



fraternity of the travelling trousers

FTT INC

Hello FTT members and welcome to the first newsletter for 2014. It has been a pretty busy Christmas period, January and February for all of us which has resulted in a quiet period on the FTT front.

But... it has been anything but quiet for Ben who has been busy travelling, competing and lifting some very impressive weights and achieving personal best. The lifts have been so impressive that Ben has made the Australian team traveling and competing at the Commonwealth Games in Glasgow.

We are up and running now and we hope you can attend a few of our functions and events throughout the year. We look forward to hearing from you.

The current FTT Committee are Mark Allday, Mike Heath, Steve Charles, Gerry Killian, Neil Jones, and Jay Wilhelm.

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



2014 UPCOMING EVENTS

March 22nd CrackerJack night – Wanneroo Lawn Bowls

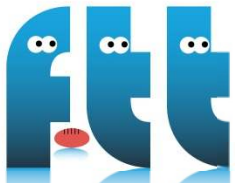
- ✚ Friday night is lawn bowls night. Come and join us for an afternoon on the Wanneroo Bowls Club greens followed by a meal and a few drinks. We will be kicking off the bowls at 5pm, with dinner sometime around 7:30. Everyone is welcome for bowls, dinner or just a few drinks.

March – Volunteer Day

- ✚ We are waiting to hear back from the organisers of a couple of volunteer opportunities in March and also throughout the rest of the year. As soon as we have confirmed a date or two, I will send out a registration email.

2014 Planned Activities

- ✚ have included a summary of our scheduled events on the last page. Have a good look at the line up and if there are any suggestions out there or preferences for something different, then please let one of the committee know.



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HOW IS BEN GOING?

Ben has been busy since we caught up with him at the Footy Tipping count night. The letter below is a huge thank you from Ben to everyone involved in FTT, but also an overview of what Ben has been up to. We need to congratulate Ben for qualifying for the Commonwealth Games in Glasgow later this year. Well Done!!!!

If you want to see Ben lifting 166kg, you can search YouTube for "Ben Wright Powerlifter" or go to :-

www.youtube.com/watch?v=8Bc9K3IO7_0

Hello Mark and FTT Members,

I hope you all had a great Christmas and New Year break.

Just wanted to give you all a quick update in how I have been going recently. Since coming back from Malaysia I have been training for the qualifying event for Commonwealth Games selection, which was held Saturday the 1st of February.

I am very happy to report that I was able to produce a new personal best of 166kg, which was enough to secure 3rd place and also selection for the Australia team travelling to the Commonwealth Games later this year.

I now have a little over 8 weeks until I fly to Dubai for the 2014 IPC Powerlifting World Championships. My goal for this event will be to hopefully lift 171kg which would be equal to 2 x my own body weight.

I'd just like to take this opportunity to thank you all. Without your generosity, I would not have been able to have achieved the goals I have reached in the last 6 months. Your ongoing support is amazing and I am sincerely grateful.

I hope you are all going well.

Regards,

Ben Wright

Focus! One more push and I am on my way to Glasgow



Thank you!





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FTT AT ST IVES DEMENTIA WARD

Ready? Ready? Ready?



We had a huge turnout for the day down at St Ives. Thanks to Mike Heath for organising the day and thanks to the staff for putting up with us. We ended up in the Dementia Ward and went on a leisurely stroll for some fresh air with a few of the residents.

I own this game!!!

The FTT volunteers were then split up with some doing the hard work of moving furniture and the rest of us joining in and playing a few games of bowls, bean bags, Velcro balls, quoits and just general good fun.

There were a few characters amongst the residents that kept us entertained and on our toes all afternoon.

Thanks everyone that made it, all the staff and residents were very thankful.

Wrong game!!!

You put your left arm in... your left arm out... then you put your left foot in ...

Is that dancing?



They are some smooth moves...



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AT THE PERTH RACES

A few of us headed to the races to relax, have a few bets and chill out. All went well, we had a few wins, a few losses and came out of the races full of lunch and a couple of wines under our belts. Thanks to Perth Racing for inviting us into the members section. Very civilised.

OPEN YOUR EYES!!!



I can tip better than you lot with them closed!

Chilling Out



Imagine if they win something?



CHRISTMAS DINNER



To celebrate making it through another year the FTT team headed out to the city for a Christmas dinner and few drinks. We started at Bob's Bar and ended up in an underground bar in Queens Street called 1907.

The crew then split up with some wandering the Christmas lit streets aimlessly, most heading home and few stayers heading to the Casino for a flutter.

Thanks Gerry for organising the night. We all had a ball and the memory of the night lingered for a couple of days afterwards.





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2014 EVENTS CALENDAR

Let me or one of the committee know if you would like to come along to any of these activities.

Volunteers!



March, May, July, etc all the way to December –

- ✚ We will let you know where and when once we know more. We are in contact with Volunteers Australia, keeping an eye on a few volunteer websites and planning another trip to St Ives. There will be plenty of opportunities to help out.

Fundraising and just Fun...

March 14th AFL Season starts – Tipping Competition

- ✚ You need to return your tipping forms before GAME ONE bounce down.
- ✚ You can also join the FTT SuperCoach League – Code 561114

March 22nd CrackerJack night – Wanneroo Lawn Bowls

- ✚ Friday night is lawn bowls night. Let me know asap if you are coming along.

April is a busy month with Easter and ANZAC day, so a quiet FTT month

May – Perth Comedy Festival

- ✚ We are going to head out for a night or two at the comedy festival. Gerry is organising this one so contact Gerry at killian@au1.ibm.com if you would like to come along.

June 6th – Not the Presidents Birthday Dinner

- ✚ Just for the fun of it.

June Weekend of the 15th / 16th – WheelCats Basketball

- ✚ The wheelchair basketball was great last year, so I am looking forward to this one.

July 4th to July 7th – Melbourne Foot-T-Trip

- ✚ It's on again. Footy, comedy shows, nights out, good company and just a break away. We are flying out on Friday the 4th (QF480) and heading home on Monday the 7th (QF777). If you are interested let me know for accommodation and ticketing purposes.

August 25th – Chuckles Gong Comedy Night

- ✚ On the last Monday of every month its open mike night at The Elephant and Wheelbarrow. We are planning two tables of 10 so come along and have a chuckle.

September 13th – Footy Tipping Brownlow Night

- ✚ Always a great night. Pencil it in for now and we will confirm the date later in the year.

October 18th – Poker Night

- ✚ We are on again for a Texas hold 'em Poker night. Bring along your game face and let me know early as this was a popular night last year.

November is speeecciiiiialllll because Mike Heath turns 50

- ✚ Place, time, date and venue to be advised.

