



Calling all ANU Old Boys



This is for any past or present players who are ready, willing and able to participate in the annual match between the ANU OLD BOYS and the ACT Masters.

Date: Saturday 23rd July (not that far away)
Time: 4:45pm approx. start (twilight match)
Where: ANU South Oval

The game follows on after a triple header of Women's, Reserves & Seniors. So come on down anytime, catch up with your footy mates & get around them.

A post game event has been organised at the sheds for all to attend and there will be activities throughout the day.

If you are keen to have a run please RSVP to darryl.symons@defence.gov.au or simon@tuanfamily.com.au



See you at the footy!

Saturday June 25, 2016

-11am: ANU Women's vs Eastlake Demons @ Kingston Oval (note time and venue change)

-BYE: ANU Reserves

-BYE: ANU Seniors



Griffos bested by Queanbeyan at South Oval swamp



***By Lee Steel**

A wet deck and uni holidays set up the Lady Griffis for a tough fight against the Queanbeyan Tigers, who have shown themselves to be competition contenders so far in 2016. With 19 regular players unavailable, we were lucky to rope in two of last years' crew (Aggy and Lauren VDK) as well as some newbies and willing friends (Jane, Jess, Kath, Rocky, Caitlin).

On the sodden ground the ball lacked bounce and drive, and in the 1st quarter so did we. Our defensive pressure and contested footy were below our normal standards as the Tiges raced ahead scoring freely. But as the sky started to clear the tide also started to turn, and we were neck and neck for the remainder of the match.

Flick, Churchy, Mads and Hutch were everywhere in the back 50 and repelled multiple attacks on goal, with some outstanding marks considering the ball was as slippery as the carp in Lake BG. Tammie and Adela took it to Queanbeyan with some outstanding physical contests, and Nads is clearly as brilliant playing up the ground as she is in the last line of defence. The midfield led by Roy, Dellar, Clarky and Anna were delivering more and more of the ball to the forwards with Best Jones and Shorty offering great leads and creative forward options. Our forwards made some minor incursions on the scoreboard before Roy capitalised on an overdue free and 50 and put one through the middle.

After the game the focus shifted to preparations for the big night ahead, with the old hands providing new Buzzies with tactical tips ahead of the Gift. Let's hope both the ground and the players dry out before next week's clash against competition leaders Eastlake ...

Dixon Advisory Player Referral Program



Dixon Advisory have been long-time supporters of the Griffins. They are a local business offering a range of financial services with very strong and personal ties to our club.

Dixon are always looking at ways to provide ANUAFC members with support and in 2015 have introduced a new Player Referral Program which offers a very generous incentive for you.

If you know anyone in need of financial advice regarding investments, estate planning or superannuation you should refer them to Dixon Advisory to arrange an introductory meeting.

This will be on a no cost, no obligation basis. At that point, you will be eligible for a \$50 reduction in your ANU registration fees.

If this person signs up for ongoing services, Dixon Advisory will pay your entire ANU registration fee.

To match this, ANUAFC will contribute a further \$150 to cover uniform or SRA expenses.

This is a total of up to \$320 value.

This is an extremely generous offer from Dixon Advisory and may well be able to provide great value to someone you care about, as well as an added incentive for you.

To make a referral, please call 02 6162 5506 or email Rob.Turner@dixon.com.au

Magoos get it done, pay their SRAs for Chaso's 200th

***By The Specimen**

Pt 1. The Game

Saturdays, or as I know them, 'chest days, infused with a healthy amount of shoulders and traps'; you can't look this good having days off, and with the big news on Thursday night that I wasn't selected in Saturday's team I knew I could get stuck right into a big session.

After a protein filled breakfast comprising of tuna, raw egg white, andriol and fat free cottage cheese I was ready to grab my "gear" and hit the gym. The session began with a warm up on the indoor rower however this was short lived as cardio kills gains. I then moved onto the bench where I worked my way up in sets that followed: 160kg x 8, 180kg x 6, 200kg x 4, 220kg x 1 and 240 x 0 safe to say the session was well underway. Following the bench I jumped into the incline dumbbell flies and then cooked the muscles with some narrow push-ups, concluding with some barbell incline bench press (medium grip of course).

I arrived down at South, after many mirror selfies striving to obtain the perfect combination of aesthetics and lighting, just in time as the buzz finished their game, keen to show off my striated chesticles as they ran back into the sheds. I'm feeling good and more importantly I'm looking good (comparisons with Jeff Seid have been made). My macros on a Saturday are generally pretty tight (P240 C300 F60), just like my rig and the umpiring shirt Matty Crawsh hooked me up before the bounce.

In terms of the game I managed to make even the green look good however the boys did well. Owie replaced Cliff in great fashion, displaying the same accuracy in front of goal by bagging multiple behinds which ensured that the big man wasn't missed on the day. A special mention must go to the 200 gamer, Chasto, who was everywhere around the ground getting plenty of ball. If I was umpiring I'd definitely have given him the votes (you got the votes Chas).

Pt 2. 4Ps

***By Tom Crowe**

Like any great shindig there's a main event, and the boys rocked up to 4Ps pumped after a big win and taking top spot on the ladder.

Jonny Mitch was so excited he had a few too many tins and didn't even make it to 4Ps, but we made do. Chasto followed up his sensational 200th by ruling over the roulette table, and after his 5th UDL roamed around the room making sure the boys had paid their SRA memberships.

The sensational weather set the scene for The Gift, where the first year boys showed off their Dad-bods to the adoring yet slightly disgusted crowd. They say that the Melbourne Cup is a race that stops a nation, well I reckon those blokes have never seen The Griffin Gift. The anticipation in the sheds before was electric, the rigs were sloppy, the scene was set.

Stephen Kenny got into the mood by completing nude squats pre-Gift in front of the crowd and under the ever watchful eye of Greg Obersheidt and his understudy Chey Bowersheidt; understandably an exciting moment for the vested chino boys. Two runners stood out from the rest, Daniel "White Chocolate Thunder" Owen and Callum "SPF500" Sandison, who locked horns in PastyBowl 1, in which Owie streamed through at the end to run off with the Gift and a severe case of moonburn. The glorious sight was interrupted by the still-nude Kenny asking if anybody was keen for a quick round of nude craft.

All in all it was a sensational day for the Griffos Magoos, shout outs to Grover for putting some of his lotto winnings over the bar, the committee for putting together a great night and everyone who showed up, and Bernie for resisting arrest a couple of hours later.



Bucko does the votes in Seniors, gives himself full marks



***By Jack Buckley**

It surprised me a bit when I first laid eyes on the rostered Griffin Tale contributors for the 2016 ANUAFC season. I thought to myself, surely, the number one creative mind and primary comedic content producer of the Griffos could not have been overlooked. But I contribute here today, unsanctimoniously and without prejudice, to demonstrate my unbridled capacity as renowned “club funny man”. I do so off the back of what is unequivocally being referred to as “the greatest Griffin Guineas of all time”.

As such, let me begin with a quick overview of the Round 12 clash against Ainslie and move swiftly along to recount the happenings of the 4P’s (or more notoriously, the 3½ P’s).

It was a standard procedure at South Oval on Saturday afternoon. Noss went half-Donkey Kong when he slotted a couple of cheeky sausages at various points in the game. Disco didn’t contribute very much. Risky remained quiet, potentially suffering a heavy tag (as he’d have you believe). Dobbo had his head over the ball in the middle with his fellow midfielders (all of whom are quite generic and I can’t remember exactly, probably Kizza, Sando, LePage and Vass). Banno tried to start a few blokes without giving away a free kick or ten, and Schitty directed Brian Pringleton with great aplomb as magnets were sufficiently shuffled. Enough of that match day stuff now as, despite the fact that I was responsible for giving B&F votes, I wasn’t really paying attention.

Instead, my mind was intently focused on my magnum opus, the 2016 Griffin Guineas. After several months of developing first class Guinea’s starters such as “Multiple Jorgasm” and “Grim Creeper” with Quinn dynasty young’un Redler, it was time to deliver on the lofty promises to which I always strive. Despite showing up late, and the reunion of The Wailers out the front, the betting ring took off. Lots of movement was shown early for “Maso Horny” and “Wess Please, but it was the shortening of odds for “Digit Minge” that no eagle-eyed punters were switched on enough to notice. Following the “call of the century”, “Digit Minge” proved to be the winner.

Several people, however, proved not to be winners later that night, all succumbing to copious amounts of peer pressure and horribly diminished morals. For example, perpetually best-dressed and best-on-field for the night, Chey, who is reportedly still recovering from his first hangover. Other so-called “losers” included those who ran in the gift, specifically Laksman, Dund, and especially Foster. Owen was the true winner as the great white streak of pelican sh’t crossed the gift finish line with numerous lengths on both the first and second runs.

Finishing the night discussing the technicalities of the “dank-ashire hotspot”, my night was well and truly done and dusted - just as dusted as the next morning for most Griffos. But once again, having now successfully completed my first Griffin Tale write-up, and having delivered another outstanding Guineas, I feel truly vindicated in my comedic ability to contribute to the Griffos no matter what my detractors might say.

ANUAFC SOCIAL CALENDAR

• ~~SAT 2 APRIL - SEASON LAUNCH~~

• ~~SATURDAY 7 MAY - CASE RACE~~

• ~~SATURDAY 18 JUNE - 4P's~~

• **SATURDAY 23 JULY - OLD BOYS & GRIFFO RODEO**

• **FRIDAY 23 SEPTEMBER - PRESENTATION NIGHT**

• **FOOTY TRIP 2016 -**

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Local and experienced

LONG before Tim Robb was tearing up forward lines for ANU and kicking bags of 10, his father Gary Robb was getting the job done for the Griffs from the midfield.

A former ANU Best and Fairest winner (1975) and tenacious centreman, Gary also brings nearly four decades of legal experience to the Griffins' family, specialising in conveyancing and personal injury litigation.

Gary previously ran his own very successful plaintiff firm in Canberra for 22 years before joining the team at Canberra Legal Group in 2016.

With what seems like 400 years of experience, this North Melbourne fan fights the good fight in all areas of personal injury litigation as well as contractual and commercial disputes, accidents and personal injury.

And he can help Griffins players who are buying or selling property to negotiate their way through property law, as well as offering legal advice on workplace accidents and personal injury.

"We're a general practice firm at Canberra Legal Group, but we specialise in NSW and ACT conveyancing and personal injury," Gary says.

"We offer the Griffins playing group their first interview free for all matters, and then discounted fees in conveyancing.

Gary can help you with: Personal Injury Litigation; Conveyancing; Commercial Leasing and disputes; Sports Law; and naming every North Melbourne premiership, premiership captain and premiership player.

Contact Gary Robb on 6230 1699 or email him at gary.robbs@canberralegal.com.au.



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