

## E-NEWS

October 2010

- **FROM DSRV**
- **VICTORIAN NEWS & EVENTS**
- **NATIONAL NEWS & EVENTS**
- **HEALTH AND WELL-BEING**
- **HEALTH AND WELL-BEING SERVICES**
- **OUR SPONSORS AND SUPPORTERS**
- **CONTACT US**

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### FROM DSRV

#### **DSRV's AGM – with a difference!**

DSRV warmly invites you to our 30<sup>th</sup> Annual General Meeting on Friday 22<sup>nd</sup> October 2010 at Spirit of Deaf Community at John Peirce Centre, Corner of High St and Donald St, Prahran.

6.15pm for a 6.30pm start.

Guest speakers:

Glen Flindell and Stephen Swann – Tennis Men's Doubles champions!

Our Silver Medallists from Taipei Deaflympics! Come and see their medals and learn about their journey... did you know that until their 20s, neither of these two young men actually knew anything about deafsports..?

Join us afterwards for Drinks – stroll with us a few blocks to gather and have some fun at:

College Lawn Hotel  
36 Greville St, Prahran

#### **Calling for New Innovative & Motivated Board Members!**

Don't miss this opportunity to get plugged into the heart of the deaf sports and recreation community in Victoria!



We at Deaf Sports Recreation Victoria are currently searching for innovative and motivated people to fill the following positions:

- **2 x leadership positions** - past involvement in boards/committees an advantage
- **2 x general committee members** to assist with our new portfolios

Your opportunity to:

- \* Bring your ideas about events and activities to life!
- \* Make new friends, meet new people!
- \* Enjoy networking with other like-minded people and organizations
- \* Use and do something worthwhile with your skills!
- \* Feel a sense of achievement in providing opportunities for others
- \* Try new things & see new places that you may not otherwise have access to
- \* Add experience and skills to your personal CV

DSRV is the peak organisation supporting the Deaf and Hard of Hearing community in Sport, Recreation and Health and Well Being.

DSRV have grown considerably in stature over the past 3 years and have created several opportunities for individuals and clubs. The outcomes achieved so far have been a genuine team effort by our Board and the rewards for all involved have been many.

Our demand for information, advocacy and support is increasing and we recognise that our team needs to expand to meet these demands.

We need individuals who feel they can provide enthusiasm, leadership and above all have a passion for Deaf Sport, Recreation and Health & Well Being!

If this sounds like you, please:

Contact Meg Aumann- [maumann@dsrv.com.au](mailto:maumann@dsrv.com.au)

and/or

Attend our upcoming Annual General Meeting, Friday 22<sup>nd</sup> October where nominations to the Board will take place.

### **Farewell notes from a departing board member**

Hi, my name is Penny Gillett. I'm also known for my work as a Physiotherapist around the deaf community, the Deaflympics, as well as running deaf pilates classes from time to time. I decided to join the Board of DSRV in 2007 when a friend suggested it, but shhh I had been thinking about it anyway!

Getting involved with DSRV looked like a terrific opportunity to expand my social and professional networks, give something back to the deaf community, learn more about the inner workings of boards and committees, and offer my skills in areas I am passionate about: sport, recreation, health & wellbeing.

During my 3 years with DSRV, all of the above boxes have been ticked and many more. Who would have thought I would be standing alongside our Minister for Sport &

Recreation launching a small grants project, or in a room full of women in sport led by famed Aussie swimmer Nicole Livingstone, or discussing and carrying out projects with managers from state of the art YMCA gymnasiums? These were just some of the unexpected opportunities that being involved in DSRV opened up for me.

But above all, I've enjoyed getting to know the team at DSRV. I've found our monthly meetings and tasks to be enjoyable and something to look forward to. I've enjoyed the team's easy-going nature and camaraderie. I hold fond memories of the DSRV table at an annual ball, and various social events. It's been great fun.

For anyone thinking about getting involved - why wait? The build up to the Australian Deaf Games in 2012 will be exciting times!

Come along to our AGM and find out more, our guest speakers are looking forward to sharing their experiences with you and we look forward to seeing you there!

Penny

### **DSRV is on Facebook!**

DSRV has joined Facebook and invites you to follow us!  
Our page is named: 'Deaf Sports Recreation Victoria (DSRV)'



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## **VICTORIAN NEWS & EVENTS**

### **Deaf Basketball – Talented Athletes Program for Deaf Athletes**

Deaf Basketball Victoria and Basketball Victoria are proud to announce the introduction of the **Talented Athletes Program for Deaf Athletes (TAPD)**. The program is aimed at the development of athletes (male and female) that are aged 15 years of age and above.

The initial program will run from Thursday, 7th of October 2010 and will conclude on Thursday 9th of December. The program will focus on individual skills for Basketball and will provide a great opportunity for athletes to develop and fine tune skills, through coaching by experienced coaches.

The TAPD program will provide an essential part of the pathway of Victorian based athletes that are wanting to compete at the 2011 World Championships, 2012 Australian Deaf Games and also the 2013 Deaflympic Games.

The program is open to all deaf and hard of hearing athletes. This includes athletes involved in mainstream competitions such as VJBL, Big V and other association based programs. The program will take on a permanent focus in 2011.



Specific Program Information:

Venue: Aqualink Box Hill

Surrey Drive, Box Hill (Melways Reference: 47 C11)

The venue is also accessible easily by Public Transport and a 5 minute walk from Box Hill Station and Centro Box Hill

Time: 7:00pm to 9:00pm

Dates: Thursdays – 7th October to 9th of December

Costs: \$2 per session

To register your interest, please contact Matthew Dunstan on (03) 9927 6666 (Voice Only) or email to [matthew.dunstan@basketballvictoria.com.au](mailto:matthew.dunstan@basketballvictoria.com.au)

### **Melbourne Deaf Cricket Club – Family Fun Day & Season Launch 2010/11**

Come and celebrate the launch of the Melbourne Deaf Cricket Club 2010/11 Season and National Week of Deaf People!

Sausage sizzle, icy poles and drinks available at bar prices. Playground and car parking available.

Sunday 10<sup>th</sup> October – 12pm onwards.

Hays Paddock, North Pavilion, Leason Avenue, Kew East

### **2010 Victorian Deaf Tennis Championships Event #2**

Sunday November 21<sup>st</sup>, 11am onwards

Dendy Park Tennis Club

Breen Drive, Brighton East

**Entries close: Monday November 15<sup>th</sup>**

All welcome—open to all deaf tennis players (D/deaf/hard of hearing/hearing impaired/cochlear implantees, etc). For hearing family and friends (including CODA we have an associate event, so everyone can play!

- Singles & doubles events
- Open, Graded & Junior categories
- BYO lunch, drink bottle, cap, sunscreen, tennis footwear & tennis racquet
- Spectators welcome
- Cost: \$15 singles, \$10 doubles

Enquiries: [vic@deaffennisaustralia.org](mailto:vic@deaffennisaustralia.org)

Enter online at: [www.deaffennisaustralia.org/tournamententry](http://www.deaffennisaustralia.org/tournamententry)

[www.deaffennisaustralia.org](http://www.deaffennisaustralia.org)

### **DSRV's Doggy Day Out**

Deaf Sports Recreation Victoria is having a DOGGY DAY OUT!

*A fundraiser for the Victorian ADG2012 Team*



When? 7<sup>th</sup> November 2010  
Time? 11am to 2pm  
Where? Swan Picnic, Albert Park

Walk your dog around Albert Park lake for 4.7km!

BBQ available. Prizes to be won!

\$10 for one dog, \$15 for two dogs. Gold Coin donation for those without dogs.

EVERYONE WELCOME!

We look forward seeing you and many woofs there!

For more information – [info@dsrv.com.au](mailto:info@dsrv.com.au)

## **Daylight Deaf Pilates**

Daylight is almost here for those lovely spring evenings!

Please contact Penny if you are interested in joining her Pilates classes in Syndal, Thursdays 6pm – mixed deaf/hearing, small group class, fee \$20

Please contact Penny if you are interested in starting a 4-6 week course in Pilates during October/November – Tuesday evenings and daytimes available!

Email: [penny@penergy.com.au](mailto:penny@penergy.com.au)  
Mobile: 0428 291 122 (sms)

## **DSA's Sports Awards & Deaflympians Club**

Mark the date in your diary!

Deaf Sports Australia will be hosting the annual Deaf Sports Awards as well as launching the inaugural Deaflympians Club on Saturday 20<sup>th</sup> November to be held at Rydges on Swanston, in Melbourne.

DSA has long recognised and celebrated the achievements of our athletes, officials and contributors to deaf sports. The annual awards is an opportunity for DSA to publicly acknowledge our high achievers and contributors.

Given the long history of DSA participating at many Deaflympic Games as well as celebrating the many achievements of our past and current deaf and hard of hearing athletes, the Deaflympians Club will be launched to honour and commemorate those who have contributed to the Deaflympic movement on behalf of Australia.

According to the post-Taipei ICSD database, 319 Australians have represented Australia at the Deaflympic Games, attended as an Official or participated in the ICSD Congress.

The Deaflympians Club seeks to provide connectiveness for all Deaflympians through

functions and events, support for fellow Deaflympians in need and to support the current and upcoming Deaflympians and the ideals of the Deaflympic movement.

Tickets are on sale now at \$50 per person. Contact DSA for the ticket order form.

The event will be held at the amazing Rydges on Carlton on the top floor by the pool deck with sensational views of the city skyline. Rydges on Swanston also provides accommodation for those wishing to stay there.

The Sports Awards event will also include Guest Speakers, light entertainment and the provision of cocktail style food. Drinks will be available at bar price.

Come along and support our current and former Deaflympians on this very special occasion!

For further information, email Irena at [irena.farinacci@deafsports.org.au](mailto:irena.farinacci@deafsports.org.au)

## Business Breakfast – Deaf Professionals Network



The banner features the Deaf Professionals Network logo on the left, which includes the text 'Deaf Professionals Network' and 'Networking for Deaf workers & Students'. To the right, the text 'Social Media for Deaf Professionals' is written in a large, serif font. Below this, a dark blue bar contains the words 'BUSINESS BREAKFAST' in white, bold, sans-serif capital letters.

A part of Deaf Australia's National Week of Deaf People 2010 celebrations



**When:** Wednesday 13 October 2010

**Time:** 7.30 am to 8.30 am (arrive 7.15)

**Where:** Northern Point Room, Level 89, Eureka Tower, 7 Riverside Quay, Southbank

**Cost:** \$30 includes breakfast & view!

**Guest Speakers:** Noel Henderson & Joel Thorsen

Noel: *Chairperson - Deaf Children Australia & Telecommunications, Utility and IT industry expert*

Joel: *Online Marketing Director - Bliss Media*

On the 89th floor of Melbourne's tallest building, Noel and Joel will share their insights on Social Media. They have experienced the highs and lows of online networking in a professional (and personal) environment. Come and find out what works and what doesn't, and discover how Social Media can benefit Deaf people at work and study.

**Auslan interpreters and live captioning provided.**

**How to get there:** Look for the entrance to Eureka Skydeck. 5 minutes walk from Flinders Street Station. \$12 parking available at Wilson Parking at Eureka Building.

**How to pay:** Must pay by Wednesday 6 October 2010

There are 3 different methods of payment, choose one:

1. Pay by cash in person at Vicdeaf East Melbourne;
2. Pay via EFT: BSB 083-184; Account no: 036474398; Name: Victorian Deaf Society; Reference: DPN and your surname ie: DPN Smith;
3. Pay by cheque or money order payable to Victorian Deaf Society. Write your name on the back of the cheque.

Contact [dpn@vicdeaf.com.au](mailto:dpn@vicdeaf.com.au) for more information.

**REGISTRATION AND PAYMENT CLOSES WEDNESDAY 6 OCTOBER 2010**



Victorian Council of Deaf People

## Deaf Youth Project with YMCA Victoria

Earlier this year, DSRV was proud to partner with YMCA in running a successful program titled 'Healthy Lifestyles, Healthy Minds – A Deaf Youth Project' at state of the art Docklands YMCA. Ten deaf youth aged 12-25 years participated in 12 weeks of supervised gym sessions and workshops, which saw them go on to independently access their local gyms via three month memberships, generously sponsored by YMCA Victoria. Workshops focussed on healthy eating, positive body image, and incorporated some fun hip hop dance by the team at Deaf Arts Network. Special thanks to Victorian government for providing the grant funding for this project, and to our project partners YMCA Victoria, and Deaf Arts Network.

At the conclusion of the program, family, friends and the deaf community were invited to join us at YMCA Docklands gym to celebrate completion of the twelve week fitness program, enjoy a healthy lunch, and try out a free Spin Cycling class! The day was enjoyed by all.

Please keep an eye on our website and facebook pages for photos.

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## NATIONAL NEWS & EVENTS

### **Volunteers Wanted for Australian Deaf Games 2012 in Geelong!**

Put your hands up if you are interested to volunteer for the 2012 Australian Deaf Games!

The Volunteers Coordinator, Melissa Bryson and her team are looking for enthusiastic volunteers who would like to contribute to the success of the Games which will be held at Geelong in Victoria in January 2012. The Games are now under 500 days away and it is the time to gather all people to ensure the event is a success for everyone!

Volunteers will be required to assist with Registrations, sports, logistics, and so on. Volunteer forms will be released soon so keep your eyes peeled for future announcements in the meantime.

For further information about volunteering or to express your interest, please contact Melissa on [melissa.bryson@austdeafgames.org.au](mailto:melissa.bryson@austdeafgames.org.au)

### **11<sup>th</sup> Margo Allen National Deaf Netball Club Championships – Brisbane**

The 11<sup>th</sup> Margo Allen NDNCC was held in Brisbane on 18-19 September 2010 outdoors in the Queensland weather.

Our Victorian team Pink Peaches won the championships while our two mixed teams came 3<sup>rd</sup> and 8<sup>th</sup>. Well done to Victorian Emma Tuohey who won the Most Valuable Player award and to Jacqi Mellington for the Young Rising Star award. Great effort!

Thanks to Deaf Netball Queensland for the excellent organisation of the NDNCC this year! We look forward seeing you all in Geelong at ADG2012!

#### Women's Competition - Team Results

- 1st Pink Peaches (VIC)
- 2nd Blasters (QLD)
- 3rd Central Coast Firestorm (NSW)

#### Women's Competition - MVP Results

- 1st Emma Tuohey (VIC)
- 2nd Kym Mellington (QLD)
- 3rd Tanya Hallett (QLD)

#### Women's Competition - Young Rising Star Award

- Jacqi Mellington (VIC)

#### Mixed Competition - Team Results

- 1st Central Coast Watch and Learn (NSW)
- 2nd Incredibles (QLD)
- 3rd Pink Zebras (VIC)

Mixed Competition - MVP Result  
1st John Stevens (QLD)

## Are you interested in swimming, water polo, diving or surfing?

If interested, why not contact Deaf Aquatic Australia on [swimming@deafsports.org.au](mailto:swimming@deafsports.org.au). They send out regular e-news. If you are a keen surfer, join the "Deaf Boardriders Australia" group in Facebook.

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## HEALTH & WELL-BEING

### Tips For Your Health & Wellbeing: "Spring into the right footwear!"

**Written by Penny Gillett, Australian Team Physiotherapist, Deaflympics Melbourne 2005, Taiwan 2009.**

Quiz

- 1) Should I wear my old 'worn-in' running shoes this Spring to get fit?
- 2) Should I wear my sandals and thongs all summer long?
- 3) My new pair of shoes is already giving me blisters – should I keep them?
- 4) I know my feet roll in, is there anything I can do to help them?
- 5) Why are my feet painful in summer but okay in winter?

*Read on and identify some tips about how you can spring into the right footwear, get fit and avoid injury this summer!*

Wearing the wrong pair of shoes, or old 'worn-in' shoes can lead to foot, ankle, knee, hip and back problems. Running & cross-training shoes should be replaced about once per year for the recreational athlete, including children. Elite athletes may need to replace these more frequently due to heavy use, while occasional users may be able to extend beyond these. Professional Physiotherapists and Podiatrists can take a look and advise you on whether your shoes need replacing.

Some of us have a naturally high arched foot, some of us have a pronated foot (rolls inwards), and the amount and shape varies a lot. This means that choosing the same pair of running shoes as your friend can at best give you nasty blisters, or at worst lead to injuries if the shoes are not right for your own individual feet. It is best to be properly fitted with shoes, especially if you have had any problems in your back or legs.

When trying new shoes of any kind, wear your normal socks, stockings, and/or orthotics/inserts. If they feel at all uncomfortable, Penny's golden rule: do not buy! This is unlikely to improve, no matter how low the price, how good they look, or how much the shop assistant says they will 'stretch'! If the shoes feel fine, take them home and try them out around the house on carpeted areas for about a week. This keeps the shoes clean so that you may return them if they are uncomfortable.

When we wear sandals or thongs, there is usually little support for our feet, compared to a closed shoe or running shoe. Blisters from straps rubbing and calluses from other parts of

the shoe are common. General aches and pains in summer are not uncommon. If you have known problems with your feet, a Physiotherapist or Podiatrist can help you relieve those achy feet. If you have been prescribed special 'orthotics' which insert into your shoe to give extra support there is good news: Some companies are now making sandals that you can insert your orthotics into and have the support you need for ache-free feet all summer long. Expensive orthotics are not the only method - Physiotherapists are experts in teaching you simple exercises that can help you strengthen your feet and avoid problems, often avoiding the need for expensive orthotics!

Would you like to know more? Contact Penny on [penny@penergy.com.au](mailto:penny@penergy.com.au)

### Ask Your Question!

Great opportunity to interact with our deaf health professionals.

Please ask Penny (Physiotherapist) YOUR question to share in the next E News!

[penny@penergy.com.au](mailto:penny@penergy.com.au)

The best or most relevant question(s) will be chosen. Please tell Penny whether or not you are happy for your name to be mentioned, or prefer to remain anonymous if your question is published.


Please let DSRV know if you are a health professional and would like to be involved in writing for this column.

[info@dsrv.com.au](mailto:info@dsrv.com.au)

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## HEALTH AND WELL-BEING SERVICES

### Deaf Physiotherapist



**PHYSIOTHERAPIST**

MEMBER  
**AYA**

**Penny Gillett**  
B.PHYSIO GRAD.CERT.SPORTS

MOBILE: 0426 291 122 (SMS PREFERRED)  
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SPECIALISING IN SPORTS PHYSIOTHERAPY AND PILATES

### Certified Hatha Yoga Deaf Teacher & Counsellor

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Email: [karlicounsellor@hotmail.com](mailto:karlicounsellor@hotmail.com) (private enquires)

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## OUR SPONSORS AND SUPPORTERS



Deaf Sports  
Recreation  
Victoria Inc.



Auslan Services  
a leading provider of Auslan interpreters



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## CONTACT US

Please email to us on [info@dsrv.com.au](mailto:info@dsrv.com.au) and tell us that you wish to have your name off our mailing list. If you have news or events for this year, please let us know!

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