FROM THE MASTER

Last Friday afternoon we were able to set aside a couple of hours to conduct the mid-year RST Retreat. I was most appreciative of the approach our leadership team took toward this session, including their ability to assess the goals which were set earlier in the year and how these have been achieved thus far.

We were delighted with the support our College community gave to Sunday’s 10am Mass to celebrate the commencement of Albies’ Week, as well as farewelling RA Gerard Ryan, as he heads to World Youth Day in Poland with other members of the Diocese.

Albies’ Week has certainly had the College buzzing with energy and I thank the many staff and student leaders who have worked tirelessly in support of this busy week. I would like to especially acknowledge the work of Richie Burke, Greg Pearce and the JCR Committee for producing yet another exciting week for the College. I am also well aware that our students have been donating their time out in the Armidale community, completing numerous community service projects. I thank our Block RAs in particular, for their initiative and leadership in this very worthy part of Albies’ Week.

Finally, our inaugural Albies Sporto’s Lunch is happening next Sunday 24th July, which is being hosted by our sponsors, the Armidale Servies. I look forward to sharing what will be a great day for the College, including awards and a presentation from Olympic Gold Medallist, Steven Bradbury.

With my best wishes,

Jas Lincoln

FROM THE DEAN

This week, as a College, we celebrate ‘Albies’ Week’. This is a time on the College calendar for us to recognise and celebrate what constitutes St Albert’s College. The celebration began on Sunday, as the College community celebrated Mass at St Mary and Joseph’s Catholic Cathedral. We took this time, not only to acknowledge the Catholic traditions of the college but also to wish Gerard Ryan and two members of our Alumni good luck, as they embark on their World Youth Day journey. I would like to take this opportunity to sincerely thank all students for their attendance and support at Mass. It is certainly a fundamental component of our College’s heritage and I am so grateful of the support shown by all on Sunday.

This week brings a busy schedule both socially and academically and I strongly encourage all to make academia the priority and to seek help as needed. Furthermore, block RA’s have organised a range of community service initiatives of which each block will participate in as part of ‘Albies’ Week’. I sincerely thank you all in advance for all your efforts and I wish you all a great week.

With thanks as always,

Mick McGuiggan
With Social Season in full swing, we saw another Cheap Tuesday at the Newy which was then followed by "Keady's" after party in Bot B, which is becoming an outrageous regular occurrence. Thursday brought forward the girls "chick's couch" and a gentlemen's pub crawl through town, with most ending the night's proceedings at the Stro.

Saturday's hockey and netball cocktail night was a success with all appreciating what the girls do for the college. With the much dreaded time of Sunday midnight looming, role reversal was so close you could smell the fresher antics. With power trips escalating and the freshers taking advantage of their one day, the seniors were making lists for sweet revenge. Thanks on behalf of the JCR to each of the blocks for supporting and engaging with various community service initiatives, as part of our Albies' Week celebrations.

Chicken and Champagne, Texas Cletus, Ball and recovery bring a long exhausting, yet fun week, which is sure to bring many a tale come next week's update.

Fred

Welcome to Rob Mulder, who joined Albies this week.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 11 July</td>
<td>Albies' Week Activities Commence</td>
</tr>
<tr>
<td>Saturday 16 July</td>
<td>Albies' Ball</td>
</tr>
<tr>
<td>Sunday 17 July</td>
<td>Recovery</td>
</tr>
<tr>
<td>Sunday 24 July</td>
<td>Sportos' Lunch</td>
</tr>
<tr>
<td>Friday 29 July</td>
<td>Albies v Robb Debate</td>
</tr>
</tbody>
</table>

SAVE THE DATE: the 9th of August for the Careers' Night being held here at Albies.
Academic Report

Week 3 brings us the infamous Albies’ Week and I hope that everyone has a fantastic time celebrating all aspects of our wonderful college. Because of the busy schedule this week our AAs won’t be running tutes. However, there will be opportunities to contact them should you have any problems with your units. Wednesday night will be Nerd Night which provide an opportunity to catch up on work and get ahead before the social schedule ramps up towards the end of the week and friends begin to arrive.

Last Friday the AAs, RAs and PAs attended the mid-year RST workshopping session. It was a fantastic opportunity to reflect on our accomplishments for the year and set some more goals for this trimester. It was an extremely effective afternoon and it demonstrated how important all members of the RST are, in helping to achieve the fantastic pastoral and academic culture here at Albies.

I hope everyone has a great week and enjoys the events before the trimester intensifies next week.

Peta Bradley

NERD NIGHT: Wednesday 7.30pm in the dining hall– Peta

Everyone from St Albert’s College wish Gerard Ryan all the best as he represents the College at World Youth Day in Poland.

LET’S TALK WITH LOUISE

Hi all,

Everybody worries; about work, study, family etc. When worry becomes constant or impacts your daily life it can be problematic. Anxiety related disorders are the most common mental health disorder which can affect ability to concentrate, sleep and carry out ordinary tasks. Symptoms of anxiety can include rapid breathing, dry mouth, stomach or chest pain, a sense of impending panic or doom, and feeling apprehensive, to name just a few. Talking can help; there are things you can do.

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
With a large number of students attending Sunday’s mass at the cathedral in town our number for both MB and PT lacked somewhat. The girls were unable to field a team for AFL 9’s. This means they are unfortunately out of contention as far as winning their respective competition, with next weekend’s events already forfeited due to a busy social calendar. The same will unfortunately happen to the boys next weekend. Therefore, Albies won’t be able to get the win in either section, in our first year back in the competitions.

For the 4 boys who stunned the bleary eyed spectators with their electric skills on the badminton court there was some disappointment. Ryan Gleeson, Kieran Smith, Tim McDermott and Elijah Barnes were all up bright and early Sunday morning with racquets in hand, starting the day against competition leaders Austin. The boys did start a little slow but warmed into their games. Kieran got the morning off to a good start with a solid 2-0 win in his match, while Tim took a little longer to find his grove going down 2-1. This then meant it was up to Elijah and Ryan in the doubles to have a win, however, they went down in a closely fought match 2-1.

Duval were next. With the boys warm and firing they were able to clean sweep their opponents 2-0, 2-0, 2-0. A great way to set the tone heading to their 3rd place play-off against Robb. Robb were a strong side having a couple of very skilled players but they were no match for the likes of Kieran, who once again won in straight set 2-0. Tim did it tougher against a strong opponent going down 0-2, leaving it up to our doubles’ boys once again. Ryan and Elijah stepped up to make sure we didn’t finish the day on a low and had another clinical win 2-0.

Our player of the day, not dropping a single set, was of course Kieran Smith, once again showing that he’s a man of many talents. A big thank you to all the boys and those who helped organise the week. A special thanks to Alec Rainnie for organising the girls 9's, even though the numbers weren't there.

Thanks,

Craig Norrie

---

<table>
<thead>
<tr>
<th>MB</th>
<th>PT</th>
<th>2016</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis</td>
<td>AFL 9’s</td>
<td>17th July (Sunday)</td>
<td>SportUNE</td>
</tr>
<tr>
<td>Badminton</td>
<td>Volleyball</td>
<td>24th July (Sunday)</td>
<td>SportUNE</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Cross Country</td>
<td>31st July (Sunday)</td>
<td>SportUNE</td>
</tr>
<tr>
<td>Basketball</td>
<td>Basketball</td>
<td>7th August (Saturday)</td>
<td>SportUNE</td>
</tr>
</tbody>
</table>
Sports Report

Albies Netball Club—Harriette Spork

Team: A Res 3  
Coaches: Soph Dowsett, Finlay Noon & Gus Smith  
Captain: Claudia Powell

This week A res 3 played their best game to date. Although they went down 23-17 to Robb, the girls proved just how far they have come this season winning both the first and second quarters. Claudia Powell played a fantastic game as goal keeper, making multiple intercepts inside the circle. Her incredible game saw her appointed best and fairest by the refs, an award that was well deserved. Despite being sick, Kate Ponder’s amazing defence work also pushed the Robb girls to their limits.

This game saw major improvements in centre court with Aimee Butt, Phoebe Hawley and Nat Lambeth moving and working smoothly together and holding position. One of the highlights of the game was the amazing shots coming from both Peta Meehan and Soph Reynolds; both girls fought hard against much taller girls and produced some incredible goals. A special mention must go Bebe Lewis who played up from B grade, as the team was short players. This game proved just how far A Res 3 has come as a team and each girl should be extremely proud of her efforts and progress!

Saturday Night was the Hockey and Netball clubs Annual Fundraiser Cocktail Night. Thank you to all those who came to support the clubs, the night was a huge hit.

Albies Rugby Club—Mark Buttenshaw

Albies had a mixed bag of results in Round 13. Last Friday night saw the table-topping Barbarians 3rd grade side come back from 10-7 down, to defeat Albies 4th grade 21-10. Saturday saw 3 grades go up against the Armidale Blues, with 3rd grade losing in a nail-biter, 21-17. Following that match 2nd grade were able to get a win for Albies, getting up 25-22. 2nd grade now sit quite comfortably in second place.

1st grade was always going to be tough, with the Blues coming off a victory last week against Barbarians, but some solid defence and expansive play saw Albies run out winners, 20-19.

It was good to see a large number of the club supporting the girls and their cocktail night, which was enjoyed by all. This weekend is Robb and Albies’ Balls and is jam-packed full of sport. First off is the annual Chugby for Charity game, which will kick off at 4:00pm Friday. The men’s games between Albies and Robb will be:

3rds at 12:30
2nds at 1:40
1sts at 3:00

Fourth grade will also be playing a match against Blues 3rd grade, with a time and date to be decided.

Albies Hockey Club—Peta Bradley

A big thank you to all those that supported the Hockey and Netball Clubs’ Annual Cocktail Fundraiser on Saturday evening and in particular the Rugby Club for their assistance. Also, all the hockey girls were grateful for the support that they received at last week’s Monday night game by college members who braved the cold Armidale evening to cheer on our girls. Our game this week will be on Saturday at 12:00 against Robb College.

Last Saturday afternoon, shortly after the netball wrapped up, the Hockey girls took on Classics. After being beaten by this team previously we knew that we would have to work hard to come out with a win. Inspired by the brief return of our fullback for one last game of the year, the Albies girls shone. Some great goal keeping from Laura Miller kept the Classics scoreless throughout the game, whilst the goals from Albies flooded in. Sarah Barton, Georgie Campbell, Camilla Paton and Fiona McDonald all found the back of the goal once, whilst Karen Wilcocks scored twice. With a comfortable lead the girls were able to exercise some great plays and the passing through the mid-field was exceptional. Nat Aquilina and Gabi Kassulke had exceptional games that helped Albies come away with a 6-0 victory.
HAPPY BIRTHDAY THIS ISSUE 6/7–12/7 TO:

- Knox Fisher
- Joseph Allport
- Alexandria Debney
- Holli Backhouse
- Aimi Butt

Sporto’s Lunch– Sunday 23rd July, 2016
With special guest speaker, Steven Bradbury

YOU’RE INVITED TO ATTEND THE 2016
St. Albert’s College
SPORTO’S LUNCHEON
Guest Speaker Steven Bradbury

24 JULY, 2016
12 NOON
ARMIDALE EX-SERVICES CLUB
COST: $50 PER PERSON
DRESS: COAT & TIE

RSVP by 13 July 2016
to sialbents@une.edu.au or (02) 5753 5200
Payment Details Attached

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.