

# NEWSLETTER

APRIL 2009

From the Desk of the  
Chief Executive Officer

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## Technical Memo's

- ◆ Change contact details
- ◆ Combined Workshops



## Coming up

- ◆ Easter
- ◆ ANZAC DAY
- ◆ MNZ Annual Meeting
- ◆ Association Annual Meetings
- ◆ Workshops



Kiwi Jump & Jive

# MARCHING

NEW ZEALAND

## A BIG THANK YOU

to **MARCHING MARLBOROUGH**, host Association of the NZ Championships. Everyone had a fun time, met old friends and made new friends

## CONGRATULATIONS



A full list of results from the NZ Marching Championships, Under 12, Under 16, Senior & Masters Grades held at Lansdowne Park, Blenheim are on the web-site [www.marching.co.nz](http://www.marching.co.nz)

## KIDS CORNER

A message from

*Marching Molly*



**Did you all enjoy the NZ Champs in Blenheim? I was so disappointed that I could not get their. My Mum said "No, you cannot go with all those spots on you". Yes, I have had the chicken pox and been covered in spots, and they were so itchy at times. All gone now, except one that I scratched too much on my ankle and it has left a mark. Mum did say "don't scratch them". Everyone I have talked too said they had an awesome time and had lots of fun, especially at the Disco Party after the champs on Sunday. We have had our last march for the season and are now taking a break. I really wanted to keep going to practise because we have such fun at practise and play some great games as well. But our Coach said 'time out for a little while' so I think that means we will get together again real soon. I hope my team is like the Glennette Team and have a netball team in the local competition - that sounds like such fun.**

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Some facts about – **COMMUNICATION TECHNOLOGY**

Did you write a letter today, make a phone call or send someone a message by e-mail? All these are different ways of communication with people. Modern technology lets us communicate at very high speeds across the world – by telephone, radio, television or the internet.

In remote parts of Australia, the only way to communicate is by radio. Some children do their school work by talking to their teacher over a two-way radio.

With the help of mobile phones, people can keep in touch with each other wherever they are. These phones are small enough to fit in your pocket – or even in the palm of your hand.

Did you know there are more telephones than people in the city of Washington, DC capital of the USA?

When you telephone someone in a distant country, the signal from your call is beamed up to a satellite above Earth. The satellite then sends the signal through space, back down to Earth and into the other person's phone.

One of the longest phone calls ever recorded lasted for 550hours – nearly a whole month.

The first telephone was made in 1876 by a Scottish-born inventor called Alexander Graham Bell.

## Random Rules - Constitution and Rules of Participation

### **RULE 4.6 MEMBERS**

Any member may resign by notifying the Association Secretary in writing, stating the date on which such resignation is effective. The Association shall notify the Board of such resignation, without delay.

### **RULE 5.3 BOARD**

5.3.1. Members of Marching New Zealand (except Individual – Associate members) are eligible for election to a position on the Board.

5.3.2 At the Annual Meeting, members of the Board retiring in accordance with clause 5.3.3 and 5.3.4 shall be eligible upon nomination for re-election.

5.3.3 Commencing with the Annual Meeting in year 2007, two (2) of the existing Board Members (together with any replacement Board Member) shall retire by rotation at each Annual Meeting and shall be eligible for re-election. Election shall be for a period of two (2) years.

5.3.4 Commencing with the Annual Meeting in year 2008, the President shall retire after three consecutive years in office, but shall be eligible for re-election.

### **RULE 7.1 POLICIES/RULES PARTICIPATION**

The Annual Meeting may, following the submission of an appropriate remit by the Board or an Association by the prior 30 April (if submitted by an Association, must be accompanied with advice as to the date that the remit was passed by resolution of the Association Committee), by a minimum two thirds majority of those voting, make, amend or repeal Policies and/or Rules of Participation, not inconsistent with these Rules, for the internal management of Marching New Zealand, and any Policy and/or Rule of Participation may be set aside by an Annual or Special Meeting.

### **RULE 9.1 ALTERATIONS OF CONSTITUTION**

Subject to the provisions of the Incorporated Societies Act 1908, these Rules may be amended, rescinded or added to by a special resolution, following the submission of an appropriate notice of motion by the Board or an Association by the prior 30 April (if submitted by an Association, must be accompanied with advice as to the date that the notice of motion was passed by resolution of the Association Committee), by a minimum two thirds majority of those voting at an Annual Meeting.

### **A7.4 BOARD APPOINTMENTS**

Any Member may apply in writing for any one of the positions; such application to be presented to the Chief Executive Officer by 10 May, in respect of the appointments which come into effect the following 1 July.

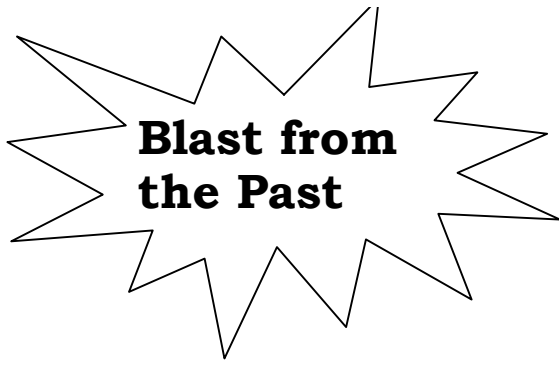
### **A10.1 ANNUAL MEETING**

The Chief Executive Officer, in providing Associations, Life Members and members of the Board with the Notice of Annual Meeting, will request that Associations nominating in respect of the Board ensure that a precis of a person's marching and employment/business achievements in respect to their nominee is made available by the closing date of such nominations.

### **NZC2 DATES**

The New Zealand Championships will be held encompassing part or all of the second or third complete weekend in March, unless determined otherwise by the Board





## Blast from the Past

### April

- 1952 Blair Athol leave on a trip to Britain via Sydney, Australia
- 1952 Registration under the Copyright Act of the official badge of the NZ Marching Association
- 1953 NZ Champion Team Grenadiers from Whangarei visit Australia and compete at the Australian Championships in Singleton, New South Wales.
- 1953 Auckland Championships were held in conjunction with the Auckland Easter Show.
- 1955 A new Association was formed at Eastbourne (Wellington Centre)
- 1979 Introductory Grade introduced in the 1979-1980 season for a trial period. Designed specifically to cater for new instructors, but it will also, probably, encourage larger numbers of marchers to participate in the sport
- 1979 Kilmarnoch Midgets attend the Australian Nationals in Perth

### HEALTH TIP

#### Getting your head around exercise for weight loss

Things to keep in mind when getting going

- It works – when combined with healthy eating, exercise ensures you're more likely to lose weight and keep it off. Exercise also improves energy levels, appetite control, and can save your life.
- It gets easier – realise that the first step is the hardest. If you stick with it, it does become enjoyable
- Small steps – take the first step and make it simple. Even if it's a 5 minute walk, you've started.
- Don't lose hope – remember to expect plateaus where it will be harder to drop weight. Varying your exercise will help it pass.
- It's supposed to be enjoyable – experiment and find a form of physical activity you enjoy, and you're most likely to stick to it.
- Look for ways to be active – watch for opportunities to be more active during your day. Park the car further away, take the stairs or get off the bus earlier
- Show others the way – don't complain about exercise. Remind your kids and grandchildren what a great gift it is.

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## 2011 NZ CHAMPIONSHIPS

Associations are invited to make application to host the 2011 NZ Marching Championships as outlined in ROP NZC1-2

All applications are to reach the CEO no later than 1<sup>st</sup> May 2009 for consideration at the Board meeting on 23/24May.

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### MARCHING MARLBOROUGH

Still hold a few NZ CHAMPIONSHIPS souvenirs

Pens @ \$2.00

Key Rings @ \$3.00

Calendars @ \$12.00

Coffee Mugs @ \$6.00

Lanyards @ \$1.00

Contact Marching Marlborough at

[Marlborough@marching.co.nz](mailto:Marlborough@marching.co.nz)

## Congratulations to our NZ CHAMPION TEAMS

Under 12

### BG HUSSARS

(Technical and Display)

Under 16

### GLENNETTE

(Technical and Display)

Senior

### ESPRIT

(Technical)

&

### XCESS

(Display)

Masters

### KINLOCH

(Technical)

&

### INVERNESS

(Display)

Gala

### PIONEERS OF CANTERBURY

## BOARD APPOINTMENTS

As per ROP A7.4, applications in writing close with the CEO on 10<sup>th</sup> May for the following Board Appointments.

Technical Manager  
Director of Coaching  
Director of Judging  
Coaching Accreditation Presenter  
Judging Accreditor  
Marketing Co-ordinator  
Trophy Custodian  
Publications & Merchandising Co-ordinator

All applications will be considered at the Board Meeting on the 24<sup>th</sup> May 2009. Term of appointment is for 12 months effective 1 July 2009.



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Some tips from within the **CHAPERONS KIT**

### Have Plenty to Drink –

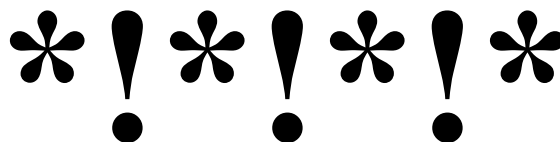
- ❖ Children need plenty of water to keep their bodies working. They need to drink more when they are active and when it is hot.
- ❖ Children need small drinks often. Keep offering drinks as children forget to drink when they are busy and can become dehydrated.
- ❖ Water is best – it's cheap and easy to get. Keep a jug of cold water in the fridge
- ❖ Milk is good for children because it is highly nutritious. Serve milk after or between meals
- ❖ Fruit drinks and juice are high in sugar. Almost fill a glass with water and then add a little juice. Serve with lots of ice. Limit to meal times only because sugar present can cause tooth decay
- ❖ Tannin in tea and coffee prevent children getting the iron they need from food
- ❖ Avoid 'smart' drinks and drinks containing guarana (a form of caffeine)
- ❖ Soft drinks are high in sugar and sometimes contain caffeine. Use as treats only

To everyone having a birthday in April



**HaPPy BiRThdAy**

## Bright Idea



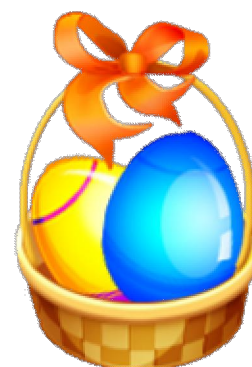
Turn your clocks back one hour this Sunday, daylight saving ends at 2am April 5<sup>th</sup>

## OUT 'n ABOUT

Has 'Marching' been Out 'n About in your region, it has in

**Hawke's Bay** when teams took part in the Opening of the Opera House over the weekend 25/26 March by giving a combined display.

*Take charge of your attitude – don't let someone else choose it for you*



**Happy Easter Everyone,** and have a great month

*Diane Gardiner*