

# NEWSLETTER

JUNE 2009

From the Desk of the  
Chief Executive Officer

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## Coming up

- ◆ MNZ Annual Meeting
- ◆ Coach/Judge Workshop
- ◆ Publicity Workshop



Kiwi Jump & Jive

# MARCHING

NEW ZEALAND



## May Board Meeting

in brief

- The Board THANKS all applicants for MNZ Appointments
- All appointments filled: except Marketing Co-ordinator
- President Pam Findlay and Board Member Lois Gyde reported on SPARC Seminars they recently attended
- A new Investment Schedule being prepared for SPARC Funding
- Director of Finance recommended no changes to honoraria payments
- The Board was disappointed only 6 Associations had returned the Satisfaction Survey Implementation
- New membership registrations will require proof of age for all grades inclusive of senior and masters
- Comprehensive report and recommendations received from Gala March Sub Committee
- Publicity Workshop confirmed for 30<sup>th</sup> Aug at Brentwood Hotel
- Marching Wellington requested recessed Association funds to promote Kiwi Jump & Jive at schools in the Wellington region.
- Membership statistics show a decrease
- The Board completed KPI's and noted areas for improvement
- SPARC Governance survey results very pleasing
- Seven new Service Awards considered for presentation during the coming season

Have a great month everyone, *Diane Gardiner*

[www.marching.co.nz](http://www.marching.co.nz)

## KIDS CORNER

A message from

*Marching Molly*



Hope you all had a great Queens Birthday weekend, it is real neat when we get a long weekend. I met up with some of my marching friends and we went to the movies. Afterwards we played some music and found some cool pieces we would like our Coach to use in our display next season. She is great because she allows up to have some input into the music and sometimes we even make up some of the moves. Because we are not having practise I miss catching up with the team so the weekend was really great.

We lost two team members at the end of the season - they are both going to be doing athletics instead. They are really good at athletics so we wish them luck. It is a pity, but we are hunting hard for two new marchers to join us and think we have found three. Our Coach said she would give a movie pass to anyone who could find a new marcher. Till next month have fun.

.....  
Some more facts about – **SKELETONS**

**Special helmet...** the human skull isn't a single bone. It is made up of 22 individual bones. It acts as a sort of helmet to protect the brain.

**Ouch!!** ..... In ancient times, cutting a hole in the skull was thought to cure headaches.

**All hands and feet** .... Over half the bones in your body are found in your hands and feet. Each hand has 27 bones to allow you to do complicated things such as play the piano. There are 26 bones in each foot. They help you to balance standing up.

**Stay together** .... The bones in your skeleton are held together by joints and muscles, covered in a layer of protective waterproof skin.

**Bones and more** .... Bones can't move on their own, they need a lot of help from muscles and joints. When muscles contract they work as a sort of lever to move your bones. Joints are the flexible bits that join the bones together.

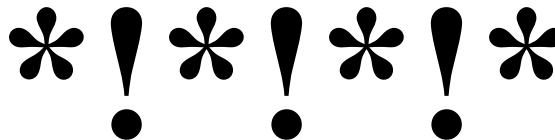
**Bendy bones** .... Joints allow your body to twist, turn and generally move around. Some of them, such as the knee joint, work a bit like a hinge and only move backwards and forwards. Others, such as the shoulder and hip, are ball and socket joints which allow more swivelling movement. People who are double-jointed don't actually have more joints. They just have more flexible joints.

To everyone having a birthday in JUNE



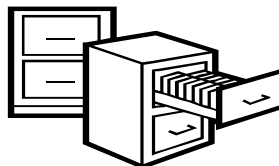
**HaPPy BiRThdAy**

### Bright Idea



To keep your socks together in the wash, pin the toes of the socks together with safety pins and you save time matching them afterwards.

### MNZ ANNUAL MEETING



ANNUAL MEETING

to be held at the  
Brentwood Hotel, Wellington

Sunday 28<sup>th</sup> June 2009

**Brentwood**  
HOTEL



**SPARC**  
ihi AOTEAROA  
Sport & Recreation New Zealand

## MNZ APPOINTMENTS

### MNZ BOARD APPOINTMENTS (effective 1<sup>st</sup> July)

Congratulations and sincere thanks to the following appointees

Technical Manager	Barbara Newman
Director of Coaching	Melissa Gyde
Director of Judging	Graham Blue
Coaching Accreditation Presenters	Marrienne Fenwick Stacey Sime
Judging Accreditation Accreditors	Pam Elliot Sherryn Palmer Sherryn Wells
Trophy Custodian	
Marketing Co-ordinator	
Publications/Merchandise Co	June Elliott

## WANTED

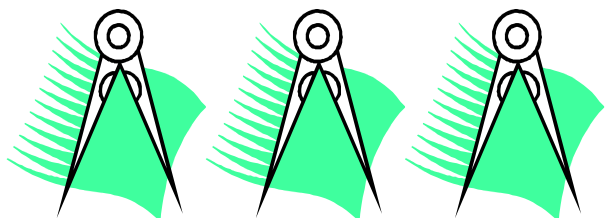
A **MARKETING CO-ORDINATOR** – please phone CEO 03 546 3330 or email [ceo@marching.co.nz](mailto:ceo@marching.co.nz) of your interest

## For Sale

One set of uniforms – senior or masters  
black jackets gold braid (as new)  
black satin pleated skirts  
flat back hats (as new)

Waikato Kilties, Dawn Thomas. Ph 078477860 Hamilton

*WHAT WOULD YOU ATTEMPT TO DO  
IF YOU KNEW YOU WOULD NOT FAIL?  
- Dr Robert Schuller*



## TECHNICAL CORNER



**Combined Workshop** of Coaches and Judges will be held on 15<sup>th</sup> & 16<sup>th</sup> August 2009 at the Brentwood Hotel – registrations close Sunday 26<sup>th</sup> July 2009



## VOLUNTEER AWARENESS WEEK

Sunday 14 to Saturday 20 June 2009

Whatever role, however often, health and happiness are the results of volunteering. Volunteers are social entrepreneurs; they are agents for change. They are vital if we are to maintain and develop a sustainable community life.

### VOLUNTEERING GIVES YOU AN OPPORTUNITY TO:

- Give others the benefit of your life experience
- Use your skills somewhere you are interested in
- Learn new skills and gain experience
- Meet new people
- Connect to your community
- Add colour to your life
- Brighten your day
- Have Fun!

A BIG thank you to all our volunteers on the excellent work you do for our sport, as administrators at team, club, or Association level or as valued coaches and judges

## VOLUNTEERS THANK YOU VERY MUCH

**Kiwi Jump & Jive**

## MYTH BUSTING

Learning new skills can mean many different things, from joining and actively participating in an association to course study. Yet too many people do not take the next step to reach their potential, or even try. A number of false reasons people have for not investing in training and career development.

**Myth:** It's a waste of time and money pursuing training in topics not relevant to your current position.

**Truth:** Preparing and planning puts you in control of your future. Did you own a car when you trained to get your drivers license?

**Myth:** You can't afford it.

**Truth:** You don't want to afford it. Instead, your discretionary spending goes to eating out, movies, and so on. You choose to spend your money elsewhere, so take accountability for not spending it on career development.

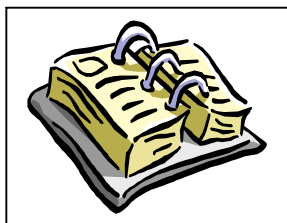
**Myth:** I don't have time.

**Truth:** Like money, you choose not to take the time

**Myth:** Improving your work performance won't make you happier at home or in life.

**Truth:** Improving your work performance will make you happier at work. When you're not happy at work, you take it home with you.

**NATIONAL COMBINED  
COACH-JUDGE  
WORKSHOP**  
to be held at the  
**Brentwood Hotel, Wellington**  
15<sup>th</sup> & 16<sup>th</sup> August 2009  
Register Now



## Calender of Events

<b>June</b>		
28	MNZ Annual Meeting	Wellington
<b>August</b>		
15/16	Coach/Judge Workshop	Wellington
30	Publicity Workshop	Wellington

## Blast from the Past

June 1946

- Applications received and affiliation granted to the Tauranga and Rotorua Marching and Recreation Associations
- The Annual Meeting was set down for Saturday 24<sup>th</sup> August 1946, the hours being 9-12 and 2-5, with a further session on Sunday if necessary: this date being subject to the Secretary's verification that no outstanding sporting event occurs in Wellington on that date. The Secretary was instructed to circularise Associations asking for advice as to Delegates attending, accommodation required and whether available for entertainment on Saturday night.
- March Plans from Hastings (2), Pahiatua and Otago Associations were tabled and a sub committee was set up to select the march for the coming year.

## HEALTH TIP

### Healthy from the inside out...

The digestive system digests food, extracts nutrients and eliminates waste. The key to feeling healthy is to keep our digestive system in top working order. Here are a few tips...

Chewing properly ..... This is the first step towards good digestion. The chewing action helps us mix saliva with our food and sends signals to the other digestive processes to get ready for action

Eat small frequent meals .... This doesn't only assist us with the good functioning of the food passage but also plays a big role in protecting us from a condition known as Metabolic Syndrome, which is a contributing factor for heart disease and diabetes.

Enjoy fibre-rich foods ..... This includes lots of fibre-rich foods in your daily diet such as whole grains, vegetables, fruits and legumes. Fibre helps move or eliminate waste material from our body.

The good bacteria ..... The good bacteria also known as 'probiotic bacteria' helps with the smooth running of the digestive system. Good bacteria also help with digesting food, processing waste material and keeping the bad bacteria away.

Intolerance to certain foods .... Avoid or limit certain types of food that you may be intolerant to as consuming those foods will only cause a digestive upset. Talk to your health professional about foods you may need to avoid.

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**PUBLICITY WORKSHOP**

to be held at the  
**Brentwood Hotel, Wellington**  
Sunday 30<sup>th</sup> August 2009  
10am – 4pm

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**‘25 ways to be happy’ -**

11. **Don't let familiarity breed contempt.** Your partner and family deserve at least the same consideration you give your friends. And you deserve the same from them.
12. **Tell your partner, family and friends that you love them** Tell them what you love about them. Tell them why they do things well. A little praise never hurts and before you know it you might be told that you've done things well too. You never know....
13. **Are you always a shoulder to lean on for troubled friends?** It may be hard, but if their problems are beginning to affect you, then you need to try not to be quite so available all the time. They need to address their problems and move on.
14. **Phone, email, even write, to some old friends.** You've lost touch but it needn't be for ever. And how long is it since you spoke to Great Auntie May? She'd love to hear from you.
15. **Enhance your mood with greenery.** Cut some fresh flowers from your garden – or get up early and head to the markets and fill your home with loads of cheap flowers, fruit and vegetables. We all had pot plants in the 1970's – bring them back! These fill the house with life and vitality.

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Some tips from within the **CHAPERONS KIT**

**Take part in regular physical activity –**

Being active should be part of every child's daily routine – at home, at school and at play. Encourage children to be physically active for at least 30-60 minutes every day. Physical activity includes playing, riding a bike, walking, dancing, organised games and sport as well as helping with household tasks. Try a variety of activities to discover those the child enjoys. Involve the whole family.

Young children need to develop a range of skills such as:

- Ball skills
- Water confidence
- Balance and co-ordination
- Upper and lower body strength and flexibility

Participation in a range of activities will help your child to develop these skills and become confident in their abilities.

**MAKE ACTIVITY FUN**

**Random Rules - Constitution and Rules of Participation**

**RULE 5.4.4 Election**

In the event of there being more than one person nominated for a position, a balloting list shall be prepared for each position listing the names of the candidates in alphabetical order, and each member present and entitled to vote at the Annual Meeting shall be entitled to exercise one vote for a person of their choice in each position.

**RULE 5.4.5 Election**

Should there not be a nomination for any position, then this position will remain vacant at the Annual Meeting, and the Board will fill the vacancy at the first opportunity.

**RULE 6.4.1 Voting**

Except for votes to alter any Rule of the Constitution, Policy and/or Rule of Participation or part thereof, as provided in Rules 7 and 9, every question, matter or resolution shall be decided by a majority of votes.

**RULE 16.16 Registration**

Each Association shall apply to the Board for registration annually. The Board, may grant, or, at its discretion, decline to grant or delay the granting of any application for registration by an Association.

**RULE 16.17 Incorporation**

Each Association shall be incorporated under the Incorporated Societies Act 1908.

**RULE 16.18 Membership**

Each Association member shall also be a member of Marching New Zealand and shall undertake to conform to the Rules of the Constitution and Policies and/or Rules of Participation of Marching New Zealand and the Association.

**A16.3 Membership & Registrations**

A person must be a member of Marching New Zealand (other than an Individual – Associate Member), in order to participate at a Meeting of Marching New Zealand or of an Association, or participate as a Team Official, Marcher, Secretary or Judge, in any Championship, Competition, Display or Gathering organised by Marching New Zealand or by an Association. Individual – Associate membership will be required for a Chief Marshal or Chief Recorder. An Individual - Associate Member who is a Parent or Guardian (who has no other membership status) of a Team (Competitive) Member under the age of sixteen at the time of an Association Annual or Special Meeting may however, in accordance with Rule 4.1.5 of the Constitution, take part in that Association Annual or Special Meeting on behalf of the Team (Competitive) Member.

**A20.1 Finances & Records**

A membership fee will include coverage of:

- a. travelling expenses of Association delegates to attend the Annual Meeting of Marching New Zealand.
- b. travel and accommodation expenses for judges appointed to officiate at New Zealand Championships.

**A20.2 Finances & Records**

The Board and Associations are to retain records in compliance with any Act of Parliament, e.g. financial records for seven (7) years and to retain its constitution, minutes of annual, special or committee meetings indefinitely. Other correspondence and records including master sheets of its championships (as distinct from competitions) for a period of two (2) years.