

## Information on the Father/Son Weekend at Colo.

**Transport to Colo.** Fathers (or father figures) and sons need to make their own way to Colo. There is no bus going to Colo. The idea is for you to spend as much quality time together as possible. You should have lots to talk about on the return journey! (For unusual circumstances, such travel from overseas please contact Mick Blair to discuss alternative arrangements if necessary; phone 9816 0840, email [mblair@joeys.org](mailto:mblair@joeys.org))

**How to get to Colo.** A map showing directions from Sydney via Windsor is attached. If you will be coming through the Blue Mountains using the Bell's Line of Road, give Mark Brackenreg a call at Colo for information on the shortcut from that direction. Directions can also be downloaded from the college website [www.joeys.org](http://www.joeys.org)

**Colo contact details.** Phone: 45 659 246 (Mark Brackenreg) Fax: 45 659 219 or e-mail: [colo@joeys.org](mailto:colo@joeys.org)  
Please note that mobile phone reception at Colo is very unreliable. If you need to be contacted this is best done by leaving a message at the Colo office, 4565 9246. For emergencies, the best numbers are 4565 9237 or 4565 9231.

**What to bring.** Tent, sleeping bag, pillow, sleeping mat, torch, jogging /walking shoes, warm clothes, toiletries, towels, medications, raincoat, water bottle. Food snacks for in between meals if you wish (all meals are provided). You will be able to park reasonably close to your tent, so won't need to carry your gear far. Optional: Camera, fishing gear. You might also like to print off a copy of the program, or download a pdf of the program from Jnet.

**Sleeping arrangements.** The idea is for fathers (or father figures) to share a tent with their son. If you do not have a tent please make efforts to borrow one. If this is impossible, a limited number of Colo tents and sleeping bags are available. Please call Mark at Colo to make arrangements.

**Poor weather.** In the event of forecast severe poor weather, or natural emergency such as fire or flood, the weekend will be cancelled. Therefore it would be worth considering having an alternative outing in mind, so that fathers can still spend some special one on one time with their son. If the event is cancelled, boys will be advised of this at school on Friday 16<sup>th</sup> September. Notification of the cancellation will also be left on the College website as well as Mick Blair's voicemail (9816 0840). Alternatively you can contact Colo directly. Parents who receive Mick Blair's weekly e-mail and newsletter will also be notified by e-mail.

### Program.

<b>Saturday</b>	10.00 a.m.	Approximate departure time if driving from Hunter's Hill
	11.30 a.m.	Arrive at Colo
	12.00 noon	Meeting. Welcome, introductions and outline of activities. Put up tents.
	12.45 p.m.	Lunch
	2.00 p.m.	Activities. Fathers and sons to do the same activity: Touch footy, swim at river, canoeing, cooperative games, orienteering, bushwalk, Adventure Ropes Course, various sports, fishing (bring your own fishing gear)
	5.00 p.m.	Free time, showers
	6.00 p.m.	Mass
	6.30 p.m.	Dinner
	8.00 p.m.	Boys meet with staff in marque for discussion Fathers meet in dining hall.
	9.00 p.m.	Affirmation session at bonfire.
	11.00 p.m.	Bed and silence for sons.
<b>Sunday.</b>	7.15 a.m.	Breakfast
	9.00 a.m.	Father son Tug-o-War
	9.30 a.m.	Review, farewells
	10.00 a.m.	Clean up
	10.30 a.m.	Depart. The remainder of the day is free for each father and their son to spend some time together.

The activities at Colo on Saturday and Sunday morning are designed for you to strengthen and build on your relationship with your son. It also provides an opportunity to continue, or perhaps to start, a conversation with your son. These activities are conducted within the context of a large group, usually of around 200 fathers and sons.

The activities at Colo wrap up by about 10.30 am, leaving the opportunity for you to spend some more personal time

with your son. In the past a number of fathers have asked for information about activities that they may be able to do with their son. Generally they have been looking for suggestions involving something active and something fun, with the aim of enjoying another shared experience and also providing a framework that allows them to continue the conversation started at Colo as they travel to the activity and then back to home or Joeys. A list with ideas for activities is attached.

**A few other issues for the smooth and safe running of the weekend.**

**Fires.** Dependant upon weather conditions, a bonfire will be lit by Colo staff for the affirmation session. This will be available afterwards to relax around. Due to fire permit restrictions, no other fires can be lit. When the bonfire is first lit by Colo staff, boys are asked to stay away until staff indicate the fire is being safely managed.

**Medical issues.** If you have any medical or other issues that you feel Colo staff should be aware of, please contact Colo. (We already have medical information for the boys)

**Vehicles.** Risk management procedures at Colo require that passengers wear a seat belt. Please don't allow boys to ride in the back of utes. Please adhere to the speed limit signs.

**Touch Footy.** In the past we have had some fathers injured when the Touch Footy has become more physical. Please enjoy a spirited and enthusiastic game without contact.

*Mark Brackenrey.*

Coordinator of Outdoor Education  
 Coordinator of SJC Colo Outdoor Education Campus

**St Joseph's College Outdoor Education Centre "Colo"**

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 (02) 4565-9246

