



The Indigenous Youth Mobility Program was successfully launched by the Hon Sharman Stone (pictured here with:) ASHE Director Justin Mohamed, GOTAFE CEO Peter Ryan, and IYMP Coordinator Jacinta O'Bree

Youth Mobility Program Successfully Launched

Shepparton's Indigenous Youth Mobility Program (IYMP) – an exciting new partnership between ASHE and Goulburn Ovens Institute of TAFE – has been officially launched by Federal Member for Murray, the Honourable Dr Sharman Stone.

Under the four-year IYMP program up to 30 young indigenous men and women will travel from remote areas of Victoria, Tasmania and other locations to undertake training opportunities in Shepparton.

Jacinta O'Bree has been appointed to co-ordinate IYMP, drawing on ASHE's existing support structures and community involvement to ensure the successful transition of the young participants from their home communities into the Shepparton region.

It is also expected a number of

the participants will complete their training at ASHE, while others will study at GOTAFE or perhaps even at university level.

With GOTAFE already providing the accredited training for ASHE participants, ASHE director Justin Mohamed said there was every reason to be confident of the IYMP's success.

"ASHE and GOTAFE staff are already working successfully together so this will hopefully just reinforce the strength of our relationship," Mr Mohamed said.

For more information regarding the Indigenous Youth Mobility Project, contact Jacinta O'Bree on 5833 2555.

A Message from the Director

Welcome once again to 'the beat' for 2006. As we are well and truly into the year it is hard to believe that only 12 months ago Phil Guthrie and I started at ASHE. A lot has taken place since then, but more importantly ASHE has even more happening in 2006. This year will see the continuation of the Certificate II & III in Sport and additional course options being offered in Certificate IV in Community Recreation and Go Girls. ASHE will also deliver new and exciting Short Courses: Home Movie Masterpieces, Managing the Media and Making Meetings Matter.



Director of ASHE
Justin Mohamed

As you can see there is plenty happening this year and the staff at ASHE are looking forward to another exciting year. There has been a number of things take place already this year with new staff coming on board, the Elite Squad Summer Camp held in January and of course our TV ad!

I hope to catch up with many of you throughout the year and until next time enjoy this edition of 'the beat'.

Justin Mohamed
Director, Academy of Sport Health and Education

ASHE is a joint initiative between:



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Students Prepare To Dive In!

ASHE students are looking forward to literally diving in the deep end this year following the addition of a pool lifeguard course to the ASHE curriculum this year.

ASHE will complete lifeguard training in two phases this year with the boys having their turn from March 20-22 with the girls getting their chance to jump in from August 14-16.



ASHE program co-ordinator Phillip Guthrie said the pool lifeguard qualification has a lot to offer the individual.

"I know for a fact lifeguards are in reasonably high demand at Shepparton gyms so it's a possible form of casual employment for those who are keen to head that way," Phil said.

"And obviously swimming is hugely popular in Australia so it's also the kind of training that could easily save lives."

All ASHE full-time students, and those completing the part-time Go Girls program, have the opportunity to complete the lifeguard course as part of their training.

Limited spots are also available to other community members to take part in the lifeguard training.

For more information phone ASHE on 5823 6600.

ASHE Launches TV Advertisement

ASHE has captured the imagination of the Goulburn Valley community with a groovy new television commercial promoting enrolment for its 2006 programs. The ad was the talk of the town during late February and early March when it screened regularly on all three major commercial networks.

Featuring a mix of ASHE staff and students, the advertisement showed participation in the wide range of ASHE activities including sport, education, relaxed social interaction and personal development.

ASHE Director Justin Mohamed said he was delighted with the public response to the ad, with all staff members and students receiving positive feedback on their participation.

"It really has us buzzing for what was already a really exciting year," Mr Mohamed said.

"And I thought we all did a pretty good job in front of the camera."



ASHE Students Sarai Atkinson and Andrew Ince in front of the ASHE TV advertisement they starred in!

True or False: ASHE TV Ad Antics!

Which of these statements do you think are true or false??

1. Justin Mohamed took 18 takes to get his one line correct.
2. Jason Briggs was more than happy to be the main male star of the ad.
3. It was just as easy convincing Sarai and Myriah Atkinson to be the main female stars.
4. Colin Colger broke two of Phil's ribs during filming of the ad.
5. Justin Mohamed overheard someone

pointing him out as "the man in that ASHE ad" while buying a cup of coffee at McDonald's.

6. Not even the offer of a free lunch was enough to get ASHE female Student Support Officers Nicole Morris and Jasmine Day to star in the commercial.

7. Brad Firebrace and Darren Turner refused starring roles in the commercial.

8. It was the first time Adrian Hickmott has ever spoken on television.

Turn to the back page of the newsletter for the real answers!

Roland Rows Towards The Games

The build-up to Melbourne's Commonwealth Games has been particularly exciting for ASHE graduate Roland Atkinson. As a young Koori with a passion for his culture, Roland has relished the opportunity to assist in producing a number of traditional indigenous pieces to be showcased in Melbourne during the Games.

A dug-out red-gum canoe that Roland worked on will take pride of place in Federation Square during the Games. He also assisted in the making of a possum-skin cloak worn by much-loved Goulburn Valley community elder Aunty Irene Thomas during the Commonwealth Games opening ceremony at the MCG on March 15.



Roland Atkinson in the dug-out canoe he helped create for the Commonwealth Games

Aunty Irene is also the grandmother of another of our ASHE students from last year, Chris Mansfield, who will continue his studies at ASHE this year.

The items were produced for the North East Heritage Culture Board where Roland's great uncle John "Sandy" Atkinson is the chairperson. John played a leading role in securing funding for the projects and consulting on production with Neville Atkinson.

Roland produced the cloak as part of a team which included his dad Kevin and sister Rebecca, Kelvin Atkinson and David Edwards.

The canoe team consisted of Roland, his fellow 2005 ASHE student Evan Atkinson, David Edwards, Colin Tas and Clinton Edwards.

The Revolving Doors of ASHE...

With all the coming and going around ASHE at the moment, we thought maybe we need to install revolving doors! Here's the latest...

Welcome Jasmine and Nicole

ASHE is delighted to welcome Student Support Officers Jasmine Day and Nicole Morris to their team for 2006. Jasmine and Nicole are filling the void left by fellow student support officer Leonie Dwyer while she is on maternity leave.



New ASHE Student Support Officers Jasmine Day & Nicole Morris

Jasmine and Nicole are a great team

as they were already close friends and work colleagues at Rumbalara Aboriginal Co-operative prior to joining the ASHE team.

Jasmine was a full-time student at ASHE in 2006 when she completed Certificate III in Sport while Nicole completed the netball specialisation with Janette Bruinier.

"The girls have settled in brilliantly and are already proving a huge asset to the ASHE team," ASHE Program Coordinator Phillip Guthrie said.

Welcome Kelly

Visitors to ASHE are being welcomed by a friendly new face this year. ASHE is delighted to welcome Kellie Vise to its staff as Office Manager.

Kellie will split her office management role between ASHE and the University of Melbourne's Goulburn Valley Office

where ASHE is based in Nixon St, Shepparton.

Kellie joins the ASHE team from

Goulburn Murray Water where she spent the past five years as an executive assistant. Kellie replaces Kate Faram who has departed the GVO for an exciting trip overseas.

Congratulations Leonie!

ASHE extends a warm congratulations to Student Support Officer Leonie Dwyer on the safe arrival of her son Kade. Kade is a younger brother for Wil and Zac and completed a hat-trick of boys for Leonie and her husband Dixie Dwyer. Leonie is expected to return to her ASHE student support role in the middle of this year.



Office Manager Kellie Vise

Students to Learn Indigenous Games

ASHE students are looking forward to learning more about traditional indigenous games in a special training session in March.

Sport and Recreation Victoria's Indigenous Sport Development Officer Peter Mongta will conduct the session for ASHE students and other community members at Rumbalara Football Netball Club on Thursday 16th March.

After learning the games, it is hoped ASHE students will be able to take them out into the field for the region's primary and secondary schools, and other organisations.

"We're already getting a lot of interest in the games so it will be great to get the students trained up in them," ASHE student support officer Jason Briggs said.



ASHE Student Darren Turner shows Wilmot Rd Primary students some indigenous games

"It's also a great thing ASHE can put back into the community and can also help us build our relationships with the schools."



ASHE staff Jason Briggs and Phillip Guthrie at the ASHE Inservice

ASHE Inservice

ASHE staff have returned full of excitement and anticipation for the year ahead after an enjoyable two days of inservice at the popular Alexandra retreat Stonelea during February.

During the two days ASHE's rapidly growing staff took the chance to find out more about each other, previewed the year ahead and also set down ASHE staff values which they are looking forward to living out during this year and beyond.

ASHE director Justin Mohamed said the four primary ASHE values agreed by staff were respect, family, passion and commitment.

"It's all about our vision to make ASHE the sort of place people want to be involved because they know they will get every chance to build on their skills, self-esteem and sense of direction in life," Mr Mohamed said.

GVFL Rising Stars Join ASHE

ASHE is delighted to welcome Goulburn Valley Football League stars Lochlan Veale and Kane Uebergang to its 2006 student cohort.

Lochlan and Kane are employed as trainees with the GVFL and will undertake studies in Certificate III in Sport (Career Oriented Participation) at ASHE this year as part of their development.

The boys are relishing their involvement at ASHE so far and Kane in particular has literally proved a big hit with members of ASHE's indoor cricket team which is heading towards a finals campaign in the upcoming weeks.

Kane and Lochlan will play their football with Shepparton Swans in the Goulburn Valley Football League this year.



New ASHE recruits GVFL trainees Lochlan Veale and Kane Uebergang

Photo Corner: Elite Squad Summer Camp



ASHE was delighted with the success of its inaugural Elite Squad Football Camp held at Rumbalara Football Netball Club in January. The camp brought together a group of 14 highly talented young footballers from across Victoria for two days of varied activities including guest speakers, goal setting and elite-style training.



Netball Graduates Now Coaching

ASHE was delighted to learn three graduates of its 2005 netball specialisation would take on coaching roles with Rumbalara Football Netball Club this year. Rebecca Atkinson (A-grade), Belinda Baksh (B-grade) and Nicole Morris (C-grade) will make up Rumbalara's senior netball coaches for 2006.

All three completed the three intermediate modules of the ASHE netball program under Janette Bruinier in 2005 with Rebecca winning the ASHE Sportswoman of the Year Award.

Janette said she was delighted to hear the girls had taken on the challenge of coaching and was looking forward to supporting the girls throughout the year in any way they needed it.

"All three girls were fantastic last year and I know they'll do themselves and the club proud in their new roles," Janette said.

Rebecca and Nicole are getting great preparation for their new roles by

participating in ASHE's exciting new Indigenous Women in Coaching program which began on Monday 6th March.

The same applies to Andrea Woodward who is also a part of Rumbalara's netball coaching roster for 2006 by leading the under-13 and under-15 teams.

ASHE director Justin Mohamed said it was pleasing the manner in which ASHE was playing a leading role in grooming coaches of the future, especially at Rumbalara.

"It's a credit to Janette that these girls can come through our ASHE netball program and then have the knowledge and self-belief to step into coaching roles," Justin said.



Rebecca Atkinson with Rumbalara CEO Carol Smith

contact us

To submit an item for consideration for the ASHE Newsletter, contact Phillip Guthrie on 5823 6600 or via email on pguthrie@unimelb.edu.au.

All Other Enquiries:
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WHAT'S UP?

ASHE 2006 LAUNCH

Tuesday 21st March, 7.30pm
 Rumbalara Football Netball Club,
 Mercury Drive, Shepparton
 Dinner Included

STI PEER EDUCATION DAY

Thursday 23rd March,
 10.00am to 2.30pm
 Rumbalara Football Netball Club,
 Mercury Drive, Shepparton

MURRAY FOOTBALL LEAGUE ROUND 1 - RUMBALARA DEBUT

Rumbalara vs. Echuca United
 Saturday 1st April
 Rumbalara Football Netball Club,
 Shepparton

SNAKE FEST - CULTURAL FESTIVAL PROMOTING STI AWARENESS

Sunday 2nd April
 Rumbalara Football Netball
 Club, Mercury Drive, Shepparton

**FOR MORE INFORMATION ON
 THESE EVENTS CALL 5823 6600**

True or False Answers

1. FALSE (he was pretty good actually);
 2. TRUE (as if Jase would knock back a
 chance to appear on camera); 3. TRUE
 (why wouldn't girls that pretty be
 happy to go on TV); 4. FALSE (it was
 still a pretty good hit though!); 5. TRUE
 (But we all know who "the man" in the
 ASHE ad was, don't we Jase!); 6. TRUE
 (Don't worry girls, we'll get you one
 day); 7. TRUE (The boys mustn't have
 had enough notice.); 8. FALSE (Hick's
 been interviewed heaps of times, only
 problem is most reporters are still trying
 to work out what he told them!!).