

# Activity Vibe



Activity Vibe is a monthly activity sheet available online at [vibe.com.au](http://vibe.com.au) for use in classrooms, homework centres and at home.

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Pick up a copy of this month's *Deadly Vibe* magazine, the special 'Beautiful People' edition, and complete the following activities.



**READING**

## Lending a helping hand

World champion Catherine Freeman is still striving to make a difference.

A list of Australia's most beautiful Indigenous people would be incomplete without Miss Catherine Freeman. Her accomplishments are innumerable, her energy is boundless, and her face epitomises the beauty, power and strength of Indigenous Australia.

"Beauty itself is hard to define," Cathy admits. "It comes from within – it's kindness, compassion, selflessness and humility. And I think we all possess these qualities to some degree."

Cathy was recently overseas, working as an ambassador for asthma research and for the London 2012 Olympic bid, as well as representing Australian Olympic athletes for Samsung.

Part of this role entails following the Olympic torch across the globe, and this gave Cathy the opportunity to accept the torch as it arrived in Sydney last month.

*'Beauty comes from within – it's kindness and compassion, selflessness and humility'*

"It was a really powerful experience to be part of the merging of Australia with Greece and the rest of the world," says Cathy.

"To tell the truth, I was nearly in tears. In 2000, I was this steely champion, but this time I was so

emotional."

Cathy is also a patron of the Australian charities Inspire and Cottage by the Sea, for which she continues to volunteer her time whenever she is in Australia.

"Just recently I was at the Indigenous Youth Health Centre in Woolloongabba [in Brisbane], where Inspire has launched one of their Beanbag Net Centres, which is an initiative that provides marginalised kids with internet access, training and computer skills," she says.

During the Athens Olympics, Cathy will be providing commentary on several athletic events for Channel Seven; she also hopes to be a mentor to Australian athletes in the village.

"I'd like to be able to offer them



*Beautiful People*  
Catherine Freeman

support," she says, "even if it's just someone to talk to."

So what next for Cathy Freeman? That remains to be seen, but one thing is certain – whatever this inspiring young woman puts her mind to, it's bound to be a triumph.



*Beautiful People*  
Nathan Blacklock

Nathan Blacklock might have moved to the big smoke – but he hasn't forgotten where he comes from.

## Splashing for Tingha

It doesn't matter how famous a person becomes – it's always important to remember where you come from. And St George hero Nathan Blacklock is one celebrity who has never had a problem with 'keeping it real'.

Even though Nathan needed to relocate to Sydney in order to pursue his dream of a football career, his home of Tingha in the northern tablelands of NSW has never been far from his heart.

Back in Tingha, where much of Nathan's family still lives, he is a popular role model for all of the town's youth – both black and white. And as his success on the footy field has continued to grow, Nathan has made a point of giving back to his community. Just one of the ways he has done this is by establishing the Nathan Blacklock Youth Trust, which has devoted itself to raising funds so that a public swimming pool can be built in his home town.



*Beautiful People*  
Chasing rainbows  
Ernie Dingo

TV presenter Ernie Dingo is helping young people to follow their dreams.

Born on a cattle station in Western Australia – delivered by his own grandmother, no less – Ernie Dingo has become something of a household name.

A Yamiitji man from freshwater country, Ernie first came to prominence in Bruce Beresford's *The Fringe Dwellers*.

Since then he has been involved in film, television, dance and theatre, appearing in everything from *Dead Heart* to *Blue Heelers*.

"I broke all the rules of Aboriginal protection to get to where I am," says Ernie. "I left behind my family – my support network – to chase a dream.

That's me, always chasing rainbows."

Voted National Aborigine of the Year in 1994, the man with the cheeky grin and Akubra hat is now the face of the popular Channel 7 lifestyle program, *The Great Outdoors*.

Ernie is also a patron of the West Australian Youth On Health Festival, or YOHeFest, in which school students write, choreograph and perform a play or dance based on a health issue.

"It's incredible, the amount of potential these kids have," he enthuses. "But I have to brace myself when I head up there – as soon as I arrive I'm 20-deep in kids, and boy do they love to tease you!"



# COMPREHENSION

★ Underline the correct answer.

In which film or television program did Ernie Dingo come to prominence?

Crocodile Dundee II

Dead Heart

The Fringe Dwellers

Blue Heelers

★ How is Nathan Blacklock 'giving back' to his community?

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★ What four words does Catherine Freeman use to describe beauty?

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★ In the following sentence, what does 'big smoke' refer to?

Footy hero Nathan Blacklock might have moved to the big smoke – but he hasn't forgotten where he comes from.

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★ Answer true (T) or false (F) to the following statement.

Ernie Dingo was voted a National Living Treasure in 1997. \_\_\_\_\_



# ANTONYMS

**Antonyms are words that have opposite meanings. eg: down is the antonym for up.**

★ Rearrange the jumbled word to make a word of opposite meaning - an antonym. The first one has been done for you.

little (igb) big \_\_\_\_\_

always (vneer) \_\_\_\_\_

nothing (einyvrteh) \_\_\_\_\_

complete (cpnmteeiol) \_\_\_\_\_

fat (hnit) \_\_\_\_\_

old (ongyu) \_\_\_\_\_

# ★ SYNONYMS

**Synonyms are words that have a similar meaning. eg: small is a synonym for little.**

★ Find synonyms from the text for the following words. The first one has been done for you.

- assisting                                      helping\_\_\_\_\_
- attempting                                      \_\_\_\_\_
- resides    \_\_\_\_\_
- endless    \_\_\_\_\_
- smile     \_\_\_\_\_
- relocated                                         \_\_\_\_\_

# ★ COMMON NOUNS

**Common nouns are the names of things you can see, hear, taste, smell or touch. eg. magazine, football, table, telephone**

★ Find five common nouns in each of the three articles and write them in the space provided.



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## PROPER NOUNS

**Proper nouns are words used to name particular people, places and things. eg: Uncle Tony, Sunday, Parramatta, Uluru**

★ Underline all proper nouns in the following sentences.

Back in Tingha, where much of Nathan’s family still lives, he is a popular role model for all of the town’s youth – both black and white.

A Yamitji man from freshwater country, Ernie first came to prominence in Bruce Beresford’s *The Fringe Dwellers*, a powerful film that explores the life of Aboriginals on the “fringe” of white society.

A list of Australia’s most beautiful Indigenous people would be incomplete without Miss Catherine Freeman.



## ABSTRACT NOUNS

**Abstract nouns are words that describe things that you cannot see, hear, taste, smell or touch. eg. beauty, anger, excitement, health**

★ Circle any abstract nouns in the following sentences.

“It was a really powerful experience to be part of the merging of Australia with Greece and the rest of the world,” says Cathy.

TV presenter Ernie Dingo is helping young people to follow their dreams.

Her face epitomises the beauty, power and strength of Indigenous Australia.



## DISCUSSION

**TOPIC:** WHAT MAKES A PERSON BEAUTIFUL?

★ In groups, discuss the above topic. Appoint one member of the group as leader, another as a recorder and another to report the findings to the class. Remember, there are no right or wrong answers, as what one person may find beautiful, another may not.

Discuss factors such as personal qualities, looks and mannerisms.

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