Fr Patrick Peyton’s (1909-1992) famous slogan was “the family who prays together, stays together”. While there are no absolute guarantees that praying together will help everyone stay together, it is a great way to help everyone better connect with God and each other and to please God as well.

Family prayer can create an extra special bond between all the family members and teaches them to pray. The Bible says to, “Train up a child in the way he should go: and when he is old, he will not depart from it” (Prov. 22:6). There is no better way to teach than through example. Children not only see the parents praying but it is a great support to them in their prayer life as well.

By repetition, the rosary helps young people to learn their formal prayers like the Our Father and Hail Mary. By teaching them to think about or meditate on the mysteries of the rosary while they say their prayers as Mary taught us to do, they learn about the important events in the lives of Jesus and Mary and thereby get to know Jesus and Mary better.

The month of October is a good time to commit to praying the Rosary together.
Dear Members of the Mount Lilydale Mercy College Community

The end is fast approaching and being my first year in the College community I continue to relish the experience of new events, sharing important moments, and what I would call rites of passage, with very special people. I have long held that I was blessed when I both felt and heard the calling to become a teacher within the Catholic school system because I am able to re-live the passion, honesty and enthusiasm of young people very regularly and experience the love that is so obvious in their lives and in their families.

This week my thoughts and events within our community are focused on our Year 12 students as they prepare to leave us. Last Tuesday we held the Investiture and Commissioning Ceremony for the College Prefects of 2014 and there was much rich and beautiful symbolism within it whilst the addresses given by the incoming College Captains, Shannon Salisbury and Jared Smith, were entertaining and engaging. The part that inspired me most was when each 2013 Prefect handed their incoming 2014 corresponding Prefect a lighted candle symbolising a passing on of the mantle. Besides smiling and offering a few words of encouragement, most also handed an envelope containing personal messages of encouragement. This was, and is, powerful.

The introduction of one leadership group also indicates the start of the farewell of another, and to me, it really started the farewell process for the graduating class of 2013 as they leave us to start that preparation period for their final exams. Last week I wrote to each and every one of our Year 12 group and assured them of my prayers.

I wrote:
“I pray that you will be granted serenity and peace of mind and that you will always feel the presence of God in your life. I pray that you will find an authentic vocation and that you will have the strength to fulfil it. I pray that the world will benefit from your talent and that many people will benefit from your gifts and from your love. I wish you every blessing as you prepare for your final exams.”

And I ask that you join me in praying for them daily. Let us all together pray for each and every one of them.

I would also like to thank the 2013 Year 12 group for their leadership throughout this year and trust that in finishing their formal schooling they will do it with respect and dignity and be the role models that we have come to expect of them.

Of course we all know that the end is really nowhere near fast approaching and that it is only the beginning. I think of the famous Alexander Graham Bell who said “when one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us.” Or of the French Apollinaire who is quoted as saying:

“Come to the edge.” “We can’t. We’re afraid.” “Come to the edge.” “We can’t. We will fall!” “Come to the edge.” And they came. And he pushed them. And they flew.

It is now time for our Year 12 group to fly and in giving them a gentle push, we pray and trust that they are ready; for I know that they will do well.

A new beginning …

I am also aware that in a very short time I will formally farewell the group and this too has been on my mind. In preparing what I might say to them I came across a small article called “A Different Voice for Inspiration” which is an expurgated version of an address given by comedian Tim Minchin as an occasional address to the University of Western Australia graduating group. Whilst if I had written it, it would contain some reference to our Loving God and a faith dimension, I am unsure of Tim’s Religious beliefs, but the article is interesting and well worth the read so I wanted to share it with you.
1. YOU DON'T HAVE TO HAVE A DREAM
Americans on talent shows always talk about their dreams. Fine, if you have something that you've always dreamed of in your heart, go for it! I advocate passionate dedication to the pursuit of short-term goals. Be micro-ambitious. Put your head down and work with pride on whatever is in front of you… you never know where you might end up. Just be aware that the next worthy pursuit will probably appear in your periphery. Which is why you should be careful of long-term dreams. If you focus too far in front of you, you won’t see the shiny thing out the corner of your eye.

2. DON'T SEEK HAPPINESS
Happiness … if you think about it too much, it goes away. Keep busy and aim to make someone else happy, and you might find you get some as a side effect. We didn’t evolve to be constantly content.

3. REMEMBER, IT’S ALL LUCK
You are lucky to be here. You were incalculably lucky to be born, and incredibly lucky to be brought up by a nice family that helped you get educated and encouraged you… if you were born into a horrible family, that’s unlucky and you have my sympathy… but you were still lucky: lucky that you happened to be made of the sort of DNA that made the sort of brain which would make decisions that meant you ended up, eventually, graduating. Well done you, for dragging yourself up by the shoelaces, but you were lucky. You didn’t create the bit of you that dragged you up. They’re not even your shoelaces.

Understanding that you can’t truly take credit for your successes, nor truly blame others for their failures will humble you and make you more compassionate.

4. EXERCISE
Play a sport, do yoga, pump iron, run… whatever… but take care of your body. You're going to need it. Most of you are going to live to nearly a hundred, and even the poorest of you will achieve a level of wealth that most humans throughout history could not have dreamed of. And this long, luxurious life ahead of you is going to make you depressed!

But don’t despair! There is an inverse correlation between depression and exercise. Do it. Run, my beautiful intellectuals, run. And don’t smoke.

5. BE HARD ON YOUR OPINIONS
We must think critically, and not just about the ideas of others. Be hard on your beliefs…Be intellectually rigorous. Identify your biases, your prejudices, your privilege.

Most of society’s arguments are kept alive by a failure to acknowledge nuance. We tend to generate false dichotomies, then try to argue one point using two entirely different sets of assumptions, like two tennis players trying to win a match by hitting beautifully executed shots from either end of separate tennis courts.

By the way…please don’t make the mistake of thinking the arts and sciences are at odds with one another. That is a recent, stupid, and damaging idea. You don’t have to be unscientific to make beautiful art, to write beautiful things.

…You don’t need to be superstitious to be a poet…You don’t have to claim a soul to promote compassion.

Science is not a body of knowledge nor a system of belief; it is just a term which describes humankind’s incremental acquisition of understanding through observation. Science is awesome.

The arts and sciences need to work together to improve how knowledge is communicated.

6. BE A TEACHER
Please, please be a teacher. Teachers are the most admirable and important people in the world. You don't have to do it forever, but if you're in doubt about what to do, be an amazing teacher. Just for your twenties. Be a primary school teacher. Especially if you’re a bloke – we need male primary school teachers. Even if you're not a teacher, be a teacher. Share your ideas. Don’t take for granted your education. Rejoice in what you learn, and share it.

7. DEFINE YOURSELF BY WHAT YOU LOVE
We have a tendency to define ourselves in opposition to stuff…but try to also express your passion for things you love. Be demonstrative and generous in your praise of those you admire. Send thank-you cards and give standing ovations. Be pro-stuff, not just anti-stuff.

8. RESPECT PEOPLE WITH LESS POWER THAN YOU
I have, in the past, made important decisions about people I work with – agents and producers – based largely on how they treat wait staff in restaurants. I don’t care if you’re the most powerful person in the room, I will judge you on how you treat the least powerful.

9. DON'T RUSH
You don’t need to already know what you’re going to do with the rest of your life. I’m not saying sit around all day, but also, don’t panic. Most people I know who were sure of their career path at 20 are having midlife crises now.

…Life will sometimes seem long and tough and, god, it’s tiring. And you will sometimes be happy and sometimes sad. And then you’ll be old. And then you’ll be dead.
There is only one sensible thing to do with this empty existence, and that is: fill it… Fill. It.

And in my opinion (until I change it), life is best filled by learning as much as you can about as much as you can, taking pride in whatever you’re doing, having compassion, sharing ideas, running(!), being enthusiastic. And then there's love, and travel, and art, and kids, and giving, and mountain climbing … but you know all that stuff already.

It’s an incredibly exciting thing, this one, meaningless life of yours. Good luck.

**MARK PREST AWARD NOMINATIONS**

Nominations for the Mark Prest Award are invited from parents/guardians, students and staff. The award recognises educational excellence. A brochure explaining the Award and the nomination process is attached and you can also obtain a copy from the College Website. Please include some additional comments or a letter of commendation to provide background to your nomination. Nominations close on 8 November. I take this opportunity to acknowledge the previous winners of the award, who are not eligible for nomination again. They are:

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<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
<td>2005</td>
<td>Magda Pisotek</td>
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<td>2006</td>
<td>Dianne De Munk</td>
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<td>2007</td>
<td>Michael Johnston</td>
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<td>John Rodgers</td>
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<td>Hilda Cassidy</td>
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<td>2010</td>
<td>Janet Barr</td>
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<td>2011</td>
<td>Mark Johnson</td>
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<td>2012</td>
<td>Marlya MacNeill</td>
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**SPORTS AWARDS NIGHT**

Centennial Hall will be the venue of the Sports awards tonight where we have the opportunity to acknowledge the sporting excellence of students. Parents/guardians are invited to attend this function which commences at 7.30 p.m. in Centennial Hall.

**STUDENT FREE DAY**

Students in Years 7-11 will have a student free day on Tuesday 22 October.

Finally I would ask your prayers for Valdy Gravis and his family after the loss of their mother over this past week. Valdy’s mother, Biruta Selby, passed from this world on her 82nd birthday after an extended illness and much suffering, so it is good that God decided to embrace her at this time. Let us all pray for the repose of the soul of Biruta and that Valdy and his entire family find peace in the knowledge that she has gone to rest with the angels. May she rest in peace.

God Bless

Philip A Morison
Principal

FROM THE DEPUTY PRINCIPAL - STUDENTS - MICHAEL JOHNSTON

Schools in the area that access MET buses (Myki tickets) have been notified by the bus companies and PTV to indicate that usage rates of Myki tickets on some routes is low. Students are reminded of the need to touch on for each journey. This is for two reasons. Firstly, it is technically fare evasion to not touch on and secondly, the bus records indicate that patronage is low for certain routes. In this case consideration may be given to withdrawing that bus service. It is clear that the MET bus services that service the College are near capacity so the removal of any of these services would prove very inconvenient for families. Please encourage your child to remember to touch on so that we can support the bus companies and continue to enjoy the generous travel concessions that our students receive.

A reminder of the uniform requirements at this stage of the year. Students may choose between winter and summer uniform until after the Melbourne Cup weekend. The dramatic changes in temperature that we have been experiencing over the last week have certainly shown why such an allowance is made. Summer uniform will be compulsory for all students from Wednesday 6 November.

Last week we received news from the Fight Cancer Foundation that our fundraising efforts for Footy Colours Day that was held in Term 3 meant we have been acknowledged as the highest fundraiser for schools in Victoria. Student Council were the organisers of this event and it is great to see their efforts recognised. A school profile will appear on the Fight Cancer Foundation website in recognition of this.

A final reminder that Tuesday 22 October is a student free day for Year 7-11 students.

Michael Johnston
Deputy Principal - Students
SPORTS REPORT

STUDENT AND STAFF ACHIEVEMENTS

A big week in running, kicked off with Dan Beard achieving 3rd place in the Great Ocean Walk 100km Trail Run. Clearly there was no time spent walking or enjoying the spectacular ocean views, as Dan completed the 100kms in 11:04.20. That's right, 100kms in just over 11 hours.

This clearly inspired others to take up the challenge of the Melbourne Marathon. Students and staff entered a number of different categories over the course of the day:

**STAFF**
- Sally Wingett (5.7km – got shortened to 3km swim due to weather) – 15.01
- Emma Whitehouse (10km) – 1.08.16
- Michael Johnston (half marathon) – 1.51.15
- Danni Webb (marathon) – 3.56.41

**STUDENTS**
- Lauren Dwyer (10km) - 57.49
- Lauren Van Westhuizen (10km) – 57.51
- Steph Bartley (half marathon) – 2.08.55
- Pat Hodgett (half marathon) – 1.31.32 (8th in 16-19 age category)

Well done to all that challenged themselves. It is not an easy task to run even a short distance. It requires training, hard work and dedication to the sport. Congratulations to all, no matter the distance.

If you would like to pass on any significant achievements please email Mr Leigh Worrell at lworrell@mlmclilydale.catholic.edu.au

YEAR 9 EISM RESULTS vs TINTERN & LUTHER

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<tr>
<th>BOYS</th>
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<td>Tintern</td>
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<td>MLMC</td>
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<tr>
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<td>5</td>
<td>MLMC</td>
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<tr>
<td>Table Tennis</td>
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Year 8 EISM RESULTS

Another hard week of training for Year 8 students. Their first run of Term 4 EISM Competition begins soon.

Details of each week’s fixture, venues and results can be found at [http://www.eism.org/](http://www.eism.org/)
MOUNT LILYDALE MERCY COLLEGE

MARK PREST AWARD

To commemorate our much loved and admired Deputy Principal, who commenced at the College in 1996 and became Deputy Principal in 1997, the College Executive has named an annual award for an ‘educationalist’ in his honour. Mark had a deep love for his God and was passionate educator who had a deep sense of the school community. He listened, accepted and embraced all the people he found in his life. Mark demonstrated strength during his own battle with illness and throughout his life he was willing to be a ‘shelter in a storm’ for others. He was a deep thinker and came to believe strongly in the stewardship model of leadership.

The award will be presented annually to a member of staff who most exemplifies Mark’s educational philosophy and witness as judged by the following criteria which embody the spirit of Mark as an educator. It is expected that the recipient of this award will reflect many of these characteristics.

Mark:

- had a passionate respect for the dignity of each person
- set a public example of integrity, love, commitment and awareness each day
- showed empathy and concern for the welfare of others
- fostered genuine, honest, authentic, compassionate and just relationships
- had a healthy sense of tolerance, acceptance and openness
- was filled with the excitement of teaching
- was a courageous and committed learner
- aspired to and encouraged excellence
- exhibited a quality of teaching which opened up learning to others
- encouraged a love of learning in others
- was willing to take risks and learn from experience
- believed that teaching mattered
- fostered a strong climate of community involving students, teachers and parents
- had a sense of civic responsibility and pride
- contributed to the social and spiritual environment of the school

The selection of the winner will be made by a special panel. The Members of the Selection Panel will be the Principal, an Advisory Council Member, two Staff Members and one Student (a Student Leader).

I wish to nominate .................................................. for the Mark Prest Award

Signature of Nominator: ..................................................

Please attach a Statement addressing the above criteria and forward to the Principal by 8 November 2013
Talking About Childhood Asthma
Live From The Airways
Presented by The Asthma Foundation of Victoria and Royal Children’s Hospital

Sunday 27th October 2013
4pm - 6pm
FREE!
Ella Latham Auditorium, Ground Floor, Royal Children’s Hospital, Melbourne

Ask questions, gain advice on: medications, diagnosis and asthma management from top Respiratory Specialists:
A/Prof Sarath Ranganathan
Prof Colin Robertson
Dr Jo Harrison

Light refreshments will be served and tickets are limited, therefore registrations are essential.
Attend the event at the Royal Children’s Hospital OR watch the LIVE Webcast online
Register at www.asthma.org.au or call 1800 ASTHMA (1800 278 462)

Air Pollution and Asthma

School age students and young children with asthma can often have breathing difficulties when exposed to air pollution. Air pollution can occur:

**Outdoors** – smog (made up of nitrogen oxides and ozone), bushfires, cigarette smoke.

**Indoors** – formaldehydes/resins (some building materials), volatile organic compounds (found in paints, furniture, cleaning products), cigarette smoke, poorly maintained gas appliances.

The most important way to reduce the impact of air pollution on your child’s asthma to avoid the pollutant completely if possible.

- Stay indoors on high smog days, close windows and external doors
- Make sure you have a bush-fire plan if you live in a bushfire prone area
- Make sure your child’s asthma is well controlled and that you and your child know what to do if their asthma gets worse
- Make sure your gas appliances are serviced regularly by a registered or licensed gasfitter and that there is adequate ventilation in rooms containing gas appliances
- Choose building items, furniture, paints and wood items that are certified to emit low levels of formaldehyde and volatile organic compounds.

For more information about air pollution and asthma, contact The Asthma Foundation of Victoria on 1800 ASTHMA (278 462) or visit www.asthma.org.au.
Ten years ago, Mary Terpstra (then President of Mt Evelyn St Vincent de Paul Conference) provided the inspiration which resulted in Chris De Vincentiis propagating and selling tomato plants to raise money for charities. The proceeds from these sales benefit St Vincent De Paul Society, Zambian Aids Orphans (Help Ministries) and Missionary Sisters of the Most Sacred Heart (Philippines), where Carol Terpstra, an old Collegian, is a Missionary Sister.

You are invited to support this fundraising project by buying the plants, which will give you the pleasure of your own home grown, vine ripened, delicious tomatoes.

Seven varieties of tomato plants are available, at only $2.50 each. These are approximately 20-25cm high.

- **Grosse Lisse** (average size)
- **Beef Steak** (larger variety)
- **Roma** (egg shaped)
- **Sweet Bite Cherry**
- **Black Russian** (medium size)
- **Bucci** (Italian variety)
- **Tiny Toms**

If you would like to order tomato plants, simply email your order as soon as possible to tomatoplants@hotmail.com.au stating the QUANTITY and VARIETY that you prefer. Alternatively you may complete the order form below and place in the box at Student Reception. Payment is to be made at the time of collection.

Price is $2.50 per pot - ALL PAYMENTS MUST BE MADE IN CASH AT TIME OF COLLECTION PLEASE

ORDERS TO BE COLLECTED ON MONDAY 28 OCTOBER OUTSIDE CENTENNIAL HALL BETWEEN 3.00 - 4.00PM

Please indicate number required:

| Grosse Lisse (average size) | [ ] | Black Russian (medium size) | [ ] |
| Beef Steak (larger variety) | [ ] | Bucci (Italian variety) | [ ] |
| Roma (egg shaped) | [ ] | Tiny Tom | [ ] |
| Sweet Bite Cherry | [ ] |

**COLLECT MONDAY 28 OCTOBER OUTSIDE CENTENNIAL HALL BETWEEN 3.00 - 4.00PM**

**PRICE PER POT = $2.50**

**TOTAL AMOUNT TO BE PAID AT PICKUP: $............**
FREE ENTRY
SUNDAY
November 10th
10am - 4pm

YARRA VALLEY
Strawberry Festival
2013

BE TEMPTED...
at this year’s Annual
YARRA VALLEY STRAWBERRY FESTIVAL!!
Enjoy locally grown Fresh Strawberries,
Art & Craft Market Stalls, Rides, Entertainment,
BBQ, Devonshire Tea, Car Display
and much much more!!

BRING THE WHOLE
FAMILY FOR A DAY OF FUN...
St Patrick’s School &
Community Grounds
Jones Street Lilydale

Melway Ref. 38 F3

www.yvstrawberryfestival.com

Proudly presented by St Patrick’s Primary School, Lilydale
In association with the Victorian Strawberry Industry Development Committee