

# WOODY'S Newsletter

## Roundup

Issue 15 June / July 2009

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A publication of B. P. Woodward & Associates, Chartered Accountants

Winter is well and truly upon us, and we in the office are certainly feeling the chill, so we're sure you are too. That's why we've put together a winter special packed full of ideas to keep you warm and nourished in this bitter climate, so that come Spring you can emerge trim, cheery and refreshed.

## We Are Able To Help With

- \* Management Accounting
- \* Business Planning
- \* Cash Flow Planning
- \* Performance Monitoring
- \* Taxation Planning
- \* Tax Audits & Investigations
- \* Superannuation
- \* Succession Planning
- \* Business Sales & Purchases
- \* Financial Re Structuring
- \* Venture Capital
- \* Strategic and Financial Planning
- \* Marketing Services
- \* Property Investment
- \* Audit Services including Special Purpose Audits

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### Five Strength Secrets to Warm You Up this Winter

Building stronger muscles is not only a great way to stay warm this winter, but will help you spring out of bed, whip up the stairs, get more done and have more fun!

Regular strength training (at least 3 times a week for 30 minutes minimum) is the backbone of any good exercise routine. John from RISE Health shares his strength secrets to help you on your way...

**Train Don't Strain** – It takes the same amount of time to do an exercise with perfect form, as it does to do it poorly. Exercise performed poorly will lead to poor posture and injury where as the right exercise, done properly will improve your look, feel and function.

**Progressive Overload** – In order to continue getting stronger, you need to incrementally increase the challenge. Pay close attention to your exercise intensity this week and make sure the 'load' or the 'time under tension' increases each week. Either choose a harder exercise, do more repetitions or hold the pose for longer.

**Ease Up Every Fourth Week** – Pushing yourself harder every session will lead to burn out and injury. In week one, begin at approx 65% of your maximum strength or a 6.5 out of 10 on your Perceived Rate of Exertion. In week two increase the intensity to 75%, push a little harder to 85% in week three, but unload in week 4 by easing back to 70%.

**Slow, Long Movements = Less Bulk** – Short, explosive movements lead to short bulky muscles. Moving slowly to the very end of your full range of movement will train the endurance fibres, giving your muscles a longer, leaner look.

**Eat Adequate Protein** – Amino acids are the building blocks of muscle tissue. Once you've broken down that tissue with a workout, your body will seek out amino acids to rebuild it. If there is not enough protein in your diet, your body will break down other muscles to rebuild the one's you've just bashed up! This will leave you feeling tired and stressed. Men should aim for approx 0.85 grams of protein per kilo of body weight per day, and women approx 0.75 grams / kg / day.

### Your Winter Beginner Strength Circuit

Do 10 repetitions of each of the following exercises without resting in between. Once you have finished a full circuit, rest for 60 seconds, then repeat twice for a total of 3 circuits.

- \* Squats – like sitting in a chair
- \* Push Ups – from knees or toes
- \* Side Lunges – keep knee caps in line with toes
- \* Horizontal Pull Ups – pull your body up from under a fence or railing
- \* Oblique Sit Ups – twist to alternate sides as you sit up
- \* Back Extensions – lie face down and lift your chest, head and hands as high as you can

### Shake off the winter chills

Shake off the winter chills with a winter getaway; it could just be the tonic you need for the frosty months ahead...

- \* Practise your skiing skills in Australia's alpine country. For some downhill thrills head for Perisher's 3-kilometre run or try traversing 100 kilometres of cross-country trails.
- \* Warm up with a robust cabernet sauvignon in the Hunter Valley. Head off the beaten track for boutique vineyards whose names reflect the local geography, such as Pyramid Hill and Two Rivers.
- \* Head to Western Australia to watch the Southern Right and Humpback whales as they travel close to the south western coast to play, feed and breed.

## How to entertain the kids these school holidays

The kids may pine after them, but every parent can appreciate that school holidays = stress!! Avoid the boredom and bickering, and keep them entertained with these ideas...

\* Clever Little Cooks has fantastic themed projects to help kids get busy in the kitchen. It's a fun and educational way to introduce children to the joy of cooking. Imagine their excitement when they receive their own parcel in the post containing wipe-clean recipe cards, a re-useable cooking utensil, a shopping list, craft activities and materials and a themed newsletter. For more information and to order online, please visit <http://www.cleverlittlecooks.com>.

\* Fitness First run a FFIT Holidays program for 14-18 year old school children, offering free access to Fitness First clubs everyday of the holidays. They can use a variety of gym equipment and participate in fitness classes. For information contact Kristen on 02 4633 3625.

\* Ceramic Art @ Tennyson Studio in Gladesville run "hand building with clay" workshops, giving your child the chance to create their own piece of ceramic art, then paint their creation. They have one and two day workshops available, so give them a call on 02 9879 0444.

\* Spitting Image Photography provides photography classes for 4-5 year old preschoolers and 5-12 year old children. The sessions run two days per week for 2.5 hours. Encourage your child to explore and develop their own style and give Jan or Amanda a call on 0417 285 815 or 0425 359 102.

\* Sydney Olympic Park is abuzz with activities every school holidays, including sport clinics, creative workshops and live entertainment. There are loads of things to fascinate, educate and challenge every child. Phone 02 9714 7888 for further details.

### Staff News

The partners and staff wish to congratulate Katie Richardson, who this month completed her studies to become a Chartered Accountant. We also congratulate Lailani Abran on her promotion to manager, and Linda Feimos on her promotion to supervisor.

Diwen Yu is off to Shanghai to visit family for a few months, we wish her the best of luck and look forward to her safe return in October.

### Apple, Butterscotch and Fig Puddings

1 small apple, unpeeled, cored and cut into 8 slices,  
125g unsalted butter, softened 3/4 firmly packed cup, dark brown sugar, 1 tsp vanilla bean paste or vanilla extract, 2 large eggs,  
1 1/4 cups plain flour, 1/2 cup almond or hazelnut meal,  
1 1/2 tsp baking powder, 1/4 cup milk, 2 dried figs, finely chopped  
Pure (thin) cream, to serve



### Butterscotch Sauce

50g unsalted butter, 2 firmly packed cups dark brown sugar, 300ml pure (thin) cream

1. For the butterscotch sauce, place all the ingredients in a pan and stir over medium heat until the sugar dissolves. Increase the heat to medium-high and simmer rapidly for 5-8 minutes or until thickened, taking care not to let it boil over.
2. Preheat oven to 180°C. Grease eight 1/2-cup (125ml) metal pudding moulds. Place 1 tablespoon butterscotch sauce in the bottom of each mould and top with a slice of apple.
3. Using an electric mixer, beat the butter, brown sugar and vanilla bean paste until pale, then add the eggs one at a time, beating well after each addition. Slowly add the flour, almond meal, baking powder, milk and fig, and mix until combined. Divide the mixture among the moulds, place in a small baking pan and pour in enough boiling water to come halfway up the sides of the moulds. Bake for 35 minutes, until almost set.
4. Stand for 3 minutes, then remove from water bath. Run a hot paring knife around puddings and invert onto plates. Serve immediately with cream and remaining butterscotch sauce.

### Key Dates:

30th June 2009  
End of Financial Year

21 July 2009  
June monthly activity  
statements due

28 July 2009  
Quarterly activity  
statements due

### Contacts

If you found John from RISE Health's tips on winter fitness useful, and would like further information on staying healthy and happy this winter, please visit <http://www.risehealth.com.au> or contact John directly on 0419 020 867 or via email at [john@risehealth.com.au](mailto:john@risehealth.com.au)

## **B.P. WOODWARD & ASSOCIATES** **CHARTERED ACCOUNTANTS**

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