



**The Keep Fit Association's 52nd National AGM was held on 3<sup>rd</sup> October 2009 at Caroline Chisholm School, Northampton, and hosted by the East Midlands.**

Our annual get-together got under way with a Fitness Moves warm up lead by Frances Dickens, followed by a Creative Moves session with Lisa Terry. Each session was well attended and warmly appreciated both by those taking part and those preferring to sit on the side and watch. As usual everyone left the floor with broad smiles feeling invigorated and ready for their lunch.

After lunch came the business of the day and our 52<sup>nd</sup> National AGM. Darran Bennett, Chief Executive of the Exercise Movement and Dance Partnership outlined his Annual Report for 2009, *Working Together*, which was provided in hard copy to those assembled, along with a report written by John Hunter summarising what had been achieved since the forming of the partnership in May 2006.

*(Full details of the meeting including reports, financial summary and elected officers, can be found in the Minutes, available to members upon request )*

## Moving On Up

Janice Moore was recently appointed as President of the KFA. Always a great ambassador for the Association, Janice was delighted with the invitation to take the Presidency which, as a consequence, left a vacancy for a Vice President. The announcement that her successor was to be Brenda Coldwell, former Events Director, was met with audible approval and Brenda herself, visibly shocked was clearly delighted to be asked to take on this role.

The business of an AGM can sometimes be a bit dry, but not when you have people like Grace Beckett around. Grace was retiring from her role as Membership Liaison Director but it was clearly her intention to go with a bang and was obviously delighted to award the trophies for Volunteer of the Year

Business completed, it was back to the main hall for a lively session with Jackie Stocchino to music from West End shows before settling down to one of the best shows around performed by our Keep Fit friends.

The National Competitions in Blackpool, earlier in the year, provided a wealth of superbly choreographed and executed team and individual performances. Some of those taking part, including winning teams, performed again for us today, along with other demonstrations by teams that show the breadth of KFA membership.

## Volunteer of the Year Award

A particularly pleasurable part of the AGM is the announcement of the winners of the **Volunteer of the Year Award**. This is the occasion when we celebrate the contribution made by just some of our members towards making the KFA unique in its blend of keeping fit and social activities.

This year, the winners are:

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|------------------|---|
| Committee Member | – Doris Bridger, South East (Surrey)      |
| Teacher          | – Diana Bigley, East Midlands (Northants) |
| Member           | – Pamela Westmore, Southern Counties      |

### Committee Member - Doris Bridger from the South East Region (Surrey).

Doris was nominated by fellow committee members and class members alike for her continued support of the KFA. ‘Doris has been a staunch member of the KFA for approximately 50 years and a teacher for 40 of those years. She has been Minutes Secretary, PRO, Secretary, Newsletter Editor, Chair, Vice President and President of her local Association. Doris is also Vice President of the Regional Committee. She is pro active in organising and promoting KFA events and regularly raises in excess of £1,000 for charity. Her classes have had virtually 100% membership for many years and she has participated in and organised many demonstrations. She is always cheerful, courteous and with her enthusiasm for the KFA – makes others proud to be a member.’



Doris Bridger (left) receiving her award from Grace Beckett (right)

Upon receiving her award Doris said: *‘What a lovely surprise to be chosen as the winner of the ‘Committee Section.’ Heartfelt thanks go to everyone who put my name forward and also, of course, to the KFA Board.’*



### Teacher Section – Diana Bigley, East Midlands

Diana was nominated because *‘for over 41 years she has always been planning something to do with KFA. As a trainer and teacher she has produced many items for class, county, region, and the RAH, and often takes these items to support other events. Diana worked tirelessly with the children in her Youth Moves team who have also performed at many venues.’*

Diana Bigley (right) receives her award from Grace Beckett

## Diana Bigley – Nominations for Volunteer of the Year (Contd.)

*Diana's other classes include those for the active retired and visually impaired and she is always in demand as a trainer. The work she puts in and the many miles she has travelled show her commitment to her class members and the KFA. Diana encourages and helps everyone to achieve their best, leading by example and is rewarded with loyalty by all of her class members.'* (Extracts from some of the nominations for Diana).

Diana received her award at the National AGM. Upon hearing of her success Diana said: *'What a lovely surprise to learn that I had won this award. What an honour! Since training with Madge Baranek 40 years ago I have enjoyed and shared so many happy moments with my class members and received such loyal support from them. I thank every one of them very much for nominating me.'*

Our final **Volunteer of the Year** winner is in the **Members section**, and this was awarded to **Pamela Westmore from the Isle of Wight, (Southern Counties)** Unfortunately Pam was unable to attend the NAGM to receive her award and so it was presented to her at her local Regional AGM

When notified of the award, Pam said: *'What a surprise! What can I say about winning the 'Members Section' I just think I am an average person going to Keep Fit classes each week. Fifty years ago I was persuaded by a friend to go along to a class and that is how it started. Just can't think why I am 'different' to the next person!'*

And that probably sums up why Pam was nominated. She may be modest and reticent about what she does, but obviously other people really value her efforts at class, local and regional level, whether its organising trips, parties or just taking the register at class.



## Other Awards

**The 'T Cup'** is awarded for the most significant percentage increase in membership and was awarded to the **South East**.

**The Membership Trophy** awarded for the biggest increase in actual numbers, was also won by the **South East**.

Congratulations to them and to all the other regions that have helped increase our membership over the year.