

## *Active At All Ages Awards* 2008 Category finalists



### **Individuals or teams**

**Thomas Currie** has been a Malvern Marlins Masters Swimming Club member since 2004 and a swimmer for about 70 years, competing with success and contributing as a swimming teacher, volunteering to work with students with additional needs. Thomas also participates in pump/aerobics and environmental activities.

**Patrick Galvin** has been a member of the Malvern Marlins Masters Swimming Club since 1999 and a swimmer for about 65 years. He is a mentor and coach and competes with success in swimming, does yoga and gym and has interests as a volunteer with Vision Australia and Board Member of the National Memorial Theatre.

**Elaine Janes** is a dedicated participant and successful competitor in weightlifting, having only taken it up six years ago. She assists in recruitment and as a committee member of the Geelong Weightlifting Club and is now working in the fitness industry. Elaine has also participated in dancing socially, in performances and/or as a volunteer for over 50 years.

**Chris Lee** only recently took up swimming, joining the Yarra Roughies Masters Swimming Club in 2006 and competing with success. She also played hockey for many years, combining this with coaching, supporting her grandchildren's participation in the sport, and regular bushwalking.

**Nelly Markestijn** has led weekly 'Fun & Fitness' classes in the City of Manningham for older people for about 26 years. She is a role model and has fostered a very caring environment in the group, with social activities and support for sick members and charities such as Camp Quality. Nellie also walks daily and plays tennis regularly.

### **Volunteers**

**Wally Cavill** runs weekly park and street orienteering activities. His efforts have contributed to growth in the sport's membership to 400+. While catering for all ages and ability levels, many participants are in the 50+ age group. Wally also competes regularly and successfully in orienteering. Three years ago he established and now runs a weekly seniors orienteering group.

**Danny Conlan** voluntarily leads chair-based exercise twice a week and a weekly walking group for older people (as well as other classes in his role as a qualified instructor). He also effectively promotes physical activity as one of Melton Shire Council's Ageing Well Ambassadors.

**Edwin (Ted) Goddard** became treasurer of Warrnambool Masters Swimming Club upon retirement, having been on the committee for 18 years. He shares his knowledge and skills willingly at this club and in other community activities, the golf club, including the local Woodworking club, whose *Fun 4 Kids* Festival involves the preparation of 10,000 model kits for children.

**Lesley Goddard** is a swimming coach and lifeguard with Warrnambool Masters Swimming Club and a regular participant. She coaches all ages from 20 to nearly 80 years, and all levels from beginner to advanced. In addition to swimming, she regularly plays tennis and golf, and undertakes other voluntary activities in her local community including recording books on tape for the visually impaired.

**John Marshall** is an active Masters Swimming participant, a Technical Director for Masters Swimming in Victoria, and a long-serving committee member for Malvern Marlins. John's efforts in mentoring other volunteers and promoting training opportunities are helping to increase the number of qualified officials and hence, competition opportunities for swimmers. Outside swimming, John travels Australia as a keen 'Caravan Club' member.

### **Clubs, Groups or Organisations**

**Ashburton Uniting Church Tennis Club** while not specific to older people offers friendly, low cost social tennis nearly every day, all year round. All ability levels are catered for and there is no pressure to play competition. The outcome is that many older people, and people from a range of cultural groups are regular participants.

**Flemington Chinese Gentle Exercise Group** takes a holistic approach to physical activity by incorporating social activities and information on health issues identified by participants. Dousta Galla Community Health Service provides a venue, training and support for the volunteer instructor and a bilingual social worker to co-facilitate the program.

**Peregrine Club Inc.** participants coordinate weekly walking, cycling or kayaking activities and multi-day camps. Initial membership of six in 2006 has grown to 58. Activities cater for all abilities and interests, with regular social events. Contact is maintained with members who cannot participate due to illness or injury. The club also fundraises for other causes, such as 'Relay for Life'.

**Melton Shire Council Ageing Well Ambassadors Program** utilises the extensive networks of volunteer 'ambassadors' to link with older people and develop partnerships to facilitate involvement in a range of low cost physical activity opportunities. Ambassadors, who are peer role models, participate in program decision-making and are trained and resourced by the council. A 'media library' of positive images assists in promotion.

**Richmond Leisure Centre Living Longer Living Stronger Program** is a strength training program for older people, with about 100 regular participants. Five sessions are offered on each of three days every week. Participants actively promote its benefits, but there is also outreach to groups who might otherwise not be reached. The program caters for all abilities, follows up participants who miss sessions and offers regular social events and excursions.