

A Distinctive First Year



WHK Camerons congratulates Armidale cadet Jean-Paul Shanahan on his first year university results. JP received 4 High Distinctions and 2 distinctions across the year.

These fantastic results were recognised when JP recently received two awards for his high academic achievement in 2007. These awards were presented by the CPA. The first was a merit award for ranking 1st in AFM 101 (out of 204 students at UNE).

The second award was for a first year student, and was awarded to the undergraduate in the Faculty of Professions, if of sufficient merit, who most distinguished himself in AFM 101 & 102 (the prize for which was a medallion and \$500). In addition, JP was invited to join the Golden Key International Honour Society.

JP also successfully completed the first year of his cadetship program at WHK Camerons. The cadetship provides young people with the commercial experience to pursue accounting or business related careers. It is an opportunity to combine academic learning and workplace experience.

WHK Camerons is offering 2009 Cadetships that will start in February 2009. To be eligible you must have completed your HSC or equivalent in 2007 or 2008 and be enrolled in a business degree.

Semester 1 is spent studying full time with semester 2 combining full time work at WHK Camerons with a part time academic program. Cadets are also in the workplace during the University Holidays.

A rotational system allows the cadet to gain experience in Business Services, Audit, Superannuation and Financial Planning.

Applications close in September 2008. If you are interested in the cadetship or would like more information, please contact Veronica Schmude on 02 6776 5100, or email veronica.schmude@whkcamerons.com.au

WHK Camerons in the community



WHK Camerons are proud to sponsor our community in a variety of different ways. We have a Marketing Committee which assesses every request for sponsorship.

We support a mix of events and organisations in all of our communities. Just some of the things that we have sponsored so far this financial year include:

- * Grafton Relay For Life
- * Kyogle Junior Cricket
- * Glen Innes Race Day
- * Coffs Legacy Welfare Fund
- * Inverell Indoor Cricket
- * Southern Cross University
- * Young Achievers Australia
- * Walcha Junior Rugby
- * Inverell Art Gallery
- * Armidale Autumn Festival

log on at: www.whkcamerons.com.au



BEFORE



AFTER



BEFORE



AFTER

A shadow of his former self

By Don McRae, May 2008

I have been asked to pen a story about my weight loss experience to allay fears expressed by several clients that I must surely be ill.

Now I am not an avid fan of the recent 'Biggest Loser' program on Channel 10, but nonetheless was awestruck by WHK Camerons colleague Christie Gessey's story (Womans Day 12/3/08).

Christie, confronted by the real life experience of not being able to fly with her ill son in the Child Flight Helicopter because she was too heavy, proceeded to lose 53% of her body weight.

Appropriately inspired by Christie's effort, my wife Camilla, who is currently completing a short term assignment with the firm, has lost over 23% of her body weight. I myself have lost a mere 22%.

Along the way Christie won the title of 'Australian Slimmer of the Year' and I am proud to say that I won the 'Inverell Celebrity Body Challenge'.

The Inverell Body Challenge is a community-wide initiative run by a small group of dedicated volunteers with the goal of improving the health of the business community and raising funds for worthy health-related causes.

This year the challenge raised funds for the soon to be opened Mens Shed, one of the noble aims of which is 'to address the issue of mens physical, emotional and social well-being in the community'. Six thousand dollars was raised for the Shed over the course of the challenge, through subscription and 'fines'!

Given I had a good cause, it's still reasonable to ask 'why lose weight?' Well there's strong medical evidence that to perform at your peak one needs to be fit. I wanted to perform at my best as a father, accountant, team-leader and mentor, so something had to be done.

Doctors had told me for at least the last 25 years that losing weight should be a priority. Camilla had given me a 6 month subscription to the gym but I still needed the proverbial 'kick up the backside' to get started.

My first client assignment of 2008 was at North Star. Property valuer friend Bob, solicitor Kay and I visited several client properties. During the course of this visit Kay took a photo of Bob and myself and forwarded the image to each of us. Bob phoned and enquired "what did you think of the photo?" I said "looks ok to me. Both of us look pretty happy in the bush enjoying working with our client". Bob said "I think we look like a right pair of fat bastards".

Bob's hobby is show steers and his cattle is renowned across the land. He reckoned we wouldn't rate on any commercial scale except that reserved for the 365 day grain-fed. Point taken.

But what to do? Christie had achieved a modern-day miracle, so I went onto her program. I eat much the same food as I used to, but only after it goes over the scales - so I keep my mouth shut for longer.

Bob joined me in the Body Challenge and brought along another close friend Noel, a

real estate agent. Our collective age is 176 years. It was great to have them with me, 3 grey haired mates (amigos?) competing against 18 others whose average age would have been about half ours.

Imagine the surprise when the 3 old blokes won! I guess our competitive spirit and helping each other over the line was a significant advantage.

We also exploded the myth about only beautiful, buff people going to the gym. Drop in sometime, you'll find people of all shapes and sizes there.

The combination of a healthy diet, beef, chicken, fish, vegetables, carbohydrates and regular exercise saw the scales cranking backwards at about 2 kgs per week.

Most of what those Doctors said has turned out to be true. Energy levels which I thought age had robbed me of have returned. Joints aching from old sporting injuries no longer ache and I'm told there is frequently the hint of a smile on my face.

Next challenge is the City to Surf in Sydney on August 10. I issued a challenge to my colleagues across WHK Camerons to join me and we will have a strong contingent of about 35 runners in the field. I expect to beat most of them home, but I hope they have other ideas.

As the song goes (sic) ..."if I see you walking down the street and you walk on by" I'll understand, many do the same. But I hope you recognise the new me and take a moment to think about your own health and welfare. If I've done it, so can you!



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Casino: 157 Barker Street Ph: 02 6662 7555
Coffs Harbour: 107 West High St Ph: 02 6652 3211

Glen Innes: 2/122 Bourke Street Ph: 02 6730 2999
Grafton: 82 Victoria Street Ph: 02 6642 7555
Inverell: 3 Glen Innes Road Ph: 02 6728 8800
Kyogle: 180 Summerland Way Ph: 02 6632 1322

Lismore: 53 Carrington Street Ph: 02 6621 9222
Walcha: Fitzroy Street Ph: 02 6774 2700
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