Trivia Night
Last Friday Night over 180 people gathered from the St Peter's College community to raise funds for the Solomon Islands. It was a great success and over $12500 was raised for our Immersion Program. It was wonderful to see so many parents staff and students there to support this project but to also see some ex-students who went to the Solomon Islands in 2011 and 2012.

I wish to firstly acknowledge the following students who will be going to Honiara in November. Along with their families, they raised many donations for the silent auction and worked enthusiastically on the night to make this a fun evening for all.

Alexandra Fagan  Sharnie Morris  Sharna Lukausky  Andrea Polydor
Tameeka Robinson  Adam Speirs  Robert Schreurs

To our Staff Organisers, Greg Nelson, Roger Hampson and Marketing Officer Mrs April Hampson who have worked tirelessly on this project which has seen the value of donated goods and services rise to $ 20000 and resulted in the sell-out of the night; I thank them for their hard work over the last few months, and their wonderful example of service and leadership for our community.

To put the meaning and purpose of this night and our Immersion Program in context I use the words of our New Pope, St Francis who when talking to the 3 million pilgrims who attended the World Youth Day Mass on Copacabana Beach in South America had three simple things to say to the gathered pilgrims in terms of living and spreading the gospel message.

Firstly just “Go “ - go out into the world, don’t’ hide your faith away nor what it inspires you to do. Secondly “Be Not Afraid “because you should take heart from the fact that God does not abandon and is with you in this special work you do in his name. And finally “Serve”, reach out to others and especially to those in need.

I think those words were inspiring ones for our World Youth Day pilgrims and I believe they have special significance for our students as they take up the challenge of our Solomon Islands Immersion Project in November.
FROM THE DEPUTY PRINCIPAL STUDENTS

Andrew Fuller
Clinical Psychologist and Family Therapist. The Resilience Institute Fellow. Departments of Psychiatry and Learning and Educational Development. University of Melbourne Scientific Consultant for the ABC series “Whatever: the science of teens” Ambassador for Mind Matters Member, National Centre Against Bullying

Confidence is one of the most powerful, and one of the most elusive, qualities that creates success in life.

Building confidence means that we develop the courage to try out new things. Unless we are exceptionally talented, most of us approach new activities with a slight apprehension, which is usually followed, by bewilderment and confusion. Our first attempts may be feeble but if we persist we often gain a sense of mastery. If, however, someone rescues us when we are bewildered we learn that someone else can do what we cannot. This is why rescuing children when they are struggling with a new activity is toxic to confidence.

There are several steps to creating and building confidence.

Trust your child – Nothing builds confidence more than trust. One of the best ways of communicating your trust is to ask your child for help. Requesting assistance communicates to a child that you regard them as capable and competent. Letting your children cook with you can be a good place to start.

Live a bold and adventurous life – One of the best ways to develop confidence is to live an expansive life in which you do different things, eat new foods, go to strange places, see new shows or movies and try out things you wouldn’t usually have a go at.

For parents this means encouraging adventure and teaching safety along with way. Kids are more durable than we give them credit for.

Develop a yes bias – This means developing a personal motto that generally says “why not?” For example, if someone says let’s go to France, you try to say sure let’s find out a way we could do that. If a child says I want frog legs and ice cream for dinner. You say you find the frogs; I’ll get the ice cream.

Trust your own intuition. If you’re full of self-doubt, your kids will be too. Practice trusting your intuition and hunches and follow them wisely.

Don’t fall into the avoidance trap. When you avoid something you fear, your fear grows. What is avoided looms larger and appears more daunting, what is attempted lessens in size. While it might seem like a kindness to help people opt out of things they are fearful of doing, mostly it just makes them more fearful.

“It is not because things are difficult that we do not dare. It is because we do not dare that things are difficult.” – Seneca

Follow the 80/20 rule – No one is confident at everything all the time. We all have hesitations and setbacks. Aim to be bold and confident about 80% of the time. In many areas of life, it is the predominant pattern that counts long term.

Know that first past the post isn’t always the best. The person who can achieve a skill first is often not the best at that skill long-term. In fact there are considerable advantages in being a little bit older when you start new activities.

Set Probability Goals. A probability goal is a challenge that includes an error margin. For example, a parent might say to a child, “Let’s see if you can throw a ball into a hoop on the group 7 times out of 15 throws”. As a child becomes more skillful we might then increase the challenge of the task by moving the hoop further away and say, “Ok it’s harder now. Let’s see if you can throw the ball into the hoop 9 times out of 20”. Probability goals help us learn how to challenge ourselves and also make it less likely that we will give up if we don’t get 100% first time.

Little steps lead to giant leaps. When we focus on our strengths we build the confidence to tackle areas where we are not so capable. Most highly skilled and confident people deliberately practice skills that they are not good at. They go out of their way to put themselves in challenging situations so they can become more skilled. For example, top golfers often put golf balls into the trickiest part of a bunker so they have to develop the skills to make those shots. People only learn to deliberately practice skills that they are not so good at when someone has clearly told them that they believe in them and that mistakes are the only way to get better at something. If we can’t learn to make mistakes, we can’t learn to improve. People who make no mistakes do not usually make anything.

Build a have-a-go culture – People often express their insecurities by claiming that they can’t do some- thing or by comparing themselves negatively with others. For example, “I am the world’s worst dancer” or “I’m no good at Maths”. When someone makes comments like these, acknowledge their feelings and help them to express them verbally. Ask them what makes them feel that way. Accept their fears or insecurities as genuine but don’t agree with their self-assessment. For example, you might say, “I get it that you are struggling at Maths, how can we work on it to make it easier? Confident people make plans to improve in areas they initially find difficult.

Be on a continual treasure hunt – devote your life towards looking for the best in yourself and in others. Focus on successes, skills and abilities. Be resolutely positive and follow the role model of Thomas Edison who after trying 10,000 times to develop an electric light bulb said, “I have not failed. I’ve just found 10,000 ways that won’t work.”

Anthony Banks
DEPUTY PRINCIPAL
PARENT TEACHER INTERVIEWS

PLEASE NOTE: Thursday 12 Sept is a STUDENT FREE DAY, Friday 13 Sept is a NORMAL SCHOOL DAY

As previously advised, Parent Teacher interviews will be held on Thursday 12 September between 9.00am – 8.30pm. Over the coming week, all families will receive their login details in order to make bookings via the college website. As always, all parents are encouraged to meet with the teachers of their sons and daughters for an update on progress at this mid point in the semester. Prior to this, all parents will receive Interim Reports which, like Semester 1, provide students and parents with a brief indication of student performance and progress. Within these reports, teachers may have made particular requests for parent meetings where they have particular matters to discuss with parents. We do ask parents to follow up with these teachers in particular and, in addition, to avail themselves of any other teacher.

Please take the time to note the Interim report and use it as the basis for discussion with your son or daughter prior to interviews. You are then most warmly invited to discuss this face to face with teachers. These meeting times provide parents, staff and students with a great opportunity to enhance student learning and success; they also send a strong message of support to students at this important time of the year.

Please be on the lookout for the Parent Teacher information to be mailed out shortly and contact the college for any further information or assistance. I look forward to seeing many parents at these sessions.

PLEASE NOTE: Thursday 12 Sept is a STUDENT FREE DAY, Friday 13 Sept is a NORMAL SCHOOL DAY

Elizabeth Hanney
DEPUTY PRINCIPAL

Cranbourne East News
Subject Selection for 2014

By now all Year 8 and 9 subject selection forms should have been returned. It is critical in our preparations for next year, that we have accurate data from students to ensure we can consider their future study preferences. If you are yet to return your form, could you please make this a priority at home?

James Roberts
Head of Campus – Cranbourne East

A letter from our Exchange Student:

Hello. My name is Kanon Adachi. I’m 16 years old. I go to Toho Girls High School in Tokyo. I spent 22th July-13th August at St Peter's College. At first, I was anxious because all my classes would be in English and was worried if I can’t make friends. But the anxiety disappeared immediately, so I had a really great time. I'm happy Miss Bonica helped me because all of my school's classes were fresh and fun for me but especially Dance class and Drama class were the most fun. These were stimulating because I don't have these classes in Japan.

I have lots of good memories of my time in Australia. One of my good memories is my birthday party. I was the first time for me to invite friends for my party. We went tenpin bowling, ate cake and talked in Japanese and English. I was impressed with their kind presents. Another good memory is when I went to my friend’s house, went to dance class with my friend and took part in scouts with my friend. These were good experiences for me. I had a good time because my host family helped me and I had many great friends. I should thank all of them.

Thank you so much everyone.

I didn’t miss Japan. And I wish I could continue to longer. I love St Peter’s College, my friends and host family. I want to make use of my experience here from now on. If I go to Australia again, I’d like to visit St Peter’s College.

Good bye and Thank You.
Kanon Adachi
Students and Staff Entertain during Library Lunchtime Reading

Xanthe Van Trianen-Conklin (Year 7), Alex Hull (Year 9), Ms Elizabeth Lucarelli and Ms Alison Scundurra entertained and enthralled their audience as they read from favourite books and shared adventures during a Library Lunchtime Reading on Wednesday last week.

Sadako Peace Day August 6

SPC Student fold 1000(!) Paper Cranes during Library Lunchtime Workshop led by Shota.

Systems Engineering guest speaker

On August 8th, Stephen Van Der Velden from the Aerospace division of the Defence Science and Technology Organisation spoke to two classes of Systems Engineering students. This was a great opportunity for students to learn how the company operates and some of the innovative engineering projects that Stephen has worked on in the past. These projects included some design challenges and Stephen detailed how these challenges were overcome. Particularly, he spoke about aircraft design, alternate energy sources, forces and components. I would like to thank Stephen for taking the time to come to St Peter's and talk to our students. I think the Systems Engineering students will agree that it was a very informative and engaging presentation.

Cathy Heijden - COACH

SPORT NEWS SIS Senior Girls Netball

The SIS Senior Girls Netball competition commenced two weeks ago with the St Peters College Girls showing some promising form. They dominated in Round 1 in their match against Nazareth with a resounding win. The scores were 49-23 at the end of the match reflecting the great partnership of Emily Simpson and Sharna O'Dwyer in goals, and Emily Baker and Teagan Ryan's great work through the centre court. Following a bye in week two, the girls came up against a strong team from Padua Mornington last Thursday. The game was close for 3 quarters, with Padua narrowly holding the lead at three quarter time. However, in the fourth quarter the team from Mornington pulled away and ran away convincing winners on the day.

The match this Thursday will be against Woodleigh at Woodleigh. Congratulations to all the girls on the effort and commitment that they have shown so far in the competition and we look forward to another solid performance.

Cathy Heijden - COACH
CAREERS

Victoria University: Exam Preparation Workshop
This interactive workshop facilitated by VU counsellor Freda Dimitrakakis will help you learn strategies to help with your exam preparation and how to deal with exam anxiety.
Thurs 29 August, 12:00pm – 2:00pm: Werribee Campus
Contact: VU Counselling, Ph. 9919 4418

University of Ballarat – “R U Game” Gaming Competition
School of Science, IT & Engineering invites your school and students to enter the “R U Game?” gaming competition. The “R U Game?” competition is particularly aimed at Western Victorian and Tasmanian students, and is a joint initiative between the University of Ballarat and the University of Tasmania.
Students may work either solo or in teams, divisions include:
Primary:
- Concept: Design an idea for a game
- Production: Create a working prototype of a game.
Secondary:
- Concept: Submit a detailed design document.
- Production: Submit a working prototype of a game.
Entries close Fri 20 September
Contact: Grant Meredith, Lecturer – Computer Games and Digital Media, Ph. 03 5327 9808 Email, g.meredith@ballarat.edu.au
For more information visit http://uob-community.ballarat.edu.au/~gmeredith/website/index.html

VicRoads Surveillance Officer Cadetship
VicRoads Surveillance Officer Cadetship Program involves rotations through various VicRoads offices across Victoria, providing hands on experience in the surveillance of road and bridge construction and maintenance works.
Applications Open Tues 1 October and close on Fri 18 October

Australasian Apprenticeship Pathways (AAP) Practise Aptitude Quizzes
AAP has a range of practises aptitude quizzes for people interested in entering a trade. It is a general resource designed to illustrate key literacy, numeracy and comprehension learning standards required of people attempting an Australian Apprenticeships entry level qualification.

NECA Electrical and Communications Career Information
The NECA website provides information for student, parents and career advisers about career paths in the Electrical and Communications industry. Information about finding and apprenticeship and what high-school subjects will be useful to study plus more is available.

Numbers game – Maths May Be the Key Skill for Success
An article featured by CareerOne focusing on the importance of apprentices with adequate maths skills in order to increase their opportunity to complete training.

Whitehouse Institute of Design Information Session
Thurs 12 September, 6:00pm – 7:00pm: Melbourne Campus
Information session about the Bachelor of Design offered and will give you the opportunity to meet lecturers, current students and support staff that will be able to answer any questions you may have.
Please call to book a place: Ph. 03 9600 3625 
http://whitehouse-design.edu.au/events-calendar.html#degree-information-session

Whitehouse Institute of Design VET in Schools Program – Applications
Applications are now open for the Whitehouse Institute of design VET in School holidays courses. Courses are offered in a Certificate II in Fashion Visualisation, Interior Decoration Visualisation & Style Visualisation at the Melbourne campus.
Contact: Email: enquiry@whitehouse-design.edu.au

TRAVEL AND VOLUNTEER OPPORTUNITIES
Australian Volunteers International Information Sessions
Sessions are for those who are considering volunteering where AVI staff and returned volunteers discuss living and working overseas, the recruitment process and the different programs on offer. Registration Required.
Tue 12 November, 6.30pm – 7.30pm: AVI Frank Engel Room, 88 Kerr Street, Fitzroy
Thurs 14 November, 6.30pm – 7.30pm: Horsham Community Centre, 4 Pearl Street, Horsham
http://www.australianvolunteers.com/volunteer/information-sessions.aspx

Lattitude Volunteering Applications
Asia/Pacific programs to China, Fiji, India, Vanuatu and Vietnam due to depart February and August 2014 applications must be submitted online by Mon 2 September
Trips to Europe (United Kingdom and Poland) and Canada departing January, March June and September 2014 have limited places available.
More information and application forms can be found online: http://www.latitude.org.au/how-to-apply/ready-to-apply

Palms Encounters
Are cross-cultural experiences designed to provide an insight into the daily life of people of another culture; an understanding of sustainable approaches to development; and an insight into the life and work of development volunteers. There are vacancies in the following encounters:
Timor-Leste; 23 September – 5 October 2013
Kiribati; 12-25 November 2013
Kiribati; 11-23 February 2014
Timor-Leste; 22 September – 4 October 2014
For more information: http://www.palms.org.au/encounters/
To register Online: http://www.palms.org.au/encounters/register

Projects Abroad Online Information Event
Free interactive session is a way to gain a better understanding of Projects Abroad and the opportunities offered. This is a live event hosted by the Projects Abroad team in Adelaide who will answer questions throughout the presentation.
Tue 6 August, 6:00pm for Victoria

RSPCA Animal Career Discovery Day
RSPCA presenters will include Animal Attendants, Adoption Officers, Vets, Vet nurses, Behaviourists and Inspectors. The day will include hands on activities and behind the scenes tours. Learn insights from industry experts and how you can succeed in an animal care profession.
Tuesday 3 September, 9:00am – 3:30pm: RSPCA Burwood East
Thursday 5 December, 9:00am – 3:30pm: RSPCA Burwood East
Cost: $55 includes registration, morning tea, take home pack and all activity costs.
Contact: Ph. 03 9224 2286, Email: education@rspcavic.org.au
Book online: http://www.rspcavic.org/services/education/secondary-education/animal-career-discovery-day

Rustic Pathways: Gap for Growth
Gap for Growth programs are structured, one-month journeys that focus on personal development through travel. Applications are open for the following programs:

Sun 15 September – Mon 14 October 2013, to: India, the Fiji Islands and Thailand
Tue 15 October – Thurs 14 November 2013, to: Thailand and the Fiji Islands
Fri 15 November – Sat 14 December 2013, to: Cambodia & Laos, Costa Rica & Nicaragua and Thailand
Fri 3 January – Fri 31 January 2014, to: The Fiji Islands, Costa Rica and Cambodia
Sat 1 February – Fri 28 February 2014, to: The Fiji Islands, Panama & Costa Rica and Thailand

Programs are for different purposes including reaching out, medical service, village veterinary service to helping hands and more.

For specific information on each program offered and to apply, visit: http://rusticpathways.com.au/gapforgrowth/

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2013 NI Autonomous Robot Competition and Experience Engineering Day

The annual National Instruments Autonomous Robotics Competition is a chance for university students to showcase their robotics capabilities by building an autonomous robot and compete against teams from top universities across Australia and New Zealand. In addition students with an interest in engineering, science and technology are invited to attend the NI Autonomous Robotics Competition.

Registrations are online and close Mon 23 September, 5:00pm
Event date: Tue 24 September, 9:00am: Advanced Technologies Centre, 427-451 Burwood Road, Hawthorn, Vic
Contact: Ph. 03 9214 8936, Email: engineeringexperience@swin.edu.au

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BiG Day In comes to Melbourne!

First run at UTS Sydney in 2012, BiG Day In is an IT careers conference with a difference - it’s organised, run and hosted by students for students.

As a result of the success of BiG Day Ins already held in 2013 in Sydney, Perth & Newcastle & attended by more than 1200 students to date, we have arranged a BiG Day In at RMIT, Level 4, 445 Swanson Street, Melbourne on Wednesday 4 September 2013.

The ACS Foundation has observed there is a gap in delivering careers information to students and believe the BEST way for students to get this information is to hear from people with unbeatable “been there done that experience”.

We are bringing leading speakers from companies such as Microsoft, IBM, Deloitte, NAB and more to talk about the future of technology, their own careers & how students can get involved in shaping their future

Go to our website to learn more www.thebigdayin.com.au

We would like to invite you to bring students from your school to participate in this incredible opportunity to help build the movement of students who care about their careers and want to take action to get ahead.

Below are some pics showing how successful previous 2013 BiG Day In(s) have been & we hope you will bring your students along for the Melbourne BiG Day In!

Register your interest, book your tickets or for any queries regarding Melbourne BiG Day IN 2013, please contact Kerrie Bisaro, ACS Foundation on 02 8296 4444 / 0417 409 069 or email - kerrie.bisaro@acsfoundation.com.au.

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Melissa Dillon
Careers
PARENTS & FRIENDS ASSOCIATION

The Parents and Friends Association undertakes numerous activities, including fundraising activities and the donation of such funds to various areas of College activity. Meetings are held on a Tuesday evening, twice a term, and at most meetings a staff guest speaker comes to address the group on activities associated with their day to day life at the college, and our Principal reports on relevant College issues and activities.

The Parents & Friends Association have undertaken their annual support of the St Peter’s Day celebrations at the College by supplying and cooking a sausage sizzle, which with a soft drink was supplied for the lunch of all students & staff. Thank you to all parents and Alumni Students who helped on the day. It was greatly appreciated.

TUESDAY 3rd SEPTEMBER
7.15 Tea and Coffee
7.30-9.00 pm St Peter’s College West Campus
Frankston-Cranbourne Road, Cranbourne, 3977
Enter via Navarra Drive Gates

GUEST SPEAKER – JULIE BANDA – TEACHING & LEARNING COACH, HUMANITIES
B.Arts, B.Ed, CertIV Training and Assessment.
VCE Business Management, VCE Economics, Yr9 RE, Yr8 SOSE, Yr7 Maths

Mrs Banda has been teaching for 28 years and joined the College in 2012 as Humanities Teaching and Learning Coach. Prior to this she had spent seven years at Chisholm Institute of TAFE at the Frankston Campus teaching in VCE, and Diploma Courses. With 8 years experience teaching in Zimbabwe, holding a variety of senior teaching positions, she brings to the College a wide range of experience and knowledge. Julie is working closely with the Humanities staff on two major projects:

• Introduction of the Australian Curriculum.
• The College Coaching Program.

ST PETER’S SCULPTURE & GARDEN FUNDRAISING PROJECT
Semester 2 Fundraising focus is on giving families and individuals the chance to have their name as a permanent part of the landscaping of our Sculpture Garden at the West Campus. To Order please contact College Reception for an order form or visit the College website in the Our College/Parents & Friends section to download the order form.

ritchies community benefits card.
A Reminder that 1% of your spend will be donated to St Peter’s College P&F Association. All new parents to the College will be sent the card for them to activate in the next week. Thank you for your support of this program.

Members of the Executive of the Parents & Friends Association may be contacted:
Phone: 03 5990 7777
Fax: 03 5996 8277
Email: office@stpeters.vic.edu.au

2013 FUNDRAISING UPDATE:
Final months to order your Family/Student Paver for 2013.
2013 Entertainment Book sales have achieved over $5,000 in Funds for the Parents & Friends Association.
$1,000.00 donations was made to allow for the purchase of the 1st HPV (Human Powered Vehicle) College students.

ST PETER’S COLLEGE WEBSITE
Visit our College website www.stpeters.vic.edu.au for all up to date information on the College structure and activities.
Recent updates include College Champions go Back to Back, and East Campus Students Cook Up A Storm for fundraising.
You will also find in ‘News and Events’ numerous current and past stories and pictures of the ‘Day to Day’ College life of our students.

ST PETER’S COLLEGE NEWSLETTER
Find details on how to register to get your College Newsletter on-line.
Remember anyone can register to receive the College Newsletter on-line, so sign up extended family members and friends. Grandparents particularly love to keep up to date with your children’s school day to day activities.
TERM 3 2013 CALENDAR

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<th>AUGUST</th>
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<tbody>
<tr>
<td>14</td>
<td>Keys Please (Year 10 Students)</td>
<td>3  Stage 2 Cranbourne East Blessing</td>
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<td>15</td>
<td>College Assembly</td>
<td>10  College Assembly</td>
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<tr>
<td>16</td>
<td>Year 7 Science Fair (Cranbourne West)</td>
<td>11  SIS Chess</td>
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<tr>
<td>27</td>
<td>Athletics Carnival (Casey Athletics Track)</td>
<td>12  Student Free</td>
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<td>28</td>
<td>SIS Debating Round 2</td>
<td>16  Year 12 Dance &amp; Drama Performance Night</td>
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<td></td>
<td>17  Lunchtime Concert/Footy Colours Day</td>
<td>18  Central Australia Trip Departs</td>
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**ST AGATHA’S NEWS**

**MIGRANT & REFUGEE SUNDAY**: The Diocesan celebration of Migrant & Refugee Sunday will be celebrated at St. Michael’s Parish Berwick on Sunday 25th August with Mass at 2.00pm. Please wear your cultural dress and bring a plate to share.

**MEN’S BREAKFAST**: A breakfast for men of the Parish will be held on Saturday 14th September from 8am. Bishop Christopher Prowse will be giving a talk on ‘Christ’s Purpose – Societies Attack’. Cost $10 per person. For catering purposes please RSVP to the Parish Office by 7th September.

**SALE YOUTH MINISTRY OFFICE** will be hosting The Joyful Noise Retreat during September school holidays for young people in year seven to year ten. Monday 23rd September 7pm at the Summit, 21 Cemetery Rd, Trafalgar East and concludes at 2.30pm 25th September. The cost is $50 and includes all meals and activities and accommodation. For more info click the youth ministry on the diocesan website at www.sale.catholic.org.au applications close 9th September.

Mr Greg Nelson
ST AGATHA’S REPRESENTATIVE

Congratulations

Over the weekend Year 7 Assisi House students, James and Lisa Thornton, travelled to Tasmania as part of the Victorian State team to compete in the National Karate Championships.

Congratulations to both, who competed to a very high standard, with Lisa being awarded a Bronze medal in her 12-13 year old female division and James achieving fourth in his age division, missing out on the Bronze by the merest of margins, with the referee decision required to separate the two competitors.

**HEAD LICE**

Head lice have been reported to the school - please check, and if necessary treat your family for head lice. There is no need to treat everyone if no head lice are found but you need to look for the head lice.

If you find head lice in your family please tell anyone who has had head to head contact with the family member.

Accurate information on treatment and control of head lice can be found at http://health.vic.gov.au/health

Remember keep a balanced view and don’t put your child’s health at risk.

**ST AGATHA’S AEROBICS CLUB**

Presents Mark Andrews
As - Dean Martin, Tom Jones, Austin Powers and Elvis!!!!!
In his LEGENDS showcase....
Saturday 14th September 7pm
St. Agatha’s School Hall
3 Scott Street, Cranbourne
$50 per person includes
2 course meal & show, BYO drinks
Call - Kirsty Cortese 0418 372 550
Deserrae Wilkins 0415 782 866