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 2012
Through the Mercy tradition we support, acknowledge and strive for personal excellence and achievement.

In a week's time, many in our College community and across the world will stop to pray, reflect and then celebrate the highpoint of the Christian calendar, the Easter Triduum of Holy Thursday, Good Friday and the Easter Saturday vigil. In the lead up to next weekend and especially in the weekend papers, there will be much debate about the relevance of the Christian story to a secular post-modern country like Australia. But beyond the theological and liturgical importance of Easter, the simple, powerful narrative of Christ’s Passion, Death and Resurrection should be noted and reconsidered. The following reflection was published in The Age a couple of years ago and I think it offers a thoughtful piece for this important time. We pick up the Easter narrative in the Garden of Gethsemane:

Has the bell really tolled for the Easter story?
The man in the garden asking his father that this cup, this suffering, be taken away from him and then concluding, "Not my will but thine". Judas betraying him with a kiss, Peter thrice denying knowing him.
"Shall I crucify your king?" Pilate asks the crowd baying for Jesus’ death. "We have no king but Caesar," they say, and he caves in. "I am innocent of the blood of this just man," he says, trying to persuade himself.
So they nail him to the cross.
That’s the tragic part, the Good Friday part, and it is as stark and terrible as anything in our literature. Nowhere more so than in that great cry from the cross, "Eli, eli, lama sabacthani" - "My God, my God, why hast thou forsaken me?"

It is a tragic perspective, because through the eyes of the Son of Man we feel the total abandonment by any spirit that might be benign.

Easter Sunday is the triumph. Nothing is more moving than the darkened church at midnight Mass and then the place flooded with light. No wonder that under the old rite they go straight into the renewal of vows: "Do you renounce the Devil and all his works?"
The darkness has not been able to quell the love that moves the sun and other stars. It was not for nothing that our civilisation linked this to old fertility rituals.

And whatever we believe in or don't believe in, we should suspend our disbelief about the power of this Easter story that has shaped some of the greatest imaginings of our civilisation. It was Thomas, the doubter, who said that unless he could put his hands in Jesus' wounds, he wasn't having a bar of it. And it was Thomas, humbled, who said: "Lord I believe, help thou my unbelief."

When it comes to the great religions, the affinities between Christianity and Judaism and Islam, the twinned spiritualities of Buddhism and Hinduism, there are a lot of people who would like to get beyond their "unbelief".And there are plenty, too, who want to crow their unbelief like a creed that could move the stars. But this can't change the power of the story of the man who was done to death and rose again.

(Peter Craven, April 2, 2010)
Presentation Ball
Last Friday dawned a little hostile with the weather wet and cold but not at Glenormiston College where 67 Year 11 students and a number of Year 12 girls were presented at the 2012 Mercy Regional College Presentation Ball.

The young women and men looked delightful and their dancing and behavior on the night was a credit to themselves and to their families. A full list of the students who were presented and the parents and staff that assisted as part of the Presentation Ball Committee or on the night is included.

Particular thanks must go to the two coordinators of the Ball Committee, Mrs. Susan Moloney and Mrs. Kate Kent and to the Mercy staff who worked so closely with them – Mr. James Castles, Mrs. Lesa Thornton, Mrs. Jenny Phillips and Mrs. Sue Bohm.

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<th>Girls</th>
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<td>Rachel Beaton</td>
<td>Giles Savage</td>
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<td>Sara Pineo</td>
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<td>Tyler Evers</td>
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<td>Eliza Whiting*</td>
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<td>Sharni Moloney</td>
<td>Zac Newson</td>
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<td>Laura Mason</td>
<td>Dominic Adlam</td>
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<td>Elizabeth Smith</td>
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<td>Meg Corneybi*</td>
<td>Alexander Moloney</td>
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<td>Kayla Spicer*</td>
<td>Matthew O’Brien</td>
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Year 12 Girls
Thankyou to the year 12 girls who participated on the night.
- Olivia Duynhoven
- Kerry Geppert
- Aleisha Lawlor
- Caitlyn Mitchell
- Madeline Moloney
- Jaala Perkins
- Amity Pope

Presentation Ball Committee
Co-ordinators: Susan Moloney & Kate Kent

Flowers: Ida Bone, Fiona Mason & Yolanda McVilly

Suits: Jane Kingston & Fiona Clissold

Booklets: Sue Bohm, Jane Lee, Trish Gibson with the assistance of several Year 11 Students

Photo Helpers: Mary O’Bryan, Jill Bone, Penny O’Neill & Di Quick

Catering: Betty Kenna, Rose Henry & Year 10 Parent Helpers

Table Design: Bronie Moloney, Jo Moloney, Carmel Bourke & Tanya Robbins

On behalf of the Presentation Ball Committee we would also like to thank and acknowledge the contributions of the following people in making the night a success:

Trainers: Colin & Yvonne Langley assisted with music from Sue Reinheimer

Tickets: Star Printing: Matthew & Jane Henderson

Set Design: Lush Events: Vicki Whiting, Narelle Carlin & Sandy Noonan

Official Photographer: Jo Kopp “Still Perfection Photography”, Colac

DVD: Paul Demunk of “Vision by Demunk”

Security: R .& M. Security, Warrnambool with assistance from several Year 10 fathers.
An apology
At this point, I would like to offer a heartfelt and genuine apology for the large faux pas I committed on Friday night in my Principal's Address. As many of you will know, I made the mistake of suggesting that some students may choose to pursue careers, 'just as farmers'. This was not at all what I had written and certainly does not reflect the value and esteem that I attach to farming and to agriculture more broadly. As someone who grew up surrounded by farms and with friends whose families were farmers, I remain in awe of the work ethic, resilience and optimism necessary to run a farm in contemporary Australia.

I have included my speech below both to make clear my intentions and to highlight the remainder of my speech which celebrated the life of a great Australian, Jim Stynes.

Tonight I would like to talk briefly about where an event as significant as the Presentation Ball sits in the young lives of the people before us. I believe that two characteristics necessary for all young people to have and to nourish are hope and determination. Hope and determination.

We see in front of us 67 young people, as parents, maybe as grandparents, our hopes for them are boundless but ultimately, ladies and gentlemen, it is the hope that you bring to the world that is going to change things. In the lives in front of you, each of you has the capacity to do great things – maybe play AFL, become an Olympic swimmer, study medicine at University, be successful as a farmer or simply, as a parent yourself. But in each of these pursuits you must bring hope, hope that will give vision to the dream that you aspire to.

This week, we have been overwhelmed with a story of hope, perhaps one of the greatest stories of hope that Australia has seen. Ironically, it was the story of an Irishman who emigrated to Australia with the vague hope of learning and then playing professionally the foreign game of AFL football. We all know this story and many including myself may have shed a tear this week with the passing of its main character, Jim Stynes. But these tears give testament to the hope that he not only had in himself but the hope that Jim Stynes encouraged in us, in those who knew him, who played footy with him, who met him through his Youth Foundation, Reach or even who just had the privilege of hearing other young people from Reach talk about him.

One other characteristic about Jim Stynes that is relevant for tonight is that aspect that makes hope real – determination. For all the hope that Jim Stynes personified, it was his determination to succeed and to work for others that made his life great. What determination! To leave your native country, your family, your life and move to the other side of the world at 18 years of age to play a game barely seen before.

All of the students here tonight were not around in 1987 and so don't remember the 1987 Preliminary Final. But many of us do. Melbourne had not played in a Grand Final for 25 years but were in front with minutes to go over Hawthorn – who were a powerhouse at that time, Melbourne in front and Stynes stupidly runs over the mark giving away a 15 m penalty and free kick with which Hawthorn goals and hits the front. How would he feel? How would his coach feel? How would you feel as a 21 year old in your first season of AFL?

But what did he do? Hope and determination. Hope in himself and in his abilities. Determination to work even harder to redeem himself in the eyes of his teammates, coach and the Melbourne Football Club. And he did. 264 games of AFL, 244 of them in a row. A Brownlow Medal and the following year, Melbourne made the Grand Final that they had missed the year before.

So to each of you, I encourage you to look to the story of Jim Stynes and find the hope and determination necessary to achieve whatever you wish in your lives as we celebrate them tonight.

Parents please note that the Presentation Ball photo viewing will take place next term on Wednesday 18th April in the Library from 6.30pm - 8.00pm.

A few photos from the night below:
Mercy Spirituality
Over the last three days, a number of staff including me and twenty Year 10 students have had the privilege of joining with hundreds of staff and students from other Victorian Mercy schools in Melbourne at a series of days that explored the spirituality of the Sisters of Mercy in this time and place. Keynote speaker for both staff and student days was American Mercy, Sr Marilyn Lacey. Marilyn has spent the last 20 years working with recently arrived asylum seekers in California and, more recently, has instituted "Mercy Beyond Borders" - an organization directly assisting women and children in the desperately poor countries of South Sudan and Haiti. We will be exploring ways of supporting the fundamentally important work of Sr Marilyn next term.

Staff Faith Day
The first day of term 2, Monday 16th April will be student free with all Mercy staff travelling to the Port Campbell Surf Life Saving Club for a staff faith development day. This year, the day will focus on social justice with guest speaker, Sr Lizzie Finnerty rsm. Sr Lizzie has spent the last few years advocating on behalf of asylum seekers and refugees and spent three months on Christmas Island supporting those compulsorily detained.

Emergency Management at Mercy Regional College
Over the last three months, a small group of staff from both Mercy and St Patrick's Primary School have been reviewing and rewriting the emergency management plans that direct the schools' response to critical incidents such as fires, gas leaks or unwanted school intruders. Our response to these issues is heavily informed by guidelines and templates available from the Catholic Education Office Ballarat and the State Government. The first practical stage in this process will be a combined McAuley Campus and St Patrick's Primary School evacuation drill early in term 2.

Student Activities
As the term concludes, a number of students, teams and year levels:

- Congratulations to Elizabeth Smart (12A) on her ongoing success in the national Lions Youth of the Year competition. Last weekend, Elizabeth competed in the regional finals in Geelong against the winners of seven other Western Victorian districts. Students were asked to speak on two topics - the legitimacy of kangaroo culling and on whether humanitarianism had a role in contemporary Africa. We wish Elizabeth all the best as she competes in the state final in Melbourne in two weeks’ time.

- Congratulations to those cyclists who competed in the Australasian Cycling Cup in Shepparton this week. To achieve such good results in a very quality field reflects the enormous amount of work and time that went into preparing for the event. Well done, boys!

- Well done to those Mercy swimmers who successfully progressed through the various intermediate meets and were selected to swim in the State Swimming finals at MSAC yesterday.

- Last week, all Year 8 students spent three days at Camp Cooriemungle completing a range of activities including canoeing, high ropes, giant swing, climbing wall, scavenger hunt and many others. All students should be congratulated for the mature and enthusiastic attitude that they brought to the camp and for the way they worked cooperatively with their teachers and each other. Big thanks to all staff who were involved and to Mrs. Fiona Sargeant who coordinated the camp.

- Matthew Conroy was selected to sit for his black belt test recently at the Funakoshi Karate annual Gasshuku (seminar). Matthew successfully obtained the rank of junior black belt.
Parent Teacher Interviews
As I type this article in the College's de Chantal Stadium, it is a space filled with the vibrant and energetic conversations of Parent Teacher Interviews. I thank all those parents and students who attended either Thursday or Friday and encourage any parents who were unable to attend, to make contact with subject teachers through College Reception on 5593 2011 or 5592 5353. Parent Teacher Interviews remain the most important means of ensuring that you are fully informed on academic and wellbeing progress of your son and/or daughter.

Also in this newsletter, you will find Jim Quillinan's normal "Along the Track" article and a special Pastoral Letter from the Australian Bishops on Marriage. I encourage all families to read through both and reflect on their meaning for you.

Parish Easter Ceremony Times

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<tr>
<th>Camperdown / Cobden Parish</th>
<th>Terang / Mortlake Parish</th>
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<td>Holy Thursday - April 5th</td>
<td>Holy Thursday April 5th</td>
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<td>6.00pm Cobden</td>
<td>7.30pm Terang</td>
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<td>8.00pm Camperdown</td>
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<td>Good Friday - April 6th</td>
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<td>3.00pm Camperdown</td>
<td>1.30pm Mortlake</td>
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<td>Easter Vigil - April 7th</td>
<td>Easter Vigil - April 7th</td>
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<td>7.00pm Camperdown</td>
<td>7.30pm Terang</td>
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<td>Easter Sunday – April 8th</td>
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<td>9.00am Derrinallum</td>
<td>9.00am Mortlake</td>
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<tr>
<td>11.00am Camperdown</td>
<td>10.30am Terang</td>
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Deputy Principal - Wellbeing
Mr. Kerin Glennen
On Friday the 16th March I attended a dinner at Ballarat that recognised 30 Years teaching in Catholic Education in the Ballarat Dioceses. The dinner was held at St Patricks College with a number of teachers and school officers recognised for their service to Catholic Education. I certainly do not feel as though I have worked in Catholic Education but when I reflected over the years I wondered where the time went. I began as a Year 2 /3 teacher at Saint Josephs in Ouyen, which was an ideal setting for me. The school year levels went to Year 8 and the Principal was a Sister of St Joseph who first to introduced me to Mary Mackillop. My years there were filled with beginning to learn my craft, mouse plagues, dust storms and wonderful people who welcome you into their community with open arms, I learnt so much.

My next move saw me return to the Western District, I taught at St Mary's Colac years 5/6. The time that I spent at St Mary's reintroduced me to the Sisters of Mercy, this is a time I look back on fondly. I then took up a position as Principal of St Joseph's in Pirron Yallock for several years and worked closely with a small group of teachers who were student and community focused. Again I learnt so much whilst I was at St Josephs.

The remainder of my teaching time has been in Catholic Secondary Schools, Trinity College and Mercy and I have had the privilege to work with wonderful staff members, supportive parents and dedicated students.

Looking back over the years I have taught Prep to Year 12 and I have been supported by students, parents, communities, Parish Priests, the CEO and wonderful staff.

The constant in my journey has been my wife, and our children I thank them for their support, encouragement and understanding. I owe them so much for they allowed me to follow my dream.

As we move in the Easter school holidays, may I wish all members of the Mercy community a happy, holy and restful break.

Yours in Mercy,

DR. DARREN EGBERTS
PRINCIPAL
Mercy Student Foundation Day
On Wednesday 28th March, Laura McKenzie, (Social Justice Captain) and 19 of our year 10 students made the long trip to Melbourne, accompanied by myself and Mr. Ben Brisbane, to hear Sr Marilyn Lacey speak about "Mercy Beyond Borders". Sr Marylin is from America. Her inspiring speech covered some difficult topics including the lack of rights for women in Sudan and in particular the lack of schooling opportunities for girls.

Sr. Marilyn spoke of girls and their mothers wanting the choices that education brings and has worked tirelessly to develop a resource based organization which provides funding for young girls to attend the first all-girl school in Southern Sudan.

The students who attended the day at Mercy College Coburg are to be congratulated on their enthusiasm and no doubt there will be more news from our Mercy Beyond borders group. One of the highlights of the day was the chance to anticipate in workshops with students from other Mercy schools across Melbourne and Country Victoria. For further information about Mercy Beyond Borders please access the website at www.mercybeyondborders.org
Library News
Maureen O'Loughlan

The Victorian Premier’s Reading Challenge for 2012 has been launched. Following the successful introduction of the Challenge at MRC last year, Year 7,8 & 9 students have been invited to join. A letter outlining the Challenge has gone home and I encourage parents and students to read the information and make the choice to become part of this valuable exercise.

The aim of the Challenge is to encourage our children to read, with the follow-on benefits clearly visible. The libraries at both campuses are well resourced, with new material introduced on a regular basis. The holidays would be an ideal time to make a start on this worthwhile challenge.

Once again, Mrs. Leesa Henriksen will co-ordinate the challenge with me and I am most grateful for her assistance. If you have any questions, please contact either Leesa or myself at the College.

Term 2 Dates

16 April
- Staff Faith Retreat – Student free day

17 April
- Term 2 Commences for students

18 April
- Unit 3 Studio Arts Excursion

19 April
- HSSSSD Athletics

20 April
- HSSSSD Athletics (backup day)

25 April
- Anzac Day – public Holiday – no school for staff or students

Sports Report
Stacey Hillman

Athletics Carnival
Thursday the 8th of March saw our annual school athletics carnival, a day which welcomed perfect conditions for all competitors and spectators.

Our year 12’s again put in a great effort with their costumes and participation, they set a great example at the end of the day by running together with Emily Kemp as a sign of support and positivity for Emily as she recovers various operations. The high jump proved to be one of the most popular events as large crowds gathered to watch records fall in both boys and girls U/16s.

The events rolled on and the BBQ eventually sold out. The end of the day arrived and brought with it a three way tie in the U/16 boy’s age champion and a win to Frayne House.

Age Champions:
U/13- Amy Hammond & Jay Coolahan
U/14- Kate Hallyburton & Lachie Bone
U/15- Haylee Davis & Nathan Stevens
U/16- Alish Glennen & Dermott O’Connor, Ben Saunders, Jack Osborne
U/17- Courtney Stevens & Nick Bourke
U/20- Olivia Duynhoven & Brendan Richardson

Overall Results:
Frayne 2188.8
Ryan 1645.6
Markey 1556.7
Tindley 1248.1

State Swimming Championships
Below are the results I have so far from the State Swimming Championships yesterday in Melbourne.

Dylan Lee:
1st 400m freestyle
1st 200m Individual Medely
2nd 100m freestyle
3rd 50m freestyle
Under 14 boys Medely relay 5th.

An absolutely amazing effort by all who swam.

Cycling
Four Mercy Regional College students competed in the Australasian Schools Cycling Cup in Shepparton on March 27-29 2012. Tim Van Der Schans, Joe Kingston, Steven Krybolder and Nick Krybolder all participated throughout the three days both individually and as a team and produced some excellent results. As a team the boys competed in the Team Time Trial and placed 6th overall and only 30 seconds behind first and second place, which is an outstanding effort. Individually Steven Krybolder won the U/17 expert 75km Road Race and Tim van Der Schans placed 16th, which are both incredible results. The boys were very fortunate to compete in new school cycling jerseys which were organized by Catherine Krybolder and we really appreciate the effort and time she has taken to get them up and running.
All four boys should be congratulated on the efforts and be proud of how well they have represented our College in such a big event.

The school appreciates the help of Tony Krybolder and Alison Van Der Schans who transported and supervised the boys throughout the event.

UMAT (Undergraduate Medicine and Health Sciences Admission Test) – Held on Wednesday 25th July: Registrations open early in April and close on 1st June. For more information go to umat.acer.edu.au See Mrs. Phillips for information regarding UMAT preparation courses.

**APRIL EVENTS**
- Early April: Applications for the UMAT open, [http://umat.acer.edu.au](http://umat.acer.edu.au)
- 5: Experience Environmental Science Day, RMIT, City Campus, [www.rmit.edu.au/experiencedays](http://www.rmit.edu.au/experiencedays)
- At Monash Seminar Series, Design & Fine Art (18), and Psychology (19) [www.monash.edu.au/study/options/schools/atomash.html](http://www.monash.edu.au/study/options/schools/atomash.html)

**GENERAL INFORMATION**
Surveying: This is a career that allows you to work with ‘head and hands’, ‘indoors and out’. It suits students interested in Maths, Science, Geography and IT and there are opportunities for students to undertake work experience placement. For more information go to [www.alifewithoutlimits.com.au](http://www.alifewithoutlimits.com.au)

Bricklaying: Completing an apprenticeship in bricklaying can give you a wide range of rewarding choices of work and life experiences. For more information go to [www.becomeabricklayer.com.au](http://www.becomeabricklayer.com.au)

Check out the College Website for more information and upcoming events.

(in the latest careers news there is a focus on careers in the Health Sciences).
Pastoral Letter on the True Meaning of Marriage from the Catholic Bishops of Victoria

30 March 2012

Dear Brothers & Sisters

We Australians live in a democracy which rightly places great value on human rights and protecting others from unjust discrimination.

We Catholics also believe deeply that God loves human beings very much. He especially loves those who are wounded and suffering. God loves each of us so much despite the fact that we are all sinners, make mistakes and often do not live up to our responsibilities.

The Church takes seriously that we must live the Gospel itself to be a credible witness to others. Deeply aware of Christ’s mission of compassion and justice - the Church cannot ignore the responsibility to speak the truth. Sometimes reminding people about the truth of the human person is one such task for all of us.

Some now seek to alter the very nature of the human person through legislation. Our Australian society is now at a critical turning point where truth is at stake.

We speak of current debates about the nature of marriage in our public life. Often it seems as if this matter is simply about human rights and the removal of discrimination. But in addition to ‘human rights’ there are also ‘human responsibilities’.

We are all blessed by God with the gift of our sexuality. The design itself comes from the Creator of Life. We all have a responsibility to follow that design.

The Church firmly believes that marriage is founded on the wonderful fact of sexual difference and its potential for new life. Without this there would be no human beings and no future. Bringing new human life into the world is founded on the union in difference of male and female.

As one theologian has put it eloquently: “The God of love can be present in every true love. But ‘gay marriage’ is impossible because it attempts to cut loose marriage from its grounding in our biological life. If we do that, we deny our humanity.”

This will be a ‘hard saying’ for some. It in no way implies that the Church accepts discrimination against other’s human rights. Nor does it mean we fail to understand the complex nature of human sexual identity and desire.

It implies no lack of respect for people who identify as ‘gay’ and ‘lesbian’. As Cardinal Francis George of Chicago recently pointed out: ‘...we all have friends or family members who are gay and lesbian... these are people we know and love and are part of our families.’

However as fellow citizens our concern is for the future of our whole society. We ask you to seriously reflect and pray about the ramifications for current and future generations, of legislation which completely redefines marriage.
A grave mistake will be made if such legislation is enacted. The Government cannot redefine the natural institution of marriage, a union between a man and a woman. The Government can regulate marriage, but this natural institution existed long before there were any governments. It cannot be changed at will.

The argument that same sex marriage supports marriage is wrong. The natural institution will not only be changed, it will be re-defined absolutely. It will become something different. Such a re-definition will undermine rather than support marriage.

Catholics, as responsible citizens of the Commonwealth of Australia, have a duty to remind their political representatives that much is at stake for the common good in this debate. We urge you to exercise that right and make direct representation to your Members of Parliament.

We encourage you to respond to the on-line survey set up by the Federal Government at their website: www.aph.gov.au/marriage. The closing date for responses is Friday, 20 April 2012. The survey contains three statements with which you can agree or disagree. It then asks if you support the proposed changes to the two separate Bills, to which you answer yes or no. If you choose you can similarly answer these few questions in less than one minute. The survey also provides space (maximum of 250 words) for you to explain your views. Some points that you might like to consider including are set out at www.cam.org.au/lifemarriagefamily/index.php?option=com_content&view=article&id=9&Itemid=14

Our Australian society will flourish only if the true meaning of marriage is preserved for future generations.

With every blessing.

Most Reverend Denis Hart DD
Archbishop of Melbourne

Most Reverend Peter Connors DD
Bishop of Ballarat

Most Reverend Christopher Prowse DD
Bishop of Sale

Most Reverend Leslie Tomlinson DD
Bishop of Sandhurst

Most Reverend Peter Elliott DD
Auxiliary Bishop of the Archdiocese of Melbourne

Most Reverend Vincent Long DD
Auxiliary Bishop of the Archdiocese of Melbourne
Stop! Be Humble! Be an Optimist!

My computer crashed this week and all hell broke loose! How can this happen? Whose fault was it? How can this be fixed... immediately, if not sooner. How could I possibly live without Instant access to the Internet?

Being stopped or delayed or having our plans thwarted in some way causes us more pain, angst, anger and frustration than just about anything else. The slow computer, the car in front that simply won't get moving, delayed flights or trains... they all seem to conspire against us, just when we need to get there or get it done. We don’t accept stoppages or delays these days as we think everything is fixable and reversible. We feel that we shouldn’t have to wait for anything. We demand answers, we want to speak to someone ‘in authority’. Fix it now, it simply can’t wait. Take a pill and all will be well. We feel we can and should push through the barriers that are conspiring against us. But sometimes we are not in control – accidents happen, circumstances can work against us, usually when we have big plans or we are in a hurry or under pressure.

Once the ability to cope with adversity was a virtue we called patience (nowadays called endurance or tenacity). Modern writers also call that optimism, a dogged belief that you can fix things no matter what. That sort of tenacity or misplaced optimism can come unions when we are unable to. Because sometimes we simply can’t ‘fix things’. Research in the US, however, shows that our brains tilt towards the positive – we are more ‘can-do’ than perhaps we were in the past. But that makes us less likely to get health checkups, apply sunscreen or open savings accounts. People hugely underestimate their chances of getting divorced, losing their job or being diagnosed with cancer. They often have unrealistic expectations of themselves and their children. That research shows us that such unrealistic optimism can suppress the immune system, making us sicker.

It is a different story, however, when it is mixed with a degree of humility, an essential ingredient in what we traditionally call the virtue of hope or optimism – the realisation that someone else can do it too, perhaps even better, that I am not indispensable, nor is everything I say or do. The virtue of humility enables us to recognize that we are gifted, each one of us but not over and above everyone else. Sometimes others too need to be given a chance – sometimes we need to step back or to work with others.

Being stopped or delayed can give us an opportunity to rethink, to practice patience and, oddly enough, to practice our optimism. Researchers* In the US and UK found that optimism isn’t ingrained, it’s practised. It’s a muscle! that gets stronger when flexed, not the blind optimism that everything can be fixed but accepting realities and developing the openness and the ability and confidence to switch goals quickly, to find alternative pathways. To make progress we need to be able to imagine alternatives – better ones – and we need to be able to believe that we can achieve them, not necessarily on our own but in co-operation with others. Researchers also tell us that our brains aren’t just stamped with past experiences, we are necessarily not locked in to the past unless we choose to do so – our brains are constantly being shaped by our hopes and dreams for the future. We are not victims of our past but rather apostles of the future. So how can we remain hopeful — benefiting from the fruits of optimism — while at the same time guarding ourselves from its pitfalls?

Firstly, it ought not be surprising to those who profess the Christian faith that we have a bias towards optimism. We have been redeemed, with the coming of Jesus, the world has changed forever. We need only look to the vision of the Book of Revelation:

And I heard a loud voice from the throne saying, “Behold, here God lives among human beings. He will make his home among them and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the world of the past has gone.” And he who was seated on the throne said, “Behold, I am making the whole of creation new.” Also he said, “Write this down, for these words are trustworthy and true.” ... Revelation 21:1-27

As followers of Christ we are called to be people with a vision of what might be, a vision of how we might work together to bring about this ‘new creation’. As followers of Christ we have this optimism that we can work together to create this new creation, not in a crash through, get-it-done-at-all-costs but rather in patience and humility because God lives among us and that is God’s way. We are people of humility because it is not my vision, my way of doing things but God’s and after all, God is a God of tenderness and compassion, slow to anger, rich in faithful love and constancy, forgiving fault, crime and sin (Exodus 34:6)”. We are people of humility because we recognise that God has gifted each one of us, not just me!

And all this because the computer crashed... and only for a brief interlude.

*Research from The Optimism Bias by Tali Sharot and the Happiness Hypothesis by Jonathan Haidt

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Attention MRC Parents and Students

Year 8 to Year 12

You are Invited to the

Western District Parents – Tertiary Education Information Night

When: Thursday 19 April
Where: Percy Baxter Lecture Theatre, Deakin University, Warrnambool Campus
Time: 7:00 pm to 8:30 pm

The night will feature a 20 minute presentation by Professor Greg Wood (Head of Campus) on the Importance of Tertiary Education in Career Pathways.

This will be followed by an opportunity to talk about Careers and Courses and collect information with a range of University and TAFE representatives from all over Victoria.

This session is aimed at answering your specific questions and providing information on the different pathways and choices available. This is a great opportunity to learn more about your Tertiary Education Options – without having to travel all the way to Melbourne!

All MRC Year 12 students will be attending this presentation on Friday 20th April at Camperdown College.

All the major education providers will be present: Deakin University; Monash University, University of Melbourne, La Trobe University, Australian Catholic University, Swinburne University, Victoria University, RMIT University, University of Ballarat, South West TAFE Institute, Gordon Institute, William Angliss Institute of TAFE; Plus some Private Institutes: Photography Studies College, IMC Academe, Elly Lucas Beauty Therapy College.
Important information about accident protection for students*

Dear Parent

Every day there are accidents involving children. To assist parents with costs associated with those accidents, we have SchoolCare Accident insurance provided by Catholic Church Insurances Limited. The SchoolCare Accident policy provides protection to all students attending our school.

The School Activities only cover includes accidental injury cover for school camps, school sports (including sports out of school hours as long as they are organised by the school), work experience and travelling to and from school or school activities. It also includes activities organised or authorised by the school. This includes before and after school care if organised by the school. Cover is worldwide.

Our policy covers three important areas of care and any one accident may be claimable under one or more of these areas.

Cover includes:

1. Up to $7,500 inclusive per accident for medical costs (excluding any Medicare expenses or the Medicare Gap) from the following registered medical practitioners:
   - Dentist
   - Chiropractor
   - Osteopath
   - Physiotherapist
   - Remedial massage
   - Podiatry
   - Acupuncture, and also costs from a
   - Chemist, and
   - Hospital accommodation and facility fees.

   Please note:
   Federal legislation in Australia prohibits Catholic Church Insurances from covering:
   - the cost of any medical service for which a Medicare benefit is payable
   - the Medicare Gap or
   - the cost of any hospital treatment or other benefit unless the cost arises from an injury while taking part in certain activities, such as:
     - attending school
     - engaging in a sporting activity
     - a secondary student undertaking a work experience program
     - voluntary services to a religious, charitable, educational or benevolent organisation
     - youth activities organised by a voluntary association such as Guides or Scouts or
     - travelling to or from the above activities.

2. Fixed amounts for defined events. For example, when a student accidentally receives a fracture of the hand the policy will pay a fixed amount of $250. The full table of benefits lists all the defined events covered under the policy and the fixed amount payable. The full table of benefits is shown in the information sheet available at www.ccinsurances.com.au
3. Other benefits related to the injury sustained including:
   - Emergency transport resulting from an accidental injury
   - Home tuition
   - Hospital inconvenience allowance
   - Nursing allowance
   - Professional counselling fees and
   - Assistance with payment of school fees in the event of the accidental death of a parent or guardian.

These are all limited to specific amounts per accident. These amounts are detailed in the table of benefits contained in the policy, and are subject to the policy wording, terms, conditions and exclusions.

Your child may have an accident so please cut out the information below and keep it on your fridge or in a handy place. Please personalise the text box beside the opening paragraph (Name of school: etc.) with your relevant policy information.

*Summary only. See the policy document for full terms, conditions and exclusions.*
KEEP THE TOLL DOWN
“DRIVE TO SURVIVE”
HELP US TO KEEP OUR YOUNG PEOPLE ALIVE

ROADSAFE OTWAY & CAMPERDOWN COMMUNITY HOUSE PRESENTS
A DRIVING SKILLS COURSE FOR ALL WHO WISH TO IMPROVE THEIR DRIVING SKILLS.
ON SUNDAY 29TH APRIL AT 9AM UNTIL 4PM AT CAMPERDOWN SALEYARDS.
COST $105.00 - $50 DEPOSIT
PLACES LIMITED TO 20 ATTENDEES
BOOKINGS 5593 1403 PRIOR TO 6TH APRIL
Anglican Church
School Holiday Program

The program is open to all school aged children from Year 12. It will focus on the promise that God has made to humankind, whilst looking at the role God has in our every day lives.

**When**: 10th April to 14th April 2012

**Where**: St Paul’s Anglican Church Hall Camperdown

**Time**: 9.30am Junior Primary (Prep to Grade 2)

- 9.30 - 11.00am Senior Primary (Grade 3 - Grade 6)
- 11.30am - 1.30pm Junior High (Grade 7 – 9)
- 6.30—9.30 pm Senior High (Grade 10 –12)

Morning Tea provided to Junior Primary, Senior Primary and Junior High.

A variety of activities will be available

- Music
- Craft
- Games

Come and experience the fun.

Any Enquires contact Heather McKellar on 55922071.

**Cost**: A gold coin donation to help cover cost of activities.
Acting Classes
Camperdown

Tuesdays from April 17th
Primary aged class 3.30 - 4.30pm
Teens/Adults Class 5.15 - 6.15pm

$70 for a seven week term
St. Paul’s Church Hall, Church St.,
Camperdown

This class teaches real theatre skills, develops communication skills, group work capabilities and it all happens while you're having fun! If you or your child have a flair for the dramatic, would like to be more expressive or want a fun way to be physically and mentally active for an hour a week, this is the class for you.

Ask anyone who has attended - we have a blast!

For bookings or further information call Gnat Atherden on 0428584792
or email kolakgnat@yahoo.com.au
Enrollments accepted throughout the term.