



Youth Program

Dear Young Person.....

Well it's been a busy 2006 so far and it doesn't look like letting up for the remainder of the year! For those of you that unsure of who I am or what my role is as the Pangula Mannamurna Youth Worker. My job role involves coordinating community support and involvement in the youth program. What that program looks like is highly dependent on what you guys want and need and of course what funding we can source in accordance to those needs!!!!

The following newsletter is a celebration of what you guys have achieved so far in 2006, information on other services and some future programs in the pipeline for 2006/07. Wishing you all the best and I hope you are all looking forward to the holidays!!

Natalie Linegar Youth Worker

Success With Attitude 27th March 2006



Bram & Trevor are two very ordinary blokes from very simple backgrounds who through their own experiences have proven that any-

one from any background irrespective of colour, how smart you are or any one of a million excuses can be successful if you decide you want it bad enough. Bram & Trevor delivered two motivational sessions to school students and Barrundies participants on the 27th of March 06 at 'The Loft'. There was a huge emphasis on fun and laughter and as

always the nibbles were good too!!



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Special points of interest:

- Youth Night Friday 29th September 5:30pm
- AYAC Meeting Wednesday 4th October 12.30pm (Lunch provided)

**Youth Night Friday 29th September 2006
5.30-10pm**

Pangula Mannamurna Youth Room

**Pizza, DVD's, karaoke.....
Finishing off artwork from last Youth Night**

Transport available contact Nat 87247270

Expressions of Interest

Volunteers/Mentors—Pangula Mannamurna Youth Program
Full training provided, must be willing to undergo a police check
Contact Pangula Mannamurna on 87247270



The Department for Families and Communities are held an Aboriginal Youth Advisory Committee conference from June 5th - 7th this year. The Department for Families and Communities are the funding body that funds the Pangula Mannamurna Youth Programs.

Two Indigenous aged between 12 and 25 were invited to attend this years AYAC Conference held at the shores in Adelaide. The two representatives from the South East went through a written application process. The two

Youth Conference—Adelaide June 5th - 7th

successful applicants were Mariah & Treanna Unmeopa.

The sessions throughout the conference were both informative and helpful as a future resource. This was a great networking opportunity for Mariah, Treanna and Nat to make links with Indigenous Youth Groups in other areas of the state. There was also a lots of fun in making new friends including a late night swim in what I'm told was warm water!!!!!!! Everyone at the conference had the privilege of hearing Treanna's beautiful singing voice on the

last night (Disco-Karaoke) Can't wait to hear you singing on karaoke nights in the Youth Room Treanna.

A BIG Thank you to Mariah & Treanna for being positive role models and representatives for the Indigenous Youth of the South East. Your input was both important and valued throughout the duration of this con-



AYAC Meeting
Wed 4th October 12.30pm PM Board Room

The Pangula Man-namurna AYAC is going through a developmental stage establishing group norms, aims and outcomes of the committee.

On the 4th of July 06 elections were held for the executive members positions. The core group of young people committed to the establishment of the AYAC were rewarded with positions of

responsibility which will enable them to make a difference for other young people.

Congratulations to the following for their on going commitment and support:

- Chair Person—Treanna Unmeopa
- Deputy Chair—Tamara Hay
- Speaker—Cassandra Unmeopa
- Treasurer—Jmara Rowe

Secretary—
Jmara Saunders

The AYAC has many projects, fund raising ideas and fun activities to plan over the next year. If you would like

Expressions of Interest Support Person with AYAC Desirable Qualities

- Reliable, trustworthy Drivers

Aboriginal Inclusion Officer

Emma Hay is the new Aboriginal Inclusion Officer for the Limestone Coast Department of Education and Children's Services. Some of you may have already met Emma and I'm sure you have all found her to be friendly, approachable and easy to talk to. Emma's job is to support you guys

in school with any issues you may be having and to offer guidance on any career pathways you may be considering for your future!!!

We want you guys taking over our jobs and running this beautiful country we all live in!!

You can contact Emma at DECS on



Telstra Football Anytime Program June 25th – Aug 12th



The six-week program for girls & boys aged 6-12 years held on

Saturday mornings at Grant High school was a huge success and great fun for all involved. A couple of the weeks were postponed due to the lovely weather that we sometimes experience here in Mt Gambier. Twenty



young fellas turned out each week (even in the hail) to learn some new skills and have fun with their mates, cousins, brothers and sisters. It was great to have lots of parents out each week supporting their kids and getting involved.

At the end of the 6-week program each participant received a goodie backpack with a ball, cones, a drink bottle, certificate and a pizza voucher. A big thank you to Telstra and the

Football Federation for supporting this program!!



We are hoping to have many more programs like this one in various sports in the future.

Watch this space for future pro-



Camp Coorong July 10th—12th

Winter School holidays was a great opportunity for the Pangula Mannamurna Youth to get out and about by spending three days at camp coorong. This was a fantastic three days with lots of activities involved.

At Camp Coorong they have a museum containing many interesting items, in-

cluding Ngarrindjeri sister baskets and mats. The museum also contains an interesting collection of books discussing Indigenous issues for the 15 people who attended to look through.

On the second day we caught a boat the coorong coast, where many fish were caught even with a hand reel (well done Jmara and Stephen—that's something I've never seen before)

Day three involved a walking trail through Bonney reserve where we saw Ngarrindjeri bush tucker and bush medicine and even got to sample a few!!



Other Activities- NAIDOC WEEK Dance workshop, Paintballing, Jewellery Making, Youth Night's



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▶ **Community Controlled
Indigenous Health Service**



**Youth Health
Screenings**

Mt Gambier Clinic Days
Thursdays 9-12pm (Pangula Mannamurna)

Outreach Clinic Days Fridays

- **6th Oct—Kingston (11am onwards)**
- **13th Oct—Millicent (10-12pm)**
- **20th Oct—Naracoorte (10-12pm)**
- **27th Oct—Bordertown (11-2pm)**

Drug Action Week 22nd June 2006



An event was held at Noorla Yo-Long Blue Light Outdoor Centre at Rendlesham. The morning session consisted of young people participating in a High Ropes course, with specific emphasis on Controlled risk taking and personal comfort zones.

A BBQ lunch followed by a hands on approach by the local Drug Action Sergeant, consisting of a power point presentation and activities with intoxication goggles to show the ef-

fects on coordination under the influence.

The morning session was participating in a High Ropes course. The emphasis of this session was risk taking, natural highs and comfort zones. This was a huge success with most young people achieving beyond their own expectations. This is a practical way of young people to making positive choices in their lives that achieve huge personal milestones. For some young people just getting 30feet up in the air is a huge achievement.

The afternoon session was an interactive power point presentation broken up with practical activities. As a follow up Steve Lawrie will be conducting Drug & Alcohol awareness sessions for year 10's at Grant high school throughout the remainder of the school year. This event has kick started implementation of Grant high

schools Drug strategy.

