

NEWSLETTER

June 2016

From the Desk of the
Chief Executive Officer

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Technical Memo's

- ♦ Nil



Coming up

- ♦ Queens Birthday Weekend
- ♦ MNZ Annual Meeting
- ♦ Association Annual Meeting
- ♦ Technical Release



**SPORT
NEW ZEALAND**

MARCHING NEW ZEALAND

SKELLERUP MARCHING TEAMS 50TH REUNION



time and would like to attend
details can be found on the
facebook page



"Skellerup Marching"

Alternatively please email
skellerupmarching@gmail.com for a Registration Form.

The Skellerup Marching Teams
are having a celebration on
Saturday 22nd October 2016
(Labour Weekend) to mark "50
Years of Skellerup Marching".

If you have been involved with
Skellerup Teams during this



NEW TEAMS – NEW TEAMS – NEW TEAMS

Has your Association 'heard' about a new team in the area?
Has someone 'seen' a face book comment about a new team forming? Yes, the signs are out there of new teams for the new season BUT Association Secretaries and Committee Members must be alert to these opportunities that arise and MUST ensure all 'interest' is followed through. Every Association Committee will be proactive planning strategies and initiatives to form new Teams and existing Clubs and Teams can assist by being proactive too. Where will the Under 12 Team get its new marchers? Where will the Senior Team get those two more marchers to march a full squad? Where will the Team find marchers ready and skilled in marching techniques, drills and jargon... from feeder teams – Introductory Grade marchers progressing to Under 12 and Under 16 marchers moving to the Senior squad. Every Team can help the Association form new Teams by forming a 'feeder Team' to provide the necessary 'feeding' of marchers upwards.

KIDS CORNER

Marching Molly



Hi Everyone,
No marching fun to tell you all about but I am enjoying playing netball. My Team is called Mystics Blue and we have won 2 games and lost 2 games, we lost one game by 3 goals but we lost the other game by 11 goals. That Team was really good and it had my friend Jazz from marching in it. She played WA but I didn't have to mark her because I played C that day. It was fun catching up with Jazz after netball but we both miss not going to marching. Hopefully soon we will have another get-together just for some fun. When I went to swim school I got a real surprise to find that Lauren, Abbey and Skye from my marching team were there too. We have fun but not as much fun as we do at marching. I hope marching can start soon.
Molly

MARCHING WORDFIND

S	T	R
E	D	E
I	N	P

ANSWER NEXT MONTH
ANSWER LAST MONTH –FIVEBEATS

.To everyone having birthdays in June



SHARED SUBSCRIPTION

Effective next season 2016-2017 an incentive to 'introduce a friend' to marching. To encourage not only new membership but also retention where an existing Marching NZ member introduces someone new in to the Sport of Marching, and that that person is a full paying member, that Marching NZ, through the Association Registrars, refund 50% of their Marching NZ subscription in the following year. This is to be conditional upon both the existing and new member renewing after one year. A full paying member is represented by way of an individual registration other than as an Associate Member, and the 50% discount is to apply to the type of membership paid in year one. A members discount is limited to 50% only regardless of the number of new members introduced.



**SPORT
NEW ZEALAND**

*Marching New Zealand is very grateful to
SPORT NEW ZEALAND
for their continued investment in our sport*

WHAT IS BULLYING ?

It's easy to assume everyone knows what bullying is. But often the term bullying is used to describe other aggressive behaviour. This can make it hard for schools to consistently identify and deal with bullying when it happens.

Most widely-accepted definitions of bullying are based on four elements: bullying is deliberate, harmful, involves a power imbalance, and has an element of repetition.



Having a shared understanding of bullying is important so that everyone – students, teachers, school leaders, whānau and wider community can consistently recognise and deal with bullying when it happens.

For more information and tools go to
www.bullyingfree.nz

"Lexophile" is a word used to describe those that have a love for words, such as

- When fish are in schools, they sometimes take debate..
- A thief who stole a calendar got twelve months..
- When the smog lifts in Los Angeles U.C.L.A.
- The batteries were given out free of charge..
- A dentist and a manicurist married. They fought tooth and nail..
- A will is a dead giveaway..
- With her marriage she got a new name and a dress
- A boiled egg is hard to beat..
- When you've seen one shopping centre you've seen a mall ...
- Police were summoned to a daycare centre where a three-year-old was resisting a rest..
- Did you hear about the fellow whose entire left side was cut off? He's all right now ...
- A bicycle can't stand alone; it's just two tired.....
- When a clock is hungry it goes back four seconds..
- The guy who fell onto an upholstery machine is now fully recovered....
- He had a photographic memory which was never developed.....
- When she saw her first strands of grey hair she thought she'd dye.....
- Acupuncture is a jab well done, that's the point of it
- Those who get too big for their pants will be totally exposed in the end....
- You can tune a piano, but you can't tuna fish
- To write with a broken pencil is pointless



THANK YOU

to all our volunteers

HEALTH TIP

A close-up look at how eating the right food can help your body last month we looked at EYES, this month BONES and BRAIN

BONES

The adult human skeleton contains 206 bones and more than half of these are found in our hands and feet. We hear a lot about getting enough calcium and Vitamin D for bone health but there are many other nutrients that can help our bones. The mineral boron may enhance calcium absorption, dietary sources of boron include raw avocado, peanut butter and nuts.

60% of the body's magnesium is found in our bones and it appears that magnesium enhances bone quality. Good sources of magnesium include leafy green vegetables, potatoes, nuts, seeds and whole grains,

Vitamin K helps specific bone strengthening enzymes function optimally. Spinach, broccoli, brussel sprouts and cabbage are a good dietary source of this vitamin. In fact it has been reported recently that women who consume a serving (one cup raw or half cup cooked spinach) daily have reduced risk of hip fracture due to improved bone density. It is important to note that Vitamin A plays a role in bone growth, but excessive amounts can increase the breakdown of bone and interfere with Vitamin D absorption

BRAIN

Brain cells require chemicals called neurotransmitters for communication. Neurotransmitters are made from protein building blocks called amino acids, and vitamins and minerals help in the conversion of amino acids into neurotransmitters. There are 3 major neurotransmitters

1. Acetylcholine is involved with the voluntary movement of muscles, memory and behaviour
2. Dopamine is involved in attention, learning, emotional arousal and movement
3. Serotonin is involved in appetite, sleep and mood.

Foods rich in the three major neurotransmitters can truly be called brain food.

1. Acetylcholine rich foods include - egg yolk, peanuts wheat germ, meat, fish, cheese, milk and brassica's (broccoli, cauliflower and cabbage)
2. Dopamine rich foods include - all protein foods – meat, fish, dairy products, legumes, nuts and soy
3. Serotonin rich foods include - carbohydrate based foods – grains, cereals, fruit and vegetables. Carbohydrate enhances the absorption of an amino acid (tryptophan) which is then converted into serotonin. Eating carbohydrates will leave you feeling calm and relaxed.

The brain is approximately 60% fat, and omega-3 fatty acids are essential for its optimum functioning. Eating plenty of oily fish such as anchovies, salmon, sardines and mackerel will boost the omega-3 your brain gets. Flax seeds also contain omega-3.



TECHNICAL CORNER



Email - Nil

New Zealand Coach Magazine

Read online at

www.sportnz.org.nz/get-into-sport/coaching-guide

JUDGES TRAINING KIT

a new resource for judges contains DVD's and a folder of judging sheets. Both new and experienced judges will benefit and should contact their Chief Judge for more information.



OCTOBER WORKSHOPS

Judges

15th October 2016 in Christchurch
(will be held in conjunction with a Competition Day - venue to be confirmed)

Chief Judge

Coaching Co-ordinators

16th October 2016 in Christchurch.
(venue to be confirmed)

Technical Drills will be released on 1st July



COACHING as a career

Some frequently asked questions

- Who do I contact to become a Coach?
- How old do I have to be before I can become a Coach?
- Can a Marcher be a Coach too?
- Can I Coach beside an experienced Coach first?
- If I am a Judge can I also be a Coach?
- Who do I contact to do the accreditation exam?
- How can I up-skill and update my current accreditation?
- I have Coaching Level One is there Level Two?
- Can you tell me what coaching courses or workshops are coming up this year?
- I am interested in furthering my coaching accreditation; can you suggest any courses or ongoing education that I could undertake?
- When and where do I do the accreditation course?
- Does the Regional Sports Trust have courses for coaching?
- Can I start coaching before doing accreditation courses?
- How much does it cost to become a coach?
- Is there a Coaching Manual?



For the answers – contact the Association Coaching Co-ordinator or any Team coach in your area

JUDGING as a career

Some frequently asked questions ...

- Who do I contact to become a Judge?
- How old do I have to be before I can judge?
- Can I still be a Marcher and a Judge at the same time?
- Can I be a Judge for my Association only?
- How much does it cost to become a Judge?
- Do I need to buy a Judges Uniform?
- Where can I get a uniform from?
- Who do I contact to do the accreditation exam?
- When and where are the accreditation exam?
- How can I update my current accreditation?
- I am interested in furthering my judging accreditation; can you suggest any courses or ongoing education that I could undertake?
- Can you tell me what judging courses or workshops are coming up this year?
- Is there a Judges Manual?



For the answers – contact the Association Chief Judge or any member of the local Judging Panel



ASSOCIATION NOTES.....

The 7 Pillars of Inclusion

1. ACCESS

How do people get to your venue and get in? Is it accessible to people with a disability? Is it safe to walk to and from your club and venue? What about public transport? Are fixtures held on a day religiously significant for the largest ethnic group in your community? Are people able to find out about your club and what it offers? Do they have access to the right information in their language or in a format they can understand?

2. ATTITUDE

How do you feel about inclusion? Is your club ready to welcome people with disability or those from a different cultural background? Your answer is probably 'yes' but the truth is that most people's good intentions don't often translate into action. If they did, the statistics would look very different. Modifying policy, practices, processes and activities to become truly inclusive may seem like a huge task but it doesn't have to be. Why not tackle inclusion in stages? Talk about it, gather ideas and run an event that targets a particular population group in your community, e.g. young children with disability or new migrants from Sudan. You can learn a lot from one event and it may not be as hard as you think.

3. CHOICE

Lack of choice is often given as a reason for non-participation, especially for people with disability. Some simple adaptations to equipment, rules or policies may open up choices for a marginalised group of people. So, what's the best way to create more choice for more people? Talk to the people who want to be involved. They can tell you what services they are after, what prevents them from being involved and what needs to be changed.

4. PARTNERSHIPS

You don't need to tackle inclusion on your own. There will be other organisations in your community who share your inclusion goals and will work collaboratively with your club to achieve a common objective. They may be private corporations, not-for-profits, public agencies or government departments. Sharing resources, experience, data and information will benefit all partners. Remember though that successful partnerships must be open, honest and respectful and communication is paramount.

5. COMMUNICATION

Does your communication reflect your commitment to inclusion? Look for opportunities to let people know

that your club is inclusive. Think about where people from different ethnic groups gather in your community. What about people with disability? Is there a place where your flyers or advertising will have the greatest impact? Use a variety of mediums and channels to communicate your message. Your message may need to be translated into another language to have maximum impact. Make sure your social media and your website reflect your commitment to inclusion. What about the way you communicate? Use simple, direct language and avoid stereotypes. Your club's culture of inclusion should be obvious for all to see.

6. POLICY

Getting the policy right is perhaps the first thing your club should do when aiming to move to a more inclusive framework. Good policy offers clear direction and guidelines for everyone involved in the sport and it will help to set realistic and consistent goals and objectives. Your club policy should reflect the rules and processes of the relevant government agencies as well as those of your governing sport. Often, in the process of discussing and developing policy, clubs are able to really examine issues and devise effective solutions.

7. OPPORTUNITIES

So, why do we need to bother at all with inclusion? We are all products of our environments and communities (good and bad) and sport plays such an important role in our culture. Participation in sport has so much value beyond the sport itself. Sport helps us to be healthy, make friends and learn new skills. But it also assists in the growth and development of communities. These types of opportunities should be available to all people, regardless of their cultural background, their level of ability, their gender, religion or sexuality

Copied from the Play by the Rules website...
www.playbytherules.net.au

NEW CONTACT ADDRESS

**Marching Nelson
Secretary**
Ms Nerolie Eyles-Clements
5 Matai Street,
STOKE 7011

POSTAGE



Is going up on 1st July.
purchase stamps now to beat
the increase



Blast from the Past

QUICKSTEP September 1957

Conference was best for many years....The twelfth Annual General Meeting of the New Zealand Marching Association, held in Wellington last month, was easily one of the best Conferences for several years. Under the dignified and impartial leadership of President W.D. Smith the Conference sailed through three days of debate without an acrimonious word, all Delegates showing a spirit of harmony and co-operation that has not been so conspicuous for a long time at such meetings. There were differences of opinion and there were criticisms, but all the talk was of a constructive and friendly nature; as a result Delegates dispersed with a new feeling of confidence and hope for the future. The Conference showed the futility of attempting to lay down a rigid programme for the next year's Delegates. Last year it was decided to change from a two-day to a three-day meeting, and to introduce this year the system referring the remits to specialist committees which would deal with them and refer them back for approval or rejection by the whole Conference. But this year's Delegates did not want this: they preferred to deal in full Conference with all the remits, as they came; but to meet the wishes of last year's Delegates they solemnly declared themselves General Committee for 'general' remits and a Technical Committee for 'technical' remits, then formally resolved themselves into Open Conference and confirmed everything they had done in Committee - everyone was satisfied. Two features of the Conference were addresses given by Mr Arthur Harper, Secretary of Internal Affairs who is a Life Member of NMZA and Lieutenant-Colonel George O'Leary, a former National President. Each stressed the need for Marching administrators and participants to look at the sport from the national and not the sectional view-point if continued progress was to be made.

*Kids that learn how to confront
adversity in sports will develop a
sense of self-discipline and pride in
their work which will only help them
take their skills to the next level*

Volunteer for May

*Many, many thanks to the Members of the
MNZ Board who put in many hours of
volunteer time to govern the Sport*

President
John Lloyd

Director of Finance
Craig Rhodes

Board Members
**Karen Bedingfield, Marie Brown
Shona French, David Miller**

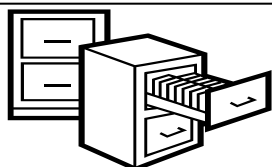
FOUND

Can we get them returned to the rightful owner,
email ceo@marching.co.nz if you can help.



Attitude is the **building block**
of an endeavour. We either present
ourselves with a **can do attitude** or
the opposite

MNZ ANNUAL MEETING



71st ANNUAL MEETING to be held at the **BRENTWOOD HOTEL, WELLINGTON** Saturday/Sunday 25/26 June 2015

The Annual Meeting will commence at 1.30pm on Saturday 25th and conclude 3pm Sunday 26th June.

NOTICE OF MOTIONS-REMITTS

3 remits presented to change Constitution
1 remit presented to change Policies
17 remits presented to change Rules of Participation

ITEMS FOR GENERAL BUSINESS

12 topics for General Business discussion

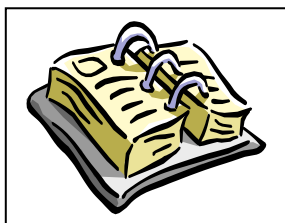
NOMINATIONS FOR BOARD

1 nomination for Board Member (Mrs Shona French)

REGISTRATIONS

48 people have registered attendance

Calender of Events



June		
25/26	MNZ Annual Meeting	Wellington
July		
4	Otago Annual Meeting	Dunedin
6	Southland Annual Meeting	Invercargill
25	Canterbury Annual Meeting	Christchurch
August		
5/6	MNZ Board Meeting	Wellington
5/6	TWP Meeting	Wellington

BOARD APPOINTMENTS

At the May Board Meeting the following appointments were made (effective 1st July 2016)

Technical Manager – Barbara Newman (Canterbury)
Director of Coaching – Colleen Brooking (Wellington)
Director of Judging – Jan Hoad (Otago)
Judging Accreditor - Sherryn Palmer (Canterbury)
Trophy Custodian - Sherryn Wells (Auckland)
Publications/Merchandise Co –Diane Burton (Canterbury)

MAY BOARD MEETING in brief

- The Board Meeting was a two-day meeting held on 6th & 7th May at the Brentwood Hotel, Wellington with the TWP in attendance
- TWP input to cost savings –would not like less meeting time, there is great value in the Director of Coaching and Director of Judging attending Island Championships and would not like a change to this, no videos at NZ Championships – 2015 the exception which was undertaken to create the Judges Training Kit and they are very comfortable in the Suite for meetings
- Level Two accreditation awaiting Sport NZ obligations to meet
- New season release material on track for 1st July
- NZ Championships areas of concern to be addressed to improve
- Planning underway for Chief Judge/ Coaching Co-ordinator Workshop + Judges Practical Day to be held in Christchurch in October
- There were no recommendations from the TWP for approval
- Membership statistics down a little on last year (approx 50 members) and Team numbers down 4 on last year 77.
- Some Associations have not reported any Life Members, School/Community participants or Volunteers.
- A small group of younger members be invited to a meeting in October 2016 for the purpose of debating opportunity for CHANGES in the Sport that will enable Membership Growth
- Board Member Marie Brown to present updated paper on Coaching to August Board Meeting
- No changes be made to ROP MG1 – Marching grades – Competitive.
- An on-line survey (using Survey Monkey) to see if there is general support for a name change to more accurately reflect the ages of marchers in U12 and U16.
- The Balanced Scorecard ratings reviewed - Coaching Accreditation, Judge Training and Assn's with operating surpluses areas of concern

NATIONAL VOLUNTEER AWARENESS WEEK

19-25 June 2016



THANKS VOLUNTEERS – THANKS VOLUNTEERS