



BLIND SPORTS & RECREATION VICTORIA NEWSLETTER – DECEMBER 2018

I would like to introduce myself, I am Gillian Manson, Vice President of Blind Sports & Recreation Victoria. It gives me great pleasure to acknowledge all those who have played a part in supporting BSRV to enable us to continue to provide sporting and recreational programs and activities to people who are blind or vision impaired.

With the warm weather approaching, the festive season getting into full swing and the year rapidly coming to a close, 2018 has been both exciting and challenging in meeting the overwhelming demand for such a diverse range of both new and existing sporting and recreational activities. It is us, collectively working together, that will enable us to strive forward to continue to meet this challenge.

It is important to recognise and acknowledge the tremendous support that has been given by so many people. Our Co-Patrons, Mr. John Landy AC CVO, Mr. Charlie Pickering, Executive Committee Members - Maurice Gleeson OAM President, Kaye Speed Secretary, Jane Florindo Treasurer and Tessa Sullivan Executive Member who have worked tirelessly to continue to ensure our mission is met.

A huge thank you to our dedicated staff, our incredible volunteers, our 3 levels of Government support, our 9 active affiliated clubs, our many participants of various programs, our generous donors and everyone who has provided support in various ways. Your support has made a positive difference to people who are blind or vision impaired.

In whatever way you celebrate Christmas and the New Year, may it be a joyful and peaceful occasion and we look forward to 2019.

Gillian Manson
Vice President
Blind Sports and Recreation Victoria

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Achilles Melbourne

Fred Hollows Foundation Eureka Stair Climb

The Eureka Stair Climb is a community challenge and fundraising event for The Fred Hollows Foundation at Australia's tallest residential building, the Eureka Tower. With 1,642 stairs to climb, some members of Achilles Melbourne took on this almighty challenge. Congratulations to Brooke, Haylee & Paul, Sophie & Susie, Penny & Marg and Vanessa.



Achilles - Sundays at the Tan

Run around the popular 3.8km Tan running track which encircles the botanical gardens. Those who wish to run further have the option of running alongside the Yarra river via Federation Square on the main Yarra trail.

When: 8.30 – 10.30am every Sunday (except Easter & Christmas/New Year periods)

Where: Janet Lady Clarke Rotunda, Linlithgow Ave (200m east of intersection Linlithgow Avenue & St Kilda Rd)

Facilities

Possessions can be left at the rotunda while you run - a weekly coordinator will be present to look after belongings. There are no changing facilities at this venue.

Contact: Melbourne@achillesaustralia.org.au

Facebook:

<https://www.facebook.com/AchillesMelbourne>

Achilles - Mornington Peninsula

Runners have the option of running around Beauty Park and neighbouring Botanical Gardens. For those wanting to run further, you can run along the Frankston Foreshore. We also have a great stairs and foreshore circuit for anyone wanting an extra challenge

When: Sundays

Time: 8am - 9:45am

Where: Beauty Park (Picnic tables at the Young Street/West end of Beauty park)

Getting there:

From Frankston station, walk 800m/10 minutes south along Young Street. Cross Playne and Davey Street. Beauty park is located on your left 200m beyond the Young Street/Davey Street intersection

Facilities

Please note, there are limited facilities at this venue. This is a “lock up and run” session. Belongings will be locked in volunteers' cars and guide dogs will be walked by volunteers.

Contact: Melbourne@achillesaustralia.org.au



Pumping Station & Spotswood Industrial Tour and Groovy Cafe Lunch

On a beautiful September morning, twenty five people with low or no vision and their volunteer guides visited the suburb of Spotswood, taking a journey from its agricultural beginnings into an important industrial centre for Melbourne.

They explored the iconic Pumping Station and surrounding industrial factories, built in the 1890's as a key component of the Melbourne Sewerage Scheme. Discovering the home of the glass stubby was a highlight, as well as the bluestone quarry and ammunition factory floor, situated beneath the busy West Gate Bridge.

After learning about the engineering feat required to rid Melbourne of its stinky sewerage problem in the 1890's, it was definitely time to move on for lunch! The perfect homely environment to reflect on a day well-spent.

Vision Impaired Table Tennis

By Marg Shanahan

Vision impaired table tennis, also known as swish, was invented in 1958 by Ray Hannah whilst working in a home for war vets who had been blinded in the Second World War. Ray spoke to them about their life before going blind and some had been keen table tennis players. This got Ray to thinking and he realized how important it was to play on an equal basis. Many sighted people would come along and play once the game was up and running.

The play is quite similar to table tennis, however the table has raised edges to keep the ball from rolling off. The net is a wooden screen which prevents those with sight seeing the other end of the table and the ball must roll along the table under the net.

Today the game is played in many parts of Australia, but is very strong in Victoria and Queensland in particular.

Each year Queensland hosts the Grand Prix which is between themselves and Victoria. It is a very keenly contested affair in which points are allocated for each game won throughout the weekend. The event this year saw Victoria winning comfortably.

The Victorian Vision Impaired Table Tennis Association host the Nationals once a year and Queensland come to Melbourne for that.

On a local level, the VVITTA have clubs in Kooyong, Dandenong, Croydon and Moreland where we play socially and also

run local singles and doubles competitions throughout the year. One of the doubles competitions is the Ray Hannah Cup in honour of the inventor of this great game.

We welcome new players and are also keen to get sighted volunteers to assist. For information on playing times and locations, please don't hesitate to contact the following VVITTA committee members:

President, Robyn Bousie 0417 159 106
Vice President, Margaret Shanahan 0412 486 614
Secretary, Marco Curralejo 0412 128 429

Come & Try Day being held in Moreland

When: Monday 10 December 2018
Time: 11 am to 2 pm
Where: Scout Hall 14A Jolley Street,
West Brunswick

For further information or to register, email morelandvitt@gmail.com or phone Adua on 0408 336 304

Gymnastics Clinic

BSRV would like to invite primary school aged children who are blind or vision impaired to develop their skills and confidence at a fun filled gymnastics clinic.

Date: Monday 21 January 2019
Where: Essendon Keilor Gymnastics Academy, 194-196 Roberts Rd Airport West
Cost: Free

As places are limited, please email Miriam at miriam@blindsports.org.au to register.

Goalball For All

By Brooke Carter

Coming in March 2019 is our Goalball For All Program which aims to strengthen the community by providing sporting opportunities to people who have low vision and educate fully sighted participants about living with low vision.

Kick-starting the Goalball For All program will be three Come & Try days being held in March. We invite everyone to come along and give goalball a go!

These Come & Try days are a great chance to meet experienced players, make new friends and try a new sport in a friendly, safe and controlled environment with expert staff on hand to take participants through the game step by step.

Playing Goalball is hungry business, we have identified this and not to worry... We've got you covered! Every Come & Try day will finish with a friendly social barbecue that everyone is invited to attend. Our barbecues are a great way to meet families that are involved in Goalball, start new relationships and ask our friendly staff any questions you might have.

The best part is - IT'S ALL FREE!

Would you like to be involved in our 2019 programs?

Junior Program

Our Junior Program provides children aged 14 and under with the opportunity to play goalball in a fun, inclusive and supportive environment. Participating in the program

enables children to learn and practice new skills such as teamwork, communication and orientation. Our program is great fun and can provide children with future elite pathways in the sport of Goalball, social opportunities with their peers around them and promotes an avenue of active success for youths.

Local League Competition

Aimed at people 15 years and over, our friendly competitive competition might be what you're looking for. Split between two seasons, "Autumn" and "Winter". This is a great opportunity to play Goalball in a real action packed competition. Open Aged Men, Open Aged Women and Under 19 Youths, are all divisions that you could participate in. Play in a team for the opportunity to gain the titles of Autumn and Winter League Victors!

For more information about our programs, please email us at: info.goalball.org.au

Blind Tennis

Singapore



Two participants of the blind tennis program, Adam & Michael, together with coach Samir

travelled to Singapore two weeks ago to learn more about their blind tennis program. It's a wonderful opportunity to share techniques and learn new strategies that may assist players.

The collaboration between Australia and Singapore teams will only strengthen the commitment to grow blind and vision impaired tennis in Australia and in this region of the world.

International Tournament 2019



The International Blind Tennis Association has announced that the 2019 Blind Tennis Tournament will be held in Alicante, Spain in June 2019.

This is a great opportunity for many of our blind and vision impaired players to play at an international level against opponents from many countries.

Blind Tennis Program 2019

The blind and vision impaired tennis program is held on Friday evenings.

It commences at 6.30pm at the National Tennis Centre (Indoor Courts) which is located within the Melbourne Park precinct, opposite AAMI Park Stadium

Please contact BSRV at info@blindsports.org.au or telephone 9822 8876 for further information.

Tennis Victoria Champions Dinner

Congratulations to all nominees and winners at the 2018 Tennis Victoria Champions Dinner. Adam has played with the blind tennis program for a number of years and was nominated in the Most Outstanding Athlete with a Disability category. Well done Adam on a well-deserved nomination!

Photos below: Left: Adam Fayad. Right: Adam Fayad, Maurice Gleeson & Samir Mahir



Volunteers Needed

Fancy a hit of tennis?

Blind Sports & Recreation Victoria are looking for keen volunteers to assist with our wonderful tennis program.

The program provides a perfect way to get active and meet new people in a fun environment. If you don't have any experience with tennis, we're happy to show you the ropes!

The program is held on Friday evenings at Melbourne Park Indoor Tennis Courts. For further information, email Adam at Adam@blindsports.org.au or telephone (03) 9822 8876.

Tandem Cycling – Pilot Rider Needed

Would you like to go for a tandem bike ride once a week?

Photos below: Two people on a tandem bike riding along bike paths



We have a gentleman who lives in the Hawthorn area and is a keen cyclist. He is looking for someone who enjoys cycling as much as he does and would like to join him as a front rider on his tandem bike once a week. It would be preferable for the person to have experience on a tandem bike.

If this sounds like something that may be of interest to you, please contact Susan at the BSRV office on 9822 8876 or email info@blindsports.org.au.

Williamstown Botanical Gardens Tour & Lunch by the Bay

A gorgeous October morning greeted our large group of 35 participants at the gates of the Williamstown Botanical Gardens. Opened in 1860, the gardens provided a charming setting for a Thursday stroll.

With the knowledgeable help of tour guide Lorraine, participants smelt the sweet smells of Spring lilacs and listened to the sounds of parrots tweeting from Californian Palms.

As morning turned to afternoon, the glistening bay provided the perfect backdrop for a lunch of calamari and coffee at The Kiosk.

Royal Melbourne Show Pavilion

Photos below: Volunteers at the BGA/BSRV stand

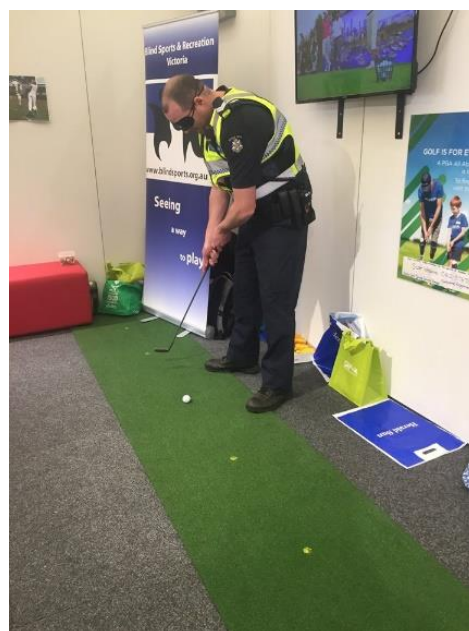


For the first time ever, Blind Sports & Recreation Victoria had the pleasure of participating in one of Melbourne's greatest traditions, the Royal Melbourne Show together with Blind Golf Australia.

Over the course of 10 days, volunteers provided the general public with an opportunity to learn more about blind sports. In particular, it provided a great opportunity to discuss the excellent programs that BSRV and our affiliated sporting groups have to offer. Passers-by also had the chance to put on some eye shades and try their hand at golf putting!

A massive thank you to all of our wonderful volunteers who helped us throughout the event. Without their support, it would not have been possible.

Photos below: Victoria Police member testing their golf skills whilst wearing an eye shade



Premier's Volunteer Champions Awards

The Premier's Volunteer Champions Award thank outstanding representatives of the more than 1.5 million Victorians who regularly volunteer their talent and time to help improve the lives of those around them.

Congratulations to all of the 2018 nominees, finalists and winners. Special congratulations to Kaye Speed, Secretary of BSRV who was nominated and received an Impact Award which recognises people who have made a significant and positive impact on a community, people, group, organisation or cause in Victoria.

Rock Climbing for Kids

Photo below: Children getting ready for their climbing experience



In October, ten brave children with low or no vision put their rock climbing skills to the test at Gravity Worx in Pascoe Vale. With the help of a small team of experienced climbers and parents, the kids showed nerves of steel in learning how to climb the high walls and abseil back down them.

Beyond the fun of climbing, it also proved a great chance to socialise with other equally-adventurous participants. The kids had an excellent time experiencing the many physical and mental benefits that rock climbing has to offer.

A special thanks to Transurban for their support in making this event possible.

100 Steps of Federation Tour

Miriam Bilander, Project Coordinator for Blind Sports & Recreation Victoria organised an intrepid group of participants and their volunteer guides

last month for a 100 Steps of Federation tour in Altona Meadows.

Andrew Webster, Hobson's Bay Conservation Ranger, took the group on a 4 kilometre walk across Truganina Creek, past the Cheetham Wetlands and an old explosives reserve, through Apex Park and along Altona Beach. The highlight was seeing migratory birds that had come all the way from Alaska and Siberia! A wonderful time was had by everyone involved!

Photo below: Conservation Ranger, Andrew, chatting to the group whilst out walking



Sponsorship

Blind Sports & Recreation Victoria invites interested individuals and companies to contact us about sponsorship in this newsletter, a quarterly publication distributed widely including all three levels of government and various departments including Department of Sport & Recreation, VicHealth and Department of Education.

The newsletter is well circulated through the Australian Sports Commission, a number of generic sporting organisations, numerous corporate partners – both small

and large, and other disability sporting groups as well as the Victorian Institute of Sport and to members of the general public.



www.facebook.com/blindsportsvictoria

If you would like to discuss the opportunity for sponsorship, please contact Susan on 9822 8876 or email info@blindsports.org.au

Yes, I would like to support Blind Sports & Recreation Victoria

Name: _____

Address: _____

Suburb _____ P/Code _____

Phone: _____ Email: _____

Please debit my credit card for \$ _____ Visa ☐ MasterCard ☐

____ / ____ / ____

Name on card Expiry Date...../.....

Signature

Donations of \$2 or more are tax deductible
Blind Sports & Recreation Victoria, 454 Glenferrie Road, Kooyong 3144

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