Dear Parents, Students and Staff

7th March 2014

Dear Lord,
We thank you for this day, this hour and this opportunity to take time out to think of others. Continue to place in our hearts the notion that we are duty bound to pray for and offer acts of kindness and support to those who need us. Lord, be with us as we continue to show concern and love to each other and to all those in need. We make this prayer in your name.
AMEN

Time In Class: A dear colleague of mine alerted me to an article in the weekend newspaper about the importance of time spent in classrooms for our students. It echoes the thoughts expressed by me earlier this year about that very topic. Parents need to be aware that requests for leave from school will be given careful consideration before any approval will be made. Of course permission from the Principal is not a requirement to take your child out of school, but a denial will result in your child having unapproved absences on their report. Requests for genuine hardship, special sporting or cultural events take precedence over family holidays and the like. Please give your child’s education top priority when choosing times for family holidays – that is what the 12 weeks of school holidays are for.

2014 Subject Levy
The 2014 Subject Levy invoices have been despatched (either emailed to the listed families or given to the student.) These fees are in addition to Parish School fees. The due date for payment is 11th April, 2014, if paying in full. If you are unable to meet this date, parents can establish regular weekly/fortnightly payments (minimum $10.00) via Bpay by using details found on the statement. Alternatively, payment can be made at the College office by cash, cheque or Eftpos. Credit card payments can also be made over the phone. Eftpos and credit card payments can be accepted up until 2.30pm each day. Your early attention to this account is much appreciated.

P & F Elections: I would like to sincerely thank all those parents who came along to our P & F AGM and stood for positions. Your dedication to the College is very much appreciated.

Proclaim Lismore Parents 2014
In the process of Proclaim Lismore Parents, the Diocese of Lismore is working to engage with parents on a program of change to make our schools the best they can be. We want to include you on this journey, so to find out more information, please visit the following links:

Catholic Schools Week: Next week sees the commencement of Catholic Schools Week. During this time, the College will be holding its annual Open Night (Wednesday 12th) as well as a special liturgical celebration with our Primary school colleagues (Friday 14th). Parents, families and friends are most
You Are Cordially Invited To Attend the Major Fundraising Event of the Year
5TH APRIL 2014

- 6pm start
- St Paul’s ‘Edmund Rice Hall’
- Cocktail dress
- Tables of 8 (bookings of 8 or less available)
- $55 per person — complimentary glass of wine or handcrafted 10oz beer on arrival

Evening of Fine Dining
Presented to you by
St Paul’s Hospitality Department
together with the P & F Association

- Full bar facilities available (beer, wine & soft drink)
- Confectionery raffle
- Auction items – fully catered dinner party for 20 persons at winner’s chosen location and date.
- Tickets may be purchased at the College Office
  phone 6502-7200.
- EFTPOS available

Enjoy a sumptuous dinner complimented with music and
entertainment by ‘Jenny Marks and Friends’

MENU

Starter
Mini pancetta and cheese quiches
with caramelised Spanish onion
Money bags with Thai dipping sauce

First Course
Pumpkin soup with crème fraîche
and fried prosciutto

Second Course
Roasted chicken breast
with peperonata sauce, rocket salad
and fried kipfler potatoes

Third Course
Semolina cake with spiced cream
and toasted pistachio nuts

To Conclude
Cheese and condiment platters
Cheddar with relish and wheaten biscuit
Brie and lavosh and strawberry
Goats cheese with quince paste

Menu subject to change due to costs/food availability
welcome to join us for these wonderful occasions. Catholic Schools Week raises awareness and celebrates the distinctiveness of Catholic schools. Catholic Schools Week is about strengthening relationships between all those that have a stake in our schools – students, staff, families, priests, parishioners and members of the wider community by showcasing what happens in our schools every day.

**Year 11-12 Mass**: This weekend is one of a small number of opportunities for our families and students in Year 11 and Year 12 to thank the parishioners of the Macleay Valley for the support they give to our College. Please come along and show your support to this wonderful community. More details are in the REC Ministry report.

God Bless

**Mr Kevin Lewis – Principal**

klewis@lism.catholic.edu.au

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**CALENDAR 2014**

View the Live College Calendar at: moodle.kmpslism.catholic.edu.au

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**ASSISTANT PRINCIPAL’S MESSAGE**

“Give thanks to the Lord, proclaim his greatness”

We are now over the half way mark of the term and students have settled into the routine of College life and are busy completing assignments, assessment items, and Year 12 should be gearing up for their mid-course examinations (see article below).

The Academic Detention program and new Late Bells policy are working well. For students to achieve their full potential, it is important for them to be on time to class and complete their work. Students’ writing their homework into their student diaries each lesson is also essential.

This year’s College photos will be taken next Wednesday, 12th March. Students who miss having their photo taken, or who do not pay and wish to order prints, can do so on Monday, 17th March, at the McAuley Centre Market Place.

**Parent–Teacher Evening**

Parents, we have organised a Parent/Teacher Evening for Years 7 to 12 on **Wednesday 19th March 2014**, in the Edmund Rice Hall to give you the opportunity to discuss your child’s progress with us or to inform us of any relevant information that would assist in your child’s education. We believe it is essential all parents take the opportunity to speak with their children’s teachers, from 3.45pm to 6.15pm. The Parent Information and Booking Sheet is available on the College web site under ‘Parents’. A hard copy of this information has been sent home this week.

**Parents of Year 12 students**

Many of you who have been following the school calendar on the College web site will be aware that Year 12 students will be sitting for their Higher School Certificate Mid-Course Examinations in Week 10 and 11 of this term, commencing Tuesday 1st April and concluding Tuesday 8th April. Please note that Friday, 4th April will be a study day for Year 12 students and as such they are not expected to be present. A copy of the timetable will soon be available on the College moodle site. These exams are significant for each student’s final HSC Internal Assessment mark and rank.
Students will be required to attend these exams in full school uniform and are only required to attend school for each timetabled examination. If students are only involved in the morning exam session and choose to go home they must receive a pass out in order to identify that they are off College premises. If students have two exams scheduled on the same day they must not leave the school during the break between exams. Students remaining at school outside of an exam block are to report to the senior study room or an alternate scheduled room for silent study. All students are to attend PC for roll marking if they are at school for the morning exam session. Students arriving to school for afternoon scheduled exams are to report directly to the front office in order to be marked present.

All students should be at the exam centre (Edmond Rice Hall) 20 minutes prior to the commencement of each exam (30 minutes for English, Mathematics and Studies of Religion). If a student is ill or has a misadventure during these exams he/she must complete an Illness/Misadventure Appeal Form (found in their HSC Assessment Guide booklet, or on the College web site), and let the school office or Mr Robinson know immediately. This form requires that they also supply a Medical Certificate, or a Police Report or Funeral Notice etc. Failure to do this and provide adequate written support may culminate in a zero result for that task. Please refer to the Illness/Misadventure Provisions section found in the HSC Assessment Guide booklet.

Mr Guy Campbell – Assistant Principal

REC MINISTRY

Year 7 Belonging Day
The Year 7 Belonging Day was held at South West Rocks Surf Club on Thursday, February 27. The students had a great time getting to know those who came from different primary schools. The teachers who escorted them were full of praise of the way that the students conducted themselves on the day.

Years 11 And 12 Sunday Mass
Fr Paul and the parish community invite all St Paul’s students and their families to attend Mass this Sunday at 9.30am. This will be a parish community expression of support for our senior students, as they study towards their Higher School Certificate. All Year 11 and 12 students, in particular, and their parents are invited to attend. A morning tea will follow in the parish hall.

Ash Wednesday
The whole school participated in an Ash Wednesday service that was conducted in the school hall. Fr Paul and Fr Joe led the service. Thank you to the Year 12 Ministry Leaders, House Captains, School Choir and Men’s Choir who participated in the liturgy.

Project Compassion
Students and teachers are supporting CARITAS Australia through Project Compassion during this period of Lent. Students will fundraise and donate money through the collection boxes that are in their PC rooms. These funds will go towards development projects in less developed countries.

Combined Schools Mass
A combined St Joseph’s and St Paul’s school Mass will be held next Friday, 14th March, in the St Paul’s College Hall at 11.30am. This is part of our celebrations for Catholic Schools Week, along with Open Night. Parents and friends are warmly invited to attend.

Mr Conrad Tamblyn – Leader of Evangelism

CURRICULUM NEWS

HSC Board of Studies enrolment confirmations will be completed next week. Those HSC students wishing to discuss their pattern of study and/or marks in respect to their ATAR in more detail are asked to make an appointment to see me.

Year 12 Examinations
Students should actively be preparing and revising for the Mid-Course examinations which run from Wednesday, 2nd April – Tuesday, 8th April (Term 1 - Weeks 10 and 11), remembering that last term’s work is just as important as this term’s. It is expected that by now all Year 12 students are completing on average
at least three hours of study per night, five days a week. HSC style questions are available from the following web sites: http://www.boardofstudies.nsw.edu.au/, http://www.boredofstudies.org/ and http://www.csu.edu.au/hsc/. All students are strongly encouraged to complete past papers as a part of their revision and study.

**Year 9, 10 and 11 Course Changes**
The deadline for any course change in Year 9, 10 and 11 has expired. All students should be settled into their chosen courses.

**ATAR Subject Bonuses (Information from UAC for 2014 admissions)**
All UAC institutions recognise performance in Year 12 subjects relevant to the course/s for which students have applied. Some have formal bonus points schemes, while others consider students individually. For more details of subject bonus points for 2014 admissions, check the relevant institution website/s using the link below. Some of the institutions include details of other types of schemes, such as EAS and Regional bonuses.

**Parents**
I have available, from the Board of Studies, pamphlets which provide advice to the parents of HSC students on HSC assessment tasks and submitted works. These pamphlets will be at the next parent teacher night. The pamphlets, titled ‘Advice to Parents’, are also available on the Board’s web site at http://www.boardofstudies.nsw.edu.au/manuals/#advice

Parents, please also make note that Year 10-12 Assessment booklets, as well as many curriculum forms, are available on our moodle website at http://moodle.kmpslism.catholic.edu.au/

**Academic Detention**
We have Academic Detention at St Paul’s College for 30 minutes at lunchtime four days per week. If, when checking your child’s diary, you find that they have homework incomplete stamps in a particular subject then your child in danger of receiving an Academic Detention and needs to be reminded to keep up to date with homework and assignment expectations. Homework is given to strengthen student learning and assignments are given as part of the schools internal assessment program. When on Academic Detention students are required to complete the homework they have missed or the assignments that they have failed to submit.

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<td><strong>Year 12 HSC Exams</strong></td>
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**Mr Leon Robinson – Leader of Curriculum/Administration**

**PEDAGOGY**

**Top Tips For Parents To Help Teens Learn**

**Tip #2: Teens Need 9 Hours Sleep**

Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night! This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less.

Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life and in particular leads to reduced academic performance. A recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.
There are numerous factors causing sleep deficit in our kids. These include brain changes in teens, light stimulation at night, too many after-school commitments and overstimulation from leisure activities.

**Preventing Sleep Deprivation - Tips for Parents**

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night Sunday will make your child drowsy for the start of the school week.
- Decide together on time limits for stimulating activities such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Avoid early morning appointments, classes or training sessions for your teen if possible.
- Help your child to better schedule their after-school commitments to free up time for rest and sleep.
- Assess your child’s weekly schedule together and see if they are over-committed. Help them to trim activities.

**Preventing Sleep Deprivation - Tips for Students**

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time. Suggestions include:

- Choose a relaxing bedtime routine; for example, have a bath/shower and a hot milky drink before bed. Go to bed at a time that allows for at least 9 hours sleep
- Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
- Keep your room dark at night. The brain’s sleep–wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- Leave your phone outside your room to charge at night (so alerts for updates, etc. don’t disturb your sleep)
- Avoid caffeine after 5pm.

Sleep deprivation doesn’t just affect teens. It is very common in modern societies. If you or your child are locked into poor sleep habits, consult your doctor about ways to shift into healthier sleep patterns.

**Mr Rob Mahon - Leader of Pedagogy**

**Librarian Matters**

First of all, many thanks to another College parent, Samantha Yarwood, who came in yesterday to assist with the covering of yet more text books. Given the rate at which new sets of books arrive, not to mention the repair of older ones, it’s very much appreciated when parents and friends of the College so freely give of their time. For those of you who have responded to our letter calling for volunteers… thanks so much. We now have a solid core of helpers upon whom to call when the jobs mount up.

**Overdue books** continue to trickle in. Keep it up. Others have been paid for. Thanks. It’s quite amazing (and a little frustrating) when students say (sometimes quite dismissively) “Oh yeah…I know where that is,” then do nothing about it. We are looking to rule as firm a line as possible under this job by the **end of this term** for all overdues from 2012 onwards. Then, and on a more positive note, we will be able to award **House Points** according to how clean a record different groups have established.

Another reminder about our hours of operation… we are generally open from 8.15 to 4.30, Monday to Friday. And if that’s not an option for some reason, Student Services, across the hall, can usually look after your needs. Special hours will kick in, however, for Weeks 8, 9 and 10 in the build-up to the **Year 12 Half Yearly** exams with an **8.00am start**. And don’t be surprised if we have bagels and fruit juice on offer to get your day off to a good nutritional start!
The NSW Premier’s Reading Challenge was launched this week, and English teachers have class lists and information for those who are interested. It’s enough, at this stage, for students in Years 7, 8 and 9 to give their names to their teachers, collect a Student Reading Log, then start jotting down the titles of all those books they’ve read since October last year. We’ll deal with the online aspect of the challenge shortly, but you can go there to have a look at the vast array of titles on offer.


Happy Reading
Mr Peter Garty – Teacher/Librarian

WORLD’S GREATEST SHAVE
ST PAUL’S COLLEGE, KEMPSEY FRIDAY 21ST MARCH

This year, St Paul's College is again getting behind the Leukaemia Foundation and participating in the World's Greatest Shave. The foundation provides practical and emotional support for families of those with blood cancer, as well as investing in research to improve treatments and find cures. Our College has been touched by cancer over the past few years and it seems fitting that as a school community we support them.

Last year we raised a phenomenal $5,000 but this year we are hoping to far exceed this. Donations can be made at school, with a donation box to be placed in the Front Office OR online at www.worldsgreatestshave.com, search for a shaver > team > St Paul's College Kempsey OR http://my.leukaemiafoundation.org.au/spckempsey

Mr Angus Crowley – SRC Co-ordinator

Year 10 Sydney Excursion
The annual compulsory HSIE excursion to Sydney for History and Geography will be occurring on Monday, 24th March – Wednesday 26th March.

Students will be leaving the Big W car park at 7am on Monday morning and will return about 8pm Wednesday night at the Big W car park. Year 10 students will be given an itinerary shortly so that their parents will be aware of what their child is doing while away. Year 10 students must ensure that they bring a clip board to complete worksheets at the different venues and their assessment task about the excursion will be completed at school on the Friday after the excursion.

Students are reminded that the final payment is now overdue for the excursion. Please pay this as soon as possible. I look forward to a wonderful excursion again this year.

Mrs Melissa Preston – Leader of HSIE

LOTE NEWS
Planning for our school excursion to Germany during the September / October holidays this year is well underway. After the deposits have been paid it looks like 9 students, 3 teachers and 4 parents will be travelling.

We will also hold a meeting on the same night as the College’s Open Night at 5.30pm in the German room. Items on the agenda include:

- Going through the revised itinerary
- Distributing names and contacts for host families
- Discussing travel insurance requirements and completing associated paperwork
- And just getting to know who is travelling on the trip.

Just a gentle reminder for those travelling that the third instalment of $500 was due Monday, 24 February. (Monday Week 5). It can be paid via Bpay, cash, EFTPOS or cheque made out to St Paul’s College at the front office.

Mr Sam Preston – German Teacher
STUDENT SERVICES

HOMEWORK CLUB
Homework Club will once again be operating in 2014 every Wednesday afternoon from 3.25pm till 4.25pm in Student Services. Students can complete homework or assignments with the support of a teacher and with access to computers and reference books. The Library will also be open five days a week until 4.30.
All students are welcome and encouraged to make use of this valuable service. Those students being picked up should do so from the car park behind the Science Block.
Please complete the form below and return to the Student Services Centre.

Mrs Jan Stubbs - Additional Needs Teacher

I give permission for ...................................................... to attend Homework Club on Wednesday afternoons. He/she will: be collected or walk home. (cross out whichever does not suit).

Parent’s name: .......................................................... Phone no.: ............................................................

Parent’s signature: ........................................................

Mrs Jan Stubbs – Additional Needs Teacher

SPORTS NEWS
It’s an exciting time in sport this week with the kick-off of the NRL season upon us and sport at St Paul’s is also experiencing a surge in excitement. This week we had 12 students compete at the Diocesan Swimming Carnival at Banora Point. Next week the College will be represented by four teams in the inaugural Hastings 9s Rugby League competition to be played at Port Macquarie. On Tuesday of Week 8 seventeen students have been selected to trial for Diocesan representative teams in rugby league, AFL and football. We wish these competitors the best of luck and I look forward to reporting on the results of these competitions in my next sport report.

We also have a major sporting event coming up in the College cross country, to be held on Monday 31st March (Week 10 Term 1). This will be the first College cross country to be held on our new North Street property with more details to come at our next College assembly and on our next newsletter.

Students need to keep checking the sports notice board for details on upcoming registration days and competitions for local sporting groups.

UPCOMING EVENTS
Hastings 9s – Thursday 13th March – Port Macquarie
Diocesan Winter Trials – Tuesday 18th March - Lismore
College Cross Country – Monday 31st March – North Street
Diocesan Touch Football Boys and Girls – Tuesday 6th May – Port Macquarie

Details about training and selection trials for these events will be provided in the morning notices over the next few weeks.

NEW COLLEGE SWIMMING RECORDS
Rebecca Grant 12 girls 50m freestyle – 31.11 (old record – E Clarke – 32.51 – 2007)
50m backstroke – 36.46 (E Clarke – 39.00 – 2007)
50m butterfly – 34.95 (T Caldwell – 38.64 – 1998)

Jessica Grant 14 girls 50m butterfly – 32.11 (H Tamblyn – 33.88 – 2008)

Junior girls 400m freestyle – 5.06.34 (H Tamblyn – 5.10.63 – 2008)
100m breaststroke – 1.25.77 (H Tamblyn – 1.29.08 – 2008)
100m butterfly – 1.12.54 (A O’Meally – 1.18.15 – 2013)
200m I/M – 2.47.42 (H Tamblyn – 2.49.59 – 2008)

Kolby Wood 17+ boys - 50m freestyle – 27.07 (C Thurgood – 27.55 – 2008)

Go the Panthers!

Mr Tim Moorehead – Sports Co-ordinator
### Canteen Roster – 2014

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<td>Karen Hodges</td>
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<td>Wed</td>
<td>HELPERS URGENTLY NEEDED</td>
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<td>Thur</td>
<td>Rani Nagra</td>
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<td>Fri</td>
<td>Di Whalen, Michelle Ryan</td>
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<td>Wed</td>
<td>Anny McIntyre</td>
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<td>Thur</td>
<td>Julie Wright</td>
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### Baking Roster – 2014

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<td>Pauline Rixon</td>
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<td>Mareen Ward</td>
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<td>Thur</td>
<td>Cate Madden</td>
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<td>Gail Irvine</td>
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<table>
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<td>Shalini Anand</td>
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<td>Kerry Delaforce</td>
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<td>Thur</td>
<td>Clare Alsford</td>
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<td>Fri</td>
<td>Julie Farah-Halls</td>
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Crescent Head Country Club

“A great supporter of our local community”

Bowls, Golf, Tennis

2 Great Eateries, Bumpa’s Bistro
+ Vick’s Chinese Restaurant
Family Friendly, Highchairs available
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email: entertainment@chclub.com.au

David Parkinson
B.Fin, Admin, MIFA
Registered Tax Agent

Impakt Taxation & Accounting Solutions
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