

Newsletter

Term 4 Issue No.5
4th November 2016

Dear Mazenod Community,

The week commenced with the Solemnity of All Saints (November 1) and the Commemoration of All Souls (November 2). In the month of November we remember our departed relatives and friends, giving thanks to God for the gift of their lives in our own.

In our Christian tradition, we believe that the body is an earthly reality and that the 'essence' of people (the soul) lives on after death. For people who are oriented towards goodness and the love of God, eternal rest is possible. Resting peacefully in the warmth of God's love is probably the most wonderful wish for someone close who has departed this life.

Tonight we host a special evening for our extended Mazenod Community with the celebration of Mass to commemorate our Old Boys who have passed away, as is our tradition in November each year. As the College gets older this community of Old Boys in heaven increases. While we gather tonight with a sense of sadness, too often these men have died too young, we also gather in a spirit of hope and prayer. Hope in the knowledge of God's love for us and our place in heaven assured us through Christ's own death and Resurrection. May their souls and all the Souls of the faithful departed through the Mercy of God rest in peace.

At this year's Speech Night we officially launched the 50th Anniversary Celebration Program for 2017. It will be an important year of reconnecting with many old faces, but most importantly, it will build on the solid foundation of the past, to move into the future with great confidence. An important part of the celebration will be the extension of the Chapel and the redevelopment of the Old Boys Memorial Garden next to the Chapel. The Chapel and this new Memorial will be a lasting reminder of reaching the incredible milestone of 50 years of serving the local community in boys' education.

As part of the Launch at Speech Night the winners of the 50th Anniversary logo competition was announced. I would like to congratulate all those who created the 50th Anniversary Logo. The final work was an amalgamation of the submissions by Bradley Davis (Year 11), Justin Tchia (Year 12) and Matthew Hettiarachchi (Year 8). Bradley and Justin were responsible for the design of the crest, banner and lettering and Matthew created the motto, "Remember Celebrate, Become". Well done and thank you to all the boys who created over 80 submissions for consideration as part of the competition.

Next week we have a small farewell for the Mazenod College NET Team. The National Evangelisation Team is a Catholic peer to peer Youth Ministry that puts into action the Church's mission to evangelise and disciple young people. I would like to thank Jiwon Lah-Youn, Adrien Rondeau, Amy Verhage and Peter Matthys for their dedication and contribution to the faith life of the College and wish them God's Blessing for their future endeavours. After six years of serving the community, the NET Team Program has come to the end of their commitment to the College. Each Team has been diverse and added to the faith life of the College; I would like to acknowledge all the NET Teams that have served the College.

God Bless
Fr Christian Fini OMI
Rector

"**Mens sana in corpore sano**" is a Latin phrase some of you might be familiar with – "a healthy mind in a healthy body". There are many pages of magazines and hours of radio talk back devoted to how we can best gain a healthy body. There is less so dedicated to the acquisition of a healthy mind. October has long been designated as mental health month and there have been some excellent TV documentaries and media articles exploring and promoting mental health and it is from these that I would like to share some observations.

The ABC recently aired a three part series entitled "Man Up" (www.manup.org.au). Over the duration of this series, Sydney Triple M radio personality Gus Worland investigated what it is that makes a man mentally healthy? He was prompted to research this documentary by the suicide of his best friend some years previous. This left him devastated and he decided as a consequence to explore what is happening in Australia. He found that there are over 2000 male suicides in our country annually. Suicide is now the leading cause of death for Australian men aged 15 - 44 and alarming new research suggests that some men choose to take their own life, rather than appear weak by asking for help.

Harden up. Suck it up. Man up. We've been telling our men this for years, but is it healthy? What are the "rules" that men are supposed to live by – how do they learn these "rules"? Is it true that men are supposed to be tough – not to be emotional or even cry? Is it cool to talk to a mate about your feelings? Recent studies indicate that 37% of all men are not satisfied with the quality of their relationships because they do not feel that they are emotionally connected or supported. In rural areas these statistics are doubled. The irony is that young men often boast about the number of friends they have on "Facebook" but how many of these friends would be willing to be a support base or an ally when things go wrong? So much of information technology practices work against connectedness and the promotion of healthy relationships.

Recent studies by Beyond Blue indicate that Australian men are socialised in ways that reinforce norms of stoicism, independence, invulnerability, and avoidance of negative emotions. Conformity to traditional male norms have been associated with suicidal thinking and suicide attempts, alcohol and substance abuse, and negative attitudes towards help seeking.

A huge barrier to help-seeking is the stigma attached to mental health. Many men are unwilling to have a conversation with a friend or a family member for fear of being judged or appearing vulnerable or weak. There is also confusion among men about what depression actually is and how serious it can be. Many men equate it with just feeling sad and think that they will get over it in time, so no need to access help. The same study also identified that men who open up to other men were more likely to move on to talking to a professional to effect treatment.

Men are loyal when it comes to friendships; most have mates from when they were young through common interests like sport or music. But as they get older and those interests wane or take a backseat to family priorities, many of these friendships start to fall away. Simply put, blokes who still have a bunch of mates often don't get the support they need when they're doing it tough. Half of men say they rarely talk about personal stuff with their friends, because they're not sure they can trust them with their emotions and they fear breaking their stoic image. And yet ironically 70% of men think their friends can rely on them for support. So why aren't blokes saying anything to each other when they're feeling down? And what can they do if they suspect their mate is feeling down and out?

In an article entitled "**Letters of Hope in Crisis**" posted in the Herald Sun on Saturday October 22 2016, journalist Brigid O'Connell

interviewed men who were battling with personal demons. She elicited helpful thing to say to someone with depression or anxiety:

"I'm here for you" – Anxiety and depression can be isolating. Having someone say that they will stick with them now and during recovery will really help.

"I can see that this is a really hard time for you"- Validating their experience is one of the most helpful things you can say. The least helpful statements are those that shut the conversation down like "I know how you feel; just snap out of it!"

"I'm not sure what to do, but I'm sure we can figure it out together" – You don't have to always have the answers, but what's important is that you're willing to stick around and help them in their journey to health.

"I know it doesn't feel like it now but there is hope that things can get better"- Encourage hope. Remind them that anxiety and depression are treatable and with the right support, most people recover. "Have you thought about seeing your doctor or calling beyond blue?"- Highlighting the importance of seeking support plays a crucial role in promoting recovery.

In many ways it would be better to put into place practices that in some way maintain positive mental well-being. In a recent presentation by Ms. Olga Gountras (Senior Social Worker Slater and Gordon) she suggested the following strategies would be helpful: A sense of balance is considered to be one of the key components to preserving a sense of identity and overall wellbeing. A healthy balance of study, work, rest, play, including socialisation with friends and family is important in decreasing the effects of stress and anxiety. Furthermore, any activities which assist the individual's personal tolerance levels, for example; journal writing; personal counselling; emotional support from family and friends, will assist a person to reconnect to their emotions. Ms. Gountras particularly advocates Self-Care as being pivotal in maintaining good mental health. She breaks these up into three components;

Mental/Emotional

- Be aware of how you are feeling. What else is happening in your life?
- Be accepting and kind to yourself – we all have difficult and stressful times. Be comfortable with yourself, and set reasonable expectations.
- Enjoy your friends and family. Laugh, talk and share quality time.
- Do a variety of things for fun and stimulation – some you can do with friends, others you can do alone. Try new things, paint, draw, dance, do craft, bake, keep a 'gratitude' journal, listen to music, join a reading group, etc.
- Have things to look forward to like holidays, seeing family, etc.
- Know that you are appreciated, valued and respected
- Sharing a concern or stress with another is not a sign of weakness, but a sign of strength. Talk to a family member, friend, trusted adult, or a GP if you would like to be referred to a mental health professional such as a psychologist.

Physical

- Do some kind of exercise. Go for a walk, stretch, go to the park and sit in the sun. Notice the world around you.
- Maintain a healthy diet
- Relax in a bath if that is what you like. Schedule uninterrupted time.
- Wear clothes that make you feel good.
- Get enough sleep.
- Visit the GP as necessary.

Spiritual

- Foster a practice that exercises your mind and soul. It may be through religious faith, or appreciating nature and the wider world.
- Learn to switch off. Sometimes you may need to go to a quiet place and take some deep breaths. 5 minutes may make a big difference.
- Mindfulness has become very popular, but it just means spending some time in the 'now' and not worrying about the past or future. A useful phone app. is "Smiling Mind" available for free from the app store – short secular guided meditations applicable for all ages.

At Mazenod, the College is very active in trying to address some of the issues that can negatively affect young men. The Personal and Social Learning program (designed by the College Counsellors and the Year 7 leadership team) which was introduced in Year 7 this year, has proved very successful and is being rolled out to other year levels next year. This program has as its basis, a desire to increase student resilience, improve self-esteem, and help students overcome the stress of transition. In addition its goal includes a development of responsible ICT skills, enhancing team building, understanding conflict resolution strategies and becoming more self-reflective.

In middle school, the Academic Curriculum, Sport, Community Service, and the Arts all try to give our young men avenues to explore how they can find their way in a modern day world. As part of the Year 12 Religious Education program, students are introduced to positive concepts of manhood, and to the idea that one's strength is not for one's own betterment but rather for reaching out to others in the community.

Finally if you feel that you or anyone you know, is at risk or requires help, please contact the Oblates Priests here at Mazenod, the College welfare team (Mr Coghlan or the counsellors Mr Munro, Ms Heffernan or Mr Steer) or government agencies Beyond Blue 1300 22 4636, Lifeline 13 1114, or Mensline 1300 78 9978.

Take Care
Mark Rolfe
Assistant Deputy Principal - Curriculum

Fathers Association

The Mazenod Fathers association is holding its annual general meeting on Tuesday, 15th of November beginning at 7.30pm. All men associated with the College are invited to come along and partake. This is an ideal opportunity for new members to join our group and have an input into the school in which our sons are attending. Light refreshments will be served at 7.30pm.

The Mazenod Fathers Association is holding its end of year Family BBQ and Cricket match on Friday, 25th of November 2016. This is a fun and casual evening and an opportunity to meet other families at Mazenod, enjoy an end of year celebratory BBQ, and have a fun hit of "Big Backyard Cricket" with your sons. This is a free family event and will be held at the college, starting at 6:00pm on Friday 25th November, 2016.

Detail as to where to register to assist with catering will be available shortly. For any additional information please email fathers.mazenodcollege@gmail.com or Andrew O'Hara 0425 870 451

LADIES' AUXILIARY

DATE TO REMEMBER: The AGM has been re-scheduled for the first meeting for 2017 on Wednesday 15th February. The evening will commence with celebrating Mass in the School Chapel at 7.30pm followed by meeting and light supper.

Christmas Party – FOR 2016 – DON'T MISS OUT ON A GREAT NIGHT

This year's Mazenod Ladies Auxiliary "Christmas Party" is on Wednesday 16th November, 2016 at 7.30 pm. Please [click on this link](#) to access your Invitation to attend this year's Christmas Party.

The night begins with a Special Christmas Mass in the College Chapel at 7.30pm followed by supper, drinks, door prizes and great company. All Mazenod Ladies are invited to this great evening. The night gives the current mothers catch up time and for some, it is their last year at the college. Also a great opportunity to Welcome the Year 7, 2017 Mothers.

RSVP: Monday, 7th November, 2016

If you would like to join in singing with the choir please meet in school chapel at 7.10pm.

SECOND HAND UNIFORM SHOP

The Second Hand Uniform Shop will be open:

Friday 18th November, 2.45 pm – 3.30 pm

nancy.mete@optusnet.com.au 0418 553 191

Payment is cash or cheque only on the day of purchase

CANTEEN ROSTER

Monday, 7th November

Thanuda Nagodavithana, Gabbi Reginato

Tuesday, 8th November

Helen O'Loghlen, Kim Jenkins, Lisa O'Driscoll

Wednesday, 9th November

Yohani Punyadasa, Lilly Climant, Jo-Airo Faeulla

Thursday, 10th November

Sina Palermo, Joanna Begutter

Friday, 11th November

Trish Stewart, Nicole Firth, Joanne Rossello, Maria Mariani, Rosie Jurina



ACC FINALS- Year 10

As we head to the pointy end of the ACC season we would like to congratulate the Year 10 Volleyball A & B teams as well as the Year 10 Cricket squad for reaching the Semi-Final stages. Both teams have had very strong seasons and fully deserve their positions in the play-off rounds. The Volleyball teams have both gone through undefeated and the Cricket team after losing their first match have strung together a couple of strong performances to finish in third spot. The Volleyball will be played at the Victorian Volleyball Centre at Dandenong Stadium on Tuesday while the cricket boys will travel to St Bernard's. We wish both teams well!

OBLATE CRICKET

The squad has just finished a very solid 3 week block of training and the final squad will be announced next week. We have had over 20 students tryout for the team with every year level represented. The squad is very strong with a number of talented players unfortunately missing, however most of these boys will be available to go to Queensland next year. The final squad members will receive a letter during the week with final arrangements.

The carnival starts on Monday, 5th of December here at Mazenod College. We invite all students and parents to come down and support.

TERM 4 ACC SPORT FIXTURE WEEK 6

DATE	TEAM	H/A OPPO	VENUE	RETURN
8-Nov	Year 10 Cricket	Semi vs St Bernard's	St Bernard's College	6:30
8-Nov	Year 10 Tennis	Season Complete		
8-Nov	Year 10 Volley Ball	Semi Finals	Dandenong Stadium	4:00
8-Nov	Year 9	A DLS 2	Sir Robert Menzies	6:00
8-Nov	Year 9	Bye- Camp week		
8-Nov	Year 9	Bye - camp week		
10-Nov	Year 7 Div 1 Cricket	H St Bede's	Mazenod- SYN	4:30
10-Nov	Year 7 Div 1 Tennis	H St Bede's	Nottinghill Pinewood	3:30
10-Nov	Year 7 Div 1 Volley Ball	H St Bede's	Mazenod College	3:20
10-Nov	Year 7 Div 2 Cricket	A St Bede's	St Bede's College	5:00
10-Nov	Year 7 Div 2 Tennis	A Parade (P)	East Coburg Tennis	4:30
10-Nov	Year 7 Div 2 Volley Ball	A Parade (P)	Parade College	4:30
10-Nov	Year 8 Div 1 Cricket	H St Bernard's	Mazenod- TURF	4:30
10-Nov	Year 8 Div 1 Tennis	H St Bernard's	Nottinghill Pinewood	3:30
10-Nov	Year 8 Div 1 Volley Ball	H St Bernard's	Mazenod College	3:20
10-Nov	Year 8 Div 2 Cricket	A Whitefriars	Whitefriars College	5:00
10-Nov	Year 8 Div 2 Tennis	A Whitefriars	Currawong Tennis Club	4:00
10-Nov	Year 8 Div 2 Volley Ball	A Whitefriars	Whitefriars College	4:00

TERM 4 ACC RESULTS

10 A VOLLEYBALL	Emmanuel	Win	Maz 3-75 defeated Ema 0-30
10 B VOLLEYBALL	Emmanuel	Win	Maz 3-75 defeated em 0-42
09 CRICKET	Whitefriars	Loss	5/134 vs 10/125
07 C VOLLEYBALL	Whitefriars	Win	3/75 to 0/57
08 A VOLLEYBALL	De La Salle	Win	3-75 def 0-33
08 B VOLLEYBALL	De La Salle	Win	3-75 def 0-34
07 D VOLLEYBALL	Whitefriars	Win	3/75 to 0/56
07 A VOLLEYBALL	Whitefriars	Win	A 3/73 v 0/40 B 3/75 v 0/35
08 A TENNIS	De La Salle	Draw	6/49 to 6/49
07 B CRICKET	Parade	Loss	Mazenod 7/111 lost to Parade 8/113
07 A CRICKET	Whitefriars	Loss	Maz 7/73 WF 4/75
07 A TENNIS	Whitefriars	Loss	4/49 to 8/55
08 B CRICKET	Parade (P)	Win	Mazenod 6 / 83 defeated Parade (P) 10 / 66
08 B TENNIS	Parade (P)	Win	12 sets 72 games to 0 sets 3 games
07 B TENNIS	Whitefriars	Win	Mazenod 8 sets 62 games def Whitefriars 4 sets 36 games
08 A CRICKET	De La Salle	Win	Maz 122/1 defeated De La Salle 120/0
10 Cricket	Emmanuel	Win	Maz 1-104 def Emm 10-102
09 Tennis	Whitefriars	Loss	Maz Forfiet Whitefriars
08 C VOLLEYBALL	Parade	Loss	Par 2-69 def Maz 1-59
08 D VOLLEYBALL	Parade	Win	Maz 2-62 def Par 41



Mass Times

Mass in the Mazenod Chapel – Monday to Friday, 8.10am during Term
 St Leonard's, Glen Waverley, Sat 6pm, Sun 8:00am, 10:00am
 Good Shepherd Wheelers Hill, Sat 6pm, Sun 8am, 9:30am, 11am, 6pm
 St Justin's, Wheelers Hill, Sat 6pm, Sun 8:30am, 10:30am
 St Joseph's, Springvale, Sat 6pm, Sun 8am, 9:30am, 11am, 3pm(Viet), 5:30pm
 St. John Vianney's, Springvale North, Sat 6pm, Sun 8:30am, 10:00am, 5:30pm
 St Peter's, Clayton, Sat 6pm, Sun 8am, 10am, 11:15am (Italian)
 St Simon's, Rowville, Sat (Vigil) 6pm, Sun 8am, 9:30am, 11am
 St Gerards's, Dandenong North, Mon-Fri 9:15am, Fri 7pm, Sat 9:15am, 5:30pm (Vigil), Sun 7am (Latin), 8.30am, 10.30am, 5.30pm
 St Paul the Apostle, Endeavour Hills, Mon-Tues & Fri 9am, Wed 7pm, Sat 6pm, Sun 9am, 11am, 6pm
 Holy Saviour, Vermont South, Sat 6pm, Sun 9am, 11am
 St Elizabeth's, Dandenog North, Tues-Thur 9:15am, Sat 6:30pm, Sun 8:30am, 10:30am; 5:30pm
 St Anthony's, Noble Park, Tue-Sat 9:30am, Wed 7pm, Sat (Vigil) 6:30 pm, Sun 8:15am, 9:30am, 11am, 5:30pm



ANNIVERSARY

REMEMBER • CELEBRATE • BECOME

Do you remember Formals?



If you have any old photos, uniforms, or school memorabilia that you would like to donate to the archives please contact Cassandra Gorton, College Archivist. cgorton@mazenod.vic.edu.au

 <http://cdm20043.contentdm.oclc.org/cdm/>

 <https://www.facebook.com/mazenodVIC/>

 <https://twitter.com/MazenodVIC>

 <https://www.instagram.com/mazenodvic/>

CHINA IMMERSION TRIP 2016 FUNDRAISER

The Oblates of Mary Immaculate are a Missionary Congregation working in approximately 68 countries, including China and Australia. As part of the ongoing commitment to providing opportunities for the community to experience the richness of service, Mazenod is facilitating and coordinating a Missionary Experience in China for 15 students completing Year 11 and 3 staff members. The area of service will be in Beijing, where the Oblates (including Australian Oblates) serve the people of China through schools, youth ministries and Orphanages.

The work primarily will involve working in orphanages and schools, and the learning of English. Within China there many internal refugees and the Oblates serve the most abandoned people in China. The work will involve direct support for the Oblate Mission.

Mazenod College is fundraising for this year's China Immersion trip in December this year. We are looking for donations suitable for a silent auction to be held during 21st and 25th November. If you or your business are able to contribute to this cause in anyway it would be greatly appreciated.

You will be more than welcome to bid on any of the items as well. A list of available auction items will be distributed through MOCA. Any assistance would be greatly appreciated. Please contact Tim Ford at the College on 95600911 tford@mazenod.vic.edu.au

AMEB Dates and Times for Session 5:

Please be aware of the following AMEB dates for session 5 for those students enrolled. Please check the time of your exam with your teacher:

- Thursday 10th November – Flute
- Wednesday 30th November – String Exams

Congratulations to those students who have successfully completed their AMEB exams already.

Year 8 Music Night: Tuesday 8th November, Founders' Complex
Our year 8 music students will be performing pieces they have been working on throughout the year. Parents, staff and students are encouraged to attend to support the boys.

Important upcoming fete dates: Please collect a notice from your teachers.

Saturday 5th November – St Justin's fete – Swing and Stage band perform at 9.30am-10:45am. Parents and students to drop off and pick up.

Saturday 12th November – Holy Saviour fete – Concert Band perform at 12noon- 12:45pm. Parents and students to drop off and pick up.

Thursday 17th November – Concert Band performance at the Deakin Edge – 5:30pm-9:30pm, buses will be provided.

If you need to contact the music department for any reason, please call us on 8561 1108.

VCE BLAZERS FOR YEAR 11 - 2017

VCE blazers are now available from the Uniform Shop. There is also the option of having woollen blazers braided for VCE. If the blazer is in good condition, the braid can be attached for a cost of \$45. Please ensure that the blazer is big enough to fit for the next two years.

The blazers are sent back to the manufacturer ONCE ONLY over the Christmas break and are returned before the start of the school year.

If you wish to have a blazer braided please ensure that:

1. It is in good condition, has been drycleaned and the tags are still attached.
2. It has a name and contact number attached.
3. It is dropped off at the Uniform Shop (NOT office) no later than Monday 28th, November. This is during Year 11 Transition and we will open that day between 10.30am and 1.30pm.

*Please note - NO BLAZER WILL BE ACCEPTED UNLESS IT IS GOOD CONDITION AND HAS BEEN DRYCLEANED.

CALENDAR

Mon 7 Nov	Year 9 OED Camp & OHS Seminar week
Wed 9 Nov	Year 11 Exams Conclude
Wed 9 Nov	Yr 8 Music Night
Wed 9 Nov	Year 11 Exams Conclude
Thur 10 Nov	Year 7 & 8 Exams
Fri 11 Nov	Remembrance Day
Fri 11 Nov	Year 7 & 8 Exams
Fri 11 Nov	Year 10 Exams Commence
Mon 14 Nov	Year 7 & 8 Exams
Thur 15 Nov	Fathers' Committee AGM
Thur 15 Nov	Year 7 & 8 Exams

EVERY DROP COUNTS

ways to save water



* Store drinking water in the refrigerator. Don't let the tap run while you are waiting for water to cool.

* Do not use running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator, or use the defrost setting on your microwave.

* Do not waste water waiting for it to get hot. Capture it for other uses such as plant watering or heat it on the stove or in a microwave.



CAREERS AND PATHWAYS

FUTURE FINDERS EXHIBITION – MONASH UNIVERSITY

Monash University would like to invite students and parents to attend Future Finders, a free exhibition by Monash Engineering. Future Finders is a celebration of the solutions that will shape the future - An exhibition of original solutions to everyday problems, created by Monash University Engineering students. Students will be able to explore the innovative solutions on display, chat to current engineering students about university life and studying STEM, and be inspired by the connections between design and engineering.

Future Finders is open for two weeks, from the 24th of November until the 8th of December, 10am to 4pm each day at NKN Gallery, 45 Collins Street Melbourne

When: Thursday 24 November - Thursday 8 December

Venue: NKN Gallery, 45 Collins Street, Melbourne

Cost: Free

More information: www.futurefinders.com.au

TAKE THE STRESS OUT OF YEAR 12 EXAMS

One of the most stressful experiences during high school is preparing for and taking exams. To perform at your peak in exams, you need lots of energy, focus and concentration. Getting enough sleep, managing stress and keeping a good study-life balance are essential for getting through this period.

Gina Chinnery's article, [How your physical and mental health benefit your career](#) provides some useful tips to help you prepare for your year 12 exams. Gina is the National Vocational Services Manager from Orygen, the National Centre of Excellence in Youth Mental Health.

WHY TAFE BEFORE UNI MAKES SENSE FOR SCHOOL LEAVERS

With more than 30 different university pathways now on offer, gaining a TAFE qualification with Kangan before going on to university is a smart choice for school leavers.

The benefits:

• **Smoother transition:** Students can build study skills, develop industry knowledge and boost their confidence before going on to university.

• **Easier entry:** Kangan don't base selection entirely on ATAR scores or have prerequisite secondary school subjects.

• **Save money:** Fees for TAFE study are often lower than the university fees for equivalent study.

• **Start earning sooner:** Students can complete a nationally recognised qualification and then work in their chosen field while pursuing further study.

• **Improved employment prospects:** Graduates have a mix of practical and theoretical knowledge which is highly regarded by many employers.

• **Study locally:** Studying at the local TAFE can be more affordable than commuting or relocating to attend university.

[Learn More](#)

METRICON PARTNERSHIP OFFERS A FREE 10-WEEK BRICKLAYING COURSE

Kangan Institute has partnered with Metricon Homes to deliver a series of free bricklaying courses for individuals who are keen to work in the building trade. The 10-week program, which includes a two-week work placement on a Metricon building site, is designed to help participants to kick start a career as a bricklayer. Places are limited and acceptance into the course is subject to a selection process. Next intakes are during November and December 2016.

For more information, contact Caitlin Buckley or Peter Densley on 1300 321 322.

INTRODUCING FLEXIBLE VERTICAL DOUBLE DEGREES AT ANU

A Bachelor and a Master degree in one study program - graduate with two qualifications

ANU has pioneered the Flexible Vertical Double Degree (FDVV) to give students a head start with a Master degree to gain knowledge, skills and experience that can equip them to work across a broad range of roles and organisations, anywhere in the world.

The benefits to combining a Bachelor and Master Degree include:

- Save time & money
- Specialise or go broad
- Fast-track your career

- Freedom to explore
- Pathway to Law

With over 300 FVDD programs to choose from, students have the flexibility to combine a Bachelor and a Master degree from related disciplines for depth of knowledge and specialist skills; or combine degrees from different disciplines for breadth and transferrable skills.

» [Find out more about Flexible Vertical Double Degrees](#)

NEW CHIROPRACTIC PROGRAM OPENS AT CQ UNIVERSITY MELBOURNE CBD CAMPUS IN 2017

From 2017 CQ University Australia will offer a new Chiropractic program at the brand new Melbourne campus, in addition to its existing courses in Brisbane, Sydney and Mackay. With its state-of-the-art course delivery, the Bachelor of Science (Chiropractic) and Master's degree program are committed to producing 'practice ready graduates' who will be the next generation of chiropractic leaders in Australasia.

An innovative Chiropractic program

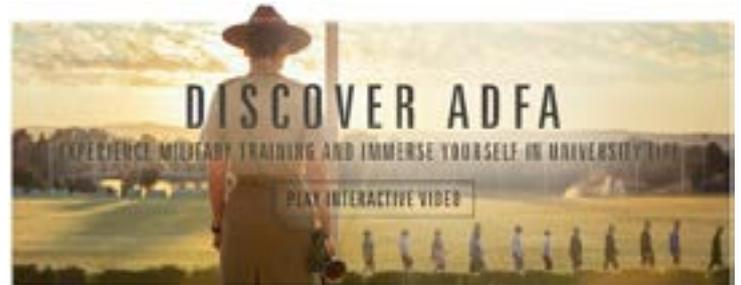
The three year Bachelor of Science (Chiropractic) program will be followed by a two year Master of Clinical Chiropractic. The innovative curriculum will be delivered by world class lecturers and industry specialists, with a focus on the art, science and philosophy of Chiropractic, the development of strong clinical skills and a comprehensive technique package. It is a multi-campus program utilising the latest technology, without compromising on 'hands-on' practical skills and interactive tutorials.

A brand new Melbourne Campus located in the CBD

The new Melbourne campus is adjacent to Southern Cross Station, easily accessible by rail and tram, and offers high-tech equipment and laboratories, and spacious student recreational areas and library.

The program and how to apply

To find out how CQU can convert eager students into "practice ready" Chiropractors, [click here](#). Applications can be made [through VTAC](#). Late applications can be made until Friday 2 December 2016.



AUSTRALIAN DEFENCE FORCE ACADEMY (ADFA)

Students keen to find out more about ADFA are encouraged to view [Discover ADFA](#)

Join the Amaze Employment & Autism Forum

When: Thursday, 17th November 2016

Where: Moonee Valley Racecourse, 9.30am - 3.30pm

Listen to a panel of speakers including the lived experience from Max of the I Can Network

- Understand careers and career opportunities
- Learn practical tips for understanding skills and interests
- Have exposure to different services for career support
- Hear from autistic adults, career and employment professionals

To book please contact Claire (03) 9657 1621 or claire.holden@amaze.org.au

For more information click the link below:

<http://www.amaze.org.au/2016/10/autism-and-employment-forum/>

Vivian Seremetis – Careers Coordinator