

NEWSLETTER

FEBRUARY 2009

From the Desk of the
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Technical Memo's

- ◆ Nil



Coming up

- ◆ Waitangi Day
- ◆ Valentines Day
- ◆ Association Championships
- ◆ NZ Championships



Kiwi Jump & Jive

MARCHING NEW ZEALAND

HEALTH TIP

Super, superfoods! – If you were to look up ‘superfood’ in the dictionary, you’d be hard pressed to find a definition. Mainly because it’s one of those new words that has just arrived on the scene that more and more people are using to help them achieve good health

Superfoods are here to stay for everyday well being and longevity. According to the experts, dozens of ‘superfoods’ can help stave off common conditions, support healthy cholesterol, blood pressure and more

They also have instant effects like uplifting your mood, getting a restful night’s sleep and maintaining your weight. Incorporating ‘superfoods’ into your diet is easier than you think, and best of all, most can be taken on a daily basis.

A quick A-Z of ‘superfoods’

- **Apples:** Packed with antioxidants, apples can keep your digestive system in good nick
- **Bananas:** One medium sized banana daily can help balance blood sugar levels.
- **Bee pollen:** It is packed rich in proteins, free amino acids, vitamins, including B-complex and folic acid. It is one of nature’s most complete nourishing foods.
- **Blueberries:** Brimming with antioxidants, they can support brain function, mental clarity, focus and a healthy heart.
- **Dark chocolate:** Perhaps the most unexpected ‘superfood’ of them all. Bars containing 60% or more dark chocolate can help normal blood pressure.
- **Garlic:** Helps with healthy cholesterol and normal blood pressure.
- **Olive oil:** The secret of the Mediterranean for longevity. Olive oil can help maintain the balance of good cholesterol and is also rich in antioxidants.
- **Spirulina:** The powerhouse of natural proteins and vitamins, a glass of Spirulina will give your energy levels a long-lasting boost! It is a nutritious, concentrated whole food. Making it an ideal food supplement for people of all ages.
- **Salmon:** Packed with omega-3 oils for a healthy heart. Also has calcium, magnesium, protein and B-vitamins for everyday wellbeing (or other oily fish equivalent).
- **Tomatoes:** Contains lycopene, which is great for the body’s immune defences. It can also support prostate health.
- **Tea (black or green):** Crammed with antioxidants for heart health. It can also help with staying mentally alert

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**The best vitamin for making friends – B1**

## KIDS CORNER

A message from

*Marching Molly*



I have been back to school and have a new teacher. Her name is Ms Smith and she likes mountain biking, playing netball, writing short stories, travelling and Chinese food. I think she will be a real cool teacher. I am in room 14 this year. It has been great catching up with my school friends again and what they have been doing over the holidays.

We have started back at marching practise but it has been so hot we can only practise for a short while then have a rest. Our practises are at the school so we are able to have a swim in the school pool afterwards which is neat and really good after a good practise. On Wednesday our Coach and Chaperones even had a swim with us. We have been doing a lot of display practise. I think the display is the best part because we get to choose some of the music.

I hope you have fun at your practise like I do

.....

Some facts about the – **WEATHER**

Weather varies with the seasons. These happen as the Earth circles the Sun. One full circle takes a year. The Earth is tilted, so the poles get closer to the Sun at different times. In June, the North Pole leans towards the Sun, making it summer in northern areas.

Sun, wind and water combine to produce our weather. The sun's heat makes water from the sea evaporate (turns it into tiny droplets). These droplets rise and form clouds in the cooler upper atmosphere, Clouds are carried by the wind and deposit rain over the land.

Clouds and storms gathering above the Earth can be seen clearly from space. Satellites photograph them and send radio messages back to Earth. The movement of the storms and clouds allows scientists to predict (guess) what the weather will be like.

Clouds form at different heights, and in different types of weather. These things affect their appearance. Generally, the thin, wispy clouds are high up. Heavy-looking rain clouds are normally nearer the ground.

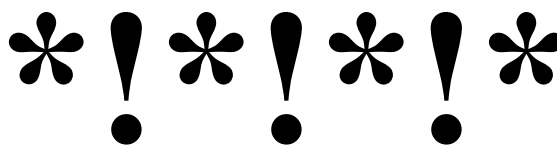
Stratus clouds can bring drizzle. Cumulus clouds bring rain. Cumulonimbus clouds give heavy showers of rain or storms. Cirrus clouds are very high up. Contrails are white streaks created by aircraft.

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To everyone having a birthday in February



HaPPy BiRThdAy

Bright Idea

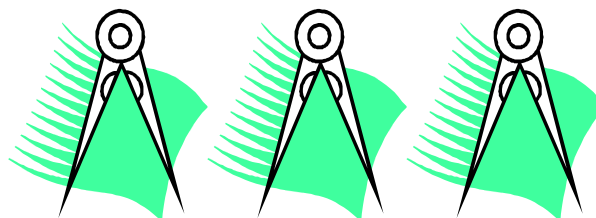


Anyone got a bright idea to share when packing uniforms etc ready for the NZ Championships?

CHAMPIONSHIP DATES

BAY OF PLENTY	7 th February 2009
TARANAKI	15 th February 2009
AUCKLAND	22 nd February 2009
MANAWATU	22 nd February 2009
MARLBOROUGH	22 nd February 2009
OTAGO	22 nd February 2009
NELSON	1 st March 2009
WAIKATO	7 th March 2009
WELLINGTON	8 th March 2009
CANTERBURY	1 st March 2009
SOUTHLAND	1 st March 2009
NEW ZEALAND	13/14/15 March 2009

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### TECHNICAL CORNER



Coaches – stay in touch with your Coaching Co  
Judges – remember your Mentors are there to help

# OUT 'n ABOUT

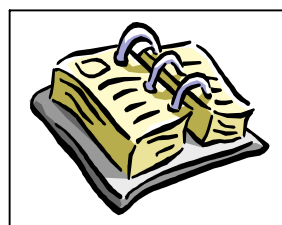
**Marching Wellington** – Glennette Under 12's marched at the Holiday Inn Hotel in Wellington on 22 January. The hotel was celebrating their second birthday and wanted a marching team to do a display. The girls condensed their march plan and then added a number of other movements to it so that they did a technical display of four minutes long to Stevie Wonder's happy birthday song. Then on Saturday 31 January six girls from the under 12's and six girls from the under 16's travelled to Levin to participate in the opening of a new retirement village. The girls in full uniform escorted the official party into the village then stood as a guard of honour while speeches took place; they then presented the flag to one of the residents to raise. After the main part was done the girls then handed food around to those that were gathered. On Friday 5 February both the under 16's and the under 12's will be participating in the official opening of the Wellington 7's. The girls will carry team country banners and flags and will escort the teams into the stadium and then on Saturday 6 February both teams will be doing a display at the Hutt Valley Super Girls leisure day at Taita College.

Top Marks  
**GLENNETTE**  
 You are awesome



## February

- 1952 242 Teams were registered
- 1952 A proposed Tour by marching girls from Australia was cancelled. It was thought wiser to spend any available money on consolidation within the country rather than a tour.
- 1953 294 teams were registered
- 1953 Kiwi Polish Co donated trophy for 2<sup>nd</sup> Costume Award for the NZ Championships
- 1955 321 teams were registered
- 1956 Lack of entries for the SI Junior Champs caused the Southland Centre to abandoned the event which was rescheduled by the Dominion Executive to be held in Christchurch as part of the SI Senior Champs
- 1963 Marlborough Marching girls performed for the Queen and the Duke of Edinburgh



## Calendar of Events

### February

|    |                           |               |
|----|---------------------------|---------------|
| 1  | Competition               | Wellington    |
| 1  | March N Go (3)            | Canterbury    |
| 7  | Championships             | Bay of Plenty |
| 14 | Competition               | Waikato       |
| 15 | Taranaki Championships    | Inglewood     |
| 15 | Competition               | Wellington    |
| 15 | Southern Shield           | Timaru        |
| 21 | Competition               | Waikato       |
| 22 | Championships – 2 marches | Auckland      |
| 22 | Championships             | Manawatu      |
| 22 | Championships             | Marlborough   |
| 22 | March n Stay (3)          | Canterbury    |
| 22 | Championships             | Otago         |
| 22 | Championships             | Southland     |
| 28 | NAME Extravaganza         | Taupo         |

### March

|    |                           |             |
|----|---------------------------|-------------|
| 1  | Competition               | Hawke's Bay |
| 1  | Competition               | Wellington  |
| 1  | Nelson Championships      | Nelson      |
| 1  | Canterbury Championships  | Canterbury  |
| 1  | Combined Southland/ Otago | Gore        |
| 7  | Waikato Championships     | Waikato     |
| 8  | Wellington Championships  | Wellington  |
| 20 | Closing Disco & Awards    | Southland   |
| 22 | Closing Day               | Nelson      |
| 29 | Closing Day               | Marlborough |



**thank you to SPARC  
 for continued support to the sport of marching**

*The happiness of your life depends on  
 the quality of your thoughts*



## Valentine's Heart Week 9-15 February 2009

**Valentine's Heart Week** is the Heart Foundation's big chance to reach out to all New Zealanders and explain why making the change to heart-healthy living is vital for our long-term wellbeing and happiness. It is also our chance to raise the crucial funds needed to continue the work advancing cardiac care, funding heart research and promoting healthy lifestyles.

**FIVE MINUTE RISK QUIZ** - The following quiz will tell you whether you should see your doctor or practice nurse for a cardiovascular risk assessment.

**ARE YOU...?**

- Male and older than 45 years
- Female and older than 55 years

OR

**ARE YOU ....?**

- Male and older than 35 years ...
- Female and older than 45 years ...

**AND** have one of the following risk factors:

- Smoke tobacco (or recently stopped)
- High blood pressure
- High blood cholesterol
- Overweight/obese
- Family history of cardiovascular disease: (father or brother has been diagnosed with cardiovascular disease before the age of 55, mother or sister has been diagnosed before the age of 65).
- Parents or siblings with diabetes
- Told by your doctor you are at risk of developing diabetes
- Are a Maori, Pacific Islander or from the Indian sub-continent or Fiji

OR

**HAVE YOU HAD...?**

- Angina or a heart attack
- A transient ischaemic attack (TIA) or stroke
- Diabetes

This means that you are already in a high risk category. Modifying or changing your lifestyle can reduce your risk to help keep you healthy. You should visit your doctor regularly for monitoring of these changes and recommended medications

The more times you answered 'YES', the greater your risk of having a heart attack or stroke. So please see your doctor for a 'Risk Assessment'.

## MNZ ANNUAL MEETING

### Brentwood Hotel WELLINGTON

**28 June 2009**

The Annual Meeting will commence at 10.00am Sunday 28<sup>th</sup> June and conclude at approx 4pm.

Make your travel arrangements now to take advantage of cheap fares and flight availability.

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***'Listening and talking'***  
represents the key theme for

## CHILDRENS DAY

Sunday 1<sup>st</sup> March 2009



Some tips from within the **CHAPERONS KIT**

**Strategies for achieving a HIGHER ENERGY intake -**

- ❖ Increase the number of times that you eat rather than the size of your meals. Plan to eat 5-6 small meals and snacks a day
- ❖ Find high carbohydrate snacks that can travel with you throughout your busy day. Portable fuel foods include cereal and breakfast bars, fruit, cartons of yoghurt, sandwiches and flavoured milk or liquid meals in tetra packs
- ❖ Don't overdo the high-fibre choices of food. Replace some of your wholemeal breads and cereals with white versions so you don't fill up easily
- ❖ Add sugar and sugary foods to meals. Jams, honey and syrups can be added to nutrient-rich foods to boost the total carbohydrate content. Don't feel you always need to buy the 'no added sugar' version of foods such as canned fruit, yoghurts and fruit juice.

- ❖ Enjoy action-packed drinks for compact carbohydrates. Fruit juices, sports drinks, soft drinks and cordials all add extra fuel to the fluid. Fruit smoothies and liquid meal supplements are packed with fuel and other nutrients. Get handy with the blender to mix up milk, fruit, ice-cream or yoghurt, and skim milk powder or powdered liquid meals!

## Random Rules - Constitution and Rules of Participation

### RULE 3 POWERS

- 3.5 Establish rules and conditions, including drills and judging criteria, for Championships and Competitions conducted by Marching New Zealand and its registered Associations.
- 3.6 Arrange and conduct North Island, South Island and New Zealand Championships, and Displays of Marching, for registered Teams, and invite other individuals or groups to give demonstrations at these events.
- 3.12 Determine, implement and enforce disciplinary procedures, including sanctions and penalties
- 3.14 Develop drug testing and other policies and associated disciplinary procedures, including sanctioning individual members and defining who those members are.

### A7.3 BOARD APPOINTMENTS

The Chief Executive Officer to provide all current Board Appointees with a form round late February/early March each year, in which the incumbents are to indicate preparedness or not to carry on in the position if re-appointed for the year commencing the following 1 July, and to comment on any difficulties experienced in the role in the past year, together with presenting suggestions for the Board to consider in regard to application of the role in the forthcoming year

### NZC3.6 ELIGIBILITY & PARTICIPATION

Late entries will not be accepted unless the Board deems it appropriate to do so in exceptional circumstances.

### NZC7 ASSOCIATION FEES

Associations, prior to 31 January will forward to the host organising Association, a fee of two hundred and forty dollars (\$240) in respect of the New Zealand Championship, irrespective of whether or not any of their Teams are entering.

### NZC8 APPLICATION OF OTHER RULES OF PARTICIPATION

Rules of Participation appropriate to New Zealand Championships, as detailed under the "Regional and Association Championships and Competitions", are to be encompassed in the conducting of New Zealand Championships, where applicable

### RAC5 TEAMS TRAVELLING

1. Teams wishing to travel and take part in Championships and Competitions outside their own Association area to apply to their Association for permission to do so.
2. In the case where travel and/or accommodation expenses are involved, the Association is to be satisfied that the Team has sufficient funds in order to meet such commitments.

### RAC16 MARCH TIMING

A Team is only permitted to march at timing within the range of 118-122 beats per minute during the Technical Drills phase of a Championship or Competition.

### RAC18 MASCOTS

Teams with a human mascot will only be permitted to parade the mascot during non competitive aspects of an Association Championship or Competition with the authority of the Secretary (this will not be allowable in any case at New Zealand Championships

March, not walk .....

At major contests teams having occasion to move around the ground should do so by marching, not by straggling along in small groups. This suggestion was made by a member of the Dominion Executive of the NZMA who commented on the smartness given to the North Island championships gathering by the teams which moved from one part of the field to another by marching

Snippet from Quick March – May 1953

Banners ...

In public processions and shows of all kinds, no less than on the contest field, teams of marching girls never fail to draw the applause of New Zealand crowds but there one respect in which many of them fail; they make no effort to let people know who they are.

Every marching team should have its own banner for such occasions, displaying its name and locality, so that onlookers can readily identify it.

These banners, of course, cannot be used in contest marching, but for procession and display occasions they do create a lot of extra public interest in the various teams, and so are well worth while.

Has you team its' own banner

Snippet from Quick March – October 1953



The 'second' half of our 'on field' marching season is well underway culminating in the NZ Championships to be held at Lansdowne Park in Blenheim next month.

The Judges Panel is known, and all are preparing for their appointed panels. 53 team entries have been received and all teams are now into quality, not quantity

team practises. Marching Marlborough is making the final arrangements and in just over 6 weeks times the march past for the NZ Championships will be held.

Have a great month in your preparations everyone.

*Diane Gardiner*