

FOGS 
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QUEENSLANDER

MAGAZINE

Picture courtesy, News Queensland



READY FOR TAKE-OFF

Why Aidan Guerra and Generation Next won't be stopped



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A Message From THE EXECUTIVE CHAIRMAN

IT IS hard to believe we have reached the end of another year.

But as always, the Christmas break does allow us that small window where we can catch our breath, look back at what we have achieved over the past 12 months, and peer over the horizon at what the new year may bring.

Christmas is also a time of celebration – both for the things we have achieved, and the good fortune we are lucky enough to enjoy.

At the FOGS, we are celebrating another year of tremendous success and growth in 2013 that has helped us maintain the ideals set by our Founding Chairman Tosser Turner, and our Founding Ambassador Arthur Beetson is making a better life for all Queenslanders, and to make a positive change in the lives of Indigenous kids.

At the forefront of the FOGS work this year was our wonderful ARTIE Academy program, and our annual FOGS Indigenous Employment and Careers Expo series.

The Expos started from humble beginnings in Brisbane six years ago, and since then they have grown to the point now where in 2013, we visited seven regions around the state bringing together school-leavers and job-seekers with employers and educators.

As you can imagine, the sheer logistics of organizing these events take an incredible amount of hard work from all involved, and we should all be particularly proud of the amazing work of the FOGS staff in making the Expos such a success.

Because of their efforts, nearly 16,000 Queenslanders visited the FOGS Expos in 2013 – nearly 4000 of them at the final Expo in Brisbane alone, which is an incredible result.



As well, more than 300 leading employment, education and training providers this year used to the FOGS Expos to showcase the opportunities they had available, dealing directly and personally with the workforce's next generation.

But numbers are easy to wash over. It is the personal story, and putting a smiling face to those job opportunities that drive home the good work that the FOGS Expos are doing.

As always, in this edition of Queensland Magazine, we will visit some of the many success stories to have come out of the Expos.

These stories are not there as some sort of bragging or chest-beating. They are real stories about real people who lives have been changed for the better because of the hard work done by everyone at FOGS and our event partner the Department of Community Safety and event sponsor Construction Skills Queensland.

Similarly, tremendous strides continue to be made with our ARTIE (Achieving Results Through Indigenous Education) Academy.

This time of year is particularly pleasing, because it is when the students involved in the ARTIE Academy get to celebrate and enjoy the rewards for their hard work.

As you will read in this edition, the ARTIE Academy's success in improving education standards and attendance levels among Indigenous kids is as inspiring as it is impressive.

By reinforcing the need for importance of a good education, we are helping to change the course of young lives for the better.

These students in turn act as the inspiration for younger students, and they in turn for the next generation.

This is what we call the ripple effect, and you will read about that among other ARTIE Academy success stories inside this edition.

Of course a big part of the success that we have enjoyed with the FOGS Expos and the ARTIE Academy comes from the inspiration young Queenslanders draw from the example of their Origin heroes.

While attending an Expo or talking to students about staying in school may seem like a small gesture to you, we have seen time and time again what a difference it makes to these children who, just like us, hold the Queensland jersey and the values it represents so dearly.

My sincere thanks to all of the FOGS, and current NRL players, who have provided that spark of inspiration for these kids with their presence and leadership at the FOGS Expos and ARTIE Academy during the year.

An extra special thank you to our wonderful staff for working so hard to make the FOGS and what we do such a success.

The incredible efforts and the commitment of our ARTIE Academy team and the girls behind our FOGS Expos are what make these programs so successful.

I would also like to thank all of our board members for their guidance, and particularly John Ribot and Rod Morris for their ongoing support and knowledge.

I think both Tosser and Arthur would be very proud of the work we are doing, the example we are setting, and the leadership we are providing for all Queenslanders, but particularly those that most need our help.

To everyone – our members, staff, sponsors and supporters – my best wishes for Christmas and the new year, and I look forward to more highlights and milestones for 2014 and the years to come.

GENE MILES
Executive Chairman

Picture: Courtesy News Queensland

FOGS wish all our members, staff, sponsors and supporters all the very best for a wonderful Christmas and exciting New Year!



FROM THE COACH'S DESK

With Queensland coach Mal Meninga

THE CLOCK'S TICKING...

After eight straight series wins, Queensland's State of Origin team is not getting any younger. Maroons coach Mal Meninga explains why the time for some tough decisions is just around the corner.

IF YOU thought the Queensland selectors had a tough enough task picking the State of Origin team every year, things will not get any easier when it comes to picking the next Emerging Origin squad.

One of the truly great things out of the season just finished was how many young Queenslanders continue to develop and grow into Maroons of the future.

A handful of them have been lucky enough to continue their rugby league education at the Rugby League World Cup – either with Australia, or one of the other nations.

It is very pleasing to see that our future Maroons are developing so well because, if we're being honest, we are going to be calling on them to do a job for Queensland sooner rather than later.

There is no doubt that we are at the stage where we need to freshen things up, just to prevent things going stale.

A part of that will be a change to the staff. We are still working through all of that at the moment, but certainly we have been talking to Kevin Walters about coming on board.

He would be very well suited for the role and he understands Origin.

Another big factor is that he is "current" – as in he has been working in the NRL club system, and is up to date with all of the modern trends and techniques.

He understands the program that we have implemented because he was a part of the structure from the very beginning.

But there are other areas where we probably need to make some changes too. It will freshen the place up a bit, and is an important part of our progression.

An unavoidable part of that change will

be the need to look at the make-up of the team. It is an inescapable fact that our roster is getting older.

We have a number of guys in the team around that 30-years of age mark.

We have been very lucky with our senior players in that we haven't lost too many of them to serious injuries.

They have been a pretty resilient mob over the past few years, and they always seem to be available.

So that transition period is probably something that we need to manage intelligently, rather than just relying on fate to make decisions for us.



But the performance of the young players this season makes me think the time is right to start thinking about a changing of the guard if you will.

Simply put, their performances and their desperation to be a part of the Queensland team are becoming too difficult to overlook.

Based on Jake Friend's performances for the Roosters this year, I think it is obvious that he is one player that we need to get involved in the Origin system in some capacity very soon.

With Cameron Smith at the back end of his career, I think now is the time to start thinking seriously about grooming his successor, and certainly Jake showed everyone enough this year to suggest he is the right man to fill those sizeable boots.

Dane Gagai, Justin O'Neill, Will Chambers, Aiden Guerra are others who all had outstanding

seasons, and they will rightly be banging on the door for selection next season.

Brenton Lawrence was one of the buys of the season in my opinion, and he is another one that is right in the picture.

I am excited to see what Marty Kennedy and Ben Barba will be able to deliver for the Broncos next season. The same goes for Maurice Blair at the Titans.

Kyle Feldt (Cowboys) and Corey Oates (Broncos) handled their transition to first grade exceptionally well this year, and they are now on the radar as well.

Edrick Lee has just signed a new deal with Canberra, and looks a great prospect for us in the future.

Dylan Napa at the Roosters is another one on the horizon, Anthony Milford at Canberra, Tatau Moga, Korbin Sims... happily for Queensland, the list goes on and on.

Our team has enjoyed an incredible and unprecedented run of success over

the past eight Origin series, and the performances of the men who did the job for Queensland will not be forgotten.

Loyalty to those who serve our state is what the Maroon jersey is built on.

But there is no question we have some serious thinking to do in the lead-up to next year's series.

All of a sudden we have a lot of competition for just about every spot in the team, and that will only help us get stronger.

One of Queensland's traditional problems when it comes to Origin footy is that we have never had the depth to challenge that of NSW, or even New Zealand for that matter.

But while we don't have the numbers, I don't think anyone would argue with the quality of the kids coming through the system who will form the nucleus of the Queensland team for the next decade or more.





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A GAME OF HALVES



One of the most anticipated and keenly-fought battles in next year's NRL season will be the head-to-head showdown for the Queensland No.7 jersey.

IN ONE corner is the defending champ, Cooper Cronk: An undisputed playmaking heavyweight, a multiple grand final winner, established Origin and Test halfback, and reigning Dally M Medal holder for best player in the league.

In the other corner, is the challenger, Daly Cherry-Evans: An unbelievable prospect who seems to get better with every game he plays. He is the complete package and still only 24-years-of age. A premiership-winning halfback, with a Churchill Medal under his belt, he has forced his way into Origin and Test teams through sheer brilliance and the consistency of a champion.

And the winner is ... Queensland.

"It has been a really good period for Queensland – not just in the key positions, but across the park," says former Maroons and Test halfback Mark Murray.

"Over the years of Origin, when one state has been able to dominate the other, it has been because of the presence of the best players and the Australian Test players in those key areas.

"When Wally was at his best, Queensland dominated. Then when Laurie Daley, Andrew Johns and Brad Fittler were at their peak, NSW dominated us.

"We are a bit lucky at the moment that we not only have the best No.9, No.7 and No.6 running around at the moment, but probably also the second and third best in those positions as well."

The former Roosters and Storm NRL coach said Cherry-Evans ascension to the game's elite level in just a few seasons in the NRL had been astronomical.

"Daly has come on so well. The thing with Cameron Smith, Cooper Cronk and Cherry-Evans that play in those key positions is their temperament," he said.

"Daly obviously has terrific ability, but he also has a terrific temperament for the game. He never gets rushed, or flustered or over aggressive.

"The other two guys are the same. When it comes down to your No.9 and No.7, those players in the key decision-making roles, it is a great asset to have that even temperament where they don't rush themselves and create error.

"He has certainly matured in a key position.

"Cam is the same. He is now well advanced in his career, but Cam has been carrying that same temperament since he was 17 or 18."

But Murray warns about writing off the

elder Cronk just yet. While Cherry-Evans is still learning and refining his craft, Cronk is already the ultimate professional.

"Cooper is tremendously consistent, which is another hallmark of those three guys – and you could probably throw Billy Slater in to that mix as well. It is just so rare to see any of them play a bad game," he said.

"It comes down to professionalism. The game went pro in the late 90s, but these guys are the ultimate professionals in the way they prepare and manage to maintain that incredible consistency in their performances every week."

Murray said Queensland would be strong with either player at half, but said the blossoming of Cherry-Evans while Cronk was still at his peak was a great motivator for both players, and a perfect situation for the Maroons.

"His emergence is fairly timely in that Cam Smith, Cooper Cronk and Johnathan Thurston are probably in the last couple of years of their careers," he said.

"Ordinarily that would be a major concern for Queensland, but at the other end of the tunnel you have Cherry Evans just starting to light up.

"That transition will be perfect."



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CODY'S THE KING OF THE KIDS

FOGS Cup and FOGS Colts Challenge continue to be great breeding ground for Queensland's future.

THE FOGS' backing of grassroots footy through our ongoing sponsorship of the FOGS Colts and FOGS Cup continue to pay dividends for Queensland, with more future Maroons ready to make the leap from Intrust Super Cup to NRL clubs next season.

It is widely regarded as the premier supplier of talent to the NRL, and the strength of the Intrust Super Cup competition remains unquestioned after its best-and-fairest player and rookie of the year were both snapped up by NRL big guns Melbourne.

Always on the hunt for emerging talent, the Storm handed NRL contracts to 2013 ISC player of the year Cody Walker and boom rookie Cameron Munster, who will be part of Melbourne's full-time set-up next year.

Walker, 23, finished the 2013 season as the competition's leading pointscorer, with the classy five-eighth playing a key role in Easts Tigers' charge to the grand final.

Munster, meanwhile, caught the eye of Storm scouts with a sizzling debut year for Central Capras headlined by a remarkable solo try beating seven Burleigh defenders in a 75m burst.

The efforts of both are testament not only to their respective talents, but the ability of the ISC, the FOGS Cup and the FOGS Colts Challenge to cultivate the next generation of Queensland league stars.

Queensland Origin five-eighth legend Kevin Walters knows a quality playmaker when he sees one and he believes Walker can make an impact under the tutelage of Storm coach Craig Bellamy.

"Cody is a real talent," said Walters, who was Bellamy's assistant at Melbourne last season before returning to Brisbane for family reasons.

"Cody actually came down to Melbourne in pre-season and he hurt his shoulder doing some wrestling drills, so we didn't see a lot of him on the training field.

"But his attitude was good. There's no questioning his ability and he will be a good acquisition for the Storm.

"He will learn a lot from Cooper in the Melbourne system."

Easts Tigers coach Craig Ingebrigtsen has no doubt the Aboriginal match-winner has the skill-set to succeed at the Storm.

"He's NRL ready, I'm proud of him," Ingebrigtsen said.

"He's just a natural footballer, Cody is so instinctive. I coached Daly Cherry-Evans (Manly and Queensland playmaker) and Cody is very similar, he knows what he is going to do two plays before it happens.

"Cody will really respond under (coach) Craig Bellamy."

Munster is another ready for NRL stardom. The quick-stepping fullback was consistently brilliant for Central and jumped at a Storm deal after flying to Melbourne to have dinner with Bellamy and meet skipper Cameron Smith.

"It's not every day you get picked up by the Melbourne Storm. I'm just stoked to be getting the chance to train with guys like Cam Smith and Billy," said Munster.

"I can't wait to get to Melbourne. I remember having dinner with Craig Bellamy and thinking, 'is this really happening'."

"Winning the rookie award this year ... it just blew me away, it's been a thrill just playing in a competition like the Intrust Super Cup."

Typically, the ISC produced a blockbuster finale. Mackay Cutters clinched their maiden premiership with a

27-20 defeat of Walker's Tigers at North Ipswich Reserve in a pulsating affair befitting a grand final.

Like heavyweight boxers, the Tigers and Cutters went blow for blow before Mackay hooker Anthony Mitchell produced a dummy-half snipe 90 seconds from time to seal a famous victory.

It was nevertheless a memorable season for the Tigers, who stunned pundits by reaching the decider after upsetting minor premiers Northern Pride 29-16 in the major semi-final.

Easts' lower grades had more joy, with the Tigers overcoming Redcliffe 26-16 at Colts level before thumping Ipswich 40-18 in the FOGS Cup grand final.

FOGS Executive Chairman Gene Miles said the organisation was proud to be playing a hands-on role in the growth of league in the state, as well as the rapid development of our finest young footballing talent.

"Tosser Turner created the FOGS with the ideals of creating a better future for Queenslanders, and for rugby league in this state," Geno said.

"And while we are all justifiably proud of what our current crop of superstars have achieved and continue to achieve for Queensland, we should also be very excited about what the future holds with such exciting talent coming through in the next generation.

"Our sponsorship of the Queensland Rugby League through the FOGS Cup and the FOGS Colts Challenge allows us to contribute directly to the future development of the game, and these budding superstars who will become the household names of the future – and I think Tosser would be very happy with what he sees in the years ahead for Queensland."

How will Queensland's three NRL clubs shape up in 2014? We asked Gary Belcher to take a look at their chances.

THE arrival of Ben Barba at the Broncos seems like a match made in heaven for Brisbane, but it may have created more questions than it answered as Brisbane look to get back on track in 2014.

Barba is the biggest name in the annual off-season cattle trade, and there is no doubt that the attacking brilliance that took the former Bulldog all the way to the 2012 Dally M Medal will be a welcome addition at Red Hill.

But the first question is: Where does he play?

His best position is at fullback, but with Josh Hoffman already at the club and both Peter Wallace and Scott Prince leaving the club at the end of last season, there is a noticeable lack of quality in the halves Barba may be called upon to fill.

To get a gauge on how Queensland's three NRL clubs are shaping up for next year, we asked FOGS legend and Fox Sports commentator Gary Belcher to cast his eye over the Broncos, Titans and Cowboys and give us an idea of what 2014 might hold for the local boys.

NORTH QLD

I really hope that (new coach) Paul Green is the final piece of the puzzle that finally gets the Cowboys to click.

I have been, and still very much am, a fan of Neil Henry's, and I was terribly disappointed with the way his demise played out.

I hate players blaming coaches for not performing at their best, you just see it so often.

Whatever the circumstances you find yourself in, you still have to play well, and I think the Cowboys have been too ready to use that as an excuse.

So that is the big message for the Cowboys now: They have got the coach they want, there are no more excuses left.

In their favour is the fact they are a lot more settled with their six, seven and nine combinations.

They were caught out losing Aaron Payne and James Segeyaro at the end of last year, and they made a dud call with Scott Moore.



But now Ray Thompson looks like he has settled in well at hooker, and I think Robert Lui has been an excellent foil at halfback for Johnathan Thurston.

The biggest question for them I guess is life after Matty Bowen, because he will be a big loss for them. He has always been a big key to their success.

But I am a fan of Lachlan Coote, I think he is a super talented player and I think he will do a good job for them.

GOLD COAST

Aidan Sezer and Albert Kelly looked like they were going to carry the Titans into the top four at one stage of the season, and I think they potentially could be one of the best halves pairings in the comp.

They have a great forward pack, but I guess the question mark over them has always been their ability to finish off out wide, but Maurice Blair will add some class for them there.

Their outside backs seem to find their way, and I suspect Neil Henry will be of benefit for them their in building combinations.

If they can keep Jamal Idris on the field, that will help them enormously.

When they lost him to a broken leg in the game against Newcastle, it was quite

remarkable just how quickly they fell apart down that right side.

They had five or six tries put on them that afternoon and the team never recovered.

If they can have their best players on the park, I have no doubt that they are a top eight side. They have some wonderful leadership there in Myles and Bird. They are a quality team.

BRONCOS

There is a hell of a lot of pressure on Ben Barba to lift the Broncos, and I just worry what will happen if the Broncos do not hit the ground running next season.

The biggest questions marks over Brisbane are around their halves – who are they going to be, and are they going to be able to carry the Broncos through a season?

Without knowing who their halves are going to be, I think it is impossible to be confident about what Brisbane are going to do.

Will it be Ben Hunt? Will they run the risk of losing Barba's brilliance at fullback by playing him at five-eighth? Do they shift Justin Hodges in, and lose the potency of one of the best right centre in the game?

Do they try to make Josh Hoffman into a six? Are they betting on having Anthony Milford there in the halves?

There are just so many questions at the moment but not really any definitive answers.

If Brisbane can settle on a good halves combination, and that may be Hunt and Hodges, they are certainly capable of turning it around pretty quickly.

The pre-season trials will be so important for them just trying to get their combinations right.



BRONCOS

GAINS: Ben Barba (Bulldogs), Martin Kennedy (Roosters), Todd Lowrie (Warriors), Daniel Vidot (Dragons), Stewart Mills (Sharks), Marmin Barba (Titans) **LOSSES:** Scott Prince (retired), Peter Wallace (Panthers), Corey Norman (Eels), Luke Capewell (Panthers), Lama Tasi (Salford Red Devils), Delroy Berryman (Sea Eagles) **COACH:** Anthony Griffin

BULLDOGS

GAINS: Reni Maitua (Eels), Chase Stanley (Dragons), Pat O'Hanlon (Eels), Kayne Brennan (Dragons) **LOSSES:** Ben Barba (Broncos), Dene Halatau (Wests Tigers), Steve Turner (retired), Martin Taupau (Wests Tigers), Danny Galea (Widnes Vikings), Kris Keating (Hull Kingston Rovers), Paul Carter (Titans) **COACH:** Des Hasler

RAIDERS

GAINS: Lagi Setu (Storm) **LOSSES:** Blake Ferguson (released), Joel Thompson (Dragons), Shaun Berrigan (retired), Sam Williams (Dragons), Sandor Earl (ban pending), Michael Picker (retired), Jonathon Reuben (Roosters) **COACH:** Ricky Stuart

SHARKS

GAINS: Blake Ayshford (Wests Tigers), Matt Prior (Dragons) **LOSSES:** Jayson Bukuya (Warriors), Jon Green (retired), Tyrone Peachey (Panthers), Ben Ross (retired), Mark Taufua (retired), Chad Townsend (Warriors), Stewart Mills (Broncos), Ben Pomeroy (Catalans Dragons) **COACH:** Shane Flanagan

TITANS

GAINS: Maurice Blair (Storm), Kalifa Faifai Loa (Cowboys), Siuatonga Likiliki (Knights), Paul Carter (Bulldogs), Christian Hazard (Rabbitohs) **LOSSES:** Luke O'Dwyer (retired), Hymel Hunt (Storm), Marmin Barba (Broncos) **COACH:** John Cartwright

SEA EAGLES

GAINS: Cheyse Blair (Eels), Josh Starling (Rabbitohs), Delroy Berryman (Broncos), Jayden Hodges (Cowboys), Tyson Andrew (Mackay Cutters) **LOSSES:** Brent Kite (Panthers), George Rose (Storm), Joe Galuvao (retired) **COACH:** Geoff Toovey

STORM

GAINS: George Rose (Sea Eagles), Travis Robinson (Panthers), Cody Walker (Easts Tigers), Hymel Hunt (Titans), Felise Kaufusi (Cowboys)

AROUND THE GROUNDS

Who's going where in 2014

LOSSES: Gareth Widdop (Dragons), Maurice Blair (Titans), Jason Ryles (retired), Brett Finch (retired), Junior Sa'u (Salford Red Devils), Lagi Setu (Raiders) **COACH:** Craig Bellamy

KNIGHTS

GAINS: Russell Packer (Warriors), Clint Newton (Panthers), Michael Dobson (Hull Kingston Rovers) **LOSSES:** Danny Buderus (retired), Neville Costigan (Hull Kingston Rovers), Kevin Naiqama (Panthers), Peter Mata'utia (Dragons), Siuatonga Likiliki (Titans), Will Smith (Panthers) **COACH:** Wayne Bennett

WARRIORS

GAINS: Sam Tomkins (Wigan), Jayson Bukuya (Sharks), Chad Townsend (Sharks) **LOSSES:** Elijah Taylor (Panthers), Steve Rapira (Salford Red Devils), Russell Packer (Knights), Todd Lowrie (Broncos) **COACH:** Matt Elliott

COWBOYS

GAINS: Lachlan Coote (Panthers), Cameron King (Dragons), Hezron Murgha (Northern Pride) **LOSSES:** Matt Bowen (Wigan), Dallas Johnson (retired), Ashley Graham (retired), Jayden Hodges (Sea Eagles), Felise Kaufusi (Storm), Chris Greysmuhl (Rabbitohs), Kalifa Faifai Loa (Titans) **COACH:** Paul Green

EELS

GAINS: Will Hopoate (unattached), Lee Mossop (Wigan), Nathan Peats (Rabbitohs), Corey Norman (Broncos), Justin Hunt (Rabbitohs)

Brenden Santi (Wests Tigers) **LOSSES:** Reni Maitua (Bulldogs), Cheyse Blair (Sea Eagles), Jake Mullaney (Salford Red Devils), Pat O'Hanlon (Bulldogs) **COACH:** Brad Arthur

PANTHERS

GAINS: Peter Wallace (Broncos), Jamie Soward (London Broncos), Elijah Taylor (Warriors), Brent Kite (Sea Eagles), Kevin Naiqama (Knights), Tyrone Peachey (Sharks), Shaun Spence (Wests Tigers), Will Smith (Knights) **LOSSES:** Lachlan Coote (Cowboys), Luke Walsh (St Helens), Mose Masoe (St Helens), Clint Newton (Knights), Danny Galea (Widnes Vikings), Travis Robinson (Storm), Blake Austin (Wests Tigers) **COACH:** Ivan Cleary

RABBITOHS

GAINS: Joel Reddy (Wests Tigers), Chris Greysmuhl (Cowboys) **LOSSES:** Nathan Peats (Eels), Roy Asotasi (Warrington Wolves), Matt King (retired), Michael Crocker (retired), Andrew Everingham (Japanese rugby), Justin Hunt (Eels), Dylan Farrell (Dragons), Josh Starling (Sea Eagles), Christian Hazard (Titans) **COACH:** Michael Maguire

DRAGONS

GAINS: Gareth Widdop (Storm), Sam Williams (Raiders), Joel Thompson (Raiders), Mike Cooper (Warrington Wolves), Dylan Farrell (Rabbitohs), Josh Ailaomai (Roosters), Matt Groat (Wests Tigers), Peter Mata'utia (Knights) **LOSSES:** Jamie Soward (Panthers), Michael Weyman (Hull Kingston Rovers), Matt Cooper (retired), Nathan Fien (retired), Chase Stanley (Bulldogs), Cameron King (Cowboys), Matt Prior (Sharks), Kayne Brennan (Bulldogs), Jackson Hastings (Roosters), Daniel Vidot (Broncos) **COACH:** Steve Price

ROOSTERS

GAINS: Remi Casty (Catalan Dragons), Jackson Hastings (Dragons), Jonathon Reuben (Raiders) **LOSSES:** Josh Ailaomai (Dragons), Martin Kennedy (Broncos) **COACH:** Trent Robinson

TIGERS

GAINS: Pat Richards (Wigan Warriors), Dene Halatau (Bulldogs), Cory Paterson (Hull Kingston Rovers), Martin Taupau (Bulldogs), Blake Austin (Panthers), Keith Lulia (Bradford Bulls) **LOSSES:** Benji Marshall (rugby union), Blake Ayshford (Sharks), Lote Tuqiri (rugby union), Joel Reddy (Rabbitohs), Eddy Pettybourne (Wigan Warriors), Matt Groat (Dragons), Jacob Miller (Hull FC), Brenden Santi (Eels), Shaun Spence (Panthers) **COACH:** Mick Potter

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MARSDEN SHS STANDS UP TO THE CHALLENGE

A LITTLE competition can go a long way towards success, just ask students at Marsden State High School.

The Club 90 Challenge (90 per cent attendance challenge) for Term 3 has seen tremendous improvement in the numbers of successful students for 2013.

Marsden SHS has exceeded all expectations with amazing attendance result for its Aboriginal and Torres Strait Islander cohort during Term 3.

Incredibly, 93 out of the 103 students succeeded in passing the 90% attendance challenge set in the ARTIE Academy.

That gave Marsden SHS a total success percentage of 90.2% - the highest result ever achieved within the ARTIE Academy Challenges.

And the reason for the incredible success at Marsden can be traced to the introduction of a newly designed attendance system, which was introduced for Term 3.

Called the PODS system, it saw the school's Indigenous cohort divided into five teams – or pods – putting them into a head-to-head challenge with other teams in the chase for success.

Four seniors were put in charge of the pods, with the responsibility of supporting the students and driving them on to reach their goals – through positive encouragement and raising warning flags when a pod's performance meant they were in danger of not succeeding in the challenge.

The head-to-head challenge system, turning the traditional negative of peer pressure into a positive tool for reinforcement, saw competitiveness and team pride lift the students to new heights as they battled for each week's first-place ribbon and the chance to be on top at the end of the challenge.

Students were challenged to stay above the red line on their charts – that meant simply that individual students had to maintain a minimum of 90 per cent attendance during Term 3.



Those who succeeded in staying above the red line – no matter what team they were in – were rewarded with an invitation to the annual ARTIE Beetson Fun Day at White Water World on the Gold Coast.

As well as this reward, the students in the team with the highest percentage of success also received a watch in their team's colour.

Congratulations to Marsden SHS, and the staff and students who helped drive the challenges to be as successful as it was.

The FOGS ARTIE Beetson Fun Day is held every year to commemorate the memory of the great Arthur Beetson (FOG #1), and his contributions to Indigenous youth as well as celebrating the successes of the current generations of students that he helped inspire.

This year's event saw more than 600 students invited to the ARTIE Beetson Fun Day – a terrific result after a year of hard work, and worthy of celebration.

To launch Term 4, a number of former players – including Justin Hodges and Scott Prince – visited our ARTIE students to help them celebrate being a part of the academy, and prepare them for meeting the 90 per cent attendance challenge.

Both Justin and Scott were able to share stories of what school was like for them,

obstacles they have had to overcome in their lives so far, and also how and what they have learnt from those experiences.

The players were very candid and honest in opening up to the Aboriginal and Torres Strait Islander students.

The kids enjoyed their visit and contact with them, but most importantly the messages they were promoting about staying in school and creating opportunities for your future.

The reward for students who met the 90% attendance challenge in Term 4 is a "limited edition ARTIE Towel" that has been designed by well known Indigenous artist Miss Chern'ee Sutton.

Chern'ee is a contemporary Indigenous artist from the Kalkadoon people in Mt Isa.

Despite being only 16-years-old, she has two of her works hanging in Queensland's Parliament House, another in the State Library, one in the office of the Minister for Aboriginal and Torres Strait Islander and Multicultural Affairs, and another in the office of the former Deputy Prime Minister.

Chern'ee painted and donated the towel design to the ARTIE Academy as her way of showing her support for the students in the program.

Her FOGS design means "To excel all the time", and was dedicated to the bright young students who will through hard work become tomorrow's leaders in their chosen careers.

RESILIENCE BRINGS SUCCESS FOR THE RIPPLE EFFECT

FOLLOWING the leader sounds like a childhood playground game, but in all walks of life it can also be the inspiration for greater success and improvement.

Whether on the sporting field or in any walk of life, looking to those who have been successful in their field and trying to follow their path to glory is one of the best motivational drivers available for those who aspire to achieve in their chosen field.

And that is what the FOGS Ripple Effect is trying to achieve.

In conjunction with the ARTIE Academy, the FOGS Ripple Effect has a vision of seeing Indigenous people transition from school into work or further study and thereby acting as positive role models for younger academy participants and their community.

The program is designed to continue to use the skills gained in ARTIE out in the workforce.

So far, 70 students from around Queensland have signed up to be a part of The Ripple Effect.

As part of the program we meet with our students and formulate a plan for their future.

We work individually with the students to get them ready for the transition of being a student

through to being a part of the workforce.

We continue to work with our students, not only when they are looking for work, but also for the initial stages of their new career.

With a tough job market, particularly for young people, The Ripple Effects runs under the motto of "Success Through Resilience".

The Ripple Effect has students who are interested in getting their first start in a new career.

If you have any positions available within your organisation or would like to know more about The Ripple Effect, please contact FOGS through markl@fogs.com.au or 0408 774 546.



ARTIE REWARD CAMP PUTS SMILES ON A FEW DIALS

BEING an ARTIE Academy student is not all work and no play!

Between 18-21 October, more than 145 ARTIE Academy students from Central Queensland were invited to attend the special ARTIE Reward Camp on the Sunshine Coast to congratulate them on their hard work during the school year.

The students, who came from Rockhampton SHS, Mount Morgan SHS, Toolooa SHS and Gladstone SHS were selected after meeting the goals of either passing Maths and English, or achieving a "B" or higher in Effort and Behaviour in Maths and English.

Those lucky enough to attend were treated to an action-packed weekend, which began with a long day of travel – although the first leg was broken up with a stop for lunch at Sizzler in Bundaberg.

After arriving at the camp, the students had a fun night playing dodgeball and other sport games. The students from Mount Morgan SHS earned their rest that night – they didn't arrive until 11pm!

The action didn't stop on the Saturday, with the students treated to a trip to the Gold Coast for a visit to White Water World and Dreamworld, before returning to camp for movie night.

On Sunday morning, there were three groups of activities – basket weaving with traditional owner Bev Hand; an art workshop with an Indigenous artist; and an Indigenous dance and games workshop.

In the afternoon, the fun didn't stop, with giant inflatable games including Sumo suits, a bungee run, gladiator duel and bouncy boxing.

At night, the pace eased back a little, with the students treated to an inspirational talk from Thomas Draper, who shared his life journey with the students, and encouraged them to be the "rose that grew from concrete".

FOGS would like to congratulate all of the students at the ARTIE Reward Camp, and thank all of the teachers who came along to support the event.

GOODBYE AND GOOD LUCK ARTIE 2013 SENIORS!

THIS year we say goodbye and good luck to over 200 ARTIE students in Year 12 who have completed school and will now embark on the next phase of their life.

For many, this is an exciting time of exploration. Others have already begun to map out their path.

Congratulations to Jessie Wooderson from Bundamba State Secondary College who has been awarded a scholarship to attend Bond University, alongside fellow ARTIE Alumni Renee Cremer.

They have been great role models for all ARTIE students and their communities and we are so proud of them all during this momentous time of their lives.

We hope all ARTIE students will carry great memories from their time in the Academy, and remember the Aboriginal proverb: "We are all



visitors to this time, this place. We are just passing through. Our purpose is to observe, to learn, to grow, to love.... and then we return home".

Until we meet again – farewell and good luck!



FOGS EXPO TEAM CELEBRATES IN THE INNER-SANCTUM



THERE'S a lot to be said for the power of home ground advantage.

Coming together with your teammates after hard-fought victories to celebrate is what being a part of rugby league – and sport in general – is all about.

And it is also what helped to make the FOGS 2013 Brisbane Corporate Event, held on Wednesday 16th October at Suncorp Stadium, all the more special.

Just under 200 invited guests – made up of government and community leaders, as well as the organisations that would be exhibiting at the FOGS Expo the next day – came together for a special night to celebrate the sixth year of the Expos in Brisbane, and the wonderful relationship between FOGS and the stakeholders who have embraced and supported the concept over the years.

This was a night of celebration for this special team.

Fittingly, the night's theme was a rare

peak inside the realm of that other special team – the Queensland State of Origin squad.

Guests entered the function venue through Suncorp Stadium's home team dressing room – which was decked out to mirror the set up on Origin night.

This gave the guests a “money can't buy” experience, and a feel for what it must be like inside the Queensland team's inner sanctum.

To add to the big match atmosphere, guests were then able to walk out onto the hallowed turf of Suncorp Stadium, while around them the ground was filled with the sounds of past matches.

It is as close as all but the select few will get to running onto the ground in front of 52,000 fans in a Maroon jersey to take on New South Wales in Origin footy.

Adding further to the authenticity, several former greats were there to help celebrate the occasion, including Gene

Miles, Gary Belcher, Michael Hancock, Allan Langer, Wally Lewis, Colin Scott, Kerrod Walters, Scott Prince, Justin Hodges, Steve Price, Darren Lockyer, and Steve Walters.

And Steve Walters, in his role as Queensland team manager, also addressed the group with a rousing speech, with plenty of inside information and stories to make them feel like a part of “the family”.

Rounding out the celebration – and in keeping with the Origin tradition from the past eight years – guests were able to have their photo taken with the Origin shield, using Suncorp Stadium as the magnificent backdrop.

It was a unique opportunity and created memories that will last a lifetime – and the perfect way for FOGS to say thanks to our main backers and supporters for being a part of the team.



EXPOS GRAND FINALE GOES OFF WITH A BANG

LIKE a proper grand final, the Brisbane conclusion to this year's FOGS Indigenous Employment and Careers Expo series saved the best until last.

While we marvelled at the new heights reached on the footy field this year, the FOGS Expos also continued to get better and better in 2013.

In 2013, the Indigenous Employment and Career Series travelled to seven regions.

In the process, the Expos were visited by nearly 16,000 Queenslanders, with 309 prominent employment, education and training providers showcasing opportunities to make a difference to the lives of thousands of people across this great state.

The seventh and final Expo in Brisbane was again the jewel in the crown for the series, giving an incredible campaign a fitting send off for the year.

A total of 95 of the most prominent employers and training and education providers from around

Queensland and around the country were again involved to make the Expo an incredible success.

Among the leading companies showcasing their opportunities at the Brisbane Expo were event sponsor Construction Skills Queensland and event partner the Department of Community Safety.

Joining them were some of the giants of education and industry, including Qantas, Accor Hotels, Bechtel, Virgin Australia, Woolworths, Thiess, Wesfarmers Industrial and Safety, University of Queensland and Bond University.

Matching the commitment from our exhibitors was the enthusiasm of our attendees, with a record-breaking 3806 students and job seekers walking through the doors in the search of opportunities and the pathway to a better life.

FOGS Executive Chairman Gene Miles said the Expo series was a terrific example of what can be

achieved with Queenslanders working together.

“Over the past six years we have heard so many wonderful stories about the difference that the Expos have made to the lives of so many Queenslanders, so to see the series continue to grow and sign off with such a massive success in Brisbane was amazing to see,” Gene said.

“Of course, like anything, that success doesn't just happen. It has been created by the incredible hard work of our Expo team here at FOGS, and also the continued support of our corporate and Government partners who not only believe in what we are trying to achieve, but want to be actively involved in its future success.

“I'd like to thank everyone involved in the 2013 FOGS Indigenous Employment and Careers Expos series for their hard work and commitment in making this year such a wonderful success.”

OPPORTUNITY KNOCKS FOR SHONTARLIAH IN ROCKY

ROCKHAMPTON State High School Student Shontarliah Von Senden is an ARTIE Academy student involved in her school's Pricey's Pathway Program – putting her on the path to better academic performance.

But now, thanks to the power of the FOGS Indigenous Employment and Careers Expos, Shontarliah is on the pathway to a whole new career.

As part of the Pricey's Pathway Program, Shontarliah worked one-on-one with FOGS legend Steve Price, breaking down any issues at school, identifying areas to improve and setting goals.

By the end of the project it is hoped students have an understanding of career interests, pathways required for success, with a completed portfolio.

It was with this solid backing in her studies that Shontarliah attended the FOGS Indigenous Employment and Careers Expo, at the Rockhampton Showgrounds on August 14 – and walked away with her life heading in a brand new direction.

MEGT – a not for profit organisation that specialises in facilitating apprenticeships, traineeships and training – hosted a stand at the Expo, and was swamped by students from the area keen to find an opportunity.



As it turned out, Paul Guthrie from the Academy of Hospitality (a Registered Training Organisation) had been in contact with MEGT Australian Apprenticeships Centre seeking a school-based hospitality trainee for a vacancy at the CQ Leagues Club.

Kim Vincent, a local MEGT Consultant, knew the FOGS Indigenous Employment and Careers Expo would be the best bet in filling the request – giving her the chance to talk directly to a large number of enthusiastic students.

And when Shontarliah walked through the door, the young student knew she had

found the opportunity she was looking for – the chance to start her career while still in school.

“I explained that for a nationally recognised qualification in Certificate III in Hospitality, Shontarliah would need a current resume and went through the processes involved in Australian School-based Apprenticeships particular to Queensland,” Ms Vincent said.

“It was obvious Shontarliah was really keen about hospitality as a career because it did not take long for her to return with a resume and discuss the role further.”

Thanks to the door being opened for Shontarliah by the FOGS Indigenous Employment and Careers Expo, she is now completing her school-based traineeship in hospitality, and joining the growing list of young Queenslanders who have put themselves on a new direction to a better future.

Shontarliah's story is inspiring, but not unique – at each of the seven Expos every year, eager students and job seekers just like her are able to connect directly with regional, state and national companies and institutions offering employment, training and education opportunities to kick start their careers and begin fulfilling lives.

THE FAMILY THAT LEARNS TOGETHER, THRIVES TOGETHER

FOR Samantha Yowveh and her sisters, a better education and a right future with a promising career is something that runs in the family.

In 2012, Samantha Yowveh had discussed her interest in pursuing a career in education with her family.

When her sisters Shontelle and Jessica discovered the RATEP site at the FOGS Expo in August 2012, they collected information for her around the courses on offer.

RATEP is a community-based teacher education program that aims to increase the pool of registered Indigenous teachers in Queensland.

RATEP achieves this aim through the delivery of courses to Indigenous peoples living in their home communities and towns.

The program is a partnership between TNQ TAFE, James Cook University and Education Queensland.



GOOD LESSON: Sisters (from left) Samantha Yowveh with son Liam, Shontelle Rogers, and Jessica Gohdes with daughter Nyara.

RATEP has been in operation for more than 20 years and has seen graduates in Cert III, IV, Diploma, and Bachelor of Education – gaining employment in both public and private educational settings in rural and remote centres across Queensland.

Rockhampton RATEP has participated in the FOGS Expo for the past three years as a means

of promoting the program throughout the Indigenous community.

So when RATEP advertisements hit the local papers in November, Samantha, Shontelle and Jessica decided to apply – Shontelle for the Cert III in Education, Jessica and Samantha the Cert IV in Education.

The girls were actively encouraged by their mother, who works as a Teacher Aide in a Rockhampton school.

At the time of Queensland Magazine going to press, Jessica and Samantha are heading for an early and very successful completion of their Cert IV, and have applied for entry to the Diploma, with James Cook University and a Bachelor of Education on the horizon for 2015.

Shontelle is also looking to an early end to her first year Cert III, returning next year for completion. She is hoping to work with children with disabilities on finishing Year 12 in 2014.

Without the opportunity that FOGS offers as a means of promoting the educational opportunities offered by RATEP, the ladies may well have not had the chance to follow their chosen career pathways, in their home community, with the support that RATEP offers.

A full-page photograph of Justin Hodges, a Queensland rugby league player, in his maroon jersey. He is smiling and celebrating with his right arm raised high, showing a tattoo on his forearm. The background is a blurred stadium at night.

MAROON IS THE COLOUR OF MY MOTIVATION

Sometimes the biggest lessons are learnt in times of adversity. Just ask Justin Hodges.

MARK down Sunday, August 11 as the day that convinced Hodges to take nothing for granted in rugby league – least of all a Queensland jumper.

It was the afternoon that Hodges ruptured his Achilles tendon for a second time. Making a regulation hit-up against the Dragons, the Broncos ace went down as if hit by a sniper hiding in the Suncorp Stadium stands.

His season was gone. Suddenly, a career without State of Origin, without World Cup glory – indeed, a life without football – flashed before his eyes.

Just six weeks earlier, Hodges couldn't quite appreciate the gravity of what he might give up.

On the eve of the 2013 Origin decider, he dropped a bombshell with the assembled media at Camp Maroon in Coolumb, admitting he was having thoughts.

Retirement thoughts.

Thoughts of walking away from Queensland and Australia, meaning Origin III could represent his 18th and final game in a Maroons jumper.

But the Suncorp calamity changed everything.

As he punches away in a Brisbane boxing gym over the off-season, a compression boot protecting his recovering Achilles tendon, Hodges is fighting harder than ever to ensure he is picked for Queensland in 2014.

After all, there is a sweet carrot dangling before him.

With just two more games in Maroon, Hodges will receive the "Tosser" Turner Medal, a reward bestowed on Queensland players lucky and durable enough to play 20 Origin fixtures.

Now, more than ever, Hodges craves it.

"I'm definitely playing Origin next year," says Hodges, who is hopeful of being fit for the Broncos' season-opener next year.

"In my mind, I have set the goal of playing in the Anzac Test and playing for Queensland.

"I might not have enough game time to be picked for Queensland, but I have set myself that goal to get back.

"Having goals to achieve is something you need in sport and that will motivate me in my recovery.



"If I say now I won't play Origin again, when you have those bad days you don't have that goal to inspire you to get back on track.

"I'm hopeful I can get back into that Queensland side. I realise now that I don't want to give up that jersey."

Now 31, Hodges' desire is fuelled by the knowledge he has already endured a slew of missed opportunities on the Origin stage.

He made his debut way back in 2002, an inglorious entry that saw the youngster want to crawl into a hole after a risky in-goal pass backfired and resulted

in a NSW try.

Had he maintained his form and fitness, Hodges could have feasibly played 11 consecutive series, which equates to 33 Origin matches.

Instead, hampered by a series of leg injuries and his nightmare debut, the Broncos veteran has had three stints in the Queensland side.

He has tallied 18 games, well shy of contemporaries such as Darren Lockyer (36), Petero Cironiceva (33), Cameron Smith (30) and Johnathan Thurston (27).

For that reason, Hodges is refusing to let go. Every Queensland jumper could be his last.

His split-second breakdown at Suncorp is a lesson he now carries.

"I won't lie ... when I was laying there I was thinking this could be the last time I actually step foot on Suncorp as a player," Hodges recalls of his freak injury against the Dragons.

"As happens when you get a big injury, those bad thoughts go through your head, but once I had a shower and relaxed I knew what was in front of me.

"I have never shied away from working hard to come back from an injury.

"To be part of the Queensland team that won eight straight series this year was a massive achievement, a huge thrill for the boys, and that inspires me to come back and be the player that I was."

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Pink **\$39.95**

Zarinah Tolman

(Partner of Aiden Tolman)

wears Performance
tee in Duck Egg
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with Energise Training
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Vessa Rockliff

(Partner of Daly Cherry-Evans)

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NUMBER CRUNCHER

How Big Mal's influence helped shape rugby league's next big phenomenon – the upcoming Auckland Rugby League Nines.

MAL MENINGA clearly has the Midas touch. As if steering the Maroons to a record eight consecutive Origin titles isn't impressive enough, Meninga has emerged as a key figure in the NRL Nines extravaganza about to sweep the code.

On the weekend of February 15-16 in 2014, the NRL's 16 clubs will take over the city of Auckland for an inaugural nine-a-side tournament featuring \$2.6 million in prizemoney.

But without the private input of Meninga, the showpiece event, which will double as a vehicle to sell the NRL to rugby-mad Kiwi juniors, could have taken on a vastly different look.

NRL Nines tournament promoter Dean Lonergan credits Meninga for his conceptual nous.

The seeds for the tournament were first planted in 2011 when Lonergan, the former Kiwi Test forward, visited the Wests Tigers and saw a picture of Benji Marshall holding the World Sevens trophy the club won in 2004.

In that moment, Lonergan dreamed of reviving the defunct pre-season competition. Seven-a-side it would be.

As part of his due diligence, he consulted a number of trusted league identities headed by Meninga, whose recommendation gave Lonergan a fresh promotional weapon.

"It was Mal who suggested we use nine players, not seven," said Lonergan, whose entertainment company Duco Events is bankrolling the NRL Nines, which will deliver \$500,000 to the winning club.

"Two years ago, I was sitting in the Wests Tigers' office and I saw a photograph of Benji Marshall holding the sevens trophy (which the Tigers won in 2004).

"I was talking to Tim Sheens and I said to him wouldn't it be great if this tournament was reinvigorated in New Zealand.

"People love Sevens football, but when I spoke to some respected league people, it was Mal who convinced us to go with nine-a-side.

"I had an open mind and a blank canvas. Mal's theory was that nine-a-side would provide more authenticity and ensure a better contest between the backs and forwards.

"He made a good point that in Sevens, you only have a three-man scrum. With an extra two players, Mal argued you could have a five-man scrum, which then increases the value of a power forward.

"Plus, with nine men on the field, there is no guarantee you will score on every set, which can happen in Sevens.

"When a football legend of Mal's stature makes a suggestion like that, you take it on board and listen."

Newcastle and ex-NSW enforcer Willie Mason, who waged many battles with the Maroons at Origin level, backed Meninga's vision for a nine-a-side tournament.

"I think Nines can be better than Sevens," he said.

"We usually play fitness games at training and it's nine-on-nine.

"A lot of the trainers won't want us playing nines, they would rather flog us on the training paddock. But it will be good to use the ball and even though it's going to be quick, you will still have that physicality with an extra two players.

"You will see a lot of the bigger guys showcasing their skills because the NRL at the moment is so methodical and structured.

"You can't do the things in the NRL that you used to do 10 years ago.

"A lot of the forwards are too scared because the coaches will be right into them, so it will be exciting to use some skills in the Nines."



RUB OF THE

The Cowboys will be hoping fortune continues to favour their new coach Paul Green.

COWBOYS fans must have been rejoicing when it was announced that Paul Green was the club's new head coach.

After all, premierships have made a habit of following the former Queensland State of Origin half around over the past few seasons.

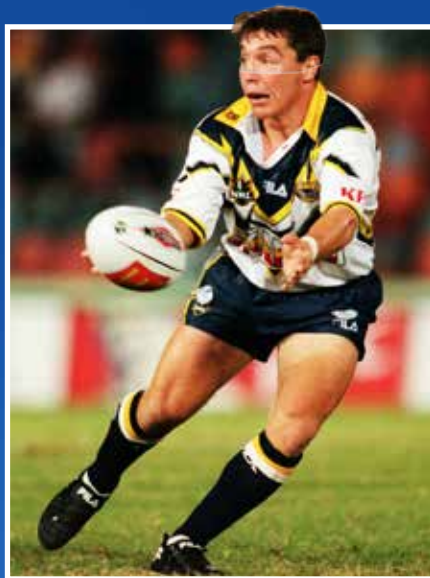
Back to back premierships as coach of Wynnum Manly in the Intrust Super Cup in 2011 and 2012, and then backing it up this year with an NRL title as assistant coach of the Sydney Roosters, Green has been a lucky charm for footy clubs in the past few seasons.

Fitting then that he should be handed his NRL first grade coaching spurs at the Cowboys, because North Queensland – for nearly 20 years the sleeping giant of the competition – are due for a change of luck.

Booted out of the finals in successive seasons by ridiculously poor refereeing decisions, the Cowboys are crying out for – if you will pardon the pun – the rub of the green to go their way in 2014.

But the fact that North Queensland remains the source of such frustration among footy fans, because of their unfulfilled potential, is a problem of their own making.

Notoriously slow starts to the season and inconsistency in their performances belie the talent in their playing roster – headed by Maroons stars Johnathan



because I am working with some of the best players in the game," Green told *Queenslander Magazine*.

"When you look at our playing roster, I don't think anyone would argue that it is among one of the best playing lists in the NRL.

"We know that with the players we have at our disposal, we will go into every game we play knowing we are a good chance of winning it.

Having said that, the roster has been in pretty good shape for the past couple of years, but I think everyone who was involved at the Cowboys during that time probably considers it a time of missed opportunity.

Thurston, Brent Tate and Matt Scott, as well as Australian Test prop James Tamou.

It is the conundrum that ultimately cost Neil Henry his job.

Enter Green, who is being looked to as the man who may finally unlock the riddle of the NRL's most enigmatic teams.

But if the rookie coach is feeling the pressure of being in charge of turning around the fortunes of the game's biggest underachievers, he is doing a good job of hiding it.

"It excites me to be honest,



GREEN



"Before every season, there has always been a lot of talk about how good the Cowboys' playing roster has been and what they should be doing, and I don't think that has helped the players at all.

"I can't comment on what happened before I got here, but to be a top four team or to win a comp, there is a lot of hard work involved and you need a lot of things to go right for you.

"This will be a new experience for me, being the head coach of a club at NRL level. But I guess the main thing for me in the early stages is making sure that no one gets ahead of themselves."

Despite being a part of three premierships in the past three seasons as he completed his coaching apprenticeship, Green said it was the tough times in his early days at Wynnum that helped to shape

him as a coach as much as the successes.

"I wouldn't say the grand finals have become a habit – I have been a bit lucky there I think," he said. "It has been a terrific past couple of seasons for me, the challenge now is to keep the roll going with the Cowboys.

"Obviously it is great fun to win competitions – it is the reason we all get involved in football.

"But certainly I think from my own personal development it has been very beneficial as well, because you get a good feel for what works and what doesn't.

"Just at Wynnum alone, you could not have had two more contrasting seasons.

"The first year we actually lost our first seven games of the year, and we were running last halfway through the season.

"You know, that presents some fairly unique challenges in the way that you look at yourself and how you prepare a team.

"You learn more about yourself in those situations than you do when your team is winning. Times like that is when you really find out about your coaching and what you believe in.

"So to come from that position, and then come through to win the grand final in 2011, it was just an amazing experience.

"The following season, we led the competition for a lot of the year – it was us and Redcliffe who were the favourites for most of the season. So to be able to handle those pressures and expectations and still be able to win the comp was a terrific achievement.

"And then to be able to go down to the Roosters and work alongside Trent Robinson, and see how he handles different situations and the performance of the team was a really good learning curve for me."

It seems like the kind of schizophrenic coaching career perfectly suited to getting the best out of the Cowboys – whose on-field personality disorder sees them swing from breathtakingly brilliant one week, to frustratingly out of kilter the next.

But at the centre of Green's plans and the Cowboys' ambitions sits a rare gem in the shape of Johnathan Thurston, a modern master who will once again largely carry the fortunes of the club – and his rookie coach – on his shoulders.

"Johnathan is such a great player," Green said. "Any team he plays in – the Cowboys, Queensland, Australia – he is at the centre of.

"I am really looking forward to working with him and I am sure he will teach me plenty of things as well."





HANNAY HAPPY WITH HIS ORIGIN HAUL

JOSH HANNAY

FOG No: 139

Clubs: North Qld, Cronulla, Celtic Crusaders

Queensland:

2 games (2003, 2006)

JOSH Hannay may not boast the Origin pedigree of Wally Lewis or Darren Lockyer, but there is no doubt he possessed the Midas touch.

The former Cowboys centre played just two Origin matches, but both ended in triumph and were watershed moments in Queensland's interstate renaissance.

He was thrust into the Origin cauldron for the dead-rubber of 2003, when Queensland wiped the slate clean after another series defeat that paved the way for a new wave of talent.

Aside from Hannay, the Maroons handed debuts to Cameron Smith and Michael Crocker, with the trio playing key roles in Queensland's 36-6 thumping of the Blues.

Hannay wasn't seen again in Maroon for three years, only to answer an SOS from coach Mal Meninga when star centre Justin Hodges broke down on the eve of the fateful 2006 decider.

The Maroons clinched a dramatic series victory in the dying moments when Lockyer swooped on a loose Brett Hodgson pass.

Queensland haven't lost a series since, winning a record eight straight under Meninga, and Hannay will always cherish his small but important contribution to the Maroon juggernaut.

"It was a great opportunity to wear the Maroon jersey and the couple of games I was involved in were great experiences," he said.

"The first game I was involved in equalled the record winning-margin against the Blues, and then Game 3 in 2006 ... I didn't realise what it was going to lead to.

"I didn't play as many games as some, but I will always cherish the opportunity to represent the state.



"With the Locky try (in 2006) ... it was like time stood still, but Locky kept playing on.

"That's the player he is, he anticipated the sloppy pass and he was there on the spot to pick up the scraps.

"We couldn't believe it. Typical of Locky, he reacted best and it was pretty surreal. We came from nowhere to win the game and it was great to celebrate."

For Hannay, who played 150 NRL games for the Cowboys and was a member of their losing 2005 grand-final outfit, it helped ease the pain of his poor 2006 club season.

The goalkicking centre was briefly dropped from the top grade, but produced his best game of the season when it mattered most to clinch an Origin call-up.

"In 2006, I was lucky to play Origin," he recalls.

"I was languishing in lower grades at the Cowboys. My season was going nowhere that year and it was a real battle.

"The club game leading into the Origin decider, we played St George Illawarra at Wollongong.

"Funnily enough, I produced my best game of the year against Matt Cooper and Mark Gasnier and to play well against those guys who were NSW centres, that pencilled me in for the decider.

"To think I could be part of that game, it was the silver lining to what was a disappointing year for me."

Hannay, who later had stints with Cronulla (2007) and Welsh side Celtic Crusaders (2008-09), says the Origin experience tested every fibre of his athletic ability.

"It was unbelievably quick in terms of the speed, intensity and ferocity of the game," he said.

"You look around and there are no weak links and nowhere to hide. It is full-on and it's unrelenting. It was an intimidating but wonderful experience at the same time.

"Sometimes I get a bit embarrassed being a FOG. I look at the true greats like Allan Langer, Meninga and Lewis and I don't feel I deserve to be in the same company.

"But it's a great organisation, and I'm always happy to help out."

Hannay's life has taken a surprise turn. Still just 33, he will coach Souths Logan in the Intrust Super Cup next year after cutting his teeth with bush side Moranbah, and is keen to succeed in the role.

"I am genuine in my desire to be a good coach, and see where it takes me," he said.

"In my later years as a player, I enjoyed looking at where we could expose opponents.

"I am under no illusions how tough the road is. I don't see this as a hobby, I want to work hard and learn and become the best coach I can be at Souths Logan.

"It will be stressful no doubt.

"I will be happy for my hair to go grey. I don't want to lose it, but I don't mind if it goes grey."



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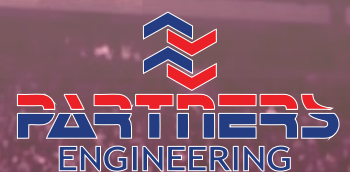


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MEMORY LANE WHAT WAS MAKING NEWS IN LEAGUE IN 1984

WAYNE OFF THE HOOK

BOB Kellaway's elevation to the Queensland State of Origin reserves bench yesterday saved Souths' coach Wayne Bennett from having to make another difficult selection decision.

Bennett had bracketed Kellaway, Mark Meskell and Gary Greinke as his front rowers for today's Winfield Cup match against Valleys at Lang Park, and had not been looking forward to leaving one of them out.

Bennett has been forced to make several difficult decisions in recent weeks – notably when he relegated backrowers Ash Lumby, Scott Tronc and Lloyd Clarke last week to clear the way for the return of skipper Bruce Astill, top lock Bob Lindner and Test centre Mal Meninga.

"I never enjoy having to choose between players, and Bob's inclusion in the Queensland team has eased the pressure on me," Bennett said yesterday. "I am also delighted for Bob because he has worked so hard to get back in the representative teams this year."

The loss of Meninga, Lindner and Kellaway to the Origin team has caused a reshuffle of the Magpies team.

Astill moves back to the centres to partner Wayne Halverson and Peter Jackson shifts to the wing.

Valleys have struck a horror patch with injuries.



Coach Ross Strudwick has been forced to make several changes, although the Diehards forward pack is basically intact and their key halves, Ross Henrick and Grant Rix, will still be there.

Neither team impressed last week when Valleys were soundly beaten by Redcliffe and Souths scrambled their way to a 20-all draw with bottom side Norths, so both coaches will be hoping for improved performances today.

Strudwick is looking forward to next week's "bye" to give a few of the Diehards' injured players a chance to regain fitness.

The Woolies Trophy final between Wynnum-Manly and Souths will be played next Sunday and all other first grades sides will have a bye.

"The bye could not come at a better time for us – it will give us a chance to regroup and possibly get some of our walking wounded back on the field," Strudwick said.

Top goalkicker Warren Green will replace Brett French in the Wynnum-Manly side to play Wests at Kougari Oval today after the young centre was called into the Queensland team yesterday once clubmate Gene Miles had officially been ruled out.

Green played very well in the centres when used there earlier this year and his selection there is just another example of Wynnum's great depth this year.

Wests already have one win over the Seagulls under their belt this year and are in the position of having to win today to stay in the semi-final race, so coach Greg Oliphant is sure to have the Panthers fired up for a big effort.

The game with the greatest bearing on the semi-final race today will be at Corbett Park where premiers Easts take on Brothers.

The winner will still be strongly in contention for a finals berth while the loser will be faced with almost certain elimination.

Brothers (12) are three points behind fourth-placed Redcliffe with Easts another point back, so neither can afford to let Redcliffe move further ahead.

Redcliffe, seemingly back on the rails with big wins over Wests and Valleys in the last two matches, will not take Norths lightly at Dolphin Oval.

The Devils might not have won a premiership game this season, but last week's big effort against Souths showed there is fight left in the Bishop Park crew.

Redcliffe have three players – winger John Ribot, halfback Mark Murray and second rower Wally Fullerton Smith – away on State of Origin duties (Bryan Neibling was, but has been ruled not fit) so this could be Norths' chance to break through for a win.

BY BARRY DICK

“If there's one key to success
it's joining a team that's winning”

- DARREN LOCKYER

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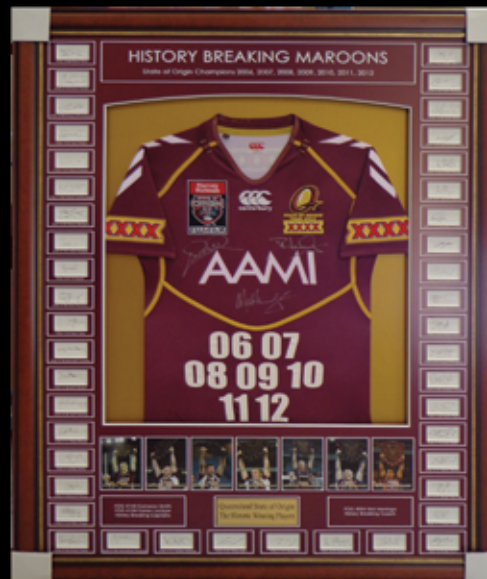
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A FAREWELL TO [TUCKSHOP] ARMS

BINGO wings. Tuckshop arms. Call them what you like, flabby arms aren't the most appealing things in the world to look at.

A lot of people wish they could get rid of their bingo wings. But you don't need any magic potion – just a bit of commitment and hard work.

As with any part of your body that starts to get a bit wobbly, a large portion of it comes down to what your putting in your mouth.

If you're eating rubbish and the body is not burning off the excess fats and sugars you are putting in, then the body will simply store it away for later use, and tuck it away somewhere out of the way like the back of your arms.

So as with anything, if you want to see a change, you have to change what you're doing, and that means showing a bit of discipline.

At night in front of the telly, if you want something to nibble on, go for some carrot or celery sticks instead of the Tim-Tams.

But let's look at repairing the damage. It's just a matter of getting some exercise into your arms and replacing that flab with lean muscle.

We will be looking to work the muscles at the front and back of the arm – the biceps and triceps.

First of all, if you have access to some light dumbbells at home, there are a number of exercises you can do. Aim to do three sets of 10 reps.

DUMBBELL CURL

Stand with your feet shoulder width apart. With a dumbbell in each hand by your side with your palms facing out, slowly bend your arm to bring your weight up to the shoulder. Then back down again, and alternate the arms.

CHAIR DIPS

Get one of your dining chairs, and sit on the edge with your feet together. Put your hands either side of your thighs, then move



**GET BACK
IN SHAPE WITH
GILLY**

your bum forward to miss the edge of the seat. Lower yourself down to the floor until your arms are at 90 degrees, then straighten your arms to get back to the start position.

PULL OVERS

Lying on the floor, hold your dumbbells in both hands above you over your chest. Lower the weights behind your head with your arms straight, and then bring them back again.

TRICEP EXTENSIONS

Standing with your arm straight above

your head, bend your elbow and slowly bring the weight down to the middle of your back behind your head. The top half of your arm should still be straight. Straighten the arm to take the weight back up again. Alternate your arms.

ARNIES

Sitting with a straight back in your chair, hold your weights at chin level, with your elbows in and palls towards you. Slowly extend your arms above your head, while at the same time twisting your arms so your palms face outwards. Reverse this on the way down to return to the starting position.

These are just some starting points, you can easily go online to find a heap of arm workouts to see what is best for you.

If you don't have access to dumbbells at your house, don't worry, there are still plenty of things you can do.

Like I said before, the most important things about toning muscles and losing body fat is to be careful about what you are putting in. The second most important thing is to concentrate on what you are putting out.

Simply put, the only way to lose weight is to burn more energy than you are putting in.

You don't have to be running marathons every day, but a bit of gentle exercise like a brisk walk every day will help burn off those calories quickly.

We can also add a bit of a weights routine to your daily walk as well.

When you pass a park bench on your walk, stop and use the seat to do three sets of dips, like we did with the dining chair above.

The next bench you come to, change over to push-ups.

You can alternate your exercises each time, and that will help add a bit of variety to your walk as well.



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