Throughout

Exchange students experience life in Australia

Each year Galen Catholic College fundraises to help develop the Ltyentye Apurte School Community, in Santa Teresa NT. This year we have received a St Kilda Jumper that has been signed by over 40 of the 2014 players to auction off as part of our fundraising. The jumper includes the signatures of superstars Nick Riewoldt, Jack Steven and Lenny Hayes. This signed jumper is a very valuable piece of memorabilia, so click on the link, place a bid and know that your money is going to a great cause.

The auction ends on Sunday August 10th at 9:30am.
The link to the EBAY auction is: http://bit.ly/1lhLCvy

During Term 3 Galen College is host to 13 exchange students from Italy, France and Indonesia. In the next few issues of Reflections, they will be sharing their experiences of Australia with readers. Turn to page 2 to read Pietro Linguiti’s thoughts about Cathy McGowan’s recent visit to the VCE Legal Studies class.
What’s On

- Wed Aug 6 - Just Leadership
- Thurs Aug 7 - Diocesan Winter Sleepout at Echuca
- Mon Aug 11 - Science Week
- Mon Aug 11 - Ski Team 3
- Tues Aug 12 - VTAC Parent Info Night
- Tues Aug 12 - Yr 11 Macbeth P3/4
- Tues Aug 12 - Yr 8 Poetry P5/6
- Tues Aug 12 - Yr 11 & 12 UH Soccer
- Wed Aug 13 - Yr 10 Tertiary Trip P1-6
- Wed Aug 13 - Hospitality Excursion Melb
- Thurs Aug 14 - Yr 10 Romeo & Juliet P5/6
- Sun Aug 17 - Santa Teresa depart
- Mon Aug 18-20: Yr 11 OES Ski Tour
- Tues Aug 19 - VCE Theatre Studies Monologue Workshop
- Wed Aug 20 - Founders’ Day Assembly
- Thurs Aug 21-22: Yr 10 Melbourne Trip
- Fri Aug 22 - Vic School Bands Festival
- Sat Aug 23 - Santa Teresa return
- Sun Aug 24 - Ski Team 4
- Mon Aug 25 - Yr 7 Basketball
- Mon Aug 25 - Yr 7-10 Table Tennis
- Tues Aug 26-27 - Inr Production @ WPAC
- Wed Aug 27 - Grade 6 into Year 7 tests
- Thurs Aug 28-29: Yr 10 Melbourne Trip
- Mon Sep 1 - Health Week
- Tues Sep 2 - Yr 8 Basketball
- Wed Sep 3 - Yr 12 OES River Enviro Day
- Sat Sep 6-7: OEd Expedition Snowy River
- Tues Sep 9 - Year 10 Formal
- Wed Sep 10 - 9-10 Basketball
- Thurs Sep 11 - Parent Teacher Evening
- Fri Sep 12 - Parent Teacher Morning
- Mon Sep 15 - Bands Showcase at WPAC
- Mon Sep 15 - Murray River Culinary Challenge
- Tues Sep 16-17: Yr 10 OEd Walk Group 1
- Wed Sep 17-19: Italian Camp
- Fri Sep 19 - End of Term 3: 2.30pm finish

For the latest What’s On visit: www.galen.vic.edu.au

Cathy McGowan visits VCE Legal Studies

Cathy McGowan, Australian politician, independent federal member for Indi and ex teacher of Legal Studies at Galen came to our school on Monday the 28th of July and spoke to the Legal Studies class. She was a wonderful presence in our classroom thanks to her energy and enthusiasm.

She didn’t believe she could become a politician, she said. But she was passionate about politics and she received massive support that pushed her to enter into the complex political world.

She told us the keys to make a good politician, and factors that can also make it challenging. A virtuous politician’s skills are: passion, ability to create interest and captivate people who are listening to you; the ability to link your thoughts to what you are saying in order not to make others misunderstand and not to promise things you can’t keep; to be a good public speaker; and to be an excellent organizer. She told us she has several staff to lead at the same time and it’s a very stressful job if you are not used to it; you must have a complete knowledge over the law matter, so that you’re able to understand how laws work and how they are applied.

She spoke about her life as a politician and to demonstrate what her attitude is she gave us an example of a situation: what happens if the public wants goes against her ideals. This is a hard circumstance for a person in charge and lots of politicians have experienced it. She said that if her personal beliefs interfere with the public’s will, she would ask for a revote, taking the big risk of not being voted a second time.

Cathy McGowan taught Legal Studies at Galen for two years and was an important guest when she came back to speak to us because she encouraged us to be young leaders. In her opinion, we young people are the future and Australia needs new minds in its politics. The parliament is made up of too many ancient politicians and our new ideas are fundamental for the development of Australia. Besides, entering in the political world is much easier than it looks. We could join the local political parties and attend meetings, campaigns that are opened to everybody.

In my opinion she presented her thoughts from the point of view of a person who stands out in society and she did it speaking to us, with the aim of making young people get involved in politics, to have a role model to follow that is not a football player or a singer, but a person who has the highest role of responsibility in community.

Written By Pietro Linguiti
Italian Exchange student
and member of the Unit 2 Legal Studies class

Above: Principal Bernard Neal with Cathy McGowan and the Unit 2 Legal Studies class.

VTAC Parent Info Night
August 12th in the Auditorium at 7.00pm

Uniform Shop
Opening Hours
Tuesday: 10.30am - 2.30pm
Thursday: 1.00pm - 5.00pm
Direct Line: 03 5723 8320
uniform.shop@galen.vic.edu.au
Junior Library a hive of activity

At the moment the Junior Library is hosting a multitude of activities. The inter-homeroom chess competition is in full swing. The Year 8 homerooms have very competitively vied for points and the winners were 8/3, followed by 8/2 with 8/4 in the bronze medal position. Next week the Year 7s will begin their campaign, and already there has been fierce competition as each homeroom finds who will be their representative.

At the same time the knitting club is happening during lunchtime. This is a popular activity during the cold winter days. Students can bring projects from home or take advantage of wool and needles, and lessons from staff who volunteer their lunchtimes. The knitting corner has extended itself to include loom bands. Some very capable junior students are teaching the staff a new skill!

These activities have now overlapped with Harrison knitting while Liam decides his next move and then abandoning his knitting whilst he plays!

Congratulations to Gaye Shale (mother of Demi Shale) who achieved 7th place in Shooting for the Double Trap Women’s Finals at the Commonwealth Games in Glasgow. An excellent achievement!
Reflections - Issue 12

Middle School News
Rob Walker - Middle School Director

Wednesday August 6 - Year 9 students – Year 10 Information night (2015)
Parents and guardians of current year 9 students need to make a note of this night held in the auditorium. This evening is designed to assist parents and guardians of year 9 students with the subject selection process for next year. Mr Mason our Deputy principal of Teaching and Learning will go through the subject selection process.

Wednesday August 13 - Year 10 students - Tertiary Trip
This day trip from 9am - 3.15pm is for all current year 10 students. On this trip students will visit Charles Sturt University in Albury and Latrobe University in Wodonga. This trip is an excellent introduction to university life. Students will tour the campus, look at the courses offered and meet student representatives who describe their experiences.

Important dates:
- Aug 14 - Year 10 P 5 & 6 Romeo & Juliet performance
- Aug 20 - Year 9 & 10 Founders Day Assembly
- Aug 21 & 22 - Year 10 Melbourne Excursion 10.5, 10.6 & 10.7
- Aug 28 & 29 - Year 10 Melbourne Excursion 10.1, 10.2, 10.3 & 10.4
- Sep 9 - Year 10 Formal
- Sep 11 & 12 - Parent Teacher Interviews
- Sep 17-19 - Italian Camp
- Sep 19 - End Term 3 Finish 2:30pm

Senior School News
Mick Grogan - Senior School Director

Peter Girolami and Carly Bilke, the Work and Further Education Co-ordinators will be going through the VTAC procedure and associated details with Year 12 students during extended homeroom on Wednesdays throughout this term. It is important that students listen carefully at these sessions and complete this application in a timely manner. Students are encouraged to consider attending Open Days at the Universities and Colleges. Information about these dates has been emailed out in the Careers Bulletin. Year 11 students are encouraged to submit their subject selection forms for 2015 by August 8.

Congratulations to James Rennick whose Hoodie design was voted the most popular and to Monique Mair who designed the most popular T-Shirt. Further information in regard to these End of Year 12 garments will be communicated shortly.

Important Senior School Dates:
- Year 12 (2015) Subject Selection Forms due Aug 8
- VTAC Parent Information Night 7 pm Aug 12
- Arts/Technology Exhibition, Tuesday Oct 14 – Friday Oct 17
- Year 12 Last day, Tuesday Oct 21
- Year 12 Unit 4 Written Exams begin Wednesday Oct 29
- Year 12 Graduation Evening Thursday Nov 20

Science Competition Results
This year 78 Galen students from Years 7 to 12 took part in the University of New South Wales Science Competition. The competition is held across Australia and in 12 other countries. This year Galen students achieved 4 Distinctions, 15 Credits and 4 Merit certificates. All those who took part should be congratulated for taking this opportunity and to test themselves against students from all over Australia and New Zealand. Students to achieve a Distinction, Credit or Merit certificate were;

Year 7
Distinction: Nathan Chadban
Credit: Imogen Quilty, Gabe Watson, Riley Daws, Gabe Hernandez, Rebecca Lewis and Shaylee Parker.
Merit: Harry Ledingham

Year 8
Credit: Kate Whitten
Merit: Billie Taylor

Year 9
Merit: Jaymz Bright, Jesse Martin

Year 10
Distinction: Ian Christy, Aidan Howard
Credit: Jesse Gardner-Russell, Josh Hawke, Jack Ledingham, Ben Lyons, Kieren Mair,
Merit: Caelan Anderson

Year 11
Distinction: Aaron Taylor
Credit: Kaitlyn Ritchie, Fergus Sammon

Year 12
Credit: Demi Shale, Michael Kalkandis
Merit: Matt Spence

Sandhurst Arts on Show
Sandhurst Arts on Show is the inaugural Diocesan Performing Arts Workshop and Showcase
Each day approximately 500 primary and secondary students will come together in Shepparton to share workshops and performances through the elements of choral, dance, instrumental and drama.

There is a daily reprise to showcase selected performances at the conclusion of each day.
2, 3, 4 September 2014 - Daily Reprise 4.00pm - 5.00pm
Mercy Centennial Stadium, Notre Dame College Shepparton
This is FREE event and you are welcome to attend

Sandhurst Arts on Show will feature Galen Drama on Wednesday Sept 3rd, and Galen Choral Group on Thursday Sept 4.
An Italian Cooking Lesson
with Michela Screpante - Italian Language Assistant

Tiramisù
There are a lot of legends about the origins of this dessert. However the most popular theory about the creation of the Tiramisu is that it originates from Siena during the XVII century. The Tiramisu was prepared by pastry chefs to celebrate a visit from the Grand Duke of Tuscany Cosimo de’ Medici to Siena.

Ingredients
(serves 8 people):

- 500gr Mascarpone cheese
- 6 eggs
- 400 gr Savoiardi biscuits
- 120 gr sugar
- espresso (enough for dunking savoiardi)
- cocoa (enough to cover the top of Tiramisu)

Make the espresso and pour it into shallow flat-bottomed bowl. Add sugar as you like, and allow to cool to room temperature. If at this point you’ve decided to use coffee instead of espresso, take the coffee you’ve made and drink it. Then make espresso. Separate egg yolks and whites in two different bowls. In the first bowl, beat egg yolks and sugar until creamy white. Add mascarpone and mix until blended. Leave this mixture in the bowl. In the second mixing bowl, beat eggs whites until fluffy. Gently fold beaten egg whites into mascarpone mixture as quick as possible. Dip savoiardi biscuits in the espresso bowl (speed is suggested as they risk to became puree). One by one, put the savoiardi into a pan, one next the other. Add a layer of cream on the biscuits, and then repeat this two times until both savoiardi and cream are finished and the pan is fully filled. Now, cover the last layer of cream on the top with some cocoa (using a sieve would be better). Put the Tiramisù in the fridge for a few hours and then serve it. - Buon Appetito!

Advice: Store it in the fridge in a closed container for 2/3 days maximum.

Mountain Biking
Congratulations to Year 9 student Josh Sullivan who placed 4th at the recent Victorian Schools Cycling Championships in the mountain biking category. Josh completed 6 laps of the course at Dromana to finish strongly in a field of 21 competitors. We wish Josh all the best as he prepares for the second round in the You Yangs in August.

Wangaratta Performing Arts Centre
Thursday 21 August at 7pm

SPECIAL STUDENT RUSH TICKET $12

Damien Ryan’s vision for Henry V is inspired by a true story – in 1941, for 57 consecutive nights during the London Blitz, a group of boys trapped in a bunker rehearsed a new play each week and would then perform it for others in the shelter. This production explores the rite of passage that violence and conflict offer as a threshold to manhood. It confronts the fact that – for all the horrors of war – true courage and brotherhood can inspire remarkable achievements.

STUDENT RUSH TICKET (CONDITIONS APPLY) -

- Max 2 Student Rush tickets per student
- Can only be purchased IN PERSON at the WPAC Box Office
- Only available to Secondary School Students
- Must present Student ID (or be in School Uniform)
- 1 of the 2 tickets can be used for a Parent to accompany you

For more information visit www.wangarattapac.com.au
Belinda Hocking, Galen’s golden girl

Former Galen College student, Belinda Hocking, has returned home triumphant from the Glasgow Commonwealth Games after winning Gold in the 200m backstroke.

Belinda was born in Wangaratta and attended St Bernard’s Primary School before commencing her secondary education at Galen. Belinda was at Galen for three years before accepting a position at the Australian Institute of Sport in Canberra.

Galen staff members who taught Belinda remember well the dedication she showed to both her swimming and her studies. Belinda, with the support of her parents, would get up at 4.30am each and every morning, drive to Albury for 2hrs of training, eat breakfast in the car coming back to Wangaratta, and be the first person in homeroom every day. After school, Belinda would then repeat the process for her afternoon training sessions, eventually arriving home around 8pm; then it was straight to bed. Belinda did not shy away from her academic responsibilities. She would usually spend every one of her lunchtimes in the library, keeping up to date with her schoolwork, and the family car became a travelling work desk.

Belinda left the AIS after the London Olympics, and is now a VIS scholarship holder, based at the Nunawading Swimming Club. She is also studying part-time for a degree in Marketing.

Belinda, who turns 24 in September, has now turned her focus to the Pan Pacs on the Gold Coast, which start in a few weeks. Her longer-term ambition is to win Gold at the Rio de Janiero Olympics in 2016.

Belinda’s career highlights include:
- 7 time National 200m Backstroke Champion
- Silver Medallist in 2011 and 2013 World Swimming Championships.
- Finalist 100m Backstroke London Olympics
- Gold Medal Glasgow Commonwealth Games in 200m Backstroke
- Holder of every female swimming record at Galen College for the years that she attended the school.

Written by Peter Hill
Term 2 was another busy and very successful term for the Outdoor Education Department at Galen. Year 11 and 12 ventured off to Eldorado and Mt Pilot for several enjoyable and challenging days of rock climbing. Year 10s commenced the term with a hike to the top of the second tallest peak in Victoria, Mt Feathertop and fished off in week 10 with a session of indoor rock climbing at Albury. This term students from Year 10, 11 and 12 are undertaking studies on alpine environments and will participate in cross-country skiing as part of their practical requirements.
Yarrunga PS visit from VCE Music

The VCE music performance class entertained the students of Yarrunga Primary School last Friday 25th July. The Performance was organized entirely by the students involving the selection and preparation of the songs, transport, set up and pack up of musical equipment and the choice of the venue. The Yarrunga PS head students expressed how much they enjoyed the visit and invited the class to visit anytime.

Who’s Who at Galen

Leadership Team
- Bernard Neal: Principal
- Patrick Arcuri: Deputy Principal—Staff & Students
- Shaun Mason: Deputy Principal – Teaching & Learning
- Gerard Sullivan: Deputy Principal – Catholic Identity
- Geoff Welch: Deputy Principal (presently on leave)
- Dori Giannone: Business Manager
- Bern Albertson: Professional Development Co-ordinator
- Anthony Batters: Daily Organiser
- Mick Grogan: Senior School Director
- Lauren Lee: Junior School Director

School Board
- Father Mike Pullar: Parish Priest
- Mark Williams: interim Board Chair
- Bernard Neal: Principal
- Phil Bretherton: CEO Representative
- Patrick Arcuri: DP - Staff Representative
- Anthony Batters: Staff Representative
- Suellen Loki: Parent
- Mark Williams: Parent
- Liz Nelson: Parent

Parents Association Executive
- President: Vacant
- Angie Semmens / Karyn Howard: Secretary
- Karen Archer: Treasurer
- Angie Semmens: Board Liaison

The best way to contact Galen staff members direct is by email. All staff have email addresses which follow the formula: firstname.surname@galen.vic.edu.au

Members of the Board and Parents Association can be contacted via the office on 035721 6322 or email: admin-enquiry@galen.vic.edu.au

COROWA RUTHERGLEN JUNIOR FOOTBALL CLUB BEST AND FAIREST PRESENTATION NIGHT

WHEN: Friday 8th August, 6:30pm, at the clubrooms.
COST: $20/ family or $5/head (Roast Rolls and chips). Drinks available to purchase over the bar.

All players and families welcome to attend. Please come along and show your support to congratulate the Junior Roos on their 2014 season. Please wear club uniform.

Grace before Meals

Father, we thank you for the food before us,
The friends beside us,
The love between us
And above all, Your presence among us.

Newsletter enquiries can be emailed directly to the Publications & Promotions Officer: malcolm.webster@galen.vic.edu.au
To all Year 10 Parents and Students,

Galen Catholic College will be re-introducing Debutante Balls for year 11 students in May 2015. As in the past these balls will be alcohol free events held at St Patricks Hall.

These balls will be open to all Galen year 11 students who wish to participate. Debutantes will be formally presented at the ball with their chosen partners, they will then perform three official dances with this partner.

The following is some further information regarding these balls:

1. The first debutante ball will be held on Saturday the 2nd of May, 2015. Extra balls will be added as numbers require, on successive Saturday nights. Dance lessons will be held for several weeks prior to this date on a day nominated by the dance instructors.

2. There will be a maximum of 12 couples at each ball.

3. All balls will be organised by the Galen Parents Association.

4. All students involved in the Debutante balls must be year 11 students at Galen.

5. Parents/ Guardians must be willing to assist in some way with these Debutante balls.

6. As is school policy these will be alcohol free events.

7. The ball committee is willing to assist students in finding a partner for the evening who do not have one yet, but would like to participate.

If anyone has any questions please contact Allison King of the Parents Association in the School Uniform Shop. Or by email at uniform.shop@galen.vic.edu.au

Yours sincerely,

Bernard Neal
Principal

Allison King
Galen Parent’s Association
Expression of interest form.

Please fill out the information below and return it to the school office no later than Friday August 22nd. Our Year 11 Debutante Balls cannot run without parent support. Your help will be required in a number of areas, which will be discussed at the information night to be held at a later date in term three. This meeting will be compulsory for parents and students wishing to participate in the 2015 Debutante Balls.

**Debutantes name:******************

**Parents Contact Details**

**Name:**.................................................................

**Address:**................................................................

..............................................................................

**Email:**.................................................................

**Phone:**(H)...........................(M)..............................

**Parents Signature:**..............................................

**Partners name:**....................................................

**Parents Contact Details**

**Name:**.................................................................

**Address:**................................................................

..............................................................................

**Email:**.................................................................

**Phone:**(H)...........................(M)..............................

**Parents Signature:**..............................................