

ANNEXURE A

'EXTRACT' FROM MINUTES OF SPECIAL BOARD MEETING OF THE BOARD  
OF DIRECTORS HELD AT WESTERN SUBURBS LEAGUE CLUB  
(CAMPBELLTOWN) LTD  
TUESDAY 17 FEBRUARY 2009 AT 5.50PM

The Chairman then referred to the community contribution and asked members of the Board if they were comfortable with a \$100,000 commitment to charity. Discussion took place and It Was Resolved that the money be given to the Healthy Kids Foundation.

**ANNEXURE B**

## **Certificate of Registration of a Company**

This is to certify that

**HEALTHY KIDS FOUNDATION LIMITED**

**Australian Company Number: 125 069 678**

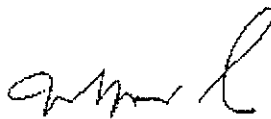
is a registered company under the Corporations Act 2001 and  
is taken to be registered in New South Wales.

The company is limited by guarantee.

The company is a public company.

The day of commencement of registration is  
the twenty-fourth day of April 2007.

Issued by the  
Australian Securities and Investments Commission  
on this twenty-fourth day of April, 2007.



Jeffrey Lucy  
Chairman



CERTIFICATE

ANNEXURE C

CAMPBELLTOWN

# Macarthur Chronicle

TUESDAY, FEBRUARY 5, 2008

YOUR LOCAL CUMBERLAND NEWSPAPER

PHONE (02) 4620 1500 80c incl. GST

Big first day  
**School's in**  
PAGES 24 & 25



Tim Sydney how much your loved one means to you and you could  
**WIN ITALY**  
A chance to win the trip of a lifetime



**New records**  
**Little stars**  
PAGE 120



# Battle of the bulge

VERA BERTOLA

A MACARTHUR area politician and leading paediatrician believes it will take several generations before people fully recognise the health risks of the obesity epidemic sweeping the Macarthur region.

Macquarie Fields State Labor MP Andrew McDonald made the prediction following the release of NSW Health's latest annual report finding one in every two people aged over 16 in the Macarthur region is obese or overweight.

The region's residents weighed in as the second fattest in the Sydney metropolitan area, behind Hawkesbury, with almost 56 per cent of adults tipping the top end of the scales.

After spending the past week dissecting the report, and based on his own experiences as south-western Sydney's paediatrics chief,

## SYDNEY'S FATTEST AREAS

- Hawkesbury (58.2 per cent)
- Macarthur (55.9 per cent)
- Nepean (55.6 per cent)
- Liverpool (53.7 per cent)
- Bankstown (51.4 per cent)

Dr McDonald said the obesity issue could be compared with smoking.

"Obesity is now where smoking was when we were first told it caused lung cancer," he said.

"It goes beyond party politics and any change will be slow."

He said he knew for a fact the State Government was extremely worried about obesity.

"It costs big time and is a major public health issue."

■ To Page 6



## How weight loss can change your life

ST Helens Park father of two Rodney King (pictured, left) lost 75kg and became a NSW finalist in the 2007 Weight Watchers' Slimmer of the Year competition.

He discusses how his weight loss changed his life for the better on Page 6. And the secret of his success? Be patient and set realistic weight loss targets.



**GO AHEAD MAKE MY ROSE**  
**Sudden Impact for Roses**

2/1-5  
ANZAC AVE,  
SMEATON  
GRANGE  
Opp. VOLVO

1.5KG \$13.95 10KG \$45.95  
15KG \$55.95

**ARELLAN SAND, SOIL & GARDEN SUPPLIES**  
We will cart the earth for you

4646 1313  
OPEN 7 DAYS




**CAR OF THE WEEK!**

**VE SSV SEDAN 6.0L V8, GSP AUTO DEMONSTRATOR**  
22" Alloys, Lowered Suspension, Window Tint

**\$59,579 DRIVE AWAY** **SAVE OVER \$6,607 OFF MSRP**

See dealership for more details

**CAMDEN HOLDEN** EDWARD STREET CAMDEN  
Your Local Holden Dealer PH. 4655 5000



\*MSRP ends 11/02/08. Pictures for illustrative purposes only. PVG/02/03/08 02/02/08

# Car culture is making us fat

■ **From Page 1**  
Like smoking, it is the associated health conditions – such as diabetes, high blood pressure, heart conditions and pregnancy complications – that put pressure on the hospital system.

In the United States obesity is associated with about 300,000 deaths a year.

Dr McDonald said education wasn't the answer.

"As a group, kids are quite well-educated about healthy eating. It's more a matter of societal change than education."

He pinpointed society's car dependence as one of the greatest contributors to our every-increasing stomachs.

"The motor car is not our friend," he said. "They have made it more difficult for our children to walk or cycle, both parents work, they are time-poor so they drive and the traffic is bad so they are more time-poor."

Campbelltown Hospital's head of medicine Prof Annemarie Hennessy said she wasn't surprised by the NSW Health figures.

"Certainly I see an over-representation of overweight patients," she said. "The numbers are increasing; they put a lot of burden on their own hearts and health and the chances of getting better. Forgive the pun, it's a huge problem."

Macarthur Clinical School's inaugural dean Prof Brad Frankum

## SILENT KILLER

- **WHAT:** Obesity
- **WHY:** Lack of exercise, larger meal portions, high-fat food, urban design
- **THE BOTTOM LINE:** This generation will be the first to die younger than their parents

agreed the issue of obesity was complex and there was still divided opinion whether it was caused by diet or lack of exercise or a combination of both.

"The Government needs to take more leadership in this regard . . . the figures don't surprise me - I see them every day as people access the hospital and health system," he said.

Macarthur Division of General Practice dietician Christine Wirtz said the NSW Health report focused on weight and obesity rather than healthy lifestyle and good nutrition.

"People overweight can be fit and healthy," she said.

She pointed out that as the Macarthur region was recognised as a lower socio-economic area, overweight people needed continuing support and regular services from health professionals.

"Information about services, the costs and transport all impact on people's opportunities to access support and improve their health," she said.

# Rod moves a mountain . . . from himself

VERA BERTOLA

ST Helens Park dad Rodney King defied the statistics when he beat the bulge last year.

The father of two shed 75kg and became a role model for all weight watchers with his never-ending positive attitude.

Six months on, and still a trim 86kg, Mr King is loving life and all the possibilities that have been thrown his way.

"The whole Weight Watchers thing, I completely changed my lifestyle and had to get used to different habits – but they were healthy and better ones," he said.

Mr King admitted it was difficult to motivate himself to do something about his weight, but once he took the first step – and got past the first week – he was on a roll.

"I lost 5kg in the first week. I knew straight away it was working and that drove me further and further to keep working," he said.

"I never thought I would make the end of it when I first joined . . . it was a progression. I just concentrated on the next 10kg and the next."

Mr King said he was "absolutely" certain his weight loss had been good for his life.

"I'm fighting fit and loving it," he said.



Rodney King doesn't miss his old lifestyle and the baggage that went with it.

**John Therry Catholic High School**

Under the patronage of Mary Help of Christians  
A Catholic Co-Educational High School to serve the Macarthur Region  
Demetrius Rd Rosemeadow NSW 2560 PO Box 540 Campbelltown NSW 2560  
Telephone: (02) 4626 3322 Facsimile: (02) 4626 5664

**Enrolments for Year 7/2009**

An Information Evening for prospective students and their parents  
Will be held on Tuesday 26th February, 2008 at 7.30pm  
In The William E. Murray Hall

Application forms will be available on the evening and also at the local Catholic Primary Schools from 27th February 2008  
A limited number of scholarships will be available.  
Any further enquiries please contact the School Office.  
Applications close Thursday 4th April 2008

Enrolments 2008

**Trying to Quit SMOKING?**  
When all else fails let **HYPNOSIS** make it easy!  
**Quit cigarettes in 60 min Specialist**  
Lifetime Guaranteed

Call your local Hypnotherapist **Gezina** at Macarthur Hypnotherapy/NLP Centre NOW

**1300 88 71 33**

The Biggest & Freshest in Macarthur

**MINTO'S**  
FRUIT ORCHARD

**BACK TO SCHOOL BARGAINS - GIVE YOUR KIDS A HEALTHY START WITH THESE GREAT SPECIALS**

TURN TO PAGE 13 FOR MORE OF OUR FANTASTIC WEEKLY SPECIALS

**BEN LOMOND RD, MINTO  
PH: 9603 9458**

**NEW WAVE AIR CONDITIONING**

Inverter Ducted Systems installed **From \$5,500**

Free Whirlybird installed with every ducted system sold  
Conditions apply

**FUJITSU**

Inverter Split Systems **From \$950**

**FREE QUOTES: 4627 4436**

SHOWROOM: 9am-5pm Mon-Fri  
1,17 Watsford Rd, Campbelltown