

You Asked A Question



“I love motor sports but are the racing circuits in Victoria accessible?”

See Centre Pages...



Inside

- q Health
- q Computers
- q Travel
- q Classifieds
- q Plus More...

Seasons Greetings

AQA Victoria
wishes everyone
a Merry X-mas
& a safe and
Happy New
Year!!!

Merry Christmas



Australian

Quadruplegic

Association

Victoria

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A.Q.A. NEWS LINK is the official newsletter of A.Q.A. Victoria Limited, Australian Quadruplegic 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 submissions as it sees fit. Published articles do not necessarily reflect the policies or opinions of A.Q.A. or its members.

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NEWS LINK

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

In this issue . . .

COVER STORY

- You Asked A Question

Centre Pages

HEALTH

- Antibiotics - Use and Misuse

Page 4-5

SURVIVAL TIPS

- Pressure Stockings - *by Rees Houston*

Page 5

INFORMATION

- The Public Toilet Map - *by Peter Van Benthem*

Page 6

TRANSPORT

- Fleetworks Mobility
- Accessories - Couple-Mate

Page 7
Page 7

COMPUTERS

- Need a Decent Cheap Computer?
- Website For Teenagers With A Disability
- Health On The Net - eMedical

Page 10
Page 10
Page 11

RENT ASSISTANCE

- Are You Eligible?

Page 11

HANDCYCLERS WANTED

- Do you own or have access to a handcycle?

Page 13

REGULAR features

AQA VICTORIA MEMBER PROFILE

- Rees Houston

Page 5

WHAT'S NEW IN PEER SUPPORT *By Baden Whitehead*

- What's New in Information/Peer Support

Page 6

YOU ASKED A QUESTION???

- Accessible Racing Tracks in Victoria

Page 8-9

TRAVEL

- Village Green Holiday Apartment - METUNG

Page 12

WHEELCHAIR RUGBY *By Nazim Erdem*

- Another Season Gone, International Scene
- Wheelchair Rugby Finals - *by Terry Serong*

Page 13
Page 13

QUALCARE NEWS

- After Hours Emergency Care Program

Page 14

LAUGH OUT LOUD!

- Jokes

Page 15

CLASSIFIEDS

Page 16

Volume 15, Number 6

From the CEO

Another busy year at AQA has come to a close and firstly I would like to wish all our members a very Merry Christmas and a Happy New Year.

I'd also like to take this opportunity to thank Baden Whitehead for his contribution to AQA, in particular to the Information/Peer Support Department and wish Baden and Jill the very best for their move to the country.

I'd also like to thank Sophie Hart for her contribution to Qualcare and wish her the very best for the future.

On page No. 12 you will find an article on accessible accommodation at Metung. What we will endeavour to do in future newsletters is to give members information on not only accessible accommodation but also the surrounding area and hopefully what else is accessible in that area.

Merry Christmas!

Ian Bennett

Chief Executive Officer

ianbennett@aqavic.org.au



From the Editor

Well, yet another year has nearly come and gone and I hope that the year had been good to you.

There have been a few changes in the format of News Link this year – for the better I hope. It has been very exciting getting some articles, jokes, information, etc. from you the members. I'm sure that your input to YOUR newsletter is appreciated, not only by us, but all the other News Link readers out there.

Let us know what you have been up to, I'm sure other members would be interested too. If you go away during the X-mas – New Year period and you enjoyed where you have been or what you have done, let us know. Our other members would also like to get away and do different things, but as you know, going somewhere that is accessible is hard to find. You could save them lots of planning and headaches by recommending somewhere you have been.

Finally, I would like to wish everyone a Merry X-mas and a Healthy, Exciting, Enjoyable, Happy New Year.

Nazim Erdem

News Link Editor

nazimerdem@aqavic.org.au



A.Q.A. TASMANIA

A.Q.A. Tasmania will now be co-ordinated from our office at 440 Heidelberg Road, Fairfield. We now have an 1800 phone number available (for people in Tasmania only), that will connect them with A.Q.A. Victoria Ltd for the cost of a local call. This number is 1800 999 128.

Please don't hesitate to contact us via that telephone number. Our Information/Peer Support department is set up to provide information and support to all our members and interested people. We have Peer Support contacts in Tasmania available as well as a data base with extensive information regarding Tasmania as well.

Sexuality & Women With Spinal Cord Injury

There are many changes that can affect your quality of life following a spinal cord injury. The changes to sexuality, as a result of changes to sexual function, can have a major impact on quality of life. The Victorian Spinal Cord Service is currently involved in a drug trial to look at sexual function in spinal cord injured women. If you are more than twelve months post injury, over 18 years old and interested in participating in the trial, please contact any of the following people.

- Dr. Doug Brown – Principal Investigator – 9496 4220
- Dr. Steve Hill – Co-Investigator – 9496 4220
- Annie Norrish – Study Co-ordinator – 9496 4732, Mobile 0408 035 849

AQA NEWS LINK Copy deadlines 2002

NEWS LINK is issued bi-monthly. The deadlines for AQA NEWS LINK 2002 are:

Issue	Deadline
February	31st January
April	March 31st
June	31st May
August	31st July
October	30th September
December	30th November

Material received after that date will not necessarily be included.

Antibiotics – Use and Misuse

Don't let Bacteria Become Resistant To Antibiotics

Antibiotics Misuse Example

Debbie is a 40 year old white female who was seen in a physician's office in the month of July, (during "flu" season) for presenting symptoms of a cough and fever. She insisted the physician give her something for this cough and suggested an antibiotic. The physician prescribed the antibiotic Amoxicillin and told her to return if she didn't get better. She returned to the physician's office the next day and presented with a rash that was diagnosed as a drug induced rash related to the antibiotic. She was still coughing and had a slight fever. He switched the antibiotic to an oral Cephalosporin. After a few days, she called and said that she was not much better. The antibiotic was again changed. The physician prescribed Erythromycin.

Approximately two weeks later, she presented to the hospital with signs and symptoms of enterocolitis and was diagnosed with *Clostridium difficile* pseudomembranous colitis. *Clostridium difficile* is often found in the intestine, but does not usually cause disease because other organisms in the bowel keep it in check. However, if one reduces the normal flora, it overgrows and causes a severe enterocolitis.

This patient died from these complications. All she had in the beginning was a mild case of influenza!

What You Should Know

What are bacteria?

Bacteria are germs that cause infections in people. Examples of infections caused by bacteria include infections of the skin, throat, lung and urinary tract.

Infections can be caused by other types of germs such as viruses. Examples of common infections caused by viruses are the common cold, influenza and chickenpox.

What are antibiotics?

Antibiotics are medicines used to treat specific infections caused by bacteria. They either kill bacteria or keep more bacteria from growing. Antibiotics will not cure infections caused by viruses.

Do antibiotics always work?

When an antibiotic is overused or misused, bacteria can become resistant to it. This means that this antibiotic cannot kill the bacteria or keep it from growing. Some bacteria that cause common infections have become resistant to many different antibiotics.

For example: *Clostridium difficile*, a bacterium that often causes lung infections, is no longer easily treated with antibiotics such as penicillin.

What happens when bacteria become resistant?

When antibiotics are not used appropriately, they become less useful to everyone. Bacteria that are resistant to antibiotics can cause serious infections in the person receiving the antibiotics. These infections can occur even

while people are taking an antibiotic. These bacteria could spread to family members and other close contacts, causing them to also get sick.

Recommendations

DO NOT

...pressure your doctor to prescribe an antibiotic.

...take antibiotics that have been sitting around the house unless prescribed by your doctor for a current illness.

...give your antibiotics to other people. Their illness is probably different than yours, and so your antibiotics will not help them to get well. Also, they might even be harmed by your medicine.

...take antibiotics simply because you were exposed to someone with a disease. You are only increasing your chances of picking up a resistant infection. If you are exposed to an infectious disease, seek medical advice.

DO

...ask your doctor whether your infection or your family member's infection will respond to antibiotics.

...ask your doctor about antibiotic-resistant bacteria and what you can do to help prevent its occurrence. Let your doctor know that you appreciate being given only medicine that is needed.

...follow the instructions for taking your antibiotic. Always take the exact amount specified on the label. If the instructions on the label say to take the medication at a specified time, be sure to follow these directions. Take the medicine for the entire time that your doctor has prescribed. Even if you feel better, take all of the medicine!

Correct Use of Antibiotics

Are all antibiotics alike?

Many types of antibiotics are available. Each works a little differently and acts on different bacteria. This is why you must have a prescription to buy antibiotics. Your doctor will decide which antibiotic will work best for your infection.

Are antibiotics safe?

Antibiotics are usually safe when taken as directed by your doctor. However, people may develop allergies to specific antibiotics, and may have a reaction to them. Your doctor will ask if you have ever had allergic reactions to any medicines. This is to make sure you receive the right antibiotic.

How are antibiotics overused or misused?

Only one-third of patients use antibiotics the way doctors tell them. Bacteria can develop resistance to antibiotics in many ways:

Continued on next page...

AQA Victoria Member Profile

Name: Rees Houston

Age: 36

Disability & Level:

C6 Quadriplegic.

Are you Married/Single? Single

Do you have children? No

How did you acquire your disability? Year?

I had a car accident in 1984.

What is your living situation?

Living independantly by myself, but at the moment my litle sister is staying with me.

Your Survival Tip for others?

If it's wet, drink it. If it's dry, smoke it. If it moves, ___ it!

What has been your most embarrassing moment since you have been using a wheelchair for mobility?

When I was first disabled, I was being helped across a main road – at Greenbourough Shopping Centre – and I fell out, smack, bang, right in the middle of the road. And when I



was being helped back into my wheelchair, my tracksuit pants decided to come down (They were down to my ankles!). Very embarassing for anyone I think.

Your greatest achievement?

Living a fairly normal life independantly.

What do you do with your time?

I work at AQA part time. I play wheelchair Rugby every week. I live on ten acres, which keeps me very busy.

Why did you choose to live in Country/City? (Draw backs/Positives)

I live in Cranbourne South on a small hobby farm – close to the city and the country – so I really have the best of both worlds. The only real drawback would be looking after such a large property doesn't leave me much time to do other things.

Your best holiday spot and why?

Magnetic Island in Queensland because it's accessible, hot and beautiful.

What food do you like best?

McDonalds because I'm lazy when it comes to cooking.

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

Travel around the world.

Do you have an internet site you would recommend?

None that could be printed here.

... from previous page.

Some doctors give patients antibiotics when they might not be helpful. For example, a patient with a cold may pressure a doctor into prescribing an antibiotic because the patient hopes to get a quick fix to his/her illness. Antibiotics won't cure a cold because colds are caused by viruses, not bacteria. Antibiotics do not have any effect on viral infections. The treatment for a cold is generally rest, plenty of fluids and medicines for fever and headache.

Antibiotics are misused because many patients do not take them according to their doctor's instructions. They may stop taking their antibiotics too soon, before their illness is completely cured. This allows bacteria to become resistant by not killing them completely. Some patients save unused medicine and take it later for another illness, or pass it to other ill family members or friends.

These practices may result in the wrong antibiotics being used. They can also lead to the development of resistant bacteria.

Survival Tips

G'day readers, as any of you who suffer from swollen feet will know, there is nothing quite as hard as getting on pressure stockings (especially with reduced or no hand function). If you've given up on tackling them everyday because of the time and hassle involved, here's a handy little hint for you or your carer. You may even look forward to putting on those pressure stockings again.

Put a freezer bag (or similar) over your foot, then slide the stocking on over the bag. Once you have the stocking on, remove the bag through the toe hole in the stocking. The bag creates less friction than skin, so putting on those pressure stockings is done effortlessly.

Hope this comes in handy and makes for a little less dressing time and a little more living time. Cheers till next time.

Rees Houston



What's new in PEER SUPPORT

By *Baden Whitehead*
Information & Peer Support
Co-ordinator
badenwhitehead@aqavic.org.au



Whats New in Information & Peer Support

How the year has flown by. This is our last issue of Newlink for 2001 and what a big year of change within AQA Victoria and its servicing of members with information, peer support and News Link.

Previously these tasks were delivered by staff looking after individual projects, but this year all this changed and we amalgamated the three services into one department and employed new staff.

I think with new staff, comes new energy, new ideas, and new interests, which I hope translates into better service to you, the members. Another benefit of having one department is that the knowledge of the workers is shared and if one person leaves, it does not duly affect the organisations ability to deliver services.

This brings me to the crux of this article. I am resigning from my position at AQA Victoria because Jill and I have bought a property in the country, with a house and an established fernery business. This sea change was not planned, it was one of those spontaneous decisions where we saw something, loved it, then bought it with our hearts.

I think ever since becoming a person with quadriplegia and choosing to move to the city to obtain work, I have always had a hankering to return to the country. The opportunity arose, so with a little fear and heaps of excitement, we have dared to change our lives before we are physically unable to.

Maybe by attending all those country clinics over the

years and getting to know the people in the country and learning about their lifestyles and hearing their stories has assisted to inspire me to follow my heart.

Over the three years I have been at AQA Victoria and working within peer support, I have learnt so much from you, the membership; tricks of the trade, peoples' inventiveness, amazing things people achieve, adventures people have undertaken, plus the willingness of people to share their experiences.

It has also always amazed me how resilient people are when going through massive life changes.

I have made many friends in this job, people going through the spinal unit, staff within the unit and renewed friendships with people who I went through the spinal unit many moons ago.

I also currently have a group of staff at AQA Victoria that I have great faith in, to develop and strengthen the organisations peer support, information and membership support roles.

One last thing I have to say is congratulations to the board of AQA Victoria for actively supporting and financing a peer support program. May this organisations policy direction continue.

So I thank all of the people who have supported the lifeskills days and provided peer support, and supplied information over the last three years. An interesting and valued time of my life.

THE PUBLIC TOILET MAP

Here is a good website for those members that are on the go, and need to know where to go, when they need to go - Public Accessible Toilets.

The Department of Health and Aged Care have released a new website about toilets and their whereabouts in Australia.

The National Public Toilet Map identifies the location of more than 13,000 public toilet facilities in Australian towns and cities, including rural areas, and along major travel routes. Useful information is provided about each toilet, such as opening hours and access for people with a disability.

Maps of specific locations can be downloaded and printed from the site for later use.

The map was designed to help people with incontinence with travel and daily living arrangements.

People living with incontinence or their carers can now plan long or short trips with the knowledge and security of knowing where accessible toilets are.

Check it out...

www.toiletmap.gov.au

Peter Van Benthem

FLEETWORKS MOBILITY

A one-stop-shop for Mobility vehicle needs

Fleetworks Mobility is a company that specialises in new and used accessible vehicles. But that's not all they do. They also provide wheelchair users, their families and carers, with practical advice and assistance to source vehicles, products, information and equipment to make going out, or on holiday, as easy and pleasant as possible.

They handle all makes of vehicles and models - new and used. They try to find the best solution to a client's needs in conjunction with their family, OT or carers from the vehicles or products available. They do not push any one type of vehicle or product regardless, as they realise from personal experience, getting it 'right' can make such a difference.

If they can't help you with a new vehicle to convert, they may know of an already converted vehicle to suit your needs. If you have a vehicle to trade in, they will be able to assist you with that too. Fleetworks has a network of dealer and trade contacts throughout Australia.

They have a very wide range of new vehicles that will suit anybody looking for an accessible vehicle, which include; Freewheeler Quinto (Holden Combo), Freewheeler Series 1 (Holden Combo), Flash Cab (Ford AU Falcon Forte), Activan (Chrysler Voyager LWB), Merc.-Benz Vito 108 & 113 (Merc. Benz Vito), Transit SWB Mid-Roof (self-drive conversion) (Ford Transit), Transit LWB Mid-Roof (Ford Transit LWB), Volkswagen Transporter (Volkswagen Transporter), Volkswagen Caravelle (Volkswagen Caravelle), Toyota Hiace Commuter (Hiace Commuter Bus), Toyota Townace SBV (Toyota Townace SBV).

Their aim is to be a 'One-stop-shop' for mobility matters. Fleetworks Mobility's services include:

- Assistance with mobility vehicle planning.
- Purchase of new or used vehicles.
- Assisting with disposal of your present car.
- Co-ordinating vehicle modification work.
- Assisting with ramps and portable equipment.
- After sales support line.

Fleetworks Mobility don't just deal with accessible vehicles. They also deal with mobility equipment to give you improved mobility. Some of their products are;

- Liftmaster - an innovative hoist with high specification features.
- Decpac - a totally portable and lightweight folding ramp system.
- Folding Shower Chairs.
- More products will be listed as they become available.

If you want more information, contact them in the following ways;

Fleetworks Mobility
 11 Vickery Street,
 Malvern East VIC 3145
 Ph: (03)9569 3166
 Fax: (03)9571 0821
carhelp@fleetworks.com.au
www.fleetworks.com.au



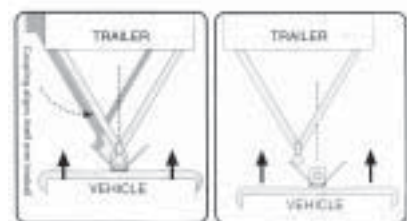
PS: Have a look at their website, where they have an excellent "Wheelchair Vehicle Buyer's Guide". They also have more details about new and used vehicles they have for sale.

COUPLE-MATE – The Self Aligning "Hassle Free" Coupling Accessory for Tow-Bars

COUPLE-MATE is an innovative self-aligning accessory designed to locate the trailer coupling directly over the towing ball to secure your trailer to your vehicle. You can now attach your trailer to your vehicle without assistance, physical effort or guiding. COUPLE-MATE can also be used as a theft deterrent.

- Single handed use
- Hitch your trailer, van, boat, or float without effort

- Can be fitted within minutes
- Avoids damage to back of vehicle
- Saves time and effort on every hookup
- Avoids arguments with your "co-driver"
- Self aligns trailer coupling directly over your towball
- May be used as a wheel chock
- Suits standard towball and torsion bar fittings
- Can be used for single, tandem, or Tri-axle trailers



If you are interested in this accessory, contact: AUSTVENT Pty. Ltd., PO Box 7478 Toowoomba Mail Centre Queensland 4352,
 Ph: (07) 4635 6208 Mob: 018 068 236 Fax (07) 4635 6203



YOU ASKED A QUESTION???



In the last issue of News Link, a member asked the question, "I love motor sports but are the racing circuits in Victoria accessible?". We have done some research on the major venues and races held in Victoria and this is what we have come up with. If you weren't interested in Motor Sport before, this information may get you interested...

CALDER PARK RACEWAY

Calder Park Raceway use to be famous for its Nascar and Auscar racing as well as its drag racing. It has also held many V8 and Super tourer car races. Although the Nascar and Auscar racing has ceased for the near future, it still holds the famous drag races and Truck races regularly.

Location:

Calder Park Raceway is located 24 Kilometres North-West of Melbourne on the Calder Highway, Calder Park, Victoria.

Events Held:

- Super Truck Racing
- Street Drag Racing
- Club Racing

More Information:

Telephone: (03) 9217 8800
Facsimile: (03) 9217 8960
Website: <http://www.motorsport.com.au>
Email: pross@bobjane.com.au



MELBOURNE GRAND PRIX

The Melbourne Grand Prix is famous for, you guessed it, the Australian leg of the Formula One Grand Prix Championship. It has been held at the Albert Park Street Circuit for the last few years. The race is contracted to be raced at Albert Park for a few years to come. Other races including V8 racing, celebrity racing, Lamborghini racing and demonstrations are held during the four day event.

The 2002 event for the Grand Prix will be held from the 28 of February until the 3rd of March. The race is held on the street circuit around the beautiful Albert Park lake. The scenery around the circuit is magnificent.

Melbourne Grand Prix' Facilities:

Facilities at the Melbourne Grand Prix are very good. The course that the racing cars follow is not really a dedicated race track, it is a 'street circuit' (used by everyday cars) which is closed to normal traffic for a few days per year. Because of this, all of the Grand-Stands, platforms, toilets etc. have to be set-up and dismantled after the race. Facilities for the disabled, including toilets and viewing platforms are situated throughout the track.

Location:

Albert Park Lake is situated just 3 kilometres South from the centre of Melbourne.

Note: No parking is available close to the circuit. The only way to get there is by public transport or taxi. The track is walking distance from South Yarra and Prahran Train Stations. There is

a free bus shuttle service operating from Spencer and Flinders Street Stations. Trams heading from the city to the track are free. You can also get dropped off at one of the dedicated drop-off points.

Events Held:

- Australian Grand Prix
- V8 racing
- Celebrity Racing
- Lamborghini Racing
- Many other demonstrations are held during the four day event.

More Information:

Australian Grand Prix Corporation
Telephone: (03) 9258 7100
Facsimile: (03) 9682 0410
Website: <http://www.grandprix.com.au/>
Email: enquiries@grandprix.com.au

VicTrip (Transport Information): 131 638



PHILLIP ISLAND GRAND PRIX CIRCUIT

Phillip Island is the home of and most famous for hosting a round of the 'World 500cc Motorcycle Grand Prix' and the 'Superbike World Championship'. They also host events for the 250cc Production Class, Supersports, Twin Sports, Supermonos, V8 Supercars and are the home of the Australian Classic Championships. They hold motorsport events year round.

Phillip Island's Facilities:

The facilities at Phillip Island are very good. There are well located viewing areas around the track. Footpaths lead to some of the better viewing areas and around the stadium. There are toilets around the circuit with good disabled access. The Phillip Island Grand Prix Circuit has more than just racing to offer. They have a 'Visitor Centre' (open every day of the year), where you can get close and personal with the history, machines and memorabilia from 1928 up to the present day. You can stroll the series of boardwalks through the magnificent Water Gardens and see the aviaries and trout tanks.

Location:

The Phillip Island Racing Circuit and Visitor Centre is located 140 kilometres South-East of Melbourne on Back Beach Road, Phillip Island, Victoria.

Events Held:

- Annual Island Classic (Historic Motorcycles)
- Shannons Phillip Island Classic (Historic Cars)
- 2001 Victorian Superkart Championship (Superkarts)
- Shell Championship Series - V8 Supercars (Car Racing)
- Victorian Motorcycle Titles (Motorcycle Racing)
- Superbike World Championship (Motorcycle Racing)
- Konica V8 Supercar Series (Car Racing)
- Victorian State Racing Championship (Car Racing)
- Formula Extreme Tri-State (Motorcycle Racing)
- Qantas Australian Motorcycle Grand Prix (Motorcycle Racing)
- Stars of Tomorrow (Motorcycle Racing)
- Island Magic (Car Racing)
- Annual Island Classic (Historic Motorcycles)

More Information:

Website: <http://www.phillipislandcircuit.com.au/>

Telephone: (03) 5952 2710



SANDOWN INTERNATIONAL MOTOR RACEWAY

Sandown is the home of, and famous for the inaugural V8 Ultimate, held over three days, which is part of the V8 Supercar Championship Series (Holden vs Ford). The V8 Supercar Championship Series is the premier car racing series in Australia.

Sandown Raceway is also famous for the 'Sandown 500', which has been held since 1964. The Sandown 500 has been held there nearly every year since then.

After the 'Bathurst 1000', the Sandown 500 is the next best known endurance race. The race consists of three 150 kilometre races with the first being held on a Saturday and the final two races of the Championship held on a Sunday. If you want to go and see the Sandown 500, you are going to have to wait until next year because the race for the 2001 series has just been raced only a few weeks ago.

Sandown's Facilities:

Facilities at Sandown are very good. There is a huge grandstand with magnificent views. Facilities also include air conditioned restaurants equipped with closed circuit television and scenic views of the circuit and excellent grassed viewing areas.

Ramp and lift access is available to the grandstand for the disabled and seating is unreserved. There are disabled toilets on

the first and ground levels of the grandstand. Parking for the disabled is in the VIP parking area.

Location:

Sandown International Motor Raceway is located 24 kilometres South-East of Melbourne on the Princess Highway, Springvale, Victoria.

Events Held:

- EASTERNATS 2002
- Victorian Motor Racing Championship
- Clarion Sandown 500
- Tattersall's Historic Meeting
- V8 Ultimate

More Information:

Website: <http://www.sandownraceway.com.au>

Telephone: (03) 9853 7266



Need a Decent Cheap Computer?



The Green PC is a social enterprise initiative of The info Xchange.

The Green PC is a recycled personal computer, refurbished and provided to low-income communities, individuals and community organizations. The only qualification for an individual or family to have access to Green PC computers is that they be holders of current Health Care Cards.

The info Xchange has been successful with an application to the Victorian Government's Community Jobs Program (CJP) that allows the employment of 20 unemployed people to work on The Green PC project.

The objectives of the Green PC are to upgrade and Internet enable outdated computers. A large number of computers have already been donated to The info Xchange for this purpose. The info Xchange has agreements with the Department of Human Services, Melbourne University and a number of other large corporate organisations to receive their redundant hardware on a rolling basis. Once they have been refurbished, these computers will be available for distribution.

At the moment, they have only one package (system that is Internet ready) available, but this will change depending on the equipment they receive.

Package 1

Intel Pentium 200 CPU
64 Mb RAM
CDROM Drive
*1.2gB - 2.5 gB HDD
15" Monitor
Keyboard and Mouse
- \$297.00 inc. GST- Hardware only

Optional Extras:

+ \$50 for internal 56.6K Netcomm modem
+ \$190.00 Win98 OEM
+ \$12.00 Lotus SmartSuite OEM
+ \$44.00 Sound-Blaster 128 PCI
+ \$10.00 for new basic speakers
+ \$150.00 +\$30.00 setup fee Standard
150hrs Internet Access package

Warranty:

All *second-hand* components carry a 30-day return to base warranty. All second-hand hardware is tested prior to dispatch.

GreenPC are happy to install any additional hardware supplied by clients at a very competitive rate. This is usually less than half of what a client will pay with another commercial supplier. Please contact GreenPC support staff for more details concerning charges.

All *new* components carry a 12-month manufacturers warranty. Please notify GreenPC immediately for technical support if you are unable to set up your hardware properly with the operating system of your choice.

For further information contact: The infoXchange, 375 Johnston Street, Abbotsford, 3067.

Phone: (03)9486 9355, Fax: (03)9486 9344, <http://www.greenpc.com.au>

Website For Teenagers With A Disability - ActiveTeen



@ctiveTeen is a website managed by and for teens with disabilities. They have created a cyber hang-out for teens with disabilities, their siblings and their friends.

Teens with disabilities, their siblings and friends, are invited to send them contributions for publication in future issues. They happily accept short stories, puzzles, cartoons, poetry, non-fiction and any other creative works that you have authored.

They also have a Fun Page with quizzes and puzzles and other fun things to do. They welcome cartoonists or comics to contribute to that page.

They encourage visitors to befriend other teens with disabilities. Through their CYBERPALS board, they hope to provide opportunities for all of us to meet new people and make many new friends from all over the world.

@ctiveTeen also hosts chat room activities that include monthly Writers Forums, Information Sharing Groups, and Support Groups.

They welcome your participation and involvement in helping them build a cyber hang-out where you can make new friends, have fun together, learn from one another and provide a safe and friendly support group for each other.

@ctiveTeen can be found at www.disabilitycentral.com.



eMedical is an internet site that deals with health issues and is an online pharmacy. The site could come in handy to just about everybody. If you get a chance to have a look at their website, you will not be disappointed. Have a look at www.emedical.com.au.

They offer an in-home source of medical information, brought to you by registered Australian Medical Practitioners.

eMedical was developed by a group of general practitioners in Melbourne, Australia. Their intention was to improve access to quality information for their patients, as it has become increasingly difficult for doctors to provide all of this information during consultations.

The eMedical doctors are always available to answer your questions. All you need to do is choose a doctor from their list, type your question down and then e-mail it to them. You will receive an answer and other information from that doctor within two days.

For your convenience, you can purchase all your prescription and non prescription needs at **guaranteed lowest prices**. If you want to order a prescription drug, you'll need to send them the prescription first before they'll send you your medication etc.

eMedical is owned and managed by doctors. The eMedical team includes IT professionals and researchers

who are committed to bringing to you a broad range of health information, the most up to date health news, and the best health advice. Most importantly, you know that all the services eMedical offers are provided by practicing

Australian doctors.

The components of the eMedical site have been designed so that on joining (no joining fee), you are able to make it your own. Depending on your health interests and needs, they are able to inform you of new knowledge and treatments, allow you access to chat rooms run by doctors, and provide direction to support groups and organizations.

If you are worried about a public health issue, needing to learn more about a recently diagnosed condition, looking for knowledge or help regarding a chronic condition, or wanting to live a more healthy lifestyle, then eMedical will help you.

Becoming a member of eMedical will help them to bring you the Health Information and services that particularly suit your needs. **eMedical membership is free.**

Membership will allow you access to the online pharmacy for personal delivery of medications at the cheapest prices (Australian residents only), access 'Consulting Online' for personal consultations with doctors, access to the full range of services in the Medical Information section - including doctor led chatrooms, community chatrooms, messageboards, and the eMedical newsletter to keep you up to date with the latest health news.

You can also e-mail them at info@emedical.com.au.

RENT ASSISTANCE - ARE YOU ELIGIBLE?

Rent Assistance is a payment made to people who rent in the private market, claim a Disability Support Pension, Youth Allowance, Age Pension or Family Tax Benefit. Rent Assistance is not usually paid if you have a written tenancy agreement or lease with a State Housing Authority, also Rent Assistance is generally only paid on your principal place of residence.

If you live in accommodation owned by the State Housing Authority but managed by a disability service agency, you may still be eligible because you do not have a lease with the State Housing Authority. In some circumstances, if you are renting a room from someone who has a lease with the state government, you may also still be able to claim this benefit.

To apply for Rent Assistance, you will need to provide Centrelink with a copy of your current lease which shows the rent you are now paying; or complete a rent certificate that asks for details about the amount of rent you pay and who you pay it to.

If you qualify for Rent Assistance, the amount you receive will depend upon the amount of rent you are paying, type of accommodation and the amount of people you live with.

If you are in receipt of a Disability Support Pension and believe you are eligible for Rent Assistance, phone Centrelink on 13 2717 or visit Centrelink on the web at www.centrelink.gov.au or ring your local centrelink customer service disability officer, otherwise contact us at AQA Victoria on 9489 0777 and ask for the Information Department.

Village Green Holiday Apartment - METUNG

Metung is an interesting small town on Lake King, behind Ninety Mile Beach in the Gippsland Lakes (Lakes Entrance) area of Southern Victoria.



Originally called Rosherville and settled in the late 1800's, Metung is named after an Aboriginal word thought to mean either "mainland" or "ti-tree river bend", after the trees which line the beaches. A large meteorite rock on the shores of Bancroft Bay, known to the Aborigines as Wallung, featured in a number of Aboriginal myths dealing with people being turned to stone for mistreating their dogs. Nearby Butcher's Creek was also believed to be the haunt of malicious spirits of the dead.

Metung - one of the most lovely spots in Victoria - is located on a narrow strip of land called Shaving Point which juts out into the water



between Lake King and Bancroft Bay. It is a beautiful, secluded village with glorious scenery, wheeling seabirds, playful dolphins and opportunities for boating and fishing. Metung is located 314 km's from Melbourne, which is about a four hour leisurely drive. It is an area great for bird-watching or just relaxing and can be a base to take in the beautiful lakes region.

The Gippsland Lakes are made up of coastal lagoons which, when taken together make it the largest navigable inland waterway in Australia. Separated from Bass Strait by the magnificent Ninety Mile Beach, the main bodies of water are the Wellington, Victoria and King, covering 340 square km's and being fed by a number of river systems. Nearly all of the lakes are open to fishing and water based recreation and boat launching facilities are readily available.

For those without a boat, tours and fishing trips are available from nearby Paynesville and Lakes Entrance.

"Village Green Holiday Apartment", which is located in the centre of Metung Village, close to shops, restaurants, the hotel and only metres from the waters edge, is a fully wheelchair accessible, fully contained, two bedroom apartment.

Onsite facilities include gas barbecue, car parking and boat mooring on the jetty. The waters edge is only a few metres away using the boardwalk with wheelchair access. This is handy for fishing, boating, lazing around and looking at the beautiful scenery.

Inside the airconditioned Village Green Holiday Apartment, you will find a lounge and dining area with TV and video, a fully decked out laundry and kitchen with all cooking utensils, cutlery, dinner and glassware supplied. The bathroom has a shower seat, height adjustable hand held shower rose, wash basin for wheelchair access and grab rails around toilet and shower. The two bedrooms have queen size beds with linen and towels supplied.

None of the members of AQA have as yet visited the Village Green Holiday Apartment - that we know of - yet, so please ring ahead and check if it suits your needs (But it looks great in the brochures).

Village Green Holiday Apartment - METUNG is located at 50 Metung Road, Metung, VIC. 3904. They can be contacted on; Phone (03) 5156 2469, Fax (03) 5156 2761.



Rees Houston

Wheelchair Rugby

Nazim Erdem
nazimerdem@aqavic.org.au



Well, another season of Wheelchair Rugby has been successfully completed. The last two games have been very dramatic. The Harley Eagles had to beat the Country Vikings by 24 points in the semi-finals to qualify for the gold medal game. The Country Vikings just had to make sure they didn't lose by 24, they didn't – but because they didn't have their usual uniform, they were penalised 8 goals (2 for every player).

The finals at the Whitehorse Aquatic and Leisure Centre was a great success (read article below). The crowd was just huge, there wasn't many spare seats left – one of the best crowds we have seen. The vocal crowd saw two very exciting games (Spoke Busters vs Harley Eagles for gold, Country Vikings vs Red Backs for bronze) with everyone on the edge of their seats.

The final position for the season was: Spoke Busters 1st, Harley Eagles 2nd, Red Backs 3rd, Country Vikings 4th. Well done all and see you again in a couple of months.

Some bad news for the Coloplast Melbourne Thunder (our State team). Our trip to Mildura to play the South Australian Sharks last month didn't go too well, we lost the series 3-0. It was a good experience for our up and coming team anyway.

Wheelchair Rugby Finals

By Terry Serong

Let's set the scene. The stand was full of spectators, we had a commentating team hooked up to the stadium PA (public address). Two teams waiting to do battle, no nerves showing.

The game starts with the throw of the ball, we (Harley Eagles) do our practiced drill & score within the first 7 seconds. It was another tight fought game, goal for goal, turnovers were even & the foul count was the same. Bernie & Glen - the two opposing able bodies - were dripping with sweat. The crowds getting right into it. Some goals scored are pure team work, other are pure ars..... This too is equally shared!!! So it's down to the last 6 seconds of the

game, Spoke Busters have scored, it's now 14 - 13 in their favour. One of my team mates fouls (Steve, he's off for a 1 minute penalty).

So it's down to 3 players on my team verses 4 on the Spoke Busters with 6 seconds left. We have possession of the ball and have 3 time-outs left. We have to get the ball from one end of the court to the other, quickly. So I throw the ball to Bernie & when he caught it I call a time out – we are a little closer to our goals. The game clock doesn't start till a player touches the ball.

Now we're down to 4 seconds & we have got the ball over half way. Once again I throw in to Bernie, he gets it, mind you he's under attack from the opposition too. My other team mate, Nathan, is trying to make position in the goals, waiting for a bullet pass.

I call another time out. The crowd are on the edge of their seats. We are now only one quarter of the court away from our goals with 2 seconds left on the game clock. Once again I throw in to Bernie, the crowd noise is wild, Nathan makes a break for

the goals. Bernie catches the ball. As soon as Bernie catches the ball, we're yelling our heads off for another time-out, but because of the cheering crowd the ref cannot hear us – we lose our last chance to score. The clock runs down, the buzzer sounds, we lose by one!!!

Man, was I buggered. I'm now looking forward to the off season. Congratulations go to the Spoke Busters (Naz, Glen, Jason & Andy), they played well.



The Spoke Busters after their Finals win

International Scene

A couple of weeks ago, the 'Oceania Zonal's' were held in Christchurch, New Zealand. There were four teams competing – Australia, New Zealand, Japan, South Africa – to qualify for the 'World Games' in Sweden in June 2002. Australia qualified in first position followed by New Zealand. Japan gained a wildcard entry with South Africa failing to qualify.

HANDCYCLERS WANTED - Do you own or have access to a handcycle?

Wheelchair Sports Victoria is keen to find anyone and everyone who has a handcycle in Victoria. They want to send them information about what will be on offer for them.

Wheelchair Sports Victoria and the Hawthorn Cycle Club will be running activities including:

- races in Kew on Wednesday nights
- hosting training days
- arranging social rides

Contact Darren Cunningham from Wheelchair Sports Victoria on (03)9473 0133 or have a look at their website at www.wsv.org.au.

QUALCARE NEWS!

By 'The Staff of AQA Qualcare'
qualcare@aqavic.org.au

After Hours Emergency Care Program

There have been some recent changes at AQA Qualcare. The benefit of this is that you will have more control over the use of your Personal Carers.

In the event that one of your Carers is unable to fill a shift due to illness or unforeseeable circumstances, they are now required to call and inform you directly. With the previous process, the Carer would call the Qualcare office and we would aim to fill the shift for you.

Below are the steps to follow for the new process:

1. Carer calls and informs you that they are unable to attend a particular shift.

2. If you are unable to fill the shift via your personal list of current Carers, then you call the Emergency contact number 0419 512 322.

- During the hours of 9.00am – 5.00pm, you should contact the Qualcare office and let them know you need assistance on (03) 9482 4373.
- During the hours of 5.00pm – 11.00pm, you should call the above Emergency contact number (0419 512 322) – the call will be answered by Qualcare's Emergency bank worker.
- During the hours of 11.00pm – 9.00am, the Emergency contact number will be answered by

ACA (Attendant Care Australia) and they will provide a Carer for you.

It will be necessary to provide ACA with all of your contact details, which, of course, will be confidential.

This new process has become effective as of Monday 10th December, 2001.

Thankyou for your cooperation in this matter. If you have any questions or need further clarification, please do not hesitate to contact myself or the other staff of Qualcare.

Echuca-Moama On The Murray River



- Fish and Cruise the Mighty Murray River aboard the 21 foot 'Sun Tracker'
- Full & Half Day Charters
- Fully equipped, tackle & bait
- Wheelchair Access
- Toilet On Board
- Special Charters Welcome
- Great Packages Available

Fox's Fishing & River Adventures

All information & Bookings Call (03) 5480 7181 or 0418 144 197

METUNG on THE GIPPSLAND LAKES



Take a break – Spend a few days at beautiful Metung in our two bedroom apartment beside the lake.

- Fully self contained with facilities for disabled persons
 - Fishing
 - Boating
- Glorious scenery

For bookings or brochure phone (03) 5156 2761

See article on Metung on page 12



A Division of AQA VICTORIA LTD.
A.B.N. 90 006 691 185

Service Provider For Attendant Care
Throughout The State Of Victoria
Attendant care provider to people with a disability who need assistance with personal care and/or day to day activities.

- Roster Planning
- Resourcing local generic services
- Assistance with selection of attendants
- Designing of job descriptions and duty statements
- Performance management systems for attendants
- Regular training and revision

Phone: (03) 9482 4373

Fax: (03) 9482 4371

The Big Test

A professor was giving a big test one day to his students. He handed out all of the tests and went back to his desk to wait. Once the test was over the students all handed the tests back in. The professor noticed that one of the students had attached a \$100 bill to his test with a note saying "A dollar per point." The next class the professor handed the tests back out. This student got back his test and \$64 change.

Get Action!

A man was going to bed the other night when his wife told him that he had left the light on in the shed, she could see from the bedroom window. As he looked for himself, he saw that there were people in the shed taking things. He phoned the police, but they told him that no one was in his area to help at this time, but they would send someone over as soon as they were available. He said "OK", hung up, and waited one minute, then phoned the police back. "Hello. I just called you a minute ago because there were people in my shed. Well, you don't have to worry about them now cause I've shot them all." Within five minutes there were half a dozen police cars in the area, an Armed Response unit, the works. Of course, they caught the burglars red-handed. One of the officers said: "I thought you said that you'd shot them!" He replied with, "I thought you said there was nobody available."

Power Of A Woman

There were 11 people hanging onto a rope that came down from a flying helicopter. Ten of them were men and one of them was a woman. They all decided that one person should get off because if they didn't, the weight of them would break the rope and everyone would die. No one could decide who should sacrifice themselves. After a while, the woman gave a really touching speech saying she would sacrifice her life to save the others, because women were use to giving up things for their boyfriends, husbands, children, etc., and generally giving into men all the time. When she finished speaking, the men appreciated her speech so much that they all started clapping. They fell to their deaths, but she survived.

Morel of the story:

Never Underestimate the Power of a woman.

The Parrot

A woman wanted a pet so she went to the local pet shop. She looked at the dogs and the cats but finally settled on a parrot that was perched in the back of the store for \$50.00. She asked the shopkeeper why the parrot was so cheap, to which he replied, "Well, I have to tell you, the birds last owner was a madam at a whorehouse and he occasionally makes off color

remarks that may offend some people."

Thinking that the price was right and she could handle anything he might say, she took him. When she got home she set the bird down on the table. He looked around and said, "New house, new madam".

"That's not so bad," she thought.

A little while later, her daughters got home from school, and the parrot spoke again, "New house, new madam, new whores." Even though she felt a little insulted, she thought that wasn't so bad either.

Later that evening, her husband Ray came home.

The parrot again spoke out... This time it said, "Hi Ray!"

Lost Again...

The man approached a very beautiful woman in a large supermarket and asked, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?"

"Why?" she asks.

"Because every time I talk to a beautiful woman, my wife appears out of nowhere."



The Technicolour Hairdo

An old man was sitting on a bench at the mall. A young man walked up to the bench and sat down. He had spiked hair, all different colours - green, red, orange, blue and yellow.

The old man just stared. The young man said, "What's the matter old timer? Never done anything wild in your life?"

The old man replied, "Got drunk once and had sex with a parrot. I was just wondering if you were my son."

Animals Don't Stutter

Little Johnny is sitting in a biology class, and the teacher says that an interesting phenomenon of nature is that only humans stutter, no other animal in the world does this.

Johnny's hand shoots up. "Not correct, Miss!" he says. Please explain, Johnny," replies the teacher.

Well, Miss, the other day I was playing with my cat on the verandah. The neighbors' Great Dane came around the corner, and my cat went "fffffffff! ffffffffff! ffffffffff!", and before he could say "F__ OFF!", the dog ate him!"

Thank you to the people who sent in jokes.
DO YOU have any good jokes? If you have any jokes to share with us and others, please post or fax them to AQA Victoria. You can also e-mail them to petervanbenthem@aqavic.org.au

For Sale

• Accessible house in Craigieburn

3 large bedrooms, one with wheelchair accessible ensuite, open plan design, ducted heating & air-conditioning, intercom, large double garage with direct entry to house.

Close to shops & public transport

PRICE: **\$187,000**

PHONE: **Randy Gibbons (03) 93081049,**
Mobile: 0414 930 810

• Manual Wheelchair

14 wide, mobility plus wheelchair
lightweight folding, 16 inch back but can be adjusted higher or lower.

Burgandy with gold alloy wheels, push handles

Very good condition

PRICE: **\$500 ono**

PHONE: **Rees (03) 9489 0777**

• "Mobility Plus" titanium folding wheelchair

Black in colour. 15 inch width. Very light weight titanium wheelchair.

PRICE: **\$800 neg.**

• "Quickie" lightweight rigid wheelchair.

Dark green/black in colour. 15 inch width.

PRICE: **\$800 neg.**

• Portable lightweight aluminium ramp.

2 pieces. 2 metres in length and folds in half for storage.

PRICE: **\$400 neg.**

PHONE: **Gudana (03) 5348 1480 Mobile: 0414 977 284**

• Kuchall (America) lightweight folding wheelchair

Charcoal in colour, excellent condition, tip bars, push handles, armrests, detachable footplates, new tyres, 17 in. wide, 15 in. high

PRICE: **\$500**

PHONE: **Matt (03) 5127 3924 Latrobe Valley (Moe)**

• STANNAH Chair Lift - seat - to fit side of stair case

2.6 metre lift. As new condition. Cost \$10,000, Sell \$995 ONO.

PRICE: **\$995 ONO**

PHONE: **Malcolm (03) 5974 8125,**
business (03) 5984 2247

• 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.

PRICE: **\$1200.00**

PHONE: **Gary or Cheryl 94361029.**
Mobile: 0408109583

Email: **cconnel@bigpond.com**

Advertise in News Link!

For Sale

• Custom built Waterski

For beginner or quad. Laminated timber ski and 17" wide seat frame. Has easy-up starting slot and two ski rope handles to suit. One handle especially useful for C5-6 quads like me. Have to sell due to health reasons. Will really miss skiing. See details at <http://members.optusnet.com.au/~gizbytes/waterski.htm>

PRICE: **\$900 neg**

• Hydraulic patient hoist

Old type with manual pump but very strong and complete with full size slings. Four castors and large lifting distance.

PRICE: **\$100 only**

• SAAB 900i 1993, 2.1 litre auto with everything, air pwr

steer, cruise control, tinted windows, best car for easy chair to car transfers and tons of boot room. Very solid and safe car – I still drive my other one. PRICE: \$12,900 ono

PHONE: **Colin on (03) 9399 8000**

E-mail: **gizbytes@optusnet.com.au**

• RICON Automatic Wheelchair Lift, Will suit van.

PRICE: **\$1,500**

PHONE: **Andrew Stevenson (03).5023 2718**

• 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: **\$1200 ONO**

PHONE: **Annette Barkley 5823-2086 (0201/3)**

• 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: **\$14,000** 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: **\$7,500**

PHONE: **Jerry 9776 0522 or**

Mobile: **0411 142 386 (0601/1)**

FREEBIES

• 2 shower/commode chairs

both complete. Good condition, **FREE!** First in, best dressed.

Phone: **Jason (03) 9489 0777, Mobile 0417 527 572**