



### From our President's desk



*Greetings once again!*

*We are speaking with as many councils, RSL sub branches, CWAs, schools, as we can – steadily working along the 520km+ route.*

*If we haven't contacted you yet, or visited, it's only time, and 6 people going as fast as the road rules will permit to reach everyone. Our youth choir 'mobs' may have reached you, and the safety and stories committee members are working their way along the route.*

*Your village or town may be planning an event around our arrival. Send an email to [president@kangaroomarch.org.au](mailto:president@kangaroomarch.org.au) and we'll be only too pleased to put a date in the diary to pay a visit to clarify any aspect of the March as we see it.*

*Progress on the various fronts is being achieved slowly but surely. Our legal lady and our insurance advisors have nipped out most of the insurance tangles. Horses, people, vehicles, roads, children: you can see the insurance companies going pale at the thought. But we're almost there.*

*Searching for descendants – direct or down another branch line of 'our' Kangaroos is very high on our agenda. If you or someone you know is acquainted with someone who fits the description, please ask them to make contact with Angela at [stories@kangaroomarch.org.au](mailto:stories@kangaroomarch.org.au). We've recently made contact with two more, so very exciting.*

*Last issue we sought people to help with organising the 5 x 1 week periods of the March. Some responses were received, but we would like to hear from a few more volunteers who have those organising skills.*

*Please email David at [safety@kangaroomarch.org.au](mailto:safety@kangaroomarch.org.au) Until the next time....*

**Graham Brown**

*President, Kangaroo March Centenary Re-enactment Association*

### The Impact of this Re-enactment

Along the 520kms of the March, as people in the cities, towns and hamlets read or hear about the 36 day event next year; some are inspired to do something. Most are going to do a part or even all of the March, while others are studying or reading about WW1 or the Kangaroos themselves; one man has planted poppies around his town's War Memorial.

One lady who hails from Victoria, but has lived in Wagga Wagga for the last 15 years, has become so skilled in Quilt Portrait making that she teaches it to others. Having heard about the Kangaroos of the original March, she was moved to create a Quilt Portrait of Pte Jack Ryan, VC, a 'Kangaroo' from Tumut, who joined the March in Wagga Wagga in December 1915.

Read the rest of Robyn's story on our website:

[www.kangaroomarch.org.au](http://www.kangaroomarch.org.au)

and click on **The Project**, then **Stories** on the drop-down.



Here is Robyn with her finished work, which we hope will accompany the re-enactment next Sept-October. She chose camouflage colours to create the work as symbolic of uniforms.

### Kangaroo March Centenary Re-enactment Association Inc. Committee

- President: Graham Brown ..... [president@kangaroomarch.org.au](mailto:president@kangaroomarch.org.au)
- VP: Rhondda Vanzella OAM..... [vp@kangaroomarch.org.au](mailto:vp@kangaroomarch.org.au)
- Public Officer: Julie Mather ..... [legal@kangaroomarch.org.au](mailto:legal@kangaroomarch.org.au)
- Risk & Safety: David Williamson..... [safety@kangaroomarch.org.au](mailto:safety@kangaroomarch.org.au)
- Music Director: OJ Rushton ..... [music@kangaroomarch.org.au](mailto:music@kangaroomarch.org.au)
- Membership: Jan Brown ..... [joinup@kangaroomarch.org.au](mailto:joinup@kangaroomarch.org.au)
- Creative Writer: Angela Williamson [stories@kangaroomarch.org.au](mailto:stories@kangaroomarch.org.au)



## Kangaroo March Fit Tips #3

### The FITT Principle

**FITT** is an acronym used to describe the frequency, intensity, time and type of activity you need to participate in for that activity to produce benefits and improvements. FITT can be applied to almost any activity, sport or training program. So let's apply FITT to your preparation and training for the Kangaroo March:

**F** - Frequency: This is how often you do the activity. Frequency is the number of days per week that you participate in the activity. I would recommend walking 4-5 times per week.

**I** - Intensity: This is how hard you perform the activity. The intensity must be greater than that required for normal daily activities. Intensity can be generally classified as easy, moderate or hard. I would generally recommend training at a moderate intensity and a simple way to measure this is the 'Talk Test' - When you are exercising at a moderate intensity your breathing will be elevated up to the point where you can still hold a conversation comfortably and continue with the activity. There are a two main ways to vary your walking intensity:

- Increase and/or vary the speed you are walking at and/or
- Increase and/or vary the load by incorporating hills and undulating terrain.

**T** - Time: This is how long you do the activity. The activity must be done for an effective amount of time for benefits to result. If you are just starting this may be as little as 15 minutes building up to 30-60 minutes or longer as you get fitter and depending on what you are looking to achieve. You can even split your training into two shorter sessions to fit into your day and still get the same benefits.

**T** - Type: This is what kind of activity you are performing. As you are training to complete the Kangaroo March the main activity you should be performing is walking. I say 'main' because there is a great deal of benefit in incorporating different types of activity into your training once or twice a week.

This is broadly called 'cross-training'. Apart from walking, other activities that will help your performance that I recommend are strength or resistance training and swimming.

Next issue we will talk about some of the more advanced training principles like recovery, specificity, overload, reversibility and progression.

Keep exercising,

Phil

Sharp Fitness

[www.sharpfitness.com.au](http://www.sharpfitness.com.au)

## Werriwa Electorate and the DVA to the rescue with a Grant

Last month some of our Committee were able to thank in person the Grants Committee of the Werriwa Electorate. We didn't get to meet the boss, Laurie Ferguson, MP, as he was in Parliament in Canberra, but were made most welcome by the other 5 members who come from across the spectrum of the community.

Co-ordinator Vicki Meadows, Wal Glynn is a Campbelltown City Councillor, and a poet too, David Beddie from the Campbelltown & Airs Historical Society, Ken Foster, OAM, of the MacArthur Veterans and Advocacy Service, and Ray James, State Councillor for the RSL who wears another hat for us as he is on the RSL committee for our Choir, now rebadged as the RSL Rural Commemorative Youth Choir.





*And from the archives...*

*Courtesy of Sherry Morris, author of The Kangaroo March*

**WILLIAM JAMES JOSEPH MURPHY**

*William James Joseph Murphy, born on 23 March 1897, was the son of a Police Sergeant and one of the youngest Kangaroos. He had left school in 1912 to take up an apprenticeship as a carpenter. He had trained as a cadet and in the citizen forces formed in 1911 to defend the nation.*

*William had volunteered for the Kangaroo March in November 1915 but was rejected at medical examinations, in Cootamundra and then again in Sydney. He was nevertheless allowed to continue in the March as the drummer boy. He eventually passed the medical in Goulburn, after the march had concluded on 10 January 1916.*

*After training in Egypt and England he joined the 55th Battalion in the field on 15 August 1916. He was severely wounded in the left shoulder just over nine months later while engaged in the second attack on Bullecourt and was transferred to Kitchener's Hospital in England.*

*He recovered from his wound but he was declared non-effective because of Scoliosis (curvature of the spine) and returned to Australia on HMAT Benalla, arriving on 27 October 1917. He was discharged officially as medically unfit on 28 November 1917. He was not granted a pension because his disability was not the result of war time activities.*



**DO YOU HAVE A STORY FOR THE BULLETIN?**

**IF SO, PLEASE EMAIL**

**[stories@kangaroomarch.org.au](mailto:stories@kangaroomarch.org.au)**

➤ **How do I join the Kangaroo March Association?**

Visit our website, [www.kangaroomarch.org.au](http://www.kangaroomarch.org.au)

From The Project tab, click on either 'Get Involved' or 'Become a Member' and complete either form, & click 'submit'.