



## Spinal Research

What's happening in the world of spinal research in Australia?

## Travel

Seeing another part of Australia - Katherine, Northern Territory



## Wheelchairs

Power Assisted Push Rims





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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 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

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## From the CEO

You will notice in this edition an article on Spinal Research. There is also a summary of an article on Spinal Research which was submitted to us by a member, Gary Allsop. This is a very interesting article and if readers would like a full version please contact our Information/Peer Support team for a copy to be sent out. We have also placed a copy on our web site at [www.aqavic.org.au](http://www.aqavic.org.au). Thank you to Gary Allsop on sending this very interesting information.



As mentioned in a previous issue of News Link there is a National Toilet Map available at [www.toiletmap.gov.au/](http://www.toiletmap.gov.au/). If you intend to do some traveling this site can be very helpful.

You will notice the advertisement below looking for an editor for News Link. If you feel you have the skills to fill this position, please feel free to contact me.

**Ian Bennett**  
Chief Executive Officer  
[ianbennett@aqavic.org.au](mailto:ianbennett@aqavic.org.au)

## From the Editor

Hello readers and welcome to a new and bumper issue of News Link. It is exciting to see that we have many contributors to this issue of our newsletter. Please keep it up! – if you see or do anything that you feel may benefit other members, let us know.



It doesn't matter if you drive a car/van or are a passenger in on. If you have a disability, are a friend or family member of someone who has a disability, you should genuinely think about taking part in the Physical Disability Council of Australia's "National Action Day of Action", where they will be noting down the details of people who park in disabled parking bays without the correct parking labels. The idea of this is to inform the appropriate bodies eg, transport authorities, councils, shopping centers, etc. as to the amount of abuses. This campaign is Australia wide. See page 12 for more details.

Another article that may be of interest is on page 7 about power assisted push rims – read it after you have read the articles on page 8 and 9 about spinal research, which I suspect is the first one you'll look at.

**Nazim Erdem**  
News Link Editor  
[nazimerdem@aqavic.org.au](mailto:nazimerdem@aqavic.org.au)

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### Special Needs Housing

[www.accesshousing.com](http://www.accesshousing.com)

is a free website to allow buyers and sellers of modified properties to easily access houses for sale that have been modified. If you know of someone in this situation, please tell them (or their estate agent) about the site. The service is **FREE**. If you have any questions on Real Estate, please feel free to ring Geoff Buck from Special Needs Housing on 0418 306 588

### AQA Victoria Staff Position

We are looking for a person to fill the position of News Link editor in our Information / Peer Support Department.

The person we are looking for will have excellent computer skills, including knowledge of the following computer programs; PageMaker, Photoshop, and MS Office.

Excellent written and verbal communication skills and the ability to read, summarise, and edit articles are essential.

Experience in Desktop Publishing and design layout work would be an advantage.

A particular criteria is an in-depth knowledge or experience of spinal cord injury.

Please forward your resume to:

The CEO

AQA Victoria Ltd.

P.O. Box 219, Fairfield, 3078

Or Fax to: (03) 9489 0644

## e-bility.com

e-bility.com is an award winning website that aims to provide a central resource for disability related information, services and products.



e-bility's website offers easy access and links to a wide range of information, resources, services and products of interest to people with a disability, their families and carers, as well as health professionals and other service providers in the disability sector.

e-bility also accepts contributions from individuals to post on their website. Contributions may be general articles, book reviews, posting messages or you may just want to include your website on their directory of disability and health links.

There are five main sections on the site which are "Brochure Stand", "Exhibit Hall", "Access Venues", "Travel Spot", "Resources". On the site, you will find an active community of people - individuals, organisations, support groups, professional associations, service providers, and equipment suppliers - linked together via the Internet.

Explore e-bility to find out about: customised seating, therapy, rehabilitation equipment, assistive technology, outdoor adventure for people with disabilities, augmentative communication, special needs travel and tourism, accessible venues, disability sector funding, conference planning and lots more. e-bility also offer a bi-monthly newsletter.

For more information, contact Sandra Vassallo;  
Email: S.Vassallo@e-bility.com  
Phone: (02) 9810 2216  
Website: www.e-bility.com

## AQA Website [www.aqavic.org.au](http://www.aqavic.org.au)

On the 4<sup>th</sup> of August, we organised a trial chat room session on our website. Unfortunately, we didn't have time to notify all members but it was a bit of fun and showed us just what we can do. In order to make future chat sessions successful, it would be great to hear your thoughts about subject matter, and what time and day of the week is preferable. So if you have an issue, whether it's disability related or not and you'd like to discuss it with others, **let me know and I will organise it.**

I'd also like to offer a tip for making the chat room a bit easier to read. After you have logged on and brought the screen up, click on the button named "float" in the right hand top corner. This will bring up a separate window of just the chat room, which you can blow up to full screen! Easy breezy! Also, if you want to alter the screen colour, text style or size, click on the "controls" button, which is also on the right hand side and make the desired changes.

At our trial session, we discussed the problem of driveway service at petrol stations and as a result we are trying to obtain a list of service stations that offer full driveway service. If there isn't one available, we will compile one. Meanwhile, if you visit the site at [www.caltex.com](http://www.caltex.com), there is a list of service stations all over the country. Prior to traveling though, you will need to check them out as not all of them have driveway service.

Chat rooms get a lot of negative publicity, so many people tend to steer clear of them. I know I did. But there are many intelligent and informative chat rooms amongst the porn and other rubbish. Ours is the best of course!

**Phil Butterworth**  
[philbutterworth@aqavic.org.au](mailto:philbutterworth@aqavic.org.au)

## AQA Victoria Member Profile

### AQA Member Profile

**Name:** Brad Connelly

**Age:** 40

**Disability & Level:** C4 complete quad

**Are you Married/Single?** Married

**Do you have children?** Albert 4year old rascal

**How did you acquire your disability?**

Body surfing **Year?** 1997

**What is your living situation?** I live with my wife Pam & Albert at Cape Bridgewater on the south west coast of Victoria

### Your Survival Tip

**for others?** Become informed about your injury, maintain good health through exercise & diet, be compassionate and enjoy life.

**What has been your most embarrassing (funny) moment since you have been**



### using a wheelchair for mobility?

Albert putting on the brakes of my chair & laughing as he walks off knowing full well that I am stuck.

*Continued next page...*

# What's new in PEER SUPPORT

By Peter V. Benthem  
petervanbenthem@aqavic.org.au

## WHEN ARE YOU GOING TO "CLICK"?

G'day members, well another winter has passed by and spring is in the air, it's time to do those things that you have been putting off. Remember those New Year resolutions, that stuff you were going to do, that too hard basket, "I'll do it tomorrow!" you kept saying... **No, do it today**, it's time to fire up people! It's nearly 2003.

Now that I've got you all excited and you have started writing that massive "to do list", consider this... computers (if it applies to you). So **click**, computers are a wonderful tool. Now I don't want to hear those excuses like I'm too old, what am I going to do with a computer, computers cost too much, computers would be too hard for me and I wouldn't know how to turn one on. That's rubbish... it is a myth that computers are hard to use. They're easy, it's the jargon that is used about computers that is confusing, not the computers themselves. Computer jargon is just words that computer nerds use to make themselves sound smart. Before you know it, you too can become a computer nerd and use these hi-tech computer words like surfing, java, CPU, **clicking**, etc.

When I became disabled, I needed a new hobby. I didn't think computers were for me. I used all those excuses that I mentioned earlier because I considered myself as a slow learner with technology. I was very surprised how easy it was and how much the computer world had to offer me, and it didn't take too long to learn the basics. To prove a point, I'd have "no hope" in tuning-in a TV or video (even with instructions), but I didn't feel the same way about learning to use a computer.

The computer world is huge and there is so much to do and learn. Your imagination will grow with a computer... when you "**click**" with the computer. "**Click**" is a term used when

you press the button of a mouse (a device that looks like a mouse that is used to navigate around a computer). "Surfing the Net" is a term used to describe searching the internet to find information about anything and everything in the world. This might be hard to imagine, so I'll give you an example of what type of information I go "surfing" for; newspapers, classifieds, sport results, latest movies, music, disability innovations, art, play cards with someone on the other side of the world, chat with anyone in the world, pay bills, and go shopping. This is just a small fraction of what can be done when you **click** onto the net and surf. It would be the 2<sup>nd</sup> easiest thing to do on a computer.

The easiest thing to do on a computer is emailing (Electronic Mail). All you need to do when you want to send an e-mail is; type a letter or message, address the letter and **click** the send button, "It's that easy". The business world totally relies on this e-mail system, there's no expense, no paper, no stamps, no pens and best of all, it's instant. If you e-mail someone, it would usually only take a few seconds to reach them. That certainly beats the Australian Postal Service (snail mail). 65% of homes and 95% of business would have computers and access to the internet.

Green PC is an organisation that recycles computers and offers them to people with disabilities for little or no cost. There are so many computer groups and computer resources out there to suit everyone at every level. AQA can point you in the right direction. If you haven't already, give it a go, you'll be surprised. "**Click**" on a computer and have fun. You'll love it...

## ...from previous page

**You're greatest achievement?** Staying relatively sane

**What do you do with your time?** Spend quality time with my family. I do an exercise routine, stretching, use a tilt table, and FES bike. I enjoy computer stuff, internet banking, SCI research, lobbying and fundraising. I'm in the process of repairing & modifying our old farmhouse. I'm also organising & designing re-vegetation plans for the 60 acres we live

on. I enjoy sailing, meditating and try to practice a Tibetan Buddhist philosophy.

**Why did you choose to live in Country/City? (Draw backs/Positives)** I live in the country because it has no pollution, no neighbours right next door, and I love nature. Unfortunately not many peers & some facilities are lacking.

**Your best holiday spot and why?** Barwon Head's Caravan Park, and Sea Change Cottage (disabled one). My wife's family live in this area & the cottage has a

fantastic view of the Barwon rivermouth and Ocean Grove beach from a well heated vantage point!

**What food do you like best?** Any Curry dishes, fruit & veggies, preferably organically grown.

**If money was no object what would you buy/do?** Help fund SCI research.

**Do you have an Internet site you would recommend?**

www.carecure.atinfopop.com, check out the different forums & search engines.

## Frustration of Selling a House

A father of a quadriplegic has contacted us recently by mail explaining his disappointment and frustration of trying to sell their family home.

Because their disabled son is moving into "supported accommodation", and his two other children are married and no longer live with him, he is forced to move into a smaller unit with his wife. The house is just too large for them now.

The house is wheelchair accessible, has five bedrooms, three bathrooms, including a self-contained unit, carport and four car garage and workshop. It is positioned close to schools, shops and parkland and is in a fashionable part of Mt. Waverly.

The only enquiries to buy the property have been from developers who want to bulldoze the house down and build units. And this is what angers him. He doesn't want to see a perfectly solid (renovated) house that has been made wheelchair accessible lost. Although the house is priced at nearly half a million dollars, he will sell it a little cheaper to a family that can make use of it.

If you know of similar stories or have thoughts on this matter, let us know.

For further information, contact Don Bain directly on 9807 4394.

## Physical Disability Research Project

Sally Bailey, who is currently working on a research project titled "Transition to adulthood of people with a physical disability", is looking for people to interview who are in their early 20's with a physical disability. If you are interested in participating, give her a call on (03)9766 2403.

## 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

ATTENTION: PEOPLE WITH DISABILITIES WHO USE PUBLIC TRANSPORT, THEIR FRIENDS, FAMILY AND COLLEAGUES, AND ORGANISATIONS WHO SUPPORT THE NEED FOR SAFE AND ACCESSIBLE PUBLIC TRANSPORT.

## SAFE TRANSPORT ACTION GROUP CRITICAL MASS RALLY FOR SAFE AND ACCESSIBLE PUBLIC TRANSPORT

The Safe Transport Action Group was formed after the death of two wheelchair users at pedestrian railway level crossings. STAG is a coalition of disability rights and advocacy organisations, along with individuals with disabilities who use the public transport system.

STAG is holding a Critical Mass Rally for safe and accessible public transport. They will be meeting at Flinders Street Railway Station and ride a train to Lilydale for a BBQ picnic, speakers and entertainment. Along the way, they will take time to remember disability rights activist and transport campaigner, Chris Jones, who was killed in his wheelchair on an unsafe pedestrian level crossing one year ago.

This is a completely safe and legal action. They encourage participants to buy and validate their tickets. They hope to organise an extra train and additional staff to be available on the day so as not to congest the system. This will, of course, depend on numbers. To this end, they ask that people RSVP and register their intention to come.

**WHEN: Saturday 26<sup>th</sup>  
October 2002**  
**WHERE: Flinders Street  
Railway Station**  
**TIME: 10:30 am**  
**RSVP: Tom Moore –  
Campaign Co-ordinator,  
STAG**  
**Phone: (03) 9416 3488**

They welcome your input, so get involved. Get along to their meetings, help build the rally and have your say. For further information:

Disability Justice Advocacy Inc 266 Johnston Street  
Abbotsford. Victoria 3067

Phone: (03) 9416 3488 Fax: (03) 9416 3484 E-mail:  
gillian@justadvocacy.com

[www.groups.yahoo.com/group/safetransport](http://www.groups.yahoo.com/group/safetransport)

## POWER ASSISTED PUSH RIMS by E-Motion

Here is a new push rim for those who need a little help.

There are a lot of wheelchair users out there that would benefit from these new e-motion power assisted push rims – your shoulders could be sore or weak, one arm could be stronger than the other or you may just need a little help.



The picture above is of a manual push chair fitted with the e-motion power assisted push rims – most people would think that it is an ordinary manual push chair. Just by looking at the chair, the only noticeable difference is the larger hubs. If a motorised wheelchair and a manual wheelchair had a baby, this is what the result would be!



*The power hubs fit the chair similar to ordinary wheels*

The idea is you use your manual wheelchair (if you have one) and replace the wheels with the e-motion power assisted push rims. These push rims then assist your motion. The push rims (power hubs) have motors and batteries built into the wheels. You can get these power hubs fitted to almost any wheelchair with slight modifications – it turns

your manual wheelchair into a semi-powered chair. When you touch the push rims with your hand, the motors inside the hubs automatically sense this and depending on how hard you push the rims, they assist your motion in the direction you want. When you are going down hill, either slight or steep, all that you need to do to keep control of the speed is a slight check of the rim. A slight check of the rim will slow the chair down, and a light handed, heavier check will stop the chair.



*Select the power level with a push of a button*

The power assisted push rims have three power levels which you select with a push of a button that is located on the hub of the wheel, 30% can be set for indoor use, 50% can be set for outdoor use and 100% can be set for up-hill use and total assistance. The wheels can also be disengaged if you require someone else to push you around.

Power hub wheels are great for those who have one arm stronger than the other because power (in the power hubs) can be adjusted to suit your weaker arm to make an even power assisted motion when you push on the rims.

Because of its compact design, the e-motion push rims can be quickly loaded into the boot of a car for easy transportation. None of the parts weigh more than 10kg, making it easy to handle. Even with the wheels fitted, every folding wheelchair can still be compactly folded together.



**The compact battery and motor**

These power hubs have good features. One of the main features is the state-of-the-art brushless motor. Brushless motors make no noise because there are less moving parts, and less moving parts means very low maintenance. The power hubs have a top speed of 6 kms/hr and they can cover a distance of 10 in 100 % power mode. There is a battery level indicator on the wheel and if you run out of power, the wheels can be put into manual mode. The battery, which is in the centre of the wheel (in the hub), can be removed very easily and replaced with freshly charged batteries if you use your power up. If you do run the batteries up, it is a simple matter of plugging them into the charger for a re-charge. You can also keep the wheels connected to the charger while the chair is not in use.

The research done on these power assisted push rims was done by only one company who are also the manufacturers. And being produced in the USA, you can depend on the quality.

For more information, have a look at the manufacturer's website at [www.e-motion.com](http://www.e-motion.com). The Australian distributor's website is at [www.anelco.com.au](http://www.anelco.com.au). Victorian & Tasmanian distributors are; Microsafe Australia Pty Ltd, Glen Waverly, 9803 8642; Border Rehabilitation Services, Wondonga, (02) 6056 5000; Gaswat Romac Industries Pty Ltd, Bendigo 5444 0004; Forty South Engineering Supplies, Tasmania, Burnie, 6432 4722.

**Peter Van Benthem**

## Clinical trial for spinal injury repair

In a world first, a clinical trial into spinal cord regeneration surgery in people with paraplegia has begun in Brisbane. Cells, harvested from the nose of a volunteer patient with paraplegia, have been cultured in a laboratory and were transplanted into the patient's spinal cord in an eight-hour surgical procedure in June.

The Princess Alexandra Hospital (PAH) and Griffith University scientists have formed a partnership on the Queensland Spinal Cord Regeneration Project, with support from a \$200,000 PAH Foundation grant.

This human trial, involving eight volunteer patients, aims to determine the safety of this pioneering procedure and the potential benefits to those who have suffered a recent spinal injury.

At Griffith University, scientists Dr Francois Feron and Professor Alan Mackay-Sim, have pioneered a method of harvesting and cultivating nerve cells – olfactory ensheathing cells, a type of glial cell – from inside the nose.

Unlike other cells in the nervous system, these unique glial cells are continually regenerated throughout life by the olfactory mucosa – the nasal tissue responsible for the sense of smell.

These cells help nerves grow from the nose to the brain and are the only glial cells that can exist both within and outside the central nervous system.

PAH Spinal Injuries Unit Director, Dr Tim Geraghty, said the glial cells used in the trial would be cultured from cells harvested from each of the volunteer patients.

“During the intricate surgery, the patients spinal cord is implanted with his/her own cells, thereby eliminating the risk of cell rejection and the need for anti-rejection medication,” he said.

Dr Geraghty said the aim of the phase 1 trial was to assess potential risks and determine the benefits to the patients, who have been carefully selected for the trial and have undergone extensive preparation, including physical, psychological and neurological assessments.

“The volunteer patients (test and control groups), will take part in the trial and their progress will be closely monitored by PAH's medical, surgical and allied health teams for a period of up to three years.”

Dr Francois Feron and Professor Alan Mackay-Sim, from the Griffith University School of Biomolecular and Biomedical Science, have been exploring their methodology and potential application with physicians for about two years.

Dr Feron and Professor Mackay-Sim are internationally regarded as experts in the field of neurogenesis and have been successfully cultivating glial cells in the laboratory in Brisbane since 1998.

The phase 1 trial has been approved by ethics committees at the PAH and Griffith University.

### How long has this research been underway?

Griffith University scientists have been working on nasal ensheathing cells since 1997. They have collaborated with and advised others working in this area. The Griffith scientists are recognised as the first in the world to focus on the nose, rather than the brain, as a source of the glia for transplantation into spinal cord injury. In 1998, they began purifying and cultivating human

ensheathing cells. Each year since then, the scientists have been collecting more than 50 nasal biopsies as they developed and refined their purifying technique. It was a slow and painstaking process. It is now possible to grow highly purified cultures of human olfactory ensheathing cells from a nasal biopsy.

### What research at Griffith University has led to this trial on humans?

The Griffith scientists collaborated with a research team at the University of N.S.W. to assess the ability of olfactory ensheathing cells to repair the spinal cords of rats with paraplegia. This work, which began in 1998 and was published in 2001 and 2002, showed that olfactory ensheathing cells induced the injured spinal nerves to regrow and assisted recovery of locomotor behaviour in the lower limbs. The transplants promoted recovery of nerves from the brain to grow across the region of damage in the spinal cord and the transplanted rats also improved their reflex functions. The rat spinal cord is complex and similar in key ways to that of the human and was therefore identified to be a suitable animal model.

### What are the risks to patients?

As with any surgical procedure or clinical trial, adverse side effects are always possible. Patients undergo extensive evaluation before enrolling in the trial. This includes assessments by a spinal injuries physician, ENT surgeon, psychiatrist, social worker, neurologist (who also performs neurophysiological tests), physiotherapist and occupational therapist. A Magnetic Resonance Imaging (MRI) scan and plain x-rays are also performed. The patients are counselled intensively regarding the potential risks regarding participating in the trial. The volunteer patients are then closely monitored for a minimum period of three years, undergoing the same assessments at regular intervals. Any changes, both subjective (observed by the patient) and objective (detected through the regular clinical assessments) will be recorded. The medical, surgical and research teams consider paramount the safety and comfort of the patients.

### What result is expected in the patients who receive the cell implantation in the human trial at the Princess Alexandra Hospital?

This is a phase 1 trial and its aim is to assess the safety of the procedure for the volunteer patients. The Queensland Spinal Cord Regeneration Project has been cautious in its approach and is providing medical support at every stage of the process. Any change in sensation, motor function or control over bodily functions would be a positive outcome.

### When would you expect to see any changes in the patients?

As this is a phase 1 trial, the major focus is on assessing the safety of the procedure and the resulting recovery process. We cannot predict when we might expect to see any change in the patients, but they will be assessed for three years.

### How will the outcomes be measured and against what?

In a clinical trial, a “control” group provides a comparative tool for patients who undergo the treatment. In this phase 1 trial, some



assessors / clinicians will monitor the patients and controls throughout the trial. They will not know which patients have undergone the procedure. If the surgical group showed any changes, which were also noted in the control group, it could mean these, is part of the natural course of events, rather than being related to the transplantation procedure. Conversely, changes occurring only in the patients who undergo the surgery may be a direct result of the cell implantation.

#### What is next?

The next phases of research will depend on the results of this three-year phase 1 trial.

#### Editors Note:

*Thank you to Julie Cochrane – who is the project manager of the clinical trial – for supplying the original article/fact sheet, which we have edited for our newsletter. For further information, you can contact her directly by phone on 0413 832 847 or email [Julie.cochrane@mailbox.gu.edu.au](mailto:Julie.cochrane@mailbox.gu.edu.au).*

## WHAT'S GOING ON IN SPINAL CORD RESEARCH HERE IN AUSTRALIA

Garry Allsop – who is an Honorary Director of The Australasian Spinal Research Trust – has also written an article about spinal research for us. He has scoured the country, talking to the scientists involved and asking them to contribute some information about the work they are doing.

Because of the size of the article, we are unable to publish the whole article in our newsletter, but keep reading for details of where and how to obtain a copy.

Garry stresses that not all the research is devoted to a cure in SCI cases, however, they are inter-related.

Garry's article is titled "What's going on in Spinal Cord Research here in Australia", and following is a very brief summary of it.

**Walter and Eliza Hall Institute (Victoria), Professor Perry Bartlett**  
Repairing the damaged nervous System by activating resident stem cells in the nervous system to make new nerve cells.

**Walter And Eliza Hall Institute (Victoria), Dr. Rod Rietze**  
Activating endogenous stem cells to replace lost populations of motor neurons.

**Austin & Repatriation Medical Centre (Victoria), Dr. Peter Bachelor**  
Examining ways whereby early after injury macrophages can be rapidly transformed to a growth supporting phenotype.

**Melbourne University, Professor Norman Saunders**  
A developmental approach to the possibility to revive the ability of older nerve cells and develop new ways of repairing the injured spinal cord.

**Peter MacCallum Cancer Institute (Victoria), David Haylock**  
Assist in the development of cell therapies (for Parkinson's disease) – a stepping stone for treatment of spinal cord injuries.

**The Alfred Hospital (Victoria), Professor Thomas Kossmann, MD FRACS,**  
To reduce surgical trauma, using a minimal invasive approach, and lessening the complication rate.

**The Alfred Hospital (Victoria), Cristina Morganti-Kossmann, Thomas Kossmann, Jeffrey Rosenfeld, Jamie Cooper**

Reduction of secondary brain damage caused by trauma with the use of new drugs.

**Monash University (Victoria), Dr Peter Crack**  
Reversing secondary damage to parts of the brain following a stroke.

**Monash Institute (Victoria), Dr. Bevyn Jarrott**  
Finding ways and means to minimize the damage to the spinal cord after either a crush or a cut to the spinal cord.

**Monash Institute (Victoria), Professor Alan**  
Research programs including both embryonic and adult stem cell biology with the aim of therapeutic applications.

**Prince of Wales Medical Research Institute (NSW), Dr Lynne Bilston**  
Focusing on the response of the spinal cord to mechanical loading, which may occur during traumatic spinal cord injury.

**Prince of Wales Medical Research Institute (NSW), Dr. Peter Nicholls**  
Research into spinal cord function after injury using electrical stimulation and looking at ways of inducing the nerve cells to repair themselves after injury.

**Prince of Wales Medical Research Institute (NSW), Dr. Vaughan Macefield**  
Studying autonomic dysreflexia. They believe that the rehabilitation process of patients with SCI needs to include techniques that will keep the peripheral nerves healthy.

**Prince of Wales Medical Research Institute (NSW), Professor Elspeth M. McLachlan**

To understand Hyperreflexia and relieve its life threatening condition in SCI.

**Prince of Wales Medical Research Institute (NSW), Professor Janet R. Keast**

Studying the problems that occur in neural control of the urogenital organs after nerve injury. They are particularly interested in some of the rapid growth of new (and inappropriate) nerve connections.

**University of Queensland, Associate Professor Brian Key and Dr. James St John**

Undertaking research into the molecular and cellular mechanisms underlying the growth of nerve processes in the brain.

**Princess Alexandra Hospital (Queensland), Professor Mackay-Sim**  
World's first clinical trial on spinal cord regeneration. They've transplanted nasal cells into the spinal cord of a SCI Patient. Results are not available yet.

**University of Western Australia, Professor Lyn Beazley**  
Researching ways at preventing cell death after nerve injury, stimulating axonal regeneration and the formation of appropriate connections after regeneration.

**University of Western Australia, Dr Giles Plant**  
Concentrating on the theory of auto transplantation to repair spinal injuries. This involves the transplantation of cells into the injury site obtained from the same animal's body.

If you would like to read Garry's research article in its entirety, e-mail him at [madge@alphalink.com.au](mailto:madge@alphalink.com.au) or give him a call on (03) 9878 3249 and he will gladly send you a copy. Alternatively, you can get a .pdf version of the article from AQA's website, [www.aqavic.org.au](http://www.aqavic.org.au) or give the Info team a call on (03) 9487 0777 and we will send a copy out to you.

For a whole lot more information for the curious, have a look at the Australasian Spinal Research Trust <http://www.spinetrust.com.au/>

AQA would like to stress that even though there is a lot of research happening in many areas, a cure for SCI may not be available for many years. To have hope is a good thing but to be patient is better.



## Seeing another part of Australia – Katherine, Northern Territory

I'd been wanting to go to Katherine in the Northern Territory for more than 20 years and when one of my carers said she had a sister, Jill and brother-in-law, Butch living there, I pricked my ears. This was my opportunity! The only thing that could've stopped me from going now was a small pressure area that had put me in hospital 4 times in the last 12 months. It had broken down again for a fifth time, so I decided to stay in bed for 3 weeks, hoping that would give it enough time to heal for me to go away.

I had planned to go in June, so the pressure was on for the pressure area to heal up good and proper - it did and I was very relieved.

My carer, Dianne, had organised a week off from her other job, and her sister Jill had organised accommodation in Katherine and I organised a van and hoist for Darwin.

We took off from Brisbane airport at 9.15 am and arrived in Darwin at about 1.30. It worked out to be about 3 hours and 45 minutes with Northern Territory's half hour difference. The last hour on the Jumbo plane was uncomfortable because I wasn't sitting right and got the sweats, which made me very cold. This had happened to me before on a flight from Melbourne to Brisbane, so you really have to make sure you're right and comfy.

The mob I'd hired the van and hoist from was Carpentaria Disability Services and we were greeted at the arrival gate of the airport by Anthony, who was very helpful and carried the stuff to the van.



The van was covered in red dirt inside and out, and had ripped interior and a squealing fan belt, which made me feel more relaxed.

We had 320 kms to go, so no time for a swagman's breaky, but we did stop at the Adelaide River Pub after about an hour where we had a beer and took some photos of stuffed Charlie, the buffalo from Croc Dundee (the one that was hypnotised).

We eventually got into Katherine not much after sundown, unloaded the stuff at the motel where I was given a Darwin Stubby for my birthday from the manager. Mmmm... I like this.

From there, we went around a couple of corners and were at Jill and Neil's (Butch's) place where we ate Barramundi till we couldn't any more. They had caught 100 big ones and 45 big mud crabs, mmm delicious mumu. Before we knew it, it was about midnight and after a few more beers, it was time to pack it in.

On Friday, at Jill and Butch's, after a few hours chatting and watching the eagles and hawks flying everywhere, we went out to the Low Level Bridge, which crosses the Katherine River and has a magnificent picnic and barbeque area. The river really is something. After that, we went into Woolworths where we fought our way through the natives and got some supplies and headed back to the house. It took most of Friday getting acclimatised. Next thing it was tea time and when Butch and 2 of his son's came home from work it was Barra and beer time again. The end of the night came around very quick.

Dianne and Jill had over 10 years of catching up on, and Butch and I had a lot in common. His business is Butch's Welding and

Fencing, plus he's done a lot of work for Adrail. Shooting, fishing and drinking stories came up a lot as well.

Saturday we checked out the township and part of the Adelaide-Darwin Rail link (ADRAIL), big machinery, massive project of over 2 million concrete sleepers and over 3 billion dollars worth of work - I loved it.

I had rang a few numbers about going up the Katherine Gorge by chopper and was booked to go up at 9 the next morning, so I was very excited. We had an early night after eating more Barra.

Sunday morning up at sparrows, and drove directly to the heli-pad, where there was a French tourist waiting to go up with me. I had been up in a chopper before and didn't think there would be a problem. They lifted me up into the seat where I had a small sheepy to sit on, but the back of the seat was very vertical and there was nowhere to put a strap around to hold me up. Then while I was being held upright, the pilot carried a door over for me and said, "I think you might need this". I had noticed that I'd blown a dinger (my drainage), and said I think I'd better get out and go home - this had thrown a spanner into the works.

After a little think, we decided that a boat ride through the gorge would be next on the agenda. There are about 13 gorges all up and in the surrounding areas above the beginning of the Katherine River, there are thousands of screeching bats in the trees. We made our way down to the ramp and boarded the boat which carries 50 or so people to the end of the first gorge, where everyone gets off and climbs their way to the next one and so on. I had taken my trusty rod with me and Dianne, Jill and I tried our luck at fishing while we had the boat all to ourselves, but we didn't manage to catch anything at all! We saw a turtle passing by and lots of people canoeing in the meantime. After the other tourists came back to the boat, we drifted down a couple a hundred yards to a nice sandy spot where the walking type people had a swim and cooled off. Finally, we slowly made our way back, checking the rock formations, giant cliff faces, a couple of crocs and lots of other native fauna. We pulled up at the boat ramp and I was first to get off as I was squealing for a slash. Three blokes lifted me down the 5 or 6 inch drop to the platform as they did getting me on board. The boat ride through the gorge was brilliant with many fantastic sights along the way. It was about 5 hours before we got back, but it was worth every minute of it.



Monday was a late start and Butch decided to take a few hours off work and take me out to the RAAF base, which is like a little posh town in the middle of nowhere, where they have the best of everything, even their own pub! He then took me out to have a look at the ADRAIL Camp, where the rail is brought up from Alice behind 4 new Kenworth's, all with 3, 72 foot trailers. The rail is welded together there to make about 300 foot lengths and taken from there to get laid at the appropriate spot where they are laying the line. It will be a very big part of Australian history and I'm mighty glad I saw some of it. I will be getting a video of the massive machinery laying the lines and sleepers.

*Continued next page...*

# WOMEN'S ISSUES

## CARERS

By Raelene West  
info@aqavic.org.au

Hi and welcome to another women's issue article. Apologies on my absence over the last few newsletters, I've been off trying to get through a ton of study which has been less than fun. In between things though, I still caught up with a few fellow female quads and have been hearing about the adventures and mishaps that we all tend to get ourselves into. In Ward 13 at the Austin (that place that we all dearly love so much #?!), I ran into Kate, who had returned with a burn to her hand. In between giving each other personality profile tests (one way to pass the day while you are stuck in bed), we started discussing some of the mutual issues we have with living and relying on carers on a day to day basis.

As a bit of background, Kate has been a high level quad for 26 years as a result of a car accident. She has lived through the days before TAC existed and before any formal attendant care system was set up. She got through only with a tremendous amount of support from her family. For a number of years, her mother was her main care provider, and after her mother unfortunately passed away, the role passed onto her younger sisters and dad. With the implementation of the attendant care system however, Kate moved into her own home and now lives independently with the help of carers. She is also now an avid member of the Mouth and Foot Painters Association. Over the years, she has had to learn to deal with carers and the system enough to earn herself a degree on the matter. I asked Kate what advice she would give to females who are new at dealing with carers and to discuss some of the issues that tend to come up.

Kate emphasized that probably the most important thing that would help was to have as much input as possible into your attendant care program. Although it is the role of your coordinator/case manager to oversee the roster, Kate believes having a large input into the running of your program will help things run smoother.

Kate suggests then that right from the start, you take an active role in the employment process. While at the interview, take in not only what they are saying, but what their overall personality is like. Be thinking "this person is going to be in my house and working a lot of hours one on one with me – will I feel

comfortable around them?" and if something isn't right, am I going to be comfortable enough to say to this person "actually I need this done this way" or "I'd prefer if next time we did it this way". In Kate's case, she feels overwhelmed if carers become too noisy as she is quietly spoken. Hence she prefers to take-on carers that are not too loud, as she doesn't want to have to try to talk-over them. However, you may be a quiet person and want someone that is chatty and vibrant around you. Whatever you are like, it is important to gauge from the beginning, the type of carer you are employing, as to what will suit you. By having that initial input at the interview and thinking about how a carers overall personality matches or compliments yours, it can help with things down the track.

Kate also feels that by organising most of the shift times herself, she has a better idea of what's going on. She is then able to place the particular carers she wants onto particular shifts and then, when the inevitable shift changes, she at least knows enough to know who can work, where, and when. However, she encourages the carers to call each other when shift changes occur and to organise any changes needed between themselves to avoid the continual calls to and from the coordinator.

Having a clear definition of what and how you want the carer to assist you is also a big help. Having an idea in your head as to what you need the carers to do (or not do) and to then be able to direct this is a skill that is sometimes difficult to learn. Sometimes writing a list of what needs to be done and when, can help a new carer in learning the routine. By inputting this information to your carers, it may help you to get through the day a little easier.

Kate's last bit of advice was to remind yourself that ultimately you are in control of your program. If there is something not working or you are having problems with things, talk to the coordinator or carer about what the problem is and start looking at how things can be worked out.

Our new motto in life, in regards to attendant care, has become "It is one bloody big ship sometimes but at least you are steering it."

Cheers and Thankyou to Kate for her advice and time.

### ...from previous page

After that, we went back Butch's workshop, where he gave me a set of buffalo horns and showed me a mounted pig's head, which he'd shot. It measured about 20 inches across the back of the neck – it had big choppers too.

We then headed back home to get fed and watered. Dianne and I headed back to the very good wheelchair accessible motel at about 11 o'clock.

Tuesday (our last day there), we had to be up early to head back to Darwin and board the 1.30 flight. It was great to spend some time not only in Katherine, but with a very caring family who treated me like I was one of them. My disability didn't raise an eyelid - great stuff.



After getting off the plane at Brisbane and into the wheelchair, I noticed my Roho cushion was flat as a tack and the air-inlet valve with my trusty phantom skull had been ripped off. Not good, but the airlines said they would pay for it.

If you are thinking of going to the Territory, I suggest you speak to Anthony Moerman from Carpentaria Disability Services Darwin on (08) 8945 4977, email cds@carpentaria.org.au, internet www.carpentaria.org.au. He can set you up with equipment and van hire. I can genuinely recommend the Paraway Motel in Katherine – (08) 8972 2644. Paul and Karen run the place. Tell them Ray sent ya..... See ya.

**Ray Kennedy**

## Campaign to Stop the Abuse of Disabled Parking Bays

The Physical Disability Council of Australia (PDCA), is organising a "National Action Day of Action" where they are asking people (disabled people, friends, colleagues, family) to spend some time at their local shopping centre, business district, university, public parking area – generally anywhere there may be disabled parking bays, and observing how many people park in the disabled bay's without the correct parking labels. This issue has been raised many times and continually frustrates people with disabilities who drive cars or are passengers in cars.

They stress that under no circumstances are participants requested to approach or abuse people they see parking without a permit. This is intended as a peaceful action to document how often these spaces are abused.

The National Action Day of Action is to be held on Wednesday September 25th. Participants are asked to take notes on a form, which they supply on their website. If you would like to participate and have access to the internet, go to <http://www.ozemail.com.au/~pdca> then their "contents" section and then their "latest news" section. If you haven't got access to the internet and you would like to participate, just give the Information Department of AQA a call on 9489 0777 and we will forward you a copy.

Once completed, the forms should be sent to:

PDCA,  
PO Box 77 Northgate,  
Qld 4013.

They will then compile all the responses and start the campaign of informing Transport authorities, councils etc how many abuses there were on a given day in Australia.

## DISABLED PERSONS PARKING SCHEME

VICROADS has gazetted the new Disabled Persons Parking Scheme on 4 July 2002. The scheme has effect from January 2003 and is to be fully in place from January 2004.

ACROD Victoria has been involved with the planning committee, which has been auspiced by VICROADS over the past three years or so.

The major change in the new scheme is that people who claim disability must also nominate the aid they rely on and then use that aid at the time they use the parking space. Councils are to introduce the new scheme over the next two years as existing permits fall due. Different transition arrangements will be effecting Councils according to the regulations presently in force locally.

The new requirements which are "aid nominated" based may excise some current Class One permit holders. The new scheme requirements must be fully in place by January 2004.

Courtesy ACROD Victoria



## MELBOURNE CBD MOBILITY MAP 2002

As someone who is relatively "new" to getting around in a wheelchair, I am always on the lookout for all the help and information I can get to make life easier and less stressful! So when I spotted an article in the current issue of the RACV RoyalAuto magazine giving information about a map of the Central Business District of Melbourne and showing all sorts of facilities for people with limited mobility...ie ME; I immediately phoned and got a copy sent to my home.

It is called the "CBD Mobility Map - Access & Facilities for people with limited mobility." I since discovered that it has been in circulation before, but this issue is dated 2002. In addition to a map showing where all of the on-street disabled parking spots are located, it also has heaps of other information such as:- Wheelchair accessible routes, both for all hours as well as business hours; Street gradients; Accessible telephones and Railway stations; Off street commercial parking; Major Taxi ranks; and Accessible Disabled toilets (vital information for me!).



On the back is an index of the Disabled toilets describing exactly where they are, with a map reference. Then there is also other information such as "How to use the Map"; Getting information off the web ([www.accessmelbourne.vic.gov.au](http://www.accessmelbourne.vic.gov.au)) about such things as "Eating out with wheels"; Police ; Visitor services; Arts access; and a City of Melbourne hotline which is the line to call to get your copy of the map.

All in all, this is a great little document for the glove box of the car or the net under the chair, and best of all, it is FREE. All you have to do is ring the City of Melbourne HOTLINE on 9658 9658 and ask them to send you a copy!! How easy is that?

Maybe now, like me, you won't be so nervous about visiting the CBD of our great city, Melbourne.

Bruce Charsley

**Editors Note:** We have copies of the new Access Map in our offices. A copy of the map is also printed in each edition of the Melway Street Directory.

## Painting the Porch..

A blonde, wanting to earn some money, decided to hire herself out as a handyman, and started canvassing a well-to-do neighborhood. She went to the front door of the first house and asked the owner if he had any jobs for her to do.

“Well, you can paint my porch. How much will you charge?” The blonde after looking about, said, “How about 50 dollars? The man agreed and told her that the paint and other materials that she might need were in the garage. The man’s wife, inside the house, heard the conversation and said to her husband, “Does she realize that the porch goes all the way around the house?” The man replied “She should, she was standing on it. Do you think she’s dumb?” “No....I guess I’m guilty of being influenced by all the ‘dumb blonde’ e-mail we’ve been receiving.”

A short time later the blonde came to the door to collect her money. “You’re finished already?” he asked. “Yes” the blonde replied, “and I had paint left over, so I gave it two coats”. Impressed, the man reached into his pocket for the \$50.00. “And by the way,” the blonde added, “it’s not a Porch, it’s a Lexus.”

## Materialistic

Wealthy Bruce went out and opened the door of his car, a shining new Corvette, when suddenly another car came along and hit the door, ripping it off completely!

When the police arrived at the scene, Bruce was complaining bitterly about the damage to his precious car. “Officer, look what happened to my Vette!”, he whined.

“You guys are so materialistic, you make me sick!” retorted the officer, “You’re so worried about your stupid car, that you didn’t even notice that your arm was ripped off!”

“Oh my God,” Bruce replied, finally noticing the bloody shoulder where his arm once was. “Where’s my Rolex?!” he screamed.

## THOUGHT FOR THE DAY

A man is driving down a road. A woman is driving down the same road from the opposite direction.

As they pass each other, the woman leans out the window and yells “PIG”.

The man immediately leans out his window and yells, ”BITCH!”

They each continue on their way, and as the man rounds the next curve, he crashes into a huge pig in the middle of the road and is killed.

THOUGHT FOR THE DAY: If only men would listen.

## Little Johnny’s Moral Story

The teacher gave her fifth grade class an assignment: Get their parents to tell them a story with a moral at the end of it.

The next day, the kids came back and one by one began to tell their stories.

Kathy said, “My father’s a farmer and we have a lot of egg-laying hens. One time we were taking our eggs to market in a basket on the front seat of the pickup when we hit a bump in the road and all the eggs went flying and broke and made a mess.” “And what’s the moral of the story?” asked the teacher. “Don’t put all your eggs in one basket!” “Very good,” said the teacher.

“Now, Lucy?” “Our family are farmers too. But we raise chickens for the meat market. We had a dozen eggs one time, but when they hatched we only got ten live chicks. And the moral to this story is, don’t count your chickens until they hatch.” “That was a fine story Lucy.”

Johnny, do you have a story to share?” “Yes, ma’am, my Mom told me this story about my Aunty Pam. Aunty Pam was a flight engineer in Desert Storm & her plane got hit. She had to bail out over enemy territory and all she had was a bottle of whiskey, a machine gun & a machete. She drank the whiskey on the way down so it wouldn’t break & then she landed right in the middle of 100 enemy troops. She killed seventy of them with the machine gun until she ran out of bullets, then she killed twenty more with the machete till the blade broke & then she killed the last ten with her bare hands.” “Good heavens,” said the horrified teacher, “What kind of moral did your Mom tell you from that horrible story?” “Don’t f#@\_#!! with Aunty Pam when she’s been drinking.

## On My Way To Work One Day...

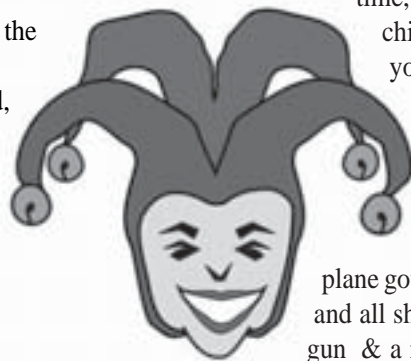
Driving to the office this morning on the Interstate, I looked over to my left and there was a woman in a brand new Mustang doing 65 miles per hour with her face up next to her rear view mirror putting on her eyeliner!

I looked away for a couple seconds and when I looked back she was halfway over in my lane, still working on that makeup!!! It scared me (I’m a man) so bad, I dropped my electric shaver, which knocked the donut out of my other hand.

In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my cell phone away from my ear which fell into the coffee between my legs, splashed and burned Big Jim and the Twins, ruined the damn phone and DISCONNECTED AN IMPORTANT CALL!

WOMEN DRIVERS!!!!!!!!!!!!!!!

(Sent in by Don Cash)



Have you heard any good jokes lately? Don't keep them to yourselves - share them with other members of AQA. Just send them in by snail-mail or e-mail [info@aqavic.org.au](mailto:info@aqavic.org.au)

# Wheelchair Rugby

Nazim Erdem  
nazimerdem@aqavic.org.au



## New National League

Wheelchair Rugby Australia has recently started the first inaugural season of a National League. The five-team League, consisting of Victoria, New South Wales, South Australia, Queensland and Western Australia, will be played over three rounds covering three states. The first two rounds have already been played in Sydney and Adelaide.

Victoria made its debut into the League at the second round in Adelaide against South Australia and Queensland. The round didn't go too well for us because we lost all of our games, but a positive outcome for us was that we were very competitive in each game.

The third and final round will be played in Melbourne from the 20<sup>th</sup> – 22<sup>nd</sup> of September. This round will be played at the Netball and Hockey Centre in Parkville (the same venue as last year's nationals). We are hoping to do well, especially with Dan (a high pointer from New Zealand's National team) playing for us as an import. The benefit of having a home crowd there to support us is also going to be great. We are in training three times a week in preparation for our games.

So remember the date, 20<sup>th</sup> to the 22<sup>nd</sup> of September. Write it in your diary and come down and support Victoria – we will need you there.

For more information, call Wheelchair Sports Victoria on (03) 9473 0133, or Naz on (03) 9489 0777.

The local league, played at the Whitehorse Aquatic and Leisure Centre in Box Hill on Friday nights, has resumed another season. Come on down one Friday night and see what you are missing out on. We'll love to see you there.

## Chris Hendy Cup

The Chris Hendy Cup was played a couple of weeks ago in Sydney as part of the Bledisloe Cup. The Chris Hendy Cup is played each year against New Zealand and Australia. Last years cup holder was Australia but at the last challenge, Australia was unable to defend the cup. Like always, the game was fierce and competitively close. As well as the Chris Hendy Cup, Australia also played the touring United Kingdom side. Although the United Kingdom is improving greatly at the moment, they were unable to beat the Aussies.

## THE CHRIS HANDY CUP

Neighbours yes, but deadly foes  
A rivalry like brothers  
Blood and passion freely flow  
When these teams play each other.

The match grows near, the crowd is tense  
The haka is performed  
Australia and New Zealand sense  
Another battle dawns.

The game is rugby, all out war  
It's what they play in heaven  
But here on earth we're keeping score  
And it's hell, with a chair as a weapon.

The Bledisloe Cup is not the prize  
This is something more  
Trans-Tasman pride will live or die -  
It's the Chris Handy Cup for sure.

The battles rages hard and strong  
The wheelchairs clash and crash  
Four quarters never seemed so long  
With so much biff and bash.

The Aussies lead, the Kiwis match them  
There's nothing in the game  
We're going well, oh no, and then  
The Kiwis do the same.

There is no happy ending to this tale  
Alas, I'm sad to say  
Although the Aussies never say fail  
The Kiwis have won the day.

My heart is heavy, my spirits low  
How could this come to pass?  
Still next year we'll have another go  
And we'll kick them in the .....!

**This poem was written by Vera Rothwell, who was one of the spectators at the Chris Handy Cup, which was played on Friday the 2<sup>nd</sup> of August in Sydney.**



## CELEBRITY SHIRTS

Can you help? Do you know anyone famous? Do you know anyone who knows anyone famous? Maybe they can help. The Australasian Spinal Research Trust is going to hold a fundraiser for spinal cord research in March 2003. Part of that function will be the auctioning of Celebrity Shirts, signed by celebrities to raise money. If you know anyone famous or have a friend

- who may have a contact who could help, I would appreciate your assistance.
- Don't hesitate to give me a call on 98783249 or [madge@alphalink.com.au](mailto:madge@alphalink.com.au) if you have any contacts.
- Gary Allsop (Honorary Director, Australasian Spinal Research Trust)

## AQA NEWS LINK Copy deadlines 2002

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

Issue	Deadline
October	30th September
December	30th November



# YOU ASKED A QUESTION???

## Travel Ideas

We have been asked a few times while doing peer support at the Royal Talbot Rehabilitation Centre and at numerous Country Clinics, if there were any travel agencies in Australia that dealt specifically with the disabled. Because we need more time and assistance to get around, many travel agencies aren't willing or able to offer a service for the disabled. But don't despair, there ARE travel agencies out there that can organise everything from carers, to accommodation, to suitable destinations. We have compiled this following list with the help of IDEAS Inc.

The tour operators are:

- Assist Travel Pty Ltd – (03) 5284 1284
- Ability Travel – (02) 9534 5973
- Accessible Kiwi Tours NZ – 64 7315 6988
- Crossroads Travel Centre – (02) 6582 5910
- Special Needs Tours – (02) 6058 1819
- Lyndwood Tours – (02) 9637 5669
- Crossroads Qld – (07) 3229 9011
- Rambler Tours – (03) 9480 4444
- Custom Travel – (07) 5534 7748
- J & P Australian Travels – (02) 9456 7770
- Respite Tours – (02) 4782 7611
- Special Care Travel – (07) 5538 3999
- SeeMore Scenic Tours (07) 3805 5588
- Ambleside Tours – (03) 9720 9800
- Care Away Assisted Tours – (02) 4872 2224

- Wheelchair Tours – (08) 9319 1292
- Ozmates Travel Pty Ltd – (03) 9434 5744
- Club Tours – (08) 9477 5768
- Conquest Travel – (07) 5524 6451
- Holiday Explorers Travel – (08) 8331 2399
- Leisure Options – (03) 5222 3738
- Wecare Tours – (02) 9670 6668

If you want further information on these tour operators and what they offer, just give them a call and they will be glad to answer any questions you may have. They will also send you a list of their upcoming scheduled tours. Happy holidaying...

**Nazim Erdem**

## STOP PRESS !!!

Following a discussion at a recent Spinal Clinic regarding a perceived need for advertising media to include an access element in any promotion of accommodation venues, it was coincidental and pleasing to see Getaway a few weeks ago. This show presented quite an extensive section on disabled travel and accommodation venues, both in and out of Australia. The segment is documented on their website <http://travel.ninemsn.com.au/getaway/askgetaway/2002/15/askgetaway3.asp>. AQA Victoria can also give you a copy of the segment – just give us a call on (03)9489 0777. We thank and congratulate Getaway for this much needed information.

**Kevin Bailey**

If you like what you are reading and **you are not a subscriber to News Link, why not subscribe now?** It only costs \$5 per year. You will receive an issue of News Link bi-monthly.

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DISABILITY (IF ANY): ..... LESION: .....

INTERESTS: .....

SIGNATURE: ..... DATE: .....

Post this form & the \$5 fee to : **AQA Victoria Ltd., P.O. Box 219, FAIRFIED 3078**

# CLASSIFIEDS

## For Sale

• **Wheelchair Hoist for van (BRAUN)**  
Wheelchair Lift, fits most vans, made by BRAUN "Best Lift Available", As new!  
**PRICE:** \$3,250  
**PHONE:** Luke 0438 227 212, A/H 9850 3775

• **Snappy Shoprider**  
Electric wheelchair, red with grey seat, 14 months old, cost \$4,400  
**PRICE:** \$3,000  
**PHONE:** Margaret/Kevin 9458 1087 Rosanna

• **Hand Controls**  
Brand new with spinner knob  
**PRICE:** \$490  
**PHONE:** Warrick 0412 030 962

• **1989 Toyota Hiace Commuter Bus**  
Seats 7 plus wheelchair occupant, Picon electric hoist, tracks / belts for wheelchair fitted, 124,000 kms  
**PRICE:** \$13,000 ono  
**PHONE:** Sharon/Mike 9874 7373 mobile 0407 503 668

• **Lightweight Folding Wheelchair**  
Push handles, arm rests, new tyres, foam cushion, anti tip bar, fold up footplates, 17 inch wide, back 16 high, all parts detachable, excellent condition  
**PRICE:** \$450 ono

• **Wheelchair Hoist**  
To suit folding wheelchair, suit older model car with roof gutters, motor just serviced, excellent condition.  
**PRICE:** \$700 ono  
**PHONE:** Tony 9579 0812 after 4.30pm

• **Sibbing Electric Wheelchair**  
3 years old, 2 new batteries, battery charger, very good condition  
**PRICE:** \$2000 ono  
**PHONE:** Colin 9758 3107

• **Chair Lift (Silver Glide)**  
Attaches to the wall, runs along the staircase of a house, 10 years old, very little used, cost \$7,500  
**PRICE:** \$3,000 ono  
**PHONE:** Beris Cartwright 9777 0398

• **Stair Lift Chair**  
Stair lift chair that takes occupant up or down stair case, 6 months old, mains operated with battery back-up, cost \$7,650 new  
**PRICE:** \$5,500  
**PHONE:** Ray Harman 5334 1148 Ballarat

• **Electric Wheelchair**  
Mobility limited, 17 in. wide, back 17 in., good condition, battery charger, hand book, table, cost \$5500  
**PRICE:** \$1500 ono  
**PHONE:** Gladice 9870 4439

## For Sale

• **Electric Wheelchair**  
Shoprider, 4 years old, good condition, charger  
**PRICE:** \$1800 ono  
**PHONE:** Christine 9439 5053

• **Free Rider 3 wheel scooter**  
12 months old, captains seat, delta controls, charger,  
**PRICE:** \$2750 ono

• **Electric adjustable bed**  
mattress as new  
**PRICE:** \$3000 ono

• **Electric Lift Reclining Chair**  
Smokey Dawson model  
**PRICE:** \$1000 ono

• **Manual Wheelchair**  
needs attention, breezy, fold up  
**PRICE:** \$300  
**PHONE:** Bianca 0403 504 101, 9534 5641

• **86 2 It Star Wagon Mitsubishi van**  
5 speed, Bruan hydraulic hoist, front and rear air conditioning, 105, 000 km, full service history, as new condition, gas shockers, updated suspension, bull bar, mags, RWC & registered until 8/2002, accommodated 4 passengers and wheelchair, dark blue  
**PRICE:** \$10,500 ono  
**PHONE:** Terry 5978 6062

• **SAAB 900i 1992**  
metallic blue, 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  
**PRICE:** \$9,900 ono  
**PHONE:** Colin on (03) 9399 8000  
**E-mail:** [gizbytes@optusnet.com.au](mailto:gizbytes@optusnet.com.au)

• **STANNAH Chair Lift - seat**  
- to fit side of stair case, VERY CHEAP, 2.6 metre lift. As new condition. Cost \$10,000,  
**PRICE:** \$500 ONO  
**PHONE:** Malcolm (03) 5974 8125, business (03) 5984 2247

• **Gazelle Motorised Wheelchair**  
4 yrs Old, very good condition  
**PRICE:** \$5,000 neg.  
**PHONE:** Sue 9878 2947

• **Wheelchair Trailer**  
Manufactured by RAL in Bendigo trailer with ramp on board, suitable for carrying Scooter or Power chair, hooks onto tow-bar, near new, single wheel, cost \$1850 new  
**PRICE:** \$1000 ono (Queenscliff)  
**CONTACT:** Chris Jolly 5258 2698

## For Sale

• **Plega Life & Massage Chair**  
(similar to a Jason recliner), lays back & takes to stnding, electronically operated with a massage function, velour material, excellent condition 3 years old  
**PRICE:** \$1800 neg.  
**CONTACT:** Kim 9748 7776

• **Toyota Hiace/Commuter - Dec. 1998**  
60,000 km's, Tieman hoist, dual air conditioning, 5 speed manual, 2.4 fuel injected motor, can take 2 wheelchairs + 5 adults inc. driver, excellent condition, RWC + Registration,  
**PRICE:** \$30,500  
**CONTACT:** Peter 9489 0777

• **Gazelle motrised wheelchair**  
very good condition, 4 years old  
**PRICE:** \$5000 neg.  
**CONTACT:** Sue 9878 2947

• **Flocon Hoist**  
Attaches to roof of car to transfer person in and out of car, manual, good condition  
**PRICE:** \$100 ono  
**PHONE:** Joy Casson (03)5027 4399 Dareton (near Mildura)

• **HSV R8 Club Sport Sedan**  
2000 model, red, 55,000 kms, hand controls, auto, leather interior, power sunroof & windows, airbags, premium brakes  
**PRICE:** \$45,000 ono  
**CONTACT:** Naz 9429 9894 or 0418 535 188

## WANTED

• **A hoist and or sling** (with neck support) wanted for a C4/5 quad.  
**PHONE:** 5526 7181 Brad

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