



2003 Eco-Health Young Leaders Summit



Thirty-eight Year 11 students from around the state attended another successful Young Leaders Summit at Point Walter in April.

The course is professionally conducted by Explorus Adventure Learning and Dr Peter Dingle from Murdoch University Department of Environmental Science. Sessions included topics such as the Myers-Briggs self-appraisal, Wellbeing - stress management, relaxation techniques, team building, health and lifestyle and goal setting.

Guest speakers David Faulkner (Young West Australian of the Year), Aimee Jones and Laura Blechynden, who recounted her experiences at the Global Young Leaders Summit at the UN in New York, provided inspirational messages about achievement through passion and belief.

The closing ceremony was well attended with many parents taking the opportunity to witness a series of imaginative skits provided by the talented group of young leaders.

The Summit was very well received and appreciated by the participants as the following comments indicate:

"Keep up the great work and inspiring people to follow their passions and live happy lives! You guys are heroes!!"

"I had an amazing time and I will never forget this camp. The friends I made and the things I learnt are priceless"

"Thank you so much for this opportunity. I have learnt so much and simply can't thank you enough. Good luck for the future camps. The camp was great"

"Fantastic, mind blowing, unbelievable! There's not enough words in my vocabulary"

"I have had one of the most amazing trips. Thank you, loved it!"

"I think this is so excellent and such an important thing to do. Awareness is so important as well as ways of being a good leader and ultimately relaxing"

"I can make a difference, because I feel that my attitudes and actions can make a big difference instead of my old mentality about only making a very small difference"

"I can make a difference. It will make me a better leader and has made me realise my potential"

"Follow your dreams, that is a major thing that I opened my eyes to. I am completely changing my path"

"It has changed my life so my future has to change. I now know so much more that I will share it with as many people as possible"

"It was all good! Well done - you've changed and saved many lives"

"Great work, very inspirational"

"The best", "Loved it", "Totally fun".

Out thanks to the Department of Youth Affairs for their continued support and sponsorship of the Summit.

From the Chairman

For over five years now The Amanda Young Foundation has been actively working to highlight to the community the need to be ever alert to the extreme dangers of meningococcal disease. We believe that the growing number of people who now identify that their survival was the direct result of our efforts is testimony to the benefits of the work that we do. In addition we have also conducted four highly successful youth leadership summits and with the continuing support of the State Governments Office of Youth Affairs are planning the next. The ongoing success of many of these young people again underlines the worth of this work.

We are also helping fund important research work at Royal Perth Hospital that we hope will one day lead to some major breakthrough on the treatment or prevention front.

All this work is supported by hundreds of people who support our efforts in assisting with these events or helping to raise the dollars to conduct them. Thanks to you all for that commitment and to our hard working committee members for the tremendous work they do.

*Barry MacKinnon
Chairman*

Accountability

Our focus is unwavering in our desire to create community awareness regarding the swift and lethal nature of meningococcal disease.

This has been achieved by the sponsorship, purchase and distribution of 500 copies of the video "Don't Catch the Killer", the printing of 90,000 "Fighting Meningococcal" pamphlets and 500 posters, the purchase and distribution of 10,000 water bottles carrying the message "Do not share drinks" and a list of the symptoms of meningococcal disease, and sharing in a media campaign. The total cost of these projects in 2003 is nearly \$50,000.

Amanda Young Foundation News is written by Barry Young and compiled by Lorraine Young on behalf of the Amanda Young Foundation. Printed by Worldwide Online Printing Cannington.

Photos courtesy *School Matters, The Post, Comment News, Gosnells Examiner*, Paul Gravett and Chris and Paul Jones.

Spreading the message far and wide

In addition to our recent liaison with the Sanig Foundation in New South Wales and Weatherspoon Foundation in South Australia, we are fortunate to have the co-operation of several families on the east coast who are keen to spread the meningococcal menace messages. Our thanks to Terry and Sue Prendergast of

Alstonville, Lola and Gavin Hall of Caloundra and Leanne and Chris in Brisbane who have been very active in their local communities filling a void. We are also pleased that Sue Parker has come on board and is assisting our awareness program in Mandurah - Rockingham. Thanks Sue for a superb effort.

Meningococcal Myths

ONLY CHILDREN GET IT

Wrong. Although babies and children 0-5, and teenagers and young adults (15-25) are more at risk, any one of any age can get this disease.

YOU ONLY GET IT IN WINTER

Wrong. Although more cases occur in winter and early spring, there are cases at all times of the year, including mid-summer.

SYMPTOMS ALWAYS INCLUDE A STIFF NECK AND HEADACHE

Wrong. While these symptoms may well occur if you get meningitis, the more dangerous meningococcal septicaemia has a different set of symptoms – it could start off with a fever and vomiting or a sore arm or leg.

YOU ALWAYS GET A PURPLE RASH

Wrong. With cases of meningitis, a rash may never appear. In any case, people should not wait for a pink, red or pinprick rash – by the time it develops into a purple rash, it may be too late to prevent serious damage or even death.

IF THE RASH FADES WHEN PRESSED WITH A GLASS, IT'S SAFE

Not Always. The glass or pressure test, which originated in the UK, works on the premise that a septicaemic rash does not fade when pressed firmly with a glass or finger, whereas a harmless rash does fade. What most people don't realise is that this test is not 100% reliable, especially in the early stages.

IF THE DOCTOR SAYS IT'S A VIRUS, IT MUST BE

Not Necessarily. Unfortunately, when it comes to meningococcal disease, doctors are not always right. So if you suspect meningococcal disease or if the patient starts to deteriorate rapidly, it's vital to seek a second opinion and, if you are at a hospital, to insist on been attended to immediately.

I'M SAFE - I'VE BEEN VACCINATED

Wrong. Whilst the meningococcal C vaccine is very effective, it does not cover the more prevalent meningococcal B strain, so being aware, alert and seeking prompt treatment is essential.

Courtesy Kay Stammers



Meningococcal C vaccination update

The Commonwealth Government has announced a national meningococcal C vaccination program. The Commonwealth Government will implement this program in partnership with state and territory health departments.

The vaccination time line

The national meningococcal C vaccination program commenced on 1 January 2003, providing free meningococcal C vaccine – through general practitioners and other immunisation providers – for all children turning one to five years of age in 2003.

The first year of the national program will also include free vaccinations for adolescents turning 15 – 19 years of age in 2003. This will occur through school-based programs to ensure that the greatest number of people in high risk age groups for the disease have access to the free vaccines.

School-based vaccination programs have commenced for children turning 6-14 years of age, and the free vaccine will be available to all eligible children and adolescents who were not vaccinated at school from late 2005.

The National Health and Medical Research Council has recommended the addition of meningococcal C vaccination to the Australian Standard Vaccination schedule for all Australian children at 12 months of age. Current evidence indicates that only one dose is required for long-term immunity when the vaccine is given at 12 months of age or older. This means that immunisation providers will administer the vaccine as part of the routine childhood immunisation schedule at 12 months of age.

Website

We are pleased to advise of our new, updated website, which has undergone a major renovation.

We highly recommend you pay the site a visit at:

www.amandayoungfoundation.org.au

Our thanks to Powercreations for the excellent work they have carried out, and special thanks to Neil Leonard for maintaining the site in an honorary capacity, since its inception 3 years ago.

APPEALATHON 2003

We were delighted to hear that we have been selected with Rocky Bay and Malcolm Sargent for Cancer as recipients of Appealathon sponsorship for the next 12 months.

Channel 9 have immediately set the wheels in motion, and under the guidance of Pedro Dunn, produced two 30 second Community Service Announcements, which are currently being screened. One Community Service Announcement features university students Suzie and Peter who survived meningococcal and implore their peers to be aware, to be alert and seek treatment.



The other features Dr Clay Gollidge, Senior Clinical Microbiologist at the Western Australian Centre for Pathology and Medical Research, who also draws attention to the need for early diagnosis and medical treatment. Dr Gollidge actively supports the awareness program and we thank him for his enthusiastic approach.

We thank Channel 9 for their continuing support, and their contribution to our awareness program is absolutely beyond our wildest expectations. We look forward to an exciting 12 months of fruitful activity.

VIDEO LAUNCH: Don't Catch The Killer

The latest meningococcal video *Don't Catch The Killer* was launched at a most pleasant function at Cello's Café Broadway Nedlands on 16 June.

The video has been produced by award winning Sydney journalist Kay Stammers and tells the story of six young people who have battled the deadly disease with varying outcomes.

AMANDA, LORRAINE AND BARRY YOUNG (PERTH)

In October 1997, Amanda returned from a Rowing Regatta in NSW where one of the other rowers had contracted meningococcal disease. After coming down with several symptoms, she was taken to hospital but told she did not have meningitis. The next day she broke into a rash and died of meningococcal septicaemia.

SUZI ELIAS AND PETER HILLMAN (PERTH)

Both students at the University of WA, these two healthy, outgoing teenagers contracted meningococcal disease last year, and were fortunate enough to escape without any long-term disabilities. They're now passionate about telling others what precautions to take.

ELIZA STANKOVIC (NEWCASTLE)

21 year old Eliza lost her fingers and both legs to meningococcal septicaemia when a 16 year old schoolgirl. A keen sports woman, she went to compete as a paralympian, winning several international medals.

THOMAS NASH (SYDNEY)

Star of a recent Australian Story (ABC), Tom developed septicaemia just after his 19th birthday, and came very close to death. He had to have both legs and both arms amputated – a doubly cruel blow because his passion was playing the guitar.

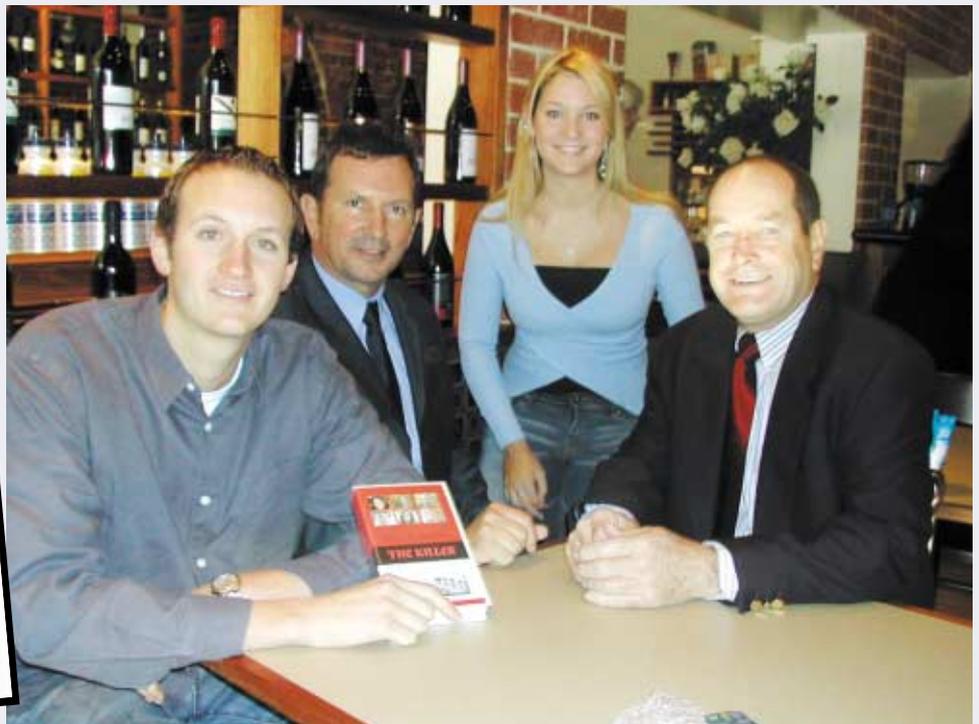
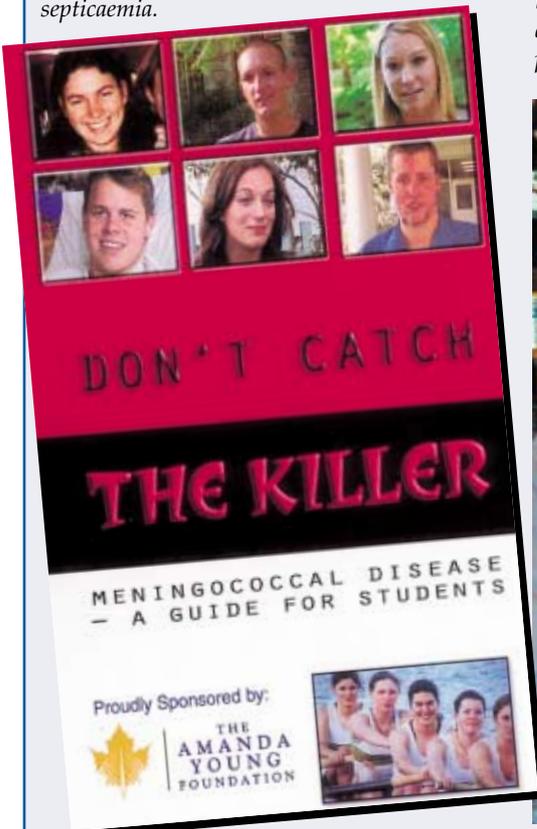
TRAVIS JONES (PERTH)

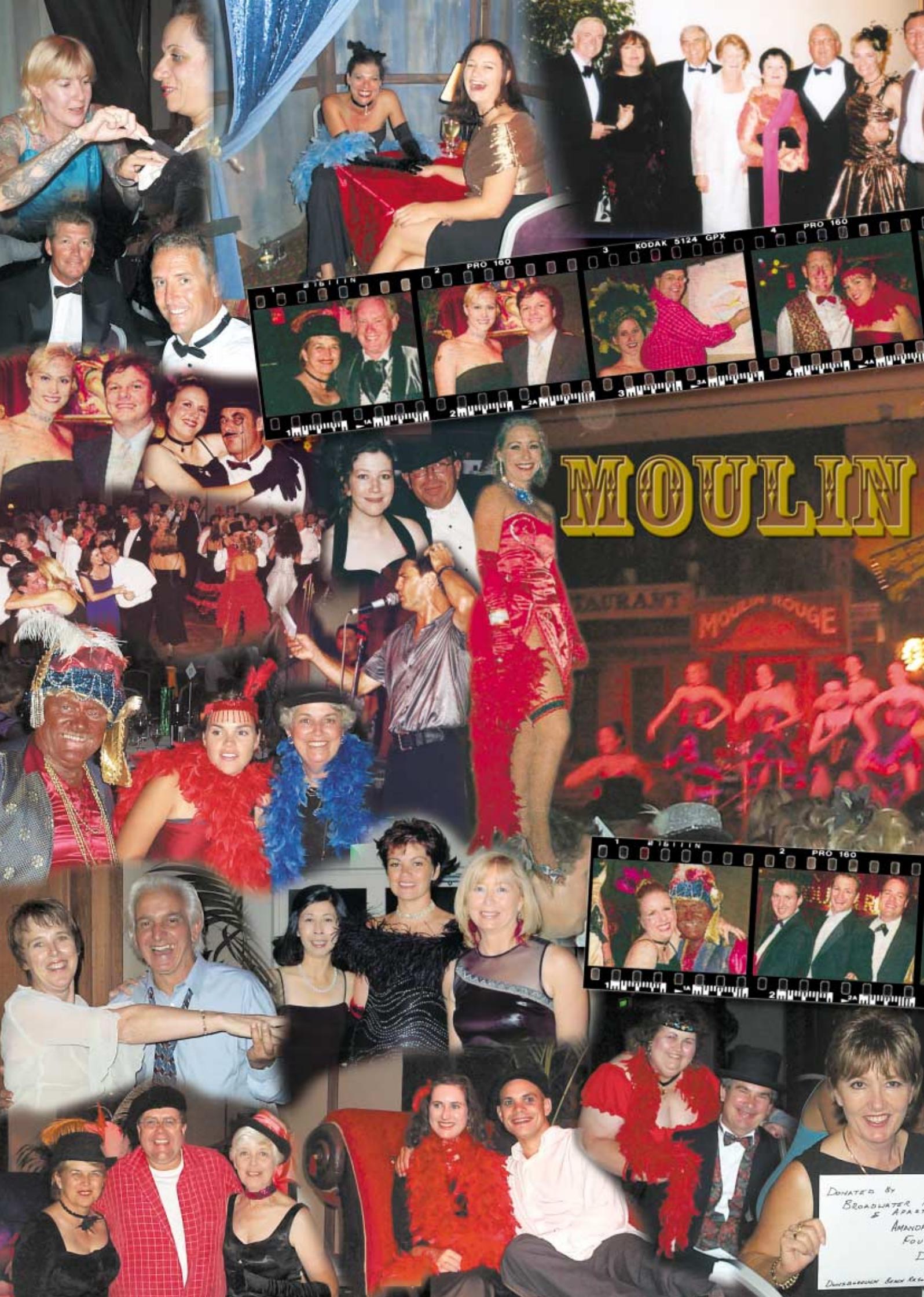
The 19 year old rugby player was in the East trying out for the Canberra Raiders when he became ill. Travis was saved when his mate bashed down the door of the bathroom to find him collapsed in the shower, and rushed him to hospital.

Suzi and Peter addressed the gathering and the morning was completed by an informative presentation delivered by Dr Clay Gollidge.

The Foundation has provided every Secondary and Tertiary Institution in Western Australia with a copy of the video as a means of drawing attention to the risks faced by the 15 – 24 year age group.

Our special thanks to Pat and Gary Manolas and their staff for their generosity in providing their superb venue for the occasion, and a delicious morning tea.





MOULIN



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ROUGE



YOUNG FOUNDATION
DOOR PRIZE
AT 8:00 PM

Penrhos Walkathon

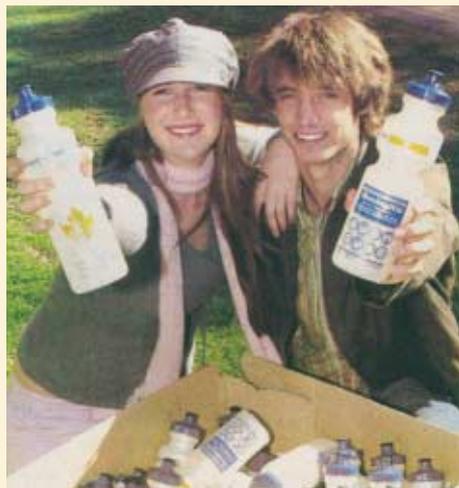
The annual Penrhos Walkathon conducted in tandem with the house cross-country event was held in perfect conditions on 16 April. Special thanks to Norbert Fandry and Penrhos Staff for organising the event and Jim Walker of Westrac for their ongoing sponsorship. Our thanks once again to the Penrhos Community for their outstanding support – the event raised \$1161.40.

Congratulations to the Penrhos team for winning the I.G.S.S.A. cross-country championship for the 10th consecutive year.



MacKillop Catholic College Busselton

MacKillop students celebrated Mary MacKillop Day this year with a series of fun activities for charity. The Amanda Young Foundation was the very fortunate recipient of a cheque for \$1000, which was presented to Barry and Lorraine Young by Head Boy Tom Samuels. Tom and Elle Young current school Councillors attended the Amanda Young Foundation Young Leaders Summit in 2002. Several classes also witnessed a viewing of the video "Don't catch the killer"



Liebe Field Day

Lorraine was guest speaker at the recent Liebe Field Day at Buntine. Her talk based on Amanda's experience with meningococcal, the subsequent birth of the Foundation and its role in the community, the establishment of a Memorial Garden and the need to make the most of every day and have no regrets, was well received. The 90 participants from the north eastern wheat belt were in a buoyant mood with the change of fortune in seasonal conditions and we trust that they all have an overdue bumper harvest. Thanks a million for your most generous donation.

Country Week 2003

As a means of getting our message across to the wider community we were delighted to attend the opening ceremony of High School Country Week at Perry Lakes on 30 June.

This huge event was attended by over 3600 students from 35 Western Australian schools, who were each issued with a water bottle. Schools represented came from as far as Tom Price and Albany.

The water bottle is attractively presented with the Amanda Young Foundation Logo, contains the important message "Do not share drinks" and lists the symptoms of meningococcal disease.

The exclusive use of a personal water bottle by athletes cannot be over emphasised. Dehydration can be a serious problem and many other nasty diseases such as glandular fever and hepatitis may be transmitted orally.



Health Expo at Ursula Frayne College

We were happy to participate in a health expo at Ursula Frayne College, Victoria Park. Parents, students and staff were provided with information pamphlets and water bottles.



Seton Catholic College

Our thanks to the Seton College Community for their generous donation of \$370. Young Leaders Summit participants Jessica, Jenna and Desiree organised a free dress day and the resultant coin collection was presented to the foundation at a school assembly at the end of second term.

Ellenbrook Primary School

Our thanks to Vicki Harley for inviting us to talk to students at Ellenbrook Primary School and their enthusiastic response to our gift of water bottles.



Gosnells Primary School

The Foundation provided drink bottles to students who competed in the school cross-country event at Gosnells in June. Amanda was a former student at Gosnells and in her final year there in 1991 was Head Girl and Dux. During the event the opportunity was also taken to encourage young people to look after their health and participate in regular exercise.

The gesture was much appreciated by the students as the foundation received many interesting thank you letters. Here is a copy of one of these letters selected at random:

Dear Mr and Mrs Young

I am writing to thank you for coming and talking to us about meningococcal and giving us drink bottles. The information was helpful and the message was loud and clear: DO NOT SHARE DRINKS. Now, when I drink out of my drink bottle, I am reminded of the symptoms – headache, vomiting, stiff neck, painful joints, light sensitivity, fever, fitting and confusion.

My name is Gemma and I am in Year 7 at Gosnells Primary School. Before your talk and the drink bottles, I didn't know much about meningococcal. Now, I know the symptoms and not to share drinks. I know now if someone offers me a drink from their can, bottle of cup to say NO!

I wish to thank you again and say how sorry I am about Amanda. I am glad you are putting the message across to young people to prevent other tragedies.

Yours sincerely, Gemma.



Sorrento Primary School

Our thanks to Darryl Bell for his invitation for us to talk to year 6 and 7 students at Sorrento P.S. The keen interest displayed and relevant questions asked by the young students made the visit a most rewarding event.



Methodist Ladies' College

2003 Young Leaders Melanie and Jillian organised a fundraiser to coincide with the meningococcal type C vaccination immunisation program at the College. Our thanks once more to the Methodist Ladies' College Community for their ongoing support.



COMING EVENTS

Amanda's Garden Fete 22-23 and 25-26 October

Amanda's Memorial Garden will open for the annual fete. Spring time roses at their brilliant best, plant sales, art and craft stalls, cakes, honey, jams, wine tasting and an Art Exhibition. Mother Nature's music by Robert Boyd, interludes by talented local musicians, Devonshire Teas and a sausage sizzle bigger and better than ever.

A new innovation at the fete this year will be wine tasting provided by several members of the Bickley Valley Wine Trail. We thank John and Rosemary Walsh and their fellow members for being with us this year.



Fun Rowing Regatta Sunday 9 November

Commencing at 8am, Canning Bridge. A great morning of family fun – rowing events – 4s and 8s over 500 metres. Bacon burgers, morning teas, bouncy castle, face painting. Nomination Forms available from Desarae 9489 7791.



National Volunteer Awards

Our entry based on the fantastic support that we receive from our volunteers has been short listed to a final 20 in the category of Health and Well Being. State winners will be announced in late October and for the first time this year a Peoples Choice award will be available.

If you would like to exercise your choice in our favour you can lodge your vote on our website by following the link. www.amandayoungfoundation.org.au

Remember voting closes 10th October. Thanks for your support.

Unsung Heroes Greta's Garden

Greta's Garden in Welshpool Road near Tonkin Highway has an amazing collection of Day Lilies. Greta is very generous in providing us with a supply of these delightful specimens and we thank her for her support of the foundation.

Highland Trek

Andrew Soley

During my recent working holiday in England, my Perth school friend and I decided to attempt the West Highland Way, a famous walking trail through the highlands of Scotland. The trail takes up about 1/5 of the area of Scotland, stretching 154kms from Glasgow to Fort William.



The decision was made over a few pints of Guinness, and we soon found ourselves fitted out with new walking boots and camping gear. With sponsorship from the Ship Inn, Guildford, where I was working, we flew from Stanstead to Glasgow to start our 5 day walking adventure.

The walk was all I had expected and more. Blistered feet, rain and fog, wet clothes and pack, and breathtaking scenery. We passed mountains, lochs, highland cattle and a mass of fellow trekkers, including a group from the USA who were raising money for meningococcal awareness in America.

We finished the walk in 5 days as estimated and managed to raise \$700 for the Amanda Young Foundation. I found the whole experience very rewarding and I am so happy to have been able to help such an important campaign while overseas.

Moulin Rouge Spectacular

On 5 April the Plaza Ballroom at Burswood International Resort was transformed in to a Montemartre Street Scene thanks to some imaginative decorations and theming provided by Corporate Theatre. Live artists, a tattooist, a fortune teller, can can dancers, calisthenics performers, belly dancers and Tod Johnston's Peace Love and all That Stuff provided a multitude of lively entertainment.

Hay Shed Hill Margaret River Wines helped to keep the evening bubbling along as 250 guests dressed to the theme

enjoyed an epic night of wining, dining and dancing.

Some wonderful auction items generously donated and bought by loyal supporters helped make the night a financial success.

Our thanks to the small, hard working committee for putting the night together, and special thanks to Michael Thomson Channel 9 for being a superb Master of Ceremonies.

15 May 2004 has been set aside for a spectacular Mardi Gras – Rio Style.

THE AMANDA YOUNG
FOUNDATION PRESENTS

Mardi Gras!

Saturday
15 May, 2004
1900 - 0030

Burswood Plaza Ballroom



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