



# – PRINCE ALFRED COLLEGE – BOARDERS' HERALD

SEPTEMBER 2014 – NO. 5

- **CURRENT NEWS** pages 1-3   ➤ **CHARITIES** page 4   ➤ **TRAVEL** pages 5-7   ➤ **BOARDING COMMUNITY** pages 10-13  
➤ **ENTERTAINMENT** page 14   ➤ **TAKE A STEP BACK IN TIME** pages 8-9   ➤ **SPORT NEWS** pages 15-16

## Developing Authentic Leadership

**Darren ROYLETT**  
HEAD OF BOARDING

A KEY component to the success of a boarding community is the leadership that the senior boys demonstrate throughout their time at the College. At the commencement of 2014, I asked the Year 12 boys what their legacy would be following their final year in the boarding community. Undoubtedly the boys have shown through their actions – within the classroom, on the sporting field, on the concert stage and within the walls of the boarding wings – that they can make a significant contribution to enhancing the positive culture of the boarding community. This year the boys have proven that success on the sporting field can be combined with academic success. This is a hard line to walk but to their credit they have achieved it. Furthermore, we have seen the emergence of genuine leadership, embodied in boys taking time to do the small things that matter. Many examples are seen daily – a quick “hello” to a new younger boarder or an impromptu coaching session with the football before dinner or a guiding hand with the intricacies of understanding algebraic equations. These are all daily occurrences within our boarding community which continually makes me very proud.

When boys join in the boarding community at Prince Alfred College they begin a journey towards leadership. Throughout their time with us they have various leadership opportunities – be it at Wambana, Scotts Creek or through the myriad of opportunities presented throughout the College. Our aim is to develop young men who will leave the College with both the tools and the desire to contribute to the wider community. The quote by the American scholar Warren Bennis reminds me that leadership is a learnable skill; “The most dangerous leadership myth is that leaders are born – that there’s a genetic factor to leadership. That’s nonsense; in fact, the opposite is true. Leaders are made, rather than born.”

Leadership is not a right. It is a privilege earned through putting the interests of others before self. Boys need to learn to become leaders and



◆ **Mr. Darren Roylett, Head of Boarding.**

we provide opportunities for them to mentor others and support this with leadership seminars throughout the year. This approach enables the boys to develop skills such as consultation, negotiation and mediation as well as a fair sense of justice and community spirit. I am proud to say that our boarders demonstrate these qualities on a daily basis within our boarding community.

Some of the ways our boarders have been active in developing their leadership skills include participating and taking a lead role in our activities program, coordinating the annual Red Shield Appeal, running and organising the Relay for Life and other worthy causes. Most recently I have been very proud of the role that senior boarders have taken as coaches within the popular Auskick program throughout the winter. The examples are endless and I think this speaks volumes about

the calibre of boarders that we have here at Prince Alfred College.

Many of our boarders will become leading members of smaller communities. We know that the boys will see value in organisations such as their local community-based clubs and associations. By developing leadership skills that are life skills we believe they are more likely to contribute actively to keep the service organisations alive. Rural communities rely on goodwill and volunteers and this is no more clearly demonstrated with the success of the various Field Days events at which I have been fortunate to represent the College. These communities and wider societies need individuals who are committed to being active contributors to help facilitate positive change and I know our boarders will contribute to this process, embodied in boys taking time to do “the small things that matter”.



*Introducing...*

### **Mr Bradley Fenner**

Eleventh Headmaster  
of Prince Alfred College

PRINCE Alfred College is delighted with the appointment of Mr Bradley Fenner as its eleventh Headmaster.

Mr Fenner was most recently Headmaster of King's College, Auckland, one of New Zealand's leading boarding schools, and previously served as Principal of Westminster School, Adelaide, South Australia from 1999 -

2009. Mr Fenner has a wealth of boarding background having worked as a Resident Teacher and Head of Boarding during his career. He is highly experienced, well respected and eminently capable of performing the role of Headmaster of the College. Within boarding, we are very excited to have Mr Fenner join us.

## PRINCE ALFRED COLLEGE

**Visit** 23 Dequetteville Terrace, Kent Town, South Australia (entrance off West Parade) **Post** PO Box 571, Kent Town SA 5071  
**Phone** 08 8334 1200 (Monday-Friday 8.30am-4.30pm) **Fax** 08 8363 0702 **Email** reception@pac.edu.au **Facebook** Boarding@Princes





Mr. Darren Roylett



Mr. Phil Noble



Mr. Ron Pippett



Mrs. Hayley Hall



Mr. Tim Quinn



Ms. Pam Oliver



Mr. Jack Harford



Mr. Russell Williams



Mr. Will Bittner



Mr. Joel Garrett

## PRINCE ALFRED COLLEGE BOARDING STAFF 2014-15

We are a very energetic, unified and positive team within boarding and it is safe to say that we all love what we do! Please see some pictures of our team. If you haven't met us in person yet, please introduce yourself when you are next in the boarding community as we'd love to meet you.

### INTRODUCING...

Mr. Darren Roylett, Head of Boarding; Mr. Phil Noble, Deputy Head of Boarding - Hartley wing; Mr. Ron Pippett, Senior Residential Assistant, Academic Success - Bayly wing; Mrs. Hayley Hall, Senior Residential Assistant, International Students' - IB wing; Mr. Tim Quinn, Senior Residential Assistant; Ms. Pam Oliver, Senior Residential Assistant, Community Service and Middle School boarders; Mr. Jack Harford, Boarding Assistant/Teacher; Mr. Russell Williams and Mr. Will Bittner, Full-time Boarding Assistants; Mr. Joel Garrett, Part-time Boarding Assistant; Mrs. Jenny Toh, Mrs. Cecily Calaby, Mr. Phil Clark and Mr. Scott Nystrom, Casual Boarding Assistants; Mr. Ryan Gunn, Gap Year student; Mrs. Heather Would, Boarding House Office Administrator; Anna Thomson and Caroline Lenman, School Nurses; Octavian Nadu, Colleen Fagolini, Pauline Coupe, Lee Harris and Nancy Ong, Housekeeping and Laundry; Shane Harris, Security.



Mrs. Jenny Toh



Mrs. Cecily Calaby



Mr. Ryan Gunn



Mrs. Heather Would



Mr. Phil Clark



Mr. Scott Nystrom



Anna Thomson



Caroline Lenman



Nancy Ong



Octavian Nadu



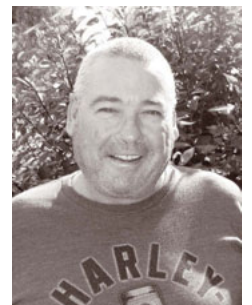
Pauline Coupe



Colleen Fagolini



Lee Targett



Shane Harris

**22%** of our boarding community is international

**1 in 10 boarders**

remember to take their laundry down to the laundry ladies on a regular basis



Work hard.  
Be kind.

**98%** of our boarders play a sport

### Numbers Talk...

In 2013, the Year 12 boys excelled in the SACE and IB achieving a total of 42 Merits, with an average IB ATAR of 97.35 and 27.4% of our SACE students achieving an ATAR of over 90. Well done boys!

"I'm the 6th generation of McBrides to attend Prince Alfred College."

Phil McBride, Year 12 student, tells his family heritage at PAC

**1st generation:** Albert James McBride

**2nd generation:** Sir Philip Albert McBride

**3rd generation:** Philip Albert McBride

**4th generation:** Philip Affleck McBride - Grandpa

**5th generation:** Philip Nicholas McBride - Dad

**6th generation:** Philip Alexander McBride

- Phil McBride current Year 12 student



**180,000ac**



the amount of land owned by Flynn Treloar's family in South Australia

**"I don't want to leave boarding...  
In case I miss something"**

- **Will Sumner's** comments after being concussed and having to go home to rest.

**In 2013, two of our boarders became professional footballers**

George Hewett went to Sydney and Cam Giles went to Carlton.





## Getting to the game

FROM living in the country and having only watched the football on TV from the lounge room, to boarding in Adelaide and visiting the new Adelaide Oval four times in one season, has been an incredible experience. Going to the new Adelaide Oval for the first time to watch the football live was awesome as I had never been to a football game that had 50,000 people attending. We were able to walk to Adelaide Oval from the school and it only took about 20 minutes. Coming over the new footbridge

and walking to the gates didn't feel congested at all when you know that 50,000 others are trying to do the same thing. Upon entering the stadium and walking to our seats there was a breeze because of the design of the new stadium. The view from the grandstand was fantastic. Exiting the oval was as easy as entering it and on the walk back no one could stop talking about the game. Knowing that we have a world – class stadium almost at our doorstep is amazing.

– Jack Ryan, Year 10



◆ Adelaide Oval illuminated at night.

PHOTO COURTESY: [www.portadelaideafc.com.au/gallery/2014-03-27/adelaide-oval-in-pictures-port](http://www.portadelaideafc.com.au/gallery/2014-03-27/adelaide-oval-in-pictures-port)

## Footy tipping competition



◆ Prize in hand: Bradley Griffiths with the footy tipping shield.

BOARDING at PAC is like living with 137 competitive brothers. The Boarding House football competition brings out that competitive spirit and can be a great talking point on a Monday morning, with the majority of the boarders having a passion for AFL. With captivating treats and trophies at the close of the season, it influences all members to take pride in their weekly selections. Having won the competition in 2013, I was keen to start this new season and hopefully have my name on the trophy again this year. After round 19 Henry Bussenschutt and I nervously tied at 118 with only a margin keeping myself on top. With only three rounds to go, it would come down to the wire between the two of us. I enjoy the footy tipping competition and it is one of the many ways that can bring us together as a boarding community and create bragging rights all at the same time.

– Brad Griffiths, Year 11

## Dream Team boarding competition

EACH year the Boarding House has the AFL Dream Team competition. The competition is comprised of two separate divisions; one that consists of the boys that consider themselves to be footy fanatics and the other contains part-time coaches that aim to have fun and do not consider the competition to be as serious. Dream Team works by selecting an AFL side containing star players within the allotted salary cap and the better the player the higher the price. Boys have to think strategically and coach their teams throughout the year, making necessary

trades with the aim that their players consistently score high numbers. Each player gains points during the game for key statistics including kicks, handballs, marks, etc. The competition causes rivalry and competitiveness at times throughout the boarding community. Sometimes it even takes priority over homework during crucial stages in the year (but don't tell the boarding staff!) Despite this, the competition is fun and intriguing, with prizes at the end of the year being awarded to the winner.

– Nick Gregurke, Year 11



◆ Passenger on board: Tim Jolly paddles on the River Murray.

## Helping others helped me

IN the first week of the Christmas holidays in 2013, I, along with around 20 other PAC boys, participated in the Outreach Program run by the school. This program is designed to test our patience, leadership and compassion; and to take us out of our comfort zone. We were buddied up with kids with a mental disability ranging from around 10 to 18 years old from special schools in Golden Grove and Elizabeth. For the duration of the camp we were their primary carers and everything that they wanted to do, we helped them along the way. My buddy was a 10-year-old boy named Johnathan who had Down's syndrome. Johnathan had a lot of trouble communicating with me as he only replied to sentences with the word "yes". Johnathan was a really nice and affectionate boy who I really bonded with over the camp. He really enjoyed fishing on the jetty and just sitting dangling his feet into the water. It was incredible to see the smile on his

face at these simple things.

As well as learning about the kid's disabilities, we also learnt about their backgrounds and the environments that they live in. I was really shocked and amazed at some of the stories. Although it was a very demanding two and a half days with very little sleep, it was incredibly rewarding. To know that we helped these kids have fun and enjoy themselves, as well as giving their parents a break from the stress felt really good. The outreach program really put into perspective for me how incredible people are who work with these kids every day. They are amazing people with a lot of kindness and patience and I was glad that I could help them out as best as I could. This program



◆ Staying afloat: Tim Jolly and Jack Mann have fun in the water with Johnathan.

was incredibly rewarding and the kids, however full on they were, have great hearts and really made the time enjoyable.

It was really amazing that seven boarders, including myself, volunteered their time to contribute to this amazing program. I think this is due to the warmth and kindness of the boarding family that comes with an appreciation of how fortunate we are.

– Jack Mann, Year 11

## Will we see you at the next Field Day?



◆ Mr Roylett congratulates Matthew Quigley on a job well done on day 1 of the Cleve Field Days.

PRINCE Alfred College has a long and proud association with a number of regional Field Days and Ag Fairs throughout South Australia, Northern Territory and Victoria. Additionally PAC is represented internationally at trade and education exhibitions in Asia. Attendance at Field Days and other exhibitions by Prince Alfred College staff and students provides an important link to regional centres for current families, old scholars and prospective families. Many a student's first contact with PAC comes in a tent in a paddock just outside Berri or Cleve. Matthew Quigley, from Cummins, experienced his first field day as a PAC student in Cleve this year. Matthew says, "Friends I've spoken to say it's really important that schools from Adelaide support our community."

So hopefully you can drop in and visit us next time we're in a tent/exhibition near you – that tent/exhibition could be in Lucindale, Paskeville, Hong Kong, Riverland, Cleve, Broken Hill, Hamilton, Guangzhou or Darwin.

– Matt Rawes, Manager Student Recruitment





# Running to raise money and awareness

FOR the past four years the boarders have competed in six Relay for Life events. The Relay for Life event is all about raising awareness and money for Cancer Council Australia and the boarders relish in the opportunity to be a part of it every year. Leading up to the event teams spend time collecting donations and fundraising. In the

past, we have done cupcake baking, casual clothes days and raffles. This year's event, due to the weather, was moved indoors to the Goyder Pavillion at the Wayville Showgrounds. Around 30 boarders participated in the Relay for Life event this year and were organised into three teams. Each team had to keep a baton moving around a track

continuously for 20 hours. Organising the team so that they had someone running/walking constantly was a big challenge, especially for the 2am – 6am shift. As a result, most team members were only given a 2 hour sleep/rest period over the 20 hours. When team members were feeling tired and in pain, Mr. Noble reminded

the boys of why they were there and to push through the pain like so many cancer sufferers have to do. This was a sobering thought to the boys. The event was a great success, raising lots of money and awareness and as always a great opportunity for our boys to be a part of a very worthwhile cause.

– Mrs Hall, Boarding House Senior



◆ A good team effort: Boarders brave the cold night for cancer.

## Boarders keep Flying Doctor in the air

THROUGHOUT the year, the Princes boarding community has been raising money to donate to charities that have an association with the boarding community. This year the boarding house has chosen to support the Royal Flying Doctor Service and the Ronald McDonald House (RMHC). The Royal Flying Doctor Service takes the finest care to Australia's furthest corners so that anyone who lives, works or travels in remote and rural Australia can enjoy the best of health. The RMHC is an independent, non-profit organisation that helps seriously ill children and their families when they need it most. Money has been raised through the BBQ on Boarders Day and other events. The boarding community realises how vital fundraising for these charities is and so the boys really get behind supporting these worthwhile causes. It's also the personal feeling the boys get when they realise who they are helping in the community.

– Phil McBride, Year 12



## Prince Alfred College turns pink



◆ Pretty in pink: Members of the first XVIII football team wear McGrath Foundation socks.

working closely in conjunction with Walford Girls School to organise and play a netball match against one another in support of the foundation. The match was held at PAC and was a well-organised, fun and entertaining event which saw Walford take home the inaugural trophy by one goal. The pinnacle of the campaign occurred on Saturday the 9th of August on the PAC front oval where a very supportive crowd attended to watch both the firsts and seconds football teams in action against Sacred Heart College. Not only were the two games a great spectacle, but the kind donations and support of the fundraising initiatives were fantastic and as a college we are very grateful for all the much-needed support. A special thank you goes to Sacred Heart who honoured the McGrath Foundation by wearing pink armbands on the day and for their own donation on behalf of the school towards the charity. Phil Noble must also be commended for the tremendous effort he put into the event, without his work the day would not have been possible. Special thanks also goes to the PAC Old Scholars football club for donating the prizes for the raffle and Mount Barker SportsPower for supplying the pink shirts for the coaching staff and the pink footballs. Thank you again to everyone who helped support the cause, with any luck the event will continue in years to come and become a regular occurrence against Sacred Heart.

– Jack Elsworthy, Year 12

THE Prince Alfred College Pink Socks Campaign began this year in an effort to raise much-needed funds and awareness for breast cancer research through the McGrath Foundation. In an all-boys school such as PAC, it is often important to pay our respects to women and raising money for breast cancer seemed a very fitting cause. The campaign involved around 170 PAC senior students who played wearing the pink socks during their sporting matches during week 3 of term 4. School prefect Braydon Cordingley was fantastic in his efforts to propel the campaign,

## Cancer Council Combatants



◆ Getting dunked and raising money for charity: Mr Roylett and staff brave the ice cold water.

together to help fight cancer. The aim of the program is to help raise awareness about cancer and ways in which average Australians can help fight and prevent the spread of the disease. When you join the program, you are given three challenges to complete. Challenge 1 is an awareness challenge, for which we as ambassadors have to spread the word on either healthy eating, non-smoking or Slip Slop Slap (the campaign to promote wearing suntan lotion). We can promote these ideas in any way we choose. For example, one ambassador has made a video clip explaining the cause and effects of skin cancer and another ambassador has made some posters and brochures on healthy eating. We were told that there was no wrong or right way to do this, but that we just had to think about what we could do to raise as much awareness as possible. Challenge 2 was a fundraising challenge; ambassadors had to organise an event where the money raised would be given to the Cancer Council and used to help fund research. Finally, challenge 3 was a public speaking challenge, which meant that as ambassadors we had to speak publicly about our experiences with the Cancer Council and what we learned during our time as ambassadors. As a Cancer Council Ambassador it is great to be a part of the fight against cancer and I would give a very strong recommendation to anyone wishing to be a part of this brilliant program next year.

– Jordan Ackland, Year 11





## Nepal 2013

LAST year in late September, a group of seven PAC students and their fathers went on a trip to Nepal. Nepal is a small, less developed country, located between India and China. Our group caught a flight from Adelaide to Kuala Lumpur, then another flight to the capital of Nepal, Kathmandu. We stayed at the Grand Hotel in Kathmandu. Although the city has large density and quite a lot of poverty, it held many cultural beauties and friendly citizens. We visited numerous tourist attractions such as the Monkey Temple and Pashupatinath Temple. Everyone did their own shopping in the Thamel markets and buying from the street salesmen was definitely an education on how to negotiate.

After a few nights in Kathmandu, we travelled out of the capital to the Himalayas to begin an eight day hike. This involved a 45 minute plane flight and a 14 hour bus ride through the windy Himalayan roads to reach Taplejung. It was from here we would start our hike through the green mountain slopes of the prestigious Himalayas. We ventured through many small villages, thousands of metres above sea level and encountered many smiles from the local children. On the 6th day, I scored my first international soccer goal which the under 18 PAC squad taking on the Himalayan locals. It was a close game (with many balls going missing down the mountain due to inaccuracy from strikers on both sides) but in the end we were able to close it out to a 3-2 win.

Following the hike, all families had a number of options to explore for a few days. The popular choice was to jump on a plane down to Chitwan to spend two nights at a resort by the river. This trip featured cultural dancing, safari walks, an elephant ride and my personal favourite, bathing with the elephants. Overall the trip was an eye opening experience and I will it cherish for the rest of my life. – Will Altmann, Year 12



◆ Enjoying the Nepalese culture, Will Altmann and his father Martin.

## Cambodia trip 2014



◆ Former boarder Xavier Warne reading with a young boy in the library at New Hope for Cambodia Children orphanage.



◆ Habitat for Humanity house building project.

THIS year's Cambodia trip will consist of six boarders, namely Will Sumner, Ethan Smith, Ben Price, Nick Gregurke, Jack Mann and Josh Clarke.

Fundraising has kicked off with a bang. With two movie nights, the first at the end of last year in Kadina and one midway through term 3 this year in Adelaide. We are also planning a Trivia Night to raise more money. All this fundraising is for these six boys, roughly a dozen more day students and six St Peters Girls students to go over to Cambodia for over two weeks to help those less fortunate than ourselves.

During our time in Cambodia, we will visit the Sunrise Children's Village in Phnom Penh, take a guided tour of Choeung Ek (one of the Khmer Rouge killing fields outside Phnom Penh) and Toul Sleng, also known as S21 (a high school that was converted to a prison during the Pol Pot regime). We will also participate in a house building project with Habitat for Humanity, take a guided tour of the Siem Reap Temple region, visit Aki Ra's Landmine Museum, take a boat trip on Tonle Lake and visit local markets in Phnom Penh and Siem Reap. We are all very excited!

We will have an eye opening experience, pick up some new values and virtues and find a new appreciation for the life that we live here in Australia.

– Josh Clarke, Year 11

## Battlefield detectives

A TEAM of boarders is preparing for the trip of a lifetime in April next year. The College has organised a trip to Gallipoli for the centenary in April followed by a tour of the Western Front.

The Boarding House is well represented with Lauchlan Clarke, Matt Halligan, Will Linke, Brady Miell, Braiden Ousey, Cameron and Mitchell Smith and Lachlan Zanker all committing to the trip. Staff members Ron Pippett and Darren Roylett (both history teachers in their spare time) will be guiding the boys through this unforgettable adventure. Military historians will take the boys onto the battlefields of the Great War and tributes will be paid to the 129 PAC old scholars who made the ultimate sacrifice.

This term, all years 8, 9 and 10 boarders attended a performance by Brett Hunt in ANZAC Hall on the

very day that WWI started 100 years ago. Brett played the part of an old digger retracing the tragic and emotionally scarring experience of WWI and the boys were spellbound.

"Brett's performance was fantastic! An important lesson that I learnt was that war is very horrible – and long! I also learnt that if we think something is hard, then we should reflect on those soldiers in the trenches who had it much worse than we ever will!" – Lachy Zanker

Brett actually complimented the boys on their exemplary behaviour over the two hour session and they really were focused and attentive.

That evening three boarders – Chris Harris, Brady Miell and Lachy Zanker – attended the annual Hawke Lecture at the Adelaide Town Hall where Professor Hugh White discussed how the lessons of 1914 are just as pertinent and profound in 2014 as they ever were. This was followed by an eloquent vote of thanks provided by past prime minister Bob Hawke.

– Mr Pippett, Boarding House Staff/History Teacher



◆ Budding detectives: students and staff in preparation for the Gallipoli trip.

## Princes' journey to the United States



◆ Times Square: A group of boarders and Mr. Harford having a good time.

From Fredonia, we left to visit New York City and were lucky enough to roam Times Square and see some of the most iconic landmarks in the world e.g. The Statue of Liberty, Ground Zero and The Empire State Building. We then journeyed to Philadelphia and visited the Liberty Bell and Rocky steps before flying off to Los Angeles to witness the Miami Heat take on the Los Angeles Lakers on Christmas Day.

We spent the last week of the trip in Palm Springs and were lucky enough to enter the MaxPreps Holiday Classic Basketball Tournament against some of the best high school basketball teams over America. This tournament was the perfect way to top off an excellent trip with a great group of mates.

– Jack Lang, Year 12





# Kangaroos to Kiwis



◆ **Taking the plunge:** Daniel Gregg bungee jumps on the New Zealand trip.

AFTER a grueling 2013 school year, many of the boarders were in much need of a long holiday break. However, for five boarders, as well as five day students and two staff, this break would have to wait, as only days after the final school bell, we boarded a plane to New Zealand. A trip that we had waited 7 months for, experiencing a whole array of emotions, now came to life as we sat 30,000ft above the Tasman Sea. We had all been aware of the beauty that is New Zealand, but it did not become apparent until our feet met the Maori soil. Our eyes were blessed with images of lush, cascading New Zealand terrain, better than any postcard or travel magazine advertisement. It was this beautiful country that became the backdrop for our thrilling adventure. The crystal-clear, sparkling waters homed our white-water rafting, sledging, fishing, sailing, jet boating and kayaking activities. The rolling hills and mountains were sculpted for lugging, ogo-balling, bungee jumping and mountain biking. The pristine blue sky laid the foundation for a 15,000ft skydive, an experience that cannot be fathomed with words. This amazing country treated us to its wonders, and now for our group, we have a bucket list that needs revisiting sometime in the future.

– Daniel Gregg, Year 12



◆ **Loving life:** Boarders abroad.



◆ **Whitewater rafting:** Boys embrace new challenges in NZ.

## Playing cricket in England

ON the 22nd of June, we boarded our plane to Kuala Lumpur before getting a connecting flight to London. Our England trip had begun. The group consisted of 16 students all in years 11 and 12, and three coaches Peter Williams, Russell Thompson and Andrew McGregor. The trip provided us with an excellent look into the English culture and allowed us to visit many famous landmarks such as Buckingham Palace, the Tower of London and Big Ben. After a quick stop London we began travelling through counties such as Essex and Birmingham playing a total of 12 matches. Each person, played to their best of their ability and quickly adapted to the different conditions and brand of cricket played in England. Towards the end of the trip we were lucky enough to

spend four nights in London allowing us to explore the city even more and take in its natural beauty. After leaving London on the 14th of July the group also had the pleasure of spending two nights at a beachfront hotel in Penang. The beautiful weather and scenery was a great way to finish the tour and I am sure this was one of the highlights of the trip. We played one game of cricket in Penang which was a twenty20 versus one of their local teams in very humid conditions. However the players were able to play extremely well. We arrived home on the 17th of July having won 7 of our games and lost only 5. I would like to say a big thank you to the coaches and parents for organising the event, we will remember it forever.

– Lewis Young, Year 12

Term 3 2014					
Week		Activity	Time	Location	Group
1 (July)	Fri 25	Junior Social Adventure Film: Solo	7.00pm 7.00pm	St Peters Girls PAC Red Centre Classroom	Year 8-9 All
	Sat 26	Moving Image: Australian Dance Theatre	12.00pm	Adelaide Festival Centre	All
	Sun 27	Ice Hockey: Adelaide v Bears	3.30pm	Adelaide Ice Arena	All
2 (Aug)	Fri 1	Friday night tech Golf: Driving Range	7.00pm 7.00pm	PAC Workshop West Beach	All All
	Sat 2	AFL: Crows v West Coast	1.00pm	Adelaide Oval	All
	Sun 3	Bubble Soccer Tournament	10.00am	PAC Red Centre	All
3	Fri 8	EXEAT			
4	Fri 15	Boarders Talent Quest	7.00pm	St Peters	All
	Sat 16	AFL: Crows v Richmond	7.10pm	Adelaide Oval	All
	Sun 17	Year 12 Sky diving Chapel Service	8.00am 6.30pm	Wellington PAC Chapel	Year 12 Compulsory
5	Fri 22	Basketball Intercol PAC v Saints AFL: Port v Carlton	5.00pm 7.20pm	St Peters Adelaide Oval	All All
	Sat 23	Football Intercol PAC v Saints	12.30pm	PAC Front Oval	All
	Sun 24	Kayaking	10.00am	Garden Island	All
6	Fri 29	Ice Skating Friday night tech	7.00pm 7.00pm	Adelaide Ice Arena PAC Workshop	All All
	Sat 30	Flight Training : Boeing Simulator*	2.00pm	North Adelaide	All
	Sun 31	Paintballing	8.00am	Tarlee	All
7 (Sept)	Fri 5	EXEAT – Adelaide Show/ Fathers Day			
8	Fri 12	Sprout Cooking class Friday night tech	7.00pm 7.00pm	Central Markets PAC Workshop	All All
	Sat 13	Movie: Teenage Mutant Ninja Turtles	7.00pm	Norwood Cinema	All
	Sun 14	Rock Climbing Cooking class: Italian Chapel Service	8.00am 12.30pm 6.30pm	Morialta Fiddian Pizza Oven PAC Chapel	All All Compulsory
9	Fri 19	Intercol Bowling	7.00pm	King Pin Norwood	Yr 7 -9
	Sat 20	Trampoline	7.30pm	Norwood	All
	Sun 21	City to Bay	7.30am	City	All
10	Fri 26	End of Term			

On-going Programs				
Option	Provider	Duration	Location	Cost
Aviation Simulator	Mr. Phil Noble	Term 1 to 4	North Adelaide	\$100
Academic Lectures	Mr Ron Pippett	Term 1 to 4	Various	Free
Cooking Classes	Mrs Jenny Toh	Term 1 to 4	PAC Kitchen	Free
Duke of Edinburgh Award	Ms Deb James	Depends on Level	Various	Minimal
Boat Licence	Mr Phil Noble	Self Study	Various	\$70+
Senior First Aid	Mr Phil Noble	Term 1 to 4	PAC	\$150
Rock & Water Program (Yr10)	Mr. Darren Roylett	Term 2 & 3	PAC	Free

## Boarding Activities

"Every term Mr Noble puts together our Boarding Activities. The activities are always very varied and keep us busy on the weekends."  
– Tom Lawrence, Year 7

"The sky dive was so exhilarating – I'd love to do it again!"  
– Matt Haligan, Year 12

"Learning to cook is a really useful skill. At least I now know I won't starve when I get to uni."  
– James Wong, Year 12







# Parents' retreat 2014 - Broken Hill

TRYING to get to know other boarding families is not easy, especially if your trips to Adelaide to collect and return boys to the Boarding House are also a chance to tick off a long list of jobs and appointments. Often seeing other parents at this time is no more than a quick hello/goodbye with recognition of one another needing clarification from your son ... "Whose Dad was that?" ... "Where are they from?" ... "What year is he in?"

So the boarders' parents' weekend was established; an opportunity to finally put names to faces and discover from where families avail over a couple of relaxed days. The weekend is hosted in a different area of the state each year; however, this year we ventured into NSW to Broken Hill, which locals consider themselves part of SA anyway, as many of our boarders call this region home.

Firstly we would like to thank Christobel and Richard Treloar for organising the trip this year, 2nd-3rd of August, we had a wonderful time!

Parents arrived in Broken Hill on the Friday night to wonderful accommodation at Dessert Sands Motor Inn. Meeting in the Southern Cross Hotel Saloon for pre-dinner drinks we enjoyed a private dinner later in the Dining Room. The food was excellent and the evening was a great start to the weekend. Thank you Heather, in the Boarding House Office, for the nametags.

Starting early the next morning in the brisk Broken Hill air, we boarded a coach for the Day Dream Mine. What a great adventure this was! With a very entertaining tour guide, we ventured above ground before donning hard hats and battery pack powered head lamps in preparation for our descent into the mine. With much trepidation and excitement we descended Indian file down a narrow stairwell to tunnels leading us into the maze of excavations. The small insight into the hardships and physical toil these miners experienced daily was partly comprehended as we stumbled along old tracks and through some sections only a metre or so high. The darkness and silence was very confronting but our tour guide kept it light hearted with long stories, local historical knowledge and pertinent jokes. Home-made scones and tea were served in the humble miner's cottage which we enjoyed in the warm sunshine.

Back on the bus we headed out to the mining town of Silverton, which in its day was much larger than the township of Broken Hill. Cool refreshments and BBQ lunch were served at the Silverton Pub before visiting a number of art galleries and the historic gaol. After lunch the bus detoured to the Mundi Mundi plain where Mad Max was filmed. We returned to Broken Hill



◆ **Parents unite: Boarders' parents enjoy Broken Hill.**

where some detoured to the football oval to support Centrals take on South, while others enjoyed a visit to the Silver City Mint and Gallery. Thank you to Sarah Jaensch for the excellent on-board commentary throughout the day.

The bus collected us for the evening function at The Palace, well known for its role in the movie *Priscilla, Queen of the Desert*. Surrounded by floor to ceiling murals, we were joined by PAC families from the district as well as old scholars, some travelling 3 hours to join us for dinner. One Old Red recalled exeat trips taking 14 hours overnight by train to get home to Broken Hill from Adelaide. Another reminisced climbing down drain pipes to escape to Rundle Street and was shocked to hear that his escapades today would be caught on video camera! Thank you to Ian Jaensch and his side-kick Darren Roylett for running the highly entertaining and hilarious auction raising funds for the Boarding House.

Gathering at breakfast the next morning we were able to enjoy some more lovely Broken Hill sunshine. Spoilt by wonderful hosts, kind weather and good company we returned home having strengthened friendships and feeling comforted knowing our sons are living with boys from great families.

—Lisa Brown, Boarder's Parent



◆ **All smiles: Parents enjoy various activities in Broken Hill.**

## inspiring excellence



PRINCE  
ALFRED  
COLLEGE

### School Tours

Our aim is to develop internationally minded men with the life skills, intellectual and emotional qualities to help create a better world.

To learn how your son will be inspired through an education at Princes, please join our College tour on Tuesday 18 November at 9.30am or Friday 21 November at 4.30pm.

To register your interest, please contact Matthew Rawes, Manager, Student Recruitment at [mrawes@pac.edu.au](mailto:mrawes@pac.edu.au) or **8334 1275**.

Or visit: [www.pac.edu.au](http://www.pac.edu.au)



CRICOS No 00368 A



# OUR PRINCES BOARDING MEN

**David Cornish**  
*Executive Officer; PAC Foundation Inc.*  
In 2001 the Governor of South Australia, Sir Eric Neal, visited the College and officially opened Our Princes Men Gallery, which comprised a series of panels detailing the achievements of Old Reds both young and old, alive and deceased, in a range of fields of endeavor.

Each Old Red’s achievements are condensed to 160 words (a challenge in itself) and accompanied by a school age and adult photograph. Students soon adopted the Gallery and were encouraged to read of the achievements of those who have gone before them, and to hopefully gain ideas of careers and service for their own lives. Most years since 2001 I have added more panels to the display and they can now be found in the Quadrangle and in the Arrowcrest Science Centre.

In 2013 I prepared a panel featuring the stories of four former boarders and the contribution they have made back to boarding and to the life of the College as staff members and philanthropists, and I hope you enjoy the stories of Freddie Chung, Ken Lord, John Olsson and Rob Prest.

I invite you to visit our Princes Men Gallery or to suggest Old Reds you know have made a contribution for possible inclusion. There is no shortage of former boarders who have done great things at all levels, and there is much to be proud of and to celebrate, for example of the 34 Old Reds to be Knighted 12 were boarders.  
So maybe we should be calling the boarders ‘Sir’!

**Rob Prest (1933-1973)**  
*PAC 1946-1951*  
As a student Rob Prest was Vice Captain of the College, a House Captain and Captain of football, and excelled in athletics, swimming, cadets and the Student Christian Movement. In 1962 he returned to Princes as a teacher of Geography and the following year was appointed Head of Boarding, the position he held until his premature death from cancer in 1973.

Rob Prest flourished in the role of Head of Boarding and is best remembered for this. He had a profound effect on boys, earned their respect and boarders in particular benefited from his many schemes to make life away from home happier. Rob’s wife Kath supported Rob in his role and accompanied school groups on local and interstate trips.

Despite the pressures of being the Head of Boarding, Rob maintained a place in his life for his family and each holidays they would travel to bush areas to camp and to leave behind their on campus life at PAC.

**Ken Lord**  
*b. 1927; PAC 1940-1944*  
Ken Lord was a boarder from Balcanoona Station near Arkaroola where his primary education was from his Mother and School of the Air. Station life meant freedom and taught Ken independence and he resented being treated like a boy when he commenced at PAC.

Ken and his family have had a long association with station life and he has a clear understanding of the difficulties faced with remote living. In recognition of this he established the Ken Lord Family Boarding Scholarship which provides a Princes education for a student from remote areas. Ken’s philosophy was explained to the Headmaster as ‘though I did not enjoy my school days, I have realized with hindsight the benefits. This has inspired me to establish this scholarship for the benefit of those from a similar background to mine’.

Ken Lord is the nephew of Harold Vivian Lord whose generosity to PAC is commemorated with the Harold Vivan Lord Walk near the College chapel.

**John Olsson**  
*1930-2003; PAC 1948-1949*  
John Olsson was a schoolboy champion athlete and at sports day in 1949 won the Craven Cup as Senior School Champion, the H.H. Roberts Cup for the senior 880 yards, and cups for winning the 100, 200 and 440 yards championships. In 1950 John moved to the family property in the Mallee at Moorlands and farmed it until his death in 2003.

John Olsson made a generous bequest to the Masonic Foundation in South Australia which agreed to provide in his memory the annual perpetual J.R. Olsson Freemasons Memorial Scholarship to assist with boarding fees for a student at Prince Alfred College. The scholarship is to give young men from a similar rural background as himself the opportunity to study at the school he loved so much.

**Ian Hotchin**  
*Year 10: 1962; Years in boarding: 7 years*  
Hi, my name is Ian Hotchin and I was a boarder at Princes from 1955 to 1962. I attended PAC from the age of 8 and I came from the Tibooburra district in North West New South Wales. Owing to my mother’s poor health and being very isolated I missed a lot of early schooling, so at that stage Princes became my saviour, even though I was 1000 km from home. I have a lot of fond memories of people that cared for me in those early years, such as Sister Rowe, who was the matron of junior boarding. Looking back I really appreciate the grounding Princes gave me in education, sport, friendship and responsibility. Unfortunately, I left Princes at the end of Year 10, to help my parents on their rural property. In 1964 my family moved to Queensland to the Charleville district, where I worked for 5 years. I then got married and purchased property in the Mitchell district, I then purchased a neighbouring property in 1978. We have 3 daughters and 1 son who all attended private schools and university and are now self-employed. Eventually I sold all our rural interests in 2008 and moved to Highfields near Toowoomba. Five years ago we built a school in Cambodia. We now have 1760 students attending from rural villages, and so it has been a lovely extension to my rural life. Our website is [www.singingkites.org](http://www.singingkites.org).

**Chung, Yin Shu (Frederick)**  
*b. 1944; PAC 1959-1964*  
Frederick ‘Freddie’ Chung attended PAC from 1959 to 1964 as a boarder. He was one of the PAC’s first international students. After graduation, he returned back to Hong Kong and worked at Cathay Pacific Airways Limited. In 1967, Mr. Chung joined a company with the business of properties investment which is listed at the Hong Kong Stock Exchange Market. He was appointed as an Executive Director of the company. Also, Mr. Chung was also the founding director of a security brokerage company incorporated in Hong Kong. In 1985, Mr Chung returned to Adelaide with his family members whilst his eldest son Brian attended PAC (1985-1988) is who is now a family doctor in Hong Kong. Frederick enjoys horse racing and is a proud owner of several race horses and is a member of The Hong Kong Jockey Club. He is an avid golfer and belongs to The Hong Kong Golf Club. He also enjoys Chinese calligraphy and is a Chinese tea connoisseur. Mr Chung is a great supporter of the College, the PAC Foundation and a much respected guest at the annual PAOCA Hong Kong Dinner.



◆ **New horizons: Frederick breaks new territory.**



## A Step in

The Scout



“THE MORE WE ARE TOGETHER”





# Back ime

## Camp 1947



WOODPIGEON PATROL



◆ **Wise words:** Phil McBride, Ken Lord and Charlie Treloar.



## BIRD-WATCHING SOCIETY 1953

The society has had a most successful term under the guidance of our president, Mr. Tregenza. Our ranks have been joined by two new members, bringing the total membership to twenty-one.

The time provided was divided into both indoor and outside studies. The former consisted mainly of talks and discussions and the latter involved observing birds in the school-grounds and neighbouring parklands. Our main outdoor study was a census of the birds in the Botanical Gardens which will probably be completed in about eighteen months. We have made two trips so far, which have been recorded on a chart drawn up for the purpose.

The society has subscribed for the “Emu”, a magazine published quarterly by the Royal Australian Ornithologists Union.

It is hoped that the next term will prove to be as successful as the last term. F. R. H. C.

## Boarding House haircuts of 1947



## STAMP CLUB 1953

This term we decided to use some of our accumulated funds. We bought a Stanley Gibbons British Empire catalogue which has been of great value to all members. Several members put forward good suggestions for the use of some of the remaining funds. It was decided that we should buy some New Guinea stamps in bulk from Port Moresby. Each member received stamps to the value of 1/6. This idea of bulk buying was again used and this time we sent to Norfolk Island. This time each member received stamps to the value of 1/-. We should like to thank Mr. Glancey for his help and an anonymous donor of the book “Stamp Collecting” by Stanley Phillips. R. J. C.

## ENTERTAINMENT COMMITTEE 1948

This year it was decided that a committee should be elected to organise Saturday evening entertainment for the boarders.

As master in charge, Mr. Laycock brought together boys from all parts of the boarding house to form the committee, who have so far done a good job.

The tournaments in billiards, the table tennis, chess and bridge were successfully run the first Saturday evening with committee members in charge. Then came the boarding house quiz. This was held in the assembly hall, and with Doudy as quiz-master and the questions easy, many small prizes were given to an over enthusiastic audience. Another game that gave enthusiasm to the competitors was that of “Knock-em-Over”.

On a following Saturday evening a boxing contest was held in the gymnasium and to this the boarders came in full force. The preliminary bouts, fought mostly between the juniors, showed that the boarding house has some promising boxers, although “Bashem Blue” Hart and “Sockem” Sumsion had the windmill action down to a fine art. The senior bouts were more scientific. The bout between Bascomb and Wilkinson was anxiously awaited by the boys, and when it did come the audience were rewarded for their patience. The punches of wild and woolly Wilkinson either met thin air or were easily countered by the elusive Bascomb, who easily won the bout.

The boarder’s party, as usual, was a success, with the visiting partners coming from M. L. C. and Girton. To Mr. Laycock we give our heartiest thanks for once again being our M. C. Last but not least we convey our grateful thanks to Mrs. Ward and Matron for the work they put into the successful evening.

With this good start, we hope that the Entertainment Committee will continue to function as readily as his has done this term.

## OUR NEW HEADMASTER FOR 1949

Since our last issue the College Council has appointed Mr. J. A. Dunning, M. A., M.Sc., to succeed Mr. J. F. Ward, O.B.E., M.A., who will be retiring at the end of this year.

Mr. Dunning is a present the Headmaster of Scots College, Warwick, Queensland, and will take over his duties here in 1949. He will come to us very well equipped to be in charge of our School, for he has qualifications of a very high order. We look forward with keen anticipation to his coming and we are confident that his association with Prince Alfred College will be a happy and profitable one for all concerned.

## WOODWORK 1953

The Woodwork Club which over the years has been one of the most popular and certainly one of the most constructive of the various hobby groups, has once again enjoyed a very successful term. Under the expert guidance of Mr. Welby a few of our members have attempted larger and more ambitious models with a good deal of success. Unfortunately, the membership of the club is confined to a comparatively small number and there are many who, although keen to join, have not been able to do so.

R. H. W





## New 'Gunn' in town



HELLO, my name is Ryan Gunn and I am the new gap student working at Prince Alfred College, I am a current student at the University of Bath (England), reading a BA (Hons) in Sport and Social Sciences. This degree allows students, like myself, to reflect on the relationship between the body, sport and health

within contemporary society, utilising a broad range of approaches adapted from the social sciences in particular psychology and pedagogy.

In July, I arrived in Adelaide from the University of Bath, to start my one year industrial placement. Since arriving at Prince Alfred College I have been working closely with the boys during boarding shifts, activities and physical education lessons, getting to know a few of them very well. Since my arrival I have been made very welcome here at Prince Alfred College, the boys and staff are both hospitable and a pleasure to be around. My first impression of Prince Alfred College was a school that was rich with heritage in regards to academia and sport, sport is a part of everyday life at PAC, which holds a strong reputation of success and dedication. This sporting environment is shown throughout the day, with many of the boys constantly playing footy at any opportune moment – during recess, lunch and after school.

During this year, I am hoping to increase my level of involvement with the boys, in regards to both the social side of the boarding house and the sporting environment. Another aim of mine is to be involved with the soccer here at PAC, this is an area I believe I have a high level of experience in playing and coaching that could be valuable to the boys. Ultimately from this placement I am hoping to gain some valuable experience with the student success team under the parameters of psychology and a wide range of teaching/coaching within the physical education department, whilst improving my relationship with the boarders here at PAC. I have an exciting year ahead!

– Ryan Gunn, Gap Year Student

## Belated Australia Day



EARLY in the second term, Mrs Hall organised a belated Australia Day lunch to have with all of the Boarding House. We started off the day getting straight into a meaty feast, eating all we could, before polishing off two huge Pavlova cakes. After this, everyone split up into groups and got ready for an Aussie quiz prepared by Mrs Hall. (One of the questions in the quiz had us debating over the year that Vegemite was first sold in Australia.) Once we had finished the quiz each one of the groups selected a member to participate in the most Aussie bloke in the Boarding House competition. Each person had to say something to represent Australia. All of the boarders selected the winner by cheering out loud for the most Australian. After the competition was completed everyone was involved in a good old backyard cricket game on the back oval to finish the day. It was a great day that everyone enjoyed and I'm sure everyone is looking forward to next year's Australia Day celebration.

– Bill Jenner, Year 10



◆ **Sizzling:** The boarders enjoy a classic Australian barbecue.



◆ **Boarders enjoying new flavours.**

## To market to market

ON Friday May 23 this year, Mr Bittner, Ms Thompson (School Nurse), Mrs Tabitha Noble (wife of Mr Noble) and Mrs Toh took a group of eleven boys to Chinatown and the Central Market. The boys were treated to a delicious Chinese meal of soy sauce chicken, Chinese BBQ pork, Chinese roast pork, salt and pepper squid, oodles of noodles, Chinese dumplings, sweet and sour pork, stir fried chinese vegies, special fried rice and Mongolian beef. The boys thoroughly enjoyed the meal and some of the Australian boys even tried to eat their food with chopsticks. Anker, one of our international boarders, was happy to show them how to use the chopsticks!

After a most satisfying meal, we headed off to the Central Market for

some tastings of Greek yogurt, salami and different kinds of cheeses. We also stopped by some souvenir shops and had some Taiwanese bubble tea.

Mrs Toh then took the group to the biggest Asian grocery shop in the market. The boys were shown different kinds of asian greens, Chinese lollies and some of the interesting ingredients that international people use in their cooking like black fungus, pig's trotters or chicken feet; much to the amazement of the local boys.

It was a very happy and enjoyable evening for everyone. We hope to do another market tour when the weather is warmer. Perhaps some parents might like to join us if they happen to be in town.

– Mrs Toh, Boarding House Staff

## New Mates Day

ON Sunday 11th May we had our first New Mates Day. The concept behind the day was to encourage international and non-international boarders to get to know each other better. Sometimes within boarding, boys like to stay in their established friendships groups and the day was about extending those friendship groups and making new friends. The saying for the day was, you can never have too many mates! Each international boarder personally invited one local boarder to spend the afternoon with them. The afternoon began with a delicious sushi lunch. Over lunch the boys had to complete the get to know you questions in their New Mates Day booklets. We then went to the Red Centre (our onsite sports centre) for more team building and communication games, followed by wrestling in giant padded sumo suits! The boys had a wonderful time wrestling their new mates. At the end of the day, we gave out awards for Sumo Wrestling King, which went to Phil McBride, and we gave an award for the boy who had made the most amount of new mates in the room, we called this award Mr Social. The Mr Social award went to Withan Wongprasert, Withan was able to give the full name of every single international boarder and their new friend in the room – with over 50 boys in the room it was very impressive!

“Before I came to this school I didn't know any of the international borders. New Mates Day was a great opportunity for me to introduce myself to new people I hadn't met before. My partner for the day was Withan Wongprasert who is from Thailand. I learnt about the culture in Thailand as well as his experiences while living in Thailand. After lunch we participated in a variety of activities, my favourite was sumo wrestling. Activity days like New Mates Day are great because they help everyone within the boarding community cooperate as one big group rather than everyone socialising within their individual groups.” Lachie Wilsdon from Gulnare SA.

“Being an international boarder, I didn't know anyone before coming to PAC. Days like New Mates Day are great because I got to know other boarders that I didn't know before, like Fletcher Thomas and Jack Ryan! My new mate for the day was Lachie, which was great as I didn't know him at all. It was fun to get to know him better. It's a good idea to have these events as it brings international and local boys together so we can get to know each other better,” Withan Wongprasert, Thailand.

– Written by Mrs Hall, Lachie Wilsdon & Withan Wongprasert



◆ **Mates in Sumo Suits:** Withan Wongprasert and Lachie Wilsdon.



## Chutin' through the air



**Skydiving and a fear of heights aren't a good mix!** WHEN I see the word 'skydiving' all I think is fear, falling and crazy heights. I'm actually afraid of heights and I have been ever since I can remember. As a baby, when I walked on those

glass-made walk paths at a tourist sightseeing point, I remember just standing there and not being able to move. Throughout my childhood and teens I have never really been brave enough to go on roller coasters because of my fear. So you can imagine that skydiving wasn't really high up on my list of things that I wanted to do! However the moment that I heard that the boarding house was going to organize skydiving as a Year 12 activity, I told myself that this was one activity that I had to do. I had to accomplish this. I signed up for it, before I knew what I was doing.

**But I did it anyway...**

I couldn't believe I did it. I jumped out of a plane and did a skydive. How did it feel? Unique. Amazing. Very Fresh! – Fortunately the G-force wasn't too strong but I actually couldn't even feel anything when I fell out of the plane! (Perhaps I was in shock!) Within 20-30 seconds the instructor opened the parachute and the rush was over. What came over me, besides the fresh, cool wind hitting my face was a splendid view of the whole rural area – rivers, clouds.... Everything just looked small and cute with an aerial view. I felt amazed, amused, free and limitless up in the air. The great feeling of freedom is what I got up among the clouds. Also, I realized that height is not that scary anymore, it is only an idea, an illusion which is created by your own mind. When I was up in the air I got a real sense of absolute calmness and a sense of completeness came over my body as I finally conquered my fear of heights and skydiving too. Suddenly I realised that there is nothing that can limit me – I am the only person who can limit myself! The great view was the best prize along with the achievement I had just accomplished. Skydiving is definitely a once in a lifetime kind of experience and I'm so glad I took up the opportunity despite my fears!

– Jankan Chan, Year 12



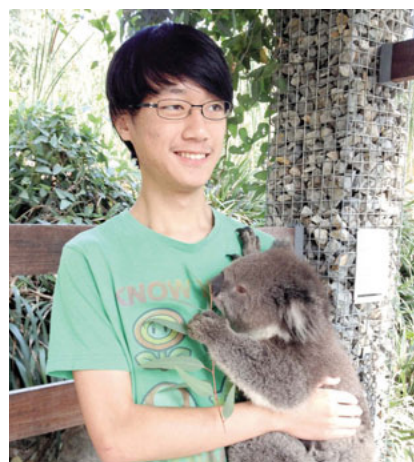


## Drop bears and international boarders

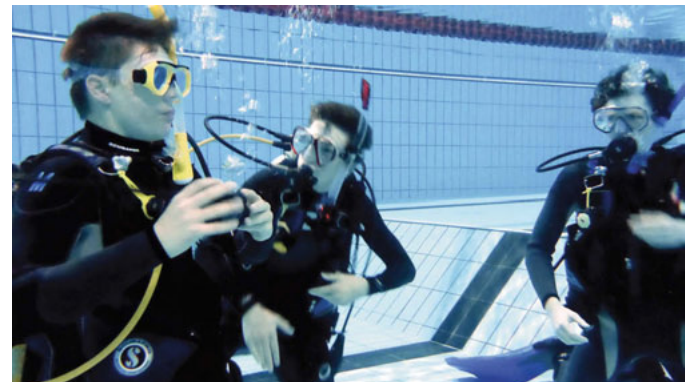
AT PAC we have boarders from Cambodia, China, Germany, Hong Kong, Switzerland, Thailand and Vietnam who join our Australian cohort. During the holidays we took some of our international boarders to meet some of the Australian wildlife at Gorge Wildlife Sanctuary in the Adelaide Hills. Despite the rumors about drop bears and tourists, the boys had a great day and it's

safe to say that no boarders were injured during the drop bear holding sessions! Getting to hold koalas and stroke wallabies and kangaroos was a great experience for our international boys and definitely something that they'll always remember and share with friends and family when they return home.

– Mrs Hall, Boarding House Senior,  
International Students



◆ **The great outdoors:** International boarders experience Australian wildlife.



## In the deep blue...

OVER the past year and a half I have been working towards my open water dive qualification. Mr Nystrom from the boarding house was able to run the course for us on week nights and weekends as part of the boarding activities program. We had to complete an online theory component and an exam, followed by training sessions in the Red Centre pool. In the pool we had to do skills such as clearing goggles, recovery of regulator, pivot float and the exciting experience of the sensation of air running out. We then had to complete four dives in the ocean – we did this of the Port Noarlunga jetty and reef. We had to complete all the skills that we practiced in the pool along with some navigation and emergency ascents. I really want to get my scuba license as it's an exciting new experience and adventurous hobby that I hope to use throughout my life. One place I am really looking forward to diving at the Great Barrier Reef.

– Charlie Edwards, Year 10

## Etudiant internationale

AUSTRALIA is often stereotyped by Europeans as a paradise country with hardly any work to be done, home to beautiful scenery of oceans and beaches with good looking Aussie girls. Coming from a continent three times as populated as Australia (742,452,000 in Europe as opposed to 23,571,600 in Australia) and centuries older, I discovered upon my arrival that life Down Under wasn't all about the footy, beers and BBQ business. In fact, I discovered a whole new culture, one that broadened my perspective of the world. Switzerland and its 8,081,482 inhabitants are by contrast indescribably different to life in Adelaide. Whilst from one side of the world I am able to admire the beautiful mountain ranges (Swiss Alps), I can also access and experience the pure definition of wilderness on the other. Australia is young as a nation, but old as a continent. Where all 47 European countries seem to be connected to one another through cities, villages, rural or urban areas, language, culture or architecture, Australia has its own set of coastal cities beyond which silence and nature is the only authority. Adapting to this different way of life was a challenge but was nevertheless a worthy one.

– Chris Harris, Year 12

## Boarding boys and bubble soccer



ON Sunday 3rd August in the Prince Alfred College Red Centre (Gymnasium), Mr Noble organised Bubble Soccer as a boarding house activity. Boys from all year levels went over to the Red Centre at 10am to find that two men from Adelaide Bubble Soccer were there waiting with blown up bubbles, ready for us to play. After a quick demonstration of how to put the bubbles on we were in them and ready to go! After everyone had a go at knocking people off their feet, we tried a game of soccer. This didn't last for long because we all realised quickly that it was much more enjoyable to just run around and slam into each other. Thankfully the bubbles protected us from our head down to our knees and luckily no one suffered any injuries, instead we just had heaps of fun! Hopefully we do this activity again soon and more people come out to enjoy the fun!

– Charlie Riggs, Year 10



◆ **Bubble bonanza:** Boarders battle it out in bubble soccer.



## Paintball – locked and loaded

PAINTBALL has become an increasingly popular activity amongst teenagers and young adults in Australia and around the world. It's tactical and often physical involvement classifies it as a fun sport to play, whether it may be casually, in a tournament or at an international level. The concept is simple. You are given a paintball gun and ammunition (paintballs) which average speeds of 280fps (feet per second) with a maximum allowance

of 300fps. Whilst different types of games can be played – capture the flag, protect the president or free for all – the major aim of paintball remains the complete annihilation of the opposition. This activity has been popular for boarders at Prince Alfred College, as a fun way to settle differences, either between students, teachers, year levels or even schools and will most likely remain available in the near future.

– Chris Harris, Year 12





Johnny Depp by Henry Cockington



Animation by Anker Tang



John Lennon by Henry Cockington

## Team building - laying the foundation for a fantastic year in boarding



WITH over 130 boarders, taking the time to ensure that we all get to know each other and build relationships is vital to the success of our boarding community. Therefore, this year we organised team building days in term 1 and 2 to ensure our boarding community flourished.

To kick start the year, our first team building day was on Sunday 2nd February and what a great success it was! With many new boarders joining our community it was a great opportunity for us all to get together in a fun and relaxed

environment. The day began with all boarders meeting in our dining room where balloons had been put up and the latest tunes were playing in the background. Team building games were played over the delicious BBQ lunch and boys quizzed each other with questions like, "if you were to have just one super power what would it be?" "If you could only take one thing to a desert island," "What would it be? Apparently, quite a few of our boys would take Bear Grylls to their desert island! After lunch, all boarders then went to our on-site sports centre where prefects led activities that meant boarders moved from one activity to the next every 30 minutes! Activities included Pictionary, water polo, volleyball and soccer. The focus of all the activities was having fun and making new friends. Our new boarders threw themselves into all the activities and our existing boarders and prefects had an opportunity to practice their leadership skills. We ended the day with speeches from Mr Roylett (our head of boarding) and Phil McBride (our captain of boarding) recognising the excellent team spirit and attitude of all our Princes men throughout the day. It was a great day and really helped our new boarders to feel more settled and comfortable in their new surroundings.

The day was such a success that we decided to have another team building day in term 2, but this time we brought in a mechanical bull. The boys loved the mechanical bull and Flynn Treloar walked away from the day as the boarder who stayed on the bull for the longest. His time was an impressive 70 seconds! Watching the boys jump on the bull and try and beat each other's best times made for a very fun afternoon. Most importantly, it was yet another opportunity for us to come together as a community and helped lay the foundations for a fantastic year.

– Mrs Hall, Boarding House Senior, International Students



♦ **Riding well:** Flynn Treloar takes the crown.



♦ **Almost there:** Harry Ramsey impresses us all.

## Celebrating Chinese New Year



♦ **Yum:** Boarders relishing a feast to bring in the Chinese New Year.

staff, we set about planning the event. It was a real collaboration of efforts from all staff and actually became an excellent example of what we can achieve when we all work together. The evening began with two of our new international boys presenting what Chinese New Year means to them. They shared stories of what they would be doing at home and gave blessings in their own languages. Then a Chinese dragon popped out of the side door and danced around the dining room while other boys handed out chocolate 'lucky money'. In the background we had boys playing the drums, wishing people happy Chinese New Year, all whilst the dragon danced up and down the dining room. Although it was a celebration of Chinese New Year, we had our non-international boys form part of the organisational team. In actual fact, one of the Australian boys was the head of the dragon! The kitchen had organised Chinese sweets and biscuits for each table and we had Chinese music playing in the background. After the lively presentation, the boys all enjoyed a selection of delicious Chinese food that the kitchen had prepared. The event was a fantastic example of both international and non-international boys working together to share in each other's culture and the result was a fantastic evening. We were very proud of all our Princes men who enjoyed the presentation, were respectful of the blessings and got to know their international brothers even better. It was a fantastic evening, enjoyed by all.

– Mrs Hall, Boarding House Senior, International Students

## It's hot in the kitchen feeding 137 boys, six times a day!



♦ **Kitchen staff:** Kerry Beilak, Darryl Attiwill and Roslyn Merret.

AS you can imagine feeding 137 boarders, six times a day is a very challenging job and Darryl and his kitchen staff do a tremendous job. Each and every day our boys have breakfast, recess, lunch, afternoon tea, dinner and supper, seven days a week. That's a lot of food! To give you some insight into what it takes, we grabbed Darryl, our head chef, along with Kerry and Roz and quizzed them on what it takes to run our boarding school kitchen and dining room.

**What does the boarding shopping list look like?**

"Well let me tell you, we order a lot of food..."

- ✓ 1543 eggs a week ✓ 250 loaves of bread
- ✓ 40kg of meat for every meal ✓ 48kg of Nutri-Grain a week
- ✓ 10kg of bacon for 1 breakfast ✓ 60kg of yoghurt

Does that give you some idea?!

**What is your favorite meal to cook the boys?** "The boys love their schnitzels and its wonderful to see their faces light up! Fish and chips is also a close second favourite."

**What has been your highlight of the year in the dining room this year?**

"Watching the boys grow in confidence and their development within the boarding community. When they enjoy the food it gives us real job satisfaction!"

**If you were on death row and had to pick your last meal – what would it be?**

Kerry's entrée: "Foie Gras" (liver on brioche bread); Roz's main: "Fettuccini Alla Pana" (pasta with a creamy, mushroom and bacon sauce); Darryl's dessert: "Chocolate Decadence Cake".

**What is your favorite dessert that you like to make the boys?** "Chocolate self-saucing pudding – the boys love it!"

**If you could have one thing for your kitchen/dining room – what would it be?** "A brat pan (big saucepan – for stews, beef stroganoff)."

**Where does your cooking inspiration come from?** Kerry – "My Godmother"; Roz – "Jamie Oliver"; Darryl – "My Mum."

Thanks kitchen team, keep up the excellent work! – Mrs Hall, Boarding House Senior, International Students





## Library links

ACADEMICALLY, boarders have accomplished great deeds in recent years and this is very much the result of dedicated study and immense determination. However, the boarding house does offer various means by which the boys can be supported and indeed, inspired, to achieve their very best.

Our supervised study program offers a structured and supportive environment where boys are able to complete homework in the college library or nearby classrooms and receive feedback and assistance from staff or peers when required. Boys are asked to set clear goals at the beginning of these sessions and then rate their performance from 1- 10 at completion. As a result it is rare for boarders not to complete set homework tasks.

In term 1, Library Coordinator Cathryn Harris ran an evening research skills session where she provided the boys with a myriad of online options for carrying out research, accessing databases and learning how to correctly cite and reference material. Links to brilliant resources like Britannica Schools, Point of View, Clickview and the State Library catalogue were highlighted – all of which are easily accessible through the PAC Library home page. Year 10 boarders Harry Hannaford, Charlie Riggs and Jack Ryan found this very useful.

Cathryn introduced, with the aid of boarding staff, a Premier's Reading Challenge activity as part of our Middle School Reading Program where boys are encouraged to involve themselves in a silent reading session at 8.45pm each night. A number of boys have found the experience of recreational reading before lights out both rewarding and soothing, after a busy day. Congratulations go to Flynn Treloar who won an iTunes voucher after completing the challenge first.

To further assist with their studies, some boys have also taken the opportunity to obtain further assistance through external tutors that have been accessed with boarding house support and scrutiny (police clearance is a compulsory component). Jock Clarnette, former college Captain, and Cameron Graetz, former boarding house Captain, have played an active role in the tutoring program, as have other PAC Old Scholars.

– Ron Pippett, Boarding House Senior, Academic Success

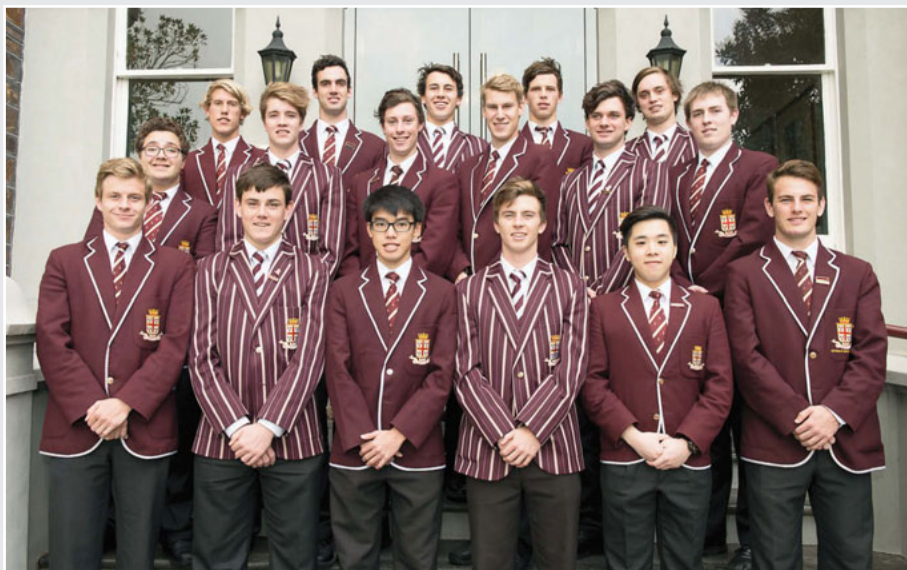


## Captain of Boarding

AS Captain of Boarding this year, I have thoroughly enjoyed working with all my fellow boarding prefects and boarding staff to achieve many of our goals. My personal goal was that I wanted to make the boarding house an even more enjoyable, happy and co-operative environment for all boarders. I wanted there to be even more interaction between year levels and the international boarders and I definitely think we have begun to integrate more as a community this year. We achieved this in a number of ways. Through the team building days throughout the year, with the help of Mrs Hall, we were able to organise group activities to encourage the boys to spend time with different people within the boarding community. This was a great opportunity for all of the prefects and myself to spend time with our fellow boarders practicing our mentoring and leadership skills. Other activities like door knocking for the Salvation Army's winter appeal, gave the prefects and fellow boarders the opportunity to be a part of a worthwhile cause that I was proud to be a part of. The boarding experience gives each boy a chance to become more independent and teaches them how to look after themselves. This allows

each boarder to develop the skills and compassion to look after your mates too. All of this is what makes us Princes men. One of my highlights of being Captain of Boarding was road tripping with Mr Roylett to the Lucindale field days, where I was representing the Princes community within the South East area. It was great to be able to share with others everything we do at PAC and how proud I am of our boarding community. Through my year as captain, I have learnt many life skills such as improving my own communication, mediation and mentoring. Finally, I would like to acknowledge the Vice Captains of Boarding namely Jack Elsworthy and Angus Smart. They have done a great job this year in their role and I thank them for their support. I wish all the success to next year's Captain of Boarding and my advice would be to enjoy every minute of the role as time certainly does fly past in Year 12.

– Phil McBride, Year 12



◆ **Left to right, front: Bryce Woolard, Phil McBride, Jeffrey Yuen, Jack Elsworthy, Jankan Chan, Angus Smart; middle: Chaise Eade, Jack Lang, Will Brown, Will Goode, Ben Glover, Matt Halligan; back: Sam Taylor, Nelson Ellis, Ned Murdoch, Micah Van Loon and Daniel Gregg.**

## My experience as an international boarder



◆ **Chilled: International boarders lounge around.**

ORIGINALLY from Hong Kong, I joined PAC and the boarding community in July 2013. It was pretty challenging for me at first because I felt very homesick in the new environment. My English wasn't good enough and I didn't know anyone here, so the first few weeks were very tough for me. But soon enough I began to get to know the other boarders. I met other boys from Hong Kong, China and I got to know the Australian boys. They taught me stuff I needed to know, they helped me improve my English (so I could be understood better) and slowly I made some really good friends. The PAC boarding house provides a lot of support for boarders. There are lots of opportunities that

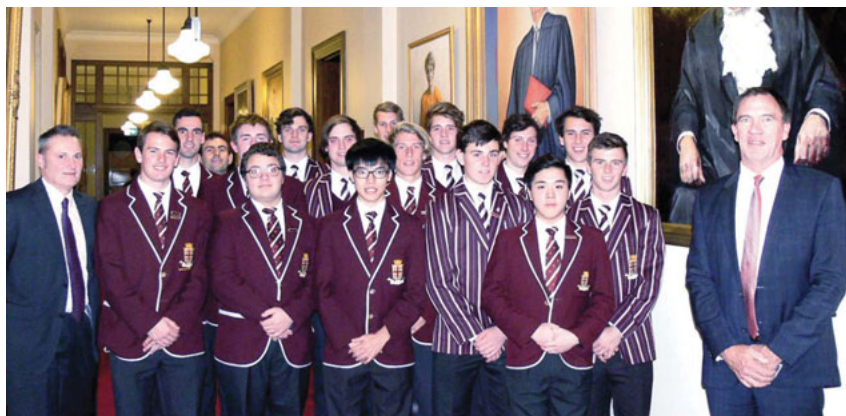
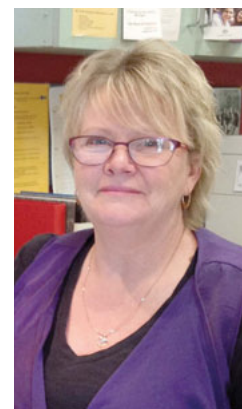
you can take advantage of. For example, we have a sports centre on site that we can use every day with a swimming pool and we have an activities program that offers lot of things for us to do over the weekends. A lot of the international boys love to partake in the surfing activity, as a lot of us have never surfed before. We also have an on site medical center that we can go to if we get sick and our boarding staff are always kind enough to help us with anything. I feel at home in the boarding house now, and I enjoy my time here. Everyone is friendly and kind, always willing to help and there are many activities available for you. Overall it is very enjoyable and I am very pleased I made the decision to come here.

– Ho Ting Ip, Year 11

## From behind the desk

AS Boarding Administrator, I look after everything 'admin' related in the PAC boarding office. If you call the office, 9 times out of 10 it will be me you get to speak with. I love getting to know all the Mums and Dads – so if I haven't spoken to you yet, pick up the phone and let's have a chat! My day to day jobs are very varied. I check all the leave that gets submitted each week from the boys (and chase them up when they forget to submit it!), I book taxis, order lost keys (you can't imagine how many they lose), order corsages (the boys will often ask my advice, not knowing which colour to pick), deal with hundreds of emails from parents and staff every day and just generally ensure the office runs smoothly. Although at times it can be challenging, it is definitely one of the most rewarding jobs I have ever had. The discussions and the laughs I share with the boys are priceless and the feeling of being there to help out whenever I can is a real pleasure. Boarding is a unique experience and whilst it is sad at the end of each year to have to say goodbye to one group of boys, it is also a real privilege to have played a small part in each boy's journey and watch them grow into young men.

– Heather Would, Boarding House Administrator



◆ **Boarding prefects visit Parliament House.**

## From the bush to the big smoke

ON Tuesday the 2nd march, a few good looking lads from the PAC boarding house laced up their boots and trotted down to Parliament House to meet with Peter Treloar, the member for Flinders and also an old scholar of the college. With Mr Noble steering, we had a safe and uneventful coach trip there, although Bryce Woolard was in fine song, pumping out a few tunes. Mr Treloar met us inside the entrance to Parliament House and showed us a few rooms before settling us down into what looked like an old hallway turned dining room to eat. The food of course was first class, and I think that there were one or two of the boys who were considering leaving school to become a politician at that point. Question time was on as we ate and another old scholar Mr Fitzgerald left shortly after we arrived to go and have his say on the current debate; the state budget. Following dessert, that was also magnificent may I add, we took Mr Fitzgerald's lead and sat a few minutes in question time. Of course to me, an untrained eye, it seemed like they were talking about nothing important but of course this was a fairly serious discussion that needed to be addressed by parliament. A tour of the library had Mr Cornish, who accompanied us on our trip, spouting off facts about the political landscape. We took the opportunity to feel like a member of the lower house and had a seat inside the empty hall of the green room. But of course by now we had spent our stay and Mr Treloar, who was an excellent host throughout the entire night, had to get back to work helping to run the state. If ever you get the chance to tour Parliament House I would highly recommend it, for both the great food and also because of the history that is contained within the stone walls that aids in making the big decisions that you and I don't. The opportunities that I am exposed to as a PAC boarder never cease to amaze me!

– Ben Glover





# Five tips from a writer in the boarding house



◆ **Writer:** Chaise Eade.

AS an established published writer, sometimes it was tough to find my zen space to write my books while being surrounded by energetic boarders in a full on boarding environment. However, being my last year in boarding, I still wanted to write and as a result of this, I found that by following these five tips, I ensured I found the time and space to write. If you are a boarder and you are thinking about writing, I hope these tips will help you:

**1. Always pack a set of headphones.** I know, for me, writing can be difficult with basketballs banging against your door every other night, and tennis balls on a good night (what can I say, us boarders love our sport!) so setting up on my desk with some good music and a good set of headphones can really help.

**2. Fit writing time in during or after homework.** Before and after dinner can be hectic in your wing, that's why homework time— when everyone is busy studying, and all is quiet — is an optimal time for writing. There's no loud noises, outside music or loud communications from one end of the wing to another. Just make sure you are staying on top of your homework set by teachers – there is no point getting behind in homework as this won't help you with your writing. Also, after supper, is another time you can write, when boarders are getting ready for bed; there can be less distractions during this time.

**3. Score a room with a whiteboard.** Being in year 12, I've got some pointers for how you can balance your study with your writing schedule. And I've found that the most relaxed way can be summed up in one word: whiteboard. If you're lucky, you might get one of the two or three rooms with built-in whiteboards. If not, they cost around \$15. On here is where I like to do most of my planning- story lines, homework plans, check points and to-do lists. Give it a go, get a whiteboard and see how much more productive you are!

**4. Change up where you write.** Inspiration is everywhere. Spending nearly all my time in one space is a little dull for me, so getting outside with my camera and laptop in hand, I can easily find new muses to help me write. There's a garden in the boarding house full of sunlight on a good day and benches that you can ponder the hours away on, there's a few trees around the oval too — and Glenelg is just a tram ride away.

**5. Seek the opinions of the boarders around you.** Arguably the most important point is that by living with 140 or so other boarders, with at least 10 other boarders in your wing at most times, definitely has its benefits. They're all unique individuals, and they're around to offer you feedback if you ask them. One of the best perks about living with other people is they can always fuel your ideas with their own small contributions. You can always just note down their thoughts on a whiteboard.

With nearly four years worth of writing experience in the boarding house, I hope these tips can help the budding boarder writer in the future! Good luck!

– Chaise Eade, Year 12



◆ **Back:** Matt Lowe, Flynn Treloar, Tom Lawrence, Cameron Smith; **front:** Mitch Smith and Tom Fulcher.

## Ten top tips for new boarders

JOINING a boarding school for the first time can be a bit daunting. Have a read of our top ten tips to help you settle in.

1. Bring a lock up box full of extra snacks e.g. 2 minute noodles and Milo are favourites of the boarders.
2. Bring a sporty item i.e. a footy, tennis racket or hockey stick.
3. Bring a good playlist for the times when you want to chill out.
4. Be prepared to take free advice on how your AFL footy team can improve on a weekly basis.

5. Name your stuff – otherwise it will be mixed up with other peoples.
6. Be very nice to Heather (admin lady) especially when submitting late leave! She's just like your Mum!
7. Bring your ugg boots, trackies and hoodies – it's the boarders look.
8. Don't be late to lunch and dinner (so you can be first in line).
9. Remember to put your washing in early so it gets done first.
10. Have stuff to give people e.g. batteries – it's a great way to make new mates!



## The brains behind the PAC Boarders' Herald

THIS year's edition of The Boarders' Herald was brought to you by the Boarders' Herald Committee Team of 2014. The committee members were Nelson Ellis, Jack Elsworth, Ben Glover, Mrs. Hall and Mr. Noble. We hope you have enjoyed the paper. Please send feedback and comments to hhall@staff.pac.edu.au.

Thank you for reading and have a good day!

◀ **Behind the scenes:** Ben Glover, Nelson Ellis and Jack Elsworth.

## Boarders' 'SLANG'

Heaps	Woodgee
Schnitty	Moose
Sheets	Tameee
Mort	Rossandratner
Racehorse	Raank
Tooeasy	Stinker
Kitkat	Havingalough
Fiddian	Keplerbradley
Hartley	Finnmacules
IB	Tapinn
Bayly	Fatchance
Snapchat	Takingthemickey
Chapel	Mate
	Nodoubt



## Singapore Noodles

### Ingredients:

- 400g rice vermicelli – soak in cold water for 5 hours. Drain. Shake off as much water as possible. Add salt, sugar, pepper, 1 tblspn of oyster sauce and 1 tblspn chicken stock powder)
- Quarter cabbage – shredded
- 1 carrot, grated
- 25 green beans –thinly sliced
- 2 cups bean sprouts
- 4 cloves minced garlic
- 1 large chicken breast – sliced thinly into strips
- 1 piece Chinese fish cake – sliced thinly into strips

### Garnishing:

- 3 eggs (make thin omelettes, cut into thin strips)
- Fried onions (from Asian grocery shop)
- Chopped spring onions

### Method:

Put 5 tblspns of oil in a wok. Add minced garlic, chicken breast meat and the fish cake. Stir fry until the meat is cooked. Add the rice vermicelli. Give it a good stir for about 5 minutes. Add the shredded cabbage, grated carrots and bean sprouts. Stir fry for about 5 mins. Dish out. Garnish with the omelette strips, fried onions and chopped spring onions.

## Being a teen

by Charlie Scaife, Year 10

Is a constant challenge and often a struggle,

A long dark tunnel with the light of adulthood waiting to swallow you up at the end, A seemingly endless journey, an adventure,

Being a teen can be painstaking but rewarding.

An important chapter in a book called life filled with both risk and new experience,

Being a teen is an emotional rollercoaster, a test of both etiquette and bravery,

Being a teen is a privilege, an ultimate freedom, However, where there is freedom there must be limitation,

Systems, schemes, obligations, School. One could say school is a ticket to your own success,

A building block, a stepping stone, One could say school is a way of life,

That will reflect work ethic and the will to succeed,

I say school is a hindrance that casts malevolent shadow over teen hood,

A burden, an affliction.

A place where sheep follow the frontrunner,

However, School is a necessity, And although it may be hard to admit,

School is the key.





## Five common mistakes young athletes make



MR. Williams would like to share with you the five common mistakes that he has seen young athletes making. He hopes that by reading this you can avoid these common pitfalls and use them to improve your own sporting discipline.

### **Who is Mr. Williams?**

Mr. Williams, our very own boarding house supervisor, is an ex-professional cyclist. He was 18

times British National Champion, a Great Britain coach and also a mentor to Bradley Wiggins, who was a Tour De France winner in 2012 and an Olympic champion. (Bradley even mentions Mr. Williams in his book!). Below are Mr. Williams' five common mistakes young athletes make.

**1. Being Distracted:** "An athlete must have laser-like focus and discipline. If you want to succeed at the highest level there must only be two priorities for you. 1) Study, and 2) Sport. Everything else is a distraction. Focus on these two things and nothing else and you will be guaranteed results. I applied this rule throughout my career and I was champion in every age category!"

**2. Not Looking After Your Body:** "Often young athletes can be seen walking around in shorts, bare feet and just generally not keeping their bodies warm. You must always keep your body warm. Walking around with bare feet and bare legs is a big no-no! Protect your muscles, keep them warm at all times. The body works better when it is warm. It's a simple tip but one that has kept me healthy and without injury for the majority of my professional cycling career."

**3. Lack of Sleep:** "Young athletes often don't get adequate amounts of sleep. When I was in Europe training, my coach would say to me "if you can sit down, you lay down and if you can lay down, you sleep". So the moral of the story – sleep as much as you can. As a professional cyclist I was known for taking naps in between my cycling races. I did this because I knew that by sleeping, my body would be healing and recovering and I would have the edge over my competitors."

**4. Not Making the Most of Facilities on Offer:** "Often young athletes won't utilise what their schools or training centres can offer them. For example, if you have a pool on-site, like we do, the young athletes should be in there every day using the pool for recovery. The quicker you recover, the better the body is and the better you will perform for the next event."

**5. Not Asking for Feedback and Help From Your Coach:** "I was always taught to use the coaches like sponges. Get as much information from them as you can. Ask them what you need to do to improve and do it. The experts around you have knowledge that you might not have accessed yet. Get it from them and this might just give you the winning edge."

"Good luck in your chosen sport boys and feel free to chat to me anytime about your sporting plans."

– Mr. Williams, Boarding Staff

## I get knocked down, but I get up again

I FIRST started to swim when I was only three years old. When I was nine I started to compete in swimming races in my age group. Another six years later, I'm fifteen and here I am, on the pool edge, waiting for the trigger and aiming for state records. Some people say, "He was born to play sports", "He's got good athleticism", "He picks up sports easily". In fact, sport has never been a friend of mine, I was never successful in sports.

I used to hate swimming. Yes, I hated it. I remember when I was four, I only did one thing – cry. I used to cry for the whole lesson, a whole 60 minutes of just pure tears. My coach couldn't stop me, my parents couldn't stop me, I couldn't even stop myself. I don't know how, and I don't know why, but what I know is that my parents made me continue swimming. And now, no one can stop me from swimming!

But swimming hasn't been smooth sailing for me. When I was eleven, I fractured a piece of bone in my right wrist from playing soccer. I had my whole right forearm in a cast for one and a half months, I couldn't swim, couldn't play, couldn't do anything and I felt terrible. After the cast was removed, I came out with a hunger I hadn't experienced before. I trained hard, harder than the rest of the team. Harder than I had ever trained before.

After that I picked up my form. I became stronger and I smashed every single race in the pool. But unfortunately the injuries kept coming. First, I fractured my collarbone in an accident while training for triathlons in Hong Kong. Then about six months after joining PAC, I stacked my bike during a cycling session in Victoria Park. I lost balance when I was starting to sprint. I landed on my right butt cheek, got a big bruise and I was limping for two weeks. But the injuries just kept coming. The week when I recovered, I attended a school state triathlon race near West Lakes. There was a really strong wind that day and I was pushing on my sunnies when a sudden burst of wind blew from my right side, I lost balance and fell badly – injuring myself. I once thought of giving up, but

there was no one around who could help me, so I decided to finish the race. When I got up, I realised that my bike hoods were actually bent inwards. Not wanting to give up I just pushed them back out, jumped back on my bike and continued riding. It was hard, riding in the wind and it was even harder riding in pain. The running was hard as well, I managed to limp through the whole 3km to the finish line. I went to the medical station and the people were shocked, I was shocked as well. Both my palms and my hip were all heavily scratched, my left shoulder and elbow had been deeply grazed by the fall and I had got gravel in the wounds. Blood was all over my left arm. The people in the medical station couldn't do anything about it, so I earned a trip to the hospital. This crash was one of the worst crashes I had ever had (other than the one where I fractured my collarbone) and I couldn't swim for months!

But it's important to note that not all the things that happened were bad. When I first got my bandages off from the second bike accident, I went to the Secondary School Sport South Australia State Swimming Championship. Although my main event was 2 seconds slower than my best time (half a second faster than the state U15 record), the relay team I was in with Josh Cameron, Connor Kiousis and Mark Jenkin broke the U15 Boys 4 x 50m Freestyle Relay state record. In the second recovery week from another injury where I'd cut my thumb, with the school swimming team, we won the swimming state champs by a few points and the swimming intercol at St. Peter's College swimming pool. I was very excited at that time, considering I



◆ **Swimmer: Spencer Ng with his trophies.**

hadn't been training for a long time because of injuries.

Six years ago, when I first competed in swimming, I saw Michael Phelps on TV in the Beijing Olympics, and I really wished I could be successful like him. Six years later, I now realise that I don't want to be like him, instead I want to be myself. Looking back at all the things that have happened, I realised that I am unique. No one can be me, only me. Swimming has occupied most of my life and I have learnt something from it. Not just how to be a good swimmer, but I have learnt about myself as a person. Trying to be successful is like approaching a traffic light, it's either red, yellow or green. When it turns red, just wait, like when I got my injuries. Be patient, don't try to run the red lights. Instead think about what you are going to do, how will the yellow light switch to green for you? I am now at the yellow light, waiting for the green, waiting to succeed. Six years later, what am I going to do? Which colour will the light be? Red, yellow or green?

– Spencer Ng, Year 10

## Water polo - it's not horse play



◆ **Marco: The Open A Water Polo side.**

great combination of team strategy and physicality, which allows virtually anyone to play. Personally, water polo has been a perfect outlet for me as it offers a chance to interact and get fit with mates, all the while playing a high intensity sport with minimal impact on my body. I would recommend water polo to anyone interested as it requires no prerequisites, apart from floating, to achieve success. Especially as a boarder I have been able to utilise the facilities and the staff here to maximise my results in the sport.

– Tim Jolly, Year 11

PLAYING in the Open A Water Polo side this year, I constantly receive questions and queries about what water polo is and how it is played. Apart from dismissing the concept of horses swimming, I find describing the sport quite difficult. Until I came across this quote: "A perfect water polo athlete can be best described as having the over-arm accuracy of a baseball pitcher, the vertical jump of a volleyball player, the toughness of a rugby and hockey player, the endurance of a cross-country skier and the strategy of a chess player." This pretty much sums up water polo and what it takes to be successful in the sport...

Playing four x seven-minute quarters regularly is brutal, and for people unaware of the game and its intricacies it is almost impossible. However hard and demanding the sport is, water polo is a

## Hockey - it's a family affair



◆ **Brotherly love: Cameron Lowe and Patrick Lowe.**

undefeated with only one draw. This year George Shand, Fletcher Thomas and I will be representing the school in the Hockey Intercol against Saint Peters College and we are feeling confident. We will be going for our 8th consecutive win against Saints. I love the sport of hockey, especially the excitement of it and the tactical elements involved. One day I would love to represent Australia like my Uncle did and keep the family traditions going.

– Patrick Lowe





## Stop, pause... engage

THIS year, the first XV rugby team started training in March with the introduction of two new coaches, Peet Arnold and Jono Van Dissel, a former captain of rugby. The squad was put through its paces with one goal in mind, the intercol in August. Anything between the start of the year to the end seemed like practice to the senior players as all we strived for was intercol success. Throughout the year we had a successful season beating Pembroke and Rostrevor to play Saints in the knock out grand final. This final provided the team with one last match before the intercol and we used it as an opportunity to put our full tactics in place. PAC led Saints going into the second half by two tries, although unfortunately the team couldn't hold back the Saints squad and eventually we lost by a try in the dying minutes. The team then entered into a rugby 7's competition thumping Saints and Pembroke. This was a great boost to team morale as the intercol was just around the corner. For the intercol game, the squad set off to play at St Peter's at 4pm on Wednesday the 20th of August. The senior boys amped up the first year players and warmed up in front of the Red Army, lining up ready for the age old rivalry. For the first 15 minutes of the



◆ **Standing strong:** The First XV rugby team hold their own.

game, we attacked and kept barraging into the Saint's defence but unfortunately their defence held up. The Reds then gave away a penalty and both teams were given yellow cards. Saints capitalised on this and scored consecutive tries and by the end of the first half Saints led by three tries. However, the Princes team did not quit and kept working until we scored a try resulting from an interception during play. This gave PAC a new spark and the team held their line until the final whistle. Although we lost the intercol match the season was still successful and the team will always remember the times we had playing for the school. Cheers to all the players for making this year the best year I have played in and all the best for the first XV in the coming years.

– Mitch Clarke, Year 12

## Boarders mix with the best in State Knockout Football

ON a cold wintery Tuesday evening at Norwood Oval, Prince Alfred College first XVIII played Sacred Heart College in the final of the State Knockout Cup. With a 2-1 record against Sacred during the season, PAC looked in prime position going into the game. However, Sacred Heart was ruthless early, piling on five goals to nothing in the first quarter. Unfortunately this trend continued as Sacred Heart dominated all aspects of the game. Credit to all supporters who came out on the night, it was fantastic to hear all your voices right until the final siren. Let's hope the boys can get redemption next year.

– Jack Elsworth, Year 12

## Not the slam dunk we were hoping for!

THE basketball intercol is the highlight for any basketballer at PAC. All season the boys have been practicing hard in preparation for the match. On Friday the 22nd of August the Open A, B and C teams took on the St. Peter's College teams. The Open C team played the first game of the night, coming up against a strong opposition. Despite never giving up the boys went down to a more determined St. Peter's team. Unfortunately the Open B team went down in a similar fashion. Once again putting in another hard fought effort, the Saints boys were too strong. By the start of the Open A game, the Red Army was at its loudest, with chants being thrown back and forth, echoing throughout the gym. On the back of some great support from the crowd, PAC got away to an 11 point lead. However, unable to capitalise on this lead, Saints were able to bring the score back and eventually took the lead to win by nine points. Despite this, intercol was a great night with some great team and individual performances. Hopefully next year will yield a better result.

– Braiden Ousey, Year 11

## Crack, zip, snippety slap - hockey report

MY name is Fletcher Thomas, I'm in Year 10 and this is my first year in boarding. This year I was privileged to be selected in the Prince Alfred College First XI Hockey Intercollegiate team. It was an exciting build up this year with PAC going for our 8th hockey intercol win in a row. We went through the whole season undefeated and so went into the intercol fairly confident that we would easily get the job done. However, this did not turn out to be the case. Saints came out with high intensity and good skills, compared to our lax attitude and poor skill errors on the day. Saints put a couple of early goals in the net and looked very threatening to lead 2-0 at half time. In the second half we got our act together and played one of our best halves of the year. We managed to get 3 goals in quick succession and ran out the game 3-2 victors. Playing in front of hundreds of people, including heaps of friends and school mates, was one of the best and most unique experiences of my life and one that I will never forget. I can't wait until next year!

– Fletcher Thomas, Year 10

## That's a yellow card!

THE 2014 soccer intercol was held at St. Peter's College, with Saints trying to achieve back to back victories for what would be the first time in over 10 years. With the Red Army prepared for a 4pm kick off, Saints held the upper hand in the support at the beginning due to an unexpected 3.45pm start.

Nerves took control of both teams early on, causing a cautious and mistake ridden first 10 minutes. Saints made the most of these conditions however, and took the advantage, breaking the deadlock 10 minutes into the game to place them with a handy 1-0 lead.

The rest of the game lived up to typical intercol standards, as both Saints and PAC fought out a tough, even contest in what was a very demanding match in the conditions.

We managed to wrestle the momentum back early on in the second half due to outstanding support on the sidelines, in particular the Red Army, who convincingly outchanted the opposition. This led to a number of chances for PAC, none more promising than when Orlando Norman found himself one on one with the keeper but unfortunately, due to a great save by the Saints goalie, did not convert. Despite a great effort by the entire PAC team, the final whistle came too quickly and the game finished 1-0.

Congratulations to both Saints in what was a great contest, and Jordan Hayhurst who received best on ground for PAC.

– Sam Taylor, Year 12



◆ **Tangled:** Sam Taylor takes on the game!



## Intercol football report



◆ **Nelson Ellis** in action for PAC.



◆ **Ned Murdoch.**



◆ **Jack Elsworth.**

ON the 23rd of August the Prince Alfred First 18 football team participated in the 143rd annual football intercol game against St. Peter's First 18. As per usual there was a massive crowd there to support the game from both schools. With great weather conditions the game was set to be a great spectacle, as PAC yearned to regain the intercol trophy after losing it the year before. The first quarter was evenly balanced with the first goal coming off of the boot of Braiden Ousey after Saints didn't take the early opportunities that they had. After the first quarter PAC held an early lead due to the good work from Harry Slee and Will Combe. After the first quarter the Red Army got into full voice and PAC lifted another gear due to the excellent support of the crowd. At the end of the first half it was still a close game but PAC had extended their lead by a few more goals. It was shaping to be an important third quarter as the team that came out better would seem to have the best chance of winning the game. Luckily enough the boys were up and about at the start of the third and kicked the early few goals to keep the momentum in our favour. After a closely contested match PAC came out on top after outscoring Saints 94-42. As expected this game was hard and tough all day with each team giving it their all. Large thanks have to go out to the PAC ground staff for having the oval in such good condition for the game. Also to all the supporters that came out for the game, I know the boys could not have done it without you.

– Bryce Woolard, Year 12