

AQA NEWS LINK

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

May 2003



Federation Square

What's There, Where & Access



Communication

Telstra Disability Products



Travel

Walhalla Goldfields Railway



AQA VICTORIA LTD.

Australian

Quadriplegic

Association

Victoria

A.Q.A. VICTORIA LTD

ABN 90 006 691 185

VICTORIAN BRANCH

440 Heidelberg Road

FAIRFIELD Vic. 3078

Ph: (03) 9489 0777

Fax: (03) 9482 4371

E-mail: admin@aqavic.org.au

POSTAL ADDRESS:

PO Box 219

FAIRFIELD Vic. 3078

TASMANIAN BRANCH

Ph: 1800 999 128

BOARD OF DIRECTORS

Peter Trethewey

Zac Carr

Bernie Bartels

Dr. Meredith Wallace

Kevin Bailey

Ivan Peterson

Paul Van Veenendaal

Stefan Galavodas

Tanya Clarke

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.

***NEWS LINK* may be quoted without permission provided that acknowledgement is made.**



NEWS LINK

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

In this issue . . .

NOTICE

- Austin & Repatriation Medical Centre Page 4

MEMBER NEWS

- AQA Victoria Member Survey Page 5
- Automobility - Wheelchair Access Conversion's Page 5

HEALTH

- First Aid Kits From Red Cross *By Christine Prisco* Page 6
- Yoga and Meditation For Women In Wheelchairs Page 6
- The Spinal Outreach Risk Reduction Team (SPORRT) Page 6

WHEELCHAIRS

- Dynamic Wheelchairs Page 7

FEATURE ARTICLE

- Federation Square *By Nazim Erdem* Page 8-9

TRAVEL

- Walhalla Goldfields Railway *By Sue Bayre & Steve Mollison* Page 10

COMMUNICATION

- Telstra Disability Products *By Nazim Erdem* Page 12

EDUCATION

- University Courses in Disability Related Areas *By Campbell Message* Page 13
- Art of Difference Festival, 2003 Page 13

SPORT

- Wheelchair Soccer Competition About to Start Page 14

NOTICES

- Using Disability Discrimination Law Page 15
- Celebrity Shirts For Spinal Cord Injury Page 15

REGULAR features

WHAT'S NEW IN PEER SUPPORT

By Peter V. Benthem

- Exercising Page 4

AQA VICTORIA MEMBER PROFILE

- Simon Damevski Page 7

LAUGH OUT LOUD!

- Jokes Page 11

WHEELCHAIR RUGBY

By Bryce Alman

- The Season So Far Page 14

CLASSIFIEDS

Page 16

Volume 17, Number 2

From the CEO

As you will see in Member News we are currently working on a Membership Survey and Information Sheet. This information will be used to assess how we can better assist you in the future. I would encourage all people who receive these documents to take the time to fill them in and return them to us as this is a perfect opportunity for you to help shape the future of AQA.



Another report on Federation Square this issue once again refers to areas of inaccessibility and inconvenience to people with disabilities. It is certainly disappointing that a new venue for the general public wouldn't have the latest features to accommodate all sections of the community.

I would like to welcome Wayne Bradshaw, a new staff member of the Information/Peer Support department. Wayne will assist in providing information to members and writing articles for the newsletter.

Enclosed in this edition you will find a copy of the AQA Privacy Policy. It is our intention from time to time to forward to members a copy of AQA Policies in order for you to obtain an understanding of the operation of AQA.

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

From the Editor

You will notice in this issue of News Link that we continue to get input from members. It is great that you are letting us know about places you have been, things you have heard or seen and good jokes that you have heard.



There's a great article written by two members who wrote about their trip to the 'Walhalla Goldfields Railway' on page 10 and another on page 13 on 'University courses in Disability Related Areas' which are both worth the read.

In the last issue of News Link, I mentioned that Simon Damevski would be taking over the position of editor. Unfortunately I have kept Simon very busy with the 'Member Survey' we are putting together that you can read more about on page 5. But don't despair because Simon should be taking the step up for the next issue. In the meantime, if you want to know more about Simon, he is this issue's 'AQA Victoria Member Profilee' on page 7.

I'd like to thank the members who provided information for this issue of News Link again and welcome other members input for future issues.

Finally, the Australasian Spinal Research Trust's fundraiser, 'Celebrity Shirts For Spinal Cord Research', will be held towards the end of this month at Flemington Racecourse. If you want to bid for one of the many famous peoples signed shirts, why not head down for a great cause? More details on page 15.

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



Special Needs Housing

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 and what's available, please feel free to ring Geoff Buck from Special Needs Housing on 0418 306 588



440 HEIDELBERG ROAD, FAIRFIELD. VIC. 3078
~ Photocopying ~ Printing ~ Newsletters ~

Ph: (03) 9489-0777

Business Services

THE DESIGN, ARTWORK & PRINTING FOR ALL YOUR BROCHURES, FLYERS, NEWSLETTERS AND ADVERTISING NEEDS. A QUALITY PHOTOCOPYING SERVICE (COLOUR & BLACK AND WHITE). WE ALSO PROVIDE A COMPETITIVE COPY PRINTING SERVICE AND A NATIONAL AND INTERNATIONAL FAX BUREAU FACILITY. CALL, NATASHA, MARK, MELANIE, DANIELLA, OR JOHN WHO WILL ONLY BE TO PLEASED TO HELP YOU.

What's new in PEER SUPPORT

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

Today members, well our lovely hot weather is behind us and the cooler season is approaching and for us Spinal Cord Injured (SCI) people this may mean less outdoor activities. Less outdoor activities means less exercise and exercise is very important to our health and well being.

SCI people who are overweight increase their risk with obesity, heart disease, high blood pressure, diabetes and other health problems that may contribute to a premature death. Weight management is smart for good health and well being. Physical activities and regular exercising can be fun and easy for all levels of SCI and there's a lot more to gain than just weight management.

Exercising can be a great way to manage your weight and improve your ability to do everyday activities. Have you ever heard the old saying? **"If you can move it & don't use it, you'll lose it"**. Meaning; you may have little movement in a certain part of your body but you chose not to move it because you think that it's too hard or it's of no use which then means those muscles will get weaker. The other way would be to exercise your weaker muscles to improve and strengthen them and gain more ability. This may take time to improve those weaker muscles but with professional help/advice and together with good old hard work it will definitely be a gain, so have a chat to your doctor, O.T, Physio etc. and get some advice to see what exercise would best suit you.

Basic exercise for all SCI levels

Exercise for higher level Quads (C1-C4) is hard to imagine, but it's possible. Breathing exercises are something that you can do yourself. You can start by doing a set of 4 breathing exercises twice in the morning and twice in the evening. As a result, you may help strengthen your respiratory system by increasing your lung capacity and lung expansion, which then in turn makes it easier to take deeper and stronger breaths.

1. Take a deep breath and hold it for 5 seconds...then slowly breathe out.
2. Take a deep breath as fast as possible together with taking in as much air as you can...then push the air out as fast as you can.
3. Take a deep breath and hold it...take another breath and hold it...Take one more breath before slowly breathing out.
4. Take a deep breath in... then breathe out counting out loud and as long as you can.

Other exercises like neck & shoulder movement can improve your strength and endurance. Start by doing 10 shoulder shrugs in the morning and 10 at night. If you have someone to help, you can ask them to hold your head and shoulders to provide some light resistance to your movements. Your assistant might also help with a range of

motion (ROM) exercises. When doing ROM, it helps if your arms and legs are lifted higher than your heart. This increases your heart rate because it is harder to push blood flow against gravity and you will benefit more from the activity.

C4-C5

Apart from breathing exercises you can exercise your range of motions with slight resistance e.g. Use elastic bands joined end to end... Fix one end to a door knob and other end to your wrist and pull against for resistance to your biceps or shoulders.

C6-C8

SCI people with injuries below C-5 could use dumbbell bar weights at gym or at home. You may have little or no hand grip but this can be overcome by wrist gloves or Velcro straps, to perform most of the typical push & pull bar exercises.

Conclusion: There are many ways to exercise and do physical activity. Some people are active around the house when doing yard work or chores, and others enjoy activities with their children. You may have a job that is physical, or you may enjoy physical activities in your leisure time. Mainly exercise and physical activities are beneficial to all people's health and well being, so think and be active.



Austin & Repatriation Medical Centre

Do you have problems getting an erection?

The Victorian Spinal Cord Service at the Austin and Repatriation Medical Centre is looking for volunteers to participate in a clinical trial examining the effect of a new oral treatment for erectile problems, in men who have had a spinal cord injury.

If you are interested in participating please contact Heather Amiconi on (03) 9496 5906.

*All information will be kept strictly
confidential*

AQA Victoria Member Survey

The Information / Peer Support Department of AQA Victoria is in the process of updating our members details. We are also in the process of working out the best way of being of service to our members.

In the next few weeks we will be sending out two forms to be completed by each member. Your cooperation in filling out these forms **WILL BE INVALUABLE**. So when you receive the forms, please take a few minutes to fill out the details.

We realize that your privacy is important and would like to assure you that any information we receive will be treated as strictly confidential. We will only be using the information we receive to provide a better service to you, our members.

The first form is;
Updating Member Details form
This form will be used to update our member database and to learn a little more about you so that we can better assist you. The information we get will also assist us in knowing how you would like to receive information from us; eg; mail, email. We would also like to know your views on peer support and if you'd like to be involved.

The second form is;
AQA Victoria Member Survey
Members filling out this form remain anonymous. The main aim of this survey is to find out what our members think about News Link, how our members spend their time, if they know how we can assist them, if they have tips or articles etc they can provide us to pass on, what they'd like to see on the

Information CD we are producing, what you think about our website, etc.

So when you receive the form and survey, don't just put them aside, please fill them out and return them in the reply paid envelopes provided. Help us to help you!

Once we have received and analysed your returned forms, the details will be available for those of you who are interested.

If you have any questions at all, please don't hesitate to give the Information Department a call on (03) 9489 0777 or email info@aqavic.org.au.

Note: If you would prefer to receive and return the form and survey by email or fax, please let us know.

Information/Peer Support Department



Automobility

Committed to quality

KIA CARNIVAL WHEELCHAIR ACCESS CONVERSION

- **FULLY FLAT FLOOR**
850mm wide, 2200mm long, 1500mm internal height
- Easily Operated Ramp
- Lap/Sash Wheelchair seat belt
- **1 or 2 WHEELCHAIRS** Capable
- seats up to **SIX PASSENGERS**
- **EXCELLENT VISIBILITY**
- **SELF DRIVE AVAILABLE**

Phone: (03) 9725 5755

Fax: (03) 9725 5788

Email: automob@hotmail.net.au

Website: www.automobility.com.au

First Aid Kits From Red Cross



Do you have a First Aid kit in your home and car? Do you ever come across situations where you need band-aids, bandages, tweezers or even helpful hints and instructions on First Aid procedures? Which First Aid kit should

you buy? I hope I can answer some of these questions for you!

Being prepared in an emergency situation is very important, whether it is in the home or when out in the car. Red Cross provides a wide range of kits suitable for most situations.

Each kit contains dressings, bandages and a minimum of 20 other items sealed in hygienic packaging. Each kit also contains a booklet or pamphlet containing helpful hints and instructions on First Aid procedures. All kits supplied by Red

Cross conform to Australian standards and relevant Occupational Health and Safety regulations in each state/territory.

Also enclosed is a list of kits available and the cost. If you are interested in purchasing a kit and still unsure which one you should buy, please call the First Aid Health and Safety Services Department at Red Cross on 1300 367 428. Alternatively you could call Christine Prisco at AQA on 9489 0777. Unfortunately AQA cannot subsidise your purchase of a First Aid Kit but we highly recommend the purchase.

You will find an insert in this issue of News Link with all the information you need from the Red Cross including an order form, so please don't just throw it away without having a look at it. There are many kits available from Personal Kits to Workplace Kits and range in price from \$23.10 to \$231.

Christine Prisco



Yoga and Meditation For Women In Wheelchairs



This is a special yoga and meditation class for women in wheelchairs, as well as women with restricted mobility. The classes are suitable for women of all ages.

This class is also suited to women with visual impairment.

A great opportunity to improve your well being and increase the potential of your body and mind. Activities like poses and breathing exercises will be designed to accommodate wheelchair based mobility. The class will be conducted by a female instructor.

Funded by the Moreland City Council

Cost: \$15 for 8 weeks

Venue: Warr Park Community Centre,
43 A De Carle St Brunswick 3056

Dates: 7th May to 25th June 2003

PH: 93869418 Fax: 93863209

The Spinal Outreach Risk Reduction Team (SPORRT).

A new group has formed from the Austin & Repatriation Medical Centre (ARMC) that is about prevention and education of all matters related to SCI health (pressure sores, UTI's etc). The professionals that work in this team are all experienced with SCI people out in the community.

The **Spinal Outreach Risk Reduction Team (SPORRT)** is a **free** community outreach team linked to the Victorian Spinal Cord Service. The team's goal is to assist people with SCI's to maintain their health and well-being through encouraging early intervention to reduce the risk of complications and hospitalisation. The team includes a Spinal Nurse, Physiotherapist and Occupational Therapist. They are able to work with clients and their support networks.

This may include assessment in the home environment, referrals for new equipment, home modifications, and co-ordination of referrals to other services. The team also aims to raise awareness in the community about complications of spinal cord injuries, by working with community agencies.

Contact can be made with the team by phone on (03) 9496 5351. There is a 24 hour answering machine that is checked twice daily, Mon-Fri, or you can get in contact by e-mail on sporrt@armc.org.au.

AQA Victoria Member Profile



Name: Simon Damevski

Disability & Level: I'm a 29 year old T7 Paraplegic

Are you Married/Single? Single

Do you have children? No

How did you acquire your disability? Work accident – I fell 6 meters off a roof on November 1999.

What is your living situation? Living at home with mum & sister.

Your Survival Tip for others? Look both ways when crossing the road.

What has been your most embarrassing moment since you have been using a wheelchair for mobility? Being seen together with Peter Van Benthem at Northland.

Your greatest achievement? Surviving my accident as I clinically died four times.

What do you do with your time? Work for AQA on Thursdays, work for a kennel breeding Dobermann's and German Shepherds 6 days a week, train my dog four times a week so that I can compete in the sport of Schutzhund, go to the footy every second week with a group of friends to watch Collingwood, go freshwater fishing when I have spare time - usually in the seasons of Autumn, Winter and Spring and try to spend as much time as possible with family and friends.

Why did you choose to live in the Country/City?

I had no choice as the house I live in is my parents and I can't afford to live anywhere else at the moment. The positives are that there are many places to go out in the evening within close proximity (eg dinner, cafes, bars, pubs etc.)

Your best holiday spot and why?

Vienna, Austria. I went well before my accident and it was a very pretty and classy city, it's very much like Melbourne in culture. I would recommend Vienna to anyone in any position.

What food do you like best? Seafood

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

I'd buy a country retreat of 5 acres in Marysville and a helicopter.

DYNAMIC WHEELCHAIRS

Unit 17, 14-26 Audsley Street, Clayton. 3168

PO Box 4081 Mulgrave, 3170

Ph: (03) 9548 8400 Fax: (03) 9548 8411

Email: dynamicw@hotmail.net.au

- LARGEST RANGE OF CUSTOM LIGHTWEIGHT MANUAL WHEELCHAIRS
- IMPORTED - QUICKIE, INVACARE
- LOCALLY MANUFACTURED BY - A-1 MOBILITY
- FOR QUALITY, COMFORT, STYLE AND STRENGTH
- FOLDING, RIGID AND SUSPENSION FRAMES (over 15 models to choose from)
- CHILDREN TO ADULTS
- INDIVIDUALLY MEASURED & HIGHLY ADJUSTABLE
- PERSONALISED SERVICE TO HOME, HOSPITAL AND REHABILITATION

SEATING PRODUCTS

- EXPERIENCED SUPPLIERS OF: JAY, ROHO, INVACARE
- A WIDE RANGE OF ACCESSORIES AND SPARE PARTS
- SPORTS WHEELCHAIRS & RECREATION EQUIPMENT



Suspension Chair



Folding Chair

FOR FURTHER INFORMATION CONTACT: Mike De Santo

Federation Square

I've been meaning to go to Federation Square ever since the open day they held there last year. I only made the move after reading the trouble Randy Gibbins had and wrote about in his article "Stuck in a disabled lift at Federation Square" in the last issue of News Link.

After looking and finally finding parking in a commercial carpark (\$7 all day for weekends), which I must admit is located handy to Federation Square, I made my way to the Square around the back of the Ian Potter Centre and through the Atrium and down Flinders Street. The carpark is accessed from Flinders Street right across the end of Russell Street (at the very east point of Federation Square).

Federation Square is a creative mix of attractions and public open spaces embraced by, some say ugly, some say remarkable architecture and engineering. The Square is the heart of Federation Square, and its design allows for a wide variety of uses, from the largest scale public gatherings of up to 15,000 people to intimate areas for relaxation.

One feature of the Square that can't be missed is the huge screen attached to the eastern wall of the Transport building which is really a modern pub that has nothing to do with Transport. The screen faces north-east and can be seen from just about anywhere in the Square. It is at a good height and can be seen even if people are standing in front of you. The screen will be used to show special events, music videos, slide shows, etc.

The surface of the Square is made up of cobblestones of various coloured Kimberley sandstone which can be a nuisance to wheelchair users.

Although a fair bit of thought would have gone into developing Federation Square, wheelchair access could have been better. There are steps all over the place but ramps and access points are provided at MOST of these areas. A couple of places where wheelchair access is not provided is on Flinders Street to the top level of the Square (you have to go near the corner of Swanston Street to get ramped access) as well as down to the Yarra River from the Square and the Ian Potter Centre, access here can be gained by a gently sloping ramp from Swanston Street.

The Square rises up steadily at Swanston Street towards the east providing access at an upper level to many of the cafes, restaurants and other buildings of Federation Square.

The Square is the size of an entire city block where people can meet or stroll admiring the views or eat and sip coffee at the many cafes, restaurants, shops etc. The project took four years to complete and cost \$430 million.

Some of the main attractions/buildings at Federation Square are;

- Melbourne Visitor Centre
- The Ian Potter Centre – NGV Australia
- Australian Centre for the Moving Image – ACMI
- The Atrium
- BMW Edge

- The Transport
- Zinc at Federation Square
- Victorian Wine Precinct
- SBS Radio, Television and Online
- Birrarung Marr

Melbourne Visitor Centre is situated on the corner of Flinders and Swanston Street's directly across Flinders Street Train Station. The Centre is a one stop shop for discovering what Melbourne and Victoria has to offer. It is a large, stand-alone building that is accessed from street level.

It is a little bit deceiving because once you enter, there is a large counter which looks like the information desk. I thought this unattended bare desk was all that the Melbourne Visitor Centre had to offer at first. After waiting for a couple of minutes for someone to



attend the desk to give me information, I noticed some stairs where people were making their way up from below street level to the level I was on and exiting the building, beside the stairs was also a lift. I found out soon after (thanks to the lack of signage) that the REAL visitor centre was downstairs. I was pleasantly surprised after I made my way downstairs (in a proper lift). The room was huge and jam packed with all sorts of information including, brochures on just about anything Victoria had to offer,

transport timetables, maps, etc. There was also internet access and a well stocked souvenir shop. I found the Melbourne Visitor Centre to be very well worth the visit and the staff very friendly and helpful.

The Ian Potter Centre – NGV (National Gallery of Victoria) Australia, named after Sir Ian Potter (1902 - 1994) who was the founder and benefactor of The Ian Potter Foundation, is the largest building at Federation Square and located at the far east of the complex. The Ian Potter Centre is home to the world's first major gallery dedicated exclusively to Australian art. It is a spectacular showcase made up of over 20 galleries.

NVG Australia shows the history of Australian art from the Colonial period and the Heidelberg School through to contemporary art, and includes photography, prints and drawings, fashion and textiles, decorative arts, and a suite of galleries dedicated to Aboriginal and Torres Strait Islander art.

The walkway throughout the gallery is set out in such a way that it is hard to miss any of the displays – it is set out like a very large figure 8. The design and layout is excellent and best of all entry is free.

The Australian Centre for the Moving Image, which is located in the Alfred Deakin Building on Flinders Street, is the first centre of its kind in the world. It is dedicated to the moving image in all its forms from early cinema to the latest digital media.

The facility is dedicated to the preservation, exhibition and promotion of Victorian, Australian and International screen content and reflects on over one hundred years of Australia's presence at the forefront of the moving image industries. Set across four levels of the building, it houses two multi format cinemas, the world's largest

dedicated Screen Gallery and hands-on public activities, educational and production zones. Entry is free but they do have a charge for some of their programs.

The Atrium is a remarkable huge galleria like structure made of glass, steel and zinc. The Atrium is surrounded by the Ian Potter Centre, the Function Centre, bars, cafes, and shops. Access to all that Federation Square has to offer can be gained from here.

There is access down to the Yarra River (no wheelchair access) and up to the Square by stairs and an accessible lift. This is the supposedly dedicated 'disabled lift' that Randy had trouble with a few months ago. From the Atrium, the lift is situated to the left of the stairs that leads up to the Square - the lift is difficult to find because of the lack of signs. The poor design of the lift looks like it was a victim of cost cutting. It is difficult to enter and exit because the doors aren't the sliding type - they need to be pulled open to enter and pushed outwards to exit. Like Randy mentioned in his article, it is small and nearly impossible to maneuver a chair in (I was only just able to spin around in my chair because my chair is a smaller manual type). So a word of warning to others, if it is possible, have someone travel in the lift with you.

The BMW Edge (named because of the generous support of the BMW Group Australia of the fit-out) provides a public theatre for incidental daily events, casual entertainment or ticketed musical, comedy and other performances. A 290 - 450 seat indoor amphitheatre situated at the river end of the Atrium, the BMW Edge has been designed for music, small to medium scale theatre, comedy, talks, presentations, launches and cabaret. The MCG, Alexandra Gardens, the Arts Centre spire and the Yarra River are all in view through the crystalline lining of the venue.

The Transport is a three level modern pub offering people a place to relax and enjoy fantastic design, drinks, good food, and some of the best views in Melbourne. Another feature of the building is the huge screen attached on the outside of the eastern wall that I mentioned earlier.

Zinc at Federation Square combines prominent Yarra River frontage with sweeping views of the Botanical Gardens and the heritage listed boatsheds.

Victorian Wine Precinct will be a complete wine experience. It will allow people the chance of experiencing wine in a variety of environments and methods.

SBS Radio, Television and Online includes the Melbourne studios and offices of SBS, which is Australia's national multicultural and multilingual public broadcaster. One fact that I wasn't aware of is that they are the only network in the world that broadcasts in 60 languages - no other network comes close.

Birrarung Marr, Melbourne's newest park opened in 2002. The name Birrarung Marr comes from the Woiwurrung language of the Wurundjeri people who originally inhabited this area. Birrarung is the word for "river of mist" and Marr is the word for "side of the river". Birrarung Marr is a 'modern-styled' park which has been designed to include three terraces which provide suitable locations

for different events. It contains many features of interest and provides spectacular views of the city and the river. Barbeque facilities are also provided and located on the riverbank.

Birrarung Marr is located next to Federation Square and is one of the closest parks to the city centre. Just across the Yarra River are the Alexandra Gardens, which were laid out in 1904. Together these 'old' and 'new' style parks form a wonderful area of parkland focused on the Yarra River.

Wheelchair access to the park can be made at two points. First is from Swanston Street using a gently sloping walkway. While I was making my way down, there was a very large and impressive photography display all the way down to the river. The other way of getting to the river is by using one of two lift's at the carpark which is located to the east of Federation Square (beside the Ian Potter Centre). There aren't any signs making you aware of these lifts and the access to the Yarra River. The lift can be found next to the parking payment machine to the south of the car park entrance.

Please Note: Not all buildings are open to the public yet eg; Transport and the Victorian Wine Precinct, so ring the number below to confirm before you decide to make the trip.

For further information;

Phone: (03) 9639 2800

Email: fedsq@fedsq.com

Web: www.fedsq.com

In conclusion I'd like to say that while Federation Square has some great places of interest, for a project that was built from scratch, I'd have thought it would have the most up to date access for people with disabilities. It is disappointing to note that this is not the case and I can only hope that some improvements will be made in the future.

Nazim Erdem



1. Australian Centre for the Moving Image
2. Atrium
3. BMW Edge
4. Crossbar
5. The Ian Potter Centre - NGV Australia
6. Melbourne Visitor Centre
7. SBS
8. Transport
9. Victorian Wine Precinct
10. Yarra Building
11. Zinc at Federation Square
12. Birrarung Marr

Walhalla Goldfields Railway

“Hi guys, Steve and I recently went to the Walhalla Goldfields Railway to have a look around and go on a train ride. We wanted the members to know about it because we thoroughly enjoyed it and think others will too. The area, as well as the train is wheelchair accessible - and we got special attention as well which we also enjoyed.

I’ve been wanting to tell you about it for a while and thought I better do it now.”

Sue Bayre & Steve Mollison

The Moe to Walhalla railway was one of the four experimental narrow gauge routes constructed early this century by the Victorian Railways to develop isolated districts where conventional broad gauge lines would incur prohibitive construction costs.

At the turn of the century, Walhalla was one of the largest towns in Gippsland. Even though it was one of the richest gold mining areas in the state, Walhalla still relied on horse drawn transport for all its supplies.

After years of lobbying, delays, political obstruction and lack of funds, construction of the Moe to Walhalla railway began in 1904, finally reaching Walhalla in 1910. Unfortunately, by the time the railway arrived in Walhalla, gold reserves were in decline and nearly all of the mines had closed within a few years of the train’s arrival.

Ironically, the railway which was meant to bring prosperity, contributed to its rapid decline. The railway carried away many of the town’s buildings and machinery as people moved on to find work in other areas.

The railway operated to Walhalla until 1944, and the final section from Erica to Moe closed in 1954. The entire line was eventually dismantled between 1958 and 1962. Only a number of timber trestle bridges and the substantial steel and concrete bridge over the Thomson River survived the wreckers. The rolling stock was transferred to other lines with some still in operation on the Puffing Billy line in the Dandenong Ranges.

Since its closure over 40 years ago, the Moe to Walhalla railway has languished in obscurity and neglect. Considered a masterpiece of railway engineering, the most spectacular section of the railway clings to a narrow ledge blasted along the southern side of Stringers Creek Gorge from the Thomson River to Walhalla.

This section of track is now being constructed by the Walhalla Goldfields Railway, a non-profit organisation whose volunteer members are making rapid progress on this impressive project.

There was nothing left, apart from derelict bridges, of the original railway, so everything had to be rebuilt from the ground up since 1993. Tracks, points, buildings, everything! In April 1994, the Walhalla Goldfields Railway was officially opened and trains started running again within station limits at Thomson. In October 1994, restoration of the Thomson River Bridge was completed and trains once again began their winding journey up Stringers Creek Gorge. The railway line has been progressively extended towards Walhalla and now has reached this.

A ride on the Walhalla Goldfields Railway is a picturesque experience. As the train leaves the station, it crosses



the spectacular Thomson River Bridge high above the swirling waters of the Thomson River. Once over the bridge, the railway begins to twist and turn as it clings to a narrow ledge on the southern face of Stringers Creek Gorge. Metres below, the creek follows the train’s route, at some points the tracks are so close to the edge that ornate dry stone walls were constructed to carry the rails. The railway has the sharpest curves of any railway constructed in Victoria. As the train negotiates its way up the gorge, you pass many signs of the gold era, exotic European trees, foundations of homes long gone, telegraph poles and neglected garden beds.

If you’re visiting Walhalla or the surrounding area, you shouldn’t miss the journey on the Walhalla Goldfields Railway. All passenger carriages are fully enclosed from the elements and wheelchair friendly.

The Walhalla Goldfields Railway is an easy day trip from both the La Trobe Valley and Melbourne – it is 181 kilometers and a 3½ hour drive east from Melbourne. Trains are available for charter for any function including birthdays, parties, etc

Trains operate Saturdays, Sundays, school holidays and public holidays. Call “Timetable Information” on (03) 9513 3969 for further details.

Third Opinion

A man takes his dog to the vet, it hasn't been that well lately, moping around, eating poorly. The vet puts the man's dog on the gurney and checks him out, looks down his throat, under its fur, underneath its tail, then shakes his head and says to the man, I'm so sorry, there is not much time left for your dog.

The man was shocked and upset and says "but he was fine yesterday, I demand a second opinion", the vet says "fair enough" and calls out "puss, puss, puss" and then this smart looking cat runs into the surgery, runs around to the dogs arse, smells it, and then shakes his head sadly from side to side. The vet says to the man "there is your second opinion, I'm afraid".

The man still can't believe his dog is going to die, demands a third opinion, the vet says, "fair enough", and whistles, and says "here doggy, here doggy", and then this lively looking labrador runs in, goes up to the sick dog, sniffs it's arse and then shakes his head from side to side looking sad. The vet says to the man, "I'm sorry there is nothing more I can do",

The man, looking defeated then says to the vet, "how much do I owe you then mate?", the vet says "\$700". The man says \$700 !!!!, are you joking??? The vet then says "well, it would have been \$70 but you demanded a cat scan and a lab report!!!!

Life After Death

A couple made a deal that whoever died first would come back and inform the other of the afterlife. The biggest fear was that there was no heaven.

After a long life, the husband was the first to go, and true to his word, he made contact. "Mary...Mary...."

"Is that you, Fred?"

"Yes, I've come back like we agreed."

"What's it like?"

"Well, I get up in the morning, I have sex. I have breakfast, I have sex. I bathe in the sun, then I have sex twice. I have lunch, then sex pretty much all afternoon. After supper, I have sex until late at night. The next day it starts again."

"Oh, Fred you surely must be in heaven."

"Not exactly, I'm a rabbit in Kansas."

Proof

A little while back Tony Blair called George Bush and said: "Mr. President, I'm running into a lot of opposition at home on this Iraq matter... do you have any real proof that Saddam has weapons of mass destruction?" Bush answered: "Sure. We have the receipts."

Food For Thought

If 4 out of 5 people SUFFER from diarrhea... does that mean that one enjoys it?.

A Bad Drunk

A woman walks into a top floor pub and sees a really good looking bloke sitting at the bar. She goes over and asks him what he's drinking. He says, Magic Bitter. She thinks he's a bit of a tripper, so she keeps walking around the pub.

After realising that there's no one else worth talking to, she goes back to the same bloke sitting at the bar. She says, that isn't really Magic Bitter, is it? He says, Yes. I'll show you. So, he takes a gulp of the bitter, jumps out the window, flies around the building three times, comes back in the window, and takes his seat at the bar. She can't believe it. So she says to him, I bet you can't do that again. So, he takes another drink of the bitter, jumps out the window, flies around the building three times, and comes back in the window. She is amazed. She says that she wants a Magic Bitter.

So the bloke says to the bartender, give her a pint of what I'm having. He gets her a pint, she takes a gulp, jumps out the window, plummets 30 storeys, breaks every bone in her body, and dies. The bartender looks up at the bloke and says, Superman - you're such a bastard when you're pissed.

The Writer

There was once a young man who, in his youth, professed his desire to become a great writer. When asked to define great, he said, "I want to write stuff that the whole world will read, stuff that people will react to on a truly emotional level, stuff that will make them scream, cry, howl in pain and anger!" He now works for Microsoft writing error messages.

Skip Work

A woman and two men all work at the same office for a female boss who always goes

home early. Hey, says the brunette, let's go home early tomorrow. She'll never know. So the next day, they all leave right after the boss does.

The first guy gets in 9 holes of golf, the second guy goes to a pub, and the blonde goes home to find her husband having sex with the female boss! She quietly sneaks out of the house and returns at her normal time.

That was fun, the men agreed. We should do it again sometime. No way, says the blonde. I almost got caught.

Clairvoyant Son

One night, a father passed by his son's room and heard his son praying: God bless Mummy, Daddy, and Grandma. Ta ta, Grandpa. The father didn't quite know what this meant, but was glad his son was praying.

The next morning, they found Grandpa dead on the floor of a heart attack. The father reassured himself that it was just a coincidence, but was still a bit spooked.

The next night, he heard his son praying again: God bless Mummy and Daddy. Ta ta, Grandma. The father was worried, but decided to wait until morning. Sure enough, the next morning Grandma was on the floor, dead of a heart attack.

Really scared now, the father decided to wait outside his son's door the next night. And sure enough, the boy started to pray: God bless Mummy. Ta ta, Daddy. Now the father was really s#!ling himself. He stayed up all night, and went to the doctor's early the next day to make sure his health was fine.

When he finally came home, his wife was waiting on the porch. She said, Thank God you're here — we could really use your help! We found the milkman dead on our porch this morning!

Message From Above

A man was robbing a house in the middle of the night. All of a sudden, he heard a parrot cry out. "Jesus is gonna get you." The robber ignored it, and takes the TV. Again, the parrot cries out. "Jesus is gonna get you." The robber started to get a little worried. "What's your name, birdie?" "Moses." "What dumbass named you Moses?" "The same dumbass who called his rottweiler Jesus." ."

Thanks to everyone that sent
in jokes for this issue!

Telstra Disability Products

The Telstra Disability Services Unit has launched the on-line version of the disability product catalogue. The catalogue can be found at <http://www.telstra.com.au/disability/catalogue/>

The on-line catalogue features products available through Telstra's Disability Equipment Program, which supplies eligible customers (people who rent their phones) with a range of specialised telephone equipment at the same cost as a standard telephone rental.

To find a specific solution, product information is organised into the categories listed below:

- Hearing
- Speech
- Vision
- Mobility and Dexterity
- Rental Telephones

The category that will interest and benefit us guys in wheelchairs is "Mobility and Dexterity". Items in this section are meant to alleviate mobility and dexterity problems - such as if you have trouble getting to the phone, holding the handset, or dialing numbers on a standard key pad. Items available to us free of charge - if we are renting a phone from Telstra are;

TOUCHPHONE 400

This is currently Telstra's standard home and business telephone handset. It is an excellent option if you have impaired dexterity which makes it difficult dialling a number. It has a number of features that are designed to make it easy to use, including adjustable ring volume, large keypad, one-touch memory buttons and one-touch keys to make dialling easier for people with impaired dexterity.



Features

- 8 programmable one-touch memory buttons
- Large buttons with high contrast lettering for accurate dialling
- Tactile orientation mark on the '5' key
- Lightweight handpiece
- One-touch buttons for faster access to Telstra's phone features: Call Waiting, Call Forward, 3-Way Chat and Call Back

- One touch redial button
- Flexibility to customise the phone to meet your needs

TEL35HANDSFREE

The Tel 35 Handsfree provides full handsfree operation for people who are unable to easily hold a telephone handset. It would be the preferred option – for me anyway.



Features

- Handsfree speaker that eliminates the need for the handset
- Three one-touch memories, 10 two-touch memories for frequently called numbers
- No mains power required
- Liquid Crystal Display provides information such as call duration and last number dialled
- Adjustable ringer volume
- Visual ring indicator flashes to indicate an incoming call
- Time display

HOLDAPHONE

If you have difficulty holding a telephone handset, the Holdaphone is a mechanical device with a handset holder and lever that allows you to have a private conversation without having to hold the handset.



ADDITIONAL SOCKET

If you have impaired mobility and cannot get to the telephone in time to answer calls, Telstra can provide an additional socket (phone outlet), which will allow you to position the phone where it is most convenient for you.



If you want further information regarding equipment available to people with a disability, you can call Telstra Assistance on 1800 068 424. They will also be happy to send you a hard copy of the catalogue.

University Courses In Disability Related Areas

Many people may have completed year 12 or done some previous TAFE or University study before their accidents, and then never returned. But the experience gained just through having a disability, or through working in any capacity with people who have disabilities is invaluable. Whether you have completed a degree in another area, or want to start studying, there are numerous courses available.

Firstly, I will quickly introduce myself. My name is Campbell Message (yes, as in send a message!) and I used to do volunteer work one day a week at AQA and I am a paraplegic. I am doing a graduate diploma in rehabilitation at La Trobe at the moment, so feel free to contact me regarding any questions about this or any other study related matters that you may have.

Anyone who has a disability and would like to work or study in the disability field has got an advantage over non-disabled people in that they have experienced the day to day issues relating to it. So anybody who may be considering entering the workplace, changing jobs, or just wanting to help others in the disability area, should see their disability as a valuable skill. As mentioned earlier, a lot of people may have completed year 12 or done some study before their accident, and never gone back. On the other hand, some people may have little schooling experience. In either case, there are some fantastic courses that can pave the way for people to enter into rewarding employment.

RMIT in Bundoora offer a number of disability related courses in the Department of Psychology and Disability Studies. They offer a Graduate Diploma in Disability Studies, a Bachelor of Applied Science (specialising in intellectual disabilities) and higher research degrees (Masters and PhD) for

people wanting to specialise in a particular disability study.

Entry to these courses have some minimum entry requirements of either certain year 12 subjects (for the Bachelor of Applied Science), or some 3 year related degree (for the Graduate Diploma). Also taken into account is experience in the disability sector, and a commitment to post graduate study.

RMIT is just one of many universities offering some disability related study. La Trobe University offer a number of courses as well. I have been accepted to the Graduate Diploma in Rehabilitation at La Trobe, based on a Bachelor of Arts in philosophy (which has very little to do with rehabilitation). The reason I was accepted was that I have experienced disability on a personal level and have done a small amount of work with a Disability organisation.

Furthermore, if anyone is interested in doing a university course but has little schooling, it may be possible to get into the TAFE system first, and a successfully completed course could give you some credits towards a university degree.

This is just a small introduction for anyone thinking about doing a degree. People who have disabilities do

have valuable experience that is needed in the work force, and it seems universities are more and more catering to this trend. Anyone who is interested can contact myself, or just ring up the universities or look them up on the web.

La Trobe University;
<http://www.latrobe.edu.au/>

School of Public Health
http://www.latrobe.edu.au/publichealth/courses/programs/public_health.html

RMIT Disability Studies;
<http://www.rmit.edu.au/departments/ps/Ph.99257376>

TAFE courses directory;
www.otte.vic.gov.au

Deakin University, Disability Studies;
<http://www.hbs.deakin.edu.au/DisabilityStudies/default.asp>

Melbourne University, Disability studies and Integration Unit;
<http://www.edfac.unimelb.edu.au/LED/DSI/index.shtml>

Campbell Message

Art of Difference Festival, 2003

The Art of Difference Festival will be held from the 12th May to the 24th May. It features performances, workshops, an industry seminar, visual workshops arts exhibition, gala event & more.

Festival Days (including workshops, etc.) 23rd & 24th May, 2003

The Art of Difference Festival will be held at "Gasworks Arts Park,
21 Graham Street, Albert Park.

To receive the full festival program or for further information, please contact Jacque (Coordinator) on 0425 783 727 or email

jack@gasworks.org.au

Wheelchair Rugby

info@aqavic.org.au



A shuffle in personnel and the advent of rule changes has failed to stop the Harley Eagles leading the way with the most wins midway through Season 1, 2003. Many of the able bodied players took several weeks to adjust to the rule changes constantly pulling up short of the goal line. Old hands Terry and Bernie, in combination with Andy, Steve and Christian have overpowered their opposition on most occasions this season. Full time referee Gabe Caluguri swapped his whistle for a playing shirt and has become the workhorse for the Spokebusters. Combining with veterans Cliff Clarke and John Koumourou and supported by Kevin Perrit, a team that is down on points on paper continually pushes their opposition to the limit. The Redbacks, whilst having the most speed on court have lacked consistency throughout the season and this showed in a mammoth struggle against Harley Eagles in mid April. Pegging back a 9 goal lead in a quarter and a half, the Redbacks forced the Harleys into overtime and went on to lose by 4 goals. Rod 'The Rock' McNeil continues to surprise his opposition with his ability to force turnovers on the lines. The Vikings made up of Erdem brothers, Naz and Muhammed along with Nathan, Jason and rookie Shane are starting to be a serious force and are improving every game.

With 5 rounds left, the struggle to secure top spot on the ladder is on with the semi-finals to be held on the 6th of June and the finals on the 13th.

If you are interested in playing, watching or officiating, we would love to see you at the Whitehorse Aquatic and Leisure Centre, corner of Elgar and Canterbury Roads, Box Hill. Games kick off at 7pm every Friday night.

Training for the State team commenced in March and the first round of the new look National competition kicks off in

Melbourne on the 23rd, 24th and 25th of May at the Melbourne Sports and Aquatic Centre. Visiting states NSW and WA will tackle Coloplast Melbourne Thunder for first round points in what promises to be an exciting opening round. On show will be up to 7 members of the current National Team looking to improve their skills and press for National selection to Athens in 2004. The team then heads to Adelaide in June to tackle WA and SA. In July the competition heads to Queensland and unfortunately this round is a bye for Thunder. The final round is in August in Sydney where all states will attend in a last round clash for points before the National champions are crowned.

In a bid to fine tune some skills an under manned State squad, took on the might of South Australia in Mildura in a 3 game series for the Spiller Cup last weekend. Although being convincingly beaten, Cliff Clarke returned from a spell to show he could still compete at National level, and Andy Kendall played solid minutes to increase his experience in a lead up to the Nationals.

Wheelchair Soccer Competition about to begin

The Wheelchair Soccer Season is about to begin in June. Leisure Action has been working alongside the Victorian Soccer Federation (VSF) to develop this sport which is accessible to people of all abilities. Wheelchair Soccer is a modified version of field soccer and is based at Broadmeadows Leisure Centre and RecWest Community Centre over a 12 week competition played on Saturdays. This is a fantastic opportunity for people to be part of a valued team, learn new skills and most of all have fun!

There will be two Come'n'Try days in May leading up to the competition. If you would like more information about Wheelchair Soccer or the Come 'n' Try days please contact Kara or Dianne at Leisure Action on 9894 8966.

E-mail: kabakumenko@scopevic.org.au or deggins@scopevic.org.au

Using Disability Discrimination Law

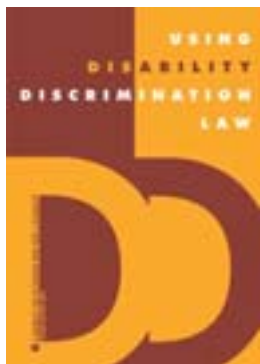
'Using Disability Discrimination Law' is a free 36 page booklet published by Victoria Legal Aid, the Disability Discrimination Legal Service and Villamanta Legal Service.

This booklet is for people with disabilities, their carers and relevant workers. The booklet identifies what is and isn't disability discrimination according to the law. It covers the differences between state and federal laws and what is involved in making a complaint. It also outlines legal options and where to get more help.

The booklet was recently updated and focus tested with people with disabilities. Case studies and examples are used throughout.

Free copies can be ordered by emailing Chris Shelley ChrisSh@vla.vic.gov.au or phoning her on (03) 9269 0223. AQA has also got the booklet in .PDF format which we are able to email members, just give the Information / Peer Support Department a call on (03) 9489 0777.

Other free legal aid publications can be viewed at: <http://www.legalaid.vic.gov.au/publications.cfm?publication=1>



Celebrity Shirts For Spinal Cord Injury



The Australasian Spinal Research Trust is holding a fundraiser for Spinal Cord Research on Saturday May 31st 2003 at a dinner function at the Atrium, the Grandstand 2nd Floor, Flemington Racecourse.

At Celebrity Shirts For Spinal Cord Research, we will be auctioning the Celebrity Shirts donated by various celebrities including sportspeople, actors, TV personalities, authors, politicians and various sporting clubs from all around the country and overseas. Your support is encouraged and everybody is welcome to come to the event at the Flemington Racecourse, enjoy a 3 course meal, all drinks, entertainment, special guests, auctions, raffles and lots of prizes.

Tickets are \$110 per person and if you get a table of 10 together, \$100 each. Bookings essential, please call Gary on (03) 9878 3249 or email me at madge@alphalink.com.au

If you would like to register a bid for any of the shirts or items prior to the function, have a look at the items listed at: www.celebrityshirts.com.au and you can email me on madge@alphalink.com.au to register a bid for any of the items.

If you can help in any way by putting me in touch with any potential sponsors, donors of products, or celebrities, or if you have something you can donate personally, I would sincerely appreciate it.

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.

AQA NEWS LINK SUBSCRIPTION FORM

NAME (Mr/Mrs/Miss/Ms/Company):

ADDRESS:

SUBURB: STATE: POSTCODE:

PHONE NO.: (.....) Email:.....

DATE OF BIRTH:/...../..... OCCUPATION:

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

• Flocon Auto Lifter

Hydraulic hoist to lift people from wheelchair into car. Sits on the roof. Very little use. Cost \$2,200

PRICE: \$1,000

CONTACT: Heather Paterson 5155 3009 (Lakes Entrance)

• 1999 Hyundai Excel Flash-cab

Air, Low km's, 2 door hatch, room for 2 people plus wheelchair, white colour

PRICE: \$32,000

CONTACT: Wilma Graham 5828 8270 (Shepparton)

• Chrysler Grand Voyager SE

2000 model, modified with rear electric ramp, wheelchair can be secured in a number of position including beside driver, vehicle can seat up to five people as well as the person in the wheelchair, fitted with hand-controls, also included is a six stacker CD player and UHF two way radio, plus all the extras of the Grand Voyager. All modifications are certified and modification plates fitted to car, driven only 17,000 km's

PRICE: \$60,000 ono

CONTACT: Carmel Noy (07) 4959 8684

• 3 Motor Scooters

All less than 2 years old, all in excellent condition

-Shoprider Snappy (power chair)

PRICE: \$4,200 neg.

-Deluxe Shoprider (motor scooter)

PRICE: \$5,200 neg.

-Shoprider 777na (motor scooter)

6 months old and still under warranty

PRICE: \$2,200 neg.

CONTACT: Peter 0408 069 705, Marisa Grossi (03)9563 6638 or 0419 008 521

• Electric Wheelchair

Metalite Powerchair, model P2-EWCM, 5 years old and in excellent condition,

Roho pressure relief cushion & backrest

PRICE: \$1,800

CONTACT: Maree Reaby 9583 6178 or 9553 0800 or email l.reaby@optusnet.com.au

• 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: \$4,500

PHONE: Ray Harman 5334 1148 Ballarat

For Sale

• Electric Wheelchair

Shoprider, 4 years old, good condition, charger

PRICE: \$1,000 ono

PHONE: Christine 9439 5053

• Gazelle Motorised Wheelchair

4 yrs Old, very good condition. Chair has been rarely used.

PRICE: \$3,000 negotiable

PHONE: Sue 9878 2947

• Voltswagon Transporter

1999 model, 63,000 km's, Braun L918 hoist (fitted October 2002) in rear, 2.5 ltr petrol engine, 5 speed, air conditioning, fittings for wheelchair and seat for carer, spare passenger seat, RWC

PRICE: \$29,500 ono

PHONE: Sue (03)5382 2138 (AH) Horsham

• TOYOTA HIACE COMMUTER BUS

1989 model, Seats 6 + wheelchair, Mobile Tec hoist, with locking points & straps, 12 month reg, 88,000 kms, Dual heating & A/C, 5 speed, Excellent Condition inside & out, RWC

PRICE: \$13,900 ono

PHONE: Jeni 9874 2101 (AH)

WANTED

• CHEAP MOTORISED WHEELCHAIR

Member wants to purchase a cheap motorized wheelchair. He is looking at paying 100's and not 1,000's of dollars. If you can help please contact the Information Department of AQA Vic. on 489 0777.

• Second hand wheels to suit "Mobility Plus". Must be 24 inch. Will pay up to \$200 for a pair

PHONE: Steve 9876 2576 or

EMAIL: steve.mollison@axa.com.au

• A hoist and or sling (with neck support) wanted for a C4/5 quad.

PHONE: 5526 7181 Brad

Advertise in News Link!

Got anything to sell?
Advertise here and get rid of
things that are lying around!