



fraternity of the travelling trousers

Hello FTT members

Welcome to a review of 2023 and an update on what the FTT team are planning for 2024.

A huge welcome to the new members. Thanks for joining FTT and we really encourage you to get involved.

Our AGM will be held on the 13th of February. The current FTT committee are Mark Allday, Mike Heath, Steve Charles, Glynis Cole, Jay Wilhelm, Adam Marshall, Frank Middleton and Adrian Kenny.

Contact us for more details if you would like to be more involved.

This year we are going to continue our support of Rebound WA athletes, but we are kicking off a new sponsorship with All Abilities Footy WA (www.allabilitiesfooty.com.au). Check out the great work this group does at their website and get ready to support Ocean Ridge's Integrated Footy Team.

If you have any ideas or have a particular passion, then please contact one of the committee members. If you have likeminded family or friends, we would love to hear from them too. Please, contact one of the committee and get involved.

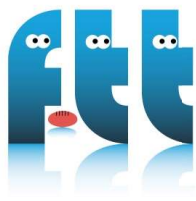
UPCOMING EVENTS



- ❖ **Make sure you read the last page for more detail on these...**
- ❖ **Footy tipping competition and Count Night – Sat 31st of August**
- ❖ **The Footy Trip to Melbourne is on again in Round 5 April 11-14. Have to get in early for this one a couple of months to go!**
- ❖ **Volunteering opportunities – Gardening, All abilities footy WA and just helping out where and when we need to**
- ❖ **Social events – Lawn Bowls, Poker Night, Day at the Races, Comedy Festival, Dinners, and Lunches**



Please follow the Fraternity of the Travelling Trousers Facebook page or visit our website (fttinc.com.au) to see upcoming events, pictures, and updates from the athletes.



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Sponsorships

2023 was another great year for the athletes we sponsor, check out their achievements below.

BEN had a brilliant 2023. Besides setting another personal best in competition with an oceanic record in Dubai of 191kg!!! Ben has been awarded a **BRONZE** Commonwealth Games medal for his lift in Manchester. An amazing achievement and reward for a lot of hard work for many, many years. 10 years ago when FTT first met Ben was lifting 92kg!



Ben Wright Powerlifting

Jake Howe Rugby



JAKE had a quieter 2023 with a few competitions early in the year before sustaining an injury that has slowed him down a little. But... as per normal Jake is back on the training track and pushing to be part of the 2024 Olympic Steelers team that will be in Paris in July. Good luck with the recovery.

Darren has been playing for Bond University in the Wheelchair Rugby National League, finishing second overall across the three tournament rounds. He has also represented Western Australia at the Wheelchair Rugby National Championships, securing the silver medal in Division 2. He has been attending training camps with the Australian Development Squad which will hopefully lead to consideration for some international duties.



Darren Cuomo Rugby



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Sara Houston
Basketball



In 2023 Sara made it to the final selection camp for our most recent world championships and was chosen as an emergency.

She has been training 6 days a week and playing with the Black Ducks while preparing for the next Gliders training camps hoping to make the AOZ and Paris Qualifiers tournaments and possibly a place in Paris next year.

BEN has been competing and training with the WA institute of sport and also been involved in training camps in Europe. Recently Ben travelled to Germany for the ICF Canoe Sprint and Paracanoe World Championships. Congratulations to Ben as he went back-to-back in the VL1 division. Congratulations Ben for achieving so much in 2023.



Ben Sainsbury
Canoeing



Lucinda Foley
Swimming

LUCINDA Lucinda competed at the 2023 Australia Aged Multi Class Championships held at the Gold Coast Aquatic Centre in Queensland. Lucinda also competed at the State Short Course Championships where she had personal best times. Personally, she had a great championship, posting some fast times that she hasn't swum in a while. She swam in multiple finals, the 100 back, 50 fly and 50 free. Her aim is to compete at the Open Multi Class Nationals this year.

New 2024 Sponsorship

All Ability Footy WA

This year we have decided to spread our wings and support a new organisation that is providing the opportunity for people of any ability the opportunity to participate, to belong and be part of a local footy team and to be part of a community club. We are planning to support a local Ocean Reef / Heathridge team as well as the overall governing organisation.



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FOOTY TIPPING WINDUP NIGHT

The top 6 tipsters

1 st	Janine Hasslegrove	143
2 nd	Bruce RossAdams	142
3 rd	Catherine Schaer	141
	Conor Lyons	141
	Craig Fewster	141
	Mary Tonzing	141

Another year and once again we smashed our record for the number of tipster in the competition and the number of people at the windup.

We had a change of venue and ended up filling the The Boulevard in Floreat with around 200 guests. The atmosphere at the venue was great as there wasn't a spare seat. The night included a "tongue in cheek" week by week analysis of the footy in 2023. Which meant there were plenty of entertainment, laughs, amazing prizes and plenty of drinks. The food was exceptional with Glynis and her team looking after our stomachs and the bar team keeping us hydrated.

This is our major fundraiser, so it was great to have so many generous sponsors particularly Liquor Barrons, Harvey Norman, Perth Racing and chef Iain Lawless. Without them the night would not be as successful as it was.



**Thanks to
all our
sponsors
for making
the night a
success**



Iain Lawless

And all the other sponsors... EZGO golf carts, MarketForce, The Shoe, Freo Dockers, West Coast Eagles, Schwarzkopf, BeerFarm, Maylands golf course, Wanneroo golf course, Wildcats, SEN WA, Wanneroo Mazda, Seaview golf course, TABtouch, BestDrive, KDeez Tanning, Linton & Kay Galleries.

Please support them whenever you can.

ONLINE FOOTY TIPPING

1 st	MulderMan	148
2 nd	Trevor85	147
3 rd	cazhart	146
4 th	neilcol	145

We also run a weekly tipping competition on-line at footytips.com.au. Last year MulderMan took out the top tipper award and won a very nice bottle of scotch.

I (aka MulderMan) could not have been happier 😊 It will most likely never happen again!



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TIPPING COUNT NIGHT

Welcome tipsters



Hi Mike



Hi Mike

Hi Mike

Hi Mike



Hi Mike



Hi Mike

Hi Mike



Hi Mike

Hi Mike

Hi Mike



Hi Mike

Hi Mike



Hi Mike



SLIDES

I need to get Mark into counselling

Dad has some serious issues

Well, I thought it was funny!



Hi Mike



Hi Mike



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THE MAJOR PRIZE WINNERS



I *was* winning
for a little while



I won this!



You are so
embarrassing



Beers cold!!!
WINNER!!!!

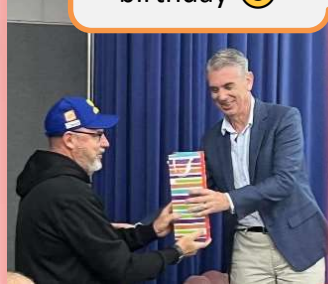


Online tipping
winner

Food was
a winner!



It's my
birthday 😊



Iain lost a side bet
and his nasal hairs



I won't have
this for long!



Lucky last!

Me either!





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DONATIONS



Every year we look for places to donate and we like to share the hard-earned raised funds to a range of athletes and charities. Particularly ones where a FTT member has a personal connection. So, if you have a cause you are passionate about, please contact one of the committee.

In addition to the athletes above, we also donated to these worthy charities.



Woo hoo... made it. I am smiling now, but only because I am glad it's over!

City to Surf was back in 2023 after a couple of years off. Activ and Chevron partnered to make it happen. Activ, established in 1951, was formed by a group of families who wanted more for their children who lived with disability and had become marginalised by society. This fundamental belief in people is what still drives Activ today.



breast cancer
care wa

Why anyone would jump off the side of a building and abseil down to the ground... I DO NOT KNOW!!! But Marie Blackburn did just that to raise funds for Activ foundation during the Central Park Plunge. Great work Marie and we hope your heart rate has returned to normal.

Get out of the way!!!!
I'm comin' through



In 2023 we continued our support of research into breast cancer with a donation to Breast Cancer Care WA. Since 2000, Breast Cancer Care WA has provided specialist breast care nursing, counselling, and financial support to women and men affected by breast cancer, as well as their partners and families, throughout the WA community.



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For a second year, Jay Wilhelm completed 3,139 push ups in the Push For Better Foundation raising awareness and engaging people in mental health through connection, education and health and wellbeing. We #pushforbetter

Jay Wilhelm

Push-Ups Completed **3,139**



Another year... another bucket load of push ups!!!

THE ARIELLA TEAM

FTT have been supporting Ariella for a few years. Ariella's condition causes her to have health issues including epilepsy and fluctuating muscle tone that can leave her temporarily paralysed. Currently there is no treatment or cure.



Thank you
FTT 😊

This year FTT again supported the A-Team WAFL Women's football game fundraiser in which FTT pledged \$100 for every goal kicked for a total donation of \$1000. We have also provided financial assistance for Ariella to receive some specialist treatment, which is having some great results.



Through Steve Charles, we found out that this group was looking for some assistance. Their objective is to support grandparent carers and their grandchildren to live full lives.



Around Easter and then Christmas FTT made donations that allowed the team to give a few grandparents and their grandchildren a few essentials around these times of greater need.



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VOLUNTEER GARDENING

A couple of Sunday mornings each year we tackle the task of cleaning up an overgrown garden. It only takes a couple of hours (max) and it makes a huge difference. Thank you to everyone that has volunteered and helped with the weed pulling, tree trimming, lawn mowing and of course the tip run at the end.

The Crew



I think Frank went it there



There he is!



I am feeling a little drained 😊



1 hour later...



Great job Trailer full!



Did you bring any bug spray?



What sort of bugs Frank?

I am just going to hide in here for a while...



I'm done!
I saw a spider!



Whoever mowed this lawn needs to try again!



We will have more opportunities to volunteer this year.



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THEN THERE'S OUR SOCIAL SIDE

LAWN BOWLS



The old Farts



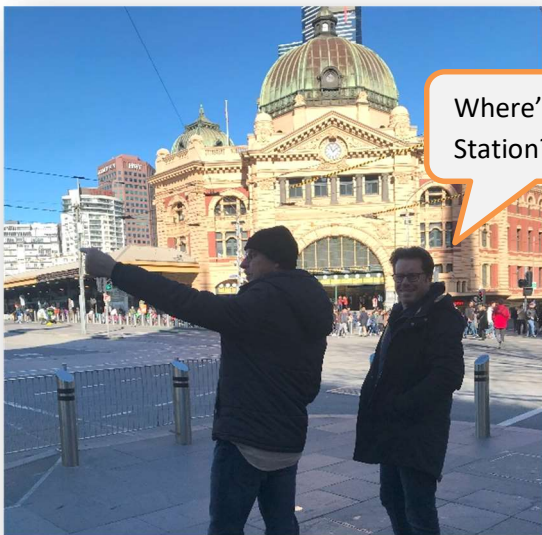
The Young Guns

...and Cheryl



Guns beat Farts to take out the major prize

FOOTY TRIP TO MELBOURNE



Where's Flinders Station?

Where's Flinders Station....



Chillin' B4 the Footy



Who's that?

What?



You drive me to drink!!!





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AXE THROWING

Time for Lleyton to duck!!!



Adam.... DUCK!!!



Too slow Dad!



Perfectly landed
between Mark's eyes



I'll clean this
for you Alec



AT THE RACES

WINNER!!!



I did say tie, jacket, hat,
pants, shirt, shoes, socks
and jocks were all optional



WINE DINNER

A few of the members
spent a night dining and
wine tasting. The sales
in shiraz went through the
roof. No photos were
taken, so it must have
been a good night!

CHRISTMAS LUNCH

We had a relaxed afternoon in the
Swan Valley with a few FTT
members and athletes just before
Christmas. Nice food, local brewed
beers and good company. Doesn't
get much better than that!



In 2024 we will be looking to do more. So come along to the next social outing!



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**Do you need
our help?**

Send through your
ideas and requests!



Let one of the committee know if you would like to attend any of these events, have something we can help with or if you just want to help.

Keep an eye on FaceBook and your emails for upcoming dates!

Lawn Bowls – March (date to be advertised very soon)

- ✓ We are kicking off the year with a relaxed (but no doubt very competitive) game of lawn bowls at the Scarborough Bowls Club.

Footy Tipping – forms available very soon

- ✓ It is on again and the season kicks off on March 7th (7 weeks away) with a part round in Queensland! Remember to get your family and friends into the competition too.

Footy Tipping – Count Night – 31st of August

- ✓ We have it pencilled to the bye round again. So, book the date in now.

Annual Footy Trip – Round 5 – Thursday April 11th to Sunday the 14th

- ✓ We are heading back to Melbourne during the Melbourne Comedy festival for footy, comedy and plenty of fun. We need numbers early so we can book tickets and accommodation. Contact Mark to book a spot asap and find out flights.

More Gardening Days Coming Soon

- ✓ Half a dozen volunteers and a few hours on a Sunday morning makes a huge difference to a garden. We will be trying to hit a few more gardens this year, so if you have a couple of hours to spare, please get involved.

Other events we are planning for 2024 include: -

- ✓ Poker Night, Comedy Festival, Day at the Races, Axe Throwing, Shuffle boarding, Not the President's Birthday Dinner, Lunches, Swan Valley lunch (December) and other volunteering opportunities.

AND remember our new sponsorship with All Abilities Footy WA

- ✓ As we build this relationship, we are hoping to have a few different opportunities to help them out during the year.

We hope to see you soon



Mark and the FTT Team