

Korowal School

77 Scott Avenue Leura NSW 2780

Phone: 4757 2253 Fax: 4757 2037 Email: info@korowal.nsw.edu.au



Fortnightly Newsletter

We're on the Web!
www.korowal.nsw.edu.au

Korowal Kabaret

Celebrating the talent and energy of our high school students

Venue: Drama room

Thursday 21 June	7.30 pm
Friday 22 June	7.30 pm
Sunday 24 June	2.30 pm and 7.00 pm

Tickets available from the school office from Tuesday 12 June. Each performance has a seating capacity of 70 people, so please book as early as possible.

KOROWAL ON THE MOVE...

Do you have questions about the relocation? Just want to talk about it? Please ring Annie Carment on 4757 3239 or email her: acarment@bigpond.net.au

Annie has all the information!

Photos needed

For a *Korowal on the move* advertisement, we plan a collage of photographs of faces from the Korowal community: students, parents, ex-students and teachers. They must be facing straight to the camera, and they must be smiling. They don't have to be taken at school. We require these ASAP.



For the revitalised website, we need a variety of photographs of all aspects of life at Korowal. Please email them to me at acarment@bigpond.net.au, or leave prints or discs in the "marketing" pigeon-hole in the staff room. Or phone me on 47573239.

Thank you.

Annie Carment

Staff Development Day this Friday

A reminder to all families that there are no classes this Friday, June 8th. The staff are engaged in professional development on that day. We hope you enjoy an extra long weekend.

Dates to remember

- 8 June Staff Development Day
- 11 June Queen's Birthday holiday
- 12 June Parent/Teacher Interviews, Primary School
- 14 June Year 6 excursion to the Observatory
6.30–8.30 pm
- 21 June K,1,2 excursion to Scenic World
- 21 June Kabaret performance
7.30 pm
- 22 June Kabaret performance
7.30 pm
- 24 June Kabaret performance
2.30 pm & 7.00 pm
- 26 June Year 7 vaccinations
10 am
- 29 June Year 7 excursion
- 29 June Last day of term

Sustainability Corner

Free energy-efficient compact fluoro light globes

My name is Neal and I am a former student of Korowal; I graduated in 2002. Currently I am studying at ANU, and I'm working to promote sustainable practices with a company called Neco. The service I offer is to provide free energy-efficient compact fluorescent light globes. They are of the highest quality and are rated to last for 10,000 hours (they normally cost approximately \$10-12 each). This is a great way of reducing the energy consumption in your home and engaging in sustainable practices. Here's how it works: I come to your house and install the energy-saving light globes for you. There is no charge to you. If you would like to arrange a time for me to come and install these free light globes, and trade some carbon, or have any questions about Neco or sustainable practices in your home, please contact me by email neal@gmail.com or see our website at www.neco.com.au Or, you can leave your name and phone number with Sharon and I'll contact you. I'll home for the uni holidays in the last week of June and early July to do installations.

Neal Harris

Help us communicate with you

In the light of current School events, it is particularly important that we are able to communicate with you. To assist us with this, if you have given us an email address, please check your emails regularly, at least once a week. If you are not receiving emails, please check your junk mail! We have been told that this is where we sometimes end up. We hope we have resolved this particular problem, but without feedback cannot be entirely sure. Please contact the office with any School-related email difficulties that you may be experiencing.

Art Street

This year there will be a Korowal window in the Winter Magic Art Street exhibition. I have chosen a range of works from K-1-2 to Year 10 that fit in with the theme of Earth. Air. Fire and Water. In keeping with our philosophy, the works by our students will not be judged in the competition, but I'm pleased to have the opportunity to show our students' work to the community.

Kath Veel

Mount Solitary

This year we'll repeat the adventure enjoyed by a number of families last year. It's an overnight trek to the top of Mount Solitary (Korowal), with options of a day walk only on the first day, or an extended hike across Mt Solitary and up Kedumba Pass. Last year a group including one kindy child and one ex-student did the walk, and unanimously agreed it was a tradition well worth continuing, as a celebration of Korowal's community and connection with our natural environment.

If you'd like to come, set aside the 29th and 30th of September, first weekend of the spring holidays. The wildflowers are out and the birds are plentiful at this time of year!

General News

Road safety issues around schools: Information for parents from the RTA

Safe school travel Tips to improve children's safety around your school

1. School-aged children should always travel in the back seat of your vehicle. Each child must be firmly buckled into an appropriate seatbelt or child restraint. NEVER share a seatbelt.
2. Children should always get in and out of the car through the rear kerb side or 'safety door'.
3. Always drop your children on the school side of the road.
4. Meet your children on the school side of the road, preferably at the school gate. This is particularly important in wet weather.
5. NEVER call to your children from across the road. Teach them to wait until you come to them. Talk with them about what they should do if you are not there on time.
6. Children up to at least eight years old should hold an adult's hand in the car park, on the footpath and when crossing the road. Children between eight and at least ten years old should be closely supervised by an adult in the traffic environment and should hold an adult's hand when crossing the road.
7. Talk your child through the "STOP! LOOK! LISTEN! THINK!" routine every time you cross the road together:
 - ◇ STOP! One step back from the kerb.
 - ◇ LOOK! For traffic to your right, left and right again.
 - ◇ LISTEN! For the sounds of approaching traffic.
 - ◇ THINK! Whether it is safe to cross.
 - ◇ Always look and listen for traffic as you cross the road.
8. Always slow to 40 km/h when travelling in an operating school zone.
9. Always obey parking signs around your child's school. These signs help save children's lives.
10. NEVER leave a child of any age in a vehicle without adult supervision. A small child may rapidly suffer dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to tragedy.



Offence and penalty when committed in an operating school zone:

Offence	Minimum Fine	Minimum loss of demerit points
If you park on or near: <ol style="list-style-type: none"> 1. a pedestrian crossing 2. A children's crossing 3. Any marked foot crossing 	\$308 \$308 \$308	2 2 2
If you double park	\$231	2
If you park on a footpath	\$128	2
If you park illegally in a: <ul style="list-style-type: none"> ● NO STANDING zone ● NO STOPPING zone ● NO PARKING zone ● BUS ZONE 	\$77 \$231 \$128 \$231	0 2 2 2
If you make an illegal U-turn	\$231	3
If you exceed 40km/h in a school zone in a light vehicle <ul style="list-style-type: none"> ● by 0-15 km/h ● by 15-30 km/h ● by 30-45 km/h ● by 45+ km/h 	\$128 \$308 \$743 \$1,750	4* 4* 5* 7*
If you use a mobile phone	\$308	4
If you fail to give way to a pedestrian	\$308	4
If you reverse unsafely	\$179	3

General News

Sustainability Fair Saturday 22 September

This year the Korowal Community launches its first Sustainability Fair! It will be an event open to the whole Mountains community. The message is of educating and sharing information about what more we can do to help create a more sustainable lifestyle for our school, our homes and our community. For this fair to be an exciting and successful event, we need help from our Korowal parents. We need parents to help by co-ordinating particular stalls, events, talks, etc. Co-ordinators could have a job-share arrangement and will attend meetings to establish what is required and to assist/advise with any queries. The role of co-ordinator includes making up rosters for the day, collection, storage and disposal of goods, etc. We will be inviting regional sustainable businesses, local environmental groups, for example Wild Plant Rescue, Wires, Growers Markets, etc. If you know of a business (including small home-based) or group who may be interested in sharing in this community event, please let the office know (email is fine: info@korowal.nsw.edu.au Please mark attention Nancy) If you have any ideas, suggestions or questions please contact Tracy Barrett 4782 9946.

Bus Supervision

We want to make a list of paid relief staff for this position, which involves supervising primary school children on the train to and from school each day. If you are interested in one or both of the following paid positions, please contact us at the office:

1. A person who can travel on the 7.37 am train from Warrimoo, arriving Wentworth Falls 8.16 am. Keith catches the 6.50 am train from Wentworth Falls, which connects with the up train at Warrimoo. It is possible for a parent who lives in the Lower Mountains to begin at, and return to, Warrimoo.
2. A person who could travel on the 3.28 pm train from Leura to Glenbrook, arriving there at 4.21 pm and connecting with the 4.29 pm train back up the Mountains. Again, it is possible to travel from the Lower Mountains to meet the 3.28 pm train at Leura.

We are able to provide transport for the children on the school bus from Wentworth Falls station in the morning and to Leura station in the afternoon.

Please note that this position requires the signing of “working with children” documentation and involves active supervision of children.

For further information, please contact Nancy.

Sustainability-Fair meetings Come along!

Do you have any ideas for the Sustainability Fair? Would you like to be involved, but not sure how?

Then come along to our regular Friday meetings commencing on 15 June from 1.00 pm to 2.30 pm in the Pink room. All welcome. You don't need to commit to every meeting; feel free to just drop in. We are looking for your ideas; you won't be given a job if you don't want one! As we are unable to provide childcare, you will need to supervise your children.

Tracy Barrett

Collecting now for the Sustainability Fair Recycled-Fashion Stall

Do your children have clothes that they've out-grown or won't wear? Perhaps you have culled your own wardrobe lately (or need to?)

You can leave clothing donations at the school office in boxes or bags. Please ensure they are marked “clothing stall”. I will collect daily. Or you can phone me on 4759 3392 to arrange a pick-up.

Thanks,

Wendy

(Mother of Tomas 345J and Eleanor 345E)



Primary News

The Emperor's New Clothes

Hopefully by now you will have received a double sided letter from us with requests for costume donations. If you haven't, and there is no note in your child's bag, please ask for another copy.

Parent/Teacher Interviews

We always enjoy the opportunity to share with you information about your child. It has been great seeing so many people already - more interviews are planned for next week. In the event of you not yet having made an interview time, or if you were unable to attend at the allocated time, please contact your child's class teacher - it's not too late!



We had a lot of fun, in a very relaxed sort of way, on the recent Pyjama Day! The Year 12 students raised nearly \$200 towards their end-of-school-life Formal. A total of nearly \$150 was collected on behalf of World Vision. This was a combination of our regular collection for WV plus 10% from the money collected by Year 12. Fantastic!



**B
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Both 345 classes visited the Lennox and Knapsack Bridges as part of their Main Lesson: Bridges and Houses.



**Star
gazing!**

From L to R: Ruben and Isaac

Writers' Festival

by Isaac Sabel, 345E

Our teachers gave us leave. My good friend Ruben and I went down to the Writers' Festival. As soon as we got down there, our eyes opened; it was in a giant observatory. Because we got down there a little late, we didn't get to see much, but what we did see was amazing. We got to do a workshop with Andy Griffins who is hilarious! We also went star gazing through the giant telescopes.

We had a great weekend!

Tristan - Question Time – role-play followed by Question Time in both Houses of the Parliament of Australia

We all walked into a room modelled on the House of Representatives. On the right side sit the members of the Government, with their ministers in front; and on the left sit the shadow ministers and the members of the Opposition. There are also the Speaker, the Prime Minister, the Leader of the Opposition and the Clerk, who knows all the rules. Most of us were given the roles of ministers or shadow ministers and the four other parts were given to Micah, Tilly, Sinead and Maddie. Then we talked about what the roles were and what we were doing. Then we did it! I think everyone had so much fun and it was very exciting. We also learnt all the minute details when we went to the 'real thing' in both Houses of Parliament.

Emma F. - Old Parliament House

On Tuesday we went to Old Parliament House. As we sat down in the entrance room the lady who was guiding us told us that we had to wear gloves to protect the old wood from the oils in our hands. After the discussion on 'new' Parliament House, (that we had previously been to), we went through to the House of Representatives. In that room we talked about the Speaker's chair and how John Howard, who was the Leader of the Opposition at the time, tried to have the chair moved to the new Parliament House. Once our discussion in that Chamber had finished we started discussing who were the first and last Prime Ministers to work in old Parliament House. To demonstrate this, Taylor, Maddy and Delilah dressed up and each read a speech from a piece of paper. Then we moved on to the old Prime Minister's office and there we talked about how that office would have looked when the first Prime Minister worked there. All in all it was a pretty good day.

Maddie - Questacon - the *Strike a Chord* exhibit

When we went to Canberra we visited Questacon, a science museum, and there were different exhibitions there. The first was called *Strike a Chord*. It was all about musical instruments. There was a button in one section of the exhibition, which would make a sound play when you pressed it. It also had information about the instruments. One of the most 'fun' things in *Strike a Chord* was a foot piano: you tread on it and out the note come! Another really interesting thing in the *Wavelength* gallery was a camera that filmed you with many colours - you could see your shape on four screens.

Max

At Questacon there was a room we went to that was about our dynamic Earth. In the room there were lots of display cabinets. In one huge display there was a machine that created lightning every five minutes or so. It made a really cool noise too. After that we moved on to the next room.

Sinead – Questacon – Sideshow Alley

It was a fun and energetic Year 6 camp for us, my favourite highlight being the Crazy Science World of Questacon. The whole of Questacon was full of 'fun', wacky adventure but my favourite was Sideshow Alley. It has everything a crazy clown like you and me could want: from a huge, scary slide, the Free-Fall, to a sweat-flood of fear with the Guillotine, or if you would rather have a more relaxed approach to a ride, you would want to go on the Track Attack, the never-ending roller coaster simulator. Well, Sideshow Alley was also packed with lots of other fun things like the Fair-Go-Round, where you go in and you can find out what happens; a ball-throwing game where you can win a pretend prize; and this awesomely 'fun' thing that spins you around and around on these chairs while you have to throw balls at the other person at a tremendous rate. For me the most fun was overcoming my fear of heights on the Free-Fall. What happens is that you have to wear coloured overalls whilst going down a 6-metre slide. The process is: 1. walking up the stairs, 2. waiting in a line with about six others, hearing their hearts beat at 100 kilometres an hour, 3. holding on to a sweaty metal bar, nearly being blown away with fear, 4. deciding whether or not to proceed, 5. letting go and sliding down as your brain blanks and your heart stops, 6. getting up, taking off your suit and walking out in a complete trance. Sounds like fun, doesn't it?

Primary News

Year 6: Our trip to Canberra, continued

Ethan - Questacon Science Show with 'Broadie the Roadie'

When we went to Questacon in Canberra we saw a show about the science of music, called *Roadie School with Broadie the Roadie*. As soon as we sat down in the theatre we were greeted by a man with very strange hair and a Wiggles T-shirt. He kept saying "Rock and Roll Dude" to which everyone else had to say "Rock and Roll". This man's name was Broadie the Roadie and he was there to teach us about being a Roadie! "The first thing about being a Roadie," Broadie said, in his obviously fake American surfer dude accent, "is: Roadies plug stuff in. If there's one thing we do it's plugging stuff in." And so then Broadie continued the show, which consisted of plugging stuff in, saying "Rock and Roll", resonators, oscillators, music, using your voice and many, many other things. First up Broadie taught us all the basics of music and how sound is made. He taught us this with things like trumpets and drums. After that he taught us all about making strange instruments out of home products using the oscillator and resonator principles.

Theo - kSpace Futureworld at the National Museum of Australia

The first thing we did at kSpace was to have our photo taken and put on to a giant TV screen. This was really fun because we could do a silly face. After that we went to a computer and we were able to design a 3D spaceship or a house - it was pretty cool because we could choose our parts and colours and we had a time limit of six minutes, so we had to work hard. After that we got to see our ship flying around in a 3D world. The houses had the photographs of the people who had made them and the same with the spaceships, except they looked like number plates. It was super fun! I wonder if you would like it?

Eden - Australian Institute of Sport (AIS)

Today I am going to tell you about my stay in Canberra - it was great; I loved it all. One place that we visited while staying in Canberra was the Australian Institute of Sport. My class got to play some games but unfortunately I didn't play, as I wasn't feeling too well at all. It was fun watching. The first game was indoor soccer; there were two groups; the group wearing the braids won. Emma Florey's mum, Jane, scored four goals in that game of soccer - I found that very good. I saw all of them. The next game they played was Ultimate Frisbee, which sounded like fun but I have forgotten who won and who lost. The last sport they played was Newcombe Ball, which looked a bit hard to me but looked like fun too.

Tilly - the War Memorial

The War Memorial was one of the last things our group visited on that memorable camp. To be extremely honest I don't think any of us wanted to go but once we got there we were stunned. The sheer presence of being in that area made you think of old memories, in happiness and regret. I'd say the feature of the tour was the Tomb of the Unknown Warrior. The tomb that enclosed a poor, lost soul whom no one, not even one being, knew. We walked up those concrete steps and into the silent building without a word, but just the echoing of our footsteps against the beautifully tiled walls. The feeling that I felt when I went into the shelter cannot be put into words.

After many enchanting minutes there we eventually made our way to the Memorial's museum, where we browsed and gorged our curious minds on thick and delicious stories and facts that could make your eyes grow wide with amazement, your toes tingle with anticipation or even make your mouth tickle into a smile. Such as the story of a soldier who had a dog in the war, (he wasn't allowed to have him mind you), who would bark and yelp whenever enemy planes were near. One day they found out about the dog and they told the soldier to hand him in, so the soldier went to the RSPCA and bought another dog that looked like him and handed that in instead. The original dog stayed with his owner and chased butterflies around for the rest of his days.

After that we all clambered into the gift shop and spent a long while choosing very wisely what to purchase. (Most of us ended up buying lollies.) But then, although we almost missed it, we rushed back to the Tomb of the Unknown Warrior for the closing ceremony. A man dressed in a kilt and holding bagpipes slowly walked on, gently blowing a magically sad tune on his instrument. The bagpipes whispered and wailed through the wind until those heavenly stern notes met our silent faces. This was one of the most moving experiences of my life. The man then took a few more slow and evenly spaced steps into the tomb; echoing notes and the haunting melody ceased when the doors tightly closed behind him.

Primary News

Year 6: Our trip to Canberra, continued

Caroline - Royal Australian Mint

Before we left Canberra we visited the Royal Australian Mint. The Mint is where Australian money is made. The first thing we did was to watch a video on how they make money. They make the coins by pouring the molten bronze into a round mould to let it get soft. When it's soft they transfer the coins to a machine that imprints the design on to them and when they wash them off they turn shiny. Then they finish off by polishing them and coating them to seal them. After the video we went to a special machine where we could make our own souvenir coins. They don't only make coins at the Mint; they also make medallions and paper notes.

Zane

I enjoyed the bus trip there and back because I was socialising with my friends for hours. I got hold of my mum's digital camera, which I used to make movies and to take photos. Listening to my iPod and sharing it with others during the drive was also fun.

Corey

On Monday everyone had to arrive at school at eight o'clock so we could get to Canberra at a good time. Once everyone had arrived we left and we were on the long road to Canberra. It took about four to five hours from my point of view. We went to our cabins first and got used to the environment and to our new home for the next week. During the week we went to places such as Questacon, Parliament House, the museum, the War Memorial, the Art Gallery, the AIS and a few other amazing places. We did lots of 'fun' stuff and learnt important things. It was spectacular to see things that you only see on TV and to have this great experience twice - because I did this at my old school as well. Canberra was a great and 'fun' experience for me. You learn about things you never knew existed before and you can be with your friends and hang-out together. I highly recommend it...



Emma B. - the Food!

The food at Canberra Motor Village was amazing. Every morning and night I would look forward to eating at the dining hall. We would usually have a delicious choice of juice, chicken, beef, veggie patty, salad or pasta for dinner and always we would have a yummy, sweet dessert. In the mornings we would have juice, cereal, bacon and eggs or baked beans. All these foods would make my mouth water. On the very last morning and night we had a special meal – bacon, toast, cereal, croissants and muffins for brekkie and a hamburger and chips for our last dinner. We all raced to our tables and waited to line up. Jeff our chef always made the food perfectly and he and his crew were the best. So we all had a great time at Canberra Motor Village.

High School News

Indoor Soccer

Some of the Pathways students organised two teams to compete in an indoor soccer tournament. The first round was played amongst local schools, and one of our teams made it to the second round. Congratulations to all the guys on their initiative, and to the team of Caius, Gabe, Daniel, Kit, Matt, and Jason on their skill and team play. They were runners up by one goal to Katoomba High, and earned Korowal's first sporting trophy!



Science opportunity for Year 9 students

The Siemens Science Experience, a three-day hands-on science, engineering and technology program, will be conducted in Australian universities in 2007/2008 for students who will be entering year 10 in 2008. Each program includes a wide variety of practical activities, together with interesting presentations by leading scientists and engineers.

It is a Rotary Youth Services project and fully supported by the Australian Science Teachers Association. The cost of the three-day program is \$95 incl. GST. Local Rotary clubs are often willing to pay this fee.

Further information and application forms are available from www.scienceexperience.com.au
Early application is advised.

Ubuntu Linux

As requested by parents at the recent High School parent/teacher interviews, I have prepared disks with Ubuntu. You can install this on your computer and have an operating system and all applications (including Office) for free.

See www.ubuntulinux.org for details and ask me for a disc. Please return after use, so we can share them around. Note that Ubuntu does not over-ride your Windows; it just creates a second position on your hard drive.

Joachim

High School News

The Australian Mathematics Competition for 2007 will be held on Wednesday July 25, which is the first Wednesday in Term 3 for us. This event has over half a million participants from around the world.

The mathematical nature of this exercise provides great practice for all students of all abilities in this compulsory curriculum area. In any substantial Mathematics test or exam one's aim should not be to finish the paper but to get correct those questions you know how to do. Rushing to get to the end and making careless mistakes is not a sensible strategy. It would be a very talented Mathematics student who finished this paper and got every question correct. The aim of each child should be to work steadily at the questions they think they can do, check their logic and working and, when they have given their answer, look at the other questions and see if they can make some progress with them. For students who see all Mathematics problems as ten-second exercises, this paper will show them that many problems require concentration and effort over many minutes to make any head way. The very act of attempting a question, even if progress towards a solution seems minimal, is a good mental exercise. The fact that each student sees his/her result in relation to their state-wide cohort rather than our very small sample at Korowal is also worthwhile, in my opinion.

While the activity is obviously Mathematics-based, it is suitable for students of any ability. There are separate papers for years 7 & 8, 9 & 10 and 11 & 12, which last for one and a quarter hours. There are questions ranging from very easy to very difficult, whatever the mathematical ability of the participant. Each student receives an individual result summary, which includes a comparison with all other entrants in their age group in NSW.

At a recent secondary-teachers' cluster meeting, the staff decided that it would be a good idea if all Korowal students in years 7 to 10 participated in this multi-country event. The school will pay all entry fees. Of course, if any parent or carer decides after reading this article that they do not want their child to participate then all they need do is send a note to Simon at school and their wishes will be respected. For examples of the types of questions, anybody can go to <http://www.amt.canberra.edu.au/wuamc.html>. Students who finish early or who are not attempting the paper because a parent or carer has requested they do not, will be expected to remain in the room with the rest of their class and do silent reading.

Simon O'Brien

Computer News

NetStorage

To open school files from home, or to send files to school, follow the steps below.

- ◇ It is a good idea to create a directory called Schoolwork on your computer at home.
- ◇ Open your browser, go to <http://portal.korowal.nsw.edu.au> and log on.
- ◇ Select the link NetStorage (top left of intranet screen).
- ◇ Navigate to your file, which is likely to be in HOME@korowal.
- ◇ Right-click on file, then Download your file, choosing Save to Disk.
- ◇ Save the file into Schoolwork (or other directory of your choice).
- ◇ Open the file in the usual way, edit, save.
- ◇ Then go back to Netstorage and select File at the top, Upload.
- ◇ Browse to your file on your computer (in Schoolwork) and click Open.
- ◇ Select Upload on the following window.
- ◇ Done.

Note, that you need to download Open Office if your school files are .odt files. It is available for free at www.openoffice.org, or on a CD from Joachim at school. MS Office only opens .doc files. However, you may also choose to save your schoolwork as .doc files in Open Office.

Happy file transfer!

Joachim

Korowal Connections

WINTER MAGIC

Saturday June 23

Katoomba

JOIN THE GRAND PARADE

Book your group into the Parade on the "Join the Parade" page www.wintermagic.com.au or call Kerry 4784 1727

BECOME A VOLUNTEER

We have no paid staff. We are looking for volunteers to be:

- * Parade marshalls (in costume)
- * Parade puppeteers/ characters (Puppets & costumes supplied or BYO)
- * Festival set-up assistants
- * Information-stand attendants
- * Stage hands
- * Other (you tell us)

You will be one of the team for the biggest party in NSW. And you'll be a guest at the Volunteers' Ball at the Carrington Hotel on June 30.

Contact Kerry 4784 1727

kerry@wintermagic.com.au

NEXT PUBLIC MEETING:

7pm Monday, 4 June, Library, Carrington Hotel

Woodford to Glenbrook Classic

Run, walk or cycle for Careflight

NRMA CareFlight is running the Woodford to Glenbrook Classic on Sunday 24 June. Now in its ninth year, the event involves walking, running, or cycling 25km of the Oakes fire trail in the beautiful Blue Mountains National Park.

This is not just a sporting event; it's a healthy, fun and exciting day for everyone. At the finish line at Euroka there will be prize giving, games, and food and drink to purchase, or you can bring along a picnic.

Entry forms at www.careflight.org
or email events@careflight.org.
Enquiries 96898124.
Entries close 17 June 2007.

Inquiry Group

based on the Work of Byron Katie *commencing soon at Korowal*

Thoughts are harmless unless we believe them. A story is a thought or a sequence of thoughts that we convince ourselves is true. Through inquiry into these stressful beliefs, we come to see that only the attachment to our thoughts cause suffering, not the thoughts themselves or what actually happens.

This group is about learning and experiencing the simple yet powerful life-changing process called "the Work". The simplest definition of the Work is: four questions and a turnaround.

The Inquiry group will be facilitated by Kunji Kolb, who has recently worked with Byron Katie in the US. She is passionate about sharing her experiences and the process of the Work with anyone who wants to end mental confusion and suffering and experience the freedom of an open mind – "an open mind is an open heart". The work requires no spiritual or intellectual preparation, no faith or religion, just the desire to re-know the truth about yourself. A weekly group will be starting at Korowal soon.

If you are interested or would like more information, please call me on 47841634 or send an email to kunji35@hotmail.com I am also available for individual and couple work by appointment.

Time for a change in your life in 2007?

**Start a TAFE program in Skills for Work
and Training.**

**IT'S FREE, and it's a fun learning
experience.**

This course has been specifically designed for *women* who want to upgrade their skills and confidence before re-entering the workforce or pursuing further education. It also improves your study skills in a co-operative and supportive learning environment.

Offered part-time over three days for two terms,
all classes are held within school hours

Come along to an information session

10am on Thursday, 28 June 2007

TAFE NSW

Blue Mountains College

Mitchell Street, Wentworth Falls.

Phone: 47532100 for enquiries.