



Community Fitness Australia  
Empowering People to Move.....



# NEWSLETTER

2013 Edition

## Lifeball News for 2012

This year has been another busy year for Colleen as she attempted to spread the word of Lifeball across Australia and further afield. Colleen's first promotional program was in January at Corowa Primary School where twelve teachers took part in a two hour Lifeball Training session. This was very well received and it is hoped that they will now be able to see their way clear to start Lifeball with the students. February saw Colleen and Brian driving to Drouin to collect some second hand Lifeball equipment. Getting this equipment back to the office has been invaluable, as it has now been loaned out to numerous groups whilst they try to gain funding. The equipment had been badly knocked around, but, with the help of friends, they were repainted (many times over) and by the time they had finished the equipment looked OK.

During March, Colleen started back working for Veterans and Families of Veterans Counselling service in the ACT, which has both Colleen and Brian travelling to Bowral, Maitland, Griffith, and Wagga. They also coordinated an Active Life Weekend in March at Borambolla, which was very successful and lots of fun. Quite a few Lifeballers attended the weekend and Colleen stated that it was "great seeing them play and showing others how much they enjoy the game". Towards the end of March, Coll and Brian travelled to WA with Colleen's brother and his wife, where they located themselves in Kalgoorlie for a few days. They were on a mission to follow the life of Colleen's grandfather who was a mining attorney there in the late 1890s. Kalgoorlie was also where Colleen's father was born. They had a great time together reminiscing about what it might have been like living in the 1890s to 1905.

In April the Lifeball Master Trainers took off for the Master Games in Port Pirie. It was wonderful for them to catch up with the Port Pirie players again and see all the other players who had travelled from far and wide to be involved in the Games for a few days. The Port Pirie players certainly looked after

them, and they enjoyed the whole experience, as you can see by the photos. On their way back to Jindera they met with Daniel Lawler (the Mid North Be Active Field Office), and together they endeavoured to launch Lifeball in Peterborough, Orroroo, and the town of Jamestown – all little townships to the north-east of Adelaide. Although the response was limited, I am excited to say that during the year Orroroo started Lifeball and Peterborough has ordered equipment. Also on the way back home they went to Salisbury and ran a Come-and-Try day. It was their second visit to Salisbury in an attempt to get the game established, and once again Jim Bender, Project office – Healthy Communities, looked after them. Jim is a wonderful promoter of Lifeball and we really hope that their visit spurred along some interest.

When they arrived back in Jindera they were very excited to find a letter inviting Brian to speak, (actually to run a one-hour workshop), at the World Congress on Active Ageing in Glasgow (Scotland) in August. This was a great thrill and a real "feather in the cap", internationally, for Lifeball. Unfortunately, Brian was unable to attend due to illness, but we have vowed to feature in the next World Congress when it is held in Melbourne a few years from now.

During the year Colleen received an invitation to Hobart, Tasmania, from Stan Wilkinson who was very keen to get Lifeball started in Tasmania. Stan had heard about Lifeball through his sister who plays Lifeball in Coffs Harbour. Colleen travelled to Hobart in May, and, over three days, did everything she could to promote the game and help Stan get the program started. Brian did a follow-up trip to Hobart in June and ran Come-and-Try days and supported the establishment of the game in and around the Hobart region teaching local potential Umbrella organisation representatives how to play and umpire. Although Stan put a tremendous effort into the promotion of the game it has been slow to develop but it is still early days yet.

July saw Colleen and Brian both travelling to Broken Hill, running their AquaFitness training course, and in August they launched Lifeball at the Mordialloc Community Centre in Melbourne.

The invitation to Mordialloc came about due to the great support of the Mansfield Lifeballers who ran a demonstration game at this centre prior to the Come-and-Try day. Colleen and Brian had a great day working with such an enthusiastic group of people like Norma and Robyn who ran the program on the day and even participated with the umpiring. A few months after this launch, Mordialloc Community Centre had a big Lifeball promotional day. It is hoped that this will be one of our most successful new groups starting Lifeball in this region. They are very interested in getting the Hallam and Drouin players to visit them from time to time.

It was after this trip that Brian was diagnosed with his first aneurysm which then led to many visits to doctors for x-rays and specialists for tests of one sort or another. He did manage to travel to Dubbo and Lightning Ridge with Colleen for the AquaFitness program but from October onwards he was fairly limited in what he could do. He also managed to travel with Colleen to the Wangaratta Fun and Friendship day which was great, as Colleen hadn't been able to get to a Fun and Friendship day all year.

One of the highlights for Brian at this time was the wedding of his younger daughter, which was in Berry, just a week before his operation. Yes, he did manage to give the bride away.

Since November things here at the office have been fairly "up and down" with Brian in hospital (many aneurysms) and with Coll trying to finish the aqua training. We are very pleased to report that after

some recuperation Brian is a lot better although he has to face up to another operation in January, we all feel that the results will be positive.

There have been numerous requests for Lifeball in many different locations, but as we have all experienced, if there isn't a group of very enthusiastic people who are prepared to keep the program running regardless of how low the numbers sometimes get, it just doesn't happen.

However, we are so proud to announce that we still around 60 groups playing Lifeball. There are others playing who don't register but it's hard to find where they are. We do know that there are people playing in WA and a few groups in Queensland.

Unfortunately, I can only help Colleen with the office work from time-to-time, as I have a full time administration job in Lavington which keeps me busy, so I am not in a position to follow up groups as often as I would like. I can, however, help Coll with the registrations and getting the Newsletter out to you all. This is something I really enjoy as it keeps me in touch with you all and makes me feel part of this great sport.

To everyone who plays Lifeball and enjoys it for the game, it is a big **thank you**. You have shown other older people how to enjoy a team sport that offers feelings of good will and friendship, at any age or ability.

Let's make 2013 the best year ever for Lifeball with lots of Fun and Friendship days, and when Brian is back on his feet, some Umpire Training Days too.

Happy New Year to you all.

Sue-Ellen White  
Editor



**Lifeball will be held on Friday 12<sup>th</sup> April at the Orroroo Area School. Food and refreshments will be available at the venue. Events Coordinator is Mrs Di Barrie Email: [dbarrie49@bigpond.com](mailto:dbarrie49@bigpond.com)**

**Cost \$5.00 per person for the day. Registration fee for the Masters Games is \$40.00**

**There is some accommodation available close to Orroroo District. Contact Colleen for a list of venues on [rayna@albury.net.au](mailto:rayna@albury.net.au)**





# Active Life Weekend

Are you an older adult looking to get active, stay healthy and meet new friends?

This Active Life Weekend is the perfect opportunity to participate in light physical activity in a friendly, social environment, in the relaxed atmosphere of Borambola Sport and Recreation Centre. Decide your own level of involvement, with a variety of day and evening activities, which may include some of the following activities:

- ✧ morning walks    ✧ archery    ✧ dancing    ✧ trivia (night)
- ✧ Lifeball    ✧ flying fox    ✧ aqua aerobics    ✧ craft    ✧ Tai chi



All activities are fully supervised by qualified and experienced staff. Borambola Sport and Recreation Centre is fully equipped to cater for people with a disability.



**Date:** Friday 8<sup>th</sup> to Sunday 10<sup>th</sup> March, 2013

**Venue:** Borambola Sport and Recreation Centre, 1980 Sturt Highway, Borambola via Wagga Wagga

**Times:** Arrival 2pm Friday to Departure 4pm Sunday

**Cost:** \$148.00 per person - all meals, shared accommodation and activities included

**Places are limited and early enrolment is recommended**



A great chance to get active, meet new people and get laughing

**For more information:** Phone 02 6928 4300 or visit [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

## How to enroll

**Fax:** complete the enrolment form and fax to 02 6928 4384

**Mail:** complete the enrolment form and post to: 1980 Sturt Highway, BORAMBOLA via WAGGA WAGGA NSW 2650

**Email:** complete enrolment form, scan and send to: [southern@communities.nsw.gov.au](mailto:southern@communities.nsw.gov.au)



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Communities  
Sport & Recreation











# FOR SALE!

## Walking Poles

### Heavily Discounted—Special Offer

Walking Poles  
Normal price  
\$110.00  
Special price  
including carry bag  
(valued at \$39.00)  
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Tweed Heads South 2486  
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#### ORDER FORM:

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## NEWS FROM THE GROUPS

### ALBURY FALCONS

What a fun year 2012 has been and we are still enjoying it. Thank you sincerely to Colleen and Brian for igniting our enthusiasm. Good luck Brian for future surgery. We have a membership of twenty and enjoy our Wednesday morning games very much. Some of us attended the recent Active Life Weekend at Borambola, which had a Melbourne Cup Theme....it was hilarious! Thank you to all the Clubs who invited us to their Fun and Friendship Days, and a very special thank you to those who attended ours. It was the first time we dared to hold one in our small premises and we were blown away with it's success. I hope you attendees saw it that way too. Seasons Greetings.

*Jan Brett—Albury Falcons Spokesperson*



*Albury Falcons at Borambola*

### ALSTONVILLE ALL STARS

2012 has been a very enjoyable one for Alstonville All Stars, with plenty of fun and VERY good play. We are continuing to gather new players and socialise with those who are no longer active players. Once again, we had great days away to Banora Point and Coffs Harbour. We are still able to host our day in August, with players from Banora Point, Chinderah, Pottsville, Lennox Head and Coffs Harbour. This year was our biggest with 85 attending. Lots of laughs, fun play and good food. A gread day! We look forward to 2013 and don't forget to call in—Monday morning—if you are travelling this way. All the best to everyone.

*Julie Denison*

### BALLENNOX (Ballina / Lennox Head)

Group going really well in their new home. Great sports venue "at last". Quite a few new members and we are looking forward to our Christmas lunch at The Pass Cafe, Byron Bay. We have a break then until February. We also bought and wrapped over two hundred gifts for the Xmas Whishing Tree this year and the paper has taken our photo.

*Yvonne Haines*

### CHINDERA SKYLARKS

Another great year of Lifeball at Chinderah, with good numbers of players throughout. Mid-year, after Lifeball, our group enjoyed a luncheon at Cudgen Leagues Club, a very good turnout. During the year we had a visit-in from players belonging to nearby Northern Rivers Groups, all good fun and friendship. Our pre end of year party was this year held at Tweed/Coolangatta Golf Club, and once more, proclaimed most enjoyable. During Seniors Week in March, visitors will be invited to come along and watch the game being played and have a tryout. Resumption of play for 2013 is mid January. On behalf of the Skylarks, we wish all Lifeballers a happy New Year.

*George Shipley*

### COFFS HARBOUR

Hello from Silver Shadows Coffs Harbour. We have had a busy time here at Sportz Central. Exercise, fun and socialising, go had in hand each week. We had an eventful trip to Alstonville, great visit, but our bus broke down on the way home. We had our best "Biggest Morning Tea" this year, raising the most money for this event for us so far. Some members celebrated the arrival of new grandchildren and great grandchildren and two members "tied the knot", Sandy and Jim Phillips.

On a sad note, we said goodbye to Neville Watts, one of our original members. As we go into our 10th year, we wish all Lifeballers a happy and healthy New Year.

Remember, it's not what is on the score board, it the great time you have with your friends.

### **CURL CURL**

We have now been playing Lifeball at Curl Curl for 6 years. We have 6 of our original players still playing each week. We have a very happy, friendly and enthusiastic group of 16 players, who enjoy our game and our coffee and chat at Curly's afterwards. We hosting a "Come and Try" day during seniors week in March, 2013, and look forward to showing others how much we enjoy Lifeball.

### **DENI DODGERS**

Another happy, sad and busy year for us. Signed on seven new members, our membership now stands at 38 which proves people are looking for an activity when retiring that includes exercise, fun and fellowship. We held crazy whist afternoons, supported "the Big Cuppa " Day which raised \$1867.30 at the RSL. We also had a 3 day bus trip to Swan Hill of sightseeing and fellowship. Held a Fun and Friendship Day and welcomed Cohuna (whom we helped set up) Jerilderie, Barham and Griffith. Our Dodgers Group has been fortunate to obtain Grants and have purchased a Defibrillator for the Stadium also cupboards and a filing cabinet for our use we can now unload our cupboards at home and lighten our "shopping trolley". IGA sponsored Logo Vests for all members (We think we look really smart). The Group again catered for a 3 day Croquet Event and money raised helps subsidise bus trips. We attended a day at Cohuna also a Friendship day at Jerilderie -had a great day there. We would like to thank all groups for their hospitality, fun and great food. The way groups care for each other is really amazing and we thank you all. On a sad note one of newest and younger members passed away suddenly and the group formed a Guard of Honour at the funeral. We have members who don't play but still come out to the stadium to be part of the group. Our Xmas luncheon was

held at the "Sporties" where the "DABBA DODGERS" entertained us with some of the Abba Hits. Wishing all good health and fun for the year of 2013. Yours in Lifeball,  
*Anita Wilson*

### **EILDON LIFEBALL**

Eildon Lifeball has had a mixed year. We usually have eight players turn up each Tuesday, rarely a full team of six per side. On occasions, 13 players have arrived, which sent us into a spin handing out all the bibs, plus having a spare person to umpire! The enthusiasm of the players is refreshing, so much laughter, the social side of Lifeball cannot be dismissed. This year a number of 'husbands' have been recruited. They were somewhat shy in their initial participation, but as one of them said after his first game, perspiration on his brow, "I thought this was a game for oldies". As we know, Lifeball is not only a game for exercise, but the brain has to be used as well. Especially so in regional games, when competing with players other than our own team members. Active Life Weekends and Regional Games, certainly enhance the game of Lifeball and many new friends are made. Thank you to Wangaratta and Mansfield for the fun days.



*Eildon Lifeballers*

### **FORESTVILLE**

Lifeball Forestville has had a reasonable year, with our total registrations reaching 19, although we have had a maximum of 15 players at any one time. Normally we get 12 to 13, but have been as low as 8 players on one week. Our group is a very friendly group with ages from 60+ to 82, with the



majority being in the 69 to 75 age group. All player adjourn to the local coffee shop after the game with the shop reserving a table for us. At least twice a year and at 80th birthdays of the “originals”, we have a group lunch.

*Trevor Beardsmore*

### **GRIFFITH FLAMES**

Griffith have enjoyed another year of friendship and fun. We welcome 3 new members, Robyn, Anna and Betty, all enjoying our game. We play every Monday and average 8 to 10 players. This year, we have enjoyed many highlights, the main one being our Friendship Day. We welcomed players from other towns and our day was sponsored by our City Council. We have also enjoyed Friendship Days at Temora, Jerilderie and Deniliquin. We are fortunate now to have a bus and driver, thanks to Jean's husband, to chauffeur us around. It is lovely to catch up with all our friends in our Lifeball Family. We break up for the year in December, with a party at our Stadium and we will resume play the first Monday in February, 2013. On behalf of the Griffith Flames, a merry Christmas to all and many more games of Lifeball in 2013.

*E. Morris*

### **JERILDERIE BILLA-BONGAS**

Jerilderie Lifeballers were among the clubs thanked by the Jerilderie Lions Club for their “wonderful community effort” in raising an amazing \$30,000 for the Albury Wodonga Carer Accommodation Centre, in just 12 months. The Centre aims to lessen the stress and burden associated with having to seek daily, weekly or monthly medical treatment, by providing accommodation to patients, their carers and their families who need to travel for the services.

Well done to Jerilderie Billa-Bongas Lifeballers for your fantastic contribution!

### **KYNETON**

2012 started much as a continuation of 2011, with a variable 5 to 9 players each week. We had no success in recruiting new players despite our efforts, including those of one of

Macedon Ranges Shire Council's Active Living staff, who has taken on responsibility of attempting to promote Lifeball generally. In the last quarter we gained a new starter, a replacement for Sandra Gilson, who had departed to W.A. permanently; and then we scored again. Late October, Ken and Pauline Simpson, two ex players who use to come from Castlemaine, but finally found the travelling too much, came to visit and were persuaded to join in a game. They have been back and have undertaken to rejoin for 2013. So we are claiming 10 members for 2013, with one further firm prospect and some not so sure prospects. At 85 I am the most ancient in our group, but so long as I can give them a run (oops!), i mean a walk for it.....I'll keep going.

*Doug Lyon*

### **MAITLAND**

2012 is coming to a close too quickly, but it has been enjoyed by all members. Our numbers have not improved, even though every effort has been made to recruit new members. Two of our faithful attended “Signature Gardens”, a new over 55 village in our area. Two ladies and 1 man attended once, but have not returned. Most of us still socialise and go to lunch after Lifeball each Wednesday. Our **Mai-Wel** members still attend each fortnight and their carers say that it does a lot in helping their confidence to play. We are going again on our Mystery Bus Trip (organised by local bus company) for our Christmas outing, as we all enjoy not knowing where we will end up, but knowing we will have a great time. Our very special friend, Fay, passed away earlier this year, and is still missed by all. We hope all Lifeballers have a Merry Christmas and 2013 is a good one.

### **MANSFIELD MAGICS**

On March 20th this year, about 7 of us visited Chelsea Heights to introduce and demonstrate Lifeball. There were about 30 present. Although the hall was restricted in size, we were able to convey

some idea of what our beloved game is about. It seems as a consequence of this day, Mordialloc recently held a Fun & Friendship day. We stopped play for the month of September, as several of our players were away on holidays. We invited Eildon to join us on 16th October, good fun and we managed to get our photo in the local paper. As always we enjoyed Wangaratta's Fun & Friendship on 23rd October. We are averaging about 10n players at present, which has been great to experience playing on full court.

*Sandra Corpe*

### **PORT MACQUARIE HOT SHOTS**

2012 is almost over, and once again we can report that we still have our faithful ten ladies playing each Tuesday at the Port Macquarie Indoor Stadium. Sometimes the venue is booked for the local schools, so we miss each other's company.

Having a basketball court is excellent, as it helps in playing Lifeball correctly. Just recently, two ladies saw our Lifeball advertisement and are thinking of joining in 2013. To all other Lifeballers, a Merry Xmas and Happy New Year.

*Janice Pollock*

### **POTTSVILLE**

Pottsville numbers are slowly growing. It would be great to have a sports centre but we make the best with the local hall. It has been a mammoth task getting this group going. Will hopefully have more exciting news for next year.

*Yvonne Haines*

### **REMARK RAVERS**

The Renmark Ravers Lifeball Club has had an interesting year, playing each Friday morning at the Renmark Recreation Centre. We have nineteen registered players and usually have a good roll up to fill two teams. Occasionally, when numbers are down due to work or family commitments or travel arrangements, we play a modified game with four or five per side. On the last Friday of each month we follow our game with a meeting over coffee at a

local venue and find this to be a great occasion. Sometimes we have an extra coffee morning to celebrate a member's birthday. During the year we enjoyed a flying visit from Colleen Wilson-Lord and Brian Lord, who joined our game and attended our meeting. We were also visited by Emily from the Mildura Lifeball Club. Our former player, Sheila Hollingdrake, was honoured with an award from Lifeball as the oldest player at ninety four years of age. In December our club members donated goods to support the Riverland Christmas Appeal's work with local families. We also added to the atmosphere of the Renmark Christmas pageant by entering a float as the Beverley Hillbillies' Christmas. We decorated a Ford vintage buckboard owned by one member and her husband. Our members, who were colorfully and humorously dressed in character, handed out lollies to the enthusiastic children watching. We all enjoy our Lifeball. Our games are filled with fun, laughter and friendship.

### **RUTHERGLEN 2012**

2012 has been an enjoyable year. Unfortunately we have lost some regular players due to work commitments, voluntary work and knee operations. Most weeks we have 8-10 players but would love to have 14 to 16 each week. We enjoyed the fun and friendship day in Wangaratta - thanks and well done to Wangaratta. We had a visit from Colleen for our Christmas break up lunch. Colleen gave us an interesting talk and update on lifeball and keeping our minds and bodies fit. Thanks Colleen. We all enjoy our game of lifeball with lots of laughter, good company and great coffee and chat afterwards. We play at the Henderson Pavilion in Rutherglen on Wednesdays at 1-30 pm. All welcome.

### **TEMORA JETS**

23 Very keen ladies keep our group playing weekly. Ros Hill has relocated and will be sadly missed by all of us. We celebrated our 11th year of Lifeball by



playing as usual, then going out for lunch, combining this with Mothers Day. We certainly know how to celebrate.

6 Ladies attended our local Sportspersons Dinner in May. Our travellers have all returned home and are back playing the game we all love, keener than ever.

We travelled to Griffith for their Fun & Friendship day, and we held ours with West Wyalong and Griffith attending. This is a great way for us to catch up with our Lifeball friends. In June this year, we invited Prime 7 News to come and give us some coverage, which we all thought was great. This was also aired in July in Lismore, which was viewed by one of our members. We sure got good coverage out of such a short clip. Great for Lifeball! We break for Xmas and re-start February, 2013.

*Gloria Pike—Co-ordinator*

### **TILLIGERRY**

This is our 9th year playing Lifeball and once again, it has been a fun year.

We still have 22 players playing Lifeball on a regular basis and to assist our regular Referee, we have adopted a "Video Ref", Esme Kelly, who has the Final Decision when there is a dispute, not that that would ever happen because our Referees DO NOT make mistakes (HA! HA!).

We are finishing up the year 2012 with a Chinese Banquet, including SANTA, and we would like to wish all other Lifeballers a Merry Christmas and a safe and joyous New Year.

*Bob Weigand—Co-ordinator*



*Wangaratta Lifeball at their Xmas Breakup Lunch*

### **WANGARATTA**

Wangaratta Lifeballers have had one of the most successful years regarding many new members. Currently, on some days, 18 players. Wangaratta Lifeballers had a Festival Day in October, with many clubs involved. Good friendship, good food and food fun! We had a very happy Xmas lunch, with a good turn up. Will cease on December 11th, 2012, and will resume on February 5th, 2013. Merry Xmas and happy New Year to all.

*Betty Law*

### **WEST WYALONG WOMBATS**

2012 hasn't been our best year. For the first time, we were unable to have our friendship day, as we did not have enough members available due to illness and others going north for the Winter. We were pleased to be able to travel to Griffith, where we had a very happy day. As well as enjoying our games, we were happy to meet with our Lifeball friends.

On the bright side, we attracted two new members, although one later moved away, but was keen to find a group in her new town. Later in the year we gained another two members, but lost two players because of illness, but all remain registered, hoping to play again.

West Wyalong Wombats wish all their Lifeball friends a merry Christmas and a happy and healthy New Year with lots of Lifeball.

**Unfortunately at the time of compiling this newsletter, not all the groups had sent in their messages. In future it would be great if we could get all the information in by the end of play in December.**

### **Talks, trainings and demonstrations.**

Colleen and Brian promoted Lifeball during the year at the following clubs and or organisations: Probus Howlong, Wagga City Council, Local Government Superannuation, Sports Ability project and the Corowa Primary School.

## **Message from Colleen and Brian – Creators and Master Trainers**

We would like to wish all our Lifeball family a very happy, healthy and peaceful 2013, with lots of fun games and friendships. Thank you for your continuous interest in our Lifeball game which is now entering into its 13<sup>th</sup> year. We look forward to another year of hearing about your Fun and Friendship Days, along with how you are encouraging new groups to get started. We hope to catch up with as many of you as we can during the coming year. Thank you for being part of our small but active Lifeball family, and for all the messages you have sent us over the year.

### **Message From Brian**

I have been overwhelmed by all the good wishes that have come in regarding my problems – my own team (Albury Falcons) have been most gracious, and others, further afield, have also been generous in their best wishes for a speedy recovery. To all of you who have sent well wishes, I say thank you.

I'm intending to get all these vascular problems "stented" and forgotten as soon as possible so that we can begin training more Umpires, although, I must admit, the standard of Umpiring is fabulous. What we need to do now is to train up a new batch so that the present Umpires can enjoy playing more – it seems that the same Umpires cop the job every time – especially because they are so good.

Another initiative that is looming is the production of a regular section in the newsletter on "You are the Umpire", where situations in the game are described and you (as the Umpire) must make a ruling. For instance – "the ball is passed into the forward zone but the intended recipient can't catch it and mishandles the ball and it bounces back, without touching the floor, to the player who threw it from the centre zone. You are the Umpire – does the ball have to be touched by all players of the attacking team in the centre zone, as well as a throw, before it goes into the forward zone again?". The answer, of course is "no", because the ball was never controlled in the forward zone and so the return of the ball from the forward zone to the centre zone cannot be classed as a pass backwards.

Let me know if you have any "quirky" occurrences like that so that we can compile some interesting "You are the Umpire" situations for our next newsletter. You could also let us know if your Lifeball group would like an Umpire Training Day in the near future.

All the very best for the New Year, and Happy Lifeballing to you all.

Cheers, Brian.

**Colleen Wilson-Lord OAM and  
Dr. Brian Lord**  
Master Trainers Lifeball  
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