



PRINCE ALFRED COLLEGE BOARDERS' HERALD

SEPTEMBER 2024 - EDITION 15



Mateship, Camaraderie, Brotherhood, and Gratitude

MR PHIL NOBLE
DIRECTOR OF BOARDING

When I speak with our departing cohort, I ask them to share the top three words to describe their time in boarding; the words that describe their journey and their story. Every year, common themes shine through mateship, camaraderie, and brothers.

The relationships built with others in boarding provide support, comfort, and a sense of belonging, crucial for emotional and psychological development. Connecting with others allows us to share our experiences, feelings, and challenges, leading to a shared sense of understanding and positive lifelong relationships.

In times of stress or adversity, having a strong network of connections can be a source

"We didn't realise we were making memories. We just knew we were having fun."
- Winnie the Pooh

of strength and resilience. A boarding community often deals with challenges, from unpredictable tough weather, stock yields and prices, relationship breakdowns, homesickness, grief and loss. However, the support and connection built in boarding enables boarders to cope more effectively with challenges and bounce back from setbacks.

Our boarders develop mateship each year through personal interactions, room swaps,



The PAC Fourth's football team includes 16 boarders. LEFT: Boys making pizzas together as part of a wing dinner celebrating community and gratitude. RIGHT: The Rock Paper Scissors competition on Team Building Day at the beginning of 2024.



weekend activities, sporting wins and losses, outdoor experiences, and shared meals. We encourage our boarders to pay attention to their mates, to understand when others are struggling, and offer support when we can, simply asking "Are you ok?" or "How was your day?"

We have also worked on developing a community culture of gratitude with our prefects leading the way this year. By acknowledging and thanking others for their kindness, support, and contributions, we strengthen relationships, and boost our sense of well-being. Seeing our boarders recognised each week in house meetings, on the College's social media, and through receiving Rushton Service Awards each semester, are a few ways we are nurturing these relationships and building a strong supportive community.

"When we focus on the positive aspects of our lives and express our appreciation, we are better able to navigate challenges and setbacks with resilience and optimism. Ultimately, cultivating a mindset of gratitude can enhance our overall sense of well-being and help us lead more fulfilling and meaningful lives."
(Hugh van Cuylenburg)

By investing in building supportive relationships and connections, we are providing our community with opportunities to not only improve their mental health but also contribute to the well-being of those around them.

At Prince Alfred College we are a supportive and welcoming community that takes pride in building positive relationships between students, staff and families. Our Boarding House is a second home for the boys and an environment in which lifelong friendships are nurtured.

PRINCE ALFRED COLLEGE

Visit 23 Dequetteville Terrace, Kent Town, South Australia (entrance off The Parade West) Post PO Box 571, Kent Town SA 5071

Phone 08 8334 1201 Email boardingadmin@pac.edu.au Facebook [Boarding@Princes](https://www.facebook.com/Boarding@Princes)



Phil Noble



Will Mercer



Deb King



Dylan Pippett



Ben Lewis



Chris Theakstone



Tim Quinn



Heather Would



Scott Nystrom



Jenny Toh

Meet our 2024 Boarding Staff

The Boarding Team at Prince Alfred College enjoys a great sense of unity and common purpose in caring for our boys. These staff are the pillars of support that keep our boarding house running smoothly, and each plays an important role in enriching the lives and experiences of our boarders. Please take a moment to see what we look like! We look forward to seeing you in person when you are next in the boarding community.

Introducing...

- Director of Boarding: **Mr. Phil Noble**
- Assistant Director of Boarding (and Academics): **Mr. Will Mercer**
- Senior Residential Assistant (International Students): **Ms. Deb King**
- Senior Residential Assistant (Service and Culture): **Mr. Dylan Pippett**
- Senior Residential Assistant (Indigenous Students): **Mr. Ben Lewis**
- Senior Residential Assistant (Activities): **Mr. Chris Theakstone**

- Senior Boarding Assistant (Community Engagement): **Mr. Tim Quinn**
- Boarding House Administration and House Parents: **Ms. Heather Would, Mr. Scott Nystrom, and Mrs. Jenny Toh**
- Residential Assistant: **Mr. Matt Ahearn, Mr. Lachlan Williams**
- Boarding Assistants: **Mrs. Katrina Davies, Ms. Alice Brister, Ms. Ellie Stroehrer, Ms. Linda Khun, Ms. Robyn Blenkiron, Mr. Connor Craigie, Mrs. Sam Bromley, Mr. Oli Wood, Mr. Lucas Sanders, Mr. Andy Hu, and Mr. Dan Cocca**
- College Counsellor: **Mr. Pete Giffard**
- School Nurses: **Anna Thomson, Mark Marno, and Pauline Seaman**
- College Chaplain: **Pastor Andrew Kieselbach**
- Housekeeping & Laundry: **Sofija Stojisavljevic, Betty Coppinger-Starkey, Colleen Fagioli, Branka Bogdanovic, Bronte Nicholas, Kamala Chapman, Lindsay Quinonez, Jhoana Sanchez, Maria Campo Granada, Rishat Gabbasov, and Simon Ollerenshaw (not pictured)**



Matt Ahearn



Lachlan Williams



Katrina Davies



Alice Brister



Ellie Stroehrer



Linda Khun



Robyn Blenkiron



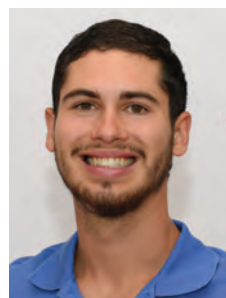
Connor Craigie



Sam Bromley



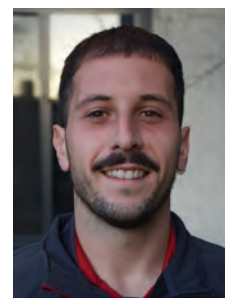
Oli Wood



Lucas Sanders



Andy Hu



Dan Cocca



Pete Giffard



Anna Thomson



Mark Marno



Pauline Seaman



Andrew Kieselbach



Sofija Stojisavljevic



Betty Coppinger-Starkey



Colleen Fagioli



Branka Bogdanovic



Bronte Nicholas



Kamala Chapman



Lindsay Quinonez



Jhoana Sanchez



Maria Campo Granada



Rishat Gabbasov

Message from the Editors

For the 2024 Boarders' Herald, we sought to create an engaging and page-turning newspaper that truly celebrates boarding at Prince Alfred College. We would like to thank all the staff, parents, and most importantly, boys, who contributed to making this year's edition a great success. It is in the mundane and extraordinary that make boarding what it is, and we hope you are entertained as you read and explore this authentic look into boarding. We would also like to extend a special thanks to Mr Andrew Manuel, without his help we would not have been able to produce and publish such a great production. Happy reading. - The editorial team



Building positive values in Boarding

MR DAVID ROBERTS HEADMASTER

Each year I look forward to the publication of the Boarders' Herald. The student and guest contributions add a diversity of thought, experience and opinion to what is a great read.

In Term 1, Sofie and I joined many of the boarding parents for a weekend away in the Clare Valley. It was a wonderful opportunity for us to get to know many parents.

Over the weekend there was time for conversations that were not rushed as they can sometimes be at College events. We appreciated hearing about family connections to the land and to the College from 1st, 2nd and 5th generation PAC families. Our boarding parents live the

values we all want to see instilled in our boys so, for me, it was this time with the boarding parents that helped affirm that we were headed in the right direction with the development of our next Strategic Plan.

Since that weekend, we have presented to the community our 2025-2028 Strategic Plan which incorporates the values our community determined were at the core of who we are and what we expect of our boys:

- Respect - we respect ourselves, those around us and our environments
- Excellence - we achieve our personal best in everything we do
- Belonging - we ensure every member of our school community feels welcome and connected

- Endeavour - we are curious, courageous and will rise to a challenge

I understand our boarding families are working incredibly hard to provide the opportunity for their sons to attend PAC, and I sense our boys appreciate and respect the sacrifices made. It is clear that, whilst not directly linked, humility is at the core of our boarding community and it is critical that we collectively work to engender this in our boys. Thank you to the work done by our Year 12 cohort this year with their focus on continual improvement of culture. I also want to thank our parents for their support with the conversations they have in cars and across dinner tables about the boarding house and how your sons are contributing positively to our culture.



Headmaster Mr David Roberts

Welcome to the world Evelyn

MR TIM QUINN SENIOR BOARDING ASSISTANT

On April 12th 2024 the newest (in every sense of the word) member of our boarding community joined us and the world, Evelyn Elizabeth. It has been a whirlwind 18 month for the family with mum (Ms Deb King) moving back to Australia at the beginning of 2023, and dad James joining her later in 2023 from England. Deb has recently started working in boarding again after taking maternity leave. Staff, boys, and parents are so excited to welcome Ms King back, and it has been wonderful hearing about family life in the time you have been away. We look forward to spending more time with Evelyn and watching her grow. From everyone in the boarding community, we say congratulations, and welcome beautiful little Evelyn.



Ms King with Evelyn in August

Farewell to Boarding Staff

We would like to farewell and acknowledge the contributions of the Boarding staff that have left us throughout the last year, and wish them all the best for their future endeavours.

- **DR HENRY BITTNER:** Living and working in boarding since 2019 while completing his medical degree at the University of Adelaide, Henry is now a first-year doctor having already worked at hospitals in regional and metropolitan SA.
- **MR MITCH LARSSON:** As a former boarder himself, Mitch worked with us while completing his Education degree at Flinders University. Upon completion, Mitch ac-

cepted a teaching role in Mount Gambier at the beginning of 2024.

- **MR JOE MURDOCK:** A former Head of Boarding at St Marks College in Port Pirie, Joe worked with us in 2023. He has since left education and is focusing on a new career in real estate.
- **MR OSCAR CLARK:** Oscar is a former boarder who began working in boarding while studying Engineering at the University of Adelaide. Oscar left us during 2024 to focus on the next phase of his engineering journey.



Dr Henry Bittner



Mr Oscar Clark



Mr Mitch Larsson



Mr Joe Murdock



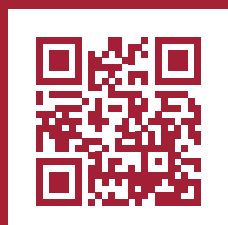
PAC x ORTC

Supporter Wear

A custom range of PAC supporter wear in collaboration with ortc Clothing Co. Get in quick, limited stock remaining.

Available now for pick up (from the College Shop) or delivery.

Shop the range shop.pac.edu.au





NOW MORE THAN EVER

MR BEN LEWIS SENIOR RESIDENTIAL ASSISTANT ABORIGINAL PROGRAM COORDINATOR

Prince Alfred College provides year-round opportunities for students and staff to engage with Indigenous perspectives and communities. Reconciliation Week and NAIDOC Week are particularly important as they offer a dedicated time in the calendar to highlight our ongoing efforts and commitment to reconciliation.

During Reconciliation Week 2024, families flew in from across Australia to join their sons for the week. Reconciliation SA's breakfast event, attended by 2,800 people, was a significant moment of solidarity and vision for the future. The Lowitja O'Donoghue Oration, with Guest Orator Professor Tom Calma AO at the University of Adelaide, and the Smith Family Indigenous Youth Leadership Program Breakfast were also notable events. School activities included the house shared canvas projects, where students collaborated with Indigenous students and Elders on a special art piece. A

special BBQ event sold out within 30 minutes, and staff were invited to participate in the Reconciliation Action Plan Committee. A special presentation at the Preparatory Assembly incorporated Indigenous knowledges, and Early Learning Centre activities included a special thank you performance for Uncle John, with students singing in Kurna Language. Aboriginal students performed traditional dance at the Senior and Middle School assembly.

Indigenous perspectives were highlighted through Uncle John Lochowiak's Welcome to Country and smoking ceremonies for various school levels. Andrew Beck, a Nyoongar, Mirning, and Kurna man, provided an Acknowledgment of Country and a didgeridoo performance at the PAC home AFL Game. Students also participated in didgeridoo lessons across all school levels.

Regarding this year's theme, Reconciliation Australia emphasised that the 2024 theme, "Now More Than Ever," reminds us that the fight for justice and the rights of Aboriginal and Torres Strait Islander people must continue. Now more than ever, we need to continue to push for change and reconciliation.



Kalen and some Prep boys working on one of the canvases. TOP LEFT: Ray Ray on the didgeridoo

A-Team @ Princes Boarding

MR WILL MERCER ASSISTANT DIRECTOR OF BOARDING

Prince Alfred College has taken significant steps to enhance academic support for its Year 10 boarders, particularly those transitioning from rural schools. Through a strategic partnership with A Team Tuition, Boarding has focused on bridging academic gaps and improving study habits, showing its commitment to student success.

PAC recognised the need for additional academic support, especially for new Year 10 students who often face challenges adapting to the school's rigorous curriculum. To address this, Boarding collaborated with A-Team Tuition, a group known for its student-centric approach. The importance of this partnership lay with its design to reduce exam failures and enhance overall academic capacity and effort.

One of the first steps PAC took was to revamp its homework routine, introducing a more structured schedule and extending the routine during study time. This change laid the groundwork for A-Team Tuition's program, which offers small-group sessions tailored to individual student needs. The impact has been significant, with examination failures dropping by 28.5% and subject failures decreasing by 48%.

Beyond the academic improvements, the partnership has also benefited both staff and students. Teachers can now provide more personalised support, while students have shown increased focus and discipline. Feedback from students and parents has been positive overall, citing less academic stress and greater confidence come assessment time.

Overall, the partnership between PAC and A-Team Tuition has not only enhanced academic performance but also fostered a more supportive and structured learning environment for Year 10 boarder, preparing students for future success. We hope to this this program continue to support our boys into the future.

Boarders' Parents' Weekend in Clare



The boarders' parents at Taylor's Wines.

PENNY DREW, JO PIGGOTT AND TONI ASHBY BOARDING PARENTS

This year's Boarders' Parents' Weekend was held in early March in the picturesque Clare Valley. Perfect autumn weather made it a spectacular weekend to come together as a boarding community and welcome families to the Mid North region. It was a wonderful opportunity to strengthen existing connections and forge new friendships.

A balmy Friday evening gathering was held at Mr Mick Cellar Door in Clare to officially welcome 93 boarding parents and staff. It was a wonderful opportunity to meet new families and reconnect with parents whilst enjoying Mr Mick food and wine under the gum trees in a beautiful garden setting.

Saturday morning saw the fitness enthusiasts rise and shine early for a walk or run along the Riesling trail. Congratulations to Headmaster, Mr David Roberts, for taking out first place followed by Bill Piggott and Andrew Davey.

Delicious coffee and donuts and Sevenhill wines were served on the shaded lawns at Sevenhill Cellars before moving into teams to explore the heritage walking trail. Teams engaged in a photo competition along the way, capturing the historic wine and cultural sites, including the underground cellar and crypt.

A relaxed lunch was held in the winery garden area at Taylors Wines, Auburn, with spectacular views overlooking the spacious, manicured lawns and sculptures. The food and wine experience at Taylors was outstanding.

Saturday evening was an incredible ex-

perience at the internationally acclaimed Watervale Hotel. The evening began with drinks in the garden bar and courtyard and a large screen slideshow showcasing team photos from Sevenhill Cellars. This was followed by an amazing degustation dinner designed by award winning chef Nicola Palmer.

Following dinner was the exciting live auction, led by Will Nolan. It raised a staggering \$16,000. Special thanks to all those who donated prizes and to the successful bidders on the night - your generosity is greatly appreciated and will go directly to enhancing facilities in the Boarding House. The auction was a wonderful highlight and a perfect way to finish a very memorable weekend in the Clare Valley.

We look forward to gathering in Robe in 2025 for another fantastic Boarders' Parents' Weekend.



The Captains stay in Boarding

MAX WHITTLE
COLLEGE CAPTAIN

I would like to think I spend a whole lot of my time at school, sometimes to the point where I am asked – and question, myself – whether I live at the school. But what is it like to really live at the school? As a day boy, I can safely say that this is a question that has crossed every single one of our minds. In the past 6 months, Tom, Tom, and I were lucky enough to be given the opportunity to answer this question. Traditionally, the three College Captains only stay in the boarding house during summer and winter Intercol however, this year, we added an extra stay at the end of Term 4 last year. This not only gave us the opportunity to accustom ourselves to the boarding house before the busyness of Intercol periods but also, because the prospect of staying in the boarding house really excited us.

During the back end of Term 4 we commenced our first stay. On the first afternoon we were welcomed warmly by all the boarding house staff and students. It was here where we were informed of the formal dinner that would take place that night. Personally, I had no idea what the formal dinner was and didn't know what to expect, but I can speak on behalf of Tom and Tom that it was an unforgettable experi-



Tom Turnbull, Max Whittle and Thomas Henchcliffe with the Prep Captains.

ence. To see all the boarders dressing up in the theme of the 90s and just enjoying a dinner together with everyone was amazing. The rest of

the week was extremely enjoyable, whether it was playing pool, getting smashed in table tennis, or just spending time with all the boarders.

Overall, our first stay was a great time.

Our second stay, during summer Intercol, we felt a whole lot more comfortable with boarding house life, which helped given how busy the week was. To have meals, a place to do work, and a bedroom all of a 5-minute walk from the Intercol events, proved to be immensely useful and took a lot of the stress out of the week.

One of my personal highlights was going to the water polo Intercol with boarding co-captain, Will Manuel. However, this was complemented by my struggle to put in a leave request, requiring assistance from a fair few boarders accompanied with many remarks of how easy it was. Thankfully, I got there in the end and this experience really opened my eyes to the level of planning and organisation that is involved in boarding house life.

Ultimately, I think my favourite part of the boarding house, and 'living at school,' is perfectly encapsulated by a conversation I had with Sam Dezzy where he told me how much he loved that "his best friends live right down the hallway from him." Being able to see, and spend time with, our friends and classmates every morning and afternoon was so valuable, and I can't thank the boarders enough for the way they welcomed us with open arms during our three stays.

2024: A successful year in review

HARRY PIGGOTT
BOARDING CO-CAPTAIN

2024 has been an action-packed year in boarding, full of incredible accomplishments, challenges, changes, and improvements. We started the year with 158 boarders, welcoming 44 new boarders to our community, something we always love as a community, ensuring these new boys feel comfortable from their very first day in boarding. Our Boarders' Team-Building Day on February 4th is a part of this; a great introduction to the year and a chance for these new boys and existing boarders to build on both existing and new relationships, learning about our positive and inclusive culture.

Our monthly regional themed dinners have been a huge success, giving all boys an opportunity to promote their area whilst having fun getting to know more about each other with a short quiz and prizes, and certainly embracing the "dress-up" side of the night.

Wellbeing Wednesdays has been a fun way of spending our second homework session once a week to partake in sporting competitions, such as the pool, table tennis, dodgeball and 4v4 basketball competitions so far this year. Our Lifeskills Program is another great initiative, in our residential wings, we get together, cook a meal, and partake in some activities outside of our regular boarding routine, even a bit of washing! As a boarding community we feel these skills are important in preparing us for life after boarding.

Throughout the year, our boarders have participated in numerous service opportunities in our wider community. Major opportunities included Relay for Life in May, and The Push-Up Challenge in June; raising important funds for Cancer Council and Lifeline along the way. Boarders also helped raise money for Childhood Cancer Association through the College's head-shaving initiative at the end of Term 2. As well as, Salvation Army's Red Shield Appeal and Fashion Parade. As Year 12s, our final act of giving will be to Ronald McDonald House as we support regional families like our for the their Christmas giving appeal. These are all initiatives that we appreciate the opportunity, knowing we are helping people in a meaningful way. Seeing all this service celebrated through our Rushton Ripple service acknowledgement pro-



Aryan and Harry celebrating 2024 with the Year 12 jumpers

gram is fantastic with it culminating with being awarded an old-fashioned Rushton singlet. Seeing more of this retro goodness is truly a great sight to see!

In 2024 our leaders have continued with the key focus for our tightknit community to continuously promote and build upon an extremely positive boarding culture. This has allowed boys to really feel a real sense of belonging within our boarding house, ensuring all boys know we are one big family that have deep and long-lasting connections that will last a lifetime.

This being my fifth year of boarding and having the privilege of being Co-Captain this year alongside Will Manuel and Jared Kuhl, my experience has been nothing but amazing, giving me the opportunity to give back to a community that has done so much for me and my future. I cannot express the gratitude I have for this incredible 'home away from home' that has helped make me become the Princes Man I am today. To be able to see all the positive changes this Boarding House has achieved over my time, and has been truly special. I know this will continue into the future.



Some of the Prefects after their induction at the end of 2023.

Leading to serve

JARED KUHL
BOARDING CO-CAPTAIN

As we prepare for new year here at Prince's, the Boarding House transitions to its new prefect body to lead, represent, and help our community for the upcoming year. As new prefects and leaders for 2024, we wanted to further build on the culture of the Boarding House and the relationships between the year levels. Before we could address any of these topics our focus was settling the new boys in for their first day, week, and term of school. All the prefects were assigned buddies, which we checked in with throughout the term, making sure they were settling into the Boarding House. As the year has progressed, we have fortnightly prefect meetings with Mr Noble and Mr Mercer, we discuss issues, opportunities, and upcoming events relevant to all boarders. We have also participated in boarding conferences with other boarding leaders throughout Adelaide, once a term, discussing our Boarding Houses cultures and collaborating on different ideas. This help lead us to some changes we have

made as a body as we have moved house meetings to Monday night to help boys plan their week ahead which with notices from some of our senior staff. We also pushed to change the time of the Boarders vs Day-Boys football game during Boarders' Week, in conjunction with a barbecue to bring the local community together and celebrate Boarders' Week and to facilitate more community and school spirit.

As we come to the final few weeks for our prefect group we can look back on the year and believe we have left the Boarding House a better place than when we first arrived. As a group, we focused on culture and belonging which I believe has improved immensely, and the relationships between boys in different year levels has improved. We aren't seen as the big scary Year 12's anymore, we are the approachable and supportive leaders which set the standard for the rest of the Boarding House. Overall, as a prefect group I hope we have set a good standard for the Year 11's aspiring to lead next year. On behalf of the prefect, it has truly been a privilege to oversee and serve boarding in 2024.



Ryan and Eddie with Mr Noble at the PAC tent

PAC at Lucindale Field Days

**RYAN BOWYER AND EDDIE LOCK
YEAR 11 BOARDERS**

On the 14th of March we joined Mr Phil Noble and Mrs Sarah Onions, Director of Admissions, at the South-East Field Days at Lucindale. The Field Days are a 2-day agricultural display that show new innovations in machinery, dog races, entertainment, and an opportunity for schools like ours to show off all the great things we can offer to families looking into boarding.

While we were there we had a great time meeting people and representing the school. We were visited by old scholars, interested parents, friends, and children hoping to come to the College.

Many old scholars shared stories of their time, some even sitting down in the tent to cheer on PAC in the Head of the River which was happening in Adelaide at the same time. We also had an opportunity to look around looking at everything the field days had to offer, with plenty around to pique our interest.



WAMBANA:

A five-week journey

**HUGH DAVIDSON AND HARVEY KOCH
YEAR 9 BOARDERS**

On Sunday April 28, 11 boys from the Boarding House said their goodbyes to mum and dad at Dock 2 Port Adelaide ready to sail to Port Vincent upon the One and All. The 36 of us did in various tasks such as climbing to the crow nest, steering the ship, and opening the sails. Upon arrival, we set up the four-man tents, and sorted out our biking equipment for the first big week of cycling. Unpredictable, undulating and rugged terrain; 40km each day. During this week we cooked our meals with our partners on Trangiers and camped in the tents.

For the next few weeks, we moved into the 'Wardlis', a Narungga word for dwelling. In the Wardlis we learnt important skills including cooking, cleaning, cooperation, patience, and time management. With 9 boys in each Wardli there were challenges, but also rewarding. This part of the program was very enjoyable with a variety of activities like the fitness program, lawn bowls, snorkelling, and our personal favourite, surfing. During this time, we also were lucky enough to explore a local farm, Bublawowie War Museum, and learn bushcraft ready for Melrose.

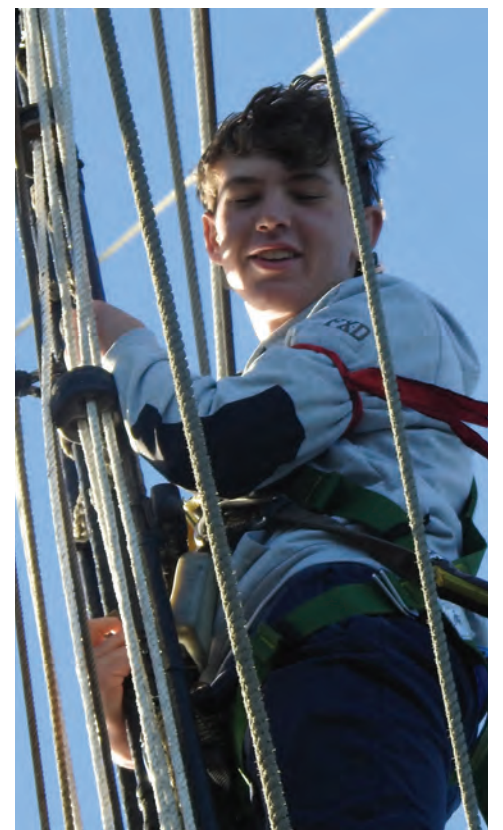
In the fifth and final week of the program we headed up to Melrose to for the final test. We



James leading the packing during a run

arrived at the Melrose campgrounds in preparation for our big hike, our rucksacks full to the brim with Anzac cookies and other goodies. We packed up our hootchies (our only protection from the elements) and hiked in groups of 8. During the hike we were solely on our own relying where we successfully summited up to Rankine's hut. For the first day we went out with our partner for a day learning about each other before we came back to do our 24-hour solo where we let everything soak in and enjoy what was around us.

Our parents made the drive over to meet with us on the final day where we told all our stories and said our goodbyes to an awesome and extremely privileged experience that strengthens us into greater men.



How's the view from up there Alex?



Boys getting shown the ropes at Longy

Victorian Agricultural Tour

**SID MALONE
YEAR 12 BOARDER**

A group of around 18 boarders were giving the opportunity to head across into Victoria to gain and insight on what happens at Longerenong and Marcus Oldham agricultural colleges. On day 1 we travelled to Longerenong College or 'Longy' approximately 15 minutes north of Horsham. After touring through the campus and accommodation and study options, we then hopped on a bus and were given and tour around the Longy farm. In the evening, we were also lucky enough to have a PAC scholar join us for tea. On day 2 we began the journey down to Marcus Oldham College on

the outskirts of Geelong. Andrew 'AB' Baker, the principal of Marcus Oldham, went through all the study and accommodation opportunities with us. We then had lunch in a dining hall with a large amount of the Marcus Oldham students. In the afternoon we had a chance to see the 3-year production of crops. Before we headed back to the city, we had a couple stop ins at boarders' family farms. Gaining new insights when going to the Vivian's at Kaniva and the Campbell's at Keith; we thank both families for their insights and hospitality. Overall, the trip was a great opportunity to gain access to a large variety of options and broaden your knowledge of the agricultural industry for those of us looking to explore further after we leave PAC.



Boys running the inflatable gauntlet.

Welcome to Boarding

ANGUS TREMLETT YEAR 7 BOARDER

Coming into the Boarding House as a Year 7 was hard, being away from home for the first time, but the other boys made me welcome. As part of our welcome, we all joined in the Boarders' Fun Day on the first weekend of the year. The activities in the pool were my favourite as we had a massive blow-up obstacle course with heaps of balls that we threw at each other. I was welcomed by all the older boys, passing me the balls and not throwing it as hard at me. A big game of Ultimate Frisbee was so much fun working with the older years and winning over the other team. A special memory of this day is when I scored a goal in the Ultimate Frisbee, and my team went crazy, really helping me build up my confidence. Lastly, there was a soccer game. Even though I got the ball kicked in my face (which was kind of funny) the soc-



Ultimate Frisbee = Ultimate Fun

cer was awesome and the level of competences was crazy. Even though moving into boarding was hard at first, experiences like this have helped me settle and now the boarding house is a really great place to be.



And here they are about to finish their boarding journey

Last men standing

NED DAVIES, ARYAN MADAN AND CHARLIE SIEMER YEAR 12 BOARDERS

Our names are Aryan Madan, Ned Davies and Charlie Siemer and we all began our Princes boarding journey in Year 7 in 2019, we are the last boarders to have lived in the old boarding house. Both Ned and Charlie grew up on stations in rural NSW near Broken Hill, while Aryan grew up in Naracoorte in the southeast of SA. In our first semester of boarding, we roomed together in the old boarding house, which was situated near the roundabout on the main campus of the school. We were in the Fiddian building (the main boarding house) in a 3-person room about 10m squared in size, which gave us enough room for 3 beds, a cupboard and some walking space. There was no attached bathroom, but a shared communal one at the end of our corridor. Since it was the last few months in the old house, we spent our time playing indoor cricket and tennis while trying not get caught and break things, even though this was kind of the objective (for us, not staff who still didn't take kindly to it). Before the move into the new house, the old house started to show its age, with minor maintenance issues ballooning quickly, and rare things like roof leaks, and even collapses, becoming more



Ned, Charlie, and Aryan at a Strikers game on their first weekend in boarding

common occurrences.

The biggest change to boarding over our 6 six years would probably have to be trying to live with COVID, with many of the leave rules within boarding as well as government restrictions becoming tightened. Off the back of this, it made it very difficult for many of us to get home, in particular Charlie and Ned who had to get special approval in order to make it across the border. Another big change in boarding has been the amount of people in our cohort, starting off with just the 3 of us in 2019, to 21 by Year 9, and on to the currently 47 boarders in Year 12. The highlight of our time at boarding would probably have to be in our first year, where we experienced the much-loved Market to Market activity under the guidance of Mrs Jenny Toh, in which we explored the Adelaide Central Markets, tried new foods, and started to become more familiar with places around Adelaide. Overall, our time in boarding at Princes has been amazing, and we are very grateful for this memorable journey we have shared.

Year 8 Rotations

HARRY HODGES YEAR 8 BOARDER

Year 8 rotations happen across 4 weeks where all PAC Year 8s take part in four different activities: EduCook, EduKart, Scotts Creek Camp, and Adelaide Week. At EduCook you go to Sprout Cooking School and there they teach you all about the kitchen and how to cook. All you learn leads up to the last day where you go to the Central Markets to buy the ingredients to make your own meal for others and the parents and guests who come to celebrate the experience with us. During EduKart, you are given all the pieces to make a go kart, and for the first three days, you are taught to use all of the tools required to assemble the kart. For the last 2 days, you go to a track and race them around. At Scotts Creek and spend lots of time kayaking up and down the Murray River. You also cook and sleep in a tent with a partner. It was a very tiring week! At Adelaide Week, you walk around Adelaide and visit many landmarks and buildings around the city, while learning about the history behind them. Some places include Parliament House and the Botanic Gardens. Throughout these 4 weeks I definitely learnt many things that will be really important and useful in the future. I am very grateful to be given the opportunity to do them.



Boys at Sprout Cooking School



Year 8s on the climbing wall at Scotts Creek



Taking the fight to cancer

FINLEY TURNER AND HENRY MURDOCH YEAR 10 BOARDERS

The 2024 Relay for Life was a memorable and enjoyable experience for all the PAC boarders who attended. The Relay for Life is a cancer-raising relay event that raises funds for cancer research. PAC attended the event and were successful in raising thousands of dollars in funds to aid in the battle against cancer. This year was acknowledged as the team that did most laps to the event out of all teams (we've got a trophy to prove it!) with Ryan Bowyer walking an impressive 200 laps himself! Taking place on the first weekend of Term 2, PAC boarders set off to Immanuel College for the Relay. We set up the tents and began walking around the oval, ensuring our batons were constantly moving around the oval throughout the entire event. The only time the walking stopped was in the emotional candlelight ceremony, in which everyone gathers to remember those who we have lost to cancer. The event was tiring with those who were involved only getting minimal sleep, however despite the sleep-deprivation that came with the event, the Relay was a memorable and purposeful event and I'm sure all boarders involved enjoyed it very much.



The PAC team together at the Relay For Life

Help Us To Help You

MR MARK MARNO PAC NURSE

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This is the definition of health by the World Health Organization (WHO) who launched the Health-Promoting Schools programme in 1995.

A Health-Promoting School can be characterised as a school constantly strengthening its capacity as a healthy setting for living, learning and working. A holistic approach to the development of young people sets the trajectory for lifelong wellbeing outcomes. It encompasses many sides of life: social, cognitive, emotional, physical and spiritual. Prince Alfred College, as a Health-Promoting School, is keen for you to work with us to achieve this goal ... particularly in the Boarding House.

The PAC Health Centre, staffed by three Registered Nurses, assist with all your health

needs ... not only when you are sick or injured. Studies have repeatedly and consistently identified the effectiveness of School Nurses in improving student health, education, and wellbeing. Interventions by School Nurses have been shown to be valuable for health promotion, early intervention, and timely care for students, facilitating access to health care, chronic disease management, coordinating care and reducing absenteeism.

Where nurses are an integral part of the school team and act as a central point of communication, there is greater capacity for understanding students' needs and mobilising targeted, appropriate and coordinated care. With this in mind, and in line with education strategies, we want to work in partnership with the whole boarding community - boarders, parents and staff - nurturing, developing and empowering our young men with the knowledge, skills and capabilities they need to become fulfilled individuals, active, compassionate citizens and lifelong learners.



Nurses Pauline, Anna, and Mark in front of the Health Centre



The boys with Mr Nick McBride MP at Parliament House

Parliament House Dinner

FRANCIS VENNING YEAR 12 BOARDER

The Year 12 leaders annual dinner to Parliament House is a much lauded and highly anticipated event for boys in the house. After a quick photo at the front desk, the smartly dressed men (in PAC uniform of course) departed the boarding house with selected staff and headed for Parliament House. Upon arrival, we were greeted by, old scholar/boarder and Independent member of Mackillop, Mr Nick McBride, along with old scholar David Cornish. Directed through the maze of corridors, we were led into the main private dining hall. After some intriguing speeches, with meals on the way and drinks handed out, the boys

began conversing with their wonderful hosts. The food was worth the wait, a beautifully cooked Porterhouse beef dish and warm sticky date pudding meant everyone went home full and satisfied. We were also visited by the opposition leader, the Hon. David Speirs MP, who stopped by to have a quick chat before continuing with his night. After dinner and conversation died down, we were guided on a tour to watch both the upper and lower houses in debate (although there wasn't much debate happening, unfortunately). Before the end of an enjoyable night, boys said thankyou's and farewells to our gracious hosts before heading back to the boarding house full of memories and stories about our night at Parliament House.



Boys and their instructor at the track



Sam and the boys doing some push-ups together

Pushing for better mental health

SAM DAVEY
YEAR 11 BOARDER

This year in the Boarding House, 70 boys and staff participated in the Push Up Challenge to raise money and spread awareness about mental health, our second year participating as a community.

As a team we did 87,330 push ups, with some boys and staff completing the challenge pushing up 3249 times in June. Not only is the Push Up Challenge a great opportunity to raise money and awareness for mental health, it allows for a good workout every day. Each day, you are set a goal for the number of push-ups needed for the challenge, with each number corresponding to a mental health statistic.

I am interested and shocked each day by these statistics. On the final day of the Push Up Challenge we all came together in the courtyard to complete our final Push Ups and were rewarded communal BBQ event to share a chat and a snag.

Overall, the Push Up Challenge is a great opportunity in the Boarding House, and I look forward to participating in it next year with all of my mates.

Defensive Driving

JOE GRUNDY
YEAR 12 BOARDER

During Term 2, Tom Dolling, Sid Malone, Francis Venning and I participated in a defensive driving program held by the Australian Driving Institute. It was a two-day course consisting of cornering and braking skills in the Adelaide Hills, standard driving etiquette

in the city, and a skidpan area at Mallala race-track. On the first day, we were assigned two vehicles between the boys and the instructors. Tom and I learnt how to drive confidently and safely within the city which has proven extremely useful. Once we had driven far enough into the hills, we conducted heavy braking exercises and braking on loose gravel roads. These basic skills gave us a good feel of the vehicle while understanding its limitations

and capabilities. On the second day, we could bring our own cars but unfortunately for Francis, he suffered a flat tire on the journey. After some quick repairs, we headed to the skidpan and pushed our vehicles to the limit. Our goal was to manoeuvre our cars around the course outlined by cones. Overall, it was an amazing program full of learning and fun which has led to us boys being safer than most on the road.

Regional dinner celebrations

IVAN NG
YEAR 12 BOARDER

Once every month, a regional dinner takes place at the dining hall. These dinners are a celebration of the different regions that all boarders come from. Boarders from their given regions choose the dress-up theme of the dinner, choose a two-course menu, and run a 10-question competitive regional and general knowledge quiz for all boys to compete for a prize.

The dress-up theme is always a highlight of the evening, as many boarders dress up for the occasion enthusiastically. We have seen costumes from cowboys to golfers, and 90s hip-hop to bogans, it never gets old.

The quiz questions are always challenging, and really tests our trivia knowledge. These regional dinners are important to the culture of the boarding house, as students from every region can be represented throughout the year, and boarders from other regions get to learn more about the region of the month.



Jared and Ivan looking sharp

Boarders helping the Red Shield Appeal

CODY CORBETT
YEAR 12 BOARDER

On the 25th and 26th of May 2024, a group of Year 11 and 12 boarders were given the opportunity to volunteer to collect donations to raise money for the Salvation Army's Red Shield Appeal. The Red Shield Appeal helps bring hope to people who may be experiencing hardship or injustice. The Salvation Army continues to provide community programs and support services that assist over one million Australians each year.

Groups of boarders volunteered their time to assist at a donation station outside of Cibo at The Parade. Boarders would greet the public and kindly ask for donations to support the Red Shield Appeal. With sunny but cool weather, The Parade was filled with people. Many generous people donated to the cause, allowing the Salvo's to raise an important \$2285 for people in need.



Riley Vivian, Harry Sage, and Cody donating their time.



Strawberry picking in Hahndorf

**HAYDEN CHAN
YEAR 12 BOARDER**

As an international boarder from Hong Kong, opportunities to go out on a farm and harvest are rare, so I'll embrace and enjoy every chance I get to participate in any farm activities. The small group of us drove to Berenberg Farm on the outskirts of Hahndorf, with crisp air and cool sunny skies, it was the perfect day for strawberry picking. Given a paper box the size of a normal takeaway container, we discussed how to optimise the maximum harvest potential. Doing every little thing we could be enjoy as many of these beautiful strawberries as possible, removing the stems, lining it up in such a pattern to remove gaps, all options were considered. This was a unique experience, and I would love to be able to come back to do other similar activities in the future.



Hayden carefully inspecting the produce



Boarders out for a round

Golfing activities - always a hole-in-one!

**HENRY DREW AND MITCH BUTLER
YEAR 10 BOARDERS**

Golf is a game of precision, patience, and practice. Like many sports, it's not just about physical skill it's a mental challenge that demands constant improvement. Golf is a

mental challenge, you think about the wind, terrain, and adapt to the conditions, the focus that is required sharpens the cognitive skill. Golf gives a sense of community, sharing the game with friends which can lead to lifelong relationships. Dedication and regular practice in golf is key. Everyday there are boys out having a hit against the net on

the Boarding House lawn, as well as regular driving range activities, all building up to the competitive golf day where boarder test their metal against each other. For each small gain gives a long-lasting sense of enjoyment, gains that can be lost in an instant. For a sport where the ball is stationary, golf is hard.

Something smells good

**TOM NOLAN
YEAR 9 BOARDER**

One activity, that all us boarders enjoy, are the cooking class hosted by Mrs. Toh. Once or twice a term, a group of boarders are given the opportunity to cook or bake something in the Max Wellington Room. The cooking classes are an opportunity to learn basic kitchen skills, such as how to handle a knife, to things so simple we shouldn't need any help doing (but end up needing some anyway), like cracking an egg or shaping dough. And for that, we are very thankful for Mrs. Toh.

Last semester, we made brownies, dumplings, and other foods, and have more cooking classes upcoming this semester. Two cooking classes I have signed up for are Mrs Field's Famous Choc Chip Cookies, and Mrs. Toh's

Yummy Yo-yos. I look forward to being able to make and eat some biscuits, and the small possibility of sharing them.

It is great that us boys get to be active in a kitchen occasionally, as we don't really have to do too much for food other than walk a few hundred metres to the dining hall. Mrs. Toh's cooking classes are a great opportunity for us boys to experiment with food, appreciate food from different cultures, and eat a whole lot. Who wouldn't want to learn how to make dumplings? Or enjoy nice, warm brownies? I would, and I do!

Tom and Owen cooking up a storm





Your Break?

**DAVID OYEKALE AND FRANK SANG
YEAR 11 AND YEAR 10 BOARDERS**

David: New to the college this year, and starting in boarding in Term 2, I found the pool table to be the key to settling in. The table was a social hub, where students naturally gathered, making it easy to connect with others. Being invited to play, despite being inexperienced, created a sense of belonging and demonstrated a culture of respect and inclusivity. The collaborative nature of pool where tips and encouragement were freely shared helped build camaraderie and trust. The friendliness and shared experiences made the challenges of starting mid-year much easier to navigate. Many games later, the pool table isn't just a place to play; it has become a space where I feel welcomed, valued, and part of the group (even if Frank beats me more times than I would like to admit).

Frank: Over the past year, my focus on improving my snooker skills has led to personal and social growth. Building friendships has been an important part of all this, with my friend David has been a big part of this. We organise regular tournaments and friendly matches together, which helped us both improve our skills and strengthen our bond. David's support and enthusiasm have made these experiences enjoyable and valuable. By practicing hard, and investing in my own cue to play with more confidence and precision, I'm now excited to take my passion for snooker outside of school. I'm exploring local clubs and leagues to challenge myself against different players and gain more experience and keep learning. Looking back, I'm proud of how I've developed my game, made new friends, and am now seeking fresh opportunities. I'm eager to see where this journey takes me next.

David and Frank during a pool battle



Alex at Friday Night Tech

Friday Night Tech

**ALEX WISELL
YEAR 8 BOARDER**

I was happy to hear Friday Night Tech was a Boarding House activity when I first started at this school. As the name implies, it is an activity on Friday nights where you have the chance to use the woodwork and metalwork classrooms. It is an opportunity to fold metal, weld, and use wood to create tech masterpieces. Friday Night Tech is taken by Mr Balustrin, a Technology teacher at school. This is a good Boarding House activity if you want to be creative and improve your tech skills, and an awesome way to start your weekend, I highly recommend!

A short drive to nature's beauty

**ANDREW LU
YEAR 11 BOARDER**

Hiking in Australia has been an enjoyment for me since I came here from the hustle and bustle of Hong Kong. Enjoying not only the silence and peace, but also spotting wild animals. I've been to Morialta for four times since I came to PAC, known for its three falls hikes, which you can see them in distance while you're walking. These views and those falls are but one of the reasons I wake up early for a hike every time its offered.

Spotting wild animals is quite remarkable, the experience is so completely different from only seeing wild animals in wildlife parks or zoos. I can observe the natural state of those animals from a decent distance, seeing how they sleep and how they live, without disturbing them. It takes some time to walk through all three falls, from start to the peak, from peak to the bottom, but of course feeling satisfied completing the hike.

As an international students, it's a pleasure to experience the difference between hiking in Australia and in Hong Kong, both have their advantages, but hiking in Australia is truly unique. Seeing a bunch of new plants



Boys on the trail at Morialta

and animals, gaining new knowledge and learning perseverance along the way, or, just another Sunday morning at Morialta.

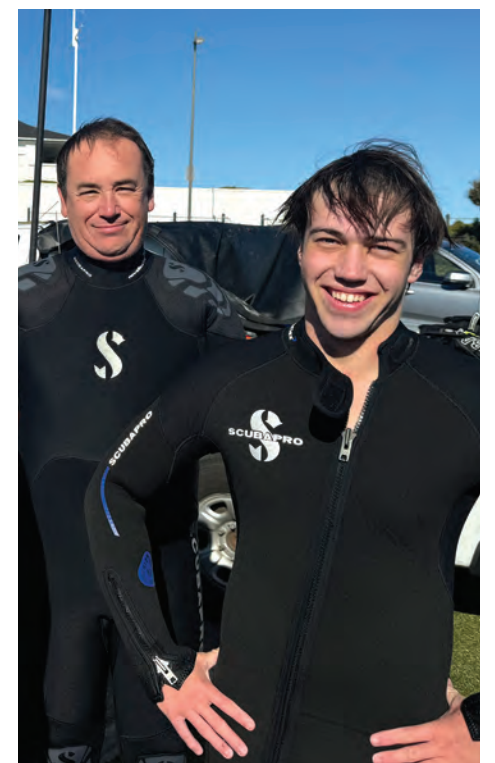
Scuba-ing with Scoobs

**JAMES ARNEY
YEAR 11 BOARDER**

Scuba diving has been one of the many privileges that I have been able to experience through boarding. Since my first year of boarding in Year 9, I have been scuba diving with a passion, an experience I am sure I never would have had otherwise. I have seen the sea floor of Port Noarlunga and Rapid Bay, reefs, coral, marine life, and other interesting sights.

Scuba diving is a great experience even for a once off, but if anyone decides they like it they can always get their license like have done through Mr. Scott Nystrom (aka Scoobs) and the Boarding House.

Dives often include a great bus ride, with the added workout of entering a skintight wetsuit and packing on some gear (a tank and weights) for a quick 500m walk to the end of the jetty. Once in the water we enjoyed half an hour of floating about, spotting fish and crabs, picking up squid jiggs, and pulling on unsuspecting fishermen's lines (not really!?). Afterwards, we make the gruelling journey back to the bus to get changed and go out for a bakery lunch. There are definitely worse ways to spend a day.



James with 'Scoobs' prepping for a dive



Three straight for cricketers

YARRA MICKAN YEAR 12 BOARDER

On 22-25 March the First XI set out on the Front Oval in the 148th Cricket Intercollegiate match between St Peters and PAC. With day 1 bringing clear skies, and sunshine, Matt LeRay captain, won the toss and elected to bowl first. Opening bowlers Harry Piggott and Ryan Percival set the tone for the team to follow, with Harry striking in just the third over, and following up again shortly after. Saints bonded together to put on a strong partnership, as Saint's number 4 batsman and captain scored a century, before collapsing before the end of the day for 223. Boarders dominated the bowling with Jared Kuhl 3/24, with Harry's 2 wickets and 1 for Yarra Mickan. PAC ended Day 1 at 1/18.

On Day 2 as PAC looked like cruising past Saints score, we lost some key wickets with PAC still behind, Mickan and Jared Kuhl stepped up for a 50-run last wicket partnership

to move past Saints and set up a 55 run lead at the end of both first innings on Day 2. Weel done to Matt LeRay (63) and Luke Szabo (51) for their half-centuries.

Day 3 came, and the game was there for the taking with an even playing field, Saints came out and went hard, with some quick runs and also wickets, with Kuhl and Piggott taking a couple each, after tea, the boys came out and, with the Saints captain on fifty again, it was looking dangerous, however, after some strong bowling, Saints were dismissed for 214, setting PAC 160 for victory. Mickan handy with 3/12 the best figures of the day; another good day for the boarders.

Slightly overcast on the last day, with a couple of quick wickets falling early, PAC was showing some nerves. Captain LeRay steadied the ship and lead by example with an exceptional 81*, meaning the lads got the third intercol win in a row, and also a successful year of cricket going undefeated, and winning the Grand Final for the T20 and one day competition as well.



Jared steaming in, putting pressure on Saints' batsmen

Badminton: Beyond the scoreline

RIJ DHINGRA YEAR 11 BOARDER

PAC had a fantastic badminton season, especially after bidding farewell to many stand-out players from last season. With many new players focusing on match play and gaining experience, this season was challenging. Leading into the season, they embraced the increased intensity and worked hard to improve for the big day. Aware that they were the underdogs, PAC came in full force to put up a remarkable fight. Although the final score of 9-3 Saints way seemed one-sided, it doesn't capture the sweat and passion behind every point. Each match showcased the players' enthusiasm and grit, turning the games into a spectacle for both guests and students, demonstrating true sportsmanship and the essence of badminton. With their unwavering spirit and commitment to strong culture, the Reds will undoubtedly return next year better than ever.



Former boarder Oscar giving his all

Surfs-Up

PETE COLE YEAR 11 BOARDER

We try to maximize Summer as much as possible and attempt to go surfing together most weekends. Surfing in a group of 12 can be challenging so we tend to avoid popular surf breaks and find somewhere quieter. We have had surfs on the Mid-Coast and on Day Street in Middleton, with some friendly visits from dolphins from time to time. Although there is no official Surfing Intercol we are compete in competitions against other schools in Term 2 and Term 4, with the hope to rank higher than last year's semifinal finish. I believe we have the talent to take it all the way.

Making a splash at Saints

ANGUS HALL YEAR 11 BOARDER

The 2024 Swimming season saw many newcomers and experienced swimmers alike, come together to try and beat our mates from down the road. The Swimming Intercol takes place as a part of the SAAS Swimming Finals, unfortunately PAC fell short finishing 4th to Saints 2nd (with Immanuel as champions) at the SAAS Swimming Finals, meaning Saints got to hold aloft the trophy this year. Even though there were no boarders that participated in the Swimming Intercol at Saints, we still had a great time getting into the pool on early Monday and Friday mornings for practice, as well as the mini-meets held every Wednesday afternoons at the RED Centre. Boarders that swam include James Arney returning for yet another great season, Ryan Bowyer developing his skills in the water, and myself. Well, done to all involved, can't wait for another season next year.

Strength to strength in Volleyball

SAM HEUZENROEDER YEAR 12 BOARDER

The sport of Volleyball has experienced unprecedented growth this season, with not only the establishment of more teams, but also many more boarders embracing a passion for the game and expressing an eagerness to develop their skills. Through hours of hard work, the 1st Volleyball team is blossoming into a talented and cohesive force. A major challenge that the 1st team had to face this season was regrouping after losing many of our key players. Although it did take time for team chemistry to develop, once the team began to operate as one, we were able to deliver some outstanding performances, culminating in our strong showing at the Volleyball Intercol. In a hard fought battle, Saints came away victorious 2-0 (25-17 and 25-10). With the team getting stronger year on year, PAC will continue to strive for results and take the battle to Saints again next year.



Sam focusing as he is about to dig.



Another strong rowing year

LACHIE DAVIDSON YEAR 11 BOARDER

March 16th 2024 saw months of blood sweat and tears fighting for the top spot of a 6-minute race. With a successful day as a whole, Prince Alfred college students pushed their boundaries to a whole new level. In the early hours of the morning, the Year 8 quads saw boarder, Sam Matheson representing the Red and White in true glory finishing on the podium in the Yr. 7/8 C crew. The Year 9 fought hard and strong in all areas. Our very own, William Garnett, bringing home the win for the Reds in the Yr 8/9 D crew. In Year 10, races change from 1000-1500m, with four PAC boats on the water, three of them came out on top including the 9/10 C crew with Ky Fogarty in boat.

As midday hit, the senior boys couldn't wait to show the course what they were made of. Over 1000 hours of training in the season just for one 2000m race. 2nd Four finished 2nd, with David Oyekale and Ollie Dennis in a valiant effort. The 1st Four with a huge effort finished 3rd with Angus Hall and Argus Choy fighting for our emblem. The 2nd Eight had a tremendous victory where Hugo Knight and I fought our way across the line in a come from behind win.

The 1st Eight had an impressive season, putting themselves in prime position for the race that was to come. Although the race



Boarders Hugo (3rd seat) and Lachie (5th seat) and the crew heading to the starting blocks.

didn't finish as we hoped, the boys put in there all securing 2nd place with Maximus Garnett in stroke seat. Although the Intercol

went to Saints, the season was still a success as exemplified by PAC's showing at the Australian Rowing Championships where PAC

finished second in the Men's U19 Eight. A huge effort by all, and another great rowing season at PAC.



PAC boats at the Intercol

Unchartered Waters

KEITH NG YEAR 9 BOARDER

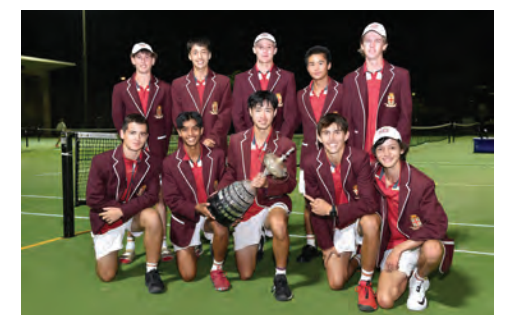
On 24th March, we had our first official Sailing Intercol between PAC and St Peter's. With our sailing coordinator Mr Jonathan Scobie and with an outstanding crew packed with boarder, we headed out to West Beach, prepared to win. The weather conditions were good, there was clear skies, and average winds, winds that our sailors have practiced in. Unfortunately, with the original plan to have the Intercol competition after all of the sched-

uled races of the regular Metro competition, there was not enough time for a one-on-one as originally planned. However, we did have races against St. Peter's during the Metro which was decided would count as Intercol after the fact. With stiff competition and close races going to Saints and PAC, PAC was declared winner with an overall higher ranking on the day, which was decided well after the close of events. Overall, our Sailing team did great and was very hardworking, many thanks to our coaches and Mr Scobie, as they also worked very hard to make this victory possible.

The streak continues for PAC Tennis

COOPER FERME AND SAM CUMMING YEAR 11 BOARDERS

This season we were lucky enough to participate in the 127th Tennis Intercol match between PAC and St Peter's. This is what the team had worked towards throughout the year. Princes' tennis season had been a success with both Drive 1 and Drive 2 winning the Sports Association for Adelaide Schools Division 1 and 2. The battle took place on the Princes supergrass courts with exceptional tennis to be seen throughout the day. The sun beat down as the first matches got underway. The Reds were dominant early as after the completion of the singles the scores were 5 sets to 3. After a quick break for tea, the boys were fired up and were eager to get the doubles underway. Princes didn't look back and took the doubles by storm with a convincing 4-0 win. With the final score being 9 sets to 3,



Boarder Cooper, Sam, and Sid as part of the winning team.

Princes celebrated a well-deserved victory. This victory extended Princes winning streak to 17 consecutive Tennis Intercol victories. Both strong Intercol spirit and great sportsmanship were displayed throughout the day by both players and coaches making it an enjoyable fixture for the spectators.

Undefeated Princes

WILL HOBBS YEAR 11 BOARDER

The Water Polo Intercol has always been a must watch event, and this year's was no different. Saints have had the edge in the Water Polo pool in the last few years, but this year, the Red Army really turned that on its head. Held at the Adelaide Aquatic Centre, PAC put on amazing performances winning the senior Third and First-Intercol fixtures. We had Julian Hyde Kelly putting on a cracking performance being an unbreakable brick wall, only letting in 6 points and made 4 crucial saves. There was the incomparable Sam Chiccioppo with an unstoppable 6 goal-game, Mack Taylor scoring an amazing penalty, and Charlie Roberts putting on the pressure to make Saints cough up the ball. PAC's whole season was undefeated, a truly amazing feat. GO REDS.



Princes charging into goal.



Footballers celebrate their win

Undefeated First XVIII

HAYDEN WILLMOTT
YEAR 11 BOARDER

The 2024 PAC First XVIII had a very successful Football campaign, going undefeated for the season. Prior to the season commencing, the newly appointed head coach, David Oatey, got together with the leadership group to discuss what they thought was important to get out of the year. Three things stood out: winning the SAAS Grand Final on the Adelaide Oval, winning Intercol, and having fun with our mates. We defeated Sacred Heart

at Adelaide Oval in front of a very noisy crowd, a tough challenge that I'm sure all the lads are incredibly proud to be a part of. Having played so well and beating such a great opposition in Sacred Heart, we had confidence going into the Intercol game at Saints. With all the anticipation and hype, the week leading up to Intercol was unreal. After 100 minutes of hard-fought football, PAC were able to come out with the Intercol trophy, beating the boys in blue by 25 points. An undefeated season, and a great group of boys to share the experiences with.

So close

GEORGE BUTLER
YEAR 10 BOARDER

After Red's heartbreak loss in the 2023 Basketball Intercol, we were ready to go this year. After 2 exhilarating games by our C and B teams, the crowd was ready for their final match. Once the teams stepped on the court, the crowd was electric. The game began with our team starting hot. With Henry Pedler knocking down 3s, and Kale Hampton-Matthews showing his speed, the quality skills on offer kept the battle close. With constant pressure from Saints, Captain Cody Corbett kept the game together with his consistent scoring. In the final quarter, as we were pulling away from Saints, the unthinkable happened. They started making shots and got ahead with hardly any time left to play. With 2 seconds to go, we missed a buzzer-beater 3 to end this blockbuster of a match going down to Saints by just 2-points. Even though the end result wasn't ideal, everyone enjoyed the match, and enjoyed the loudest and arguably most exciting game of the Winter Intercol season.



Henry Pedler played hard all night

Debaters prove their point

ALEX FAN
YEAR 11 BOARDER

With no boarders represented in the Debating first team this year, we thought it a good idea to celebrate the successes of the all-boarding (four boarders and one honorary boarder for the sake of this article) debating team in their recent 'Intercol' match. In a further twist, our match was not against the boys in blue, but girls, St. Peter's Girls! In our second year together, the boarding debate team of Rijak Dhingra, James Arney, James Arney, Eddie Lock, and Alex Fan welcomed honorary boarder Toby Stothard to the team this year. In debates on topics ranging from economics, philosophy, to international relations we had our work cut out for us all season. After preparing for the wrong side of the argument, PAC were able to turn their disadvantage into an advantage, with James and Rij able to come up with ideas on the spot and turn around the situation arguing with real-reasoned and thoughtful skill to drive home with confidence. Some truly impressive skills were demonstrated between both sides, but PAC were too strong as the team took its second (and most important) win of the season. It is a shame that the first team were not able to share in our suc-



The two Senior B Debating teams celebrating

cess, doing down in a split-decision result showing the quality and calibre of debating occurring at the highest level.

Dominant rugby display

OLLIE DENNIS
YEAR 10 BOARDER

The 2024 rugby intercollegiate match between Prince Alfred College and St Peter's College was a showcase of high skill and relentless effort. Joining this year from Queensland, where rugby is practically a way of life, I wondered if the sport would hold the same weight in South Australia and if the rugby culture here would compare. I was happily surprised. The roar of the crowds rumbled the ground beneath me and the passionate chants left me in awe as the both schools displayed love and passion for their schools and the game. The game was impeccable with keen hand skills from centre Ben Langley scoring a fantastic intercept try in front of the student section and power and spirit being evident from Captain Will Deakin and Vice - Captain Kyle Prinsloo as they smashed, stepped, and tackled their way into giving Princes a physical and mental edge. However, Hooker Salvatore Coztanzo stole the show with his killing runs and keen awareness in stealing and jackaling the ball winning him the Player of the Game award. Other notable performances included Year 10 Thami Nyathi with his hot stepping feet and the pure talent



Will Pointon pushing through the Saints line

and skill from fly half Ivan Arnold. When it was all said and done PAC came away with a dominant 34-5 win.



PRINCE ALFRED COLLEGE BOARDERS' NEWSLETTER

SEPTEMBER 2024 - EDITION 15



Jack reading the play

JACK SHARMAN YEAR 10 BOARDER

On the 23rd August Saints took on PAC at William's Sport Field. Saints were going in as favourites, however PAC had the underdog spirit and determination after their loss last year. As the whistle blew both teams were

off. Eddie Chapple put one on the board early for PAC, but Saints equalised making it 1-1 at the end of the first half. As the crowd roared for both sides, Saints got an early one in the second half. After Hudson Duka with his amazing ball handling gets into the circle and earned a stroke of PAC, he put it in the back of the net, tying the score again. With 10

minutes left, Saints scored their third. With 5 minutes on the clock, PAC got a short corner as Eddie Chapple flicks it low right and rebounds of the keeper for Jack Sharman to smash it into the back board. The final whistle blows and its 3-3! PAC played with some real heart and determination to not give up and to keep fighting for that shield and trophy.

Soccer Triumph

EDDIE CALLAGHAN YEAR 10 BOARDER

21st August 2024, the Soccer Intercollegiate between PAC and Saints kicked off with a blinder. With PAC having a relatively narrow victory over the boys in Blue (5-3) previously this year, the Reds were coming in looking like the favourites to win this game. However, this game would prove far from a walk in the park. With rain pouring down, nothing could dampen the mood or the atmosphere, with the battle tied at 0-0 at half time. After a somewhat questionable decision from the referee, Saints had a penalty early in the second half. Goal-keeper Miles Falahey took an ambitious dive to his right side, but couldn't stop the ball slotting it away in the top right corner. Not deterred s, a rambunctious run by centre-back Jesse Manuel, saw PAC equalising in the following five minutes. The cup was all up for grabs. Then in the final 20 minutes, a soaring cross saw Liam Kritharis score the winning header, sending Saints packing their bags and PAC holding aloft the cup in a fiercely fought battle.

15 Straight!

Going into the season undefeated, the Chess team went in with high expectations. Hosted in the Saint's Big School Room, the energy and atmosphere was tense and buzzing. With many closely fought matches, PAC were too strong coming out on top 8-2, the same scoreline as the 2023 Intercol match. Well done to captains Caleb Tang and Ethan Retnaraja on a fantastic undefeated season, allowing PAC to hold onto the Chess trophy for the 15th straight year. A special shoutout to Year 5 student Patrick Yan, competing in his first (of what is hoped to be many) Intercols for PAC. Well done to all involved.

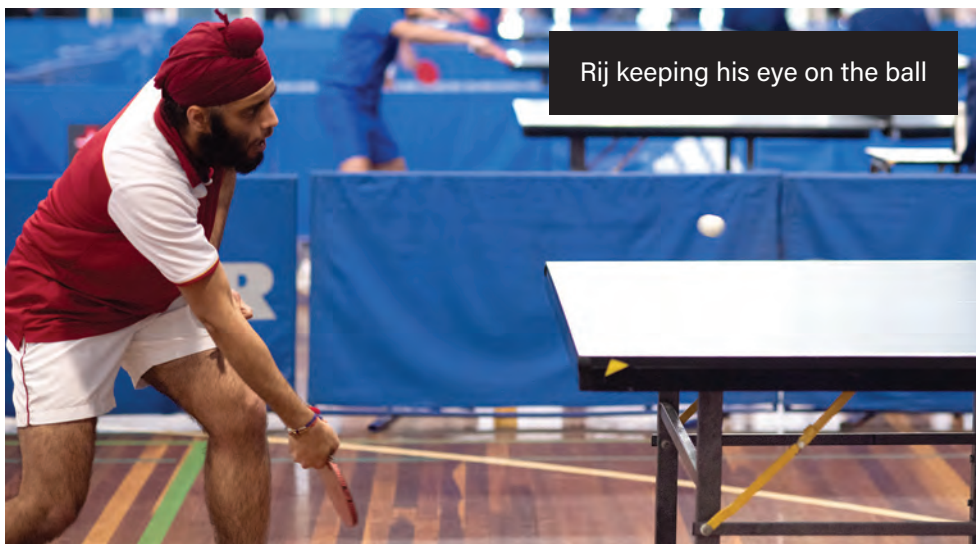
Saints too good in Table Tennis

AIDAN WITENDEN YEAR 10 BOARDER

This Table Tennis season was marked by extensive development across all teams, mostly thanks to the priceless guidance of our new coach, Anthony Doldo. Also, a big thanks to Kevin and Declan for returning to coaching for the day of the Intercol. Despite the team's collective efforts, PAC fell short, 14-6, with Saints too strong across the board. Special mention about PAC best performer Kai Coghlan, who, although with some close sets, pulled ahead in

every one of his games, emerging as the winner showing skill and determination.

Patrick Yan did an exceptional job as the youngest player on the team, winning his straight singles, as well as his doubles with James Xu. With Michael Cook finishing school this year, we wish him the best, and hope that we can find an adequate replacement for the number two position. Although we ultimately lost to Saints, our skills this year have had considerable development. With continued coaching support, I am optimistic that we will come back stronger next year and have even more high-quality games against the Saints boys.



Rij keeping his eye on the ball



Back to back Squash champions

Another year of squash dominance

TRISTAN WONG YEAR 11 BOARDER

Prince Alfred College played the age-old rival Saint Peter's College in the second Squash Intercollegiate Fixture on the 21 Aug 2024. The PAC Squash team has had a wonderful season as being undefeated this year. We were confident going in, having a clean sheet against Saints this season. We all knew that this would be the most important match all year and we

have been training hard since the start of the season.

The evening started with Chewa Maurici winning 3-1, while Chris Towers sadly lost his match 2-3 after a tight battle. Both Aryan Madan and I beat our opponent by 3-0 meaning that the result ended with a PAC victory 3-1. Our reserve, Owen McCauley also won 3-0. We showcased our strong determination and skills, and are delighted to have retained the trophy after last year's victory.



Angus traversing the Kokoda Track



The trekking party

Reflections at the Kokoda

ANGUS HALL YEAR 11 BOARDER

During the April school holidays, I had the opportunity to trek the Kokoda Track in Papua New Guinea. It started out as an idea during my birthday celebrations, when my Dad and I decided we would have a crack and got training. The Kokoda track is a 96km

trail through the Owen Stanley Range, characterised by its harsh and humid jungle, with steep and muddy ascents. It is famous within Australian history, as a site of a key 4-month long battle of World War Two. It was one of the closest locations to the Australian mainland that the Japanese had reached with ground forces during the war.

Being out on the track provided heaps of awesome highlights. Generally, our days

would begin at 5:30am and would continue until 5:00pm.

Taking roughly 8 days to complete, we would cover 12km a day, with varying elevations. One of my biggest highlights was getting to see the 4 Pillars at the Isurava Memorial. Each pillar had an inscription of "Courage, Mateship, Endurance, Sacrifice". These words are to describe the nature of the conflict.

I am extremely grateful for the perspective that being out on the track provided me. By seeing the contrast between the poverty-stricken westernised Port Moresby, and the villages along the track that still maintained their traditional ways, it demonstrated to me all the things we can do better at home, including being far more grateful for the lifestyle we have in Australia.



Joe and Zara up on stage

Lights, music, action!

JOE CALLAGHAN YEAR 12 BOARDER

June 25-27 saw 30+ students from PAC, Seymour, Loreto, St Aloysius, and Mercedes take to the stage in PAC's 2024 school musical Urinetown. Urinetown follows protagonist Bobby Strong, whom I was lucky enough to portray, as he rebels against the impending threats of water shortage, poverty, and the government mandated regulation of

urination [laws against peeing]. Other notable characters within the play consisted of Hope Cladwell (Zara Hower, Seymour), Officer Lockstock (Owen Barkla, PAC), Ms. Pennywise (Chloe Dowd, Mercedes), and Mr. Cladwell (Luke Economos, PAC). Whilst the performances themselves were a glaring success, the relationships formed between cast members from different year levels and different schools was far more special. Over the 6 months of long and tedious rehearsals,

with plenty of help from volunteer parents, students, and teachers, the mate ship and support shown not just from people within the production but also from audience members was an inspiring advancement towards a more theatrically encompassing Princes' culture. I am extremely grateful for being given the opportunity to perform in front of my peers with such an amazing cast and would like to extend my gratitude to Mrs. Reynolds who directed such a fabulous show.

Espana is calling

MAX MATHESON YEAR 12 BOARDER

In December 2023 I went on a language immersion trip to Madrid for three weeks, the capital of Spain, with 5 other students. Each day we went to a language school and afterwards explored the different parts of the city in our free time. I stayed in a small apartment with another PAC student in the very heart of the city. Our host was a professional cook, and the very first thing she asked us in Spanish was if we ate fish. Unfortunately, due to my roommate not liking fish, she would cook a separate meal for us (not including fish) at around 10 and she would cook her own meal (with fish) at 12. Our host also didn't speak a single word of English to us - it was a language immersion trip after all.

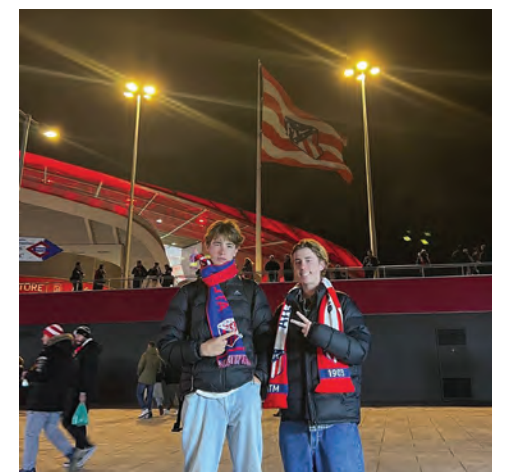
We didn't spend a great deal of time at the host's home, but when we did there were one of 10 channels on the TV to choose from. The only two our host would watch was Real Ma-



The boys enjoying a walk around Segovia

drid TV and some bizarre news program! Madrid is home to a lot of insane attractions, but the highlight was walking through the massive Retiro Park every morning. As well as going to a Champions League game between Atlético and Lazio, seeing Griezmann score in the first

5 minutes. I also loved the special outings to museums and the day trips to Segovia and Toledo. These two old cities were critical to the history of Spain, and their gothic architecture was breathtaking. I loved experiencing the culture and walking through the streets of Ma-



Will and Max at a Champions League match

Madrid, although traditional Madrid food seemed quite plain to me, the paella was amazing and now one of my favourite meals. I can't wait to go back and catch up with the Spanish mates I made and to experience other parts of Spain in the future.