

O C T O B E R 2 0 1 9

the

# Bench Press

Range Community Gym & Fitness Centre (Mapleton), Inc.



## Annual General Meeting

The AGM was held on Monday 23 September and the new committee was elected. Those who attended had the pleasure in hearing from Lou Rommel (a founding member). It was great to hear how the gym came about and the challenges the steering committee faced in the early days. To think, in 2021 the gym will celebrate its 20th Birthday. Thank you to Catherine Standage and Ann Michael for their contribution to the committee over the years and a HUGE thank you to Lyndall Hulme who resigned as Secretary. The new Secretary is very happy Lyndall is staying on as a Committee Member.

## New Committee

### President:

*Kel Anderson*

### Vice President:

*Chaffey Backhouse*

### Secretary:

*Andrea Campbell*

### Treasurer:

*Ardyn Moreton*

### Committee Members:

*Audrey McHardy*

*Ray Price*

*Lyndall Hulme*

*Paul Moriarty*

*Angela Blakely*

*Fiona Kurnadi*

*Lisa Forest*

## Save the Date!

### Bunnings

**12 November**

Looking for helpers at the next sausage sizzle...keep an eye out for the roster!

### Christmas Party

**24 November**

Join us for X'mas barefoot bowls, fun & games from 4-6pm. BYO plate to share.

### Light the Lights

**6 December**

The gym will be catering for the Light the Lights event at the Lilyponds from 5-9pm.





## Lift For Life

Reminder: 8 week Lift for Life Program is commencing next week **Monday 7th OCTOBER**. There are still spaces available. For more information call Paul 0439670629 or Tina on 0490024367.

**Gym will be open on  
MONDAY 7th OCTOBER  
(Public Holiday)**

## First Aid Training

**Would you like to undertake CPR / First Aid Training?**

If so, the committee is seeking expressions of interest from members. Please place your name in the folder on the front desk. If we get the numbers, we will look at offering this training at the gym on a date TBA. Cost will be in the vicinity of \$100.00 per participant.

## Goodbye Plastic Cups

In an endeavor to help Climate Change, the gym will not be providing plastic cups at the water station in 2020. Water will still be available, however members are encouraged to bring a water bottle / drinking vessel. Last year, the gym used over 8000 plastic cups! Let's help the planet.

## Gift Vouchers

With Christmas just around the corner, don't forget the gym has gift vouchers available for purchase. Please see Paul or Tina. The gym also has pens for sale – great stocking fillers and a bargain @ \$3.00 each or 2 for \$5.00!



## Planning For Relapses

Many people have periods of inactivity. Sometimes these breaks can last for a few days and sometimes months or longer. Planning ahead for the tough times may help you stay active. How confident are you that you'll keep doing your physical activity during the next 3 months and into the New Year?

The following questions may help you create a plan for when continuing or getting back into physical activity is difficult.

1. Have you ever had trouble keeping your physical activity going before? If so, write the reasons.
2. If you have had trouble, what has helped you get back on track (e.g. support from friends, joining a class, setting goals)
3. What situations do you think would make it tough to keep your physical activity routine? How will you handle these situations to increase your chances of being successful?
4. What will help you get started again if you do have a break? Write down your ideas.

Everyone has times when it is difficult to continue a physical activity routine. Having a plan or strategies in place may help you deal with this in the future. Sometimes the hardest thing is just showing up!

## FOR OUR GYM POOCHES

### Toby's Treats

**The easiest homemade dog treats ever...**  
**Simply mix, roll and cut**

#### INGREDIENTS:

- 2/3 cup pumpkin puree
- 1/4 cup peanut butter (xylitol free)
- 2 large eggs
- 3 cups whole wheat flour, or more, as needed



#### METHOD:

1. Preheat oven to 180 degrees. Line a baking tray and set aside.
2. In a bowl, beat pumpkin puree, peanut butter and eggs on medium-high until well combined. Gradually add 2 1/2 cups flour at low speed, beating just until incorporated. Add additional 1/4 cup flour at a time until the dough is no longer sticky.
3. Knead the dough 3-4 times. Using a rolling pin, roll the dough to 1/4-inch thickness. Using cookie cutters, cut out desired shapes.
4. Bake until the edges are golden brown, about 20-25 minutes. Let cool.