



RECREATION, SPORTS AND AQUATICS CLUB

RSAC SPORTSLINK

Opportunities for people with a disability ABN 59726089873 Registered Charity CFN 11028 February - April 2012

RSAC Welcome Back Bush Dance

Families, Carers, Kids Welcome

Saturday 11th February 2012 6-9pm

INCLUDES BBQ DINNER - \$10 PER PERSON

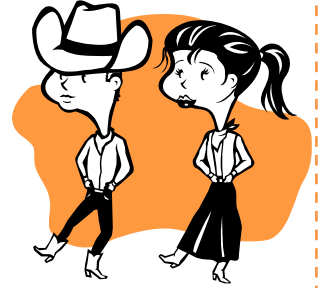
(CHICKEN, POTATOES, CORN ON THE COB, SAUSAGES, ROLLS & SALADS, SCONES, JAM & CREAM)

RSAC CLUBROOMS

11 GREENFIELD PDE BANKSTOWN

BOOK BY 3RD FEBRUARY TO RSAC 9790 5001

This is the February Dance Party



All RSAC members and their families are invited to the

FREE RSAC Family Picnic Day

Sunday 1st April 2012 11am – 2pm

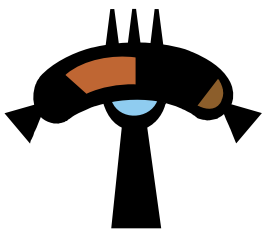
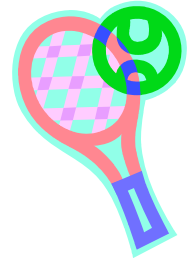
John Mountford Reserve, Welfare Ave, Beverly Hills

Jumping Castle! BBQ lunch, MUSIC, TENNIS, CRICKET, BOCCE,

SPORTS & FUN BYO Picnic Chairs or Rug

Book by 21st March to Jenny 9790 5001

In the unfortunate case of bad weather we will relocate to RSAC Clubrooms,
11 Greenfield Parade Bankstown. Confirm with Jenny 0425 203891



*VOLUNTEER HELPERS NEEDED FOR PICNIC DAY
Please contact Jenny or Eliza to offer assistance.*

Look out for the RSAC Kids Honour Guard at the St George Illawarra v South Sydney Rabbitohs Game on the 18th February! FEEL PROUND! Many thanks to the St George Foundation

RECOMMENCEMENT DATES FOR RSAC PROGRAMS

All Programs return from Mon 30th Jan 2012

TENNIS - SUNDAY AFTERNOON SOCIALS



Tennis is organising regular Sunday afternoon Social Tennis for RSAC members, their families and friends. \$5
Tea & coffee provided – BYO mug.

First Tennis Social: Sunday 26th February 2012 2pm-4pm
Also play at the RSAC Club Picnic Day 1st April &
next social date on 27th May.
ALL WELCOME – BRING FAMILY & FRIENDS

To register your interest contact Bronwen at Saturday Tennis or Jenny at RSAC office.

St Patricks Day Family Disco



The RSAC 25th Anniversary Committee
are hosting a FUN Family Disco.

Saturday 17th March 2012

6:30pm-10:30pm

Mount Lewis Bowling Club
14a Waterloo St GREENACRE



\$10 adults / under 16 \$5 FAMILY & FRIENDS WELCOME

PRIZES, PRIZES, PRIZES for : BEST DRESSED, DANCE, LUCKY DOOR

Come in GREEN and join the FUN

Book with Marilyn Ledger 9790 6804 or RSAC 9790 5001

The Club Bistro and Bar will be open for your convenience.

CRICKET DATES 2012

Sundays : Twice Each Month from 12 February

**At: Bankstown Memorial Oval Chapel Rd Bankstown
or Ray Buchanan Oval 3 Antwerp St Bankstown**

10am-1:30pm Cost: \$5

Dates: February - 12th and 19th, **March 3 – demo at the RSAC Gala Day Carss Park**, March - 4th and 18th,
April 1st -Club Picnic Day at John Mountford Reserve, Beverly Hills (11am- 2pm), April 22nd, May - 6th & 20th,
June -3rd and 24th, July - 8th and 22nd, August -12th and 26th, September - 9th and 23rd, October - 7th and 21st,
November - 4th and 18th & December - 2nd (Cricket Gala Day).

CONTACT: Michael Georgeson 0423812377

RSAC Day Trips & Outings Program 2012

RSAC Bus Trip to Brooklyn & Mooney Mooney Club

Friday 9th March 10am-2pm BUS from RSAC Clubrooms \$10 per person Lunch at own cost.

Booking Essential by 29th February to RSAC 9790 5001

RSAC Bus Trip to Sea Cliff Bridge & Wollongong for Fish & Chips

Friday 25th May 10am-2pm BUS from RSAC Clubrooms \$10 per person Lunch at own cost.

Booking Essential by 14th May to RSAC 9790 5001

Pre-booking Essential by 3rd June to Jenny 9790 5001

RSAC Parents, Carers and Families Bus Trip to Floriade ACT

Friday 28th September 8am-6pm BUS from RSAC Clubrooms \$15 per person. Lunch at own cost.

Pre-booking Essential by 14th September to 9790 5001

Parents & Carers Week “High Tea @ the Camellia Gardens”

Friday 26th October 10am-2pm BUS from RSAC Clubrooms \$25 per person including lunch.

All carers welcome. Pre-booking Essential by 1st October to 9790 5001

Dads & Sons Day Out

Sunday 18th November Details to be confirmed.

Pre-booking Essential by 14th October to 9790 5001

Parents and Carers Christmas Lunch

Wednesday 12th December 11:30am-2pm Meet at RSAC Clubrooms \$20 per person.

Pre-booking Essential by 1st December 9790 5001

RSAC KIDS CLUB STARTS 2012

With the financial support of the St George Foundation, RSAC is excited to announce the commencement of a monthly Saturday Kids Club. This will provide a day out for kids 10-17 years of age with disability, and a break for families.

The program will actively involve the participants in selection of activities and will include living skills development such as using public transport, planning, shopping and preparing food, social skill development, money handling etc., all in a fun environment.

Soccer, tenpin bowling, swimming, tennis, table tennis, laser skirmish, Sailability, movies, bushwalking, wii and Xbox will be some of the activity options of the program.

The group will have a ratio of 1:3 support staff, with a maximum of 9 children at each session. Should need exceed this quota, children will be allocated on an equitable basis.

The first session will be held on Saturday 18 February 9am-4pm with following sessions on the third Saturday of each month – except August. Cost \$20 per day. Return transport can be arranged an additional fee – call to discuss.



st.george
Foundation

RSAC KIDS CLUB ~ BOOK NOW

3rd Saturday of each month commencing February 18 2012 (except August)

9am-4pm Activities will always include active participation - call for program

Cost \$20 including activities Return transport can be arranged for an additional fee.

Meet at RSAC Clubrooms 11 Greenfield Pde BANKSTOWN

Bring: Packed lunch, snacks, backpack, hat, sunscreen, drink bottle.
(swimmers, towel, goggles and plastic bag for swimming days)

DATES: February 18, March 17, April 21, May 19, June 16, July 21, September 15,
October 20, November 17, December 15.

Dance Classes TUESDAYS Children and Adults RSAC CLUBROOMS

CHILDREN up to approx 14 years 5:30-6:30pm \$5 & TEENS/ADULTS 6-7:30pm \$10 **Wheelchair Accessible**



SWIM & PLAY "BIG DAY OUT"

FREE For Young People with Disability 10-20 Years

"You are invited to participate in this Special Day for Older Children with Disability"

Friday 20th April, 2012

10am-4pm FREE

The Wran Leisure Centre Gundaroo St VILLAWOOD

Prebooking Essential to RSAC 9790 5001 or email: rsaclub@bigpond.net.au

All children must be under the supervision of a responsible adult or

part of RSAC's Vacation Program

Transport available from 11 Greenfield Pde BANKSTOWN 9:30am Return 4pm PREBOOKING ESSENTIAL

TENNIS

MUSIC

DANCE

SWIMMING

BALL GAMES

PLAYGROUND

VOLLEYBALL

WATER SPORT

FREE PLAY

SQUASH

BOCCE

BOCCIA

BRING:

Water Bottle

Swimmers

TEAMS TABLE TENNIS TOURNAMENT REPORT

Six teams competed in this friendly competition at the Recreation Sports & Aquatics Club Bankstown on the 10 November 2011. Conducted under the umbrella of the Club and the Mental Health Sports Network some 20 players played their part for their teams and engaged in some exciting and spectacular games much to the delight of the spectators.



It is always a pleasure to see the improvement that takes place between tournaments and this is due no doubt to the practice undertaken by the players at their home bases.

We are however a little disappointed that more players and groups are not now participating. Perhaps some extra encouragement by their support organisation would not go astray.

We never hesitate to laud the great benefits of table tennis. It's a sport that is easily accommodated indoors requires little space and is playable all year round. It's a great way to achieve valuable exercise as well as sharpening the reflexes and improving stamina. It can be played by all ages at all levels of capacity and interest and whilst it can be keenly competitive it is also a very sociable game that can be full of fun and good humour. All of this is good for the player's mental and physical health. Thanks to all the players who came along and played in the best spirit of the sport.



Thanks to the support workers who acted as umpires and helped in other ways and Stuart from MHSN and especial thanks to Beryl Davies for her continued support of the game and her vital role as Tournament Director.

And of course we do not forget Jenny Bombardieri RSAC CEO whose organisation provided the venue and ensured that all present received a hearty lunch.

Medallions and Participations Certificates were received by all the players.

Our next Singles Tournament will probably be in February or March next year. Check our website for details.

Results: **Grade A Winner Macquarie Robert -Jonathon -Christopher** Runner-up **Buckingham House Jason -Dimitri -Monica**
Grade B/C Winner Aftercare ALI Eddie-Nathanial Runner Up **Macquarie Roger-Nathan**
Special Singles Winner Ann Runner Up **Robert** **Brendan**

THE RSAC NETWORKERS GROUP GO KART OUTING REPORT.

The go karting went very well on Sunday. We ended up with 8 people attending, Rodney, Alex, James, Nick, Josh, Elizabeth, Jules and David. Taoine and Frances had RSVP'd, but they forgot

It turned out to be a great size group as everyone could be on the track at once. They have 9 at most on the track.

We did a \$50 fun party which included 3 rides, licence, hotdog & slushie. The consensus was this was a great deal. We had great weather for 2 rides but got saturated and called off the track due to heavy rain and thunder in the third. Once it cleared a bit, everyone (I was surprised) wanted to get back out there. Again it started to rain as they were lined up for the last race and most bailed out, but 3 of the guys were so keen, they kept going in the wet.

On the way home everyone went their own way from Wolli Creek station and this is looking good as a future alternative meeting place for us.

They have decided to go to Bankstown Sports on Sat. 28th Jan. It would be great if other people from RSAC are there. Michelle

CHRISTMAS RAFFLE RESULTS

THANK YOU TO ALL THE SUPPORTERS OF THE RSAC CHRISTMAS RAFFLE. CONGRATULATIONS TO THE WINNERS:

1ST C WILSON 56147 2ND D BAZZI 3RD NOAH 41460 4TH C WILSON 56148
5TH SUGRIM 51328 6TH YUNG 7TH MCKERLIE

RSAC CALENDAR 2012

January 2012

12 Thurs	Office Reopens	
16-20/22-24	January Vacation Program	
21-22	Australia Day Tenpin Bowling Championships	Belconnen ACT
26 Thurs	Australia Day public holiday	
30 Mon	Programs Resume	

February 2012

11 Sat	WELCOME BACK BUSH DANCE <i>all welcome</i> 6-9pm	RSAC Clubrooms
18 Sat	Kids Club commences	
26 Sun	Tennis Social	John Mountford Reserve

March 2012

3 Sat	Carss Park Gala Day	Carss Park
9 Fri	BUS TRIP 10am-2pm	Mooney Mooney
10 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
	Bunnings BBQ Fundraising	Bankstown
17 Sat	Kids Club	
17 Sat	St Pats Day Family Disco 6:30-10:30pm	Mount Lewis Bowling Club

April 2012

1 Sun	RSAC Family Picnic Day 11-3pm	John Mountford Res Beverly Hills
6-9 Fri-Mon	RSAC Family Easter Camp	Canberra
14 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
15 Sun	Friendship Group Easter Show	
21 Sat	Kids Club	

May 2012

3 Thurs	RSAC Sports/Program Managers Meeting	RSAC Clubrooms
5 Sat	Trivia Night 7-10pm	Mount Lewis Bowling Club
12 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
19 Sat	Kids Club	
25 Fri	BUS TRIP Sea Cliff Bridge Fish & Chips 10am-2pm	Wollongong
27 Sun	Tennis Social	John Mountford Reserve

June 2012

2 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
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16 Sat	Kids Club	
17 Sun	RSAC Presentation Day 12-5pm	

July 2012

8 Sun	Friendship Group Darling Harbour	
14 Sat	Dance Party 4:30-7pm	
21 Sat	Kids Club	

August 2012

5 Sun	Barefoot Bowls 1pm-4:30pm	
11 Sat	Dance Party 4:30-7pm	
17-26 Fri-Sun	Cairns Over 21's Trip	
19 Sat	Friendship Group Lunch & Movies	

September 2012

8 Sat	Dance Party 4:30-7pm	
15 Sat	Kids Club	
21 Fri	25 Anniversary Gala Night	

24 Mon-27 Thurs	Kids Camp tbc	
28 Fri	BUS TRIP Floriade 8am-6pm	Canberra
29 Sat-Mon 1 Oct	Friendship Group Camp tbc	

October 2012

13 Sat	Dance Party	
18 Thurs	RSAC AGM	
20 Sat	Kids Club & Oatley Fair	
26 Fri	High Tea in Camelia Gardens	Caringbah
29-10 Oct	FG Camp	

November 2012

4 Sun	RSAC Tenpin Bowling Championship	
10 Sat	Dance Party	
17 Sat	Kids Club	

December 2012

8 Sat	Christmas Disco & Dinner	
15 Sat	Kids Club & Friendship Group Christmas Dinner	
20 Thurs	Volunteers & Supporters Appreciation Dinner	

SWIMMING VOLUNTEERS NEEDED

Wednesdays 6:30 and 7:30pm groups at Hurstville &

Friday 6:30-7:30pm group at Roselands
URGENTLY require more "hands on helpers".

No experience needed – please call Jenny or Bronwyn on 979045001.

FREE RSAC Gala Day

*For Children & Adults living with disability,
their Families & Carers*

CARSS PARK

SATURDAY 3 MARCH 2012

11AM-3PM

AT: CARSS PARK COMMUNITY CENTRE
72 CARWAR AVE & CARLTON CRES CARSS PARK

Indoor and Outdoor Activities FREE Barbeque - Sport – Information – Entertainment

Come & Try, Find Out, Register, Experience

VOLUNTEERS &
CLUB MEMBERS
NEEDED TO
SUPPORT THIS DAY
Please Register

- 👍 TRY Sports & Zumba & Cooking
- 👍 Community Services
- 👍 Register interest for Programs & Services
- 👍 Recreation & Social Groups

For further information contact RSAC 9790- 5001 email: RSAClub@bigpond.net.au
Wheelchair Accessible

In Partnership With: Kogarah City Council & St George Community Services



FAMILY EASTER CAMP 2012

CANBERRA Friday 6 ~ Monday 9 April

Stay in Self Contained Units ~ travel by mini bus to explore this exciting region.

Cost: \$320 per person *all inclusive** – family & child rates available on application.

This charge includes activities and entry fees, all meals and transport.

*Reduced rate for those travelling by own transport.

Deposit \$50 per person reserves your place.

Visit: Canberra Glass Works Tour, Gold Creek Sheep Station Farm Tour and BBQ, The Ottoman Restauraunt Banquet, Tidbinbilla Canberra Deep Space Communication Complex, Cockington Green; Markets; Wineries; Bungendore; Australian Museum/ Zoo; Black Mountain Tower etc..

PRE BOOKING ESSENTIAL to: Jenny 9790 5001 rsaclub@bigpond.net.au

The financial support of Arncliffe Scots Recreation & Social Club through CDSE 2011 is appreciated for this activity.

DIRECTORY**Recreation, Sports and Aquatics Club****Postal Address:** PO Box 120 Bankstown NSW 1885**Clubrooms:** 11 Greenfield Parade Bankstown (opposite Bankstown Sports Club)**Phone:** 9790 5001 (Mon-Thurs) **E:** RSAClub@bigpond.net.au **Web:** www.disabledsportsac.org.au

Celebrating
25 Years
Of Service

RSAC Membership Fees 2012 NOW DUE
\$15 per family.
Please pay to your Program Manager or
direct to RSAC.

*Thank You***Would you like to receive your RSAC Sportslink faster and direct?**

Send an email to Jenny RSAClub@bigpond.net.au and you too will go on the electronic newsletter mail list and get all the info and newsletters direct to your computer, as soon as it happens. Also if you wish to cancel e-news or hard copy advise as above.

REGULAR ACTIVITIES, PROGRAMS AND EVENTS

Regular programs are outlined below. For further details see our newsletter, website, fliers, or call the RSAC office.

- MONDAYS:** **Squad Swimming** Roselands 6pm
- TUESDAYS:** **Dance** Bankstown 5:30 Junior, 6pm Senior
Basketball Riverwood 5:30 & 7pm
- WEDNESDAYS:** **Sports Fun** Hurstville 10:30am
Drama Bankstown 5-6:30pm
Basketball Kids Hurstville 5:30pm
Tenpin Bowling Enfield 5:30pm
Swimming Hurstville 6:30 & 7:30pm
- THURSDAYS:** **Table Tennis** Bankstown 1-3pm
Gym Oatley 5pm
- FRIDAYS:** **Swimming** Roselands 6:30pm
Bocce Lansvale monthly 7pm
- SATURDAYS:** **Tennis** Beverly Hills 9 & 10am
Kids Club Monthly 9am-4pm
Soccer outdoor Peakhurst 9:30am
Indoor Soccer Emerton 11:30-1pm
Tenpin Bowling Enfield 11:30am
DANCE PARTIES Bankstown 2nd Sat of month 4:30-7pm
- SUNDAYS:** **Athletics** Peakhurst 9am
Indoor Soccer Revesby 9:30am
Cricket Bankstown twice monthly 10am-12noon
Social Tennis Beverly Hills monthly 2-4pm

ALSO:**Call for details**

- **Parents & Carer Support Activities, various activities**
- **Social Clubs for Adults with a Disability**
- **School Holiday Programs**
- **Vacation and Holidays Programs**

PATRONS

Tania Mihailuk, MP

Kayee Griffin

Mayor Bankstown Cllr Khal Asfour

Mayor Canterbury Cllr Brian Robson

President Bankstown Sports Club

John Murray

SOCIAL ACTIVITIES

Parents & Carers Support Group

RSAC Networkers Social Club

RSAC Friendship Group

RSAC Kids Club

RSAC Dance Parties

Over 21's Holiday Program

Family Easter Camp

RSAC Family Picnic Day

Siblings Project

SPECIAL EVENTS

11 Feb Welcome Back Bush Dance

3 March RSAC Carss Park Gala Day

17 March St Pats Day Family Disco

1 April Family Picnic Day

5 May Trivia Night

17 June Presentation Day

5 August Barefoot Bowls

21 September 25 Anniversary Gala Night