



WORK PLACEMENT A WINNER AT AQUAMOVES



Aquamoves Centre Manager Leanne Mulchay and Wet Area Co-ordinator Lindy Baldy pictured with ASHE's Andrew Ince, Troy Lovett and Colin Colger

ASHE has joined forces with leading Shepparton gym Aquamoves to develop an exciting new employment partnership.

Under the initiative, ASHE students Colin Colger, Troy Lovett and Andrew Ince have been employed for eight weeks by Aquamoves to work as pool lifeguards. This followed the completion of pool lifeguard training by these and other ASHE students as part of their ASHE courses earlier this year.

All three have made the most of the opportunity earning rave reviews from their managers at Aquamoves who are already looking forward to further utilising the ASHE trio's skills during the busy summer swimming season. Aquamoves centre manager Leanne Mulchay said she was delighted with how easily the ASHE students had fitted in with the large Aquamoves team.

"The guys have all made a great impression and not only represented themselves well but also ASHE," Leanne

said. "While the employment is only for a fixed term at this stage, we're always on the lookout for lifeguards during the summer so there is every chance of further work opportunities".

Aquamoves is a state-of-the-art gymnasium in the heart of Shepparton run by the Greater Shepparton City Council. Aquamoves and ASHE first came together at the start of this year to develop a membership program for students to access the facilities regularly this year.

ASHE coordinator Phillip Guthrie said he hoped this and the work placement program could be the start of a successful partnership between ASHE and Aquamoves with great benefits for ASHE students.

"Given the large emphasis on sport and recreation at ASHE, we are keen to link with employers like Aquamoves to give our students the best possible chance to step from ASHE into employment," Phil said.

A Message from the Director

Welcome once again to 'The Beat', it's hard to believe that we are well in truly into the second part of the year.



Since our last edition ASHE has been busy as ever with students continuing their studies, the Executive planning for an exciting future and ASHE providing mentoring support and sporting activities to Primary and Secondary School Aboriginal Students within the Shepparton and Mooroopna area.

All this is exciting and challenging as we continue to see ASHE grow and expand into a meaningful and life changing centre for our Aboriginal Community.

Recently I had the opportunity to attend the Healing Our Spirit Worldwide Fifth Gathering in Edmonton, Alberta, Canada.

My first thought on attending a conference of this magnitude was that it would be a great opportunity to learn from other Indigenous Communities from around the World. And this was very much the case. However, as my time away unfolded, I soon realized that we as Aboriginal people in Victoria and the Goulburn Valley have teachings and experiences that are World class and in so many ways on the cutting edge of holistic healing and movement toward healthy lifestyles for Aboriginal people.

With that in mind, I'm sure you will enjoy the contents of this edition of "The Beat" and until next time continue to Dream Learn and Achieve.

Justin Mohamed , Director

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ASHE is a
joint
initiative
between:



JARROD'S CAREER KICKS OFF

A familiar face has returned to ASHE this year in Jarrod Atkinson. Jarrod was a foundation student with ASHE in 2004 when he completed parts of the Certificate II in Sport program.

After spending last year in Western Australia, Jarrod returned to the Goulburn Valley this year and was successful in securing a 12-month traineeship with Greater Shepparton City Council working at Shepparton Sports Stadium. The traineeship has required Jarrod to periodically return to ASHE as a student this year to complete some of the Cert III in Sport modules.

Jarrod has also had a spectacular year playing for Rumbalara in the Murray league and is a leading contender for best and fairest honours. "Work's great and it's been a good year with footy so I'm really happy at the moment."



Jarrod pictured (above) with Shepparton Sports Stadium staff Jodie Clark, Anthony Nicolaci and Casey Maskell and on the footy field (below).



Future of Footy Looks Bright

ASHE was delighted to be at the forefront of a successful Auskick program at Rumbalara Football Netball Club (RFNC) this year.

ASHE coordinator Phil Guthrie and Certificate III in Sport student Troy Lovett were the primary coaches for the 12 session program which attracted almost 40 individual participants this year.



ASHE's Phil Guthrie and Troy Lovett with the Auskick kids

"Auskick is a fantastic place to start the football/netball engagement with the kids. RFNC tries to pick up the kids early and provide a strong and safe environment for participants through to their adult life. It is also great to see the mothers, sisters and aunties assisting with the program," RFNC President Paul Briggs said.

Helping Make Meetings Matter

Managing meetings should be easier for a number of key community members after they took part in ASHE's special Making Meetings Matter seminar in August.

Making Meetings Matter was the second of three one day short courses being run at ASHE in 2006.

It followed from our successful ASHE media training day Managing The Media in April with the crash course in digital film making HOME MOVIE MASTERPIECES to follow on Friday, 1 December 2006.



Participants at the course (from left) Felicia Dean, Marcus Cook, Leah Lindrea, Rebecca Cranage, Sharon Charles, Brad Firebrace and Justin Mohamed. Seated are Ebony Atkinson and Naomi Amos

ASHE Director Justin Mohamed, who was both a presenter and participant in the workshop, said even he was surprised how much he learned on the day.

"As soon as the next day at work there were tips I took out of the workshop that I was able to put into place," Justin said.

"We've definitely been thrilled with how the short course program has gone this year and we are committed to moving ahead with it next year with some really exciting additions."

Registrations for the short course HOME MOVIE MASTERPIECES are now being taken. For more information contact ASHE.

International Students Visit ASHE

ASHE was delighted to welcome a large group of international students from University of Melbourne to its Shepparton learning hub during August. The group of over 30 students, mostly from America or Europe, attended ASHE as part of their studies into education and Sport in Australian society.

University of Melbourne outdoors program coordinator Will Rayner said the visit to ASHE was a real highlight of the Shepparton trip for his students.

"When you talk about education and sport in Australian society, ASHE is a really ideal site to visit especially with its strong focus on the local indigenous community," Will said.



ASHE Director Justin Mohamed and University of Melbourne's Will Rainer (right) with visitors Kimberley Chisholm, Charlie Hanflick and Jeremy Hawkins

Charlie Shines at National Titles

ASHE student Charlie Maher has reached the pinnacle of country football with selection in the All Australian Country XVIII.

Charlie, 23, played for the Aboriginal All Stars team at the National Country Football Championships on the Gold Coast earlier this year. The team played well to make the Grand Final in Division 2 with Charlie a standout performer.

"I knew it was a great opportunity so I worked pretty hard before I went away doing extra training. The team played really well and making the Australian team was a great reward after a good carnival for me personally," Charlie said.

Charlie is a new student to ASHE this year all the way from Alice Springs. His football performances with Shepparton Swans in the Goulburn Valley Football League have also earned him high praise this year while he has been an outstanding student at ASHE.

Along with his football and education, Charlie is also working part-time in a student support role with the exciting new alternative education McAuley Champagnat Program (MCP).



Charlie shows off his All-Australian Country jumper

Women in Coaching Program a Success

ASHE's first ever Indigenous Women in Coaching (IWIC) program has concluded with five participants going on to achieve their level one accreditation.

IWIC was an exciting new community development program run by ASHE this year with funding from the Australian Sports Commission as part of its 2006 Sports

Leadership Grants for Women program.

IWIC consisted of five preliminary sessions which addressed a number of aspects of netball coaching including:

- creating a team environment
- teaching the skills of the game
- goal setting, motivation, time management and leadership
- merit and equity in team selection, conflict resolution and promoting team spirit

After this participants were given the chance to sit for the level one coaching qualification with Rebecca Atkinson, Nicole Wallace, Melanie Winmar, Leanne Sangster and Andrea Woodward all progressing to complete the course. ASHE netball coach Janette Bruinier said she was extremely pleased with all of the girls who participated in IWIC, especially the five who went on to complete their accreditation.

"With all they've learned these girls are going to be a great resource not just for netball but for the whole community," Janette said.



IWIC coaches were part of a large group to achieve their level one coaching qualification in Shepparton.

THE GREEN DREAM BEGINS AT ASHE

Golf fever is about to grip ASHE with two major golfing initiatives set down for October. The inaugural ASHE Golf Day to be held on Friday 20 October at Mooroopna Golf Club will be followed by Green Dream, ASHE's first ever golfing specialisation course.

The ASHE Golf Day will bring together staff, students, community members and supporters of ASHE for a fun teams event. Cost of the day will be \$10 with all invited to participate. The price includes barbecue lunch, 9 holes of golf and the chance to win some great ASHE merchandise. Equipment will be available on the day.

Green Dream will be an introductory golf tuition program perfect for beginners to intermediate players. The program will be run over eight Thursdays from 4pm-5pm beginning on 26 October. Coaching will be provided by Mooroopna Golf Club Pro Shane Casley.

Cost of the program is \$30 (\$20 concession) with limited spots available. For more information about the Golf Day or Green Dream contact ASHE on 5823 6600.

NEWS AT ASHE

Welcome Naomi

The ASHE team recently welcomed new Receptionist/Administration Trainee Naomi Amos to the team. Naomi comes to ASHE from the childcare industry and is completing a twelve-month Business Traineeship at The University of Melbourne and ASHE.



Claudey's Ps

ASHE students are earning driving qualifications at a rapid rate in keeping with the goals outlines on their individual learning plans. Three students, Colin Colger, Chris Turner and Andrew Ince, have all picked up their Ls this term while Claude Jackson went on to achieve his Ps in a major milestone.

Footy tipping

Congratulations to Andrew Ince on taking out the ASHE footy tipping competition this year. Andrew was unstoppable throughout the year, setting up a big lead early and proving impossible to catch.

Andrew took out the winning prize, a \$150 Sports Power voucher, with a score of 305 clear of Robin Landvogt on 275 and third placed Chris Das who finished on 260.5.

Photo Corner: Camp Jungai



It was time to get the winter woollies out for the annual ASHE camp which took the students to Jungai this year.

Students had a great time taking on a range of activities including their own version of World Cup fever, a high ropes course, cultural walk and other personal challenges.

'ASHE'LETICS TAKES OFF WITH A BANG

A new sporting sensation hit the Goulburn Valley during NAIDOC Week with the first ever staging of "ASHE"letics proving a massive hit.

"ASHE"letics was thought of, organised and staged by ASHE's full-time Certificate III in Sport students to meet the requirements of their business modules taught by the ever inspirational Robbie Rae.

It brought together more than 300 students from Mooroopna Park, St George's Rd, Gowrie St, Mooroopna and Wilmot Rd primary schools to learn and then play the traditional Aboriginal games of Buroinjin, Gorri, Battendi and Pulyugge.

Highlights of the day included:

- a stunning opening ceremony
- a visit by Victorian Minister for Aboriginal Affairs Gavin Jennings (pictured above)
- the presentation of certificates and medallions (handmade by ASHE students) to all participating students and their helpers
- catering assistance from the Kiwanis Club of Mooroopna
- a blockbuster game of Buroinjin to wind up the day between ASHE students and a combined primary school team.



on the ASHE calendar.

"I can only take my hat off to Robbie and all the students for the brilliant job they did in staging such a fantastic event that typified everything we are trying to do here at ASHE," Phil said.

"It was student driven, it promoted healthy lifestyles and it made an important and positive contribution to the community in so many ways."



WHAT'S UP?

ASHE NETBALL TEAM SEASON STARTS
Tuesday 12 September 2006

THE ASHE GREAT RACE
Friday 15 September 2006

ASHE/DSE WORK PLACEMENT GRADUATION
Friday 15 September 2006

ASHE TERM BREAK
Friday 15 September to Monday 2 October 2006

RUMBALARA FNC PRESENTATIONS
Saturday 23 September 2006

AFL GRANDFINAL
Saturday 30 September 2006

ASHE GOLF DAY
Friday 20 October 2006
Mooroopna Golf Club

HOME MOVIE MASTERPIECES SHORT COURSE
Friday 1 December 2006,

FOR MORE INFO ON THESE EVENTS CALL ASHE ON 5823 6600

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.

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Given the success of "ASHE"letics, ASHE coordinator Phil Guthrie said it was set to become an annual fixture