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 2014
In the Mercy tradition, we seek to act with love, fairness, tolerance and compassion to all.

Last Friday, the Mercy college community came together to celebrate Mass in recognition of Our Lady of Mercy. Wednesday 24th September is the feast day for Our Lady of Mercy and traditionally is the feast day for the Sisters of Mercy. Our prayer this month celebrates the gentle blessings of mercy.

A Mercy Blessing
May you meet Mercy each day:
In the light of your own heart,
in the hands of your loved ones,
in the eyes of the stranger and the needy.
And if by chance you do not at first meet it, then search your heart for it,
listen patiently for word of it
and it will tap you on the shoulder,
a quiet surprise,
a small gesture,
the tender look,
given and received
in the encounters of your day.

Our Mercy Mass was celebrated by College Chaplain, Fr. Gerry Prunty and included a number of reflections on the challenge that calling oneself a Mercy student entails. Fr. Gerry challenged all present to think carefully about what the word mercy requires of each of us and that, in calling ourselves Mercy, we are committed to lives lived seeking to give witness to the ideals of the Christian message.

Beyond the celebration of Mass, the afternoon provided a number of wonderful examples of mercy in action, they included:

- The students recognised at the whole school assembly for excellence across a number of fields;
- The students who organised and participated in the highly successful fundraiser, the Race for Grace;
- The students who were selling purple ribbons alongside the Race for Grace;
- The Year 11 students who were raising money for Cobden Health Services through an enormous bake sale; and, most importantly;
- All the students who sat around on the McAuley Campus Oval supporting the activities and the time as an entire College community.

End of Term
Our third term finishes today with classes completed at 2:15pm. Term four commences on Monday 6th October as normal.

Buildings Update
Planning and preparations continue on a number of levels for the major building works planned at the College’s McAuley Campus over the next two years.

Stage 1 of the College’s Master Plan includes demolition of a large section of the Dimora Ave face of the school and construction and/or refurbishment of three new Science laboratories, a Science Prep room, four classrooms plus offices, toilets and traffic areas. Stage 1 plans are almost complete and the project is currently out to tender with tenders closing early next term. We hope that work begins on this stage following the completion of formal Year 12 classes at the end of October. Planning for Stage 1 should ensure that normal classes can be maintained during the construction period. Stage 1 building works would be due for completion around this time next year.

The College currently has a Catholic Capital Grant application in to the Catholic Education Commission Victoria and the Federal Government for the second stage of the Master Plan. This second stage includes the demolition of the current Science and Textiles rooms and the construction of a new Middle School with eight classrooms, offices, toilets and traffic flow areas. News on the grant application should be known by the end of this year.

Car Raffle
Mercy Regional College’s major fundraiser, the Car Raffle is well underway. I encourage all members of the immediate and broader Mercy community to return you sold raffle books as soon as possible in term 4. Your children are the direct beneficiaries of the
facilities and programs that are made possible by the $40,000-50,000 raised each year by the car raffle and, as such, will be those affected if raffle sales are not supported.

This support extends beyond simply buying/selling a book of raffle tickets, it is reflected in the need for most families to assist by selling tickets at the designated car raffle sites in your local towns.

Any parent or member of the Mercy community who has questions on the car raffle is asked to make contact with Mrs. Maureen Adeney at the College.

Parents’ Consultation Group
In the first few weeks of next term, I am hoping to convene a new group of Mercy parents; amongst the tasks of this group would be to:
- Provide a consultation group for the Principal and other school leaders on the views of Mercy parents;
- Provide a means by which parents can raise issues, ideas or concerns with the Principal or other school staff;
- Offer support to the College’s PTFA.

The group would meet on average once per term with meetings around 5:00pm. I will be sending out invitations via text and email in the next two weeks but if there is anyone already interested please email me directly on degberts@mercy.vic.edu.au.

Student Activities
The past few weeks have seen a great number of activities both in and out of the classroom, these have included:
- Just after dawn last Monday, almost 90 students and staff headed west and north on the 2014 Mercy Central Australia trip. We wish them all the best as they journey through and with the beautiful Australian outback. They will return next Thursday 25th September.
- Last week, more than twenty students celebrated their year's study of music at the annual College Instrumental Music Night. Congratulations to all involved; your skills, talents and energy are an inspiration.
- Last Wednesday, a group of O'Keeffe campus students joined Mrs. Saunders and Mr. Wynd in Ararat at a regional St. Vincent de Paul students’ conference.
- Congratulations to the students who participated in last week's Middle School Oratory Competition and in so doing continuing to celebrate the fundamental importance of public speaking.
- A group of Year Nine & Ten students participated in the annual V-Line Life Training session with Mr. Brisbane.
- Congratulations to Stacey Riches (7D) who won a D Grade Victorian Bagpipers competition last weekend. Well done, Stacey!
- The first Monday of next term, 6th October, sees an evening of Dance on at the College’s de Chantal Stadium starting at 7:00pm. The night includes a number of solo and group dances by the senior Dance class. All are welcome.
- Year Nine students are reminded that the annual Year 9 Camp leaves on Wednesday 8th October with students spending three days in Melbourne undertaking a range of different activities.

Hoping that each member of the Mercy community enjoys a safe, restful and happy school holiday break.

Yours in Mercy,

DR. DARREN EGBERTS
PRINCIPAL

Deputy Principal Wellbeing
Mr. Kerin Glennen

Parents and teens:
Teens and parents are well known to have problems understanding one another. Young children who have been cheerful and obedient become adolescents with firm ideas about how they want to behave as they develop into adulthood. There is bound to be friction from time to time. As teenagers grow into healthy adults, they develop a number of strengths.

For most people, these strengths have been acquired by their early 20s. During this time, a parent's role changes from providing care and security to a new role of guidance. Teens still need their parents so they can discuss any concerns or problems they may have. The many physical and emotional changes which occur in the teen years will be easier for everyone if we try to remember some of the conflicts we had with our parents. Looking back often helps us to look forward….did I have disagreements about the state of my room….difficulty getting out of bed in the morning….how old was I when I first tried alcohol.

Teens are likely to thrive and be content when they are given respect for making decisions and controlling much of their own lives. In this atmosphere they are more likely to develop the need to behave and have respect for the people around them and the limits placed on their skills.

As adults we need to remember that raising our children is difficult but rewarding in the long run.

Please see the attached article ‘Coping with Ice’ on pages 14 and 15.
You are invited to attend Mercy Regional College's, VCE DANCE Evening.

This evening will provide a chance for the current Unit 3 and 4 students to perform their solos in front of an audience prior to their external Performance Exam at the end of the week.

The night will also feature their Group Learnt Work from Semester One, choreographed by Melbourne choreographer, Caroline Meaden.

I would encourage all prospective VCE Dance students to attend as well as family and friends of the students performing.

The following students will be performing:

- Victoria Conroy
- Isabelle Corney
- Martinique McKenzie
- Kia Rethus

There will be a light supper provided at the conclusion of the evening.

Freya Egberths
Teacher of Dance
From the Director of Religious Education
Mrs. Jo Saunders

Vinnies College Conference First Regional Event held on 27th August.
Fourteen very keen Social justice team members from the O’Keeffe Campus went along to a special Vinnies College conference Festival Day at St Mary's Parish centre in Ararat.

This was a special opportunity for schools who have a strong link to Vinnies to share the work they do and the projects they might have for the future.

Over 90 students from many schools in the Region attended including students from: St Patrick’s College Ballarat, St. Bridget’s Horsham, Emmanuel College Warrnambool, Marion College Ararat, Monivae College Hamilton, and Mercy Regional College Camperdown.

The students had activities to help them mix and mingle, they learnt about the history of St Vincent De Paul Society and shared a Mass together in the church. A tasty lunch was provided by the Ararat CWL and the students shared the many activities we have linked to St Vinnies at Mercy Regional College.

One of the activities was a wonderful blanket making exercise and this special blanket will be presented to the local St Vincent de Paul conference in early term four.

The students who attended the Conference were:

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<th>Students who attended the Conference were:</th>
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<td>Taylar Casson</td>
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<td>Eliza Johnstone</td>
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<td>Sarah Marquand</td>
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<td>Joshua Newcombe</td>
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<td>Tayla Reynolds</td>
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<td>Abbey Richardson-Tobias</td>
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<td>Demby McKenzie</td>
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<td>Tully Watt</td>
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<td>Luke Lenehan</td>
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Race for Grace and Mass to celebrate the Feast day of Our Lady of Mercy.

Last Friday 12th September, Mercy Regional College gathered in the de Chantal stadium to celebrate Mass together, acknowledge students in an assembly and then to have some fun racing against one another in the ‘Race for Grace’.

Social Justice Team members prepared purple ribbons worn by many staff and students as a fundraiser for Grace Howard’s Flutterbys Relay for Life Team. Students matched their talents at a 60 metre sprint and it was generally a race for the pride of winning against classmates. Students donated money in order to run and also to wear a ribbon in honour of our former classmate and friend, Grace.

Money raised on the day totaled over $500 which was a wonderful addition to the Flutterbys Team tally for the year. The day proved to be one of team spirit and fun. It was wonderful to see so many people buying ribbons, being involved and seeing Mercy in Action.
Dancers share the fun

Residents at Camperdown’s Merindah Lodge were treated to a day of music and dancing thanks to the Frankie Lawrence Dance Band.

The residents were joined by those at the David Newman Centre and enjoyed ballroom dancing, rock n’ roll dancing and some AFL theme songs.

Dance enthusiasts Eric Dingle and Helen Moloney also put on a rock n’ roll show for the 40-strong crowd.

Mercy Regional College students hosted the morning tea and mingled with the crowd throughout the event.

Year 10 student Darcie Milliken said the day was a chance for the students to connect with older generations and hear their stories.

“We come down to get to know people and talk about their lives,” she said.

“It’s our way of serving the community and a part of the Christian Outreach program.”

Hazel Robson’s husband Gary was recently admitted to Merindah Lodge with dementia, so she makes the trip down from Skipton 2-3 times a week.

“We really enjoy the music,” she said.

“We used to go dancing together so the music that is played here brings back memories.”

Merindah Lodge nurse Carole Manksfield said the day was something the residents enjoyed.

“The people here can’t go out so we have to bring the entertainment in,” she said.

“The music that gets played is what they’ve grown up with so they’re able to sit and enjoy it.

“The residents really love the dances.”

Students and volunteers dance to a few ‘old time numbers’ much to the delight of residents. 20140.
Two weeks ago, Monday 1st August, a very excited and 'pumped' chess team boarded the bus on their way to Colac for the annual Catholic Chess Tournament at Trinity College. The day started out with some serious warm up and then an orientation speech from the coordinator. We were all given opponents and we commenced play.

The day consisted of six rounds with only the top four player scores from each school accounted for. Our Mercy team showed significant improvement from last year, winning quite a few games but still the competition proved too tough and we could only manage 6th place, which we are quite proud to say, was not last! On the whole it was a great experience with some good competition and a fun day for all involved.

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Mercy Regional College will be offering the third France and Belgium Battlefields Tour in September 2015. The tour is offered to all students from Years 9-12 in the 2015 school year. The College works in conjunction with Hello World Travel Agency, Camperdown. A meeting of those interested in the tour will be held at Mercy Regional College, McAuley Campus on the evening of Wednesday 15th October.

The 'Expression of Interest’ form is on the next page of the newsletter, if you are interested in your child participating, please complete the form and return to the College by Monday 13th October.
Dear Parents and Students,

The College is looking for expressions of interest from students to participate in a trip to France, Belgium and England in September next year, 2015.

I offer the opportunity to all students from Years 9-12, who will be enrolled at Mercy Regional College in 2015. The trip is strictly optional and will take place in the last week of Term 3 and the first week of the September / October 2015 school holidays. I anticipate the trip will be for approximately 15 days.

The trip will focus on the experience of the Australians on the Western Front in the First World War. The group will visit Paris, the Somme region where Australians fought in the great and terrible battles of 1916 and in the campaigns of 1918. We will then travel to the Flanders region and the Ypres battlefields of Belgium, stopping on the way to visit the village of Fromelles where Australia’s tragic first major battle in France was fought in July 1916. From Belgium we will travel to London where we will visit some of the sites of that great city as well as other places of interest in England’s south.

A meeting will be held next term on Wednesday 15th October for all who have expressed interest already, or are interested. Those who wish to book a place on the tour will be required to pay a deposit of $500.00. Further instalments may be made throughout next year with final numbers to be confirmed by June 2015. In organising the tour, Mercy Regional College works in conjunction with Hello World Travel Agency, Camperdown.

If you are interested in attending the meeting, please return the attached form to the College office at McAuley Campus by Monday 13th October.

If you require any further information you can speak to Lachie Lee at the McAuley Campus.

Yours sincerely,

DARREN EGBERTS
Principal

EXPRESSIN OF INTEREST FORM - FRANCE AND BELGIUM TOUR 2015

STUDENT’S NAME: ______________________________________

CURRENT YEAR LEVEL: __________

I give permission for my son / daughter to be considered for the France and Belgium Tour to take place in September / October 2015.

Parent / Guardian Signature: ______________________________________
Sports Report
Ms. Stacey Hillman

As Term 3 comes to an end we can reflect on what has been a busy time on the MRC sporting calendar. Our Equestrian team have once again been very successful at the recent WISE champs held in Warrnambool which included show jumping, dressage and cross country. All girls who participated should be very proud of their achievements. Thank you to both Melinda Grant and Jill Bone for their continued help and support provided at these events, it’s is greatly appreciated.

Please see the results below:

- Meaghan Bone 1st Grade 1
- Elle Price 1st Grade 2
- Connie Blake 4th Grade 5
- Tori Hutchins 8th Grade 5
- Erika Grant competed in Grade 2
- Mikarla Poole competed in Grade 2
- Polly Moloney competed in Grade 3
- Kate Gaut competed in Grade 4

Our junior basketballers had a great day of competition held in week 8. It was fantastic to have the opportunity to take two teams from each age group to really showcase our talents. Our year 7 & 8 girl’s teams and year 7 boy’s team were the overall winners and will now progress onto the Greater Western competition held in Ballarat on Monday 10th November.

Super 8's cricket is just around the corner. Keep an eye out on the sports notice boards for sign-up sheets in the first week of Term 4.

Head of O'Keeffe Campus
Mr. Tony Wynd

Congratulations

To Stacey Riches who competed in the Victorian Pipers Association – Victorian Solo Piping Championships on Sunday 14th September at Mount Waverly. Competitors varied in age from 10 to 70 and included students from Scotch College Melbourne and Haileybury school in Melbourne. There were 109 performances over the course of the day.

Stacey competed in D Grade and had to play two elements. The first element was a ‘MSR’ (March 4 parts, Strathspey 2 parts & Reel 2 parts) then followed by a ‘Jig’ (4 parts). Stacey came first in both elements and as a result was announced the Victorian Champion for D Grade. Judge, Ian Lyons presented her with a glass trophy, McCallum Practice Chanter, Prize Money and a shield.
Head of Teaching and Learning - Junior  
Mrs. Fiona Sargeant 

**Year 8 Medieval Day**  
This week we engaged presenters, Lorenzo and Peter, from Medieval Education and Entertainment in Melbourne to complete our Year Eight History studies. The students have been examining the social, cultural, economic and political features of society in Medieval Europe and the effects of the Black Death in the 14th century.

Lorenzo and Peter's historical lessons allowed students to experience a medieval point of view. They brought with them a range of weapons, armour and various contraptions used to punish citizens of that era. Mr. Matthew Harkin gave archery lessons on the oval to provide our students with a well-rounded experience.

The final event was a fencing tournament in which Lorenzo offered to duel volunteers. He donned his suit of armour and proved a worthy opponent, outwitting many novices. It was pleasing to see that students were eager to participate and enjoy the spirit of the day. Well done, everyone!

**Royal Australian Chemical Institute – Vic Crystal Growing Competition**  
Early this term, a small group of interested Year Eight Science students became involved in a crystal growing competition. Mr. Paul Glynn and Mrs. Robyn Johnstone assisted students to create crystals from a solution of alum (potassium aluminium sulphate). The students had to make a saturated solution, choose a seed crystal, suspend it in the solution and encourage this crystal to grow over a period of six weeks.

The Science laboratory became a busy place at recess and lunchtime breaks as students adjusted their solutions and monitored crystal growth. Whilst our resulting crystals were not prize winners, there were some wonderful results and a lot of robust scientific discussion.
Responsible Serving of Alcohol Course
Mrs. Tania Bruckner

Recently a large group of VCE students completed a Responsible Serving of Alcohol course in the MPA at McCauley. The students were given up-to-date information on legislation in this area, and the role they may play if working in licensed establishments. They participated in lengthy question & answer sessions, worked in groups to discuss topical issues and completed a test.

We are happy to report that everyone passed, and will have this handy certificate up their sleeves, perhaps for future part-time work. Thank you to Lyn Davies and the terrific Hospitality students - Zaya Robbins, Sarah Cole and Megan Bone who served a lovely Italian supper.

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Term 4 Dates

**Monday 6 October**
* TERM 4 COMMENCES
* VCE Dance Performance 7pm in Stadium

**Wednesday 8 October**
* Year 9 Camp

**Thursday 9 October**
* Year 9 Camp

**Friday 10 October**
* Year 9 Camp
* Greater Western Athletics Carnival

**Monday 13 October**
* Year 7 - 9 Clay Shooting Warrnambool

**Tuesday 14 October**
* 2015 Student Leaders Investiture in Stadium

**Wednesday 15 October**
* Super 8s Cricket

**Monday 20 October**
* Year 7 - 9 Clay Shooting Minyip

**Tuesday 21 October**
* State Athletics Carnival

**Wednesday 22 October**
* Year 12s Final Day
  * Mercy's Got Talent & Year 12 Concert

**Thursday 23 October**
* Immunisations at O'Keeffe for all Year 7s
* Year 9 Excursion 'Reach Heroes Day' Geelong

**Friday 24 October**
* Reading Challenge / Book Club excursion to Melbourne

**Monday 27 October**
* Junior Oratory Competition

**Tuesday 28 October**
* Immunisations at McAuley for Year 9 boys

**Wednesday 29 October**
* Outdoor Ed Bush Walking Camp
* VCAA Exams commence

**Thursday 30 October**
* Outdoor Ed Bush Walking Camp
* Super 8s Cricket – Years 9 & 10

**Friday 31 October**
* Outdoor Ed Bush Walking Camp

**Monday 3 November**
* College Board Holiday

**Tuesday 4 November**
* Melbourne Cup Holiday
Weekly Career News

16 September 2014

事业新闻

Mrs. Jenny Phillips

VOCATIONAL & HIGHER EDUCATION NEWS

Have you considered youth work? The Bachelor of Youth Work at Victoria University is the only youth work degree in Australia accredited by the Youth Workers Association. The course is also in the final stages of accreditation with the National Youth Association in the UK, which means that graduates will be able to work in Europe.

Students can complete the three-year Bachelor of Youth Work, or the one-year Diploma of Youth Work then articulate directly into the second year of the Bachelor of Youth Work. Students undertake work experience each year of the course and can elect to undertake a double degree with a Bachelor of Sport Management. For information about the courses and entry requirements, go to www.vu.edu.au

Are you looking for casual work? A number of major companies are now advertising to recruit Christmas casuals. This is a short-term work and successful applicants shouldn’t expect to have ongoing employment once the busy Christmas period is over. Companies such as Dick Smith, Bonds, Kmart, Sussan and Sportgirl have been advertising via ‘First10’. To find out about upcoming job opportunities, go to

- Website: www.first10.com.au
- Facebook: www.facebook.com/first10group

Master of Sports Science (Football Performance): Victoria University offers this highly regarded Masters program for students who have completed a Sports Science degree and are passionate about rugby, soccer and/or football. Students will further develop their knowledge of coaching, performance analysis, sports ethics and integrity, athlete monitoring and elite sport performance. Job outcomes may include roles such as:

- Director of Sports Science
- High Performance Manager
- Head of Strength and Conditioning


Missed Open Days? Don’t stress! The following two Universities have recorded their Open Day information sessions so you can watch them from the comfort of your home:

- University of Melbourne- https://www.openday.unimelb.edu.au/recordings

YEAR 12 STUDENTS: Did you consider applying for a gap year with Latitude Global Volunteering earlier in the year but didn’t end up applying? Staff at Latitude would love to know what may have been a barrier to you applying and have asked for any interested students to fill out the following survey: www.surveymonkey.com/s/TWXM6MR
Interested in veterinary science, food science and/or agriculture? The University of Melbourne’s Faculty of Veterinary and Agricultural Sciences recently launched a new website that presents all the courses on offer in the fields of agriculture, veterinary and food science. Through the website, students in Years 9 – 12 who are interested in agricultural sciences can join the new Pre-Ag Club! To view the website and to find out more, go to http://tvas.unimelb.edu.au/  

Robertson Scholars Leadership Program: Each year, two Australian students are selected to complete an undergraduate degree at either Duke University or the University of Northern Carolina, both in the USA. The program seeks to assist students who have demonstrated passion and potential to become great leaders in college and beyond. The scholarship is worth $200 000 and is organised through UNSW. For more information and to apply, go to www.unsw.edu.au/scholarships  

Do you have a brilliant idea that might change the world? Flinders University is offering a free online course called The Biz Playbook for students in Years 10 – 12 who are interested in entrepreneurship. You will develop a business plan from home and in each unit, you will learn about successful entrepreneurs such as Maggie Beer and Marita Cheng. The best business plans will win:  
- An iPad from Flinders Partners  
- A meeting with Entrepreneurial Educator of the Year Anthony Francis to help develop the idea further  
- A scholarship worth $1000 to Venture Dorm which is an intensive educational program for people who want to learn how to build new ventures  

For more information about the course, go to www.thebizplaybook.com  

Ask the Architect at UNSW – online event: If Sydney is too far to travel to attend an event at UNSW, you can participate in the UNSW Built Environment, Ask the Architect event on Wednesday 8 October, 6.00pm – 7.00pm. You will have the opportunity to ask the Dean of the Faculty of Built Environment and acclaimed architect Professor Alec Tzannes AM questions about studying at UNSW. Register here: https://plus.google.com/events/c1qm7phph8r6milla1pccmg903o  

Journalism Industry Day, Macleay College, Melbourne: Macleay College offers the one year Diploma of Journalism and the two year fast tracked Bachelor of Journalism at the South Melbourne campus. The College is running an Industry Day on Saturday 25 October between 10am – 1pm. The day is for students who are interested in the following careers: newspaper journalist, magazine editor, sports reporter, fashion writer, and/or TV, radio, or online producer. To register to attend, go to www.macleay.edu.au/. To view the student run newsroom, go to newsroom.macleay.net/  

22: Science in the City Lab Tours, RMIT, www.rmit.edu.au/seh/events  
22, 23: Discover Deakin, Geelong Waurn Ponds (22), Burwood (23), www.deakin.edu.au/discover-deakin  
JMC Academy Workshops: Animation (23 & 24), Games Design (24), Popular Music (24), Entertainment Business Management (25), Film (29), www.jmcacademy.edu.au/  
24 – 26: Monash University Art Design & Architecture Folio Workshops, monash.edu/mada/workshops  
25, 26: Nuclear Medicine Lab Visits, RMIT, www.rmit.edu.au/seh/events  
30: Be You at VU, Year 10 and 11 Students, Victoria University, Footscray, www.vu.edu.au/news-events/events/be-you-at-vu
In 2015 the national Sail Training Ship Young Endeavour will set sail for an extraordinary voyage around the world!

With crews of 24 youth and 12 Navy staff, the ship will sail the Roaring Forties, across the Atlantic Ocean, through the Mediterranean Sea and the English Channel, and into the North Sea, returning via the Cape of Good Hope and the Indian Ocean.

Over 200 youth, including Young Endeavour Alumni, will have the opportunity to join one of nine crews as Young Endeavour circumnavigates the world for the first time in over 20 years.

The Governor-General, His Excellency General the Honourable Sir Peter Cosgrove AK MC launched a national ballot for berths available in Young Endeavour for the World Voyage.

Sir Peter Cosgrove, who is the Patron of the Young Endeavour Youth Scheme, met Young Endeavour Alumni and Royal Australian Navy staff crew at the announcement of the 12-month world voyage in Sydney.

"I think this scheme is a wonderful reflection of our national identity and values - having a go, giving it your all, being courageous in what you are attempting, making friends, being proud of what you are achieving, and enjoying and bettering yourself along the way," the Governor-General said.

"Today, I encourage Australians aged 18-30 to apply for this exciting adventure. This is a tremendous opportunity to invest your time into an unforgettable journey; a journey not only around the world, but also of self-discovery. I know our young people will be up to this challenge, because I am continually amazed at the capability, capacity, enthusiasm and above all, the get-up-and-go of young Australians."

The World Voyage will include ports of call in the United Kingdom, where Young Endeavour was built as the Bicentenary gift to the Government and people of Australia, as well as several of the ports first visited during the ship’s maiden voyage in 1987. The ship will also represent Australia in the Sail Training International Tall Ships Races – promoting international friendship and furthering education and development for young people of all nationalities.

The World Voyage ballot is open 1-30 September 2014 at www.youngendeavour.gov.au. Applications are open to eligible youth who will turn 18 prior to the departure of their selected voyage/s in 2015.

We invite Mercy Regional College to share this once in a lifetime opportunity, and to encourage young Australians in your community to join a circumnavigation of the world aboard STS Young Endeavour. Apply now!

Sydney - Brazil - Spain - Turkey - England - Norway - Denmark - Germany - Holland - South Africa - Fremantle
COPING WITH SOMEONE’S BAD REACTION TO ICE

STAY CALM

• Move slowly and try not to make too much eye contact.
• Give the person space and don’t crowd them.
• Keep your voice low, calm and steady.
• Move children away.
• Make the area as safe as you can, remove dangerous objects.
• Don’t ask too many questions. Say things like, “I am not angry with you, I just want to make sure you are safe.”
• Try to use the person’s name. For example, “Jason, can you tell me what is going on for you?”

REASSURE

• Be supportive. Tell them that they will be okay, and that what they’re feeling will pass when the ice wears off.
• Help them calm down by moving them to a quiet place where they can rest.
• Listen to them and respond with calming comments. This isn’t a time to argue.

RESPOND

• Call an ambulance by dialling triple zero (000) if the person has the following symptoms:
  • Racing heart beat and chest pain
  • Breathing problems
  • Fits or uncontrolled jerking
  • Extreme agitation, confusion or clumsiness
  • Sudden, severe headache
  • Unconsciousness
• Ambulance officers don’t need to involve the police.
• If the person becomes violent or threatens to hurt themselves or someone else, move yourself and others to a safe place and call the police by dialling triple zero (000).

SUPPORT FOR YOU AND YOUR FAMILY

Support for you and your family is very important. It can be particularly hard for you when the person using ice is not ready to change their behaviour. Even when they do enter recovery, this can take a long time and there can be many setbacks along the way.

Remember the person using ice is the only person who can change their behaviour. What you can control is how you deal with the situation, so looking after yourself is a really important part of helping the person using ice and helping your family.

You could also consider talking with a friend, talking to a counsellor or joining a support group.

Further information and support are available from the organisations listed below:

FAMILY DRUGHELP
Support for family members and friends who are concerned about a loved one’s alcohol and other drug use.
T: 1300 660 068

DirectLine
24-hour, 7-day counselling, information and referral to other services including treatment.
T: 1800 888 236

Counselling ONLINE
A guide for family and friends

ice.vic.gov.au
Having a family member or friend who uses ice (crystal methamphetamine) can be stressful and worrying. It’s normal to feel helpless, frustrated, anxious and upset. But you are not alone and help is available. This brochure provides some information and advice to help you. You can find more information and support through the services listed on the back.

UNDERSTANDING THE EFFECTS
Drugs can affect people differently, but some of the effects of ice can include:
- Feelings of pleasure and confidence
- Increased alertness and energy
- Repetition of simple actions like itching and scratching
- Enlarged pupils and dry mouth
- Teeth grinding and excessive sweating
- Fast heart rate and breathing
- Reduced appetite
- Feelings of paranoia or anxiety
- Agitation or aggressive behaviour

It can take several days to ‘come down’ from using ice. The following effects may be experienced during this time:
- Difficulty sleeping and exhaustion
- Headaches, dizziness and blurred vision
- Paranoia, hallucinations and confusion
- Irritability and feeling ‘down’

DEPENDENCE
People who regularly use ice can quickly become dependent on it. They may feel they need to use ice to go about their normal activities like working, studying and socialising, or just to get through the day.

Some people who regularly use ice may start to feel less enjoyment with everyday activities. They can get stressed easily and their moods go up and down quite quickly. These changes can lead to longer term problems with anxiety and depression. People may feel these effects for at least several weeks or months after they give up ice.

WHAT YOU CAN DO

LISTEN
If your family member or friend wants to tell you something about their situation, listen carefully without getting annoyed or upset. Let them speak without interruption. After they have finished speaking, repeat back to them what you have heard and understood so they can explain any misunderstandings.

Don’t try to solve their problem. Real, long-term change will only happen when they take responsibility for their actions and deal with the consequences.

ENCOURAGE CHANGE
A person using ice needs to be ready to change before they can enter the recovery process. But you can help promote change by asking calm, respectful questions such as:
- “What do you like about using ice?”
- “What don’t you like?”
- “Where does that leave you?”

Try to avoid pushing for answers. It’s okay to leave the questions hanging there.

Choose a time to talk when they are relaxed and aren’t affected by ice.

SET BOUNDARIES
Communicate rules about what is and isn’t acceptable behaviour in your home and the consequences for breaking these rules. Work out your limits, be clear and direct, and stick to what you say.

HELP THEM TO BE RESPONSIBLE
It would be natural for you to try and protect your family member or friend from the problems caused by their ice use. But you aren’t helping them (or yourself) by ‘cleaning up’ the mess they make.

For example, if they want you to pay a fine to keep them out of court, think about these questions:
- Who has been fined?
- If you pay it this time will it stop them doing it again?
- Will you pay their next fine?
- What are you teaching them by paying the fine?

FIND TREATMENT OPTIONS
There are many treatment and support options available. Different approaches work for different people at different times. Sometimes a person isn’t ready to stop using ice yet, but treatment options that focus on reducing the harms may be helpful.

To talk about the best options for your family member or friend contact Direct Line on 1800 888 236 or visit www.directline.org.au

ACKNOWLEDGE THE SMALL CHANGES
It can be hard to stay positive when someone you love is struggling with the effects of ice and all the issues that using it can cause. But try to acknowledge the positive steps you all make to deal with these challenges.
Melbourne Spring Fashion Week
Briony Kent – Year 12B

The week was filled with luscious prints and striking fashions. I headed off to Melbourne Spring fashion week to source the up & coming trends and styles of spring 2014 for Aphra Magazine and my personal fashion blog “They don't like us.” The first show I attended was Runway 3 – designers.

This featured six high end designers such as Nicola Finetti and Yeojin Bae. The show was luxurious and magical. I was seated with some of the best in the business and was able to create some amazing contacts. On the second day I was to attend a day at the HUB. Here the public can attend various events held throughout the day.

The first show of the morning was “spring” fashion which saw designers such as CUE and SABA showcase their favorite looks of the season. Then I saw the Windsor Smith show. I was spotted by their designer and given front row seating in the VIP section to view the delectable goodies and to exchange contact information with her for future plans.

The show was live and electric with a live DJ and male dancers. The third day called for The Target Spring Runway Collection. Again I sat front row VIP next to the beautiful ambassadors for Melbourne Spring Fashion Week. The wonderful Rachel Finch walked for Target. Here we saw block colours and many suits as well as Spring Racing with long flowing floral maxis. I then sat in on a “Style” work shop hosted by two renowned stylists of Melbourne.

The last show of the night occurred in the iconic Finlay Lane featuring Nixi Killick. The graphic lane suited her crazy style and people lined the adjoining streets to gain access to her rad show. The music was loud and the clothing louder. Neon colours adorned with graphic prints and crazy head pieces. Not for the faint hearted. Overall this was a crazy and amazing experience that is still sinking in. I was able to rub shoulders with some of the best in the fashion business and take another step forward to securing my dream opportunity in the fashion industry.
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<thead>
<tr>
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MERCY REGIONAL COLLEGE
PARENTS, TEACHERS & FRIENDS ASSOCIATION

CAR RAFFLE

1st Prize – Ford Focus Ambiente Hatch
Air Conditioned,
6 speed Auto,
CD Player, ABS
Bluetooth, 6 Airbags
Cruise Control
Rear Parking Sensors
On-Road Costs
Value $23,990

Supplied Courtesy of
Rex Gorell Ford, Geelong

Proudly Supported By TREVOR LEE, CAMPERDOWN AUTO SALES

2nd Prize - Travel Voucher Valued at $2000
Supplied Courtesy of Hello World, Camperdown

3rd Prize - Electrical Voucher Valued at $1000
Supplied Courtesy of Camperdown Betta Home Living

4th Prize - Nutrimetics Pamper Pack Valued at $300
Supplied Courtesy of Helen Bourke, Kolora

5th Prize - Fuel Voucher Valued at $250
Supplied Courtesy of Riordan Fuels (Stephen Lucas BP Camperdown)

6th Prize - Clothing Voucher Valued at $250
Supplied Courtesy of Fashion Club Wear, Canterbury

7th Prize - Jewellery Voucher Valued at $200
SuppliedCourtesy of Showcase Jewellers, Camperdown and Colac

8th Prize - Gift Voucher Valued at $200
Supplied courtesy of Café 153 on Manifold, Camperdown

9th Prize - Dinner Voucher Valued at $100
Supplied Courtesy of Madden’s Bar & Bistro, Camperdown

10th Prize - Gift Voucher Valued at $100
Supplied courtesy of Timboon Railway Shed Distillery

Drawn Wednesday, 12th November, 2014 at 8.30 p.m.
At the Mercy Regional College Arts Night
St Thomas' P.S. Social Night

&

Christmas Cabaret

featuring

The Louie Clancey Band

Friday November 28th 2014, 8 pm start

at

St Thomas’ Primary School Terang

Early bird tickets available at $20

or $25 on the night

BYO drinks, Supper Provided

Tickets available by contacting

Jane Henderson; 0418307122

Sue Moloney; 0407324540

Jo Kavanagh at St Thomas’ or 0400442885

Janice Harris; 0438339769

PRE SEASON TRAINING / REGISTRATION DAY

Sunday 21st of September 2014

Venue: Pomborneit Rec Reserve.

10:30 am - 12:30 pm - Training session.
   All senior and junior grades.

12:30 pm - 1:00 pm - BBQ lunch.
1:00 pm - 3:00 pm - Guest speaker - Dav Whatmore.

Dav is a former international cricketer who represented Australia. His international career spanned from March 1979 to January 1980 in which he played seven Test matches and one One Day International. At first-class level, he scored over 6,000 runs for Victoria.

Dav retired from professional cricket in 1988/89 to pursue a career in coaching. He coached Sri Lanka in two separate spells, during the first of which he won the 1996 Cricket World Cup.
Noorat & District Junior Tennis Association  
(Terang & Mortlake)  
TERM 4

2014 Pennant will commence on Tuesday 7th October, and will run for 8 weeks during Term 4 - starting at 4pm.

Any interested players can contact either:  
Julie Giblin (Terang) on 0408 817 849, or  
Kath Tanner (Mortlake) on 0448 871 111  
before the end of term.
Beginner players must be able to serve and return a ball.

"Open to all school age children"

HOTSHOTS Tennis Coaching will commence on  
Thursday 9th October for 8 weeks.

TIMBOON & DISTRICT JUNIOR TENNIS

Tennis seedings to be held at  
TIMBOON RECREATION RESERVE  
Saturday 11th October at 9.30 am.
All players wanting to play to attend  
Competition starting  
Saturday 18th October

Any players interested please ring  
Katrina Currell on:  
5598 3443 or 0439 995 010

Camperdown Little Athletics Centre

Family, Fun and Fitness

Little Athletics is back again for 2014-15
For all Girls and Boys, 5 to 16 years of age.

Registration pack collection and Parent information night Friday 10th October, 4pm.

Competition commences Friday 17th October, 4.20pm

Venue: Aths Track, Fuller/Frederick St (behind Basketball Stadium)

Please register online at www.lawc.com.au and click on McDonalds Registration logo  
(Cost $120 for entire 14/15 season, no ongoing costs)

Jean Wood Memorial  
Music Scholarship 2014

Junior Prize - $250  
(Year 6 and under)

Senior Prize - $600  
(Years 7 -12)

Conditions of Entry
✓ You have played an instrument, including voice, for two years or more
✓ You are 18 years and under as of December 31, 2014.
✓ You reside in or go to school in the districts of Terang, Mortlake,  
Camperdown and Timboon
✓ Individuals or Groups of up to 3 members may apply

Audition Date – Saturday 18 October 2014  
Venue – Terang Civic Hall

Closing Date – Monday, 13 October

For an Entry Form - Tel: 5592 1989  
Find us on Facebook.
TAKE A STAYCATION THIS SEPTEMBER

Why not take the opportunity to rediscover why our region is so highly regarded amongst national and international visitors alike? Enjoy a range of special offers at local attractions including FREE entry into the Cape Otway Light station, FREE mini ice-cream for residents over 18 from Timboon Fine Ice Cream and 50% OFF entry into the Great Ocean Road Wildlife Park.

For more Information pick up your ‘My Corangamite Passport’ from Camperdown Courthouse Information and Arts centre or the Port Campbell Visitor Information Centre or download a copy from www.visit12apostles.com.au Look for the My Corangamite Passport page under Trip Planning.
YOUTH WEEK AT TDHS presents
A MOVIE NIGHT!!!
WEDNESDAY 1st OCTOBER 5pm – 10pm
Doors open 4.30pm (free event, no passouts)

THE LEGO MOVIE PG 8+ 100 mins
FOLLOWED BY
THE PRINCESS BRIDE PG 12+ 98 mins
Showing in Conference Room, upstairs @ TDHS,
using the data projector, with surround sound...
HOT FOOD, MILKSHAKES AND
POPcorn WILL BE PROVIDED
GOLD COIN DONATION REQUIRED

STRICTLY NO DRUGS OR ALCOHOL
THIS IS A SMOKE FREE VENUE
THIS IS A SUPERVISED EVENT
YOUNG PEOPLE UNDER 18 NEED SIGNED
PARENT/GUARDIAN CONSENT
(forms available at the door)
Contact Leanne – Youth Worker
for enquiries or bookings.
5558 6000

We want YOU! ➔ Families BIG or small!

STS

All you need is a spare bed and a heart big enough to share it with an international exchange student.

STS Student Exchange has students from all over the world who come to Australia to experience our amazing country twice a year – July and January. We are looking for volunteer host families to share their home with an exchange student. Students have their own spending money and medical insurance. All you need to do is welcome them in and treat them like your own son or daughter.

If you are interested in hosting an exchange student or would like any information contact
Amelia – STS Local Coordinator for South West Victoria
Phone: 0438 899 807

http://www.sts-education.com/australia/hs/host-family/