“Christ has no body now on earth but yours; yours are the only hands with which he can do his work, yours are the only feet with which he can go about the world, yours are the only eyes through which his compassion can shine forth upon a troubled world. Christ has no body now on earth but yours.”
“The important thing is not to think much, but to love much, and so do that which best stirs you to love.”
(attributed to St. Teresa of Avila)

‘Champions aren’t Made in the Gyms’ ...

Mohammad Ali once said ‘champions aren’t made in the gyms, champions are made from something they have deep inside them – a desire, a dream, a vision’.

The open girls’ cricket team showed they had all these qualities to be champions when they competed at the annual CGSSSA cricket carnival at Waverley on Friday 23rd October. The day was perfect for cricket with blue skies and a gentle breeze. Based on last year’s results Woolwich was placed in Pool B and our first game was against Domremy. Winning the toss, we elected to bowl hoping to get early wickets. We bowled Domremy out 3 for 57 and went into bat achieving 4 for 79 with Rachel Wong (Yr10) and Matilda Hamilton (Yr9) top scoring with 16 runs each.

Our second round match was against St Ursula’s and we again bowled very well, limiting their score to 4 for 52. Our good batting continued with Alisha Bass (Yr9) scoring 23 and Jordan Kain (Yr9) 16, winning by 24 runs.

Our third round opponents were the girls from St Clare’s who set an easy target of 57 runs, helped by Alisha Bass’ right arm and displaying Glenn McGrath’s pace achieving 2 for 4 off one over. Precision batting by Carly Ussher (Yr9) top scoring with 23 runs not out and Jessica Cavalletto (Yr9) with 21 ensured our third win in succession.

Winning our pool the girls were full of confidence leading into the semi finals. OLMC set Woolwich a run chase of 74 from 7 overs. The match came down to the wire with Woolwich needing 8 runs off the last over to win. Matilda Hamilton (Yr9) sealed the win off the second last ball with a beautiful straight drive down the wicket hitting the boundary.

The final was a rematch against St Ursula’s who set an easy target of 45 runs. Woolwich went into bat and the girls displayed all the skills and qualities needed to be a champion team. On 45 with one run to win Emily Woodbury (Yr9) hit a spectacular 6 into the carpark to win the match and the Championship.

It was wonderful to see the girls so ecstatic and bursting with pride when they were presented with the shield and their individual medals.

Congratulations to Carly Ussher, Matilda Hamilton, Alisha Bass, Jordan Kain, Jessica Cavalletto, Emily Woodbury, Rachel Wong, Kristabel Wong, Fiona Walsh, Nicole Ransom, Jessica Miller, Isabella Giannasca on a fantastic win. Well done Girls!

Mr Watts

Congratulations Lauren

It has just come to hand that during the Ryde Eisteddfod Lauren Adams (Year 8, COL 422) also entered four pieces and received two High Commendations. One for a dialogue which was from an extract out of “Alice and Wonderland” and the other from a poem for two, called “The End of a Friend”. Well done Lauren!
Marist Year 11 Youth Forum

On 16th to 18th October we were given the chance to attend the Year 11 Marist Youth Forum at the Marist Hermitage, Mittagong. Here we met other Marist students from all around NSW and discussed Social Justice issues. We listened to motivational speaker, Justin, who is business partners with former Wallabies Captain, John Eales, and representatives from Marist Vocations, including Sister Vivienne and Brother Greg (Marist Canberra). We had a great time and have made lasting friendships. We would like to thank Mrs Fisher for organising what was a fantastic weekend.

Sarah Ienna and Nicole McKeon

Year 8 Information Night

Wednesday 25th November
7:30pm in the College Hall
Re: Macbooks for Year 9 in 2010
All parents and girls in Year 9 2010 must attend.

Mrs Philipson will distribute paperwork to take home for the girls in Year 8 during study period on Tuesday 3rd December.

MSCW SPORTS NIGHT

2009!!!
The 2009 MSCW Sports Night will be held on Wednesday 11th November starting at 7pm sharp. Any girl who has represented the College in sport is required to attend the evening. It will be a great opportunity to acknowledge the achievements of all our girls in the following sports:

Volleyball, Tennis, Cross Country, Hockey, Waterpolo, Basketball, Swimming, Athletics, Gymnastics, Sailing, Softball, Netball, Outdoor Soccer, Indoor Soccer, Touch Football, Dance, Cricket, Aquathon, AFL, European Handball, Dragon Boating, Rowing

Looking forward to a fantastic evening!!!
Miss Katrina Mostyn, Sports Coordinator

Parents and Friends Meeting

Last P&F meeting for 2009 will take place on Tuesday, 10th November 2009 at 7:30pm. Please come along and join us for this AGM meeting. If you have anything you would like to add to the agenda please email it to rebourke@bigpond.com by Monday, 2nd November 2009.

Nominations for the committee must be in writing and received by Friday 6th November. Please email nominations to cjschiller@bigpond.com. If insufficient nominations are received prior to the meeting, nominations and acceptances will be taken at the meeting.

Cathy Schiller (President), Rachel Bourke (Secretary)

DUTY GIRL ROSTER

MONDAY 2ND NOVEMBER 2009

Monday  Viviana Vicano and Rebecca Vadnay
Tuesday  Daniella Vrlicic and Chloe Viveiros
Wednesday Elise Walsh and Nicola Wakeham
Thursday  Isabella Whitaker and Tiffany Warren-Smith
Friday   Caitlin Wohlflie and Brooke Wiggins

Girls report to Reception by 8:40 am

Member of Association of Marist Schools of Australia and Alliance of Girls’ Schools
New Year’s Eve on the Plaza!
The Parents and Friends Community would like to invite you to a New Year’s Eve social event on Cerdon Plaza. It is open to all families and friends at MSCW for the viewing of the 9pm fireworks on Sydney Harbour. BBQ facilities will be available. Function is 6pm till 10pm ONLY.

Tickets are $20 per adult and $10 per child (under 18 or school student) and can be purchased by completing the form attached with the Newsletter email. Forms should be returned to the Student Office with payment and a stamped self addressed envelope by 8th December. Entry will be via TICKET ONLY.

For more information please contact Linda Der at lindader@bigpond.com or phone 0419 242 204.

Woolwich Netball Club AGM
Woolwich Netball Club will be holding its Annual General Meeting at Hunters Hill Hotel on Thursday 19th November at 8pm. All are welcome to meet the committee and enjoy a quick meal and/or drink before the meeting from 7pm. The club would like to make decisions regarding the grading of teams and equipment purchases, so come along and have your voice heard.

The registration form for 2010 netball season is attached with the Newsletter email. Registration Day will be held on Saturday 5th December 10am to 1pm at Holy Name of Mary Church Hall, Cnr of Gladesville Road and Mary Street Hunters Hill. Any questions please contact Linda Der at lindader@bigpond.com.

MSCW SWIMMING CARNIVAL
The College swimming carnival is on Friday 20th November at Lane Cove Aquatic Leisure Centre. It is a compulsory school day for all girls who will arrive at school, swipe in as normal and be transported by bus to and from the venue. Girls can come dressed either in sports uniform or appropriate House Colours. Canteen facilities will be available.

Parents are encouraged to come along and support the day. Entry is $3/spectator. Entries are now being taken, but will close on Wednesday 4th November. Girls are to see their House Coordinator or House Captain to enter a race.

See you there!

Sailing News
IMPORTANT – please return all sailing trophies to Mr Maloney ASAP as Sports Night has been moved forward to 11th November.

Riverview Regatta just 3 weeks practise until the Regatta. Remember after school training has been extended until 5pm on Thursdays for those who can arrange transport home, otherwise its practise at Saturday sailing. A late addition to the team is Melinda Gregson.

At the NSW Laser Coast Championship at Toukley Sailing Club, Alex South finished 2nd Women and 1st Youth Women, and Emily Sloane finished 2nd Youth Women. Well done Alex and Emily.

Our first ocean sailor is from Year 7. During the last school holidays young Grace LeMarquand spent 5 days at sea helping her father sail a new 54 footer from Hamilton Island to the Gold Coast. They encountered both smooth and stormy seas and Grace had to do her watches, some of which started at 12 midnight until 4am. Well done Grace – you are now our record holder for time at sea! Can we come next time?

Thank you to Mrs Kathleen LeMarquand who cooked lunch for our sailors, giving me more time with the girls. Thank you also to Scarlett Higgs for baking that delicious cake.

Saturday sailing this Saturday, 31st October, 10am-3pm: Remember to bring your sunscreen, sailing gear, swimmers, shorts, t-shirt or rashy, old sneakers, warm change of clothes, lunch or something to BBQ and $15.00.

Mr Maloney (9879 6935, 0415 219 112)

Year 9 Mother & Daughter Dinner
When: Friday, 30th October
Time: 6:30 pm
Where: Madeline's Brasserie, Hunters Hill Club, 14-16 Madeline Street, Hunters Hill

The dinner will be a Year 9 social event so come along to meet new families.

Tables have been reserved at Madeline’s Brasserie at the Hunters Hill Club.

If you would like to attend, please RSVP by email to rose_unwin@bigpond.com or phone on 0409 597 426.

Hope to see you there!

Rose Unwin
A NOTE FOR PARENTS
At MSCW we are constantly trying to encourage a more environmentally friendly and sustainable attitude within the whole school community. This can also be reinforced whilst at home. It is for this reason we have 15 easy ways that you can be sustainable at home.

1. **Make compost**, or if you don't want to build your own compost heap, give your organic waste to friends.

2. **Reuse paper bags, envelopes, etc.** This can also mean purchasing a re-useable lunchbox, or packing your child a waste free lunch, to minimise waste not only in our school environment, but globally.

3. **Maintain possessions** instead of discarding them. With a few tools and a how-to book you can save money, resources, and landfill space.

4. **Install low-flow showerheads.** With less water to heat, you'll save water and energy. Cheap low-flow showerheads are readily available from most bathroom stores around Sydney.

5. **Use compact fluorescents**, which screw into ordinary incandescent light-bulb sockets but use far less electricity. You could even go so far as to add **motion-sensing switches** to turn them off when the room's empty.

6. **Bike, walk, and use public transport.** Send your children to school on the bus instead of driving them, it will save you time and fuel, as well as saving the atmosphere from further pollution.

7. **Install a solar water heater.** They’re often cost-effective even in cloudy areas.

8. **Buy efficient appliances** with smarter designs, like front-loading washers (they use half the water and detergent of top-loading washers). Check efficiency ratings, you could save up to 13 percent of your household energy use.

9. **Use non-toxic cleaners.** Borax, vinegar, baking soda, salt, and lemon juice are a few of the many natural alternatives.

10. **Separate recyclables, and recycle them.**

11. **Carpool and combine trips.** The same effect people try to gain with using public transport, but in the comfort of your own cars.

12. **Store rainwater - use your roof as the collector.** It’s clean, it’s free, it’s great for your garden or yard, and it doesn’t take energy to pump it to your house.

13. **Fix leaky pipes.** Even small leaks can waste thousands of litres of water a year, and most can be easily repaired.

14. **Start a community garden** in unused open space. Buy your food from local growers. There may even be a group you’re not aware of in your area.

15. **Install low-flush toilets.** It saves money as well as water, by cutting utility bills.

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**Back to the 80’s**

**WE WANT YOUR TOTALLY AWESOME 80’S CLOTHES AND ACCESSORIES!!**

*Please donate to the Back to the 80’s Costume Bank!* Please deliver potential costume items to the Student Office with your name, your daughter’s name and tutor group on the bag so we can keep track of who owns what and give it back to you. Costumes are American high school students circa 1985. Think bright colours, headbands, legwarmers, denim, shoulder pads, bubble skirts, lace, fishnets and fluoro plus any combination of things that probably shouldn't go together and you’ve got 80’s fashion! *Please contact Ms M Cooper or Ms Spata with any queries or suggestions. Thank you.*

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**Lifehouse at RPA - the Chris O’Brien Appeal**

In June this year, we were saddened by the news that Professor Chris O’Brien had lost his brave battle with a rare and aggressive brain tumour. The charismatic head and neck cancer surgeon, who charmed his patients and then the nation as the popular face of the TV medical series RPA was also the Director of the Sydney Cancer Centre, a neighbour of the College, a regular at Villa Maria church and an ex-student of Marist Brothers Parramatta.

Chris O’Brien touched the lives of everyone he met with his compassion and dedication. He came to the College and spoke to our girls about the importance of sun protection and would often stop for a chat with them outside the school gates.

Despite his own illness and declining health Chris campaigned tirelessly on his final crusade, to establish the first purpose built integrated comprehensive cancer centre in Australia. Prime Minister Kevin Rudd has committed $1.3 billion to the centre saying “it will be an enduring legacy to a great man”. The Chris O’Brien Appeal is aiming to raise an additional $50 million with construction of ‘Lifehouse at RPA’ due to start later this year.

The P&F Association has raised over $30,000 this year and I have proposed we donate $1000 of this money to this worthy cause. This would be a fitting tribute from our school community to a truly inspirational Australian. The proposal will be listed on the agenda at the next P&F meeting. If you would like to further contribute to this donation, please send a cheque to the school office in an envelope clearly marked ‘Donation to Lifehouse at RPA - The Chris O’Brien Appeal’ (cheques made payable to MSCW and we will write one cheque for the Appeal).

Cathy Schiller, President P&F Association (contact: cjschiller@bigpond.com)