

D LA SALLE COLLEGE elagram

Fortnightly newsletter



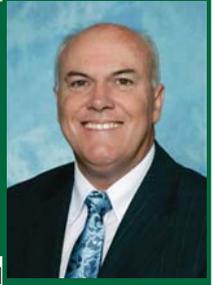
St John Baptist de La Salle

17 August 2012
Term 3 Week 4
Delagram 12



FROM THE PRINCIPAL

Mr Wayne Bull



SUCCESS IN ANGELICO EXHIBITION

I am delighted to announce that Danielle Betty (Year 12) has won first prize in the drawing section of the Angelico Art Exhibition. Her complementary pieces entitled 'Age' are stunning receiving effusive praise from the judge, Dr Kirsten Hudson from the School of Design and Art at Curtin University. I warmly congratulate Danielle on this wonderful achievement. I would also like to acknowledge the other students who were invited to participate in the exhibit. I was told by several people at the opening of the exhibition of the exceptional quality of the art being produced by La Salle students. Congratulations to Brittany Manifis, Madison Italiano, Tracey Theseira, Caitlin McCracken and Stephanie Mizza. Thank you to Melissa Aurisch and Grace Slaven, our Art Teachers for their great work with our students.



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FEAST OF THE ASSUMPTION

On Wednesday 15 August our whole College came together to celebrate the Feast of the Assumption of the Blessed Virgin Mary. This is a holy day of obligation for Catholics but even more importantly, an opportunity for us to acknowledge Mary as the Mother of God. Mary was a woman like no other; someone who readily accepted the challenge of responding to God's call to be the mother of Christ, our Saviour and Lord.

Thank you to Fr Leonard for celebrating Mass with us. My thanks also go to Jenny Waller our Liturgy Coordinator, Tiffany Bunter, Nathan Beerkens and Matthew Bond (Liturgy Captains), Amy Webb and the choir, Chris Milne and the band and our beautiful liturgical dancers choreographed my Miriam Schimmel.

FRIENDS OF LA SALLE MEETING – TUESDAY 21 AUGUST

Our Term 3 meeting of the Friends of La Salle will be held in the Michael Ciccarelli Lecture Theatre on Tuesday 21 August commencing at 7:00 pm. All parents and friends of La Salle College are invited to attend with a commitment that the meeting will only take an hour!

CATHOLIC STAFF DAY – MONDAY 27 AUGUST

In recognition of the extra commitment which staff in Catholic schools make to the creation of positive and dynamic learning environments, the Catholic Education Commission of WA allows principals to grant a holiday for their staff. Different Catholic schools choose different dates. At La Salle we have traditionally taken the Monday of Week 6 as our Catholic staff day. This is a time when both staff and students can enjoy a well-earned rest and recover from colds and other ailments that have lingered during winter. Thus, please note that **the College will be closed on Monday 27 August** with normal classes resuming on Tuesday 28 August.

YEAR 11 RETREATS

Last week all of our Year 11 students participated in our very special retreat programme. This is an annual event for our senior students which allows participants to have some time away from the routine of school and home to reflect on their relationship and God and others. It is also a very spiritual time where students are asked to examine their own life journey and the part that God has played in shaping and forming their lives.

Nearly 20 staff members willingly gave up their time to spend with our Year 11 students, taking opportunities to share and reflect as well. I would like to record my thanks to all of these staff, and especially to Adrian Martino for his overall coordination of the retreats.

NETBALL FINALS

Two of our netball teams are competing in the Elimination Day for School Sports Western Australia on Friday 24 August. This is a very high level competition and the girls have played exceptionally well to make it to this stage of the competition. Good luck to our two teams and their coaches Nicole Huggins and Carly Holmes.

CATHOLIC PERFORMING ARTS

Hundreds of our students are involved with this year's Catholic Performing Arts Festival including choirs, bands, ensembles, soloists and dance groups. Our students have already received a number of Honourable Mentions and Certificates of Encouragement. I will provide a full list of these awards at the conclusion of the Festival.

St John Baptist de La Salle

Pray for us

Live Jesus in our hearts

Forever

Mr Wayne Bull - Principal

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From The Senior Leadership Team



YEAR 12 MOCK EXAMS – MONDAY 8 OCTOBER – TUESDAY 16 OCTOBER

A copy of the Year 12 Mock Exam Timetable is located on our website www.lasalle.wa.edu.au under News and Events. All Year 12 students have been issued with a personalised timetable for the upcoming exams.

Students should be working hard preparing for their examinations. It is a most stressful time, but good preparation does reduce examination anxieties. The following resources may be useful:

- Course syllabus – ensure that all aspects of the course are studied.
- Past examination papers – provide guidance on the style/type of questions.
- A comprehensive set of study notes that are developed and refined to become the main source of information when revising.

Since these exams are scheduled during the Term 3/4 holiday period, students can wear neat casual dress for the exams from 8 - 15 October; however, the College uniform must be worn on Tuesday 16 October.

I wish students success with these exams and hope their efforts are rewarded by achieving the best result possible.

Mrs Rachael Keenan
Deputy Principal – Teaching, Learning & Innovation



CATHOLIC PERFORMING ARTS FESTIVAL (CPAF) UPDATE



LITURGICAL DANCE

On Friday 3 August the La Salle Liturgical dancers competed at Saint Joseph's Church in Subiaco in the 23rd Annual CPAF. After 10 weeks of early morning rehearsals the 13 performers presented their interpretation of Ave Maria to a receptive and appreciative audience. The 12 girls and our 1 male super star dancer, 'Naveen Joseph' also performed the routine at the Mass of the Assumption on Wednesday.

We would like to extend our thanks to Mrs Murphy our fantastic bus driver, Mrs Waller for her constant support and finally Mrs Schimmel for all of her guidance and commitment to our liturgical group.

Angela Italiano - **Year 12 Dance student**



SHOW BAND

On Tuesday evening 7 August, the College Show Band performed at Chisholm Catholic College as part of the CPAF. The band was the last and largest item of the night and lived up to the phrase 'save the best for last'. With its energetic opener of the teen pop classic *Rockin' Robin* the 28 piece Big Band blew the audience away with its fine ensemble playing. Bianca Freeman as guest vocalist, wooed listeners with her mature vocals on *Orange Coloured Sky*. The band finished its set with the classic *Sing, Sing, Sing*, dazzling all with their excellent performance. The ensemble's performance was reflected in the adjudicator's comments and for their efforts were awarded an Honourable Mention.

Mr Christopher Milne - **Director of Music**



LITURGICAL CHOIR

'De La Dolce' the College's newest and smallest ensemble had their inaugural performance on Wednesday evening 8 August. The ensemble, made up of only 8 students ranging from Year 8 to Year 11 entered the Liturgical Choral Secondary section of the CPAF. The girls were very nervous for their debut performance at St Joseph's Church, especially coming up against some daunting and impressive competition from schools such as Mercedes and Trinity Colleges. Nevertheless, the girls sang beautifully and received excellent feedback from the audience and adjudicator. I look forward to seeing this ensemble continue to develop and showcase their talent.

Ms Amy Webb - **Choir Director**



STOMP

Stomp was an entertaining and enjoyable day where students and staff dressed up to the set theme of Super Stars and Super Heroes. It was pleasing to see such a great array of costumes. Some of the characters and personalities included Captain America, Bon Jovi, Bat Girl, Buzz Light year and many sporting stars. In the morning we started with the Spelling Bee, then after lunch was the Lip Sync competition and costume judging. Also, students were asked to make a gold coin donation to attend school in costume and to support the St Vincent de Paul Winter Appeal, with a total of \$983.75 being raised on the day.

This year we had an impressive number of student and staff Lip Sync acts, with each performance being of a high standard. The student Lip Sync competition was won by Mariam Fornah performing to Whitney Houston's best seller *I Will Always Love You*. The best staff act was by a staff band which included Mr White (Jnr), Mr Fitzpatrick, Ms McDermott and David Brennan (student). The band performed to two songs, which were Brittany Spears *Hit Me Baby One More Time* and U2's *It's a Beautiful Day*. Ms Rodriguez, Mr Dyer and Mr Velardo were a great judging line-up. The trio were witty and entertaining, in fact, the judges were their own act!



Prizes for the Best Dressed Competition went to the following;

Year 7	Phoebe Collins	Kesha
Year 8	Michael Erceg	Inspector Clouseau
Year 9	Brett Aurisch	Wolverine
Year 10	Adam Drage	Two face
Year 11	Alistair Hockey	Ferris Bueller
Year 12	Alex Bell	Captain America
Group	Year 12's	Greek Gods
Staff	Ms McDonnell	Super Ted



Thank you to everyone involved in making Stomp 2012 a success.

STUDENT REPRESENTATIVE COUNCIL LEADERSHIP SEMINAR

Students aspiring to be on the Student Representative Council (SRC) in 2013 are required to attend the SRC Leadership Seminar during Week 8 at the College. The seminar will highlight aspects and issues of leadership with the main focus being on Lasallian Leadership. It will also outline the structure of the Student Representative Council for 2013 and inform students on how they can apply for a position. The seminar will take place in the Senior Learning Centre on Monday 10 September from 1:30 pm – 6:00 pm.

Attendance is required if students wish to be part of the 2013 SRC, so please encourage your child to sign-up for the seminar during weeks 5 and 6. Details on where and when to sign-up will be in the morning PCG notices.

Ms Kylie Paskov
SRC Coordinator



PSYCHOLOGY EXCURSION TO PERTH ZOO

On Monday 13 August our Year 11 2A/B Psychology class, accompanied by Ms Keating and Mr Dunne, had the opportunity to observe different ways psychological theories are applied in everyday life at the Perth Zoo. This included developing a better understanding of operant conditioning and more specifically how animal behaviour can be guided by punishment and rewards, and the technique of systematic desensitisation which assists people in overcoming their phobias. Students in the class were able to face their fear of snakes (Ophidiophobia) by firstly learning more information about them and this then led to them having the opportunity to touch a 12kg boa constrictor. After our lecture 'Monkey See, Monkey Do' we observed the way in which certain animals, namely baboons, meerkats and African painted dogs, behaved in relation to each other, the types of communication they used and if they were portraying any particular social roles amongst their species. The excursion gave us an insight into the many different ways psychology is applied to animal training and left many of us wondering if we would be able to apply some of the techniques to our pets at home!



Dannielle Massang
Year 11 Psychology Student

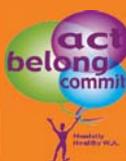


YEAR 12 FOOD SCIENCE & TECHNOLOGY

On Wednesday 8 August our Year 12 Food Science and Technology 2AB class held a lunch function to demonstrate food safety. Each class member was to invite one teacher of their choice as a guest, expressing why the food that they were eating was safe, and the steps we took as both the event planners and the production team to ensure this was the case.

The menu consisted of a pesto stuffed chicken breast accompanied by a roasted vegetable salad, and a choice of two delectable cakes; a strawberry cheesecake or a chocolate caramel marble mud cake (many of our guests decided that they couldn't choose, so they decided to have both). We were running a bit tight on schedule, but we managed to have everything plated up by the time the guests started to arrive. The function was a complete success, because everyone left with wide grins on their faces and bulging bellies.

Patricia MacFarlane
Year 12 Food Science & Technology student



THE STAYING HEALTHY SERIES! PART 1

We are all so busy these days. Work, school, sport, family, friends, clubs, activities, chores, holidays and more!! How do we balance it all? In times of stress or when we are extremely busy, often those basic things we need to do to stay healthy can be forgotten or pushed so far down the to-do list you won't get to it until Christmas! Here is the first instalment of some top healthy tips to keep you feeling great (and hopefully avoid the dreaded flu!).

Looking after your Body

- Eat healthy: a balanced diet with plenty of fruit and veg! But it is not all carrot sticks and celery that odd bit of chocolate and the odd piece of cake **is good** for you... but eating a whole block of chocolate or a whole cake in one sitting isn't.
- Drink 1- 2 litres of water every day: In winter we often forget to drink! Keep a 600ml bottle with you and make sure you drink two of those a day and with a couple of glasses in the evening you are well hydrated.
- Get some shut eye: The ideal is 7 – 8 hours! We all know this is not always possible but make this your goal.
- Exercise: It's not a big thing! Twenty minutes to half an hour per day of physical activity! Don't forget the benefit of incidental exercise... Take the stairs and get those endorphins flowing!

Give it a go and start making some small positive changes. Every little bit counts towards your wellness! Stay tuned in the following weeks for the rest of the series including, looking after your mental health, and de-stressing, having some time out.

Ms Shannon Steven
School Psychologist/Counsellor



YEAR 7 – 9 RELIGIOUS EDUCATION

Where has the time gone? Week 4 already! Years 7 - 9 RE students are busily working away in their respective classes, and are moving towards commencing their assignments. The assignments contribute towards their term grade and assessment average, so all students should be committed to achieving the best possible mark for these tasks. Year 7 RE students will be assessed on the Sacrament of Confirmation; the Year 8 students on Parables and Jesus' teachings and the Year 9s are completing an assessment task on Sacraments and the Ten Commandments.

The Year 9 RE students sat the Bishops' Religious Literacy Test (BRLT) on Friday 3 August. Results from the BRLT will be available early Term 4.

This week on Wednesday 15 August, we celebrated the Assumption of Mary- a feast day and a Holy Day of Obligation. On this day, the Church celebrated the solemnity of the Assumption. We honour Mary, a sign of hope and holiness. In hope we pray that this broken world may one day be made whole.

*Glorious God,
May we follow Mary's example of holiness
And live with hope in our hearts.
We ask this through Christ our Lord.
Amen.*

Mrs Angela Krsticevic
Assistant Religious Education Coordinator



HELP YOUR SCHOOL KEEP FLU AT BAY

Influenza, though mild in most people, can be a serious illness and this year the influenza season has struck earlier and more intensely than usual.

Symptoms of the disease include fever, cough, sore throat, headache, chills, muscle aches, and runny nose. Influenza is spread easily from person to person through infected droplets in the air and on the hands. In children it is highly infectious so parents are urged to keep students at home if they are showing symptoms of cold or flu-like illness. They should remain at home until acute symptoms have resolved.

Parents and teachers can also help prevent the spread of influenza by observing practices of good flu etiquette and encouraging these in students. These practices include:

- covering their mouths when coughing or sneezing
- blowing their noses into tissues, and disposing of these properly in a rubbish bin
- washing their hands thoroughly after coughing, sneezing or blowing their nose.

Vaccination is the safest and most effective way that people can minimise their risk of getting the flu and passing it on to family, friends and colleagues.

Influenza vaccination is recommended for anyone over the age of six months and strongly recommended for those at increased risk of severe illness and complications, including pregnant women, people over 65 years of age, Aboriginal Western Australians over 15 years of age, and persons with a chronic medical condition that predisposes them to severe influenza.

RELATIONSHIPS AUSTRALIA - UNDERSTANDING STEPFAMILY RELATIONSHIPS

The above seminar will be held on Saturday 22 September from 9:30 am – 1:00 pm at a cost of \$35 per person or \$50 per couple at 15 Cambridge Street, corner of Southport Street, West Leederville.

Stepfamilies and blended families operate in a different way to intact biological families. The dynamics of a stepfamily are more complex and there is a need for special understanding and management from both biological and stepparents working together for a healthy stepfamily growth to happen. For further information please phone 9489 6322.

LEARNER'S PERMIT – 5 FORMS OF IDENTIFICATION

Five (5) forms of identification are now needed when applying for a learner's permit at all Driver and Vehicle Services centres (formerly Licensing Centres) in WA. Although this change commenced in September 2011, some people are not aware of the change.

Detailed information about the licensing application process is available at: <http://www.transport.wa.gov.au/licensing/23406.asp> or phone 13 11 56.

This information is also important for La Salle Year 10/11 students (who take part in the Learner Driver Theory Test as part of School Drug Education and Road Aware's Keys for Life pre-driver education programme. Many students are presenting a Keys for Life certificate when applying for a learner's permit at a Driver and Vehicle Services Centre as a result of passing the theory test at school and not realising the need for five forms of identification. This is causing confusion and misunderstanding for some parents and students.

COMMITMENT TO EXCELLENCE

CONGRATULATIONS GRACE!

Congratulations to Year 7 student, Grace Gilbert who has been named in the WA Indoor Netball Touring squad for 12 year olds. Grace will head to Brisbane for the Nationals in late November. Good luck Grace.



CAREERS

Click on

MURDOCH UNIVERSITY OPEN DAY

Open Your Mind – Murdoch University Open Day is on this Sunday 19 August from 10:00 am to 4:00 pm. Visit their South Street campus to open your mind to a new world of discovery. You can:

- Pick up course and career information.
- Get involved with hands on activities and demonstrations.
- Talk to our lecturers, counselors and students.
- Enjoy live bands, rides and entertainment.

Visit www.murdoch.edu.au/OpenYourMind for more information.

MURDOCH UNIVERSITY – Entry Awards and Media Portfolio Entry for 2013

Murdoch University offers a number of Entry Awards as well as Media Portfolio admission to suitable students. These two pathways are designed to provide a guaranteed place in a Murdoch undergraduate course to school leavers based upon academic achievement and/or individual merit. Applications close 19 October 2012.

For more detailed information about the application requirements for these pathways please refer to “2013 Entry Awards and Media Portfolio Information for Schools” located at the Careers Knowledge Bank in Simon. Also provided are the Entry Award Nomination Form and Media Portfolio Cover Sheet. These documents can also be downloaded at <http://goto.murdoch.edu.au/EntryAwards>

If you have any questions please contact Tanya Harding on 9360 7298 or t.harding@murdoch.edu.au or Athira Adly on 9360 6132 or a.adly@murdoch.edu.au

CENTRAL INSTITUTE OF TECHNOLOGY – OPEN DAY

Central Institute of Technology is holding an Open Day where students can speak one on one with lecturing staff about courses, training and university paths. Chat to their Career Counsellors about career choices and employment outcomes. Find out more about the application and enrolment process for full-time study in 2013.

Date: Wednesday 5 September

Time: 3:30 pm to 6:30 pm

Where: Perth Campus, 30 Aberdeen Street, Northbridge

Please register your interest online at www.central.wa.edu.au/future_students/experience



For further information on Careers please refer to the Careers Knowledge Bank in Simon.

Mrs Nicole Huggins
Careers & VET Coordinator

Click on

Students with notebooks need to be ready for Period 1. What should you do? Turn on your notebook and **log on during PCG**. Once logged on close your notebook.

Students should **shut down** their notebook at the end of **every** day e.g. in Period 6. Many problems are related to notebooks not being shut down regularly.



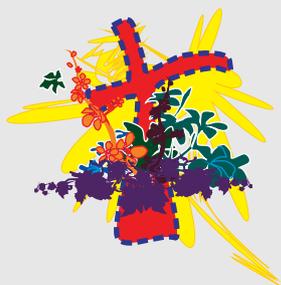
Notebook not synchronising? Students should check the Sync Centre. How? Clicking on the Sync Centre icon (bottom right taskbar) and make sure they have no errors. Problems? Take your notebook to B15 before or after school, at recess or lunch time.

It is the student's responsibility to **charge** their notebook **battery** overnight. The best way is to shut down the notebook and leave it on charge overnight. Students with little or no battery power left can see the IT

Technicians in B15 to collect a temporary replacement battery (if spares are available). If this happens in P1 or P2 students are probably not charging their notebook overnight or there is an issue with the battery (or their home power point). Take your notebook to B15 before or after school, at recess or lunch time.



Mrs Lindy Reger & Mr Andy Vella
Integration of ICT Across the Curriculum Coordinators



Local Parish Information

ST BRIGID'S CHURCH – MIDLAND
Fr Chrisantus Alambe
Corner Great Eastern Highway and Morrison Road

Saturday Vigil 6:30 pm
Sunday 9:30 am and 6:00 pm
Children's Mass 9:30 am
(Every second Sunday of the month)
Thursday Italian Mass 9:30 am
Reconciliation Saturday 11:00 am to 12 noon & 5:00 pm to 6:00 pm

ST MICHAEL'S CHURCH – HERNE HILL
Fr Chrisantus Alambe
Great Northern Highway, Herne Hill

Sunday 8:00 am
Children's Mass 8:00 am
(Every second Sunday of the month)

ST ANTHONY'S CHURCH - GREENMOUNT
Fr Adam Babinski
96 Innamincka Road

Saturday 6:00 pm
Sunday 7:30 am, 9:00 am, 6:00 pm
Polish Mass Sunday 10:30 am
Youth Mass 6:00 pm
(First Sunday of the month)
Reconciliation Saturday 10:00 am to 10:30 pm & 5:15 pm to 5:45 pm & any time on request

GIDGEGANNUP COMMUNITY CHURCH – GIDGEGANNUP
Fr Chrisantus Alambe
Toodyay Road

First Sunday of the month 9:30 am

GOOD SHEPHERD CHURCH - LOCKRIDGE
Fr Francis Ly
Corner Morley Drive and Altone Road

Saturday Vigil 6:00 pm
Sunday 8:00 am, 9:30 am & 5:00 pm
Reconciliation Saturday 8:30 to 9:00 am & 5:00 pm to 6:00 pm

SACRED HEART CHURCH - MUNDARING
Fr Philip Fleay
18 Coolgardie Street

Saturday (Reconciliation) 9:00 am
Saturday 8:30 am
Saturday (Vigil) 6:00 pm
Sunday 9:15 am

OUR LADY OF GOOD COUNSEL – CHIDLOW
Fr Philip Fleay
Wilcox Street & Northam Road

Sunday (Rosary) 7:00 am
Sunday (Mass) 7:30 am
Reconciliation 7:00 am
(3rd Sunday of each month)

ST JOSEPH'S CHURCH - BASSENDEAN
Fr Son Kim Nguyen
19 Hamilton Street

Saturday Vigil 6:30 pm
Sunday 7:00 am & 9:00 am

ST FRANCIS OF ASSISI CHURCH – MAIDA VALE
Fr Elver Delicano
Corner of Hawtin & Lilian Roads

Saturday Vigil 6:30 pm
Sunday 8:00 am, 9:30 am & 6:00 pm

HOLY FAMILY CHURCH – KALAMUNDA
Fr Greg Donovan
2 Burt Street

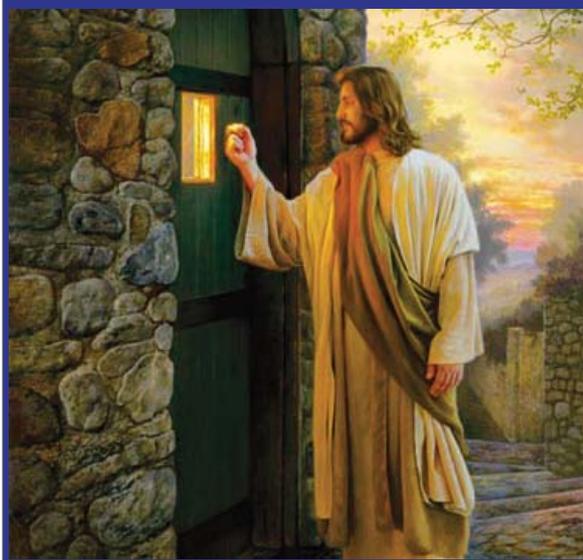
Saturday Vigil 6:30 pm
Sunday 7:30 am & 9:00 am
(Children's Mass)
Reconciliation Saturday 5:45 to 6:15 pm
Italian Mass 11:00 am
(Last Sunday of the month)

ST MARY'S PARISH - GUILDFORD
Fr Blasco Fonseca
James St Guildford

Saturday 6:00 pm
Sunday 8:00 am & 9:30 am



PARISH news



"Keep on knocking and the door will be opened to you"



CALENDAR

WEEK 5 & 6



absentee line 9449 0682
(available 24 hours)



CHARGE
your laptop/
notebook
every night!

Sun 19 Aug WEEK 5	Mon 20 Aug BOOK WEEK BEGINS	Tues 21 Aug YR 10 HIS EXCURSION FOLSC MEETING 7PM	Wed 22 Aug COLLEGE ASSEMBLY ABORIGINAL EDUCATION EXCURSION	Thurs 23 Aug YR 10 BULLYING PLAYS- YR 7s TO ATTEND PERIOD 6	Fri 24 Aug YR 10 TAF POLYTECHNIC WEST OPEN DAY PARA SOCCER EXCURSION	Sat 25 Aug
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Sun 26 Aug WEEK 6	Mon 27 Aug LA SALLE COLLEGE CATHOLIC STAFF DAY NO CLASSES 	Tues 28 Aug	Wed 29 Aug LA SALLE HOUSE YR 12 FAREWELL YR 11 AIT ABC STUDIO TOUR BRIGID HOUSE MASS	Thurs 30 Aug YR 11 HIS EXCURSION	Fri 31 Aug FATHERS' DAY MASS YR 8 RE EXCURSION CPAF CONCLUDES	Sat 18 Aug
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COMMUNITY NEWS

SWAN DISTRICTS JUNIOR BASEBALL CLUB INCORPORATING BLACK DUCKS TEE-BALL

Registration days are on 18 & 25 August from 2:00 – 4:00 pm, at Ron Jose Oval Gray Drive Midvale (behind Swan Aquatic).

- Black Ducks Teeball** 4 to 7 years old
- Machine Pitch Little League** – 1st May 2002 to 30 April 2005
- U*13** - 1st May 2000 to 30 April 2002
- U*15** - 1st May 1998 to 30 April 2000
- U*17** - 1st May 1996 to 30 April 1998

For more information please contact Club Registrar Jodie King-0428-969.418, President Marina Brennan 0422 522 463 or email swandistrictsjnr.ballclub@gmail.com webpage www.swandistrictsjnr.baseball.com.au

NORTHERN SAINTS BASKETBALL CLUB REGISTRATION

New season starts on Saturday 20 October. Registration days are on 25 August and 1 September from 9:00 am to 2:30 pm at Altone Park Rec Centre, Benara Road, Beechboro. Enquiries to Registrations Officer, Ian on 0417 974 179 or the President, Peter on 0417 924 514.

MUNDARING LITTLE ATHLETICS CLUB REGISTRATION

Registration Day is on Saturday 1 September for U6s to U17s at the Mundaring Recreation Ground from 11:00 am to 1:00 pm. Birth certificate is required. For registrations after the registration day, please call Mrs Gray on 9295 3289.

IMMUNISATION CLINIC

A 4 year old catch-up immunisation clinic will be held at 32 Weddall Road, Lockridge on the following dates no appointment necessary:

- 18/9/12 Tuesday 8:00 am – 2:00 pm
 - 19/9/12 Wednesday 8:00 am – 2:00 pm
 - 20/9/12 Thursday 8:00 am – 2:00 pm
- Please bring attached consent form, baby book and/or immunisation records for your child.

GIDGEGANNUP BASKETBALL CLUB REGISTRATION

Season starts mid-October. Teams are available for men, women, girls and boys. New and old players welcome. If you would like to register then you can attend our registration day on Tuesday 11 Sept, 3:30 pm – 6:30 pm, at Percy Cullen Rec Centre (Toodyay Road, Gidgegannup) or you can download a registration form from our webpage and email or fax it back. More details are available on our webpage <http://www.gidgegannup.info/sports/basketball.htm> or phone Judy on 0403 210 985.

WELLNESS SEMINAR

Julie Eady (author of Additive Alert - winner of the 2007 Consumer Protection Award) is an example of how a mother's love and concern for the health of her children empowered her to seek and find answers. Julie is presenting at a seminar at the Swan View Community Garden - Corner of Gladstone Avenue and Wotton Court on Monday 10 September starting at 7.30pm. Entry is via donation to help develop the garden. Julie's book will be available (cost is \$20.00 and the purchase is by cash only). Booking is essential. Contact: swanviewgarden@hotmail.com or phone 9294 1531. If you want to learn more on how to empower yourself on health matters, consider reading: "The China Study" - This is the most comprehensive study on nutrition ever conducted - authors, T. Colin Campbell, PHD and Thomas M Campbell II, MD.