cop.unimelb.edu.au

**Change of Preference period opens for all VTAC applications.**

**MONASH UNIVERSITY**

**The Rural Pharmacy Scholarship And Rural Entry Scheme**

Applications close on 31 Oct 09. For more information: www.pharm.monash.edu.au/courses/pharmacy/ruralentryscheme or phone Megan Taylor on 02 6270 1888.

Monash University provides many opportunities as the university of choice for young people in the region. However, some students, for a number of reasons, do not achieve the ENTER score required for the course.
they select. The Diploma of Tertiary Studies pathway available at Gippsland and Berwick Campus is a pathway into the second year of your chosen degree and an opportunity to explore academic options if you are uncertain about future career directions. For more information on requirements for this course please see Mrs Pope or visit www.gippsland.monash.edu.au

Students at Monash University Gippsland are also able to apply for the Co-op Industry Scholarship Program - a work placement program offering a scholarship up to the value of $16,500. 40 Co-op Industry scholarships will be available to ‘new’ on campus Monash Gippsland Students in 2010 enrolling in:

- Arts Art & Design
- Engineering IT Science

Applications close on 18 Dec 09 and for more information please see Mrs Pope or phone Kylie O'Donnell on (03)5122 6303 or email: kylie.pdonnell@adm.monash.edu.au

New Courses Offered at the Gippsland campus in 2010
- Bachelor of Science [Medical Bioscience], an excellent background for further study in medicine
- Bachelor of Nursing Practice, with immediate hands-on clinical experience
- Bachelor of Business and Commerce [Global], with overseas study options available
- Bachelor of Journalism, with a new course structure to embrace modern media techniques
- Bachelor of Primary Education, which will include an option for study within middle school education.

To learn more about these courses and the many other study options at Monash University please visit www.gippsland.monash.edu.au/future or phone (03) 5122 6987

RMIT UNIVERSITY AND TAFE HELPLINE 1800 117 648

RMIT has more career paths to attract independent thinkers. To find out more, call the RMIT Helpline (freecall including mobiles 14-21 December), email study@rmit.edu.au or visit RMIT’s Info Corner at 330 Swanston Street. Information session 12 – 3pm Thursday 17th December at RMIT’s Info Corner.

VICTORIA UNIVERSITY

Hair and Beauty Careers Expo – Sunday 18th October, 10am – 3pm
Beauty Therapy, Natural Spa Therapy, Hairdressing Make-up, Modelling, Nail Technology
Venue: City Kings Campus, 225 King Street Melbourne
For more information: www.vu.edu.au/events/visit-vu

WANNON WATER

Wannon Water is offering one Engineering Scholarship, awarded on an annual basis, to a student from within their service region completing year 12 and applying to study Civil Engineering at a Victorian University. The aim of the scholarship is to support a full time engineering student from south west Victoria.

The scholarship will be awarded for a four year period and consists of:
1. Christmas Vacation employment with Wannon Water as a Civil Engineering Cadet at the end of their second and third year of study; and
2. An annual cash amount of $5,000 for education expenses as defined in the Wannon Water Scholarship Agreement.
3. A minimum of two years post graduate employment

Full details of the scholarship, the selection process and applications forms are available at www.wannonwater.com.au or phone 5564 2739. Applications close 18 Dec 09.

NATIONAL GALLERY OF AUSTRALIA

Based at the National Gallery of Australia in Canberra for one week from 10th – 16th January 2010, the National Summer Art Scholarship provides students entering year 12 with an in-depth experience and understanding of the opportunities available in the visual arts. Sixteen students, two from each state will be selected to represent remote, regional and metropolitan Australia.

Application forms are available online at nga.gov.au/summerartscholarship Applications close on Friday 30th October 2009.

UNIVERSITY OF BALLARAT

If you are interested in a career in IT, the University of Ballarat offers a unique and exceptional opportunity to secure your future employment. To begin with, you will be paid $30,000 over the 4 years of your Bachelor of IT (Professional Practice) course, via an innovative “Earn-As-You-Learn” scheme developed in conjunction with IBM. You will also combine your studies with the equivalent of a full year’s work experience with IBM, giving you an ideal preparation for the workforce. And finally, when you graduate with your BIT (Professional Practice) degree, you are guaranteed a job with IBM, with a wide variety of career opportunities on offer within Australia, or even overseas. Too good to believe? Find out full details by calling the University of Ballarat on 1800 811 711 or visit www.ballarat.edu.au/earnasyoulearn

UPCOMING CAREER DAYS

22nd September - Discover Deakin (all campuses) - Years 10, 11, 12 students - register on website www.deakin.edu.au/discover
28th September - Discover Deakin (all campuses) - Years 10, 11, 12 students - register on website www.deakin.edu.au/discover
29th September - Experience Monash Peninsula - for Years 10, 11, 12 students - register online www.monash.edu/study/events/experience

For more information on careers, please feel free to email the Careers teacher on info@mercy.vic.edu.au or go to www.mercy.vic.edu.au, click on students, then Career Information where you will find career links, UNI/TAFE links and career downloads.
## Assessment Planner 2009 - Semester 2 / Term 4

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<thead>
<tr>
<th>YEAR 7</th>
<th>Week</th>
<th>Subject</th>
<th>Assessment Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>w/e 23/10</td>
<td>Textiles, English, HEC, Info Tech 7C</td>
<td>Worksheets on introduction to Textiles, Silver Donkey Character Studies, Assignment, Excel Test (Done in Class)</td>
</tr>
<tr>
<td>4</td>
<td>w/e 30/10</td>
<td>Art, SOSE, RE, Music</td>
<td>Spirit of Mercy Group Task &amp; Visual Diary, Planning a Party/Economics, The Human Face of Jesus: Newspaper, Presentation Task, Musicology Assignment</td>
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<th>YEAR 8</th>
<th>Week</th>
<th>Subject</th>
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<td>3</td>
<td>w/e 23/10</td>
<td>English, HEC, Info Tech</td>
<td>Media, Assignment, Graphics</td>
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<tr>
<td>4</td>
<td>w/e 30/10</td>
<td>Art 8C, RE, Music</td>
<td>Artist Assignment, Sacraments/Individual Report, Musicology Assignment</td>
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<th>YEAR 9</th>
<th>Week</th>
<th>Subject</th>
<th>Assessment Item</th>
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</thead>
<tbody>
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<td>3</td>
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<td>R.E, SOSE, Home Economics, Media</td>
<td>Body image -research project, Essay, Design Folio, Video Project</td>
</tr>
<tr>
<td>4</td>
<td>w/e 30/10</td>
<td>Yr 9 PD (finance), Yr 9 Ag-Hort Elective, Graphics</td>
<td>Budgeting Assignment, Technology Assignment, Rendering Folio due</td>
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<th>YEAR 10</th>
<th>Week</th>
<th>Subject</th>
<th>Assessment Item</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>w/e 23/10</td>
<td>Outdoor Education, Graphics, English, Hospitality, Yr 10 Math’s, Yr 10 General Math’s, Food Technology</td>
<td>SAC 2, Design project by hand techniques, Creative writing, Catering Menu, Test - Simultaneous Equations, Test - Measurement Part 2, Design Folio</td>
</tr>
<tr>
<td>4</td>
<td>w/e 30/10</td>
<td>Art-Photography, Yr 10 Science, Hospitality, I.T. Advanced Applications, Art</td>
<td>Superimposing Photographic Task Assignment, Catering menu evaluation, Database Project, Lino printing folio due</td>
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<th>YEAR 11</th>
<th>Week</th>
<th>Subject</th>
<th>Assessment Item</th>
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<tbody>
<tr>
<td>3</td>
<td>w/e 23/10</td>
<td>Food Technology Yr11, Studio Arts 2, Design Technology 2, English Unit 2</td>
<td>Practical evaluations, Artist Theory Topic, Folio Due, Area of Study 1 SAC</td>
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<tr>
<td>4</td>
<td>w/e 30/10</td>
<td>Food Technology Yr11, Unit 2 Business Management, Yr 11 Ag-Hort, Unit 2 Biology, Design Technology 2</td>
<td>UNIT 2 Outcome 2, Outcome 2 DUE, Technology Assignment (developments in pasture production), Excursion Practical, Production Due</td>
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<th>YEAR 12</th>
<th>Week</th>
<th>Subject</th>
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<td>w/e 23/10</td>
<td>Outdoor and Environmental Studies, Further Maths, Psychology Unit 4, Design Tech Unit 4</td>
<td>Exam Revision and Practice Exams, Exam Preparation, Revision &amp; Exam preparation, Exam preparation</td>
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<tr>
<td>4</td>
<td>w/e 30/10</td>
<td>Psychology Unit 4</td>
<td>Revision &amp; Exam preparation</td>
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* Please note that changes may occur and students will be notified by subject teacher of any changes.
Late mail on school win
KATE BUTLER

THE Catholic All Schools Athletics titles were held almost a month ago and Camperdown's Mercy Regional College had pretty much moved on from the meet.

The school's 48 athletes knew they had put in a solid performance at the carnival, held at Olympic Park on September 15.

But since the winners were not announced on the day, any thoughts they had of possibly claiming the overall trophy had slipped from their minds until an email popped up on Monday.

The message informed Mercy Regional College it had taken out the green section, for schools with between 400 and 900 students.

"It was a pleasant surprise," P.E. co-ordinator James Castles said. "The team did well and we thought we had a bit of a chance but we weren't really expecting to win.

"We have about 430 students. We're a very small school in comparison to some of the others we were up against."

Castles said athletics was included in the curriculum from years 7 to 10.

"We do a little bit of it but a lot of it comes down to the students being naturally good athletes," he said.

"A lot of them play footy and netball."

It was an all south-west podium, with Mercy Regional College finishing with 210 points, six more than Colac's Trinity College.

Hamilton's Monivae College finished third with 163 points.

Castles highlighted the individual performances of Stephanie Jamieson (fourth in 17-21 years girls), Jahd Anderson (second in 16-year-old boys), Caitlyn Hickey (fourth in 15-year-old girls) and Declan O'Connor and Nathan Monk (equal fifth in 14-year-old boys).

Declan, Nathan and Ryan earned first place in 400 metres, long jump and javelin respectively while the 14-year-old boys' relay team time of 51.18 seconds was enough to claim first place at the carnival.

The entire team will be formally recognised at a school assembly on October 22.
If any students are interested in the above they are to please contact Mr James Castles for further information.
Along the track

Anger

We all know what anger is, and we've all felt it. Anger is a common human emotion. We experience it, give in to it more often than we like to admit, whether as a fleeting annoyance or as full-fledged rage. While anger is a completely normal, usually healthy, human emotion, when it gets out of control and turns destructive, it can lead to problems—problems at work, in personal relationships, and in the quality of life.

We can't eliminate anger—and it wouldn't be a good idea if we could. In spite of all our efforts, things will happen that will cause us anger, and sometimes it will be justifiable anger. Jesus got very angry over how traders had defiled worship at God's temple in Jerusalem (John 2:13-16). Jesus was angered by those who constantly watched and tried to trap him (Mark 3:5). We are told that God is slow to anger, but can get that way nonetheless (Psalm 75:1), and Paul urges us to be angry but not to let the sun go down on our anger (Ephesians 4:26). Paul confronted Peter 'because he was dearly wrong' (Galatians 2:11-14). St Augustine tells us that "Hope has two beautiful daughters: their names are anger and courage. Anger that things are the way they are. Courage to make them the way they ought to be."

In our own time, Archbishop Oscar Romero had used his position as Archbishop of San Salvador to speak out for the oppressed and the vulnerable. He became a voice for the voiceless by challenging the unjust government of his country. The country had experienced a succession of corrupt and violent governments, murdering and terrorising people who worked for justice. When Romero's friend Rutilio Grande, a Jesuit priest was murdered because of his work for social justice, Romero changed. His anger fuelled a personal transformation and Romero emerged as a champion for justice and human rights. As a consequence, Romero was murdered as he was saying Mass in his home town in El Salvador. Not all anger is misplaced then, and often it's a healthy, natural response to situations of injustice, poverty, oppression or to very real problems in our lives. It can be a source for good. It has been the source of many people's involvement in movements which have addressed issues of injustice and unfairness. It has been a catalyst for change. That's very different from uncontrolled, self-righteous anger or rage.

There appears to be a disturbing increase in the number of such anger or rage stories in recent times—from significant street fighting incidents to road rage, to workplace abuse, just to name a few. Even such places as schools and hospitals now feel compelled to post warning signs that abusive behavior and anger will not be tolerated. People feel less inhibited about venting their frustration in public, some even feel entitled to do so. Isn't it distressing sometimes to see children shouted at in public places? It's hard to know why there has been such an increase but anger and rage doesn't come from nowhere.

Unfortunately what might be called the 'normalisation' of anger and violence is an issue, the belief that it's good to let it all hang out, to express what I feel. Where might that come from? Just turn on TV any evening and we see incidents of rage on the news and in almost all sports. While an increasing number of sports stars are sent off foranger management courses, anger, aggression now seems to be an acceptable part of the game. Our newspapers report on rage events quite regularly, sadly on Friday and Saturday nights when so many are simply out for entertainment or a good time, a release from the pressures of the week. Many films or TV series contain examples of significant rage and anger—in fact they have become a source of entertainment. The popular so-called 'reality' TV shows seem to foster anger in those participating. The usual TV drama shows have plot lines which work to make such emotions appear normal. Even cooking shows, it would appear, continue the trend of making anger and rage acceptable. The temper tantrums, the obscene language, the abuse of others cannot help but make anger and rage appear 'normal'.

It is said that we live in a much more stressful environment than previous generations but, of itself, stress doesn't cause anger. It can exacerbate it but managing anger is more about learning to manage emotions, about self-awareness and control. Learning how anger builds and being able to identify the triggers are significant aids to keeping it in control as is learning how to articulate our feelings rather than just giving vent to them. Too often we are tempted to focus exclusively on our own perspective and needs. When we are angry people we tend to jump to—and act on—conclusions, and some of those conclusions can be very inaccurate.

Life is beautiful but it can at times be filled with frustration, pain, loss, and the unpredictable actions of others. We can't change that; but we can change the way we let such events affect us. Controlling our angry responses, being able to forgive others, being tolerant and patient, being able to control our emotions, our frustrations doesn't always come easily. But it can make life so much happier.

We give thanks for our friends.
Our dear friends.
We anger each other;
We fall each other.
We share this sad earth, this tender life,
this precious time.
Such richness. Such wildness.
Together we are blown about.
Together we are dragged along.
All this delight,
All this suffering.
All this forgiving life.
We hold it together.

By Michael Leunig

Regards

Jim Quillinan

Phone: 0401 933 023
Email: jquillinan@dcsl.net.au

Anger

6 October 2009
## Strengthening Family Relationships

**Warrnambool September 2009**

<table>
<thead>
<tr>
<th>Program</th>
<th>Content</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
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<tbody>
<tr>
<td>Surviving &amp; Thriving in a Blended Family</td>
<td>For parents who live in a stepfamily</td>
<td>Tuesday 1 &amp; 8 Sept</td>
<td>10am – 1pm</td>
<td>Centacare Warrnambool</td>
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<tr>
<td></td>
<td>• Increase awareness of stepfamily challenges</td>
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<td></td>
<td>• Explore ways to develop a co-parenting relationship</td>
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<td>• Develop realistic expectations for the whole family</td>
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<td>• Increase awareness of unique structure and complexity of the stepfamily</td>
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<tr>
<td>Building Positive Relationships</td>
<td>For anyone who wishes to improve relationships</td>
<td>Monday 7 Sept</td>
<td>1-3pm</td>
<td>Centacare Warrnambool</td>
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<tr>
<td></td>
<td>• Positive and negative behaviours</td>
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<td>• Communication skills</td>
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<td>• Conflict resolution</td>
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<td>• Negotiating outcomes</td>
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<td>• Goal setting</td>
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**Under 14s**

Come to training at 5:15 at Camperdown College High School cricket nets. Training starts at Tuesday October 13th.

Contact:
Andrew McKenzie on 55932005
John Cheslett on 55931227
Or Ian Currell 55932566

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**PORT CAMPBELL SURF LIFESAVING CLUB**

**FAMILY DAY & OPEN DAY**

**SAT 21ST NOV '09**

@ PORT CAMPBELL SURF LIFESAVING CLUB

12:00PM

**BBQ, DISPLAYS, KIDS ACTIVITIES**

ALL MEMBERS, NIPPERS & FAMILIES INVITED TO COME ALONG FOR A SOCIAL DAY OUT

PUBLIC MOST WELCOME:
ARE YOU INTERESTED IN:
- BECOMING A MEMBER,
- JOINING OUR 09/10 NIPPER PROGRAM,
- HOLDING A PRIVATE FUNCTION IN OUR UPSTAIRS FUNCTION ROOM WITH SWEEPING VIEWS,
OR
INTERESTED IN KNOWING MORE ABOUT THE CLUB, ITS FACILITIES OR OPERATIONS,
COME ALONG AND MEET MEMBERS WHO WILL BE MORE THAN HAPPY TO HELP WITH ANY QUERIES

Enquiries: Tina Saunders - 0417 545236    Marina Deppeler - 55 043499
          0417 347193
RECREATION CYCLE

Promoting cycling for fun and fitness and a leisurely outing for the whole family

Cobden
Sunday 15 November
Meet: Miniature Railway, Grayland St, Cobden
Registration: Trail Ride 10am for 10.30am departure
Road Ride 10.30am for 11am departure

Ride Info:
You can choose from two rides
1. TRAIL RIDE - Using local sealed roads and the Camperdown Timboon Rail Trail
2. ROAD RIDE - Sealed roads only

<table>
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<th>Distance</th>
<th>Adult</th>
<th>Babies in seats</th>
<th>7-10</th>
<th>11-15</th>
<th>15+</th>
<th>Easy</th>
<th>Medium</th>
<th>Hard</th>
<th>Surface</th>
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<td>18km</td>
<td>✓</td>
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<td>✓ Hills</td>
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Cost: $5 - individuals $12 - families

BYO bike, helmet, bike essentials, and water
Contact Brooke Love on 0409 976 204 or Trevor Spokes on 0449 128 560 for further details.

Cobden Miniature Railway Cafe & Trains OPEN 11am-4pm

Supported By

Heart of Corangamite
Working together for a healthier lifestyle

CORANAGMITE SHIRE

Registration

<table>
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<tr>
<th>Name/s</th>
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Return to Brooke Love, Corangamite Shire Council, PO Box 84, Camperdown, 3260
For conditions of participation, call Brooke Love on 0409 976 204, cobden@sh.corangamite.vic.gov.au or southwestgames.com.au

ACCOMMODATION HOTLINE - 1300 137 255 - www.visit12apostles.com.au
<table>
<thead>
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<th>TIME</th>
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<td>COBDEN</td>
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<td>BELINDA / DAVID STEEL</td>
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<td>MARY / JAMES GUY</td>
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<td>TANIA / JOHN JANSEN VAN BEEK</td>
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<td>LAUREN / RHYS SMETHURST</td>
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<td>STEPHEN / ANNIE WATSON</td>
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School Fee Accounts
Reminder to parents

I would like to remind parents that all school fees / levies etc. for 2009 are due to be paid in full by the end of this month. Thankyou to the parents who have been making regular payments via the following methods –

- Direct Debit Payments
- Credit Card Payments
- Internet Banking Payments
- Lump Sum Payments in full

If you have not made any payments towards your school fees I would suggest you commence making payments as soon as possible, either by cash, cheque or credit card. You can pay in person at the office or, make a deposit directly into our bank account either in person or via Internet Banking into the following account. This is the only account that fees are to be paid into.

National Australia Bank
BSB number 083 523
Account number 5288 99931

Remember, all accounts must be paid in full, by the due date 30th October 2009.

Thank you for your assistance
Martin Ellul – Business Manager