FROM THE MASTER

The St Albert’s College network continues to spread far and wide as many of you would be well aware. This was reaffirmed for me last week as I realised that a number of our former staff members are contributing to University Colleges across Australia; including UWA, UQ, Monash, ANU and USyd. I was able to meet up with many of these men and women in Melbourne, at a Conference for Heads and Deputies of Catholic Colleges hosted by former Albies Master & CEO Sean Brito in Melbourne. The opportunity to discuss common challenges and our combined values was something that was both invigorating and again reassuring that we have a great product here at Albies.

This week we are thrilled to be able to welcome a renowned member of the College alumni Mr James ‘Teddy’ Horsburgh back as guest speaker for our annual Founders Dinner. I truly hope that the students, staff and guests are as inspired by Teddy’s story as I have been. He is a fantastic fellow whose achievements are a credit to him and his ever supportive family.

The Founders Dinner also gives us the opportunity to celebrate the ongoing academic achievements of our student body. We are thrilled that so many Albies students have had such a successful trimester one, and we trust that each of you is ‘getting the balance right’ as academic accountabilities are building as the second trimester break draws upon us.

With my very best wishes,
Jas Lincoln

FROM THE DEAN

As we approach the end of term I would like to take this opportunity to sincerely thank all students. Particular mention must go to our JCR committee and RST who have worked tirelessly to bring our pastoral, social and academic programs to fruition.

As we celebrate our Founders’ formal dinner I would also like to congratulate the many students who have received a range of academic achievement awards as well as scholarships and prizes. In recognition of trimester 1 results, it is a pleasure to report that as a college our students achieved 51 High Distinctions, 124 Distinctions and 223 Credit results out of 848 units studied. 46% of the units studied achieved a credit or above result which is an outstanding effort.

Next Wednesday evening the college will be hosting our inaugural careers evening. This event will enable an insight into a range of different professions. We look forward to reporting in this event in next weeks edition.

Well done and thanks as always,
Mick McGuiggan
Last week we saw more floor outings than there were students on the back seat of the bus, followed by a great cheap Tuesday at the Newy. Thursday brought year outings, in which we saw the freshers enjoying a group punch and a stand up performance from Willy Reynolds. Second years played their hearts out with the annual round of pub golf, where the winners of the night were both the Liv's. The seniors, as a more civilised contingency, headed for a formal dinner at Uralla's top pub in which they shared "Thommo's" win track side and "Flan" showing that he is the fastest to down six schooners.

After the festivities concluded all students met at the Servies, in which the night fully kicked off in style with red wines flowing and "Hendo" signing a permission slip to get in. After the night came to an end, we saw a relaxing bus trip home in which "Keady" found himself asleep for the remainder of the voyage.

As we look forward to the last fortnight of the college term, we are bound to enjoy what it has to offer with the college wedding and a strong finish on Grand Final weekend with two or even possibly three teams in contention for some silverware.

Fred

UPCOMING EVENTS

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<tr>
<td>Founders Formal Dinner</td>
<td>4th August 2016</td>
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<tr>
<td>Careers Night</td>
<td>10th August 2016</td>
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<td>Race Day</td>
<td>10th September 2016</td>
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ACADEMIC REPORT

This week is the second last for the term, and with only six weeks of class time left before exams, things are getting very busy. Nerd Night continues to be a great success every week with fantastic participation from all years, and the dining hall as a study area is very popular – though the Agrifood study room may give it a run for its money!

This Thursday is Founders Dinner and gives us an opportunity to recognise those students who achieved a credit average or higher across all of their Trimester One units. It has been encouraging to see that there are many more HD, D and C averages than this time last year.

The Academic Advisors, along with myself, Mick, Jas, Teneille and Alice have been working over the last couple weeks to bring together the inaugural Careers Evening NEXT WEDNESDAY here at college. This is a unique experience offered here at Albies that will allow students to network with professionals from a wide range of fields and develop tangible connections that will be invaluable when they graduate.

Peta Bradley -SAA

TUTES THIS WEEK

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<th>WHEN</th>
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<tr>
<td>7:00pm Wednesday</td>
<td>CRIM101</td>
<td>Tutorial Room</td>
<td>Steph</td>
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<td>7:45pm Wednesday</td>
<td>BIOL120</td>
<td>Conference Room</td>
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<tr>
<td>3:00pm Thursday</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,

I imagine that you’ve all got back into the swing of things and are conscious of due dates. Assessment due dates and stress usually go hand in hand. What do you do to de-stress? Square breathing can be a useful tool for stress and anxiety.

Breathe in for 5 seconds and imagine the side of a square being drawn, then hold your breath for 5 seconds as you ‘see’ the next side of the square being completed. Exhale for 5 seconds, watching the third side of the square being drawn. Hold for 5 seconds, watching the full square take form. If you have difficulty ‘seeing’ the square, feel free to just focus on counting each part of the breath. While focusing on your breath in these ways, you will find that you are not worrying about other things.

If you feel like coming in for a chat, I’m at college Monday, Wednesday and Thursday (12.00-3.30pm). I’m also happy to chat over the phone or via email and I can be contacted on 67387200 or l.carstairs@centacarenew.com.au

Hope you all have a great week.

Lou

This week was a relatively quiet week in the MB and PT competitions with cross country being the solo event in both competitions. Albies had 9 runners in total, with 5 in the ladies and 4 in the men's. The race started strong as the Mary White runner left everyone else for dead in the men's and our very own Tanielle Basson set the pace in the ladies.

It was the battle between Archie Fresh Nikes Sampson and Ollie Crisp Asics Grumble that lit up the course as the two jostled for their spot in the field. All of our runners impressed with their efforts and this was depicted in the results. In a field of well over 100 runners Tanielle Basson finished 1st in the ladies, Annabelle Tonks 7th, Anna McGuire 10th. Claudia Kelly showed some amazing posing skills while running to place just outside the top ten. Kizzie Lockhart and Georgia Peatfield also finished just outside the top 10. On the men's side of the draw Archie Fresh Nikes Sampson finished 4th, Damian Thomson 7th, Ollie Crisp Asics Grumble 10th and Jack Spork just outside the top ten.

With only 2 more events left in both the MB and PT competitions our start athletes are tiring but will pull through and finish strong.

Craig Norrie

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Albies Hockey Club Report

Last Monday the Albies girls took on Flamingos in one of their last games of the regular season. In a must win match to ensure that the girls secure their second spot on the ladder the pressure was on. With a few girls out with illness and only one sub it was going to be tough. The first half scoring kicked off when Flamingos got the ball around Laura Miller in goals to lead Albies 1-0. This lead was short lived when Peta Bradley scored. Flamingos capitalised on a lapse in Albies defence with another goal, however Karen Wilcocks levelled the score shortly after. Both teams went into half time at 2 goals apiece. Half time offered some time for reflections and the Albies girls came out firing in the second half. Grace Hopkins had a great game and was unlucky not to score off some hard hit ball into the circle. Nat Aquilina put Albies in front with a goal off some great passing from Alice Bowler and Gabi Kassulke. Peta Bradley found the goal again to extend Albies’ lead to 4-2 whilst Laura Miller hit her straps in the second half with some great keeping. At full time Albies came away with a 2 goal win. Our final game for the season before finals is against tough opponents Breakaways on Saturday at 3:50p.m, we hope to see as many supporters there as possible!

Peta Bradley
Albies Netball Club Report

**Team:**  B Blue & B Yellow

**Coaches:**  B Blue — Catie Bartelen, Meg Pegler and Ollie Grimble  
B Yellow — Kat Young, Will Clark-Dickson & Pete Brooker

A very hard game between B yellow and B blue this weekend with an excellent match up of skill, performance and ability. B Yellow was a clear favourite of the match up and began every quarter with determination and excellent displays of teamwork. Catie Ledingham from B Yellow made countless intercepts and made key stops throughout the game, which made her a very dangerous and formidable opponent to B Blue. B Blue, the underdogs, fought back every quarter but couldn’t close the 4 point gap that B yellow had set. Key play readers Kate McIntyre and Claudia Kelly continually collected loose balls and picked up poor passes, which began to turn the tide of the game. During the last quarter blood, sweat and tears were the only thing left to leave on the court. B Blue made a smashing come back to leave the final score at a tie! The team pulled together their skill and really showed off their excellence when time came down to the crunch. When the final whistle blew the score was tied at 14 – 14.

Albies Rugby Club Report

On Saturday Albies hosted the Major Semi-Finals for the New England Zone. There was a mixed bag of results, with Fourth Grade having an excellent 55-7 victory over Robb, before the girls took to the field in an Albies v Glen blockbuster, unfortunately going down 42-0. Guyra kept their undefeated status by beating Albies in Second Grade 34-0. This result means that Albies Second Grade will play Blues in next weeks Preliminary Final. The girls then played their second game, beating Blues 17-10, and making it through to the next week of the competition. The Albies First Grade side are through to the Grand Final on the 13th of August, after defeating the Blues 31-5 in an awesome display of Rugby.

On Sunday, the mighty Third Grade side were knocked out of the competition by the Armidale Blues, after a great season they were unlucky not to make it to the final decider.

Next week games are over at Bellevue. Albies will have the women playing at 12:20pm, followed by Second Grade playing Blues at 1pm, entry is $5 and it would be awesome to see some support!

Mark Buttenshaw
HAPPY BIRTHDAY THIS ISSUE 2/8 – 8/8 TO:

- Gregory Pearce
- Gabrielle Olsen
- Joseph Keady
- Ashleigh Wilson
- Bradley Mossman
- Edwina Watson
- Joshua Jesser

You are warmly invited to the

ST ALBERT’S COLLEGE

CAREERS NIGHT

Wednesday 10th August 2016 7pm - 9pm

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.