

AQA NEWS LINK

The Official Newsletter of A.Q.A. Victoria Ltd., & AQA Tasmania

August 2001

Queenscliff Ferry

Tony Tries Out The
New Queenscliff
Ferry ...



Inside

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- ▣ **New Feature "FROM TASSIE"**
- ▣ **LEISURE / SKILLS**
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Quadriplegic

Association

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A.Q.A. NEWS LINK is the official newsletter of

A.Q.A. Victoria Limited,

Australian Quadriplegic Association - Victoria,

and is published bimonthly. NEWS LINK seeks

to publish material of interest to people with

physical disabilities and their families,

professional workers and other individuals and

organisations concerned with the welfare of those

who are physically disabled.

ARTICLES and items of interest are welcome
from any individual or organisation.

NEWS LINK reserves the right to edit all

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AQA NEWS LINK

The Official Newsletter of AQA Victoria Ltd., & AQA Tasmania

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A.Q.A. NEWS LINK AUGUST 2001

From the CEO

CEO's Report

As you will notice in this News Link, Scott King, from Tasmania, has started submitting articles. A perspective from Tasmania will not only assist our members living in Tasmania, but also assist mainland members who travel to Tasmania. We look forward to receiving Scott's articles and welcome him to the newsletter.

An interesting article on woodturning has also been sent in by Robin Woodroffe who has been a long time member of AQA. I would like to congratulate Robin for a very informative article and thank him for his contribution. Also I would like to thank Tony Carbis, also a long time member of AQA, for his article on the



Queenscliff Ferry. It's good to see members reporting on their experiences, which will obviously benefit other members when they are considering leisure activities.

It's your newsletter and it's encouraging to see the number of articles we are now receiving. Keep them coming!

Ian Bennett
Chief Executive Officer
ianbennett@aqavic.org.au

From the Editor

Welcome again to this issue of News Link. Again, it is good to get some articles and ideas from members. Remember

that this is your newsletter, so keep you ideas/articles coming in. If you have other ideas to improve our newsletter, please give me a call.

Something else that I should mention is the upcoming Australian Wheelchair Rugby Nationals being held from the 5th-7th of September. If you're free on these day's, it will be great seeing you there and having your support. More information is on page 12 of this issue.

Nazim Erdem
News Link Editor
nazimerdem@aqavic.org.au



HAMPTON / PRAHRAN NEIGHBOURHOOD HOUSE "COMMUNITY DISCO"

- For young people with disabilities
- Carers welcome
- Fantastic music
- Prizes to be won
- Drinks & supper is provided

Date: Saturday, 1st September
Time: 7.30pm - 10.00pm
Where: Hampton Community Centre
14 Willis Street, Hampton
Cost: \$12 (includes supper)
Further details: Phone Prahran Neighbourhood
House 9510 7052,
Email pnhouse@bigpond.com

MediQuip has got a special on the new 'Moveen Night Bag'

Features include: 2 litre capacity, Safety Lock Tap, Anti Kink Tubing, Tubing is very flexible and easy to bend into the position you want. For a limited time, the price is \$2.20 (normally \$4.30).
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AQA NEWS LINK Copy deadlines 2001

NEWS LINK is issued bi-monthly. The deadlines for AQA NEWS LINK 2001 are:

Issue	Deadline
October	30th September
December	30th November
February	31st January

Material received after that date will not necessarily be included.

PLEASE NOTE!!!

There was some confusion in the last issue of News Link. The 'News Link Subscription Form' attached to the middle page of News Link is for people who want to become new subscribers. It DOES NOT mean that you need to renew your subscription. Your renewal date for subscription is printed on the envelope (on the top of the label where your address is printed)

Your membership is due on this date

[Membership Due 1/01/02]	330
Joanne & Joe Blow 123 Melbourne Street MELBOURNE VIC	3000

Accessible Car Ferry Across Port Phillip Bay

The Queenscliff to Sorrento Ferry Service has been running for a number of years now. But because it has been unsuitable for people in wheelchairs – there has been no access to the observation deck – I have refused to use it. However, now with the new ferry “The Sorrento” in service, I decided it was time to give it a try and head off for lunch at Sorrento. Living at Point Lonsdale, I left home at ten thirty in the morning and met my friend at the Ferry Terminal. She drove her car into Queenscliff and parked in the parking area adjacent to the Terminal Buildings. We arrived at about eleven fifteen A.M. and with the Sorrento not leaving until Noon, we had a cup of coffee at the Terminal’s Café. We found the Café to have an excellent menu and will probably go there for lunch at a later date.

When the ferry arrived, we waited until those on board departed – not many at this time of year, June 30. It is a lot busier during the warmer months and chaotic over the Christmas holidays. When we boarded, we headed for the lift which is located at the stern of the boat. To use this facility, you enter through a short passage of about



three meters in length. I suppose the reason for this is to prevent a rush for the entrance of the lift when the boat is crowded. Next time, I will make a point to ask, because it is a pain in the proverbial as will become evident. Arriving at the lift door there is the obligatory button to push to open the door but once inside said conveyance,

there is no room to turn around. This is a problem as the operating buttons are behind you and unless there is someone with you, then, well, you are stuck until someone decides to find out why you are holding up the works. Back-in!!!, I hear you say (remember the passage), well you can’t turn around in that either and you have to be facing the lift to be able to open the door. The only answer is to take someone with you, grab another passenger or one of the staff to give you a hand. It is a shame however that you cannot be allowed to be independent if in a wheelchair.

When we arrived on the passenger deck, heated, and I presume cooled in hot weather, we had a look around. Plenty of seating inside with large square portholes so you can sit and watch the passing parade of wildlife and boats and ships of all shapes and sizes, or you could plant your nose in a book if you don’t like being on the water. There is a kiosk on board and also a bar in the forward

section, accessible for wheelchairs. The toilets, as far as I could see, are not accessible but the trip only takes forty minutes – this should be taken care of before boarding at either end.

We opted to travel outside on the rear deck, watching Queenscliff slowly disappear into the distance as the twin, twelve cylinder, one thousand horsepower Cosworth engines rumbled up to cruising speed. The views I found to be spectacular



as Queenscliff becomes smaller. Point Lonsdale comes into the frame next, as the bluff at Barwon Heads can be seen in the distance through the rip to our left. Next, Point Nepean comes into view and one can see just how small the entrance to Port Phillip Bay – The Infamous Rip – really is in the scheme of things. I suppose this all means more to me because I was born



in Queenscliff and have lived most of my life, both pre Cripple and post Cripple here. The only time spent elsewhere was at Yarra Me until attendant care became available, then I was able to return.

Upon arrival at Sorrento, we headed into the town centre where the selection of eateries is huge. We chose the Continental Hotel, the meals look rather good and arrive quickly after ordering, too quickly to my way of thinking. You get the feeling that they want you in and out as soon as possible. Unless you like rubbery Calamari, I suggest you avoid that item on the menu.

After lunch, we had a look around the main street, then back down the hill to the beach. We went for a walk along the Promenade until we saw the ferry returning. We then headed back to the terminal and boarded for the

Continued on next page...

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return journey. The weather had become somewhat cooler, so we travelled inside the warm lounge area. The ferry is very comfortable and the ride is smooth, so little chance for seasickness if you are prone to that.

All things taken into consideration, I enjoyed my day out. The only problem was with the lift and that is easily overcome. It was not perfect but at least an attempt has been made to cater for wheelchairs and other people with problems climbing stairs. I for one, will be making the journey again and can recommend the trip to others.

I travelled in a large electric chair – a Glide Six – and had plenty of room to manoeuvre through doorways and around the boat. Boarding and disembarking was no trouble. If you are contemplating a round trip of the bay, give it a go, you can hop out now and have a look around the boat and the beautiful scenery.

Drive to Queenscliff, leave the car in the parking area and head across to Sorrento for lunch. Or conversely, drive to Sorrento, leave the car there and travel to Queenscliff, have lunch at the Ferry Terminal or head into the town to one of the many pubs or other eateries there.

Cost for a car on the ferry is \$38 in high peak or \$36 standard times. Wheelchairs and pedestrians \$7 or concession \$6 – these prices are one way only. The Sorrento leaves Queenscliff on the even hour and leaves Sorrento on the odd hour. The second car ferry does not have a lift and there is no access to the observation decks for wheelchairs. Further information can be obtained from their web site at :- www.searoad.com.au Their address is P.O. Box 214, Queenscliff, 3225. Phone 5258 3244. Happy sailing
Tony Carbis.

New Personalities Join A.S.R.T. (Australasian Spinal Research Trust)

Recently the Australasian Spinal Research Trust has secured the support of 3 new patrons. Firstly, ex champion, Essendon footballer Tim Watson and now Channel 7 sports reporter, has come on board to support A.S.R.T. in our fight to find a cure for spinal cord injury. Tim played 307 games, captaining Essendon from 1988 till 1991 and he played in 3 Premierships in 1984/85 and 1993. He is proud to be associated with and be a patron of the A.S.R.T. He said he will happily help us with publicity and promotion of our cause. He is glad to help stage events, and in general, help in any way he can.

Our next new patron is Victorian jockey Peter Mertens. Peter had a bad fall in 1988, breaking his neck. Fortunately for him, he didn't damage the spinal cord, but he wasn't able to ride for 14 months. Since returning to the track, he has ridden many winners, including the 2001 Adelaide cup. I met up with Peter a couple of months ago at the Moonee Valley races and he is very aware how lucky he is not to be in a wheelchair, with a totally different life. Because of his close encounter, he is very supportive of our cause, happy to be asked to become a patron and keen to be involved in some sort of fund raising event. The third of our new patrons is actor Rupert Reid. He is best known for his role as Constable Jack Lawson in Channel 7's Blue Heelers. As part of that role, his character was injured in a shooting incident and was confined to a wheelchair as a paraplegic. The sensitivity and detail with which he played that role, led me to contacting him, inviting him to support A.S.R.T. He is also known for his character Declan in ABC's Heartbreak High. Having recently left Blue Heelers, he has embarked upon a stage career playing Shakespearean roles. Rupert has contacted me and is only too happy to be a patron and help us in any way possible.

A.S.R.T. acknowledges and appreciates the support of all our patrons and we hope in the near future, we will be able to utilise their contacts, as well as their knowledge, expertise and skills to further benefit the aims of the Trust.

Any enquiries to A.S.R.T. email madge@alphalink.com.au

Gary Allsop

Mouth Painters Wanted



ARE YOU A MOUTH PAINTER INTERESTED IN MAKING CONTACT WITH OTHER ARTISTS?

Would you like to share and learn about issues related to mouth painting, how others have developed skills, techniques and equipment? Maybe you could assist new mouth painters!

We are considering developing a mouth painters group if there are enough people interested.

At this stage we need to know who out there would like to get involved...

Please contact Alison Smith on 9873-0746, alison@recspecialist.com or Marie miss_marie@primus.com.au



BAILEY'S BIT!

By Kevin Bailey



Travel to Ayres' Rock & Alice Springs

Recently, I had the opportunity for a trip to Ayres' Rock and Alice Springs. This was to the country that I had read about and knew that I would love, having had the pleasure of three or four trips to Broken Hill in another lifetime. I had not conceived the journey possible now, even though hearing what others can do, and was a long time giving it consideration.

Flo and I had been invited to accompany her daughter, son-in-law and his mother on the trip in a Nissan Patrol. Graeme and Gail made



the accommodation arrangements, stopping at Melrose, Marla, Yulara (2 nights) and Alice Springs (4), before heading back. The first couple of days were fairly big, driving between 800 and 900 km, and tested out all sorts of things, particularly the padding above the seat springs. But good company makes good travelling and we enjoyed every bit of it.

AQA has more comprehensive details on the motels where we stayed and this gives you a good opportunity to use the new database information if you would like to follow this up.

As anticipated, I loved the drive up along the Flinders Ranges as we headed north from Adelaide and then the expanse as we left Port Augusta. The mounds from the opal diggings at Coober Pedy were fascinating and we pulled in and had a small caste around as we booked rooms for our return trip.

On then to Marla Bore and a lot of

time trying to get a good shot of an eagle at the roadside. These magnificent creatures were quite content to sit a metre from the edge of the road as any vehicle went past at 100+ kph. But if you slowed right down, they were a lot more wary and made a good picture a fair challenge for us. Something that did make life easier for me was being able to borrow

a digital camera that stored images on floppy disks. This allowed me to be a trigger happy tourist, limited only by the amount of charge in the rechargeable

battery.

The northern part of S.A. was fairly barren, although still fascinating, showing the result of poor rainfall, but when we reached the Northern Territory, the conditions improved dramatically. It was around here that we began to see more of the flat-topped mesas and enjoy the different outback colour scheme. After we

turned off towards Yulara and Ayers' Rock and first saw Mount Connor – well, there was magic in the air. We continued on to unpack our stuff at Yulara

and then went out for my first look at THE ROCK. It doesn't matter how many pictures you see or what you hear, nothing can really prepare you and I believe now that every Australian

should aspire to live the Rock experience. We spent the next day around the rock and a trip out to the Olgas and gathered with many others for cheese and bubbly as we watched Sunset on the Rock. What an experience and I think I got a blister on my trigger finger as I tested the digital camera out.

We then went on to Alice Springs where we drove out along the East and then the West MacDonnell Ranges. This is another fascinating area and a real geology lesson to observe the different results from long-past upheavals and subsequent erosion. Here was also the real chance to see the desert colours immortalised by Namatjira. We also visited some of the attractions around Alice Springs and enjoyed the chance to relax in the Mall there and watch a very cosmopolitan world go by.

After a too-brief few days, we headed back to Coober Pedy and marvelled at the endurance of the people who must have endured very spartan conditions before the amenities there were improved. Brief detours to The Breakaways and Woomera were

certainly worth the effort as we went by on our way back south. After overnighting at Port Augusta, we were lucky as we left to see the Flinders Ranges

shrouded in fog, which aggravated the blister on my finger – which had



Continued on next page...

What's new in PEER SUPPORT

By **Baden Whitehead**
badenwhitehead@aqavic.org.au



Information/Peer Support

Many members will be aware of AQA Victoria's involvement in visiting people with a spinal cord injury at the Austin and Royal Talbot. They will also be aware of the time and effort over the years that AQA Victoria has put into assisting the Royal Talbot with the Lifeskills program.

In the last two years the format has changed, and I think, for the better. For those members who have not yet been involved, the new program is held over a full day and replaces usual daily therapy sessions. Currently the program is held four times per year (most patients get to attend at least one of the days). The idea of the day is to expose current patients to relevant resources so they can see what is available and what people have achieved in the community.

The day starts with an "ex-patient panel" consisting of five to six people who are matched in levels of disability and interests with current patients. I then ask the panel members the hard to ask questions about; self-care, bowels, bladder, attendant

care, pressure areas, relationships, children, employment, recreation, and any other questions that I know are relevant to current patients. Questions are also invited from anyone in attendance.

Panel members, patients as well as any exhibitors that are coming for the afternoon session are invited to mingle over a long lunchtime barbecue. To kick off the afternoon session we try for a short presentation by a person or people with a spinal injury.

This could be: dance, self-defense, sport etc. We even acquired Vinny Laurwers, the world's first disabled person to sail solo, non-stop and unassisted around the world. (By the way his presentation is sensational)

The Expo exhibitors/organisations are then introduced, and current patients and their families are left to peruse the exhibits and talk to the exhibitors. Exhibits presented have been: wood turning,

needlework, remote controlled models, sports equipment, specialist vehicles, music recording, mouth painting, fishing equipment, Sailability, Tad Vic, etc. Where possible the exhibits are matched to current patient interests.

I am always looking for new exhibitors, so if you feel that you could exhibit or contribute to the Lifeskills day, give me a call or send an e-mail, it would be most appreciated.

Member's Update

We are currently re-vamping our membership database and we have discovered that many of our records in regard to member's interests, hobbies, employment are out of date. In the next few months your friendly Information/Peer Support Department may contact you in regard to your membership details. We are looking forward to having a chat as well as updating our database, please remember that any information we receive is treated as strictly confidential.



... from previous page.

by now turned into a callous. A look around Burra, one more night at Mildura and then we were home with wonderful memories that will last a long time.

Although we went in a 4 wheel drive and I am fortunate to need less accommodation requirements than your average quad, I feel that this trip is within the capacity of most. We didn't go anywhere that a car

couldn't comfortably drive. I was most impressed by so many of the tourist gorges and attractions around Alice Springs being very wheelchair friendly. The downside was the need to fit as much looking around as possible to justify travelling so far, and cost must certainly become

a limiting factor. Motel costs weren't too bad for a while, but they certainly add up over a week or more, which puts more pressure to do as much as possible and cut back on sometimes needed rest-time.





Who Will Fix My Power Chair Through The Xmas Break?

G'day members. Well a very good question was asked in the last issue of 'News Link'. A country member whose power chair had broken down over the Xmas break had trouble getting his power chair fixed.

This was his problem;

"...I live in the country and am dependent on my power chair for mobility. Over the last Christmas - New Year break, my power chair broke down. I was able to have the problem diagnosed via e-mail (international company) but I could not access an Australian repairer - country or city. To my knowledge, all power chair outlets were closed over those three weeks. Anybody know of power chair repairers - city or country - that are available 24hours. Three weeks without a chair is not on, Help!!!!!!"

So, we have had a good look around to find which companies/repairer's can help during these holiday breaks and this is what we have come up with.

Company	Service Area	Phone Number
B & S Wheelchair repairers	All over Victoria	97274951
Astec	North west Victoria	5332 4089
Indequip	North east Victoria	5795 3318
TREC	Melbourne	9532 0611
Denyer Sibbing	Melbourne	9562 4433
Magic Mobility	Melbourne	9561 9722
Fisher Lane	Melbourne	9417 2250

All of the repairers listed, apart from "Magic Mobility", will repair ALL makes & models of electric wheel chairs. They also repair electric beds & hoists.

These companies do run on skeleton staff over Xmas/and other public holidays, so you may be put on an answering machine when you ring. So leave a message on the answering machine and someone will get back to you.

NOTE: When you call one or any of these companies, ask them if they are going to charge you a 'service call' or any other extra fees. Also, make sure you get a 'fixed' price for the cost of the repair before you decide to go ahead. You don't want to pay more than what you think you should pay for the work, so ask before it is too late.

Article put together by Peter V. Benthem.

Next Issue: An enquiry was made by John Simpson - who was looking at buying a new car. He asked, "...I want to purchase a new car and want to know how the new 'G.S.T.' tax system works compared to the old 'Sales Tax Exemption' system. I'm getting different answers from different people. I'm sick of getting the run around. I just want a new car. Help...". If you can help, call us at AQA Victoria with your information.

Wood-Turning from a Wheelchair

I suppose I had best start by saying what my disability is. I am classified as a quadriplegic. My spinal cord is severed where the neck and back join. This means that I am a man paralysed from the nipple level down. This makes me paraplegic. I have partial damage to the cord in my lower neck which means that I have no feeling down the back of my arms and muscle changes in my hands and fingers: this is the quadriplegic part of my injury.

I am not writing an account of how to turn wood but a description of my equipment. The turning is something you learn to do when you try to follow what "walkers" do. My lathe was made to suit me so that my legs go under the bed with about 40 mm clearance so there is no bracing. I can only turn things that are reasonably balanced so that the lathe does not shake to bits. The head swivels so that I can turn outboard and is locked in place with a cam lock. On the leg, there is a short piece of 100 x 50, which also moves and bolts tight to take an extended tool stand. The tool rest fits into this and I have turned a 450 mm platter which won 1st prize in open competition in our Guild Competition some years ago. The switch is mounted on a bracket with a T bolt so that I can move it to a convenient position when I am turning outboard.

Most of my chisels have short handles so that I can move them across in front of me. I have to turn left and right handed as it is easiest if I cut from one side or the other. All of my technique has come from trial and error. Getting into the right position sometimes takes a bit of fiddling and I may have to move the chair small distances to be comfortable. I also have to remember to put the brakes on, otherwise I just move backwards. I sometimes have "design changes" due to overbalancing.

The other problem is that chips hit you in the chest and higher so I need an apron that comes right up to my throat - and a face mask is essential. I have one with a cup that is attached to a hose and a battery operated fan that blows air over my face to keep fumes and dust out. I keep my tools standing up in holes drilled in the top of an old TV cabinet. I have several of each type of chisels and as one gets blunt I use another so that I do not have to keep going over to the grinder. I have a grinding session later.

I find that having a small table on castors beside me is handy for putting small things such as callipers, drawings, story boards etc. I also need a stiff brush to get chips off my clothes and a feather duster to clean my feet and chair, so that I do not carry shavings into the house and I keep on the right side of "ber indoors".

Turning in a chair is mostly trial and error. You learn as you go along. If you can find a spare chair, put some of your "upright" mates in it and see how they go. They will only want to do it once.

Robin Woodroffe



Robin is a well known member of the Peninsula Woodturners Guild and was our speaker - demonstrator at a recent meeting. His subject - "Life in a Wheelchair" was received with intense attention by the members present. He told us how he was injured in a car accident about eight years ago. He has spinal injuries and has been wheelchair bound ever since. Robin's talk was followed by a demonstration on his own lathe. He described the specially adapted lathe and then demonstrated his woodturning skills. It was most interesting to see the differences in turning technique required by someone "sitting down". There were many lessons driven home by Robin's talk, but possibly the most outstanding one was that Robin may have injured his back, but he didn't lose his determination to be independent. At the end of his talk, he was given a rousing round of applause which obviously was as much a tribute to his accomplishments as to the talk and demonstration.

Reprinted from the "Peninsula Wood-Turners Guild" web site, <http://home.vicnet.net.au/~pwg/guild/articles.htm>

CURLY'S CORNER

Think About It...

- Voters choose among those pre-chosen by the political parties. Too often, there's not much choice.
- It's only in the local press that we have chairman-presidents who are also editors-publishers. At least that's honest.
- Money saved earns interest but by the time you withdraw it, it is worth less - even if you include the interest earned.
- The only way to enjoy working is to think that what you are doing is important.
- The worst failure is he who is looking for trouble and fails.
- When a man dies, we're free to say all the nice things we dared not say when he was alive. He would never have forgiven us for unmitigated flattery.

Fortune Teller

Fortune Teller: "Good fortune is in store for you. You will marry a guy who is tall, understanding and extremely wealthy."

Lady: "Excellent! But what shall I do with the guy I am married to right now?"

The Big Difference

Girl: "Uncle, what's the difference between a creditor and a debtor?"

Uncle: "There's not much difference my dear. I guess it's mainly that the creditor has a better memory than the debtor."

Cheers, Colonel Curly G.
Flinders Island

From Tassie

By Scott King



RAC Roadside Assistance

Have you ever found yourself sitting in your chair, stranded on the side of the road or on the footpath with a tyre that has a distinct flat area on the bottom, or a battery that decides that it's just all too difficult and refuses to go any further? Well don't despair, as long as you are in a metropolitan area, the RAC offers a roadside wheelchair repair service to get you under-way and mobile again, or at least get you out of trouble. This is a service that is offered to **all wheelchair users** and not just members of the RAC. Unfortunately, as with anything, there are both positives and negatives. These include:

Positives:

- Minor mechanical and electrical repairs and adjustments
- Inflation of tyres and replacement of valves

- Replacement of wheels if compatible spares are available

Negatives:

- They will not repair punctures as they believe they will have to lift people and this contravenes with their OH&S policy
- No replacement batteries are available. The demand for these was such that it was decided that it was not viable to stock these batteries. Apparently they have a limited shelf life.

If you are unable to use the chair for some reason, they will transport or organise transportation to a repairer or your home – so long as it is in the Metro area. If public transport has to be used, the cost must be covered by yourself.

This is only meant as an emergency service. Some things can be avoided, so make sure you keep up regular maintenance on your chair to try and avoid unnecessary hassles.

Remember that it is not available everywhere, so call them and find out if you are in a covered area.

In Tasmania, this includes Metropolitan areas of, Burnie, Devonport, Launceston, and Hobart.

To contact the RAC the number is **13 11 11**.

Editors Note: RACV (Victoria)

has a similar service that is offered by RAC (Tasmania), but for a fee. To apply for the "RACV Emergency Wheelchair Breakdown Service", there is a once only payment of \$27.50 (including GST). Phone the RACV on 13 11 11 for more details.

Winter Woollies

Winter time has once again hit us and it's time to rug up and keep warm. A few simple steps can be taken to ensure you stay cosy during these cold days. As we all know, once you get cold, it is very difficult to warm up again. This is what works for me.

- **Thermal Underware** – This was mentioned by Baden earlier. They help to regulate the temperature of your legs (I get icy knees), as well as helping to keep your leg bag and tubing in place.
- **Jumpers and Woollies** – Cover up as soon as you get dressed, ie. long sleeved top, if my arms get cold, everything else follows quickly. Make sure whatever you put on is going to stop drafts.
- **Heating** – If it is possible, use heating that circulates the air and

eliminates hot and cold areas. Last winter, I had an old Dimplex heater in my room. It seemed to warm everything except me. This year, I was fortunate to have a small heat pump installed. This keeps the air moving and keeps me much warmer, and it will heat the room up quickly if it is required. It is also much more efficient to run.

- **The Sun** – The ultimate heater. Although it doesn't show its face quite as much, or have the same bite as it does during the summer months, I find that it is one of the best ways to warm up. You can sit in front of a heater all day and barely defrost, but 10 minutes in the sun usually does the job.
- **Be Active** – Where it is possible, do something, ANYTHING. In

winter, everything seems a little more difficult, until you get started. It's all too easy to act like a bear and go into hibernation (something I have trouble with most of the time).

- **Head Cover** – When you venture out into a stiff Souwester (us in Tassie feel like we aren't too far from Antarctica when these hit), it's an idea to have something to keep your head warm and the wind off your ears.

Once again this is just what works for me, and some of you might have totally different ideas. Stay warm and well for the rest of the winter, and don't forget the flu injection.

More from Scott on next page...

QUALCARE NEWS!

Nicholas Ross
nickross@aqavic.org.au

A couple of articles ago, I wrote about the difficulty in recruiting care workers. This problem in attracting people to the disability field impacts negatively on our ability to provide emergency care to our client base. One of the initiatives our agency is implementing to alleviate this situation is the establishment of what we call a 'bank of carers'.

The idea of this carer bank is to have staff employed for a set number of hours per week, to service client needs in an emergency situation. These hours will be arranged to cover peak emergency times like evening and weekends, when sourcing replacement carers is difficult.

The pilot scheme, which will be up and running in early September, will be reviewed on a regular basis, to ensure operational effectiveness. Access to these carers will be open to all metropolitan clients (the logistics of offering a similar service to country clients is currently under consideration), and the care workers employed will be highly skilled and conversant with all aspects of personal care work.

If anyone would like additional information regarding this or any other attendant care issue, please contact me on 9482 4373 during business hours.

Nicholas Ross

Women With Disabilities And Pap Smears

A member searching for a place where she should be accommodated for a Pap Smear test, finally tracked down the following solution, which may prove useful to our women readers.

All women should have a Pap Smear every two years. In 1997 PapScreen Victoria recognised that women with disabilities were not being screened because many organisations did not have the funding to purchase patient lifters. PapScreen Victoria decided to fund four agencies in the metropolitan area to purchase patient lifters to assist in screening women with a disability.

Please find the following list of organisations that will be able to assist you in assessing a Pap Smear screening service. Please make it clear to the receptionist that you will be needing access to the patient lifter when you are organising your appointment with one of these organisations.

Veronica Garcia
Women's Cancer
Education Program
Anti-Cancer Council of Victoria
Phone: (03)9635 5206

Eastern Region
Family Planning Victoria
901 Whitehorse Road, Box Hill
Phone: 9257 0100

Southern Region
St.Kilda Community Health Centre
18 Mitford Street, St.Kilda
Phone: 9534 0981

Western Region
Western Region Health Centre
72-78 Paisley Street, Footscray
Phone: 9689 4888

Northern Region
Moreland Community Health Service
11 Glenlyon Road, Brunswick
Phone: 9387 6711

Reprinted from "ParaQuad Victoria Inform Newsletter".

...more from Scott King

Southern Paradise

How many of you have not been to Tasmania? If not, why not? There are such a variety of places to see which are in relative close proximity to each other. Being reasonably small and having such a diverse array of landscapes, you don't have to travel for hours to have a change of scenery. You can go from deep rainforest, to lush grassland, to pristine white quartz sand beaches (yes accessible beaches) or coastline within a matter of minutes.

More and more of these areas are becoming accessible to wheelchair users. With the construction of paths

and boardwalks, plus the erection of amenities such as toilets and covered barbeque/picnic areas, the Tasmanian Nature experience is there for the taking.

In the coming months, I will be reporting on some of the many things to be experienced down here on our little island. From the city to the snow (if we actually get some), from the bush to the beach. So stay tuned to learn a little more about "The Apple Isle". Hopefully I can convince you to come and spend some time here having a look around.

Wheelchair Rugby

By Nazim Erdem
nazimerdem@aqavic.org.au



Local Competition

As you will recall, the last issue of News Link was published before it was known who won the first season of the local rugby competition. Well, I now have the results.

The semi-finals were played between the Spoke Busters and the Harley Eagles. The Harley Eagles won that game which put them into the final game against the Red Backs. The final was a very exciting game, as it always is, with the Red Backs being the favourites.

During the game, the lead changed many times. I think the Red Backs were over-confident, and didn't have a very good game plan. But the underdogs – the Harley Eagles – played with great teamwork and managed to win the game 18 to 15.

The second season of Wheelchair Rugby will be starting on the 10th of August at the Whitehorse Aquatic and Leisure Centre in Box Hill with four new teams.

Country Tournament

The 'Country Rugby Tournament' was held on the 7th and 8th of July at the Shepparton Sports Stadium, Shepparton. There were six teams competing at the tournament, with the teams made up of a mixture of country and city players.

It was good too to see some of the old (I don't mean age!) rugby players returning to the game – especially Gordon Caldwell, Graham 'Truck' Gordon, John Simpson and Con Gianiotis. The first day of competition sorted the men from the boys and decided which teams would be playing in the finals the following day. I was LUCKY enough to be playing on Graham 'Truck' Gordon's team. Lucky because with him on our team, we ended up winning the competition.

I would like to thank Christian Brackley for organising such a fantastic tournament. It would have been a real logistical problem in trying to find accommodation for 30+ quads, organising the stadium, and putting together the teams. Good job.

Australian Rugby Nationals

The Australian Rugby Nationals will be held in Victoria for the first time since 1992 at the 'State Netball Hockey Centre' from Wednesday the 5th to Friday the 7th of September 2001 at Royal Park (next to the Melbourne Zoo).

We are training at the Royal Talbot's basketball court in Kew every Sunday to pick the Victorian State team. Training is from 10am – 12pm (15th July – 26th August), and 12pm – 2pm (2nd – 9th September).

See the article below for more information about the Australian Rugby Nationals to be held in Melbourne.

For further details, or if you are interested in watching, playing or helping out with Wheelchair Rugby, contact Darren at Wheelchair Sports Victoria on (03)9473 0133 or myself at AQA Victoria on (03)9489 0777.



Coloplast

2001 Australian Wheelchair Rugby Championships

The 2001 Australian Rugby Championships will be held in Melbourne, Victoria again – for the first time in a very long time. The tournament is expected to get a lot of support and exposure this year – especially after the success of the Sydney Paralympics.

The tournament will be played on a Wednesday, Thursday, and Friday to take advantage of the school days – students are expected to attend in large numbers. It is expected that many students will turn up to watch the magnificent game of Wheelchair Rugby.

All of the Australian Rugby

team members that won a Silver medal at the Sydney Paralympics will be competing at the tournament for their respective state teams. The states competing will be Victoria, New South Wales, South Australia, Queensland, and Western Australia. If that wasn't enough, New Zealand will be sending a team over as well.

The tournament will be held at the "NEW State Netball Hockey Centre" situated at Royal Park (next to the Melbourne Zoo).

So, don't make plans for the following dates. We would love to see you there supporting us.

Date: Wednesday 5th (10am - 3pm), Thursday 6th (10am - 3pm) and Friday 7th (11am - 9.30pm), September 2001

Venue: State Netball Hockey Centre, Brens Rd, Royal Park

The Bronze Medal Game will be played on Friday at 6pm and the Gold Medal Game will commence at 8pm on the same day.

Entry is free. If you want more information, call Darren at Wheelchair Sports Victoria on 9473 0133 or look at their website at www.wsv.org.au for all the details.

AQA Vic Member Profile

Name: Scott King
Age: 25
Disability & Level: C6
Are you Married/Single? Single but always open to offers
Do you have children? No...umm...No
How did you acquire your disability? Year? Snow Skiing (damn trees!), 1999
What is your living situation? Living With Parents
Your Survival Tip for others? Live your own life, don't be influenced by other's attitudes
What has been your most embarrassing moment since you have been using a wheelchair for mobility? Almost falling out of my chair at the Melbourne Car show



Your greatest achievement? Winning the Biggest Ego award at college.
What do you do with your time? Just starting to write for AQA, spending time with school children,

and doing some public speaking.
Why did you choose to live in Country/City? (Draw backs/Positives)

Not really a choice, parents live in the country, it's very isolated.

Your best holiday spot and why?

Wanaka, New Zealand. Beautiful place and great skiing

What food do you like best?

A really good steak accompanied by a bottle (or 3) of red wine, or substitute both with a pint of Guinness.

If money was no object what would you buy/do?

Open my own Blues Club, then take over the world.

Do you have an internet sight you would recommend?

www.sitski.com

SHORTS

AccessExpo 2001

Access Expo is Australia's largest exhibition for people with disabilities, older people and associated health-care staff and facilities. This unique event showcases the very latest in products and services designed to improve quality of life for people who have limited abilities due to an accident, illness or ageing.

Do you have an interest in:

- Occupational Therapy or Physiotherapy
- Accessible Transport
- Attendant Care
- Independent Living Options
- Home Modifications
- Independent Living Equipment

Then this is for you.

Access Expo 2001 will operate from Thursday the 25th to Saturday the 27th of October 2001. It is going to be held at the Royal Exhibition Building, Nicholson St, Carlton Melbourne, Victoria.

For more information, phone Freecall 1800 805 384, Email access.expo@paraquad.asn.au or have a look at their website <http://www.paraquad.asn.au/expo/expo.html>.

Pee More Easily

For years, women have drunk cranberry juice to soothe urinary tract infections. Now, the practice has gained official credence from a one-year study by Tero Kontiokari and his colleagues at the University of Oulu in Finland. Out of 150 women who frequently suffered urinary tract infections, they found that the infections were 20 percent less likely to recur in cranberry juice drinkers (*British Medical Journal*, vol 322, p 1571). The women were divided into three equal groups. Infections recurred in just 8 of the 50 women who drank cranberry juice compared with 18 cases in the controls and 19 in women given a drink containing potentially beneficial bacteria.

From New Scientist, 7 July 2001

TIP for Flying

When flying to a holiday destination, sports event, etc. make sure the airline will cover your chair/equipment from accidental damage. Some airlines do cover certain

damage during flights, but it is up to you to find out up to what amount they do cover. A very good option to consider is taking out 'Personal Insurance' for the flight.

THE POWER ROD

How It Came About

I have always been a fishing person and when I came out of rehab in 1995, I had a bad case of fishing withdrawal symptoms. So one nice day, I went fishing with my old, trusted fishing rod off the pier at San Remo. But because of my limited hand function, I had to let the carer throw the line in the water for me. I could hold the rod myself until the bait was gone or a fish was hooked. Then the carer needed to wind it in for me.

This was not fishing for me and I started to look for other options, but there was not much available. I have always been a sort of person that if I know what I want, I will always have a go at making the thing myself first, before I would go out and look if it is available in the shop. I never see a problem as a problem, I see it as a challenge – something that I have to solve and not let it beat me (Sometimes it drives my wife mad but hey).

So now I had a challenge, and from one thing came another, and that is how I developed the Power Rod. Now, I still have a carer to put the smelly bait on the hook for me (which I don't mind), but I can fight the fish myself and get it in, and that is what fishing is all about.

The Power Rod

The Power Rod is a fishing rod and reel combination specially developed for people with a disability who have difficulty using a normal fishing rod.

The Power Rod has a reel, whereby the winding arm is replaced by a 12 Volt, lightweight motor that is operated by a push-on switch and can turn forwards or backwards.



The end of the rod (where the reel is) is extended and holds the switch and the rechargeable battery pack, which can be recharged overnight with the supplied recharger. It has a soft grip foam handle.

The Power Rod comes with a choice of two motors: a 60 rpm (revolutions per minute) motor for trout, bream and whiting, and a 25 rpm motor for bigger fish like snapper and carp. Also available is the Power Reel, which is a motorized reel with the same choice of motors and can be used on your own rod. The reels have a long cable and a switch and can be connected to any 12 Volt battery. It can be fitted with connections to your choice of power source, or it can also run on normal alkaline batteries.

Editors Note: Peter Roefs has been a C6 incomplete, C7 complete quadriplegic since September '94. As you can see from his article, if he comes across a problem, he tries to work-out/make a solution himself. His Power Rod is a good solution for people with limited arm/hand movement to go out and enjoy fishing again.

For more information, contact Peter on (03) 59413525 or email him at roefsp@net2000.com.au

WHEELCHAIR SKILLS TRAINING

- Is your lifestyle limited by your lack of wheelchair skills?
- Would you like to learn new skills to assist wheelchair users safely in the community?
- Are you a health professional working with wheelchair users and would like to be trained in teaching wheelchair skills?

The course has been organised by the Spinal Physiotherapy Department at the Royal Talbot Rehabilitation Centre in Melbourne.

The structure of the course is designed to benefit wheelchair users, health workers, carers and in general, anyone who may want to assist people in wheelchairs.

The course will run for 3 hours from 10am to 1pm and will include a video presentation followed by practical sessions in groups.

Date: Saturday, 25th of August
Cost: Absolutely FREE
Location: Spinal Gym, Level 1
 Royal Talbot Rehabilitation Centre
 Yarra Boulevard, Kew

For more information, contact Alicon Bennie at Royal Talbot on 9496 4500, pager 1226 or email janette.hall@armc.org.au

Numbers are limited, so be quick...

DEAD

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped centimeters from a shop window. For a second, everything went quiet in the cab, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said he didn't realize that a little tap could scare him so much.

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a hearse for the last 25 years."

DISBELIEF

An 80 year old man is having his annual checkup. The doctor asks him how he's feeling?

"I've never felt better," he replies. "I've got an eighteen year old bride who's pregnant with my child! What do you think about that?"

The doctor considers this for a moment, then says, "Well, let me tell you a story. I know a guy who's an avid hunter. He never misses a season. But one day he's in a bit of a hurry and he accidentally grabs his umbrella instead of his gun. So he's walking in the woods near the creek, and suddenly he spots a beaver in some brush in front of him. He raises up his umbrella, points it at the beaver and squeezes the handle. BAM! The beaver drops dead in front of him."

"That's impossible!" said the old man in disbelief, "someone else must have shot the beaver!"

"Bingo!" says the doctor....

BULL AND THE PHEASANT

A pheasant was standing in a field chatting with a bull. "I would love to be able to get to the top of yonder tree", sighed the pheasant, "but I haven't got the energy".

"Well, why don't you nibble on some of my droppings?", replied the bull. "They're packed with nutrients".

The pheasant pecked at a lump of dung and found that it actually gave him enough strength to reach the first branch of the tree.

The next day, after eating some more dung, he reached the second branch. And so on... Finally, after a fourth night, there he was proudly perched at the top of the

tree. Whereupon he was spotted by a farmer who dashed into the farmhouse, emerged with a shotgun, and shot the pheasant right out of the tree.

Moral of the story:

Bullshit might get you to the top, but it won't keep you there.



THE VALUE OF UNDIES

Here's your weekly safety "brief". Be careful what you wear (or don't wear), when working under your vehicle...especially in public.

From the Sydney Morning Herald comes this story of a central west couple who drove their car to K-Mart only to have their car break down in the parking lot. The man told his wife to carry on with the shopping while he fixed the car there in the lot.

The wife returned later to see a small group of people near the car. On closer inspection she saw a pair of male legs protruding from under the chassis. Although the man was in shorts, his lack of underpants turned private parts into glaringly public ones. Unable to stand the embarrassment she dutifully stepped forward, quickly put her hand UP his shorts and tucked everything back into place.

On regaining her feet she looked across the hood and found herself staring at her husband, in shorts, who was standing idly by. The mechanic, however, had to have three stitches in his head. See, women are not always so clever. You'd think she'd at least recognize the family jewels.

MEDICARE

A couple, both aged 70, went to a sex therapist's office.

The doctor asked "What can I do for you?" The man said "Will you watch us have sexual intercourse?"

The doctor looked puzzled, but agreed. When the couple finished, the doctor said, "There's nothing wrong with the way you have intercourse" and charged them \$82 for the session. This happened several weeks in a row. The couple would make an appointment, have intercourse with no apparent problems, pay the doctor and then leave.

Finally the doctor asked "Just exactly what are you trying to find out?" The old man replied "We're not trying to find anything out. She's married and we can't go to her house. I'm married and we can't go to my house. The Holiday Inn charges \$90 and the Hilton charges \$108. We do it here for \$82, and I get \$68 back from Medicare

RAINCOAT

Two old ladies were waiting for a bus and one of them was smoking a cigarette. It started to rain, so the old lady reached into her purse, took out a condom, cut off the tip and slipped it over her cigarette and continued to smoke. Sort of a raincoat for her cigarette.

Her friend saw this and said, "Hey that's a good idea! What is it that you put over your cigarette?"

The other old lady said, "It's a condom." "A condom? Where do you get those?" The lady with the cigarette told her friend that you could purchase condoms at the pharmacy.

When the two old ladies arrived downtown, the old lady with all the questions went into the pharmacy and asked the pharmacist if he sold condoms. The pharmacist said yes, but looked a little surprised that this old lady was interested in condoms, but he asked her, "What size do you want?" The old lady thought for a minute and then said, "One that will fit a Camel!"

NOTE: The jokes on this page have been gathered from the Internet by Peter Van Benthem. **DO YOU** have any good jokes? If you have any jokes to share with us and others, please post, fax or e-mail them to petervanbenthem@sqavic.org.au

CLASSIFIEDS

For Sale

• Toyota Hiace van, 1995 model

As new, genuine 18,000 kms. Fitted with Norden Electric Wheelchair Lift (Vic Roads Approved), 4 seats for other people. Automatic with overdrive, air conditioning, power steering, tinted windows, Reg. No. QXU 105, RWC.
PRICE: \$25,900 ONO (cost \$50,000 new)
PHONE: 9889 5706 Mob.0417 349 784

• Toyota Commuter - 1991 model

Diesel motor, 5 speed manual, 179,000 kms, Reg FUP 231. Power steering, Braun internal hoist, Dual air conditioning, seating for 8 people, RWC. Has been serviced. 3 mths/5000 km warranty
PRICE: \$16,900
PHONE: Fleetworks Mobility 1800 022 221

• Van for sale

Toyota Hi-Ace Accessible Van, 1997 model, manual, room for two wheelchairs, power steering, white in colour, new tyres, 76,000 km's, Tiemans split-fold hydraulic hoist, modified by SPV. Vehicle has a full service history and registration.
Phone: Sharon 5985 1358 Mobile: 0411 257 612
Price: \$19,000 Tootgarook

• 1990 VW Transporter.

Only driven genuine (one owner) 60000 kms. Registered, RWC, Hydraulic opening side door, and wheelchair lift. Motorised drivers seat. Ideal for self drive person. Brakes upgraded. Additional vacuum assistance. Power steering, Air Conditioned, Rear seats for passengers. Seating for 4 plus Wheelchair. Wheelchair Locks. Two options installed. Very good condition.
Phone: D. C. La Fontaine 9306 6154
Price: \$15000

• ELECTRIC WHEELCHAIR,

Glide 5. Batteries new April 01, strong, in/outside chair, left or right hand joystick control. Adjustable manual elevating leg rests, calf pads, power tilt, Power backrest. \$1600.00.
Phone: Gary or Cheryl 94361029. Mobile: 0408109583
Email: cconnel@bigpond.com

• Light weight wheelchair

Very good condition. Made by Mobility Plus. Rigid frame. Back height 16.5 inches. Width is about 16 inches.
PRICE: \$800 ONO
PHONE: Colin 9386 9818

• Mobility Seat (swivel seat):

German built seat (was installed in VL Commodore by Freedom Access, Melbourne. Seat rotates & extends out of car for easy transfer in and out of cars. Has head-rest with Velcro for head support attachments. New condition - only used twice
PRICE: \$1500 ONO
RING: Annette Barkley 5823-2086 (0201/3)

For Sale

• Ford Falcon EF Gli Station Wagon 1995

Burgundy, 64000 kms, 4 speed automatic, with power steering and air conditioning. Fitted with a removable hand control - suitable for a person with a disability. Includes: tow bar, full set of new tyres, regular service history.
EXCELLENT CONDITION
12 months reg. Reg. No. NHP 437. PRICE: \$15,500
PHONE: 9587-2618 (Jake) (0401/2)

• "Reliant" (London Cab) 92 model van

Suitable for Wheelchair. Power steering, air conditioning, runs on gas. Electric windows, 6 cylinder 4 speed auto. Central locking, licenced for 5 passengers, RWC & Registration, maroon in colour. PRICE: \$12,000
PHONE: Jerry 9776 0522 or
Mobile: 0411 142 386 (0601/1)

• Motorised wheelchair - Quickie P 120

18 months old, with instruction manual, battery NEAR NEW, new tyres, all black frame & upholstery.
Seat width 45 cm, Back height 40 cm
PHONE: Donna 9315-0796
PRICE: \$2,000 (approx \$4500 new) (0401/2)

WANTED

• Hospital Style Adjustable Bedside Table

Any condition adjustable bedside table (Hospital Style) wanted. Needs to be height adjustable.
Willing to pay a reasonable price,
PHONE: 9596-1769 Lorraine (0601/1)

• Wheelchair - Second hand

Manual, folding wheelchair required. Occupant will be pushed. For casual use only. SEAT: 45 cm (15"), BACK = average. Phone: 9489 0777 Naz for Mrs Lee

• **Accommodation:** Elderly male with a physical disability living in the Williamstown area, interested in sharing accommodation with mature female for companionship and a sense of security. Accommodation and meals are provided free. COST: small contribution to phone and utilities only. If you are interested or want to know more ...
PHONE: 9415-1200 Terri Alderson (0601/1)

• Portable ramp

Light weight (aluminium or similar)
Any condition. Will pay reasonable price.
Contact: Naz at AQA Victoria
PHONE: 9489-0777 Mobile: 0418-535-188
(0201/3)

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