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QUOTES TO PONDER

I am not who you think I am.
I am not who I think I am.
I am who I think you think I am.

Napoleon Hill

Why compare yourself with others?
No one in the entire world can do a
better job of being you than you.

Susan Carlson

Someone's opinion of you does not
have to become your reality.

Les Brown

The man who trims himself to suit
everybody will soon whittle himself
away.

Charles Schwab

Whatever good things we build end
up building us.

Jim Rohn

You cannot be lonely if you like the
person you're alone with.

Wayne Dyer

It's how you view things

By Maria Kelly

Not one for having too much original thought, I usually look around for inspirational stories and quotes to get my brain working on a theme for each edition of KIC news. I had been thinking of the different ways we look at things and our attitude to situations and people. The recent research on the Kids in Community programme, undertaken through the Centre for Children and Young People at SCU, highlighted how young people are affected by what they think the community thinks of them. Whenever I get a twinge of concern about what people think of me, I take heart from my husband's slant on this. He always says, "What people think of you is no concern of yours. That's their business. It's what you think of you that's important." Our committee's hope is that through our awards programme, young people will proudly celebrate who they are and the positive role they play in our communities. Though not totally relative to my theme of "how you view things", I believe the following story is thought-provoking enough to share.

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full and the students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--your family, your children, your health, your friends and your favourite passions---and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else---the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

When you are having those cups of coffee with a friend, perhaps you might talk about a young person who is going the extra mile for someone or some cause or who is achieving against all odds. If you know a young person aged 13-25 who actively makes a difference in our community, please nominate them today. Nominations for the 2008 Kids in Community Awards close on 31 May. Take this opportunity to show young people in our community that we view them very positively. Go to the KIC website www.kic.com.au and download a form, nominate on line or phone 6624 4053 for more information.

KIC "PRIMED" FOR 2008

At the launch of the 2008 Kids in Community Awards program held on Tuesday April 8, the committee was excited to announce that PRIME TV has come on board as an active supporter of its special awards programme.

PRIME will promote the KIC awards to viewers in the Northern Rivers Region and in doing so will provide valuable assistance to one of the core aims of the Programme which is to raise the profile of youth in a positive manner.

PRIME NSW General Manager, Maureen Jack, in announcing their support said: *"Kids in Community plays a very important role in acknowledging and rewarding the achievements of our young people within the Northern Rivers Community and PRIME is extremely proud to partner Kids in Community in such an important initiative."*

Many of our young people deserve recognition and praise for the support and service they give to their peers and society in general, roles that sometimes go unnoticed and unheralded by others.

Southern Cross University research conducted in 2007 revealed that widespread publicity for the KIC programme would raise the profile of youth in a positive way. KIC is thrilled that PRIME understands the need to publicly recognize the importance of the affirmative role young people play in local communities.



PRIME's Lismore Manager, Bill Graham, hands the partnership agreement to Katrina Sommers and KIC members (L-R) Vivienne Roberts, Maria Kelly, Anca Meredith and Margaret Orr.

Sharing is caring...

If you know a young person aged 13 to 25 who actively makes a difference in our community, we'd like you to share it with us. Nominations are now open for the Kids in Community Awards. These awards are an important way to thank and recognise young people who enrich our community as well as older individuals who support our youth. **Don't delay; nominations close 31 May 2008 with the awards night on the 5th August.**

Categories:

- Peer Support
- Community Support
- Indigenous Youth Support
- Homeless Youth Support
- Against All Odds
- Role Model
- Mentor
- Group or Individual Supporting Youth or Youth Programs

Have you read or heard a story in the media that positively promotes young people in the Northern Rivers Region? Nominations for the Media Reporting on Youth Awards are now open in the following categories.

1. Print Media 2. Television/Radio 3. Young Media

Nominations:

Nomination forms can be downloaded from www.kic.com.au or phone 6624 4053. They can also be collected from High Schools, L.J Hooker Agencies and Southern Cross Credit Union Branches in the Northern Rivers region.

kids in community
Actively making a difference

MEDIA LAUNCH 2008

The media launch of the 2008 Kids in Community Awards was well attended by representatives of the media, dignitaries, sponsors and other invited guests. The MC, Richard Doggett, when promoting the Media Reporting on Youth Awards, urged the media to use the KIC Awards as a motivation to positively report on young people in our communities.



The function also allowed the KIC committee to launch the new image and branding of the organisation which President, Des Kelly says, "has lifted the committee's enthusiasm, and therefore the Awards, to a new level". Richard Doggett acknowledged and thanked the many media present for their commitment to Kids in Community. The role of the media is vital to the success of the Awards and the committee is grateful for the sponsorship and general support given to the KIC programme.



Guest Speaker, Tristan Banks – Actor/Writer/Filmmaker – said "These awards might be the one thing that gives a young person the courage to do something really positive in the world". Tristan's own story is inspirational. As a teenager Tristan trained at Sydney's Q Theatre before landing a series-regular role in TV's Home and Away. He later appeared in Ivan Sen's Dust and Beneath Clouds and the SBS mini-series, Remote Area Nurse.

Tristan spent four years in London writing, researching and presenting television for ITV, BBC and Channel Four. He presented shows on some of his favourite things - adrenaline sport, movies, music, travel and pop culture.

His latest short, Every Day at School, was funded by SBS and Film Australia for their Change the World in Five Minutes initiative. Its aim is to inspire primary school classes all over the country to spend the first five minutes of every day changing the world in some small way.

Tristan has penned a number of books for children and teens. These include four short non-fiction titles published by Scholastic in Australia / New Zealand / Canada and McGraw-Hill in the U.S. He has also written eight short novels in Macmillan's Kids Inc. series, about kids setting up their own businesses and ventures. 'They are fast-moving tales,' says Tristan, 'aimed at getting boys, especially reluctant readers, to pick up a book.' Coolhunters is Tristan's first series for the Trade (book store) market.

Another highlight of the function was the launch of a promotional DVD which has been compiled to allow the committee to spread the word of the awards programme to a wider audience. The DVD features past nominees, Alicia McPherson, Emily Wilson and Jessica Webb, with clips from the 2007 Presentation Night.

If you would like a copy of the DVD please phone 6624 4053.

The new Kids in Community website was also launched at this event. Check it out – www.kic.com.au

RE-BRANDING PROJECT

Young people on the Northern Rivers are set to benefit from the gift of time, expertise and enthusiasm from Southern Cross University staff.

Staff from the University's FLDS (Flexible Learning Development Services) team formed an exciting collaboration with the Kids in Community (KIC) organisation which has totally revitalised the organisation.

As a regional engagement initiative the FLDS team, consisting of courseware developers Nollie Nahrung and Justine Reilly, supported by FLDS manager Heather Wood, helped to re-brand KIC with a new-look website, logo, brochure, prospectus, poster and banner. In all, many thousands of dollars worth of 'in-kind' support went into the project.

Copywriting, design and layout skills as well as mountains of creative talent, passion and dedication all played their part in the project's successful outcome.

"As general staff members we don't often get the opportunity to do something this wonderful for the community, so it was very much a privilege to work on the project and be able to use our talents to make a difference," Nollie said.

Justine agreed and said that an unexpected bonus was the significant benefits in terms of professional development for staff involved in the project.

"It was a lovely collaboration. They gave us a free reign to do whatever we wanted and we put a lot of heart into the endeavour," she said.

With its brand new contemporary look and approach, KIC is now able to proudly move forward in the community to attract the sponsorship so necessary for the organisation to continue its core work of elevating the image of youth by celebrating those who positively address issues affecting young people and their communities.

"The majority of our youth make an important and positive contribution to community life," the new KIC brochure tells its readers.

"KIC raises much-needed awareness of the optimistic and enthusiastic attitude of young people, bringing to public attention the positive and meaningful ways that youth participate in our community."

In addition to the work done by FLDS, two other contributions were made by SCU:

- Demelza Witham, an honours student from the School of Education, working through the Centre for Children and Young People, completed some valuable research on the impacts on the participants and the community of the Kids in Community Awards. Robyn Fitzgerald (CCYP) also had input into the content of the prospectus.
- A panel of Media students from the School of Arts and Social Sciences volunteered to act as judges for the Media Reporting on Youth Award nominations.

"The combined efforts of SCU staff and their level of engagement with KIC has allowed SCU to be awarded platinum status by KIC and this is something that should be celebrated," said Justin St Vincent Welch, a member of the Office of Regional Engagement team.

Article by Zoe Satherley, Media Officer, Southern Cross University



Displaying the new KIC image L-R Christine Doggett and Margaret Orr (KIC committee) Nollie Nahrung, Justine Reilly, Heather Wood (FLDS) and Justin St Vincent Welch (ORE)

Photo courtesy of Zoe Satherley, Media Officer, Southern Cross University



KIC Committee member, Vivienne Roberts, presents a gift to Demelza Witham in the presence of L-R Associate Professor Anne Graham from CCYP, Robyn Allen, KIC Committee, Dr Sallie Newell, CCYP Researcher and Wendy Britt, CCYP Administration Support

.Photo courtesy of Zoe Satherley, Media Officer, Southern Cross University

CALLING FOR NOMINATIONS

Do you know a young person who is actively making a difference? How do we thank the inspirational young people and 'quiet achievers' who enrich our community?

The Kids in Community Awards are an annual public celebration of support for and by young people in our community. With the 2008 Kids in Community Awards night approaching rapidly, KIC committee members met with representatives Barbara Moston and Lyndie Dennehy from the Southern Cross Credit Union to promote nominations for the Awards which close on 31 May.

The Northern Rivers' Southern Cross Credit Union is a dedicated sponsor of the Awards, and its branches provide convenient locations for members of the public to collect nomination forms.

KIC Media Liaison Officer, Christine Doggett says, "We encourage nominations of young people who are making a difference by supporting disadvantaged individuals or groups in the community, or who have overcome difficulties of their own."

Nominees are between 13 and 25 years of age and come from the broader Northern Rivers region, including Byron, Ballina and Kyogle and Lismore Shires and the Richmond Valley.

SCCU Development Officer, Lyndie Dennehy says, "Southern Cross Credit Union feels that it too is passionate about making a difference in the community. We are proud to be associated with like-minded organisations with a vested interest in sustaining our community and its values."

KIC committee member Robyn Allen adds, "If you know someone who should be recognized, express your appreciation by nominating him or her for an award in one of 8 categories, and acknowledge the positive role that young people play in our community."



Calling for nominations
L - R Robyn Allen, Christine Doggett (KIC Committee) with Barbara Moston and Lyndie Dennehy (seated) from Southern Cross Credit Union

KIC FUNDRAISERS

Over the next few months KIC committee members will be involved in some fundraising activities. We are currently selling tickets in our major Raffle for 2008 which will be drawn at the Awards night on 5 August.

The prizes are fabulous as you can see from the poster. We are truly grateful to the donors of these great prizes – **Nara Sea World Resort, Sea World and Movie World, Australia Zoo, Northern Marketing (Casino), Ramada Hotel and Suites, Ballina, La Cucina Di Vino Italian Restaurant and The Point Restaurant and Bar.**



KIC committee members, Katrina Sommers (left) and Robin Peagam pictured at Lismore Square recently.

Look out for our banners and other displays at the following locations:

- Ballina Central – Friday, 16 May
- Lismore Central – Saturday, 17 May
- Lismore Square – Saturday, 24 May

With nominations closing on 31 May, we will also use these opportunities to distribute nomination forms and answer any questions you may have about the nomination process or the Awards night.

Major Raffle for 2008

kids in community

Actively making a difference

1st Prize

2 nights accommodation at Sea World Nara Resort plus family passes to both Sea World and Warner Brothers Movie World.

HOLLYWOOD ON THE GOLD COAST.

\$2.00 per ticket

Drawn: 5 August 2008 at the Kids in Community Awards Presentation Night

2nd Prize

Australia Zoo Family Package

Family pass, Accommodation \$100 Fuel voucher

3rd Prize

1 night accommodation for 2 @ Ramada Hotel & Suites, Ballina including Dinner For 2 @ La Cucina Di Vino Italian Restaurant and breakfast @ The Point Restaurant & Bar

We will also be running the sausage sizzle at **Bunnings** in Lismore on **Sunday 18 May** so call and see us for breakfast or lunch or both!!

As our committee membership is only small, we would welcome any offers to help us at the ticket selling locations, the Bunnings day, and the Awards in general, especially by some young people who have been involved in the Awards previously. If you can help, please phone 6624 4053 or email info@kic.com.au.

Thank you Thank you Thank you
to the following cash and in-kind sponsors and supporters who
have committed for the 2008 Awards.

PLATINUM

GOLD

SILVER

AUSTRALIAN MACADAMIA SOCIETY
MARY GILHOOLEY'S IRISH PUB & RESTAURANT
CASPA

BRONZE

COMMUNITY CONNECTIONS NORTH COAST
FLEURS RESTAURANT, BALLINA
PEGASUS SCREEN PRINTS
PINES ON THE PLATEAU BOUTIQUE LODGES
SOUTHTHSIDE AGENCIES/WESTERN STAR TRUCKS

SUPPORTERS

<p>Alstonville Quality Meats Australia Zoo Bexhill Quality Meats Bristol Paint Centre, Lismore Coster Constructions Daleys Homeware, Lismore Duck Creek Mountain Wines Farmer Charlies, Ballina Darrell Lea, Lismore J H Williams & Sons Jupiters Casino, Gold Coast K.E. & K Gava Bricklayers Hec McDonald Northern Rivers Brewery Macadamia Oils of Australia Byron Liquor Supplies La Cucina de Vino Restaurant Sea World</p>	<p>Lickiss Fabrications, Lismore Lucky's Seafood, Lismore Macadamias International Aust Meridian Caloundra Apartments North Coast Trophies, Brunswick Heads Northern Marketing, Casino Sandbar & Restaurant, Ballina Shaw's Office Supplies, Lismore Sidney & Hacking Plumbing The Bolt Barn, Lismore Trevan Ford, Lismore Xerox Shop, Lismore The Ramada Hotel & Suites, Ballina Agrimag, Alstonville Lismore Florist Sea World Nara Resort The Point Restaurant & Bar Movie World</p>
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All KIC guest speakers are invited to stay at
Pines on the Plateau Boutique Lodges – www.pinesontheplateau.com