

# PCYC Queensland business supporters club news



## PCYC

spring edition 2005

## PCYC — Driving positive change on Palm Island

**The Palm Island PCYC is moving from strength to strength since opening its doors in late February, 2005. I reflect over the past ten months of operations as the Palm Island PCYC Project Officer and revel in the development and tenacity of the branch staff under the gentle guidance of the Branch Manager — Sgt Paul Morley with steady support from his wife Sam. The development of the Palm Island PCYC has been fraught with challenges of all persuasions but that has not deterred this mighty team from their goal of providing a sustainable service that caters to all ages and needs that will support the Palm Island Community in moving forward for their children and youth.**

The Palm Island PCYC has achieved the acknowledgement of being one of the



leading employers within the Palm Community as it now supports a paid staff compliment of nine locals and one volunteer. Early July saw the Branch take delivery of a 23 Seater Coaster sponsored through a partnership with Queensland Transport that will allow the Palm Island PCYC to manage a community bus service

inclusive of school runs in addition to PCYC related business. This service has been integral in increasing participation at local events and school attendances as the only means of transport prior to this was walking or calling upon one of the few private cars run on the island. Two local bus drivers have been trained and employed to maintain this service under the management of the Palm Island PCYC.

There have been numerous community events hosted at the Palm Island PCYC which allows the community to join together in a wonderful facility that has opened a wealth of opportunities for community. The Palm Island PCYC hosted a very well supported 3 on 3 Basketball competition during June which was largely organised by a local young man — Vernon Walsh (VJ as he is affectionately known) who accessed funding through Qld Health and worked closely with the Branch Manager to plan and manage a very successful event that attracted over 300 locals. The success of this event has led to planning for similar events to address the need for regular competitions on the Island. Later in the year, the Branch will host a two day workshop in partnership with Sport and Recreation Old that focuses upon the development of skills in the art of Indigenous Traditional Games followed by a community display allowing children and youth to learn more about their cultural roots.

## Page's point

The Queensland business community has come to the fore once again in supporting PCYC and our vision of Improving Communities Through Youth Development. Recently our good friends from the Collins Food Group through the very popular KFC brand have provided substantial funding to establish the KFC/PCYC Catalyst Program.



The program required an investment by KFC and PCYC in the development of young people identified as being at risk of falling out of the education system and/or lacking the skills to make positive life choices. Designed to be an early intervention program with a crime prevention focus we now have the potential to have a positive influence on the choices that adolescents make as they emerge as young adults. The term Catalyst was chosen because we see the program as one which can support and accelerate the development of the young people involved.

[continued page 2](#)

## this issue

inside	Armed for Success	3
	Ashmore PCYC Open Day a Huge Success	4
	CQ YMT Camp — A Huge Success	4
	Camp Bornhoffen	5
	Major Fundraising Event	6
	Queensland Police Service Display	8
	Carindale Flies the Flag	8
	Kids at Biloela PCYC Getting Active	9
	Height of Success for Carindale PCYC	9
	Successful Black belt Grading	10
	RAW Program Diffuses Schoolyard Bullying	11

Delivered as 6 separate programs across Queensland in partnership with Queensland schools, PCYC's Adventure Development Unit will work with young people identified as at risk due to childhood problems, family issues and school related factors to deal effectively with their concerns.

The State Youth Leadership Program (SYLP) is on track to receive some fantastic support in the very near future as PCYC is on the verge of signing a substantial sponsorship agreement with a great Business Supporter. Negotiated over many months, the partnership will support all of our Branches and hundreds of young people as they take part in camps, courses, seminars, conferences and forums designed to develop their life skills.

The ever generous Doctors Phillip & Lenna Smith have recently funded the second round of the Families Program which is now taking place at the Mt. Gravatt PCYC. This whole of family approach to keeping the family unit together is the second such program funded by the good Doctors and we hope to run further programs in the future depending on funding available.

Over and above the sponsorship from KFC and some benevolent individuals, PCYC continues to enjoy support from thousands of Queenslanders through their businesses and personal donations. This money enables us to continue our good work in the community and to employ key personnel necessary to the professional delivery of our programs and services state-wide.

The Board has recently taken further steps to ensure support for our Branches with new highly qualified personnel about to take their place in our Association. The new brigade will enhance and improve our service delivery and we look forward to their input into PCYC's growth over the next few years.

To all of our business supporter's club members, donors, sponsors and volunteers, I thank you all for your ongoing financial and personal commitment to PCYC. We are indeed fortunate to enjoy such a fantastic level of support as we continue our work in the community.

Yours in youth welfare.

**Owen Page**

Inspector

CEO PCYC Queensland



NAIDOC Week saw the opening of the Palm Island Radio Station (Bwngcolman Radio) that is based at the PCYC. The PCYC has played an integral role in working with the community to develop a Reference Group to oversee operations of this station and is currently broadcasting regular programs for four hours/week inclusive of children/youth from the local school as part of their media program. The success of the NAIDOC week celebrations at the Palm Island PCYC has lead to increased usage of the facility for community events. The Palm Island PCYC will soon host the Palm Island Debutante Ball for local elders. A lead-up weekly ballroom dancing activity held at the Palm Island PCYC has grown from 10 to 76 attracting all ages and abilities with refreshments being prepared from the PCYC. The interest around this ball has lead to greater plans for the Palm Island PCYC to host a community fancy dress ball later in the year, an idea which has been received with great excitement from locals.

The Branch has been providing a structured afternoon program over the past 5 months for children which has been reviewed a number of times to ensure we maintain interest. The Branch will achieve its School Aged Care Licence in mid September becoming the first licensed Indigenous PCYC School Aged Care Service. The Vacation Care Program run over the Easter and June/July periods was a success with children especially enjoying the array of activities provided through the structured program. Current planning is underway to develop a partnership with Surf Life-Saving Old to deliver their 'Little Nippers Program' in conjunction with the Palm Island PCYC Programs.

The Program/Activity base of the Palm Island PCYC is steadily increasing with a new YACCA — Youth Crime Prevention Program targeting 10-17 yr olds beginning in July and the two Sport and Recreation Officers operating from the Branch. In addition to the School Aged Care Program, the branch offers a Boxing Activity, Gym Activity, Futsal, Indoor Volleyball, Old-time Dancing, monthly discos, and soon to begin Family Movie Nights, double tennis, Judo, Karate (coached by a local), Primary After Schools Sports Program (PASS) and Bingo.

The Palm Island PCYC has also enjoyed wonderful success in establishing a catering division as part of their support of meetings held on-site by locals and visiting agencies.





The success of this innovation has allowed for a Catering Co-ordinator to be employed by the Branch to service all meeting/event needs. The Palm Island PCYC has also entered into partnership with Qld Health to provide catering services to senior community members during the day.

The partnerships formed between the Palm Island PCYC, the Palm Island Community and those who provide support to the Community are strong and reflective of the commitment of the staff to create 'something good' for their future — their children.

Ten months ago, I approached Palm Island with misconceptions about a community that I had heard much about growing up in North Queensland and more recently of events well publicised in the media. The time I have

spent supporting the Palm Island Branch in its development has been challenging and very rewarding as I now look to Palm Island with a very different attitude, understanding and motivation.

I am very grateful that I was provided the opportunity to work closely with this community whom I now regard affectionately for the learning experiences and friends I have enjoyed along the way. I take these experiences and my passion for working with Indigenous People into my new role with PCYCs — Qld as the State Indigenous Partnership-Co-ordinator.

Yours truly

**Andy Cassidy**

PCYCs — State Indigenous Partnership Coordinator  
QPCYWA — Community Development Division

## ARMED FOR SUCCESS

**T**he Cairns PCYC has been bringing the community together to allow at risk youth to be involved in a very unique opportunity to improve their sense of self worth and develop skills in a team orientated environment. The Armed for Success Project was the brainchild of The Police Service Far Northern Region HSO Tim White who has performed active service in Somalia and now holds a commission in the army reserve.

Funding to the amount of \$25,000 was obtained from the Department of Communities which was used to purchase, transport and repair a 1952 Saracen Armoured personnel carrier used by Australian and other armed forces around the world. Due to the unique aspect of the project there was no problem generating interest from participants who were given the opportunity to graffiti the Troop Carrier before it was sandblasted and resprayed. Over 35 At Risk Youth from PCYC, YETI (Youth Empowered Towards Independence) and other youth orientated groups are participating in the project. Organisers have witnessed a



significant improvement in self esteem, organisational and team building skills of the participants. The participants are supported by a team of Vietnam veterans, Police Officers and Cairns Businesses who have passed on their skills and experience to allow participants to achieve the desired outcomes of the project.

Due to a lot of media interest organisers have been approached by other community groups wanting to know more about the project including Wangetti which is an indigenous school situated North of Cairns. Tim had aboriginal students spell bound when he spoke about aboriginal soldiers Reginald Saunders and James Canuto and the important roles they played in the Second World War and Vietnam War respectively. The students were then treated to a ride on the outside of the Troop carrier before returning to their school.

The participants are currently working on the transmission of the vehicle which is expected to be returned to its former glory prior to Anzac Day 2006 where it will be proudly displayed in the Cairns Anzac parade.

**Sgt Scott Pottle**

Branch Manager  
Cairns PCYC



## ASHMORE PCYC OPEN DAY A HUGE SUCCESS

**A**shmore PCYC held its open day on Sunday 31st July 2005, and was overwhelmed with the community's positive response. The club has recently undergone major extensions to its existing structure, which has provided more space for the existing activities along with the opportunity to expand into other areas. The new facility is bright, warm and inviting and offers a friendly and safe environment for children and adults to enjoy an array of different activities.



During the course of the day approximately 2500 people passed through the doors to inspect what the club had on offer. The public was treated to a wonderful day, with demonstrations from our Dancing, Cheerleading, TKD and Gymnastic classes. There was also a free sausage sizzle, face painting, fairy floss and jumping castle for the children.

Free child membership was on offer and the Youth Club had in excess of 160 new members on the day. The new Weights facility has been inundated with enquiries, with memberships up by over 30% from last year.

A/Sgt Craig Green would like to extend his thanks to all members of the community who attended the PCYC's open day and ensured that an exciting day was had by all. He would also like to thank the Management Committee, Staff and Volunteers who helped make the day such a success.



## CQ YMT Camp — A Huge Success!

**T**he Central Queensland Youth Management Team Camp was held at the Yeppoon Sport and Recreation Centre, Yeppoon on August 12th-14th 2005. The Camp came about because the CQ YMT's decided that they wanted to all meet to network, learn more about YMT's and have fun together!

Together with the CQ Community Partnership Co-ordinator, Paula Hensley's assistance, the YMT teams across Central Queensland met regularly over a period of three months via teleconferences, e-mail groups and chatting over the web to plan and develop the program that they wanted.

Six YMT teams were involved in the development of the program. They were the Whitsunday, Mackay, Rockhampton, Biloela, Blackwater and Hervey Bay PCYC Youth Management Teams. Each team was allocated to run a session or activities over the course of the weekend.



Each YMT did some fundraising to get their team to the CQ YMT Camp. Some teams were assisted by their PCYC Branches but most fundraised themselves to meet the cost of their attendance at camp.

For the CQ Youth Management Teams, the Camp was the reward after working hard planning, preparing and fundraising for camp. A total of 38 young people and 10 facilitators attended the camp and all had a great time! The teams did a fantastic job in the sessions and activities that they ran. It was great to see all the YMT's getting involved and running activities and sessions which most of them had never done before.

Not only did the YMT's gain new skills in running these sessions, they had much opportunity to network and learn more about the other PCYC's and YMT's in their Region. A lot found they had similar issues and trials in their experiences of YMT, and were able to talk about these.

CQ YMT Camp was a huge success and something that will we are looking to run yearly.

**Paula Hensley**  
CQ Community Partnership Co-ordinator



**Imagine a spectacular natural setting for youth and community development, a place away from the hectic pace of the city, a place to take time out to relax, to sit by a waterfall, to spend quality time connecting with other people, to experience new challenges and take the time to reflect on life and in what direction you are heading...**

PCYC Queensland is fortunate to have a place that offers all of this and more. Located one and a half hours drive from Brisbane at Natural Bridge in the Gold Coast hinterland, Bornhoffen has been owned and operated by PCYC Queensland since 1978. Over the years, countless thousands of young Queenslanders have spent time here as part of an experience with their PCYC, school, community group, family or church. Many adults reading this will no doubt recall a Bornhoffen experience from their own youth.



Bornhoffen has two accommodation venues which can be booked by groups. Camp 1 has a capacity of 120 people and Camp 2 has a capacity of 70 people. Each camp has its own amenities, a multi-purpose hall, kitchen facilities and staff rooms. The property also has a multi-purpose sports court, swimming pool, playing field, walking trails and loads of open space. We currently work in partnership with over 170 schools, community organisations, churches and family groups annually.

For a number of years, Bornhoffen has been run on a day to day basis by Gary Burke and Ray Turton who maintain the venue as well as providing customer service to groups during their stay. Bookings and finance have been the responsibility of Ruth Dennien from PCYC State Office in Brisbane. Sergeant Chris Stafford has fulfilled the role of Bornhoffen Supervisor as part of his portfolio as State Co-ordinator (Programs and Grants).

The PCYC Board of Directors have recently committed to investing additional energy and resources into Bornhoffen. A new on-site Centre Manager position has been created. Adventure Development — PCYC's outdoor experiential program service — has moved from Brisbane to Bornhoffen. From the beginning of October, all bookings will now be done through our office at Bornhoffen. In the near future, we will also be introducing a new catering service.

This will mean that customers will be able to arrange their complete Bornhoffen experience including accommodation, catering and program services through one single point of contact. Our vision is that by 2010, Bornhoffen will be recognised by young people, PCYCs, partner organisations, business supporters and government as a leading centre for youth and community development in Queensland. We plan on retaining our flexibility, affordability, self-catering options and excellent customer service.

Bornhoffen relies on income from accommodation fees as well as the support of business and the community to provide and maintain a quality venue. We are interested in connecting with businesses that are committed to their triple bottom line through delivering economic, social and environmental benefit for our communities. We would be delighted to discuss partnership opportunities with businesses — large or small — and to ensure that your business receives worthwhile returns from its investment.

We plan to provide a regular update in each PCYC Business Supporters Club Newsletter about the many exciting developments planned at Bornhoffen so stay tuned. If you would like to find out more about us, please feel free to contact me on office (07) 5533 6154, mobile 0407 020 510 or email [foran.michael@pcyc.org.au](mailto:foran.michael@pcyc.org.au)

**Michael Foran**

Centre Manager — Bornhoffen

We would like to acknowledge the Logan City Marsden Lions Club for their recent donation to Bornhoffen.



## MAJOR FUNDRAISING EVENT SWINGS INTO GEAR THIS OCTOBER

**PCYC Queensland's annual Gala Dinner 'Swing into Summer' will take to the stage at the Brisbane Convention & Exhibition Centre's Great Hall on Saturday October 29th. Despite some early sponsorship hiccups, PCYC's promotions team expects a crowd of over 1,000 will again turn out to support the entertainment extravaganza.**

On the bill in 2005 is a new host in Terry Hansen a corporate comedian for over 10 years with extensive television and media experience. Terry's routines are sure to delight everyone in attendance as he leads the audience through a slick night of musical and comic excellence.

Supporting Terry is the very professional and visual Marty Coffey affectionately known as Australia's best American juggler. Marty is sure to have the audience rolling in the aisles as this dynamo has extensive experience on the corporate circuit and knows how to work a crowd.

The piece de resistance is surely the combination of the Allan Brown Big Band with the singing talents of the boys from the Rat Pack's back show complete with some beautiful choreography. Set in our Las Vegas style showroom, David, Bryden and Michael, three highly acclaimed vocalists in their own right will lift the roof off the Con with some great routines inspired by the music of Frank Sinatra, Sammy Davis Jr. and Dean Martin.

Add to this some great food and a few beverages, one of the best auctions going around with something for everyone, and a raffle prize list guaranteed to make guests put their hands in their pockets, PCYC is looking forward to hosting a fantastic gig in late October.

We are supported this year by The Clem Jones Group, Superior Group, Direct National Business Machines & Supplies, BenQ, BSG Australia, The Queensland Police Credit Union Limited, Insight Call Centre, The Brisbane Convention & Exhibition Centre, Corporate Express and a host of other enthusiastic community minded businesses to make our function possible.

Seating is available now on our web site @ [www.pcy.org.au](http://www.pcy.org.au) or by contacting Sergeant Gary Penny or Ms. Kerry Allingham at State Office on 07 3357 1850. You won't be disappointed and tables of ten start from \$1,350 all inclusive with individual seating also available.

See you there.



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The 2005 Queensland Police Service display was again conducted at the RNA exhibition from Thursday 11th to Saturday 20th August and was again co-ordinated by the Queensland Police-Citizens Youth Welfare Association State Office (QPCYWA). This year, some 63,000 people visited the display providing great exposure for the Queensland Police Service as well as business supporters who assisted with the display.



This year's display featured a strong focus on Road Safety from Standard Drinks, Tyre deflation devices, motorcycle training and a reality hitting smashed vehicle thanks to Suncorp Insurance. The display also saw a further demonstration of the Qld Police Service leading the way in Forensic Services with a display highlighting the investigative assistance of luminal and other evidence locating processes.

The display again highlighted the work of various sections of the Queensland Police Service including the Police Museum, Missing Persons Unit, Crime Stoppers, State Traffic Support Unit, Child Protection Unit and the Crime Prevention Unit. Displays also highlighted the Police Citizens Youth Club's and our Community Development Division. Again the Australian Federal Police provided a display that generated a lot of interest with a display of drug importation busts, items that can't be taken onto airplanes and a talking bomb suit that kept everybody guessing.

I would like to take this opportunity to thank our Business Supporters, namely Suncorp, The Good Guys, BJ's Sound and Lighting and Cadbury Schweppes, for again ensuring a successful display.



## Carindale Flies the Flag

Friday 12th August, saw the presentation of the Queensland Flag to Sergeant Dave Beard, Branch Manager of the Carindale PCYC.

Member for Greenslopes Gary Fenlon had organised the presentation of the new flag to fly proudly over the Narracott Street facility.

The raising of the flag on Friday morning coincided with the Official Opening of the facility's extension opened by Premier Peter Beattie later in the day.



*On hand to accept the flag, were Sergeant Gary Penny, State Promotions Manager PCYC, Mr Steve Pettinger, Chairman PCYC, Gary Fenlon MP, Member for Greenslopes and Sergeant Dave Beard, Branch Manager Carindale PCYC.*

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## Kids at Biloela PCYC after school care getting active

**T**he Active After-school Communities (AASC) program is an Australian Government funded program designed to engage traditionally non-active children in fun and safe structured physical activities and will help to build pathways between schools, local community organisations and sporting clubs.

The national program is part of the Australian Government's \$116m Building a Healthy, Active Australia package. It provides primary school-aged children with access to free, structured physical activity programs in the after-school timeslot of 3.00pm to 5.00pm.

Biloela's Police Citizens Youth Club is participating in the program, providing additional opportunities for children in the Out of School Hours Care program.

Biloela PCYC Manager, Sgt Glenn Churchill proudly announced, 'We are very enthusiastic and excited about becoming a part of the Active After-school Communities program. We have a good existing program that allows children in our after school care program to be active, but the AASC program allows us to expand on this. The other important aspect is that the program will provide funding to purchase vital equipment.'

'The Biloela PCYC team includes two highly qualified local co-ordinators Robyn Sanewski and Kacey Smith, who are committed to the principles of providing the opportunities for young people to participate in clean, healthy and active recreation and to improve the children's standard of physical fitness.'

Danya Hodgetts, Regional Co-ordinator for the Active After-school Communities is full of praise for the program: 'The Biloela PCYC already have a great program that provides children with an active after school environment, but being part of the AASC program will allow for the program

to develop and provide additional opportunities for children to be active.'

People wishing to find out how to get involved in the program, including parents and deliverers, should visit [www.ausport.gov.au/aasc](http://www.ausport.gov.au/aasc).

## Height of Success for Carindale PCYC

**C**arindale PCYC Facility Extension was officially opened by the Queensland Premier and Patron of the Association Mr Peter Beattie MP, on Friday 12th August. Joining the Premier at the Official ceremony were Judy Spence MP, Minister for Police & Corrective Services, and Commissioner Bob Atkinson.



*Steve Pettinger, Chairman QPCYWA, Commissioner Bob Atkinson, Judy Spence MP, Minister for Police and Corrective Services and Peter Beattie, Premier.*

The Carindale Branch commenced operation in 1998 and over the ensuing years a rapid growth in membership has seen a need for a review of the facilities.

The funding for the upgrade was a result of a successful grant application made to Sport & Recreation, Minor Facilities Program and three years of fundraising activities by the Carindale PCYC Committee.

The upgrade of the outdoor facility, the construction of a steel and colour bond roof allows the members to maximise the area in all weather conditions and favours a 'Sun Safe Environment.' This structure is only stage 1 of what is hoped to be a 2 part expansion program which will further see the outdoor area enclosed.

The club showcased its trampolining division with displays by Lesley Daly, Australian Olympic Representative at Athens in 2004, and her class of highly motivated protégées showed the guests what may be expected from Australian Representatives at future Olympics.

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## Successful Black Belt Grading

**The Biloela PCYC branch of Sakura Ryu Ju Jitsu is pleased to announce that one of their Ju Jitsu Martial Art instructors Kim SIEGMEIER has successfully obtained her 1st dan black belt in Brisbane on the 12th of June 2005.**

'Sensei' Kim first began training in the Sakura Ryu Ju Jitsu style in August 1996 and her achievement of black belt level is the culmination of several years of intense dedication and effort.

Sgt Glenn CHURCHILL, Manager of the Biloela PCYC said 'This achievement is very significant, with Kim being only the third female ever to obtain a coveted Sakura Ryu black belt. The last two female black belts were graded in 1997. Any one who has knowledge of the Sakura Ryu style is well aware that it is renowned as an authentic hard style where candidates nominated for black belt are tested to their absolute physical and mental limitations.'



'In years gone by, females were awarded a "ladies" black belt acknowledging the fact that women are not as physically strong as their male counterparts and not capable of reaching the same standard. Kim has disproved this theory and has been awarded a full black belt in light of her outstanding technique and physical ability. We are proud of her achievement.'

'The grading occurred at the Redlands PCYC in Brisbane where thirty members of the "Joseki" or black belt grading panel were suitably impressed with Kim's magnificent effort. The Joseki consisted of many high ranking black belts from several different styles around Australia including Kim's Brisbane based chief instructor Shihan Reg ELLIS, 6th dan master.'

'In support of Kim SIEGMEIER, thirty-five Biloela PCYC members made the trip to Brisbane to cheer her along. Kim was an inspiration to all those in attendance and has lifted the standard to a very high level with a flawless grading.'

Many people have commented on Kim's kata performed on the day with her husband and fellow instructor in Biloela Sensei Luke SIEGMEIER being the attacker. Several members of the black belt grading panel made positive comments with one stating that it was the best kata he had ever seen and that it had been performed by a woman.

Kim first had to endure a seven hour closed black belt grading on the 1st of May 2005 where she was unanimously voted to progress to her public grading on the 12th of June. The public grading went for eight hours in duration where Kim was required to show hundreds of techniques of self defence against a multitude of attackers. Techniques performed by Kim included defences against wild punches, straight punches, kicks, strangles, bearhugs, half and full nelsons, headlocks, wrist grabs, cloth attacks, batons and knives plus many more. Defences against the knife were performed by Kim with the attacker using a 'live' blade.

The Biloela PCYC is pleased that Sakura Ryu Ju Jitsu now has two black belt instructors and is able to offer this high quality martial art activity to the Biloela area. Both Sensei's Luke and Kim are fully accredited instructors. Contact the PCYC on 49923186, e-mail bilopcy@tpg.com.au or visit website [www.pcy.org.au](http://www.pcy.org.au) for further information.

## Creating safer communities

The Queensland Government is proud to support the great work of the Police-Citizens Youth Clubs.

PCYCs, in partnership with the Government and the community, provide sporting, recreational, cultural and welfare programs.

The PCYC's Youth Development Programs assist young Queenslanders to make positive life choices – helping to keep them off the street and reduce juvenile crime.

*Good for young people – good for the community.*

Queensland the Smart State

 Queensland Government



## RAW Program Diffuses Schoolyard Bullying

**T**here's nothing wishy-washy about the Rock and Water (RAW) program that Kris Lloyd-Jones delivers at the Deception Bay PCYC and nine high schools and primary schools in Redcliffe, Narangba and Caboolture.

Rock and Water is a Dutch program developed by Freerk Ykema who determined that a person can choose how they respond to any situation. They can be hard and uncompromising like a rock, or they can be flexible, like water, and go with the flow. The trick is to know which approach to use in any situation.

Rock and Water was developed primarily for adolescent boys whose emotions and behaviour tend to be fuelled by surging levels of testosterone as they make the transition to adulthood. For some boys, home life becomes a battlefield of prolonged arguments with parents and siblings, slammed doors and holes punched in walls. Quite often this aggression overflows to the schoolyard and other children become victims of their inner tension, discontent and insecurities as they 'grow up'.

'I know what it's like to be a victim of bullying. It got to the point where I didn't want to go to school,' said Kris whose trademark is his friendliness and easy-going manner.

Kris's case is not isolated. Schoolyard bullying is a problem in all schools in Australia. Its harmful effects impact not only on the victims but also on the community should the bullies extend their behaviour to violent or criminal activities outside the home or schoolyard.

Kris was introduced to the Rock and Water program while in year 12 at high school. The program gave him self-confidence and taught him positive ways to resolve day-to-day problems — including how to stand stronger against bullies in the schoolyard. The program also inspired Kris to devote his career to helping young people 'find themselves'.

In 2004 Kris completed a training program through the University of Newcastle, and has since been teaching Rock and Water at the Deception Bay PCYC and local schools.

'I get some kids who are really "lost" and angry. I work with them to develop their "self" — their self-confidence, self-control and self-respect.'

Although Rock and Water was originally intended for boys, Kris has found that it also works well for girls and adults. The age of participants in his sessions range from 10 to 80.

Through Rock and Water Kris adopts a no-blame approach and focuses on developing the individual, whether they are the victim or the perpetrator of bullying, or someone wanting to improve how they relate to others.

Over 16 sessions, groups of 10-15 participants are encouraged to challenge and explore their own boundaries, to understand empathy and mutual respect and, through learning about themselves and each other, discover what makes a real person. At the end of the program participants are more self-confident, have more



self-control, and have more respect for themselves and others.

Parents of participants are encouraged to attend sessions so they can provide support. They also benefit from the program through self-reflection and participating in activities with their child.

'My kids grew up with adults as company and they don't know how to behave with kids their own age,' said Deb who attends Rock and Water sessions with her son Daniel (15) and daughter Kelsey (13).

'I also thought it (Rock and Water) could help Daniel. And it has. I've noticed a big difference. He's very smart — and he knows it. At school he was getting straight A's. But he has a big ego and likes to put other people down. And argue! He always has to have the last word.'

'Since coming to these sessions he's not as passionate about making a point or fighting for it. He has debates now rather than slanging off and getting hot under the collar.'

Despite Daniel's size (190 cm, 90 kg), academic achievement and self-confidence, he was a victim of bullying at several primary and high schools. Other boys wanting to prove themselves in front of their mates would taunt Daniel with insults and abuse. Sometimes Daniel walked away, or just stood and took whatever was dished out — including punches to his face and body. Other times Daniel's emotions boiled over and he retaliated, particularly if the insults were directed at his mates.

When riled, Daniel can swing a mean fist. And it was usually at that moment a teacher arrived on the scene. Daniel's reputation for being a troublemaker grew at the same rate as the list of warnings and suspensions. He quit mainstream schooling and, for a while, did home schooling. But that too stopped.

With his academic progress stalled and his future on hold while he sorts himself out, Daniel has been spending his time assisting Kris with Rock and Water sessions in the schools as well as attending sessions at the PCYC.

'It (Rock and Water) has changed my life. It makes you think about what you do. I used to be getting into trouble; always fighting. I got in with the wrong crowd, too. They were into gang wars. And when I lost my temper I'd go too far. Now when I look back I think I was an idiot.'



Photography by Mike Hadaway, Online Photographics

Daniel proposes to resume home study and complete years 11 and 12. His goal is to join the navy and train to be an electronic warfare technician.

The Rock and Water program's growing popularity in schools (primarily by word-of-mouth) and at the PCYC is indicative of Kris Lloyd-Jones's natural ability to connect with people irrespective of their age and background. He creates a fun learning environment that encourages people to feel better about themselves and others.

### From Strength to Strength

Until recently Ashley (14) was a bit of a terror at school. He was always getting into fights with other students and was suspended several times.

'Teachers didn't want me in their class. I was real bad. I was always fighting.'

Beneath this tough exterior was an insecure, lonely boy

who lacked confidence and was desperate for people to understand him.

'Ashley has always been a loner,' said his mum, Leah. 'He's never had a lot of friends and he doesn't interact well with kids his own age. He gets on better with little kids.'

Central to Ashley's 'problem' is a medical condition that affects his understanding of language and inhibits his ability to remember what was said to him 5 minutes earlier. He was the butt of other students' taunts and teasing, and his self-confidence was in tatters. But there's only so much a person can stand, and Ashley reacted — regularly.

'I used to lash out and get into fights. I had no control.'

Ashley's mum enrolled him in the Rock and Water program at Deception Bay PCYC in the hope that it would help him to relate better to other people. And it has. Even though Ashley is only a third of the way through the program (session 6), he and others have noticed marked changes. He is more confident, he is eager to participate in activities, and he's talking more.

'I've learned how to react to other people and how to have a conversation. At school they (other students) are showing me more respect when I talk to them. They're getting to know me. The teachers are impressed, too. I used to get kicked out of classes (because of fighting), but now they're putting me back into classes. I'm coping really well.'

For further information on this program please contact Deception Bay PCYC on 3293 0166.

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