



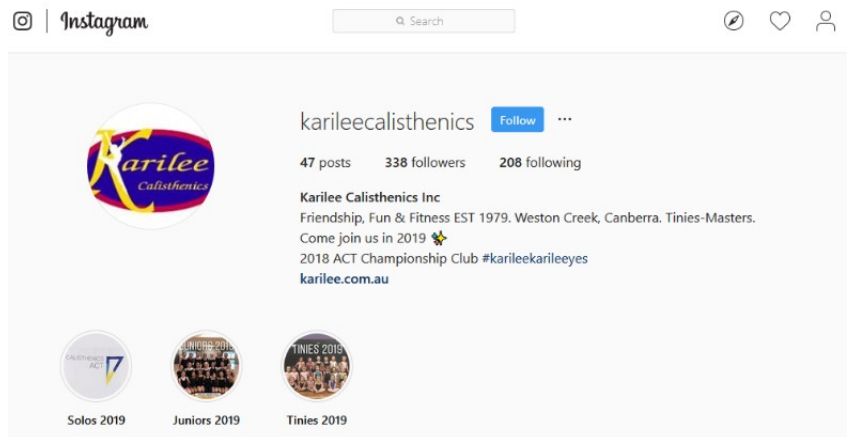
Karilee Catch Up May 2019

Karilee Calisthenics Instagram & FaceBook

Karilee now has an active Instagram page coordinated by Jana Prencel to add to our FaceBook social media presence. **Don't forget to like and follow us on Instagram and Facebook.**

Our teams and coaching teams are slowly being introduced along with posts on news and competition results. There is also a "Flash Back Friday" to showcase past events or teams.

If anyone has any pictures or media they want to share, on stage, candid or anything else, please forward to the Karilee via email karileemedia@gmail.com or message us on our Facebook page or post using our hashtags [#karileekarileeyes](https://www.instagram.com/explore/tags/karileekarileeyes) and [#karileefamily](https://www.instagram.com/explore/tags/karileefamily).



Southern Cross Club Community Rewards Program

Wonderful Opportunity For Our Club

Karilee has been accepted into the [Southern Cross Club Community Rewards Program](#).

This could be a fantastic fundraiser for our club. Last year the most successful community group raised over \$20k, the most successful school raised over \$16K and the most successful sporting club linked with the program also raised over \$16k!

How it works:

Once a member has registered to support a Community Rewards Group, every time the member spends money on food and/or beverages at the Canberra Southern Cross Club's Woden, Tuggeranong, Jamison and Yacht Club venues, 7.5% of the spend will be donated to the group of their choice.

If you are already a member, please [nominate our club](#) as your community partner or simply [sign up to any of the Canberra Southern Cross Clubs!](#)

Canberra Southern Cross consists of five licensed premises – [Woden](#), [Yacht Club](#), [Tuggeranong](#), [Jamison](#) and the [MV Southern Cross](#).

All venues deliver superior [dining](#), beverage, [entertainment](#), [conference and events](#) facilities.

Southern Cross also has a number of [Anytime Fitness franchises](#) and our [Southern Cross Health Club](#), a basketball stadium and our health and wellness centre, [Stellar Canberra](#) on the corner of Launceston Street and Yamba Drive in Woden.

The Club prides itself on our commitment to continually improve our facilities and services for our members and their invited guests.

Some things in life are better together.

When business gives back to the community that supports it, everybody wins. That's how we feel at the Canberra Southern Cross Club, which is why we've launched the Community Rewards Program.

The Community Rewards Program allows Canberra Southern Cross Club members to give back to the group most important to them.

By nominating **Karilee Calisthenics Club**, 7.5% of your spend on food and beverages at the Southern Cross Club is donated to your club.

Nominating **Karilee Calisthenics Club** as your Community Group is simple. If you are already a member of the Southern Cross Club:

- Go to csc.com.au/rewards then select your group from the list and enter your name and membership number, or
- Come into any venue and speak to our friendly Reception team to nominate your group (your membership details will be required).

New members simply need to identify your group as their preferred Community Group when joining. You can become a member at any of our fantastic venues at Woden, Tuggeranong, Jamison and the Yacht Club.

Karilee 40th Anniversary celebration for 2019

Karilee was proud to host our 40th Anniversary celebration on Saturday, 23rd March 2019 at the Weston Community Hub. More photos at <https://karilee.com.au/gallery/anniversary-celebration/>

The family friendly event included a Kids Disco with Nathan Vink as our DJ followed by a [Divine Feast](#) dinner from [Capital Roast Canberra Catering](#) and a fabulous dessert table prepared by Karilee members. It was great to have our founding coaches, Ann Craig and Linda Chambers as guest speakers who were introduced by Karin Craig, our new President. There was also a slideshow of historical Karilee photos.



Karilee 40th Anniversary Hoodies or Jackets

Lots of Karilee members are now proudly wearing their Karilee 40th year anniversary hoodies.

Did you miss out on ordering your anniversary hoodie last year and now want to order one?

If so, would you like to order an anniversary hoodie with or without a zipper?

Karilee needs a minimum of 10 orders to do a new order and it usually takes 6 weeks to get them made. So far, we have two orders if we had eight more, we could put in an order.



Let the Merchandise Officer know via email karileemerchandise@gmail.com if you want to place an order.

Recycle your containers and join the fundraising for Karilee

Collection of eligible drink containers to redeem for a 10c refund each under the ACT Container Deposit Scheme. It's a great way for our club to get involved in recycling, help reduce litter and raise money to help reduce the cost of our members to travel interstate for competitions later in the year.

Eligible containers



Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L which are commonly found in the litter stream.

Ineligible containers



Containers not commonly found in litter, including all plain milk, flavoured milks 1L and above, pure juice drinks, wine and spirit bottles, cordials.

DROP OFF YOUR CONTAINERS

AND HELP US RAISE FUNDS

Help our club to raise funds by taking your eligible containers to one of the Drop Off locations.

Go to <https://actcds.com.au/how-to-return/> for instruction on how to return your containers.

Karilee is requesting that you donate your refund to Karilee Calisthenics.

To find out more about the scheme and see which containers are eligible, visit www.actcds.com.au

Have your say on “Single-Use Plastic”

I know a number of our members are keen to do what they can to recycle and reduce the use of plastic to improve our environment. So, I invite you to join the conversation a on “Single-Use Plastic” and have your say by reading the [discussion paper](#) and [sharing your views](#) now and [registering to stay updated](#) with further opportunities to have your say over coming weeks.


[Accessibility](#) | [Contact Us](#)

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Single-use plastics

We need to reduce our consumption of single-use plastic products including bags, straws and cutlery. Have your say on phasing out unnecessary single-use plastic.



[Home / Single-use plastics](#)

Project status: Open

[HOME](#) | [FAQS](#)

Plastic presents an ever-growing challenge to our society and our planet. It has wide-ranging uses and benefits across every facet of our daily life, from preserving and packaging food and keeping medical equipment sterile, through to manufacturing cars and planes, computers, phones and televisions, to name a few.

However, rising plastic consumption is an ever-increasing threat to our environment. It is estimated that by 2050 there will be more plastic (by weight) in our oceans than fish, which may take hundreds or even thousands of years to break down.

The ACT has already acted to reduce single-use plastic bags, with the introduction of the plastic shopping bag ban in 2011. But there is a need to take this further and avoid using plastic where it is feasible and practical to do so. Examining how we use – or avoid – consumer single-use plastic items such as bags, straws, food containers and disposable plastic cutlery is a collective discussion that we need to have.

Join the conversation

[Register for updates](#)

[Share your views](#)

Document Library

[Phasing out single-use plastics discussion paper](#)
PDF (5.13 MB)

For details on other ACT projects go to <https://www.yoursay.act.gov.au/projects>

2019 Cali ACT Championship Solo/Duo Competitions

The Cali ACT Championship Solo/Duo Competitions will be held from 16-19 May 2019 at the Erindale Theatre. The program will be published on the Cali-ACT website and FaceBook page before the competition. Remember to print the program before you come.

2019 NSW Solo / Duo Competition

The 2019 NSW Solo / Duo Competition was held in Engadine on Saturday, 27th April 2019. It was great to see so many ACT competitors attending the competition and supporting NSW Calisthenics.

Here are a few highlights of the awards won by our Karilee members:

NSW Inters Solo Champions



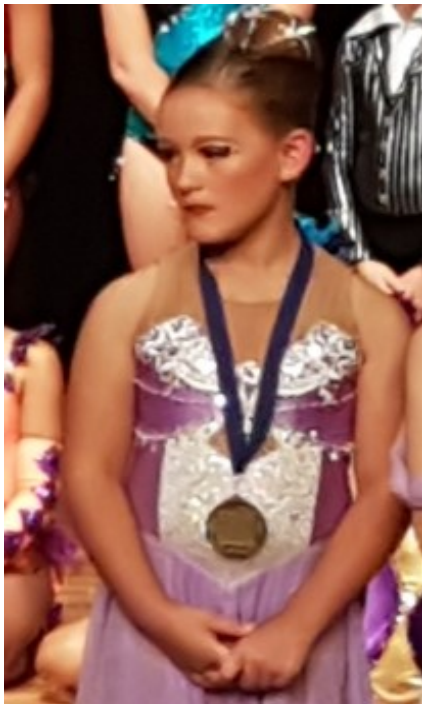
NSW Inters Graceful Champions



NSW Inters Duo Champions



NSW Sub Juniors Graceful



NSW Juniors Graceful



NSW Senior Graceful



2019 Cali-ACT Solo / Duo Preliminary Competition

The 2019 Cali-ACT Solo / Duo Preliminary Competition was held at the Erindale Theatre from 4th to 7th April 2019. The [results](#) are available from the Competition menu on the Cali-ACT website.

2019 Sub Juniors Soloists



2019 Juniors Soloists



2019 Seniors Team



Karilee Solo Competition

The Karilee Solo Competition was held at the Canberra College Performing Arts Centre from 9th to 11th March 2019. Go to the [Karilee Solo page](#) for results and more photos.

2019 Sub Juniors Solo



2019 Juniors Solo



2019 Inters Solo



2019 Sub Juniors Graceful



2019 Juniors Graceful



2019 Inters Graceful



2019 Karilee Solo Competition - On-Stage photos by Andrew Bourne

ACT Intermediate Team 2019

Congratulations to the seven Karilee Inters who have been selected to represent the ACT at the Australian Calisthenics Nationals in Perth.

ACT INTERMEDIATE TEAM 2019

Ashley Vowles	McKinley Darby
Chelsea Woodward	Olivia Pratt
Josie Gaudie-Craze	Taya O'Brien
Katie Goodwin	

Hope you all have great time preparing for and performing at the Nationals with Hannah Webb and Caitlin Waser, the Calisthenics ACT appointed Intermediate State Team Coaches.

Skills Program

🌟 Congratulations 🌟 from all of us at Karilee we wanted to say well done to each girl who sat their Calisthenics Skills Exam in 2018! We are so proud of your hard work and dedication to our sport.

Special thanks to Jacqueline Reber for organising the ACT Skills Program.

A special mention for some of our high achiever at the Grade 4 and Medals level:

Grade 4 Honours:	Chloe Hanbury
Grade 4 Honours With Distinction: (achieved with a mark of 95+)	Jacqueline Dunn and Josie Gaudie-Craze
Gold Medal Honours:	Rebecca Reber

Chloe Hanbury

Jacqueline Dunn

Josie Gaudie-Craze

Rebecca Reber



Parents' Guide to Clean Sport

PARENTS' GUIDE TO SUPPORT CLEAN SPORT

YOUR ROLE AS A PARENT

As parents or guardians, you know that the pressure to train hard, compete and achieve at a high level can lead athletes to entertain dangerous options.

The importance of your role as parents to help your children achieve their sporting goals, while also teaching them respect for and appreciation of the true spirit of sport, cannot be over-emphasised. You must be the consistent voice promoting safety, good health, integrity, balance, and enjoyment of clean sport throughout their pursuit of excellence. This resource is designed to help you enhance your children's knowledge of how to protect themselves in their sport or career.

Click on the link below to visit the Parents' Guide to Clean Sport website for more information.

<https://www.asada.gov.au/parents-guide-clean-sport>.

Karilee Committee

The [Karilee Committee](#) provides club governance to ensure that the club meets the present and future needs of our members. The Karilee Committee work in partnership with the Calisthenics ACT board and council. It manages and reviews the activities of the club, develops and maintains our guidelines and policies, and is responsible for the effective use of club resources and financial management. The Karilee Committee is vital to the running of our club.

Meetings are generally held on the third Tuesday of the month at the Raiders Club in Weston from 7:30pm. Some committee members meet earlier usually around 6.30pm to have a social drink or dinner before heading into to the meeting. Karilee members are welcome to attend the meetings.

A few committee members have indicated that they would like to either change their role or take a break from committee next year. We would like everyone to consider nominating for the committee next year. Ideally, we would like new committee members to be trained from September to allow for a smooth handover of the positions in March.

Also, we have four vacancies on our current committee; these positions are Assistant Secretary, Assistant Treasurer, Merchandise Officer and Props Coordinator. Covering for these vacancies puts additional pressure on our committee members and reduces the amount that can be achieved. Please consider nominating for one of these positions.

The 2019 Karilee Committee was elected at the Annual General Meeting on 19th March 2019. See the current list of committee members in the list below.

EXECUTIVE POSITIONS:	NON EXECUTIVE:	DELEGATES:
PRESIDENT:	ASSISTANT SECRETARY:	CALI-ACT DELEGATES:
Karin Craig karileepresident@gmail.com	Vacant karileeassistantsecretary@gmail.com	Karin Craig
VICE PRESIDENT:	ASSISTANT TREASURER:	Cali-ACT COMPETITION DELEGATES:
Jacqui Reber karileevicepresident@gmail.com	Vacant karileeassistanttreasurer@gmail.com	Deb Putt, Andrew Bourne & Nicola Todd karileecompdelegate@gmail.com
HEAD COACH:	MERCHANDISE OFFICER:	Bronwyn Stirton & Sandy Wheildon
Rachel Holdway karileeheadcoach@gmail.com	Vacant (A/g Maureen Bourne) karileemerchandise@gmail.com	
SECRETARY:	COMPETITION COORDINATOR:	CALI-ACT COACHES DELEGATES:
Maureen Bourne karileesecretary@gmail.com	Jacqui Reber karileecomp@gmail.com	Rachel Holdway karileeheadcoach@gmail.com
TREASURER:	SKILLS COORDINATOR:	
Alicia Gaudie karileetreasurer@gmail.com	Jacqui Reber karileeskills@gmail.com	
REGISTRAR:	SOCIAL MEDIA:	APPOINTMENTS:
Bronwyn Stirton karileeregistrar@gmail.com	Jana Prencel karileemedia@gmail.com	WEB MASTER: Maureen Bourne karileewebmaster@gmail.com
	PROPS COORDINATOR:	WEB ADMINISTRATOR:
	Vacant karileeprops@gmail.com	Andrew Bourne andrew@manda.com.au
2019 TEAM REPRESENTATIVES		
TEAMS	TEAM MANAGERS	WARDROBE MANAGERS
- <i>Tinies</i> karileetinies@gmail.com	<i>Lucy Stephenson</i>	<i>Kate Cerne</i>
- <i>Sub Juniors</i> karileesubbies@gmail.com	<i>Amy Eveston</i>	<i>Vanessa Friedman</i>
- <i>Juniors</i> karileejuniors@gmail.com	<i>Emily Wright</i>	<i>Jen Woodward & Belinda Turley</i>
- <i>Inters</i> karileeinters@gmail.com	<i>Brioni Bale</i>	<i>Vanessa Bye</i>
- <i>Seniors</i> karileeseniors@gmail.com	<i>Alicia Gaudie</i>	<i>Catriona Galloway</i>
- <i>Masters</i> karileemasters@gmail.com	<i>Karin Craig</i>	<i>Karin Craig</i>

Key Dates for 2019

Major events for the coming year for you to add to your calendar.

Go to the Karilee website to get updates: <https://karilee.com.au/key-dates/>

Cali-ACT Championship Solos: 16-19 May 2019

[Karilee Free-Ex Frenzy](#): 2 June 2019

ACT State Team Show Case: 10 June 2019

Deanne Teams Comp: 14-16 June 2019

Calisthenics Nationals: Perth: 10-13 July 2019

Stage Practice: 4-9.30pm – 1 August 2019

Cali ACT Prelim Teams: 3-4 August 2019

Karilee Specialist Coaching: Aug/Sept 2019

[NSW Team State Championships](#): Tinies - 7 Sept 2019

at the Engadine Community Centre

Stage Practice: 4-9.30pm – 19 Sept 2019

Cali ACT Champ Teams: 21-22 Sept 2019

Royal South Street Society (RSSS)

[RSSS Ballarat competitions](#)

7 October – 2 November 2019

Karilee End of Year Concert – 8 November 2019

The image shows the top section of the Waste Away website. On the left is the 'WASTE AWAY' logo with the tagline 'WASTE MANAGEMENT & RECYCLING SERVICES'. To the right, it states 'Not just Australian owned but Canberra owned since 1976', followed by the phone number '02 6260 1288' and the address '25 SHEPPARD ST HUME ACT'. There is a Facebook icon and a recycling symbol. Below this is a navigation menu with links: Home, About Us, Household Services, Corporate Govt Services, Secure Destruction, Events, Testimonials, and Contact Us. Below the menu is a large photograph of a yellow industrial building with 'WASTE AWAY' signage. Several white trucks with 'WASTE AWAY' branding are parked in front of the building. The sky is blue with scattered white clouds.

Waste Away - Support this business that supports your club!

<http://www.wasteaway.com.au/>