HEAD OF SENIOR SCHOOL
Mr Stewart Ross

FIRE SUPPORT
Our thoughts and prayers have been with the people of the Blue Mountains and the members of the many brigades fighting the fires. A number of houses and individuals have been actively involved in various forms of support for these people. In particular, I would like to thank Isabelle Reagan and some of her boarder friends who raised $300 the first day these fires started. Well done girls.

STUDY SKILLS
Thank you to Mrs O’Neill who ran a study skills session last night for Years 9 and 10 in advance of the yearly examinations next month. She reports that it was basically oversubscribed by the students. Consequently, if any Year 9 or 10 would like some follow up from the meeting she is happy to assist. Please meet with her to arrange a time. Years 7 and 8 will have their turn next Wednesday at 6:30pm in the ILC. I plan to have the schedule for all yearly examinations out next week.

NAPLAN RESULTS
Letters for parents of Years 7 and 9 were mailed last week. Please inform the school if you have not received your child’s results. Parents of Year 11 should be receiving a school report based on the conclusion of the Preliminary Course next week.

FAST FACT
Australia is known globally as being one of the world’s most diverse and welcoming countries, and it is something for which we take great pride. In fact, of Australia’s 23 million population, almost half (47%) of all Australians were either born overseas or have one parent born overseas. We also know a thing or two about languages, with more than 260 languages spoken in Australian homes: in addition to English, the most common are Mandarin, Italian, Arabic, Cantonese and Greek.

Thought: I failed my way to success. Thomas Edison

PARENTS AND FRIENDS
ANNUAL GENERAL MEETING
All positions vacant - (application forms available from reception up until Thursday, 7th November)
Tuesday, 12th November 2013
6pm
All Saints’ Library
Everyone Welcome to attend

ASC Boarding P&F
Sub-Committee-2013
Next Meeting & AGM
When: Sat 26th October
Time: 11am
Where: ASC Library
All welcome and morning tea provided. This will be followed by a BBQ at Britten House in the evening.

College Calendar

Thursday 31 October
Year 7 & 9 Music Night
Saturday 2 November
2014 Year 7 Parents Social Function 5:30pm - 7:30pm
Sunday 3 November
Boarders to All Saints’ Cathedral
Thursday 7 November
Kindergarten Information Night 2014
P&F Executive Meeting
JS Music Night 6:30pm - 8pm
Friday 8 November
K-12 Orientation Day
HSC Examinations conclude
HSC Final assessment ranks available
Monday 11 November
Remembrance Day
Tuesday 12 November
P&F AGM/Meeting - JS Library - 6:00pm
Wednesday 13 November
Pre-K 2013 Parent Information Night
Thursday 14 November
Years 9 & 10 Yearly Examinations
Pre-K2 Orientation Day 9am
Thursday 15 November
Years 9 & 10 Yearly Examinations
Pre-K3 & 5 Orientation Day 9am
Monday 18 November
Years 9 & 10 Yearly Examinations
Tuesday 19 November
Years 9 & 10 Yearly Examinations
Council Meeting
FROM THE CHAPLAIN
Rev. Tony Card

An alternative to Halloween.

Jesus said, “Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” (John 14:27, NRSV)

As we near the end of October it is hard to escape the influence of Halloween. It was once rarely celebrated in Australia but it seems that as retailers discovered that there was money to be made from macabre costumes and festivities it has become increasingly popular.

The origins of Halloween are uncertain. They seem to be some evidence of Christian roots or Christian adoption of an ancient Celtic festival, however it has developed into something that has no Christian aspects and makes many Christians uncomfortable. A letter arrived this week from an organisation encouraging an alternative way to respond to Halloween. I have reproduced the following from their website.

A lot of Christians have an issue with Halloween and what it portrays and encourages in our children, and yet many do not know how to respond. Some turn the lights off and pretend they are not home when children come trick or treating at their door. Some put lollies in the children’s bags and then feel guilty because they are supporting something they really don’t believe in. Others struggle to explain to their own children why dressing up as a witch or ghoul is not a good thing to do, and leave their children confused and feeling left out. Halloween is a chance for Christians to:

• Take a stand without judging other people’s choices
• Behave with love for our neighbour
• Be ‘in the world but not of the world’
• Be good role models for our children
• Live up to the expectations of the world around us
• Be trusted people who are congruent with our faith

If you are sending your children out... Dress your children as angels instead of witches or ghouls. Instead of knocking on doors asking for something, the angels knock on doors and give something. Instead of ‘Trick or Treat’, we say ‘Love and Peace’ and give a Love + Peace card or a card with a small Bible verse, and a love heart chocolate.

If you are staying at home... Respond to those children who knock on your door by saying ‘Love and Peace’ when they say ‘Trick or Treat’, and give them a Love + Peace card, and/or a Bible verse card and a love heart chocolate. Or simply just pray for those who are going out, that they will be protected and safe.

There are resources available at www.haloeen.com if you would like to respond in this way.

God bless you, Rev. Tony Card.

This Week’s Sport Draws
Basketball: Friday, 25 October 2013

<table>
<thead>
<tr>
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<th>Venue</th>
<th>Time</th>
<th>Bus departs</th>
<th>Returns</th>
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</thead>
<tbody>
<tr>
<td>ASC Firsts v Glitterbugs</td>
<td>Crt1</td>
<td>7.45pm</td>
<td>7.25pm</td>
<td>8.40pm</td>
</tr>
<tr>
<td>ASC Red v Emeralds</td>
<td>Crt2</td>
<td>7.00pm</td>
<td>6.40pm</td>
<td>8.00pm</td>
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<tr>
<td>ASC Purple v ASC Gold</td>
<td>Crt2</td>
<td>7.00pm</td>
<td>6.40pm</td>
<td>8.00pm</td>
</tr>
<tr>
<td>ASC Gold v ASC Purple</td>
<td>Crt2</td>
<td>7.00pm</td>
<td>6.40pm</td>
<td>8.00pm</td>
</tr>
<tr>
<td>ASC Silver v Fruit Loops</td>
<td>Crt1</td>
<td>7.00pm</td>
<td>6.40pm</td>
<td>8.00pm</td>
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<tr>
<td>ASC Bronze v Scots Slammers</td>
<td>Crt2</td>
<td>7.00pm</td>
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<tr>
<td>ASC White v Pink Ladies</td>
<td>Crt2</td>
<td>6.15pm</td>
<td></td>
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<tr>
<td>ASC Pink v Wild Ones</td>
<td>Crt3</td>
<td>8.30pm</td>
<td>8.10pm</td>
<td>9.25pm</td>
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<tr>
<td>ASC First Five v Triple Double</td>
<td>Crt4</td>
<td>7.45pm</td>
<td>7.25pm</td>
<td>8.40pm</td>
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<tr>
<td>ASC Hurricanes v A-Team</td>
<td>Crt4</td>
<td>6.15pm</td>
<td>5.55pm</td>
<td>7.10pm</td>
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<tr>
<td>ASC Tomatoes v Death by Broccoli</td>
<td>Crt3</td>
<td>6.15pm</td>
<td>5.55pm</td>
<td>7.10pm</td>
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<tr>
<td>ASC Typhoons v The Muffin Men</td>
<td>Crt4</td>
<td>5.30pm</td>
<td>5.10pm</td>
<td>6.25pm</td>
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<tr>
<td>ASC Cyclones v Semi-Pro</td>
<td>Crt2</td>
<td>6.15pm</td>
<td>5.55pm</td>
<td>7.10pm</td>
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<tr>
<td>ASC Stormers v Scots Blue</td>
<td>Crt1</td>
<td>6.15pm</td>
<td>5.55pm</td>
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Cricket: Saturday, 26 October 2013

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<tr>
<th>Game</th>
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<th>Time</th>
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<th>Returns</th>
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<tbody>
<tr>
<td>ASC First XI v Oakhill College</td>
<td>Watson Oval</td>
<td>10.00am</td>
<td></td>
<td></td>
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<tr>
<td>ASC U15s/Opens v RUCC</td>
<td>Morse Park 1</td>
<td>8.45am</td>
<td></td>
<td></td>
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<tr>
<td>ASC U14s v SSC Blue 13</td>
<td>Stiles Field 1</td>
<td>8.45am</td>
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Tennis: Saturday, 26 October 2013

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<tr>
<th>Game</th>
<th>Venue</th>
<th>Time</th>
<th>Bus departs</th>
<th>Returns</th>
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</thead>
<tbody>
<tr>
<td>ASC Opens v KWS 1 Opens</td>
<td>Wade Park Tennis Cts</td>
<td>10.00am</td>
<td>8.50am</td>
<td>2.00pm</td>
</tr>
<tr>
<td>ASC Intermediate v KWS 1 Intermediates</td>
<td>Wade Park Tennis Cts</td>
<td>10.00am</td>
<td>8.50am</td>
<td>2.00pm</td>
</tr>
<tr>
<td>ASC Juniors v KWS 1 Juniors</td>
<td>Wade Park Tennis Cts</td>
<td>10.00am</td>
<td>8.50am</td>
<td>2.00pm</td>
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Touch Football: Monday

<table>
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<tr>
<th>Game</th>
<th>Venue</th>
<th>Time</th>
<th>Bus departs</th>
<th>Returns</th>
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<tbody>
<tr>
<td>ASC Girls</td>
<td>No Games</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>ASC Watson</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WAS Senior Girls v KWS/TSS</td>
<td>Gala Day</td>
<td>10.30/11.30</td>
<td>9.30am</td>
<td>2.30pm</td>
</tr>
<tr>
<td>WAS Junior Girls v KWS/TSS</td>
<td>Kinner Wolforst</td>
<td>10.30/11.30</td>
<td>9.30am</td>
<td>2.30pm</td>
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ILC Update

The ILC will now be open on Wednesday afternoons from 3.20pm, instead of Mondays. Please drop in for help with prep, essays, maths, assignments and assessments.

STUDY SKILLS:

YEARGROUP: 7 & 8
DATE: Wednesday 30th October
TIME: 6.30-7.30pm
PLACE: ILC
BRING: Pen & paper

Please contact Mrs Sarah O’Neill in the ILC on 6332 7331 for further information.

SPRING FAIR - THANK YOU
Hello Everyone. This is the first opportunity for the Spring Fair committee to say thank you all so very much for all your help, hard work and giving up your time to make the Spring Fair a great success. It is our largest fund raiser of the year and it was a huge day. YAHOO!!!

Regards Rosie, Naomi, Lesley, Catriona, Melina

Ag Notice
Ducklings for sale
Phone Reception 6331 3911 $10 each.
FROM THE REGISTRAR

Mr Michael Hissey

The months of October and November are always packed with activity at All Saints’. The Higher School Certificate Examinations have begun and as we farewell one cohort of students we look forward with excitement to the year ahead and welcoming our new arrivals.

The season of orientation events for the 2014 incoming students is now approaching:

Saturday 2 November
Year 7 family social event 5.00pm in the grounds

Youth Showjumping Festival

The ASC Equestrian Team was well represented in September at the Australian Youth Showjumping Festival in Camden.

Madeline Sinderberry, Jakiya Whitfeld, Catherine Crampton, Isabel Hamer, Maddison Harley and Mollie Gorman (Mollie is absent from the photo) rode well all weekend, bringing home many ribbons, bags of feed and Saddleworld and Global Entries vouchers. The girls and their families all enjoyed the camping and cheering each other on from the sidelines.

Madi Sinderberry is also just back from the NSW State Showjumping Championships in the indoor arena at Tamworth. She rode three horses and placed 1st, 2nd and 3rd in a number of different events, with the highlight being a 7th place in the final of the Equestrian NSW State Junior Championship on Sunday, and a 10th ranking overall in NSW Junior (12 to 18 years) Showjumping.

Jakiya Whitfeld, Skye Ramsay, Catherine Crampton and Amber Stockman at the Pony Club State Eventing Championships held recently in Harden.

Equestrian Presentation Dinner

Members of the Equestrian Team were kept busy over the holidays with many members attending various competitions in their local area and further afield.

Showjumping & Show riding were held as part of this year’s Spring Show at the Bathurst Showgrounds, the Pony Club State Eventing Championships were held at Harden, the Equestrian NSW Showjumping Championships were held in Sydney and Campdrafting was the order of the day at Molong to name a few.

Team members are eagerly awaiting the Presentation and Awards evening which is being held at the College on Saturday, 1 March 2014 commencing at 8.30am. All applications are now received through the College website home page, just click on the “Scholarships” tab and follow the prompts.

All Saints’ College welcomes Bronte Gosper (Year 10), Miles Jeffereys (Year 10 boarding), Gordon Huang (Year 10 boarding), Declan Campbell (Year 10 boarding), William Townsend (Year 3), Alexander Brown (Year 2), Angus Fogo (Year 4), Nicholas Fogo (Year 3) and their families to our community.

Michael Hissey

A reminder that All Saints’ scholarship applications are now being received for students wishing to apply for the 2015 Years 5, 7, 9, 10 or 11 entry. The ACER exams for scholarships for all levels, junior and senior will be held at the College on Saturday, 1 March 2014 commencing at 8.30am. All applications are now received through the College website home page, just click on the “Scholarships” tab and follow the prompts.

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Michael Hissey
The Design and Technology Department would like to thank the Parents and Friends Association for the recent purchase of two 3D Printers and a new drill press.

The new Computer Aided Manufacturing technology (3D Printers) will provide students with wonderful opportunities to develop a vast range of projects, components and/or prototypes within a variety of context areas. Since installation the excitement from students has been remarkable with many printed objects being made already.

These machines will certainly be of great benefit. While the new drill press has not generated quite as much student excitement, it is an essential piece of equipment that we are very grateful for and will also be very valuable.

Thank you.

Natalle Sutton

On July 29th the Year 9/10 Agriculture class welcomed four cute Jersey calves to All Saints. These four dairy calves were part of the Cows Create Careers Program that our class has been involved with.

Part of this program was to raise the calves for three weeks monitoring their weight gain, health and growth. The class was split up into four groups, each being assigned a calf.

The Year 9 calves were named Maisy and Bongo, and the Year 10s were Glen Coco and John Ralfio. We became quite friendly towards the calves and built loving relationships with them as we hand fed them every single day.

Last Friday, 6th September was the Forbes Show which was featuring a dairy Cattle section. This was a great opportunity to take the four calves to Forbes and parade them. We trained the calves to walk on leads and parade around. It was a great day! Beginning at 5am we fed, brushed and blow dried our little calves one last time before heading off to Forbes arriving at 8:30am. Judging began at 9:30am and we were one of the first sections. Even though our competition was a lot bigger than us in size our four little girls performed extremely well considering they were much younger and had only been trained for about a week. The rest of the day was spent viewing other exhibits on display at the show. At the end of the day we said goodbye to our calves as they went back to their previous owners to live out their lives as dairy cows.

We already miss them but are happy to finally have our lunch times back. A big thank you to Mr Whitfeld, Miss Lawless and Rev Tony Card for supervising us, driving us and looking after us through out the day.

Laura Van Uum and Issy Card

The Design and Technology Department would like to thank the Parents and Friends Association for the recent purchase of two 3D Printers and a new drill press.

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These machines will certainly be of great benefit. While the new drill press has not generated quite as much student excitement, it is an essential piece of equipment that we are very grateful for and will also be very valuable.

Thank you.

Natalle Sutton
Full Time Camping Ministry Staff Needed

Summit Educational Camps runs around 100 school camps a year, mostly for independent schools. Starting January 2014. We are looking for full time staff who are committed Christians with a passion for sharing the Gospel in a relevant way with children from Kindergarten to Year 12. We are currently accepting applications for our next intake.

**Fellowships.** “Fellows” undergo a 2-year training program with Summit, they lead on camps, and receive training leading to the award of the nationally recognised Certificate II & Certificate III in Outdoor Recreation, as well as credit towards theological qualifications (currently in the form of Moore College’s Preliminary Theological Certificate). Training includes skills such as abseiling, rock climbing, canoeing, sailing, BMX, high & low ropes, as well as training in doctrine, and small group leading and facilitation. Fellows receive a training allowance package as well as board and lodging while on camp. There is no charge for all the training received.

The Fellowship training program, which has been running for more than 20 years, is a fantastic opportunity for those who have a love of kids and a desire to be equipped for ministry.

We are currently receiving applications for this position, and will be interviewing throughout October and November. We get applicants from all walks of life, so if you have work commitments or exams that clash with this timing, we can be flexible with the scheduling of interviews and trial camps.

For information & application forms please contact:
Nathan McElveney
Director, Summit Educational Camps
nathanm@crusaders.edu.au or 9653 1676,
or visit www.crusaders.edu.au/summit for more info.

Alternatively, you can watch our ‘Made for Ministry?’ video at http://www.youtube.com/watch?v=grKrYSHRQ-1 or search ‘Summit Fellow’ on Youtube.
Southern Cross Cultural Exchange Ltd. (S.C.C.E.) is a not-for-profit professional organisation specialising in international educational exchange programs. S.C.C.E. has exchanged over 16,700 students with 20 countries since 1983 when the organisation was founded in Australia with the following stated purpose:

* To further tolerance
* To challenge youth towards international understanding
* To challenge youth towards further learning
* To enhance self-knowledge and awareness.

**THE ORGANISATION:**
- Founded and based in Australia as the first home-grown International student exchange organisation.
- Incorporated in 1983 with the National Office in Melbourne, Victoria.
- Represented also in Sydney, Adelaide, Brisbane and Perth by professional staff.
- Over 8600 Australian students have gone on S.C.C.E. programs.
- Over 8100 international students have been hosted by Australian families.
- Approved and registered with Australian federal and state Education Departments.
- Recognised by the Immigration and Education authorities in relevant countries.
- First Australian organisation to be accepted as a member of the Federation of International Youth Travel Organisations, later amalgamated as World Youth Student & Educational Travel Confederation.
- Excellent worldwide reputation and recognition for high standard of quality programs.
- Regular reviews of performance of country-exclusive international affiliate organisations.

**THE STAFF:**
- Professionals from the fields of cross-cultural exchange, education, and travel.
- Affiliated organisations overseas have been selected because of their capacity to provide the best program components, students, and host families in a given country.
- The overseas affiliate organisations are contracted exclusively with S.C.C.E. regarding exchange to and from Australia. S.C.C.E. does not use agents.
- Staffs are available on a 24-hour basis. Through S.C.C.E. experience in the field, a network of professional exchange organisations is available worldwide.

**PROGRAMS:**
- For the age group 15-18, programs varying from 6 weeks to ten months are offered to 16 countries.
- All programs include voluntary host families, school attendance, compulsory orientation, one student to a host family, and special insurance.
- Group exchange programs, 3-6 weeks, are arranged for several Australian schools or available annually.
- S.C.C.E. Australian students travel on Singapore Airlines to all destinations other than the Americas. This allows daily "best" services for all Australian students. Transportation to and from the host community is also included in the fee.
- A variety of host families throughout Australia are welcome to share their daily lives with compatible students from one of the countries listed below.
- S.C.C.E.'s financial support comes from the program fees.

**ORGANISATIONAL FEATURES:**
- Ability to respond to needs of Australian educators regarding intercultural exchange.
- High standards for student selection, preparation, and support.
- Worldwide network of professional support for 30 years.
- Ability to innovate, diversify, and adapt programs and procedures, as necessary.
- Programs reflect the needs and values of Australian students, families, schools.

**AFFILIATED COUNTRIES:**
- ARGENTINA
- AUSTRIA
- CANADA
- CHINA
- COSTA RICA
- DENMARK
- ENGLAND
- FINLAND
- FRANCE
- GERMANY
- HOLLAND
- IRELAND
- ITALY
- JAPAN
- MEXICO
- NORWAY
- SPAIN
- SWEDEN
- U.S.A.

July 2013
FREE two day workshop and information sessions for PARENTS/CARERS of school age students on the autism spectrum

Workshop: 2013NSWPC15   Location: Bathurst

The Positive Partnerships initiatives have been developed and delivered by Partnerships between Education and the Autism Community (PEAC) and funded by the Australian Government Department of Education, Employment and Workplace Relations through the Helping Children with Autism package.

What will you learn?
As a result of participating in the workshops and information sessions as parents/carers you will gain:
• a greater understanding of the impact of autism on your child, both at school and at home
• knowledge about how to develop effective parent, school and teacher partnerships
• specific strategies on how to:
  • advocate for your child
  • support your child’s participation at school
  • develop an awareness of ongoing learning needs
• information about your local school system’s processes
• opportunities to network and share strategies with other parents/carers and key community members
• opportunities for discussion around a range of topics relevant to students with an ASD and their families

Some key community representatives that support families living with autism will be identified and invited to participate in the workshop with a view to supporting a community focus beyond the workshop.

Workshop details
Venue: Bathurst Convention & Function Centre
       Corner Howick & Peel Streets, Bathurst NSW 2795

When: Two day workshop – Wednesday 20 & Thursday 21 November 2013
Day 1: 9.00 a.m. - 4.30 p.m. (Registration from 8.15am)
Day 2: 9.00 a.m. - 3.30 p.m.

Registration opens Wednesday 9 October 2013 and closes 2 days prior.
Registration may stay open until one day before the workshop if spaces are still available, but we strongly recommend that you register as soon as possible.
You will receive a confirmation of your registration.
Online registrations preferred: please go to the website www.positivepartnerships.com.au.

Only complete the following form if you do not have access to the internet and fax or mail to:
Fax: 02 9451 9661; Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087

Positive Partnerships Info Line number: 1300 881 971
From the buzzing city of Lima, we fly across the backbone of the Andes to our Amazon jungle lodge to explore the tropical rain forest. While in Cusco and the Sacred Valley we wander the Quechuan Indian markets and discover a variety of Spanish colonial and ancient Inca heritage. Machu Picchu provides a grand finale to our trek along the Classic Inca Trail. Our unsurpassed expertise in organising treks in the Andes comes to the fore as we ascend from the jungle to the snow capped Andean peaks to complete our spectacular trek. Travelling to Lake Titicaca, we visit the Uros Indians who live on floating reed islands, before crossing the dramatic Altiplano to the thriving Bolivian capital of La Paz.

> **Trip price:** $5790 or $5690 for 17+pp ex Sydney
> **Trip Date:** 20 Sep to 12 Oct 2014 ex Sydney
> **Trip Duration:** 23 days
> **Activity:** Trekking, Adventure Touring, Wildlife Safari
> **Grade:** Level 3: Introductory

Call us, visit our website or download our detailed trip notes at worldyouthadventures.com

Call us or visit our website for the full range of our trips, our 2014 departure dates or to request a brochure.

worldyouthadventures.com | 1300 707 734
Learn about Anxiety Disorders

Free public forum

Find out more about common Anxiety Disorders including:

- Obsessive Compulsive Disorder (OCD)
- Social Anxiety Disorder
- Panic Disorder (panic attacks)
- Agoraphobia
- Post Traumatic Stress Disorder (PTSD)
- Generalised Anxiety Disorder

And learn about what helps recovery, and what services are available.

Date: 28 October 2013
Time: 7:00pm start
Location: Bathurst City Community Club
29 William St, Bathurst
Speakers: Dr Rocco Crino, Associate Professor of Clinical Psychology, Charles Sturt University, will give an overview of Anxiety Disorders.

Ms Julie Leitch will speak about her experience living with and her treatment for Obsessive Compulsive Disorder.

Numbers are limited. Please RSVP by 21 October 2013.
Email your RSVP to Julie on jleitch@mentalhealth.asn.au or phone (02) 9339 6003.

www.mentalhealth.asn.au
Small Steps is a free anxiety awareness program for NSW primary school teachers and parents.

Did you know?

- An anxiety disorder affects one in ten children.
- Anxiety impacts on a child’s social, family and school life.
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence.
- Children with anxiety are generally not disruptive in class or at home.
- Anxiety disorders can be resolved with timely information, care, treatment and support.

Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders.
- Types of anxiety disorders.
- Signs and symptoms of anxiety disorders.

Our free Small Steps presentations involve:

- A visual presentation by a speaker from Mental Health Association NSW.
- Reference materials and information.
- A recommended reading list.

When and Where:

Date: Tuesday 29 October
Time: 4:30-6:30pm
Location: Centacare Bathurst
107 William St
Bathurst NSW
RSVP to: Annette Meyers
(02) 6331 8944
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- Types of anxiety disorders.
- Signs and symptoms of anxiety disorders.

Our free Small Steps presentations involve:

- A visual presentation by a speaker from Mental Health Association NSW.
- Reference materials and information.
- A recommended reading list.

We’re holding a Small Steps presentation for Parents!

When and Where

Date
Tuesday 29 October

Time
9:15-11:30am

Location + RSVP
Assumption School
6331 3444
Small Steps is a free anxiety awareness program for NSW primary school teachers and parents.

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- An anxiety disorder affects one in ten children.
- Anxiety impacts on a child's social, family and school life.
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence.
- Children with anxiety are generally not disruptive in class or at home.
- Anxiety disorders can be resolved with timely information, care, treatment and support.

Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders.
- Types of anxiety disorders.
- Signs and symptoms of anxiety disorders.

Our free Small Steps presentations involve:

- A visual presentation by a speaker from Mental Health Association NSW.
- Reference materials and information.
- A recommended reading list.

**When and Where**

**Date:**
Monday 28 October

**Location:** + RSVP

- Bathurst West Public
  - 6331 1142
  - 1:00-3:00pm
- Kelso Public School
  - 6331 1577
  - 9:15-11:30am
Why not have a dabble in the Blayney Art Festival Competition?

‘A touch of gold’

Painting and photography competitions

From preschool to adult

Great cash prizes for 1st and 2nd place

All submitted artworks can be sold at the Blayney Festival. No commission charged.

Applications close 8 November

To download an application form, visit www.cadiavalley.com.au or contact Paula Dell-McCumstie on 0437 015 128