OVERCOMING COMPARE-ITIS

I was talking to a friend of mine over breakfast. He told me, as he took his first sip of java, that he suffered from compare-itis. Many of his buddies were having ‘overnight success’ in the writing industry. They seemed to cough into a napkin and the New York Times Bestseller list would love it. He was down about where he was and if people looked at him as a failure. His compare-itis is a not-so-rare derivative of adultitis where you compare yourself to others and base your happiness on that. So if Joe got a new job, you want a new job. If Adele has a hit album, you wonder why your album hasn’t taken off. You get the idea. I looked at my friend and said, “You aren’t the Beta version of anyone.” He blinked a couple of times. His eyes dilated. I blamed that on the coffee, “Look, man. No-one is looking at you saying, “Man, Jim isn’t writing anything valuable at all. What they are saying is positive stuff. You work hard and you’re a successful guy, but you aren’t the Beta version of all these guys. You’re Jim.” He sighed. The waitress brought us our breakfast and then he asked me question that took me off my game a bit. “Ok, so how do I stop? What do I do?” I scratched my head. The pressure was on. My buddy was counting on me for some mountaintop wisdom. So I stalled, took a huge bite of hash browns and gave the “one sec” hand gesture. “Use Instagram.” His eyes dilated again. “Here’s what you can do. The trick isn’t doing what those authors are doing. That’s their thing. Again, you aren’t the Beta version. You need to be more Jim. I think you need to go back to what you have, what you grateful for. So here’s the assignment. Everyday take a picture of what you are grateful for. Every day. One thing. Your kids. Your wife. Your house. Your iPhone…whatever.” He paused for a bit. Ate some scrambled eggs. “I can do that.” We got up to leave and I thanked him for paying the bill. What I have found is the only way we can defeat compare-itis is by evaluating, inventorying and celebrating what we do have and being grateful for it. If we think that people have it bad just as we do, then we all get to feel lousy and that isn’t the point. It’s looking at the good and celebrating the good and cherishing the good. These can be small things: good coffee, an unexpected embrace, a card from a friend, etc. I’m working to integrate more of these into my life so that I don’t feel lousy and compare myself to others, because you can’t win that game. And before we left, I didn’t take a picture of two empty plates, where good friendship dwelt for awhile—and I should have. Because for that friendship, I am grateful.


ORIENTATION DAY Kindy to Year 8 - NOVEMBER 14

Carmel Adventist College is holding an Orientation Day on Friday, November 14. This is a day where new students to the College are invited to attend either the primary or secondary campus.

Carmel Primary
The primary school has a specific half day program running for prospective Kindy and Pre-Primary students. Students in Year 1-6 are also invited to attend for the day and spend it with their appropriate class.

Carmel Secondary
At the high school, the day is designed for students beginning high school in 2015. The focus is to familiarise students with high school life to assist with a smooth transition to high school. Lunch will be provided for students and parents are invited to stay between 9.00 – 10.00am to meet with staff for an informal morning tea.

Bookings are essential. Please contact Carmel Primary on 9291 6399 or Carmel Secondary on 9293 5333.
HAPPY BIRTHDAY TO YOU!
The following people are celebrating their special day in October.
Tapiwanashe Chinhamo (1), Jaime Mentiplay (3), Byron Beck (4), Cooper Weckert (6), Kristen Williams (7), Bella Earp (10), Tigran Mulder (12), David Price (15), Leela Adams (16), Leslie Alley (16), Tara Coldicutt (18), Lily Fridula (18), Munashe Mururi (19), Mirabel Yankey (20), Zali Smedley (20), Amy Duncan (21), Mia Stafford (23), Ellena Cox (25), Albie Rees (26), Panashe Chinhamo (29), Simba Mawire (29), Jenae Johansson (30), Bethany Hughes (31).

NEW LOGO BLOUSES/SHIRTS
If you have returned one of the new school logo shirts due to the bubbling collar, please note the following.
A credit has been drawn up for everyone who has returned the new logo shirts. Due to the continuing problems with these shirts it has been decided that we will be changing our supplier. As a result, the new shirts won't be available until mid-2015. Please call in to the High School uniform shop to redeem your credit or call Marcia on 9293 5333 for further clarification.

OUTSTANDING SCHOOL FEES
Thank you to those families who have paid their school fees. We still have a number of families who have fees outstanding for 2014. Please remember that all outstanding fees are to be finalised by Dec 17. Failure to pay may result in reports being with-held until fees are paid.

RECYCLED MILK BOTTLES
The Early Childhood Centre is collecting 2 litre milk bottles for a recycling project. They need 200 bottles and so would greatly appreciate any donations to help them reach their tally. Please deliver any unwanted milk bottles to the Kindy and Pre-Primary classrooms over the next few weeks. Thankyou.

ACTIVE AFTER SCHOOL SPORTS
It’s on again! Monday’s Senior group will be playing GOAL-BALL at the College Gym. Tuesday’s Junior group will be run by Pr Tharren here at the Primary school. **Please note that the Senior group will need to be collected from the College Gymnasium at 4.30pm.**
**SUBWAY ORDERS**
The P&F have decided to run the Subway lunch order days again this term. This will happen on the Friday of week 5 and week 10. Order forms will be sent home next week. If you would be willing and able to collect the orders from Subway in Forrestfield on the morning of Friday, Nov 14, please let our office know as our usual collection person is unavailable that day.

2015 YEAR 7 APPLICATION FORMS
If you plan on sending your Year 6 child to Carmel College High School in 2015, you will need to secure their place by sending in your Application Form as soon as possible.

**CARMEL CHURCH PLAYGROUP—TERM 3**
The dates for Carmel Church Playgroup for Term 4 are October 30, November 13 and 27, and December 11. You are welcome to join us.

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**Think U Know about online safety?**
Do you want to find out how young people have fun online, how you can help them to stay in control and learn about personal safety?
Places have been filling up fast and this is your last chance to register for the Think U Know presentation about online safety which is being hosted by the City of Gosnells in partnership with the Australian Federal Police and WA Police. The session will focus on cyber safety and will cover topics such as online grooming, cyber bullying, inappropriate content and security. You will also find out about personal safety and learn some simple tips that will help protect you and your home.

**Date:** Wednesday 29 October 2014  
**Time:** 6pm until 7.30pm  
**Venue:** Don Russell Performing Arts Centre, Murdoch Road, Thornlie  
**Cost:** FREE  
**RSVP:** Safe City on 9391 6022 or safecity@gosnells.wa.gov.au  
Please note: this presentation is suitable for persons 18 years of age and over.

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**Mental Health & Well-being Workshops**

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**SafeTALK**

*It’s OK to talk about suicide risk*

SafeTALK is a brief program which shows how people alert to suicide risk can increase suicide safety, and considers how opportunities to prevent suicide are often missed, dismissed or avoided.

Learn how basic TALK steps can link persons at risk with suicide first aid and other help to increase their safety. Facilitated by a registered SafeTALK presenter via Brain Ambulance® Pty Ltd.

For more information of SafeTALK please refer to www.livingworks.com.au

**When:** Tuesday 11 November 2014  
**Where:** Armadale Lotteries House  
122 Forrest Road  
ARMA DALE  
**Time:** 5:30pm - 9pm  
**Cost:** FREE  
**Facilitator:** Jackie McRae  
**Refreshments & handouts provided**

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**Bouncing Back**

*Building Resilience in Children*

Resilient kids are optimistic and do better at school. They are resourceful and persist when faced with challenges.

This two session workshop will help parents identify their children’s strengths in order to build their sense of well-being and optimism.

Based on “The Resilience Doughnut” by Lyn Warney  
Skills aimed to assist with age groups 0-12 years

**When:** Friday 31 Oct & 7 Nov 2014  
**Where:** Armadale Arena Recreation Centre  
Corner Forrest Rd & Townsley St  
ARMADALE  
**Time:** 9:15am - 11:45am  
**Cost:** FREE  
**Facilitator:** Keilie Wilson  
**Refreshments & handouts provided**

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**Crèche Available**

For enquiries and bookings please email or call:  
workshops@clanwa.com.au  
Perth Metro: 9472 9144  
Peel/Rockingham: 9381 5595  
Places are limited and bookings are essential  
www.clanwa.com.au  
www.facebook.com/clanwa

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**SUBWAY**

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**Mental Health & Well-being Workshops**