Developing Authentic Leadership

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.

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 lead 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 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".
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

“I’m the 6th generation of McBrides to attend Prince Alfred College.”

“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.

“Work hard. Be kind.”

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

1st generation: Abbot James McBride
2nd generation: Sir Philip Albert McBride
3rd generation: Philip Abbot McBride
4th generation: Philip Affleck McBride – Grandpa
5th generation: Philip Nicholas McBride – Dad
6th generation: Philip Alexander McBride – Phil McBride current Year 12 student

“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.

“Work hard. Be kind.”

98% of our boarders play a sport

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

180,000ac the amount of land owned by Flynn Treloar’s family in South Australia

In 2013, two of our boarders became professional footballers

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

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!

“Work hard. Be kind.”

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

98% of our boarders play a sport

180,000ac the amount of land owned by Flynn Treloar’s family in South Australia

In 2013, two of our boarders became professional footballers

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

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 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.

“Work hard. Be kind.”

98% of our boarders play a sport

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

180,000ac the amount of land owned by Flynn Treloar’s family in South Australia

In 2013, two of our boarders became professional footballers

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

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 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.

“Work hard. Be kind.”
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 was amazing.

- Jack Ryan, Year 10

Footy tipping competition

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 captaining treat 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

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 buddled 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 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 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?

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, Paskerville, Hong Kong, Riverland, Cleve, Brookien Hill, Hamilton, Guangzhou or Darwin.

- Matt Rawes, Manager Student Recruitment

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

Staying afloat: Tim Jolly and Jack Mann have fun in the water with Johnathan.
Prince Alfred College turns pink

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 Groyder Pavilion at the Woy Woy 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

Running to raise money and awareness

THI 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 terms 4. School prefect Braydon Cordingley was fantastic in his efforts to propel the campaign, 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 just one goal. The pinnacle of the campaign occurred on Saturday the 9th of August on the Pac Front Fields where a group of Cancer Council Combatants, Telly’s personal ambassador, Mr Roylett and staff brave the ice cold water.

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

Cancer Council Combatants

Over 100,000 people are diagnosed with cancer every year. Out of those 105,000 people diagnosed each year, 19,000 of those people will die as a result of getting cancer and that is why it is so important to fund research into helping find a cure for cancer. This year, I was chosen to be part of a program called Cancer Council Ambassadors, where a group of students from various ages and schools come 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 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 both 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

Page Four
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 features and friendly citizens. We visited numerous tourist attractions such as the Monkey Temple and Pashupatinath Temple. Everyone did their own shopping in the Thamel market and buying from the street sellers 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 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 cherish for the rest of my life. – Will Altmann, Year 12

Princes’ journey to the United States

ON December the 9th 2013, the Prince Alfred College basketball team, coaches and staff toured the home of basketball, the United States of America, for three weeks. Although our main priority in America was to play basketball and to develop our own ability and the strength of the team, we were also fortunate enough to see the sights of America.

We journeyed to San Francisco on the west coast of America and visited the renowned Pier 39 and toured Alcatraz. When we arrived in San Francisco, the team thought the 3°C conditions were harsh. Fortunately for some and unfortunately for others, our next stop in Fredonia was beyond that with days of a 100% chance of snow and down to around minimum of -15°C which none of us had ever experienced. However, some of the American kids thought they would shiver and walk around in shorts, it didn’t last long!

In Fredonia, the team was billeted out with students from the local high school who we stayed with for a week. This was by far the most memorable experience of a lot of us as we were able to get to know the American families and experience some typical American things such as ‘Wing City’ and ‘Walmart’ during snow season. Also, we had the chance to go to American schools and play basketball against American teams.

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.

Cambodia trip 2014

THIS year’s Cambodia trip will consist of six boarders, namely Will Sumner, Elijah Smith, Ben Price, Matt Gregurke, Jack Mann and Josh Clarke. Fundraising has kicked off with a bang. With two nocturnal runs, 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 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 Sunshine Children’s Village in Phnom Penh, take a guided tour of Choeung Ek (one of the Khmer Rouge killing fields outside Phnom Penh) and Toule 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 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

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

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 Clark, Matt Halligan, Will Linke, Brady Mill, Braiden Ourny, 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 Mill 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.

The Boarding House will be spelling out its war stories over the two hour session and they really were focused and attentive.

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

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

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.

Princes’ journey to the United States

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

PAGE FIVE

PRINCE ALFRED COLLEGE BOARDERS’ HERALD

SEPTEMBER 2014 – NO. 5
Kangaroos to Kiwis

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 hills, 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 hosed our white-water rafting, sledging, fishing, sailing, jet boating and kayaking activities. The rolling hills and mountains were sculpted for lagging, ogo-balling, bungee jumping and mountain biking. The pristine blue sky laid the foundation for a $13,000 flight, 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

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 our 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

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

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

**Loving life: Boarders abroad.**
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 areal 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 Desert 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 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 Ian Jaensch and his side-kick Darren Boylet 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

Parents unite:
Boarders’ parents enjoy Broken Hill.

All smiles:
Parents enjoy various activities in Broken Hill.

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 Prince, 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 or 8334 1275

Or visit: www.pac.edu.au

inspiring excellence
David Cornish
Executive Officers; PAC Foundation Inc.
In 2001 the Governor of South Australia, Sir Eric Napier, 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. These insights 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 2003 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.

So maybe we should be calling the boarders ‘Sir’!

Rob Prest (1933-1973)

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 excelled in athletics, swimming, cadets and the Student Christian Movement. In 1962 he returned to Princes as a teacher of Geography and achieved 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 on 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 Arkarooola where his primary education was from his Father 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 Prince education for a student from remote areas.

He has a very close relationship with station life and he has a clear understanding of the difficulties faced with remote living.

Ian Hotchin
Year 10: 1962; Years in boarding: 7 years

Hi, my name is Ian Hotchin and I was a boarder at Princes from 1959 to 1964. 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 haven, 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 Rowie, 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, 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.
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.

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 ½d. 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. Glancy 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 “Bascomb 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 entertainment for the boarders.

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 Business 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 very welcome here at Prince Alfred College, the boys and staff are so friendly 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 opportunity 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. It is an environment that could be valuable to the boys. Ultimately from this placement I am hoping to gain some valuable experiences 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 competition groups and the day was about extending established friendships 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 boarders. 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 went to 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 Gullen 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

**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 boarders. 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 went to 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 Gullen 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

**To market to market**

**New Mates Day**

**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 did feel like I 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, amazed, 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. I realized 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. I believe that I am 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

**On Friday May 23 this year, Mr Bittern, Ms Thompson (School Nurse), Mrs Talitha Noble (wife of Mr Noble) and Mrs Tih 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, noodles of noodles, Chinese dumplings, sweet and sour pork, stir fried vegetables, 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 tasted a very sour cheese and had some Taiwanese bubble tea. Mrs Tih then took the group to the biggest Asian grocery shop in the market. The boys were shown different kinds of asian grissins, 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 Tih, Boarding House Staff

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

**Skizzling: The boarders enjoy a classic Australian barbecue.**

**PAGE TEN**
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 George 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

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 at 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 is 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 (72,432,000 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 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

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

PAGE ELEVEN
Celebrating Chinese New Year

WITHIN boarding we are a global community. Therefore at the start of the year we wanted to celebrate Chinese New Year as we knew that a lot of our international boarders would be celebrating it if they were at home. Working with our wonderful kitchen 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

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 our new non-international boarders joined our community.

The focus of all the activities was having fun and making new friends. Our new boarders three 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 bull rider 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 by the foundations for a fantastic year.

– Mrs Hall, Boarding House Senior, International Students

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

What is your favourite meal to cook the boys? “The boys love their schnitzels and to 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? Kenny’s entrée: “Foie Grais” (liver on brioche bread). Roz’s main: “Pettincucini Alla Panna” (pasta with a creamy, mushroom and bacon sauce). Darryl’s dessert “Chocolate Decadence Cake”.

What is your favourite dessert that you would 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 brut pan (big saucepan – for stews, beef stragano)”.


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

Kitchen staff: Kerry Beilak, Darryl Atwill 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
✓ 4kg of meat for every meal
✓ 4kg of Nutri-Grain a week
✓ 1kg of bacon for 1 breakfast
✓ 4kg of yoghurt

Does that give you some idea?!

Kerry: “Well let me tell you, we order a lot of food…”

Roz: “Almost there; Harry Ramsey impresses us all.”
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 Hannahford, 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 gift voucher after completing the challenge first.

At the same time, applying this journey to the next stage of our reading, we developed a comprehensive list of books and the State Library catalogue as a starting point. Some of the books recommended were "The Nightingale" by Kristin Hannah and "Miracle on the Mountain" by Nick Vujicic which proved to be both inspirational and challenging. Although at times it can be challenging, it is definitely one of the most rewarding jobs I have ever had. The discusions 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 to see 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 Woidt, Boarding House Administrator

Captain of Boarding

AS Captain of Boarding this year, I have thoroughly enjoyed working with all my fellow boarders and boarding staff to achieve many of our goals. My main goal was to make the boarding house an even more enjoyable, happy and co-operative environment for all boarders. I wanted them 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 fellows 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 proper 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 Olsworth 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 boys the very best with their final year at the College. My advice would be to enjoy every minute of the role as time certainly does fly past in Year 12.

- Phil McBride, Year 12

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 State Member for Flinders and also an old scholar of the college. With Mr Noble steering, we sat a few minutes in question time. Of course to me, an untrained eye, it seemed like they were waving to us from the backbench, but they were actually asking us questions. Question time was on as we ate and another old scholar Mr Fitzgerald left the car to join us. We chatted to Mr Treloar, who was our tour guide, and showed us a few rooms before settling us down into what looked like an old hallway and the green room. But of course by now we had spent our stay and Mr Treloar, who was an excellent host throughout the entire day, had to get back to help running to 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 and that in itself makes 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 Glaser

My experience as an international boarder

ORIGINALLY from Hong Kong, I joined PAC and the boarding community in July 2013. I was very challenging for me, as most of the boys here had never faced this experience before. It is certainly 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 to see 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.

- Ho Ting Ip, Year 11

Chilled: International boarders lounge around.

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 varied. I check all the mail 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 corsets (the boys will 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 to see 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 Woidt, Boarding House Administrator

Five tips from a writer in the boarding house

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 had 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, as boarders we 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, so setting up on your desk with some good music and a good set of headphones can really help.

3. Score a room with a 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, it’s 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 fuel your ideas with their own small 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, it’s a whiteboard and see how much more productive you are!

5. Name your stuff—otherwise it will be mixed up with other peoples. Also, after supper, is another 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’re staying on top of your homework set by 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, it’s a whiteboard and see how much more productive you are!

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 badminton stick. You’ll be tempted to fit in with your team-mates’ favourites of the boarders.

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 homeroom 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 Elsworthy, Ben Glover, Mrs. Hall and Mr. Noble. We hope you have enjoyed the paper. Please send feedback and comments to hlahalstaff.pac.as.edu.au.

Thank you for reading and have a good day!

Nelson Ellis, Jack Elsworthy.
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. I would say to me “if you can sit down, you lay down and if I have to do something then keep warm”.

But swimming hasn’t been smooth sailing for me. When I was eleven, I fractured a piece of bone in my leg when I was playing golf 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 training and racing cycles. 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 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 acquired yet. Get it from them and this might just give you the winning edge.”

“Good luck in your chosen sport boy and feel free to chat to me anytime about your sporting plans.” – Mr. Williams, Boarding Staff

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 is Mr. Williams’ five common mistakes young athletes make.

Water polo – it’s not horse play

I FIRST started to swim when I was only three years old. When I was nine I started to compete in my next age group. Another six years later, I’m fit 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 just couldn’t do the whole lesson, a whole 60 minutes of just pure tears. My coach couldn’t stop me, my mother couldn’t stop me, I just 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 hadn’t been smooth sailing for me. When I was eleven, I fractured a piece of bone in my leg when I was playing golf and I couldn’t swim, couldn’t play, couldn’t do anything and I felt terrible. After the cast was removed, I came to MAC, I stacked my bike during a cycling session in Victoria Park. I lost balance when I was trying to mount it, I hit my right butt cheek, got a big bruise and I was limping for two weeks. But injuries just kept coming. The week when I recovered, I attended a school state training session and was in a wheelchair. There was a really strong wind that day and I was pushing on my sundies when a sudden burst of wind put me down. I lost balance and fell badly – injuring myself. Once I 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 handles 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 grazes on the wounds. Blood was all over my arm. The people in the medical station couldn’t do anything about it, so I ran 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 135 record), the relay team I was in with Josh Cameron, Connor Kioussis and Mark Jenkin broke the U15 Boys 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 over the swimming intercol at St. Peter’s College swimming pool. I was very excited at that time, considering I 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 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

Hockey – it’s a family affair

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

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 is Mr. Williams’ five common mistakes young athletes make.

Water polo – it’s not horse play

I FIRST started to swim when I was only three years old. When I was nine I started to compete in my next age group. Another six years later, I’m fit 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 just couldn’t do the whole lesson, a whole 60 minutes of just pure tears. My coach couldn’t stop me, my mother couldn’t stop me, I just 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 hadn’t been smooth sailing for me. When I was eleven, I fractured a piece of bone in my leg when I was playing golf and I couldn’t swim, couldn’t play, couldn’t do anything and I felt terrible. After the cast was removed, I came to MAC, I stacked my bike during a cycling session in Victoria Park. I lost balance when I was trying to mount it, I hit my right butt cheek, got a big bruise and I was limping for two weeks. But injuries just kept coming. The week when I recovered, I attended a school state training session and was in a wheelchair. There was a really strong wind that day and I was pushing on my sundies when a sudden burst of wind put me down. I lost balance and fell badly – injuring myself. Once I thought of giving up, but

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

This year I was lucky enough to be selected for the Firsts Hockey team for the second year running. Being a Year 10 Boarder, this is a huge achievement. You could say that hockey is in the family genes with my brother (Cameron) also loving hockey and being the Co-Captain of the winning team last year. My uncle also played hockey for Australia! Yes we are a hockey loving family! The PAC hockey team has been very successful, winning the last seven intercol against St Peters. This year we were presented with strong opposition having already won the first game against Saints, the score being 4-0 our way. So far, we are 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

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 and being the Co-Captain of the winning team last year. My uncle also played hockey for Australia! Yes we are a hockey loving family! The PAC hockey team has been very successful, winning the last seven intercol against St Peters. This year we were presented with strong opposition having already won the first game against Saints, the score being 4-0 our way. So far, we are 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

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 and being the Co-Captain of the winning team last year. My uncle also played hockey for Australia! Yes we are a hockey loving family! The PAC hockey team has been very successful, winning the last seven intercol against St Peters. This year we were presented with strong opposition having already won the first game against Saints, the score being 4-0 our way. So far, we are 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

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 caution 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

Crack, zip, snipetty slap – hockey report

THE First XV rugby team hold their own.

THE First XV rugby team held their own, we attacked and kept bawling into the Saints’ 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 and 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 and in all the best for the first XV in the coming years.

— Mitch Clarke, Year 12

Boys mix with the best in State Knockout Football

ON a cold wintry Tuesday evening at Norwood Oval, Prince Alfred College first XV took on Sacred Heart College in the final State Knockout Cup. With a 2-1 record against each other 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 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 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 caution 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

Intercol football report

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, familiar with the intercol trophy after losing it the year before. The first quarter was evenly balanced with the first goal coming 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 Sire and Will Combe. After the first quarter the Red Army got into full voice and PAC lifted another 3 points and looked very confident that we would ease the game along. Unfortunately the game didn’t 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 PAC continued to dominate and scored 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.

— Bryce Woonard, Year 12

Nelson Ellis in action for PAC.

Ned Murdoc.

Jack Elsworth.

— Bryce Woonard, Year 12