



JOE'S BOXING SYDNEY

APRIL 2013



JOE'S BOXING CLUB
SYDNEY

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20/118 QUEENS RD FIVE DOCK FIVE DOCK NSW

RIP Philomena you are sorely missed

You could say we have certainly started the year swinging with already our fighters having 10 fights between them. I haven't done the sums yet but we are awfully close now to having had 100 amateur fights from Joe's Boxing in the last four years that we have been entering sanctioned competitions. Win, lose or draw I am proud to have given so many people the opportunity and frankly I think there is no greater test than a boxing match. We started at South's Juniors on the 12th March with William Sha-aker getting his first win then followed closely on 16th March four of our fighters fought at Randick labor club. David Ack-land made an outstanding debut flooring his opponent supported by Michelle, Chris and Will Doomadgee who represented us well. Then on April the 6th a wild night at Bondi RSL saw Greg Hay-nes get his first win with Chris & Michelle performing well but an odd turn of events saw us left at the alter with Will's opponent leaving the building before the fight.... April 7th Will Sha-aker was back in action at the Croation Club Punchbowl but in what I saw as very 'unlucky' the decision went against us. Still Will is a very classy boxer and it is only a matter of time before he gets the recognition he deserves. We have more fights coming up with Chris Miller in action 20th April at Darling Harbour and many more as the boxing season comes into full swing. April and May will soon fly past and then June 9th I have Sensei Malcolm Ayles from Geelong coming to teach seminar about a lethal knife fighting art called Amok which will be truly scary and then June 22nd we will be involved in the next fundraising event for Autism being a trivia and entertainment night to be held at the Paddington RSL with Tony Moclair hosting and his alter ego Guido Hatsiz to make a guest appearance. On the 24th August we have the Joe's Boxing vs NSW Police fight night and on the 25th August we will have my wonderful teacher and mentor Renzie Hanham 8th Dan black belt Karate & 2nd dan black belt in Judo and has coached elite athletes all over the world specializing in improving performance under pressure evident in the all blacks recent triumph in the recent Rugby world cup. For all the excitement the main game is just turning up and training. Repetition and regularity are what will build skill and fitness and so when opportunities appear like what we have mentioned above you will be ready to take full advantage . There needs to be lots of the same same to make the different really worthwhile.

Coming Up

April 20th - 21st Health & Fitness expo
Boxing tournament Darling Harbour

May 23rd General shirt Promotion 7pm

June 9th Amok Knife seminar Malcolm Ayles

June 22nd Trivia night Paddington RSL

June 23rd Croation Club amateur promotion

August 24th Joe's vs Police boxing night

August 25th performance under pressure seminar Renzie Hanham



Fundraising for Autism

Thanks to everyone who bought a Purple Monkey T-shirt which raised \$300 for Autism. We presented cheques on Tuesday April 2nd to Stephanie (pictured with some ugly guy) and to Vincent who has an Autism support charity called Many Minds. The next fund raising event will be a trivia and entertainment June 22nd at the Paddington RSL and then August 24th we will be hosting Joe's Boxing vs NSW Police . Please support if you can.

Georgia Cassimatis (Student 197) trained with us briefly in 2001 before she went to LA and has written a book called Red Carpet Burns detailing her fall & rise in Tinsletown and is reviewed here by Helen Crompton—When I stopped laughing at the title, a less than intellectual curiosity had me reading this book in one sitting (including one essential lie-down). My personal favourite chapter was titled No More Dickheads - three words spoken by the author's father, practical parental guidance, as he drove daughter Georgia Cassimatis to the airport. "I didn't know where I'd be without Dad," she writes with affection. Quotes heading other chapters come variously from Paula Abdul, Hugh Hefner, Gweneth Paltrow's character from Sliding Doors, and prophetic platitudes from fortune cookies eaten at West Hollywood Joom Cafe. They all mesmerise. Here's an example: "Loyal, true and kind, remember good friends like this are hard to find." So what treasure lies between the pages headed by such promising pronouncements? In a land filled with breast implants, heavy drinking, brown-nosing and environmental pollution, you might toss up the choices of living there or whacking your kneecap several times with a hammer. What could beckon a bright Aussie girl (well OK, Cassimatis was editing Barbie teen magazine) to leave a well-paid job, full social life and close family, to move a world away to a place known to be indifferent to anything but self involvement and unapologetic material success? In one word, love. Fate saw our girl Georgia meet Simon (handsome, health-nut, sociopath) in Sydney and later move to live with him in LA, a city where social codes are written in the shallow end of superficial (your car, contacts book, chest measurement and teeth veneers are all the credentials required). Will our heroine make it in a society where serious dating means you're only sleeping with two others, and then only on a casual basis? To be fair to Cassimatis, anyone who opens Red Carpet Burns can expect more profanity than profundity. The book is more Cosmo than clever. And yes, you get your due fill of Hollywood name-dropping: Angelina Jolie, Brad Pitt, Ben Stiller, Tom Cruise, Chris Rock, Jennifer Lopez, Kirsten Dunst, Jake Gyllenhaal, Nicholas Cage, Jessica Simpson are all A-listers she rubbed shoulders with. When such work was scarce, the enterprising Cassimatis became that desperate animal, the extra, working on Judging Amy, Las Vegas, Alias and even - cue roll of drums - Friends. (For roughly three seconds background work an extra can work between 12 to 14 hours a day.) "By this stage," she writes, "extras work had become, as Ken had warned, excruciating and barely bearable." That bad. More interesting content in Red Carpet Burns concerns the LA focus on artificial body parts, gluten-free food and the desperate need for guidance from higher powers. Say hi to Gary, The Man in White. "Gary came to me from an interview I did with a former drug addict turned Hollywood fitness trainer called High Voltage - seriously that was her name," writes the author. "While interviewing High Voltage about training celebrities and her new hit book Energy Up! which outlined her philosophy on eliminating the three white evils in your diet - salt, sugar, flour - she mentioned she saw her psychic for advice, a lot. "His name is Gary. Oh, you should do a story on him! He sees Brad Pitt and Jennifer Aniston about what movies they should do . . . and boy, does he get paid big bucks, like \$10,000! He's really interesting - he wears all white. Even his hair is white." Gary Spivey later tells Cassimatis evil can't penetrate white. "I was being delivered some serious psychic knowledge on a silver platter. I felt incredibly privileged." As well you may, being in the presence of a highly-paid whack-job.



Unfortunately Philomena's luck ran out and she passed away recently . I took her to Rylstone and she is buried beside the ring alongside Rani. The article below illustrates just how unique native bearded dragons are. When Philomena showed her colours it was a quite a sight. Sorely missed RIP.

Dragons colour study could fuel breakthroughs

The CSIRO is hoping a new Australian study of native bearded dragons could lead to breakthroughs in medicine and the gathering solar energy. University of Melbourne scientist Dr Devi Stuart-Fox has just launched a \$470,000 study investigating how and why bearded dragons change colours. "They can change colour from almost black, very dark grey, to really bright red particularly when they're being aggressive with each other," Dr Stuart-Fox said. "What I'm particularly interested in is changes across the full range of solar radiation or solar energy. "From colours that we can't see like the ultraviolet all the way through to the near infra-red." Dr Stuart-Fox is hoping to get a clearer understanding of the evolution of colour changing in animal "[It's] quite a special ability in nature and we can understand why we get the kind of diversity of adaptations that we see," she said. The Melbourne scientist has just won a \$40,000 special fellowship in Paris for her discoveries about colour changing animals. The CSIRO is hoping this latest study will lead to even further discoveries in animals that could have many practical uses. "The system that Devi's looking at is not only responsive to visible light, but the UV and the near infra-red," CSIRO material scientist Phil Casey said. "This will provide inspiration for us as to how we mimic those systems and materials for energy application, for sensors, for coatings, and maybe even further for biomedical applications." The CSIRO has already made breakthroughs in this area, creating fibres that respond to temperature changes. The fibres can be made into bandages which can reveal if a wound is infected without the doctor having to remove the bandage. "The potential here is to be able to indicate the state of health of a wound by any temperatures that may be generated through infection," Mr Casey said. Dr Stuart-Fox's study is expected to take several years