FROM THE MASTER

Albies Week has come and gone for another year and I’m happy to report that the students have once again embraced every opportunity availed to them during the week.

Perhaps the highlight of the numerous activities, including community service by our entire College, was the annual ‘Chugby for Charity’ match. We were lucky enough to break the 4 year drought and gain an impressive 17-0 win in a fantastic match against a well drilled Robb outfit.

Added to that our first grade rugby team sealed the minor premiership and our A Grade netball team defeated Robb in yet another tough encounter, which ensured that it truly was a weekend of celebrations.

This Sunday we eagerly await the entertaining words from Steven Bradbury at our inaugural Sporto’s Lunch. I look forward to joining many of you for what will be a great afternoon as we celebrate the efforts of our winners of the sports awards to be announced at the lunch.

As is testament to the positive feeling about the College and the quality of our young men and women who reside here, we have been overwhelmed by the enormous number of applicants from students keen to join the leadership team in 2017. A meeting will be held involving management and our student leadership team, to shortlist applicants later this week, no easy task I can assure you.

Finally, at this time of awaiting news of a shortlist for candidates for leadership, I wish to share with you a story I heard from former Australian rugby coach, Robbie Deans, who spoke of a time such as this in his life. He came home after team selections at university rugby and stated to his father that the coach did not select him for the A team. His dad’s reply was simply, ‘Don’t worry that’s only one man’s opinion.’ Two weeks later upon earning selection in the team, he came home to tell his father of his success in making the team. His father replied, ‘As I said before, that’s one man’s opinion.’

Jas Lincoln

FROM THE DEAN

As we enter week four of trimester two I would like to take this opportunity to sincerely thank the JCR Committee, the RST and the entire college community more broadly on a successful start to the trimester. The last three weeks have seen many events, all of which have been a huge success due to the ongoing commitments of Richie Burke and his executive. A very sincere thanks and congratulations is also extended to our five block Residential Advisors for organising a range of community service activities as part of the Albies Week celebrations. There has been a large amount of positive feedback from both the University and the local community.

This week as a college we will be hosting our inaugural Sporto’s Formal Luncheon to celebrate the sporting achievements of our students. We are extremely fortunate to be able to welcome Olympic gold medallist Steven Bradbury as guest speaker to the event. Alec Rainnie and Tenielle Basson should be commended for their ongoing efforts in bringing this event to fruition. It is definitely shaping up to be a great occasion.

It is this time of the trimester that many start to feel run-down and overwhelmed with work. If this is the case, please ensure you seek help early through speaking with your RA or come and see me.

With thanks as always,
Mick McGuiggan
With Albies’ week now over and done, a large thank you goes to the JCR Executive, Burkey, Greg, Knox and Fred who really pulled the whole week together single handily. Texas Cletus saw the country come to the Servies and ‘Keady’ holding his own finally on a college night out. As chugby was played Friday, friends from both Robb and Albies were arriving in full flight and heading to every pub in the Armidale CBD.

The ball was a success with the focal point being Richie’s speech, which then was fused in to the proceedings of the best day of the year, "Recovery". With festival vibes floating around, we saw ‘Buzz’ making his mark straight away, Knighty showing off his rodeo skills and Andy Marshall's scorpion on the dance floor.

The general consensus being a quiet few days to have some actual rest and recovery and then focus on the C Block Ball coming this Saturday.

UPCOMING EVENTS

Saturday 23 July  C Block Ball
Sunday 24 July  Sporto’s Lunch
Friday 29 July  Albies Vs Robb Debate
Wednesday 10 August  Careers Night

SAVE THE DATE: the 10th of August for the Careers’ Night being held here at Albies
Academic Report

Albies Week was a busy one and I hope that everyone had a great time! This week as we get back into the swing of university related work our AAs will recommence their tutes and Nerd Night will continue this Wednesday evening. A big thank you to Donut King Armidale, who will be supplying donuts for everyone wishing to use this opportunity to study. It is a perfect time to get on top of the work that may have been put on the back burner during the intense activities of last week.

As assignment deadlines begin to close in please utilise the Academic Advisors should you have any questions. If you feel that you are not coping in a unit please come and see myself or any of the AAs as there are plenty of options before the census deadline on the 29th of July.

Peta Bradley
-SAA

TUTES THIS WEEK

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<tr>
<td>7:00pm Tuesday</td>
<td>EDME143</td>
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<td>Suz</td>
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<tr>
<td>6:30pm Wednesday</td>
<td>CHEM20</td>
<td>Conference Room</td>
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<td>Tutorial Room</td>
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<td>Tutorial Room</td>
<td>Ben</td>
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<tr>
<td>3:00pm Friday</td>
<td>1st Year Med</td>
<td>Tutorial Room</td>
<td>Tim</td>
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NERD NIGHT
7.30pm Wednesday in the Dining Hall - Peta

If you can't attend your tutes please contact your AA and let them know

LET'S TALK WITH LOUISE

Hi all,

Motivation is described as a reason or reasons for acting or behaving in a particular way. We all lose our motivation for our study from time to time. Following are some helpful tips to boost motivation:

- Visualise success. Imagine yourself getting your degree – find an image that shows your success and keep that image in your minds-eye or find an object to represent success.
- Remind yourself of why you are here and what you hoped for when you started your course.
- Set small, specific, realistic goals.
- Keep good work practices – balance work with fun.
- Talk to others about what you are doing.
- Ask for help.

For more information on motivation and other topics go to [http://headspace.org.au/](http://headspace.org.au/)

If you feel like having a chat, I'm at college Monday, Wednesday and Thursday (12.00-3.30pm). I can be contacted on 67387200 or via email: l.carstairs@centacarenew.com.au

Hope you all have a great week.

Lou
MB and PT 10th to the 17th

Due to a busy social calendar with Albies week last week we were unable to find the number to field teams when it came to competing in the boys AFL 9’s and the girls tennis, meaning for these two sports we sadly had to forfeit the points we may have received. Next weekend there will be MB badminton and PT volleyball in which we are confident in the ability of our teams to win both these events. By forfeiting last weekend we sadly lost the ability to chase down Austin college and win both the MB and PT competitions.

Craig Norrie

<table>
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<th>MB</th>
<th>PT</th>
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<td>17th July (Sunday)</td>
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<td>Badminton</td>
<td>Volleyball</td>
<td>24th July (Sunday)</td>
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<td>Cross Country</td>
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<td>31st July (Sunday)</td>
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<td>Basketball</td>
<td>Basketball</td>
<td>7th August (Saturday)</td>
<td>SportUNE</td>
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Tamworth: 1800 803 194
Sports Report

Albies Netball Club — Harriette Spork, Kodey Stanford & Olivia Paul
Team: B Green
Coaches: Kodey Stanford, Justin Power & Jack Quinn
Captain: Olivia Paul

This week Albies B Green faced off against the undefeated Albies B Red. Although going down 20-8, B Green put up an amazing fight coming together as a team to play their best game of the season. The game got off to a terrific start with B Green centre Liv Adamo working hard making some fantastic intercepts and driving hard for the ball. Lizzie Smith and Rachel Young worked well as a team placing huge pressure on the B Red attackers, constantly zoning out the shooters. The game came to an abrupt halt as Emma Turner went down on her ankle ultimately doing multiple tendons. Special mention to Georgie Towbridge who played across from B Red to help the B Green girls out so they weren’t short a player. Despite losing a team member, B Green continued to fight out against B Red. Liv Paul usually plays GS, but played WA, so she knew where to place the ball at for the shooters in the first quarter, allowing Rosie Maundor to work the circle well and take some excellent shots. B Green has made incredible progress as a team and surely a win will be imminent if they keep up the enthusiasm and energy.

Photo courtesy of Harriette Spork

Albies Rugby Club — Mark Buttseshaw
Friday saw the annual Chugby Charity Game between Albies and Robb, with a huge crowd and an electric atmosphere, the girls certainly didn’t disappoint. A wide array of skills were on show. The Albies’ girls impressed all, coming away with a well deserved 17-0 win. Congratulations to all the girls who played, supported, organised and helped out.

On Saturday, the Albies men’s teams took on Robb in four grades and the Blues in one grade. To kick the day off, a very social game of 4th grade footy was had. Albies were victorious with plenty of new faces throughout the team.

Over at Moran, Albies IV had a tough task facing a Blues 3rd grade side, but showed great character in their 38-5 loss. Whilst back at Bellevue Rugby Park, Albies 3rd grade went down 14-8 to a strong Robb side. In 2nd grade no team could quite get away, with a 12 all drawn played out.

Albies dominance in 1st Grade over injury-hit Robb continued, as Albies got up 43-17, which secured the minor premiership and a home semi-final.

In the final round of the season, we see Barbarians hosting Albies and the Albies IV side will be playing against Wright College 6pm Friday down at the SportUNE field.

Albies Hockey Club — Peta Bradley
On Saturday of Albies Week the girls’ hockey team took on main rivals Robb College. On a cold chilly day, without our super star coach Peter and with a few players out, we were in for a tough game. Substitute coach Trevor and Ash Wilson did a great job managing the team and we were unlucky when Robb found the back of the goal first, despite Albies having the majority of the possession. The cold weather and the ball loaming that night had resulted in a deviation from the usual level of high intensity of the Albies team. However Nat Aquilina managed to force a short corner as Maddy Taylor capitalised on, finding the back of the goal with a clean hit. Both teams went into half time 1 all. The second half was just as tough with Robb scoring shortly into the half. However we began to pick up our game, with some great passing from full-back Laura Miller to the halves Alice Bowler and Josie Waters, allowed Georgie Campbell to equalise the score. Within the final 15 minutes Albies pulled together some of the best plays of the day. Albies managed to hold Robb out so that when the final buzzer rang the score was a 2 all draw.

The games for this week are:
Saturday at 1:00 p.m. vs. Guyra
Monday at 7:10 p.m. vs. Flamingos

HAPPY BIRTHDAY THIS ISSUE 19/7 – 25/7 TO:

- Elijah Barnes
- Kelly Gorter
- Phoebe Knight
- Sophie Cooper
- Tayla Miller
- Olivia Paul
- Harrisn Magann
- William Ciesiolka
- Lachlan Cooksey
- Kate Lafrenz

Sporto’s Luncheon this Sunday 24th July 2016

Guest Speaker OAM Steven Bradbury

MASS TIMES - COLLEGE AND TOWN

SAINTS MARY AND JOSEPH CATHOLIC CATHEDRAL
Sunday Mass is held at 8am, 10am and 5.30pm each week.

COLLEGE MASS
Held each Tuesday afternoon at 5pm in the College Chapel.