

# Manjimup is the not-so-big winner

The Rotary Club of Manjimup has triumphed in the annual Waist Disposal Challenge, with a remarkable 79% of members achieving a weight reduction in the last 12 months. In total, the members of the club trimmed off 75.5kg during the year.

Professor Samar Aoun announced at the District Conference that 40 clubs across both District 9465 and 9455 participated this year in the challenge, designed to educate Rotarians to adopt healthier lifestyles.

Samar presented prizes and certificates to the four top clubs and congratulated all the participating clubs and particularly the members who took on the leading roles as Waist Disposal champions within their clubs.

The Manjimup members were guided throughout the year by champions Rowena Roberts and Sue McSharer.

Runner-up in the challenge was RC Mt Lawley, where champion Linda Le – one of WA's youngest Rotarians – helped 74% of her fellow members to decrease their weight. The club's net weight loss was 74kg.

RC Dalkeith came a strong third, with 80.4% of members shedding kilograms for an overall reduction of 116.6kg. Club champions were Craig James, Ken Ilett, John Lindquist, George Melville and Richard Ranshaw.

Fourth place went to RC South Bunbury, where champion Dr Naru Pal encouraged and assisted 44% of members to shed weight.

The biggest applause at the conference went to South Bunbury member Ben Andrew, who was – in television-speak – the biggest loser with a drop of 65kg.

Samar announced that, following requests from champions, the challenge has been extended until March 2012.

In addition, the project team has submitted a proposal to Healthway to fund a lifestyle coaching program for participating clubs, with a decision due towards the end of the year.

The theme of the Waist Disposal Challenge is, "If you don't have enough time for good health, one day you might not have enough health for a good time"

*BELOW: PP Alan Rush accepts the Waist Disposal Trophy from Dr Aoun on behalf of RC Manjimup at the Combined District Conference.*



## MAKING NEWS

The combined Bunbury clubs achieved great publicity for Rotary with a four-page feature in the Bunbury Mail last month to promote the Aqua Spectacular over the March long weekend.

After several years in which the weekend festival had lost its gloss, RC Bunbury Leschenault secured seed funding from the City of Bunbury last year to try to rebuild the event as an iconic spectacular celebrating the diversity of Bunbury's waterways, its water-based sports and quality of life.

The 2011 event featured dozens of family events encouraging active and passive participation that included children's fun days at Dolphin Discovery, Sail In To Life, other aquatic sports, a multicultural concert and markets.

Several D9465 clubs took part in the Books for Babies promotion, when copies of a book by renowned children's writer Mem Fox were presented to babies born on Rotary's birthday, 23 February.

A number of the clubs also succeeded in gaining local media attention for the event. One of the standout efforts came from RC Busselton Geographe Bay, which was able to get extensive editorial and advertising support from the Busselton-Dunsborough Mail.