

# PCYC Queensland business supporters club news



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# Fiedler's Focus

## Fads – Fun until they turn fatal

A fad is the latest rage that causes people to go into a craze trying to obtain all that it has to offer. Every industry has its fads, including the health industry with its diet fads, the fashion industry with its fashion fads, and the toy industry with its toy fads.

Fads become dangerous when it moves from being something that is harmless and fun to brinkmanship and people have to try and outdo the previous efforts of someone engaging in the fad.

This was very evident in the latest fad of "planking" that quickly circulated the globe through exposure on Facebook with many of the efforts made being funny and clever. It was only when people started to push the

dangerous element of planking that it finally ended in tragedy with a young man falling to his death in Brisbane from trying to "plank" on a handrail of a balcony of a high rise apartment.

It is a lesson that everyone should learn. Whatever you are doing always keep in the back of your mind that everything has a risk and make a quick assessment whether you have the skills, strength or coordination to tackle whatever the challenge or activity the fad is promoting.

Alcohol and drugs often will bolster confidence in your ability when in fact it has rapidly deteriorated your capacity to complete even relatively simple tasks that involve any physical activity. Don't let your mates talk you into something that you don't want to try. Say no and stick to it and don't be the mate who urges someone on to give something a go when you know that they are under the influence of drugs or alcohol. Even if they are not under the influence, if they don't feel confident don't overly pressure them to do something they do not want to try.

Ask yourself how you would you feel if you had dared your mate to plank on that rail 20 storeys in the air? It would seem a long way down as it replays in your memory for the rest of your life.

Read more: *What Is a Fad?* | eHow.com [http://www.ehow.com/facts\\_7429654\\_fad\\_.html#ixzz1Q4tdg6Fn](http://www.ehow.com/facts_7429654_fad_.html#ixzz1Q4tdg6Fn)

**Rob Fiedler**  
Senior Sergeant  
CEO  
PCYC Queensland



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## Party in the Park

Emerald PCYC held their "Party In the Park" flood recovery event on Friday the 20th of May at Morton Park in Emerald. Unfortunately, the weather looked miserable which kept some of the party goers away, but the ones that turned up had a great time. The event included free sausage sizzle, rides, face painting, balloon animals, music and Toy Story 3 was the feature open air movie for the night!

Over 400 people attended the event and celebrated how successful the Emerald community's recovery has been from the flood. The event was supported by 5 local business's, including Central Highlands Regional Council, Central Highlands Toyota, Flexihire, McDonalds and The Little Costume Shop. Volunteer and staff support on the day was fantastic, especially the Emerald PCYC staff who were willing to attend in fancy dress, the event would not have come together without them!



## Bayside PCYC Art Show

The Bayside PCYC held an Inaugural Fundraising Art Show on the 5th, 6th and 7th May 2011.

The support of local businesses, local artists and the Management of the Bayside PCYC was incredible.

After 140 entries we had to knock back further entries due to the space being totally booked out. As we utilised the club squash courts for the exhibition, the Art Show Committee spent 4½ hours scrubbing the squash court walls and Sgt Peter Farley was amazed at how clean they came up, sadly the squash court walls have not been cleaned in many, many years. Next year the committee stated they were just going to use a can of spray paint.

The VIP night was held on Friday night with approximately 350 people attending. Melanie Tonks and her young trampoline coaches catered the event; apparently the food went down extremely well with many comments about how good it was. Sgt Peter Farley and Mal Stuart got their Responsible Handlers of alcohol certificates for the event, and the club got the Community Liquor Event permit, and the bar was running hot, with wine enthusiasts. Of course tea, coffee, orange juice, and non-alcohol punch was free for the responsible drinkers.

Guest artists were "Wayne Howie-Outsider" world renowned Brutal Outside Contemporary Artist; "Phillip Farley" famous wildlife artist; "Jonathan Dass" local photographer extraordinaire; and "Graham W Smith" famous water colour artist.

Special VIPs' were Paul Lucas MP, Ross Vasta MP and Peter Cummings Councillor.

Caltex Refineries donated \$200 Star Cash cards for the People's Choice winner, and Suncorp Bank Wynnum donated three \$50 bank accounts for the winners of the children's colouring-in competition judged by "Sandra Temple" famous wildlife artist on Thursday morning.

The list of prizes donated from local business for the raffle and lucky door prizes is overwhelming and the Art Show committee could not express into words the appreciation for this most generous support.

The art show came to fruition at my art class Christmas party when a couple of "Gail Higgins" Art Class Students came up with the idea and had their first meeting early in January and it just formed from there. We had over 350 people attend the VIP night, we got 140 paintings on show and sold 14 which was amazing. And most importantly raised \$3,200 for the Club Cooling Project. Awesome hey? For just 8 amateur local artists that formed the Art Show Committee. We got 2 articles in the local Herald newspaper, and are getting an article in the "Australian Artist" magazine.

Due to this success we will be making this an annual event. Sgt Peter Farley has most generously suggested that we permanently set up one of the squash courts into a permanent art exhibit for local amateur artists to display their work. Our Art Show Committee believes this is what the local area needs, and are pretty excited about the concept. We will be able to interchange work on a rotational basis. Also the exciting thing is that we will be able to hold workshops in the area on a regular basis, which can be at affordable prices that can allow School Age Care participants, and members of the community the opportunity to participate.

I know myself that I will be participating in many workshops, and as someone said to me that they have always wanted to do art classes, but have never been able to afford them or travel far to participate in a class. They would love to be able to do classes here. Tutors can present classes that include clay modelling, sculpture, drawing, charcoal and graphite, pastel, watercolour, acrylic, oil, photography etc.

We just have to apply for an appropriate grant to set this up. So keep an eye open for the Bayside PCYC Art Space.

**Fiona Lash**  
**Branch Administrator**  
(Art Show Committee member and amateur emerging artist)"



*Sergeant Peter Farley and Gail Higgins at the Inaugural Bayside PCYC Art Show,*



*Robyn Gaudion and "Moonlight Passage", winner of the Peoples Choice Award.*

## CAPE PCYC at the 2011 Laura Indigenous Dance Festival

From the 17-19th July the C.A.P.E. PCYC attended and successfully operated two promotional stalls, a "Our Young Remote Visions" Art Works Exhibition/Fundraiser and a C.A.P.E. PCYC youth activities workshop stall, at the 2011 Laura Indigenous Dance Festival in Laura on Cape York.

Organiser, Karen Jackson from the Cairns IBU Office along with community based staff from the Hope Vale PCYC (Teneille Nuggins, Kimberley Gibson, Lawrence

Deemal) and NPA PCYC (Nola Lewin, Mavis Kepa, Jack Wailu) travelled to the Festival site and helped to host the "Our Young Remote Visions" Exhibition and the CAPE PCYC Workshops tent in the Kids Area of the Festival.

The CAPE PCYC Exhibition displayed a fantastic range of art works that were created by young artists who attend our NPA, Hope Vale and Napranum CAPE PCYC Services and considering the quality and range of Indigenous art available at the festival, we were excited to promote our Indigenous based services to approximately 8,000 festival goers and raise approximately \$500 in art sales. In the Kids Area our CAPE PCYC workshop stall was very popular and young people enjoyed our broad range of activities across the festival, such as painting and jewelry making.

In addition our Indigenous Sport & Recreation Team supported the Lockhart River community in their efforts to prepare and attend the festival. The Lockhart River dancers won the Dance Competition and were very thankful of the PCYC Indigenous Business Unit's support when they got up to receive the winner's shield.



Mavis and Nola from NPA PCYC.

Our staff worked hard to prepare our workshops and travelled long distances to attend and work at the Laura Indigenous Dance Festival, and enjoyed the festival immensely. Thanks to all of the staff who helped out and to Jack from NPA who became our official CAPE PCYC photographer, with some great behind the scenes shots!!

Congratulations to the winners Lockhart River!

**Written by Karen Jackson, Hope Vale & Napranum CAPE PCYC Manager**



Young Remote Visions Art Exhibition Fundraiser.



Kids Stall.

## Cairns PCYC opens the Doors to Defence Families

Relief Branch Manager of the Cairns PCYC Sergeant Graham (Buzzy) Burridge saw an opportunity to engage the Cairns defence community after attending a defence orientation day at the Cairns Regional Council offices recently. He struck up conversations with the ladies who run the Defence Community Organisation (DCO) in Cairns. They look after over 300 defence families who are transferred into the area on rotation with the Army and Navy. Quite often the families are left to their own devices when the service personnel are away on patrols or active service. Many times

the families are new to the area and don't have the contacts or outlets with which to discover new activities and things to do. Graham saw an opportunity to engage these families and children within the PCYC's long list of activities and discussions ensued about the creation of an Open Day for the Defence families. Liz Pride and Karen Fitzpatrick of the DCO managed to engage their superiors and arranged a donation of \$3000 towards the day. The Cairns club chipped in a similar balance and the day was born!

A local amusement ride company was engaged to provide several rides including a chair-o-plane, a mini octopus carousel and also a massive jumping castle. Instructors from the club were approached to perform displays of their craft, the coffee machine was stocked up, the canteen prepared, BBQ and gazebos put up

and on Sunday 22nd May the gates were flung open to the defence families of Cairns.

Over 350 people came through the centre, not including the regulars who used the weights gym that day. Over 300 information packs were handed out and within two days of the open day, instructors reported an increase in inquiries and sign-ons with the club picking up the extra memberships along the way. The day was not planned as a money making enterprise, rather, it was aimed at raising the profile of the club within the Cairns community, especially within defence. Who knew that defence was the eighth most prolific employer in Cairns after federal and state government departments? What a great market to tap into! Not only will the club pick up many valuable members and attendees at activities, but new defence employees will be guided to the PCYC for provision of after school care and the variety of activities undertaken at the club.

# Programs

## Numurring Aboriginal and Torres Strait Islander Youth Outreach

The Numurring program is a joint initiative of the Queensland Police Service PCYC Fortitude Valley and Brisbane City Council's NightRec program.

Established in July 2010, The Numurring program is designed to provide outreach, support, drug and alcohol intervention and safe transport services for Aboriginal and Torres Strait Islander youth to a place of safety, this occurs within the Brisbane CBD Fortitude Valley and surrounding suburbs.

The program operates on Saturday evenings from 4 pm until 12 pm. Police Liaison Officer's PLO Shelton Murphy, SPLO Moira Davis, PLO Bianca Corowa and Youth Worker Lisa Lennon, work together to engage with the Aboriginal and Torres Strait Islander

community to help ensure the individuals safety and welfare is attended to. We also provide support to Aboriginal and Torres Strait Islander youth when they are under Police custody. The majority of Aboriginal and Torres Strait Islander youth within the Fortitude Valley vicinity frequently inhale adhesives and are susceptible to engaging in criminal activity.

The shift commences with a drive to Emma Miller Place where Aboriginal and Torres Strait Islander youth frequently gather to inhale adhesives and consume alcohol. We also engage with youth at the food vans which are located under the Turbot Street overpass. We liase with community members and always offer our support/assistance and advice on the Criminal Justice System.

We attend the Queensland Police Service City Beat on Adelaide Street, to advise the Police Officer's that we are available and to refer selected youth to the Numurring program. We then travel to the Fortitude Valley vicinity where we engage with many members of the community, on the street and in the Fortitude Valley police beat.

Senior Police Officer's of the Fortitude Valley division have always acknowledged and respected the intervention displayed by the Police Liaison Officers involved in the Numurring program and the difference we are trying to make in our community. We engage with a large amount of community members estimating between youth and elderly, transport is provided to youth that seek transport home. In addition to the Queensland Police Service, we actively access a quantity of key stakeholders including but not limited to Murri Watch, Micah, Indigenous Health, Gradient, Drink Safe Precinct service and the Chill Out Zone.

The relationship we have established with the Indigenous community has been invaluable to the program's success. In turn, this success has helped to strengthen relationships between the Brisbane City's various community services. This translates into better community services for the community of Brisbane.

**By Lisa Lennon and PLO Shelton Murphy**

# People

## Cairns Charity Bike Ride

The Cairns to Kurumba Bike Ride is now in its 14th year with over \$650,000 raised for charity. A total of 138 people riding the 780 km distance over a 7 day period to support children living in Far North Queensland. The main beneficiaries include schools in remote areas of Far North Queensland and Cairns School of Distance Education. The ride travels from the rainforests of Cairns across the picturesque Atherton Tableland and into the country of the ever changing Savannah Way to the Gulf town of Kurumba. Cairns Regional Crime Prevention Coordinator Acting Senior Sergeant Scott Pottle says that this was a great opportunity to bring government and not for profit agencies together to raise awareness and generate funds to help young people particularly those disadvantaged by distance and isolation. Chief Superintendent Paul Taylor and QLD HEALTH Employee Kathy Hill are riding the dirt mountain bike route while Doug Foster will ride on road section.

**Scott POTTLE**  
**Acting Senior Sergeant**  
**Regional Crime Prevention Coordinator**  
**Far Northern Region**



# Programs

## PCYC Cunnamulla Activity Centre "THE UNDEFEATED SEASON"

A partnership with PCYC, Community Aboriginal Corporation for Health (CACH), QPS & Education Qld was formed to promote Sport & Rec opportunities in Cunnamulla and surrounds.

PCYC Geoff Rynne, Nathan Thomas – (CACH), PLO Steve Anderson and Ed QLD together coordinated and played in the Sand Goannas Touch Football Team. The rest of the team was made up of 7 high school students, 2 teachers and 1 youth worker.

As there isn't a touch football competition in Cunnamulla we had to travel 400 kmls to Charleville each week to give the students an opportunity to play in the Charleville competition. The students had a list of rules that they had adhere to, including school attendance, behaviour and were rewarded with a spot in the team each week.

Cunnamulla's Sand Goannas have finished off their touch season in style, taking out the Grand Final 10 – 6. In a hard fought battle, the Sand Goannas went up a



gear in the second half after the scores were locked at 3 all at half time.

After 4 long months of touch football, the team has earned a well earned break after finishing the season undefeated. The teams were presented with trophies each and a shield.

The future will be to coordinate a Touch Football Team in Cunnamulla now interest has been shown by other young people in the community.

**Author: Geoff Rynne – PCYC Cunnamulla Activity Centre Coord**

# People

## Easter Bunny hops into Mt Isa

Mt Isa PCYC had a visit from the Easter Bunny during April – supported by Constable Katrina Derrick from the Mt Isa Police Station (with her First Year Officer, Constable John Fowles whose first week as a Police officer was interesting – he did a fantastic job, despite a hot day, itchy suit and 70 + kids asking all sorts of tricky questions that he answered well) The kids were delighted to have both a real Easter Bunny visit to hand out Easter eggs and great advice to young members of the Mt Isa PCYC.



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## South Burnett PCYC Skateboarding Program

On Sunday the 27th February 2011 the South Burnett PCYC in conjunction with Skate Boarding Australia (SbA) held a Skate Board coaches course and trained 6 local skateboarders to become coaches. All those who attended passed and then had to conduct their 30 hours of coaching to gain their full accreditation. This was the birth of the South Burnett PCYC Skate Board Program. The new coaches and the PCYC then constructed the South Burnett Skateboard facebook page. This page has been used to advertise when clinics are being held and also for skaters to talk to each other about their latest tricks and where and when they are going to the skate parks.

On the 9th and 10th of April 2011 the South Burnett PCYC hosted the first South Burnett Skateboard Festival. The pinnacle of the festival was the "King of Roy" skateboard competition. After receiving funding from the Department of Communities, Office of Youth the South Burnett PCYC held the inaugural event. The skate board competition, "King of Roy" took place on Saturday the 9th of April with the help of SbA. The competition saw 29 competitors ranging from juniors from 8 years old to Open's, with our oldest contestant 44 years old. The next day a one day "Street Wise" program was conducted with 39 young people attending and participating. All were shown how to nail those tricks they have been trying to get. As well as the ultimate novices that were shown how to ride a board correctly.

From there the South Burnett PCYC skateboard program has hosted another "Street Wise" clinic in Nanango with 37 participants and fun was had by all. Then on Sunday the 26th June 2011 a skate board clinic was held in Yarraman followed by another clinic in Blackbutt on Sunday the 10th July. This is the purpose of the program to travel across the South Burnett and hold skateboarding clinics using the fully qualified coaches for the youth. The clinics do not only show how to ride a skateboard or do tricks but also how to maintain your boards and park etiquette. As well as how to take pride in your local skate park to force out the bad element.

### Our Details

Queensland Police-Citizens Youth Welfare Association  
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Phone: 3909 9555  
Web Address: [www.pcy.org.au](http://www.pcy.org.au)  
CEO: Senior Sergeant Rob Fiedler  
Editor: Kerry Allingham  
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This program has been made possible by the Department of Communities, Sport and Recreation, which has allowed the local coaches to be trained, fitted out with safety equipment, purchase of skateboards and helmets for participants to use and also the design of the new South Burnett PCYC Skateboarding logo. This logo has been placed on t-shirts and they are being sold in local shops and clinics to raise money to make the program sustainable.

Since the conception of the program there has been a dramatic increase in the use of the local skate parks and a decrease in the damage occurring at them. As well as having a police officer skating around the park and mingling with the youth at their level has allowed the South Burnett PCYC to be able to link with them and direct their programming to suit the needs of the youth in the region.

This program has been described by SbA as "This year, SbA and PCYC South Burnett have been working closely to build a sustainable skateboarding community in the area. PCYC South Burnett generously footed the bill so Skateboarding elders in their area could become Nationally Recognised



Skateboarding Coaches. This means in future months and years the South Burnett community can have their young motivated to skateboard properly, and regularly. This project is somewhat of a pilot, and should it be successful in getting more kids on the positive tangent of Skateboarding, SbA aim to build relationships such as this with PCYC's Australia-wide. Respect to PCYC South Burnett for pioneering the concept."

If you would like to purchase a shirt for a bargain price of \$20, please contact the South Burnett PCYC Branch Manager on [michael.eadie@pcyc.org.au](mailto:michael.eadie@pcyc.org.au) and help this rural program continue.

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## Circus Fruits April Program Gladstone

The Gladstone PCYC is proud to announce its first venture into healthy lifestyle programs with the healthy eating/active living project Circus Fruits. Initiated in partnership with the Gladstone Regional Council, Circus Fruits targets at-risk families through a creative course of circus skills, physical activity/exercise in a fun and motivating environment, learning to preparing delicious healthy food and making healthy choices all while promoting oral health and hygiene.

The first program in the Easter school holidays was a success with a total of 12 families participating. Kids hula hooped, rock climbed, arabicised and learnt gymnastics while adults prepared morning tea and a cooked lunch in a social and supportive environment. A kid's cooking session was held each afternoon, promoting family bonding through the shared experience of making tasty snacks together. Community Dental Services ran oral health and hygiene session in which all kids relearned the correct teeth brushing methods and receiving a kit to take home. Finally a celebration performance was held on the last day, with all the kids showing off their newly learned skills to family and friends. After the performance all families, friends and facilitators joined in a healthy festive feast to commemorate the week.

The program couldn't have gone ahead without the passionate facilitators employed in an array of skilled and supportive rolls, ensuring the most positive possible health outcomes for participants. A dietitian and nutritionist offered the parents personalised support and guidance on how to best feed their family. The PCYC utilise relationships with the in house gymnastics club who provided two gym coaches. Finally a healthy decisions youth worker and a local artist/hula hooper nurtured the kids, promoting high self esteem by focusing on developing interpersonal relationships and personal skills. Thea Roberts the project co-ordinator used her background as a nutritionist to promote the message that healthy eating and physical activity doesn't need to be complicated, time consuming and expensive throughout all aspects of the program. The result was a program where all kids wanted to come back the next week.

Funding for the program covered all participants for a family membership to the PCYC and kept the program free. In turn a bus transported those without transport to and from the program each day. Here at the Gladstone PCYC we are committed to continue delivering similar initiatives to the community. The next Circus Fruits is running from the 28th June to the 1st of July. We look forward to partaking in many similar programs and promoting the message of an active and healthy lifestyle throughout our future.



From left to right: Marina CHANG (Dietician), Thea ROBERTS (PCYC Coordinator)





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## Rockhampton PCYC Team Building Day

29 Staff members, volunteers and committee members of the Rockhampton PCYC participated in a team building day at Ferns Hideaway at Byfield just north of Yeppoon recently. A private group hired for the day took the PCYC people through various exercises during the day involving trust, leadership and awareness with lots of fun on the way. Amongst the staff that attended a wide variety was represented ranging from School Aged Care, Crime Prevention workers and Youth Workers. From a management point of view, I think the team building day ended up a huge success with everyone getting to know a little bit more about what other staff do in their particular roles which puts us all on the same page and can only improve the performance of the Rockhampton PCYC.



## Rockhampton PCYC Family Fun Day

With fantastic assistance from State Office, the Rockhampton PCYC recently held a Family Fun Day at the PCYC to give something back to the community as well as being thank you after the CQ floods earlier in the year.

40 market stalls set up for the evening event which ran from 3 pm-9 pm with free amusement rides for the kids from 3 pm-7 pm and included jumping castles, giant slides, camel rides and a Sizzler ride. From 7 pm-9 pm there was entertainment for parents in the market area while their kids attended a free Blue Light Disco inside the PCYC. It was a fantastic day with a very good attendance during the evening with all markets stall holders claiming excellent sales whilst the amusement ride people didn't have any downtime for 4 hours with the free rides being very popular!

Thanks to the Board, State Office and Mackay PCYC (who supplied a jumping castle with two staff – thanks Stacey and “Drop and give me twenty” Stef )



## BY OUR POWERS COMBINED WE ARE.... YOUTH ALLIANCE!

Easter holidays saw 60 young people from Crestmead, Toowoomba, Carindale, Beenleigh and Logan head off camping to kick off our joint adventures for 2011. This collective gathering is officially, and fondly, known as Youth Alliance (YA) and has seen relationships built and ideas shared among young people across south east Queensland.

With three mini vans, three 4WD's and a 21 seater bus in tow our convoy made its way to the mountainous region of north NSW. The mission: swimming, camping, slipping, sliding, toasted marshmallows, little sleep, much talking, group bonding and to conquer Mt Warning!

The concept of YA originated with events in 2010 where each club hosted an activity in their area/ club. This was a great opportunity for each YMT to showcase their club and their skill sets. Having shared this with each other they were inspired from a different outlook to "do" and "try" more back in their home clubs and youth programs. 2010 was wrapped up with a gala event planned and orchestrated by a committee consisting of representatives from each of the 5 YMT's, generously sponsored by State Office.

This year we are all excited to move forward in leaps and bounds using the same framework to showcase each youth group, their clubs and what great things they get up to. In line with the ideas expressed from the group at large, social and physically active events will be hosted across the SE corner. More camps will further provide an occasion for training and development in areas of expressed need.

A t-shirt competition was sent out to PCYC's across the state last year with the winning entry by Isaac Martin shown worn by Youth Alliance. Shirts can be

ordered by any PCYC group of young people (YMT, boxing, gymnastics etc) from Kombat, 19 Logan River Road, Beenleigh phone 3804 9200. Minimum 15 shirts per order, approx cost \$26 per shirt.

It is amazing the energy and enthusiasm generated with a collaborative purpose in sight for the young people of PCYC. Youth Alliance has seen how young people within PCYC state-wide can motivate and support each other. At times involvements from 5 clubs is challenging but we hope other pockets of clubs are encouraged by our success to date and contact clubs in their geographical area.

Gold stars and high fives all-round for the young people who inspire us with their fresh outlook on life and their communities.

**Crestmead, Toowoomba, Carindale,  
Beenleigh and Logan PCYC's**

