



The Dove

"IT'S ALL ABOUT LEARNING
AND HAVING HIGH EXPECTATIONS
OF OURSELVES AND EACH OTHER"

Term 4

Friday 21st October, 2016

Volume: 44 No: 16

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Upcoming Events:

HSC exams 13 Oct to 4 Nov

Week Three

Mon 24 Oct 2016

- NSWCCC Downie Cricket (Yr 10-11)

Thu 27 Oct 2016

- Yr 8 Geography Trivia Day - St Marys Memorial Hall
- Duke of Ed (Ruined Castle, Katoomba)

Fri 28 Oct 2016

- Duke of Ed (Ruined Castle, Katoomba)
- Year 11 Reports Sent Out
- 8:10 Yr 11 & 12 Japanese Study Session

Sat 29 Oct 2016

- 9am Yr 12, 2016 Legal Studies Study Day

Week Four

Wed 2 Nov 2016

- 8:10 Yr 11 & 12 Japanese Study Session

Thu 3 Nov 2016

- Year 7 2017 Step Up Program

Dear members of the St Columba's community

This is my first time writing to our community from the Principal's seat, and what a great honour it is.

Mr Ryan returns in Week 5 and Mr Gregory Malone is taking care and leading our College as Assistant Principal, whilst I serve you all as Principal.

This week's Sunday Gospel reading was from Lk18:1-8 and the lesson was about the persistence of the one who prays. We are called to stay in relationship with Jesus, believing that God is always with us, hears us and responds to our prayers.



Being persistent is staying with something long enough so that you can break through. Persistence isn't nagging; it's believing things will work out, if we just keep trying. To be persistent, we need a positive attitude and confidence in ourselves.

Thomas Edison (1847 – 1931) invented the long-lasting light globe but he made 1200 mistakes trying to make the metal filament glow correctly in the globe. Imagine making that many mistakes and still holding onto the belief that you will be successful. Failure and mistakes are part of our success.

We try to learn from the mistakes we make along the way. We try not to repeat them and expect a successful outcome. As a scientist does, we tweak our technique and change the result.

It is also, super important to surround ourselves with people who have a positive attitude to learning. Good friends are honest, accept who you are, share your passions and interests, listen to you and, most importantly, stick by you if you're having a bad day or have made a mistake.

I hope Term 4 is a great, happy and successful ten weeks for everyone. I look forward to hearing from our students and parents about how being persistent has pushed you further in learning.

God Bless and take care of one another,

Mrs Peta Sparkes
Acting Principal

From the Office

School Fees

Please be advised that unless alternative arrangements have been made with the Principal, the Business Manager or me, **2016 fees are now overdue.**

If you are having difficulties with the payment of your school fees, I encourage you to contact me to discuss payment options. The Catholic Education Office is committed to supporting families experiencing genuine financial hardship.

The School Fee Collection process has commenced on outstanding accounts without prior arrangements in place.

School fees can be paid by Bpay, Postbillpay, Direct Debit, cash, EFTPOS or cheque.

Ms Roselee Vion
Senior Finance Officer

Year 7, 2017 Orientation Program

The Year 7, 2017 orientation program will involve **two** visits. The scheduled dates for these visits are:

1. Wednesday 9th November 5.00pm-6.30pm: Welcome Meeting for parents and students.

This will be held at St Thomas Aquinas Church, 168 Hawkesbury Road, Springwood. Parking will be available in the Church car park and on College Drive.

- Parents will be addressed by the College Principal.
- Parents will be given a package with additional forms students will require for commencement in 2017.

These forms are to be completed and handed back to the College on Orientation Day, Friday 11th November.

2. Friday 11th November 9.00am-2.15pm: Orientation Day for students only.

- Parents to provide transport to and from the College. Students will meet in the school quadrangle and be assigned a group.
- Parents may visit the Uniform Shop between 8.00am and 11.00am for collection of uniform (provided that the uniforms have been ordered and paid for in full).
- Orientation session to commence at 9.00am sharp.
- Students to wear their primary school uniform.
- Students to bring their own morning tea. A sausage sizzle will be provided for lunch.
- **Students** –mini high school lessons / information sessions by teachers and students on preparing for high school. The day will conclude at 2.15pm for students. Parents are asked to be punctual in collecting their child at 2.15pm in the archway.

As you can appreciate, the time for your child to spend participating in the orientation lessons is extremely valuable. Therefore, your child will not be available for uniform fittings during this time.

Mrs Sandra O'Brien
Enrolment Secretary

From the School Counsellor

What is it all about?

Each year, Mental Health Month is celebrated in NSW during the month of October. The aim of this month is to encourage all of us, whether we have experienced mental illness or not, to learn and understand the importance of looking after our mental health and wellbeing.

According to the World Health Organisation, mental health is the state of wellbeing in which every person can cope with the normal stresses of life, work productively and contribute to their community (WHO, 2014). Often, our views of mental health and mental illness is misguided. This can confuse us about what mental health really is and sadly, does not allow us to see its importance in our everyday lives.

Helping people learn more about their mental health can allow them to be more aware of their mental state and the wellbeing of others.

This can encourage people to seek or ask for help when things aren't going well which is also an important part of self-growth.

Learn & Grow

Thinking about this,
our theme for Mental Health Month this year is

LEARN AND GROW

This message is simple and very important: We should all learn about mental health, know about our thoughts, feelings and take action to improve our mental wellbeing. This will help us grow towards maintaining our mental health & wellbeing.

Learning about mental health is important for good health and wellbeing in our everyday lives. It also helps breakdown any shame around mental health. We are also encouraged to learn other new and exciting things because learning can have many positive outcomes for our wellbeing. Whether it's learning at work, home or in everyday life all are essential for our mental growth and are enjoyable.



MENTAL HEALTH MONTH 2016 - Learn and Grow

Engage your mind

Research tells us that taking part in challenging activities benefits our mental health and wellbeing. For example, leisure activities that you find interesting and/or socially engaging are linked to better mental abilities.

Regardless of age, culture, gender or if you are studying, working or retired, using the mind is a good strategy for taking care of your mental wellbeing. Learning new and challenging things is not always easy. But trying something new and getting out of our comfort zones can be rewarding and over time, relaxing. Whatever the outcome, we are taking an active approach towards looking after ourselves, particularly our mental health).

Take part in an enjoyable activity like learning to play a new instrument, picking up a hobby such as photography or engaging in formal/informal education such as learning a new language.

Regardless of our preference, making an effort to learn something new are all great ways to work our minds.

Have a
mindful
moment

Express
optimism

Learn ways to stress less

In a world of technology, we can often feel overwhelmed with all the information we can access. While it is good to have technology always available, it can also be a large distraction in our lives. The 2015 Stress & Wellbeing report found that social media is both a cause of stress and a way of managing stress. It also mentioned that our use of social media can cause sleeping difficulties and problems with relaxation.

The most important thing for our mental health is to do everything in moderation. Try and set some tech-free time every day and take a moment to explore your surroundings, enjoy the sunshine or go for a walk. As you learn to make this important change in your daily routine, you might be motivated to engage in other enjoyable and relaxing activities.

Set a
tech-free
time

Share your passion

Listen to different views

We all have our own way of seeing ourselves the world and other people. No matter how hard it can be, it is important to listen to different views as it can change how we understand things and the way we act. Listening to different views about mental health can go a long way when it comes to maintaining a healthy mental wellbeing for both ourselves and others. Listening without judging people's experiences can help change the way we view mental health and mental illness. It can help to explain misunderstandings about mental health that stop us from seeking help. It can also motivate us to learn more about our mental health, take better care of ourselves and allow us to reach out to others when things aren't going well. Being open to different views can go a long way when it comes to maintaining a healthy mental wellbeing for both ourselves and others.



Volunteer to help others

Share your passions with others

Having a passion or love for an activity, hobby or idea allows us to experience positive emotions and ultimately lead to helping us maintain a positive wellbeing. We may want to share something about our background, culture or an experience which can allow us to connect and engage socially and emotionally with others. This can have an ever bigger impact on us and other people. When we share something we are passionate about such as looking after the environment, or teaching guitar, we are sharing our knowledge and experience. By doing this, we may come across new ideas about what we love and allow for greater self-growth.

Remind yourself of good times

Do you need some more help?

Sometimes our biggest priority will be getting some help for things that are causing us problems or for changes in the way we are feeling and thinking.

Often, a good first step is having a chat to a local doctor who can refer you to someone who can help. You may be able to obtain a Medicare rebate for some sessions with a psychologist when your GP develops a management plan.

For more information on how to find help, call the Mental Health Information Service on **1300 794 991** (9am – 5pm, Monday - Friday) or the NSW Mental Health Line on **1800 011 511** (24hrs). Another option is to go online for more information of mental health services via www.wayahead.org.au

If you would like more information regarding mental health, support or about maintaining wellbeing visit our website www.wayahead.org.au to download and view our numerous factsheets and support programs.

If you need to talk to someone now call Lifeline on **13 11 14**

If you are from a culturally or linguistically diverse background, contact the Transcultural Mental Health Centre (TMHC) Information and Clinical Consultation Line on (02) **9912 3851**.

Finally, remember that if you don't find the right help the first time you try, it's important to keep trying. It's okay to ask again or to talk to another mental health professional until you find the support and help that is right for you.

Mental Health Month is supported by



Mental Health Commission
of New South Wales

Mental Health Month factsheet acknowledges the support of our partner



Transcultural
Mental Health Centre

For 24/7 counselling and support

- Lifeline - **13 11 14**
- MensLine Australia - **1300 789 978**
- Suicide Call Back Service - **1300 659 467**
- Kids Help Line - **1800 55 1800**
- National Sexual Assault, Domestic & Family Violence counselling service 1800Respect - **1800 737 732**
- Domestic Violence line - **1800 656 463**

These numbers are either free or the cost of a local call.



WayAhead - Mental Health Association NSW (WayAhead) is a community-based organisation and registered charity that has worked since 1932 to address stigma and to promote mental health and wellbeing through education, support and advocacy in NSW. Our vision is a society that understands, values, and actively supports the best possible mental health and wellbeing.

Our programs include:

- Mental health promotion, including coordinating Mental Health Month in NSW
- Workplace Health Promotion Network, working to improve employee wellbeing
- Anxiety support and self-help groups – for more information, please visit www.understandinganxiety.org.au
- Small Steps, providing education to teachers and parents about anxiety in children
- A mental health information and referral service and database www.wayahead.org.au or call **1300 794 991**

Mr Craig King
School Counsellor

Student News

St Finbar's Caring for Carers Concert

On Tuesday 18th October, four St Columba's music students had the opportunity to perform at St Finbar's Parish at a 'Caring for Carers' event. Simone Cooper (Year 10), Mekdes Taylor (Year 9), James Parbery (Year 9) and Bella Moore (Year 7) were joined by several other students of the St Finbar's parish to present a concert for a local group of people who are responsible for care of loved ones or disadvantaged members of the wider community. The students prepared and performed an engaging, varied musical program of impressive caliber, including piano, violin and voice. In this National Carers Week, the carers present thoroughly enjoyed the performance and deeply appreciated the students' time and dedication.



Thank you to Mr Cayas and Mrs Whybrow for organising the event, Mr Cayas for performing on the cello on the day and Mr Gawthorne for transporting the students to and from the venue. Many thanks also to the parish of St Finbar's for hosting the event.

Simone Cooper (Year 10)



Off to world archery championships in Wagga

Ilsa Cunningham

~ Blue Mountains Gazette 26 Sep 2016, 1:34 p.m.



Sharp shots: Jessie-Rose Walklate-Cooke with brother Jye Cooke.

Coached by bronze-medal winning Rio Paralympian Jonathon Milne, Winmalee archers Jessie-Rose Walklate-Cooke and Jye Cooke are hoping to be sharp shots at the World Field Archery Championships this week.

Held in Wagga Wagga from September 26-30, the brother and sister act are shooting in the compound freestyle unlimited division, 17-year-old Jessie-Rose in the young adults, and 11-year-old Jye in cubs for under 12s.

Over the five days, the pair will shoot 28 targets and 112 arrows a day, Jessie-Rose over 80 yards (73m) and Jye over 30 yards (27m).

“Jonathon says to us practice makes perfect and the more you shoot the better you get at it. You develop a muscle memory,” Jessie-Rose said.

The pair train under Milne at a warehouse in Mulgoa and also shoot with their local club Lithgow Valley Archers.

“I’m pretty proud of representing my country,” Jye said.

The pair shot well at the Australian Bowhunters Association state titles in Forbes in August, taking home a gold medal each, and Jye shooting an almost perfect round of 398 out of 400 points.

Jessie-Rose is in her HSC year, and hopes to continue archery while studying a Bachelor of Exercise Science as a pathway to a physiotherapy degree.

Swimming Success

Zach Konstantinoff (Year 9) attended the School Sport Australia Swimming Championships in Darwin which finished on Wednesday 21st September, 2016.

- Zach's medley relay team (NSW Team A) came 3rd
- Zach came 5th in 100m Breaststroke
- 6th in 200m Breaststroke
- 2nd in the heats for 50m Breaststroke, & 5th in the finals.

Zach was also asked to swim in the 10x50m handicap relay (which was a mix of MC swimmers and able bodied). Their team came 5th. We are very proud of Zach's efforts. The conditions were gruelling with up to 36 degree temperatures, 95% humidity, and rain. (In an outdoor pool).

Congratulations on your success, Zach.



Social Justice



Jeremy Jordan Emiko Howard Sarah Arnold and Tara Clancy

On Wednesday the 12th of October Sarah Arnold along with Tara Clancy, Jeremy Jordan and Emiko Howard travelled down to Parramatta Cathedral to participate in the 2015-2016 Social Justice Statement Gathering. The day was a spectacular experience that we were all very thankful to have been involved in. It was great to share our thoughts and ideas about social justice with other schools across the diocese, as well as hear their ideas.

On the day we discussed this year's social justice statement which involved being welcoming to refugees looking for a better life in our country. Bishop Vincent gave a speech about how we can achieve this and talked about his experiences talking to the Pope. We then started to discuss the 2016-2017 social justice statement which is "A Place at the Table - Social Justice in an Ageing Society." This was all about how we could engage the elderly in our schools and communities as well as the proper way to treat them. It was great to learn about these topics and it was a lot of fun. It has given us all a new outlook on social justice and the impact that we, as individuals, can have on the community.

Sarah Arnold (Year 9)



Winner of the Nancy Shelley Peace Prize

Nancy Shelley was a member of the Blue Mountains Quaker Meeting. Her lifelong interest was in peace though she was also a mathematician, singer, writer and music teacher. She was a woman of integrity who worked for justice for indigenous people and for those struggling in war torn countries overseas.

This year, Gala Grahovac of Year 10, entered her sculpture into the Blue Mountains High School Prize division, winning for best entry in the category.

Congratulations to Gala on her win for both herself and the College.



Captivate Showcase 2016

We are pleased to announce that access to download and/or stream online the videos of ALL 7 Showcase 2016 performances is available to purchase now.

You can go straight to the booking site at

<https://www.trybooking.com/MWPI> or see some preview videos and get other information on our website:

<http://www.captivate.catholic.edu.au/Whats-Happening/Events/2016/10/04/02/23/2016-Showcase-Videos>


Video access costs \$10 and lets you view and download any (or all!) of the Showcase videos.

There are also plenty of photos on our [Facebook page](#) from Showcase. If you have any questions, do feel free to contact us. Please be aware that these videos are being sold for private use only.

<https://www.youtube.com/playlist?list=PLkewtc7y7Gnfbsbh0304TKD7n3G7pNSYp>

Natasha Chong


From the Library





Evil Genius
By: Catherine Jinks

Cadel Piggott is a seven-year-old genius with a knack for systems. He can do just about anything: disable home security systems, hack into government databases and commit credit card fraud. But when he gets in trouble with the police his parents are forced to take him to a therapist, Dr Thaddeus Roth. But Thaddeus is not who he seems and introduces the young Cadel to a world of genetically enhanced misfits who are determined to take over the world.

<https://goo.gl/0U7tjX>








Mrs Belinda Sefton
Librarian

Suitable for years 7 - 8



JOB SHOP

Free event, no need to register!



Wednesday
16 November 2016
5:30pm - 7:30pm

**Blue Mountains
Community Hub**
106 Macquarie Rd Springwood



Looking for a job?

*Looking for an apprenticeship
or traineeship?*

*Need help to start or
change your career?*

Ask about:

- Jobs in the Blue Mountains, in Defence Force, Retail, Hospitality, Aged & Child Care.
- Blue Mountains City Council Cadetships, Traineeships and Apprenticeships.
- Government subsidised training.

Meet employers

who currently have vacancies:

Defence Force, Blue Mountains City Council, Coles, Fairmont Resort, Opal Endeavour Aged Care, The Carrington Hotel, Oasis Horticulture, Apprenticeship employers and more.

Meet service providers

who support unemployed and people with disabilities:

MAX Employment, Muru Mittigar, Skills West Penrith, WISE Employment, NOVA Employment, Centrelink

Meet training providers

to learn about local courses and changes to training funding:

TAFE NSW - Western Sydney Institute, Benchmark College

Bring along your CV and talk with employers



*A Partnership event between
Blue Mountains City Council and TAFE*



2016 Business Traineeships

Current as at: 14th October 2016

Earn while you learn and receive on the job training and mentoring from professionals. Get a nationally recognised qualification with the opportunity to develop your communication and administration skills.

Apply for one of the following traineeships and kick start your career now!

Ashfield

Australian Training Company have a Business Traineeship available. This could be the perfect opportunity to start your career in office work. You will need to be well presented, reliable and willing to learn with a professional, confident telephone manner, attention to detail and take pride in your work performance.

Duties include: phone enquiries, processing orders, invoicing, filing, data entry, small amount of warehousing work, and other general admin duties.

Contact Kathleen on 9704 1515 | Reference No: 2276336176 | Job ID: 504/16

Castle Hill

Attn. Year 12 2016 School Leavers! Earn while you learn!

Well established peak industry organisation located in Castle Hill is looking for a Year 12 school leaver to commence a Business Traineeship. Training will be completed within the 38 hour Monday to Friday working week. Successful candidate must be reliable and enthusiastic with own transport. You will also have excellent customer service and organisational skills, excellent verbal and written communication skills with an interest in swimming and water safety.

Duties include: data entry, administration, processing mail, preparing course packs, assisting with advertising and marketing, stock management, banking and attend expos as required.

Contact Kathleen on 9704 1515 | Reference No: 2276153970 | Job ID: 558/16

Quakers Hill

An opportunity to commence a Business Traineeship Certificate 3 with our Host employer in Quakers Hill.

This is a part time position, flexible hours with minimum 15 hours per week. This would suit a person interested in working school hours.

The trainee will provide administration support to the education team. This includes database management, phone enquiries, filing and more.

The successful candidate must be reliable and enthusiastic, with excellent communication skills both verbal and written, you must also be able to take instruction and demonstrate using your initiative. Good Excel skills highly desired.

Contact Kathleen on 9704 1515 | Reference No: 2276198630 | Job ID: 567/16

14 October 2016



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Administration

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<http://austrg.com.au/job-vacancies/>

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JOE VACANCIES



Reception

Gladesville

The Australian Training Company has an opportunity for a 2014 or 2015 school leaver to complete a Business Certificate 3 traineeship for 12 months with our host employer who is a public health organisation located in Gladesville. The host employer ensures the standards of training and workforce development within the NSW Health Service meet the operational and service needs of the NSW public health system.

This is a full time entry level position Monday to Friday, the role will include but is not limited to: Data Entry, Word processing, Filing, Phone calls, Use of Microsoft Office, Collating, Scanning, Record keeping, As well as provide effective administrative support.

No office experience needed but part time work history during school is an advantage.

Contact Nicky Bruce on 9704 1511 | Reference No: 2276186108 | Job ID: 565/16

Penrith

Are you a recent school leaver? Do you want to start your career in the DENTAL INDUSTRY undertaking a Business Traineeship and then progress to DENTAL ASSISTING? If you answered YES to both these questions then this is the job for you.

We have an excellent opportunity available for someone that has a genuine interest in starting their career in the Dental Industry. We are offering a 12 month Full Time traineeship in Certificate 3 in Business Administration with our host employer located in Penrith.

Duties include but are not limited to: • Reception duties • Administration • Customer service • Scheduling of patients • Maintenance of records • Data Entry • Preparing surgery for treatment of patients

Contact Nicky Bruce on 9704 1511 | Reference No: 2276253071 | Job ID: 573/16

Silverdale

Australian Training Company has an opportunity to commence a Business Traineeship Certificate 3 with our Host employer in the building industry, located in Silverdale.

This is a full time entry level position Monday to Friday. Earn while you learn. The role will include handling phone enquiries, data entry, banking, invoicing and filing. The host employer is willing to mentor the right trainee on all aspects of the business.

The successful candidate must be reliable and enthusiastic with own transport.

This position would suit an applicant with minimum 2 years customer service experience with willingness to learn administration tasks.

Contact Kathleen on 9704 1515 | Reference No: 2276185045 | Job ID: 564/16



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Reception

14 October 2016

2016 Apprenticeships

Current as at: 14th October 2016

Earn while you learn and receive on the job training and mentoring from professionals. Get a nationally recognised qualification.

Apply for one of the following apprenticeships and kick start your career now!

Toongabbie

1st Year Apprentice Diesel Mechanic – Heavy Vehicle

An apprentice is required to service and repair heavy vehicles in a workshop. You will complete your apprenticeship in Automotive Heavy Commercial Vehicle Mechanical Technology Certificate III.

You will be trained to repair and maintain trucks including servicing, repairing and diagnosing faults on all vehicle systems, engines, brakes, steering and suspension on various makes and models of trucks. TAFE will be held at Wetherill Park as a block release for 1 week every 6 weeks. Hours are from 4pm-2am four days a week.

Contact Jade Upton on 9704 1519 | Reference No: 2275362970 | Job ID: 496/16

Chatswood

Greenkeeper Apprenticeship

We have a great career opportunity to learn about turf management, irrigation systems, chemicals, fertilisers, maintenance of various machinery and equipment. Greenkeepers care for the grounds in sporting ovals, golf clubs and bowling greens.

Duties include mowing, installation and maintenance of irrigation pipes, identifying pests and many other tasks. This is a 4 Year apprenticeship including 3 years at Ryde TAFE.

Contact Kerry Duck on 9704 1510 | Reference No: 2275362981 | Job ID: 495/16

Leichhardt

Landscape Construction Apprentice

We are looking for a motivated person to complete a 4 year apprenticeship in Construction Landscaping Certificate III.

This is a mixture of Landscaping and Parks and Gardens. Duties include some garden renovation, new landscaping, planting, some retaining walls, paving, planting, fertilising, spraying weeds and other related duties related to building and maintaining new gardens. Strata work, maintenance for grounds on units. Most work is in the inner city an inner west areas including Glebe and Balmain. Knowledge of inner city area an advantage.

Must have drivers licence, can obtain lift from Leichhardt. Should have OH & S Induction Card (Green/White/Red) or be willing to obtain.

Contact Kerry Duck on 9704 1510 | Reference No: 2276374849 | Job ID: 581/16

14 October 2016



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Carpentry

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Horticulture – Parks and Gardens

Seven Hills

Landscape Construction Apprentice

Our host employer is keen to train an apprentice who has a genuine interest in Landscape Construction Certificate III.

You will learn how to undertake garden renovation, new landscaping, planting, retaining walls, paving, pergolas, stonemasonry, water features and lots of other duties related to building new gardens in residential and commercial premises. Skills you will learn include engineering, carpentry, bricklaying, fencing, concreting, planting and lighting. You will also learn garden maintenance, hedging, trimming, pruning, mowing and other related duties.

All work is in metro Sydney including Oran Park, western suburbs, Hills district, Liverpool, lower north shore. Drivers Licence and transport is required.

Contact Kerry Duck on 9704 1510 | Reference No: 2275375902 | Job ID: 513/16

Anndale

Landscape Construction Apprentice

This is a 4 year apprenticeship in Landscape Construction Certificate III including 3 years at TAFE.

Duties include, garden renovation, new landscaping, planting, retaining walls, paving, brickwork, pergolas, fencing, water features and lots of other duties related to building new gardens in residential areas. Skills you will learn are carpentry, planting, bricklaying, stonemasonry, fencing, concreting and lighting. Occasional maintenance work also, including mowing, edging and hedging.

Work is in inner west, lower and upper north shore and northern suburbs. Drivers Licence and own transport is required.

Contact Kerry Duck on 9704 1510 | Reference No: 227534417 | Job ID: 530/16

Concord

Landscape Construction Apprentice

We are looking for a recent school leaver to complete a 4 year apprenticeship in Landscape Construction Certificate III.

Duties include, garden renovation, new landscaping, planting, retaining walls, paving, pergolas, fencing, stonemasonry, water features and lots of other duties related to building new gardens. Skills you will learn include engineering, carpentry, bricklaying, fencing, concreting, stonemasonry, planting and lighting.

Work is on residential premises and location is mostly in the inner west, including Leichhardt, Rozelle, Dulwich Hill, Anndale. Occasional work throughout metro Sydney.

Drivers Licence and transport is required.

Contact Kerry Duck on 9704 1510 | Reference No: 2276298438 | Job ID: 575/16



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Horticulture – Parks and Gardens

14 October 2016

Leichhardt

Landscape Construction Apprenticeship

We are looking for an enthusiastic and motivated person to complete a 4 year apprenticeship in Construction Landscaping Certificate III.

This is a mixture of Landscaping and Parks and Gardens. Duties include some garden renovation, new landscaping, planting, some retaining walls, paving, planting, fertilising, spraying weeds and other related duties related to building and maintaining new gardens. Strata work, maintenance for grounds on units. Most work is in the inner city an inner west areas including Glebe and Balmain. Knowledge of inner city area an advantage.

Must have drivers licence

Contact Kerry Duck on 9704 1510 | Reference No: 2275632638 | Job ID: 527/16

Blacktown

Electrical Fitting Apprenticeship

Are you serious about getting into the Electrotechnology industry?

The Australian Training Company has an excellent opportunity available to someone that has a genuine interest in Electrotechnology - Electrical Fitting Certificate III. Our host company located in Western Sydney is a leader in vibratory materials handling equipment in Australia. The successful applicant will be working on their range of products which include electromagnetic and electro-mechanical feeders, vibratory conveyors and screens and much more.

Duties include but are not limited to; Fit, assemble, erect, operate, test, fault find, alter and repair electrical equipment. Solve problems in d.c. and a.c. circuits. Fix & secure electrotechnology equipment. Fabricate, dismantle, and assemble utilities components. Solve problems in single & three phase low voltage machines. Use drawings, diagrams, schedules, standards, codes and specifications. Wind electrical coils.

Contact Nicky Bruce on 9704 1511 | Reference No: 2275953350 | Job ID: 545/16

Seaforth

Landscape Construction Apprenticeship

We are looking for 2 apprentices to complete a 4 year apprenticeship in Landscape Construction Certificate III including 3 years at TAFE.

Duties include, garden renovation, new landscaping, planting, retaining walls, paving, brickwork, pergolas, fencing, water features and lots of other duties related to building new gardens. Skills you will learn are carpentry, planting, bricklaying, fencing, concreting and lighting. Most work is residential.

Work is in north western Sydney, north shore, inner west and surrounding suburbs. Manual Drivers Licence and own transport is required. White card is also required or be willing to obtain. Must be hardworking, have good passes in math, willing to learn and able to take instruction. Successful applicant will be well presented for public contact. Must be fit for physical work.

Contact Kerry Duck on 9704 1510 | Reference No: 2276371462 | Job ID: 537/16

14 October 2016

ATC Australian Training Company

Find us on  www.facebook.com/australiantrainingcompany



Carpentry

To apply and for more information please go to:

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go to our home page

<http://austrg.com.au>

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Horticulture - Parks and Gardens

Ryde

2nd/3rd Apprentice Carpenter

A highly reputable and professional construction organization require a 2nd or 3rd Year apprentice Carpenter to join their team. Work is in medium density construction projects for national and multi-national clients.

Work is in residential, commercial and industrial premises. Duties include building wall and floor frames, floating timber flooring, installation of windows and doors, stairs, installation of kitchens, decks, balconies and other related tasks to this trade. Will also build, fit out and refurbish commercial and industrial buildings, including the construction of warehouses and retail shops. Residential includes mostly high rise units with some residential homes. Work is in metro Sydney including inner west and CBD, western suburbs. Must be prepared to travel and meet on site.

Must be well presented with good communication skills to deal with public. Drivers Licence and own transport is required.

Contact Kerry Duck on 9704 1510 | Reference No: 2276371457 | Job ID: 535/16

Kings Park

Fitter and Machinist Apprenticeship

The Australian Training Company has an excellent opportunity available to someone that has a genuine interest in becoming a Fitter machinist and undertaking the apprenticeship in Engineering - Mechanical Trade Certificate 3. Our host company located in Kings Park was established to meet the demand for re-manufacturing and supplying of complete units, repairs and spares for hydraulic pumps and motors.

Duties would include but are not limited to: Receiving and identifying pumps and motors. Using an electronic job costing system. General machining and fitting. Stripping, testing and reassembly of units. Packing of units for transportation and delivering or collecting units and parts, if required. Ensuring workshop is clean and orderly, including mopping the floor. Ensuring stock is identifiable and orderly. Must be well presented with good communication skills to deal with public. Drivers Licence and own transport is preferred.

Contact Nicky Bruce on 9704 1511 | Reference No: 2276014357 | Job ID: 548/16

Sydney

Painting and Decorating Apprenticeship

Australian Training Company is looking for keen applicants to complete their Certificate III in Painting and Decorating. This is a full time job for a 4 year apprenticeship in the Metro Sydney area.

You will learn how to: * Prepare surfaces * Apply paint, varnish, wallpaper and other finishes * Learn how to protect, maintain and decorate interior and exterior surfaces of a variety of different buildings.

You must have or be willing to obtain an OH&S Induction card (whitecard). Drivers license and own transport is highly desirable.

Contact Jade Upton on 9704 1519 | Reference No: 2276198896 | Job ID: 568/16

ATC Australian Training Company

Find us on  www.facebook.com/australiantrainingcompany



Carpentry

To apply and for more information please go to:

<http://austrg.com.au/job-vacancies/>

or

go to our home page

<http://austrg.com.au>

and click on

JOB VACANCIES



Horticulture - Parks and Gardens

14 October 2016

Sutherland

Painting and Decorating Apprenticeship

Australian Training Company is looking for keen applicants to complete their Certificate III in Painting and Decorating. This is a full time job for a 4 year apprenticeship in the Sutherland area.

You will learn how to: * Prepare surfaces * Apply paint, varnish, wallpaper and other finishes * Learn how to protect, maintain and decorate interior and exterior surfaces of a variety of different buildings.

You must have or be willing to obtain an OH&S Induction card (whitecard). Drivers license and own transport is highly desirable.

Contact Jade Upton on 9704 1519 | Reference No: 2276198955 | Job ID: 569/16

Wollongong

Painting and Decorating Apprenticeship

Australian Training Company is looking for keen applicants to complete their Certificate III in Painting and Decorating. This is a full time job for a 4 year apprenticeship in the Wollongong area.

You will learn how to: * Prepare surfaces * Apply paint, varnish, wallpaper and other finishes * Learn how to protect, maintain and decorate interior and exterior surfaces of a variety of different buildings.

You must have or be willing to obtain an OH&S Induction card (whitecard). Drivers license and own transport is highly desirable.

Contact Jade Upton on 9704 1519 | Reference No: 2276198986 | Job ID: 570/16

Concord

Landscape Construction Apprenticeship

We are looking for a recent school leaver to complete a 4 year apprenticeship in Landscape Construction Certificate III.

Duties include, garden renovation, new landscaping, planting, retaining walls, paving, pergolas, fencing, stonemasonry, water features and lots of other duties related to building new gardens. Skills you will learn include engineering, carpentry, bricklaying, fencing, concreting, stonemasonry, planting and lighting.

Work is mostly on commercial premises including child care centres, parks, schools and high rise residential. Location is metro Sydney including Concord, inner west, lower north shore, western Sydney and north west.

Drivers Licence and transport is required. Must have or be willing to obtain OH & S Induction Card (Whitecard).

Contact Kerry Duck on 9704 1510 | Reference No: 2276298391 | Job ID: 574/16

Dr John Taccori
Careers Advisor

14 October 2016

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and click on

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Horticulture - Parks and Gardens

Berrima

Fitter and Machinist Apprentice

Our client requires an enthusiastic person, who has good communication skills, to undertake an Engineering Mechanical Apprenticeship located at Berrima commencing in January 2017.

Engineering Mechanical Apprentices carry out a range of mechanical work on machines, sub-assemblies and manufactured parts using a range of processes, tools and machines.

Applicants must have a genuine desire to be employed in a mechanical environment, they must be safety conscious, able to follow directions, be able to successfully complete the associated TAFE course of study and be committed to completing the four year term of an apprenticeship.

Short listed applicants will be required to sit Apprenticeship suitability exam.

Contact Brett Dowd on 9704 1561 | Reference No: 2276321052 | Job ID: 576/16

Marulan

Electrical Apprentice

Our client requires an enthusiastic person, who has good communication skills to undertake an Electrical Apprenticeship located at Marulan commencing in January 2017.

Electrical Apprentices install, maintain, repair, test and commission electrical and electronic equipment and systems for industrial purposes.

Applicants must have normal colour vision, a genuine desire to be employed in an electrical environment, they must be safety conscious, able to follow directions, be able to successfully complete the associated TAFE course of study and be committed to completing the four year term of an apprenticeship.

Short listed applicants will be required to sit Apprenticeship suitability exam.

Contact Brett Dowd on 9704 1561 | Reference No: 2276321108 | Job ID: 577/16

Concord

Electrical Apprentice

Our client requires an enthusiastic person, who has good communication skills to undertake an Electrical Apprenticeship located at Maldon commencing in January 2017.

Electrical Apprentices install, maintain, repair, test and commission electrical and electronic equipment and systems for industrial purposes.

Applicants must have normal colour vision, a genuine desire to be employed in an electrical environment, they must be safety conscious, able to follow directions, be able to successfully complete the associated TAFE course of study and be committed to completing the four year term of an apprenticeship.

Short listed applicants will be required to sit Apprenticeship suitability exam.

Contact Brett Dowd on 9704 1561 | Reference No: 2276321160 | Job ID: 578/16

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Horticulture - Parks and Gardens

14 October 2016

Diocesan News

Dr Laurie Woods Scripture scholar, Lecturer at ACU, Lawson Parishioner *will present a series of talks on St Luke's Gospel*

Where: St Thomas Aquinas Parish Centre Hawkesbury Road

Tuesdays at 7:30 pm, on: 18 & 25 October and 1st November, 2016

Way of Mercy

The Mercy Cross and Relics will be present in the Blue Mountains Deanery at St Thomas Aquinas Parish, Hawkesbury Road, Springwood on 5th and 6th November, 2016.

Program

Saturday 5th November

- 4pm Arrival of the Mercy Cross and Relics
- 4.30pm Welcome Liturgy
- 5.30pm Mass
- Dinner (BBQ provided by STA Parish)
- Evening Prayer (Lead by St Thomas Aquinas Choir)
- Private Prayer before the Mercy Cross and Relics
- 9.30pm Finish

Sunday 6th November

- 9.45am Mass
- Morning Tea
- Games and Activities
- Film: Mother Theresa
- Lunch (BYO Picnic)
- 2.30pm Music Performance
- 4.00pm Procession through the Parishes
- 5.00pm Mass

All welcome.

Springwood East Timor Support Group invites you to attend their

ANNUAL DINNER

Wednesday 9th November

Springwood Sports club

Macquarie Road

Time: 7 for 7:30pm

Cost: \$40 per head

Bookings: Pam Gorman Ph 4754 1160

Special Guests: students from Springwood High School recently returned from Timor Leste



'Family – An Oasis of Mercy'

Afternoon family gathering with Bishop Vincent Long OFM Conv and St Teresa of Kolkata's Missionaries of Charity. From 2pm-5pm at the Shrine of the Holy Innocents, 8 Greyfriar Place, Kellyville.

Be part of the Way of Mercy with the Mercy Cross and relics of St Mary of the Cross MacKillop and St Teresa of Kolkata. Hosted by the Life, Marriage & Family Office, Parramatta. Family Sunday will be celebrated at Masses throughout the Diocese of Parramatta. Inquiries: tel (02) 8838 3441, lmf@parra.catholic.org.au



DIOCESAN FAMILY SUNDAY

Sunday 23rd October 2016



FAMILY

An Oasis of Mercy



Hear from Mother Teresa's own
Missionaries of Charity

AFTERNOON FAMILY GATHERING

Time: 2:00pm-5:00pm

Place: Shrine of the Holy Innocents,
8 Greyfriar Pl, Kellyville

Parking available in Our Lady of the
Rosary Parish Kellyville Carpark

WALK THROUGH THE HOLY DOORS!

Be part of the way of Mercy,
with the travelling relics of
St Mary of the Cross and
St Teresa of Calcutta



Meet our Bishop
*Vincent Long
Van Nguyen*
OFM Conv

PARISH CELEBRATIONS

Family Sunday will be celebrated at
Masses in the parishes throughout the
Parramatta Diocese

Enquiries: Life, Marriage and Family Office, Parramatta lmf@parra.catholic.org.au or (02) 8838 3441
www.parralmf.org.au

DIOCESAN FAMILY SUNDAY PROGRAM

TIME	ADULT	CHILDREN
2:00PM	Mr & Mrs James & Genevieve McCaughan "How Can the Family Be An Oasis of Mercy"	Missionaries of Charity "Mother Teresa" Activities Bishop Vincent Long Van Nguyen Visit and blessing
3:00PM	Afternoon Tea Provided	
3:30PM	Bishop Vincent Long Van Nguyen Address and blessing Missionaries of Charity "Mercy in Charity" Presentation	LMF Volunteers "Works of Mercy" Activities
4:15PM	Families Walk through Holy Door into Shrine and venerate Way of Mercy Cross and Relics	
5:00PM	Conclusion	

For more information on the speakers, please visit our website at www.parralmf.org.au

REGISTER YOUR CHILD TO ATTEND THE DIOCESAN FAMILY SUNDAY LEARNING SESSIONS

Child 1

Name: _____

Age: _____

Child 2

Name: _____

Age: _____

Child 3

Name: _____

Age: _____

Child 4

Name: _____

Age: _____

Child 5

Name: _____

Age: _____

Child 6

Name: _____

Age: _____

SUBMITTING OPTIONS

Post this flyer to:

Life, Marriage and Family Office
Diocesan Ministry Centre
51-59 Allawah St, Blacktown
NSW 2148

Email Image to:

lmf@parra.catholic.org.au

Fill in online Form:

www.trybooking.com/223089



How Can Families Practically Be An Oasis of Mercy

1. As a family, become aware of people in your community who are not well off or may be lonely and invite them over for dinner. These may include:
 - Another family
 - A young or elderly person without any family
 - Your parish priest
2. Here are some ways families can help cheer up the sick and the elderly:
 - Patiently care for anyone in your home who is feeling sick
 - Visit any sick/elderly members of your family
 - Visit a local nursing home and sing some songs to the elderly
3. As a family, make a "Fresh Start Pack" for those who cannot afford personal items on their first day out of jail. (These may be distributed through Prison Help Australia – contact details: 02 9896 1255 or ns.w.office@prisonfellowship.org.au)

3 tips from Mother Teresa to try in our families

1. Peace begins with a smile. Smile 5 times a day at someone you don't really want to smile at. Do it for peace.
2. Be courteous and delicate, even when provoked by someone.
3. If you judge people you have no time to love them.



www.parralmf.org.au
e: lmf@parra.catholic.org.au
t: (02) 8838 3441

FAMILY

An Oasis of Mercy

"When a family is welcoming and reaches out to others, especially the poor and the neglected, it is a symbol, witness and participant in the Church's motherhood. Social love, as a reflection of the Trinity, is what truly unifies the spiritual meaning of the family and its mission to others."

(Amoris Laetitia, 324)



Thoughts for Families

Before families can be the face of mercy to others, they need to be aware of the gift of God's mercy in their own lives. In proclaiming the Year of Mercy, Pope Francis defined mercy as, "the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness."

(Misericordiae Vultus, 2)

Families can deepen their awareness of God's mercy in their lives by engaging in:

Regular Mass and Reconciliation: Regular participation in the Sacrament of Reconciliation brings families into contact with the mercy of God. Attendance at Sunday Mass reminds families of God's unconditional love for all.

Regular Prayer: Start and end each day with 3 Hail Mary's for the intentions of your family. Also grace before meals reminds families of God's gift of food to satisfy their hunger.

Call on the graces of the sacrament of marriage: "The marriage bond finds new forms of expression and constantly seeks new ways to grow in strength... They call for daily effort. None of this, however, is possible without praying to the Holy Spirit for an outpouring of his grace."

(Amoris Laetitia, 164)



Family - An Oasis of Mercy

"I reaffirmed the centrality of the family, which is the first and most important school of mercy, in which we learn to see God's loving face."

(Pope Francis, Address to the Diplomatic Corps, 11 January 2016)

"Wherever the Church is present, the mercy of the Father must be evident. In our parishes... wherever there are Christians, everyone should find an oasis of mercy."

(Misericordiae Vultus, 12)

Putting these two ideas together, we may conclude that the family, the domestic church, is to be an Oasis of Mercy.

Through this school of mercy, parents may minister to their children (through both words and actions) how to be the face of mercy, not only to other family members, but to the broader community as well.

In this way, the Catholic family unit, known as the domestic church, will establish an oasis for the suffering and marginalised to know God's love, which is generous and self-sacrificial, with no consequence as to whether or not it is deserved.

This mercy streams forth, not just as a result of responsibility to our fellow man, but through a love that is truly heartfelt.

Families can consider their role in, not just receiving, but dispensing the good fruits of mercy amongst their communities.

They can explore the idea of creating a home environment where mercy is fostered through acts of love amongst the lonely and marginalised - being an oasis for the broader community, within the context of the smallest unit of our community, the family.



Community News

Australia Day Awards

The Blue Mountains Australia Day Awards recognise those citizens who have a consistent record of excellence, who have made outstanding achievements in their field and have contributed in a significant way to the Blue Mountains community.

Nominations are now being sought for Blue Mountains residents of excellence from all backgrounds and fields of endeavour including community service, humanitarian, business, science and technology, arts and entertainment, sport, education and environment.

Categories include: Citizen of the Year, Young Citizen of the Year and Sportsperson of the Year.

Nominations Close Friday 25 November 2016

Nomination forms and guidelines are available here:

www.bmcc.nsw.gov.au/yourcouncil/australiadayawards

If you require any further information or would like an image to share with this information please feel free to contact me.

Mikaela Sherlock | Communications Officer |
t 02 4780 5760
| e msherlock@bmcc.nsw.gov.au

What's On at Penrith Observatory in November

Gravity (and Wonder); At Penrith Observatory

Have you ever wondered about gravity? What is this invisible force that stops us from flying off into space as our planet rotates? How does the Moon stay in orbit around Earth? Why is the gravity of a black hole so strong? Join us for answers to these questions and more in our special *Gravity (and Wonder)* event in association with the Penrith Regional Gallery & The Lewers Bequest. Evening includes presentation, 3D movie, tour of the dome and 0.6m telescope and telescope viewing (weather permitting).

Bookings are essential

http://www.westernsydney.edu.au/observatory/penrith/penrith_observatory/whats_on

November 19

8pm to 10pm

E. Raelene Sommer | School Administrative Officer | Penrith Observatory

T: 02 4736 0135 | E:

r.sommer@westernsydney.edu.au

Office Hours: Tues, Wed and Thurs

westernsydney.edu.au/observatory

www.facebook.com/WesternSydObs

www.twitter.com/WesternSydObs

Bookmark

Mother Teresa's Family Prayer

Heavenly Father,
you have given us the model of life
in the Holy Family of Nazareth.
Help us, O Loving Father,
to make our family another Nazareth
where love, peace and joy reign. May it be deeply
contemplative, intensely Eucharistic,
revived with joy.

Help us to stay together in joy
and sorrow in family prayer.
Teach us to see Jesus in the members of our
families,
especially in their distressing disguise.
May the Eucharistic heart of Jesus
make our hearts humble like his
and help us to carry out our family duties
in a holy way.

May we love one another
as God loves each one of us,
more and more each day,
and forgive each other's faults
as you forgive our sins.
Help us, O Loving Father,
to take whatever you give
and give whatever you take with a big smile.

Immaculate Heart of Mary,
cause of our joy, pray for us.

St Joseph, pray for us.

Holy Guardian Angels,
be always with us,
guide and protect us.

Amen.

www.parramint.org.au

Winnalee Netball Club
PG Box 4278
Winnalee NSW 2177
Phone: 02 9394 1010
Web: <http://www.winnalee.netball.com.au>
ABN: 91 115 014 331

2016 TWILIGHT SOCIAL NETBALL COMPETITION

This comp has no scoring, no competition points or finals - just for fun!
All games played at Summerhayes Park
Girls and boys, ladies and men!
Beginners welcome!

Juniors
Wednesdays from 19 October to 30 November
Games from 5:30pm
5-12 years
Cost: \$30 per player

Seniors
Thursdays from 20 October to 1 December
Games from 6:30pm (games will be 2 x 20 minute halves)
13 years +
Cost \$50 per player

All Players
No uniform required.
Appropriate footwear must be worn
Sports insurance is not provided for this activity

Competition draws will be posted on facebook (Winnalee Netball Club) and posted to our website <http://www.winnalee.netball.com.au/>

Payment options
Direct Deposit: Winnalee Netball Club Inc, Westpac Springwood BSB 032837 A/C 263829
Reference - TWJ/surname (junior) or TWS/surname (senior).
Please email handyjen@hotmail.com to advise payment has been made.
Cheque - payable to Winnalee Netball Club (postal address or drop off to detail)
Cash

REGISTRATION
Registration evening - Summerhayes Park, Wednesday 12 October from 6-7:30pm
Scan and Email: Registration forms can be emailed to handyjen@hotmail.com
Dropped off to 18 Tutor Close, Winnalee
Winnalee Netball Presentation Day: 15 October, 2pm at Springwood Golf Club

A registration form and payment must be completed before any player may participate.

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting: Springwood Car Park

175 Macquarie Road, Springwood

Tuesday 8 November 9.00am – 2.30pm
Wednesday 9 November 12.30pm – 6.00pm
Thursday 10 November 12.30pm – 6.00pm
Friday 11 November 9.00am – 2.30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate

Eat! Have a good sized breakfast or lunch

Please bring photo I.D. with you

To make an appointment call 13 14 95
or visit donateblood.com.au



St Teresa of Kolkata
Feast Day: 5th September

Born: 1910, Skopje, Albania

Baptised: Gonxha Agnes Bojaxhiu

She, joined the Sisters of Loreto in Ireland when she was 18, receiving the name St Mary Teresa.

She taught at St. Mary's a private girls' school in Calcutta, eventually becoming principal. She loved her students, and they loved her. Everyone called her Mother Teresa.

Travelling by train one day from Calcutta to Darjeeling, Mother Teresa received her "call within a call" - Christ asking her to look after the most neglected, the poorest of the poor.

In 1950 she set up Missionaries of Charity, and was joined by some of her old students.

Though she suffered from bad health, she spent the rest of her days serving the poor and neglected.

At the time of her death, her order had spread all over the world, on every continent, with over 4000 sisters and 610 foundations in 123 countries.

She firmly believed that Christ, who she received every day in the Eucharist and met every day in adoration, was the same Christ she met every day on the streets in the faces of all those she served.

Died: 5th September, 1997, aged 87

Beatified: 2003 by Pope John Paul II

Canonised: 2016 by Pope Francis

St Teresa of Calcutta

Pray for us



www.parramint.org.au