

AQA NEWS LINK

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

August 2004



ATHENS 2004
PARALYMPIC GAMES

Paralympic Games

APC Announces 2004 Australian
Paralympic Team

Day at the Races

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A.Q.A. NEWS LINK is the official newsletter of A.Q.A. Victoria Limited, 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.

A.Q.A. Victoria Limited always welcomes articles for News Link. Please feel free to send in your contribution. Articles will be published at the discretion of the Editor who also has the right to edit all submissions as it sees fit.

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

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From the CEO

It is great to see articles on “Women’s Issues” returning to the newsletter and I would like to welcome Anna Leyden to her new position in the Information/Peer Support Department. I am sure you will find Anna’s first article both interesting and informative.



I would also like to wish the Australian Wheelchair Rugby team the very best for the coming Paralympics in Athens and in-particular Nazim Erdem from AQA who is part of the team. This will be a wonderful experience for all those involved and we look forward to following their progress.

Ian Bennett

Chief Executive Officer

ianbennett@aqavic.org.au

From the Editor

G’day members,

In this issue of News Link, you can read all about the upcoming Paralympic games in Athens and changes to the Australian team since Sydney on page 5.



We are also offering a couple of great prizes to members who send us an article, fill out a ‘Member Profile’, or make a contribution to News Link in any way possible. *See page 11 for the details.*

There’s a great article written by Wayne Bradshaw on page 10. It just goes to show that even if it is difficult doing something you like, it’s always worthwhile in the end.

If you participated in our ‘Member Survey’ last year, you can find Part 2 of the results on page 12.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au



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Thinking & Doing Differently

Pat Fratangelo & Michael Kendrick will be hosting an event on Exploring Possible Future Options for Services & People who are Genuine about Achieving Authentic Results with Individuals who Require Support. They have 60 years experience between them in practically resolving such issues and this event will aim to cover:

- The assistance required to enable people who require support to live real & ordinary lives that are routinely & generally available to other community members.
- What prevents people from seeing that people with support needs can have the same possibilities as all citizens i.e. to live, work, recreate & develop friendships of their choosing in the community.
- Key decisions & strategies that would help an organisation move from a rhetorical level or achieving only minor results with a few people, to a more widespread, systematic & comparably more optimal implementation of personalised support options for more people.
- How to balance the need to resolve key issues that may stand in the way of practical progress.
- How to define & maintain quality as a central & intense component of person centered solutions
- How we can look beyond our comfort zone & feel confident to venture into a new ways of supporting people rather than being overly reliant on familiar, standardised or traditional methods of doing business
- Exploring creative alternatives to costly formal supports
- How we can & should partner with people who need support, families, allies, services, community, regulatory and funding bodies to gain the assistance wanted and needed to develop change & create authentic personalised support options

Venue: Box Hill Town Hall, 1022 Whitehorse Rd Box Hill Melbourne

Time: Monday 30th August, 9.00 am – 4.30 pm.
Payment is required by 26.08.04 as places are limited.

Registration form & costs can be obtained from:

Deb Rouget

Phone: 0412 001388 or (03) 9723 3656

Email: debrouget@netspace.net.au or

Delia Fisher

Phone: (03) 9569 2089

E-fix Wheel System

Looking for an alternative for an electric wheelchair?



Alber offers the e-fix wheels, motorized electric wheels that attach onto the frame of your manual chair. The electric motors are located in the wheel hubs of the drive wheels and the small hand control unit is on level with the arm rest (it has 2 operating speeds). The lightweight battery is simply hung under the seat.

The drive wheels can also be disengaged and the wheelchair pushed again by hand in the usual manner. It is also possible to still use the manual wheels on most wheelchair models and it's very easy to dismantle into 4 parts without using a tool. It's simply small, light, manoeuvrable and fits onto almost all wheelchair models.

For further details please visit www.ulrich-alber.de

To purchase the E-fix Wheel System you can contact Ian McLean at Microsafe Australia P/L on (03) 9803 8642.



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APC Announces 2004 Australian Paralympic Team



The Australian Paralympic Committee (APC) is proud to announce the 2004 Australian Paralympic Team for the Athens Paralympic Games.

The APC has selected the best 143 athletes from around the country to represent Australia at what is to be the largest Paralympic Games ever held. In Athens, our elite athletes will compete against the best 4000 Paralympians in the world from 130 countries.

After our team's successes in Sydney, where we posted our highest medal tally in Paralympic history (149 Medals, 63 Gold), the expectations on our 2004 team are high.



Being host nation in 2000, we had the luxury of having our largest team ever of 278 athletes. In 2004, we have a virtually 'new' team, with 49 percent of our athletes competing in their first Paralympic Games. This new generation of athletes reflects the rebuilding that has occurred over the past four years across all Paralympic sports.

No surprises to the team is the inclusion of three time Paralympic Gold Medallist Louise Sauvage, and Paralympic and World Singles Tennis Champion David Hall.



Photo: Louise Sauvage in action in the Womens 800 Metres

Representing Australia for the incredible achievement of nine times at a Paralympic Games is the most experienced of the team, shooter Libby Kosmalas from South Australia.

The 'baby' of the Paralympic Team for 2004 is fifteen year old Ryley Batt from Port Macquarie in NSW, who is a member of the Australian Wheelchair Rugby Team.



Photo:The Australian Rugby Team were silver medalists in Sydney 2000. They're hoping to go one step better in Athens and bring home the gold.

The APC is confident we have chosen the best possible Australian team to continue Australia's reputation as one of the greatest nations in the world in Paralympic sport.



Australia will contest 12 sports in Athens - Athletics, Archery, Wheelchair Tennis, Cycling, Equestrian, Judo, Powerlifting, Wheelchair Rugby, Sailing, Shooting, Swimming and Wheelchair Basketball (men and women).

For further details on the Paralympics and who has made the Australian Team please visit www.paralympic.org.au



Recently I picked up a pearl



No, I was not diving out of Broome, nor was I crawling around under my grandmothers' wardrobe. I called in to visit someone that I knew slightly and the pearl was the unit of Noel and Penny McKennar as I got to know them better.

What a privilege it was to spend some time with them! Noel, who features in our current Member Profile, is a natural story-teller with wit and flair. Penny can also add her own gems to keep the conversation entertaining, while their son, whom I didn't see for that long, showed that he won't fall far from the main tree. They also have a daughter whom I only saw briefly as I left from my first visit.

I think Noel is one of Echuca's best kept secrets and could indeed be of valuable service to that community

as some sort of ambassador in their Port precinct. He has certainly gained a variety of experiences from when he was taller, until an injury whilst playing football enabled him to see life from a different angle. To the casual observer Noel has a fairly reduced capacity for activities, but he chooses to do as much as he can with what he has – attending clearing sales to seek materials for chook cages and building up a stud mob of dog teasers.

My involvement with SCI is certainly less acute than some and my access to car travel is something that I am very fortunate with. This has allowed me the opportunity to meet some beautiful people that I was too busy to get to know before. I have made some wonderful friends through the past few years and I feel that my path is literally strewn with pearls just waiting for me.

Perhaps there are a lot of pearls sitting there for you to pick up also?

**Cheers till next time,
Kevin Bailey.**

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**What do you do with your time?**

Watch sport, play with my computer, go fishing & camping, go to clearing sales and potter around outside (weather permitting)

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

Country as I'm a country boy at heart

Your best holiday spot and why?

Wanganella on the Billibong Creek. It's in the middle of nowhere, the fishing is good and it's another 100 miles from the big smoke

What food do you like best?

Free and lots of it

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

I'll spread a fair bit of it out around so that lots of people have a little bit. Setup a kennel of dish lickers (Greyhounds)

Do you have an internet site you would recommend?

www.ebay.com (for info on any sudden interest)

Name: Noel McKenner

Age: I'm 42 years of age.

Disability & Level: C6 Quad

Are you Married/Single?

Married

Do you have children?

Yes, I have 2

How did you acquire your disability?

Playing footy in 1990

What is your living situation?

Live at home with my wife

Your Survival Tip for others?

Don't take life too seriously

The most embarrassing moment since you have been using a wheelchair for mobility?

I was at a clearing sale and a mongrel Heeler cocked his leg on me

Your greatest achievement?

Putting grins on peoples faces (usually when I'm leaving)



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Women's Health Victoria

"facilitating access to quality women's health information"

Our Mission

Maintain and promote an understanding of women's health from a feminist perspective through a clearinghouse of women's health information.

Advocate for women and work with other organisations for better health outcomes for women.

What is Women's Health Victoria?

Women's Health Victoria is an independent state-wide women's health promotion, advocacy and health information service which works largely in partnership with other organisations including:

- Women's services
- Health service providers
- Other health information providers
- Health policy/opinion leaders
- University-based researchers

What do we do?

A core component of our work is operating a women's health information clearinghouse, where health information is collected from a variety of sources using a range of information-gathering processes. The information is then sorted, filtered, analysed and interpreted enabling us to deliver the following services and activities:

- A library rich in high quality, independent and current women's health information
- A multi layered website www.whv.org.au
- Independent women's health information packages
- Annotated bibliographies on other issues as requested
- An interchange point for credible & reliable health information
- A telephone health information line
- A daily women's health newspaper clipping service
- Advocacy for better health outcomes for women
- Public forums on a range of topical issues
- Research and Development

The Clearinghouse collects information that is in English. Access to information in languages other than English is easily obtained through pathways identified on our website www.whv.org.au and in our library.

We work collaboratively on carefully selected projects through, being the lead agency, auspicing, co-operating with other organisations being a member of consortia.

Women's Health Victoria is the auspicing body for the Women with Disabilities: Strategic Consumer Advocacy Project and we work in partnership with the Victorian Women with Disabilities Network.

www.whv.org.au



Wheelchair Mammograms



Hello everyone, welcome to the next addition of Women's Issues. It has been some time since News Link has had Women's Issues articles and I am proud to say that I have become part of the Peer-Support team and will be bringing to you on a regular bases Woman related articles. Please let

me introduce myself, my name is Anna Leyden and I will be working part-time for the Peer Support department and part of my duties will be to presenting Women's Issues to Newslink. If for any reason you would like to contact me my email address is annaleyden@aqavic.org.au

You may be wondering who I am? And what I can bring to the Peer Support department and to Women's Issues. Some of you may already know me and others may have read an article that I wrote for Newslink in 2003 regarding the birth of my two children. Hopefully, this gave you an insight into my background. For those of you who don't know of me, I have been a T2 paraplegic for 28 years. I was fifteen years of age when the car I was a passenger in struck a tree. Since then I have extensively travelled overseas and within Australia, I have married and had two children (my son is 16 and my daughter is 14), worked most of my adult life, returned to school completing a number of courses and most of all fulfilled some of my dreams. All in all, I have not allowed my disability to get in the way of things I have wanted to achieve and experience in my life. Over the past 28 years I have experienced many things and I would like to share these with you in the upcoming additions of Newslink. I hope you will find them interesting and informative.

Please let me take this opportunity to ask you all, if you have any interesting articles or experiences you would like to share with other members of Newslink please feel free to send them into me or email them to A.Q.A. If for any reason you cannot email them in, please feel free to call me on 9484 0777 or 1800 999 128 (Country and Tasmanin Members) and we can discuss your matter over the phone as I am more than happy to write the article for you with your approval.

I would like my first article to highlight mammograms and the importance of having them done. This experience can be daunting for some and easy for others so my first article comes to you from Helen Scott. She is a country

girl and a quadriplegic. Helen Scott thought it would be of interest to us ladies and to ensure that we too need to look after ourselves as breast cancer does not distinguish between quadriplegics and paraplegics and the rest of the female population.

What a Hoot! A Country Experience in Bairnsdale

Probably thought it couldn't be done, a mammogram from the wheelchair? Well I've got news for you girls; the two-yearly letter from Breascreen duly arrived with a summons to attend. I immediately thought, "sh*t"! On checking further there was no mistake.

So the day arrived and I set off with my husband in tow. You may ask, why my husband? And I'm sure that's what the radiologist thought when my husband followed me down the corridor. He had a strange look on his face like "we've got a funny two-some here"!

On checking with the radiologist about whether she'd had a difficult patient that day she said, "no". I proudly advised "well I'm it: your first and last difficult patient for the day, hopefully". You see, when boobs were given out I don't know where I was but I was never well-endowed, and trying to get my dear little mammaries on that wretched plastic tray requires great dexterity from me, the radiologist and my husband.

X-Ray machines rest on your lap but castors get in the way of the stand, knees get in the way, arms get in the way and your head also gets in the way. From then on you are pushed in the rear (by my husband), poked, lifted, twisted and prodded (by the radiologist) with so many sorry's interspersed with laughter, and then comes the squash. There is no backing off, I can assure you! My husband was convinced at one stage he was pushing my back so hard he thought his hand imprint would be in the X-ray!

Once the four photos were completed, we waited to see if they were successful. Two were and two weren't, so two had to be re-done. Not my lucky day! We eventually departed after thanking the radiologist profusely for her patience.

If you treat the appointment lightly and make a joke of it, the three of you do not get stressed out. However, a strong cappuccino afterwards goes down well. Come to think of it my husband and I are pro's at this as it was my fifth mammogram after becoming a quad 13 years ago. So take heart girls and keep up those mammograms!

Helen Scott, RMB 4416, Bairnsdale. 5157 6331



Day at the Races



Zac Carr and I are both very keen race enthusiasts so we decided, by phone, to make our way to Caulfield Race Course for the Caulfield Guinness. Zac had been given a hot tip in the first race.

Zac, who lives in the outer Northern Suburbs, was going to get his mother to drive him to the Broadmeadows Station so he could catch the train. I fortunately can drive so the trip from home, which is in the outer Eastern Suburbs, would take about an hour. We arranged to meet inside the front gate before the first race which was scheduled for a 12.30pm start. Knowing Caulfield Guinness Day is a big event and a large crowd is expected I decided to leave home at 10.00am to give myself plenty of time to get there so that I can put something down on this hot tip.

I had previously been told that I could park in the Members Car Park using my Disabled Parking sticker. As I started to drive, on this very warm sunny November day, to the Members Car Park I was feeling very excited about the day which would include catching up with Zac, knocking back a few light beers and hopefully backing the odd winner or two. When I got to the car park there was a bit of a line to get in, so I waited patiently for the people in front of me to park their cars. I finally got to the entrance where the attendant informed me that there was wheelchair parking on the actual course, so heeding to his advice I drove to the car park on course. The traffic on course was a lot lighter so it didn't take long to get there. I drove in and flashed my disabled sticker at the attendant and parked right near the entrance. Excellent, 11.00am and plenty of time to back Zac's tip, or so I thought. I got out the car, fixed my attire, boy did I look smart, and then pushed my way to the entrance gate.

The day was starting to warm up and by the time I had reached the gate sweat was beginning to well on my brow. As I pulled out my wallet to pay the attendant, he told me that there is a tunnel under the track which is accessed by stairs only (no ramp) and that I could not come in this way. Being a complete T4 Para and on my own, I asked the attendant how do I get in? He told me that I should park in the Members car park, I thought great, as I just came from there. Back to the car I went, pulled the chair apart, dragged it in, and attempted to drive out of the car park which was an effort in itself, when you consider everyone else is driving in. After all, it's supposed to be one-way only and people were giving me dirty looks left right and centre.

I finally got out and headed back to the Members car park and it was now 11.30am. I waited patiently for my turn to enter again when the attendant recognizes me and starts trying to tell me that I must park on the course proper. I gave him the dirtiest look and said "for f*!# sake, I can't walk and how the hell do I get down the stairs?" He then said "park wherever you want!" I then parked the car, got out again and by now I was very hot and sweaty. The entrance gate is at the top of the car park and the car park is grass so the going was quite tough. I got to the gate where the attendant again tells me you can't get in here as there is a tunnel under the road which is accessed by stairs only. I thought great! I asked him again "How do I get out of here" and he said "there's a gate in the corner where you can go through and then cross the road to the entrance." "Ok" I said and off I headed towards the gate.

Finally, I'm nearly there and only 200 metres to Zac. It's getting very close to race time and I should just make it in time! As I get to the hinged gate I notice that there are cars parked right up to it. The problem now is that when I pull the gate open I could not get passed it because of the parked cars. Rather annoyed and sweating profusely, the only way out is where I'd come in from. Down the hill I roll, attendant looks at me very weirdly and says nothing, he stops the cars to let me out and off I push for another 500 metres to the front gate. It is very hot now and there are people everywhere. I really feel dejected, however I am going to persist and keep going as I don't want to let anyone down even though the thought had crossed my mind. I finally got to the entrance, paid my money and in at last! Zac was waiting just inside the gate as arranged,



sees me and says “what happened, you’re late?” All I said was “I need a cold beer!”

“Well Waynie, you will need to go to the toilet first and wash your face as it has turned black.” Zac said. He then asked “what have you been doing?” I told him about my whole ordeal and he couldn’t believe the run around that I had endured.

Sometimes you just have to put up with people not understanding what a wheelchair user needs just to access a venue. You have no choice but to put up with it, it’s just what happens, although in general the public is getting better.

I am so glad I didn’t give up because we had a great day, a lot of laughs and plenty of nice cold light beers.

P.S. the hot tip ran last

Reason for sharing this information?

Be persistent and stick to your goals even though it’s not easy at times. In the end you will feel better because you persisted and you achieved the result you were after, the same pleasures you enjoyed before your accident. Now, go on and give it a go as you might surprise yourself.

Written by Wayne Bradshaw

Win Great Prizes



1st Prize

Dinner voucher at St. Arnou Hotel, City \$50 (expires 30-11-04)



2nd Prize

2 Hoyts Cinema Passes (each admits 1 adult)

Read below to find out all details on how to qualify

Members who have sent in an Article, Members Profile or made a contribution in other ways to News Link this year will go into a draw to win the above prizes. If you too would like to enter this draw, you have till the 10th of September to send in your contribution via post (P.O. Box 219, Fairfield VIC 3078) or email to the Editor : simondamevski@aqavic.org.au

Dynamic Wheelchairs

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Fax: (03) 9548 8411

Email: dynamicw@hotmail.com



Survey Results – Part 2

Over the next few issues of News Link, we will publish some of the results of the eleven questions asked in the survey. In the last issue, we covered your responses to question 1. If you can't wait for the results to be published in News Link, pick up the phone or jump on your computer and contact us on (03) 9489 0777, FreeCall for Country and Tasmania members 1800 999 128, or email info@aqavic.org.au

In question 2 of the survey, we wanted to gauge with who our members spent most of their time with, we also wanted to gain an understanding of what they did with their time.

Here's what we found;

Member's time spent with.

- 66% spend time with family
- 52% spend time with friends
- 24% spend time with social groups
- 22% spend time with pets

Other regular companions/supports mentioned were partner, carers, nurses, wife and dog, volunteer and church groups.

Member's work activities.

- 31% unemployed
- 19% volunteer work
- 18% part-time work
- 8% full time work
- 8% self employed

Other types of work mentioned are retired, home duties, and student.

Member's schooling since injury.

- 13% university
- 8% TAFE
- 7% secondary school
- 2% primary

Other schooling mentioned was trade and technical school. This question wasn't answered very well because it wasn't clear enough but because a large majority of SCI people have their injury after their teenage years, their education doesn't suffer. Most members have a high level of education.

Member's hobbies and leisure activities

The top 10 in the list was:

1. movies/TV 49%
2. reading 43%
3. music 40%
4. computers 39%
5. dining 38%
6. football 33%
7. shopping 31%
8. traveling 29%
9. driving 27%
10. motor sports, pets & gardening all on 25%

Others hobby and leisure activities mentioned were lawn bowls, table tennis, 8-ball & snooker, darts, shooting, ballroom dancing, painting, bingo, woodwork, local service club, walking the dog, cards, cricket, sailing, wine collecting, and in their workshop

This question showed us that many of our members have a good support network of friends and family and they have a wide variety of leisure activities that they participate in – we have been utilising these members in our peer support programs as well as by way of News Link articles and notices.

Life Skills Day

The next 'Life Skills Day' has been changed to Wednesday 6th October 2004 and is to be held at the Royal Talbot in Kew.

The purpose of this day is to give patients an idea of what options there are out there for them. Patients also get the opportunity to meet and chat with others who have had a spinal injury for a few years.

Although the day is aimed at people who are doing rehabilitation, there is limited space for people who have a spinal cord injury or anyone else that is interested. If you would like to attend one of the following days, please RSVP to Peter or Naz at AQA Victoria; Phone (03) 9489 0777, FreeCall 1800 999 128 (Country Victoria and Tasmania only), email info@aqavic.org.au

- Wednesday 6th October 2004
- Wednesday 15th December 2004



“Tips for Traveling in Tasmania”

Campbell Town Toilets

Here's a little tip for Interstate visitors when they stop to use the accessible toilets in Campbell Town. The first problem you face is getting from the parking area to the footpath. At first glance the pram ramp you have to use, (there is only one), looks rather innocuous, believe me it isn't. At hand is a small lip you have to get up that if I didn't know better was designed to flip an unsuspecting wheelchair user onto their back. The toilets themselves are quite spacious but again this can lead to a problem especially if you are like me and use a large chair. I've checked both toilets and this advice applies to both. To gain entry BACK in. The doors open inwards and if you push straight in it's nearly impossible to close them behind you. From there on it's up to you.

Update to above article!

I have an update on the access to the footpath from the car park at the above toilet stop. Last week on a trip to Hobart I stopped to let the dog out for a stretch and I was blown away by what I saw. Not only have the council put in a new ramp, it's so good you feel like you're going downhill when you push on it. Congratulations to all concerned at the Campbell Town Council.

On the same trip I stopped at the BP service station in Bagdad which is 37 kilometres north of Hobart. As I pulled in I noticed a very old and tattered wheelchair sign on the ladies toilet. I asked the attendant as he was topping up the tank if the toilet was truly accessible. He replied that he didn't really know because in the three years he had been the owner nobody in a wheelchair had ever used the toilet. I told him I would have a look and give him my verdict if he was interested. Surprise, surprise, it was great. Nice wide door which had a good lock and plenty of room to move a chair around. There were no hand rails and I can't remember if it had a hand basin. Anyway, I gave the owner my advice on the hand rails etc. but I wouldn't hold my breath. Notwithstanding, if you get the urge to go and you're near Bagdad at the very least you'll get your chair in.

**Happy motoring,
Peter Lloyd**

Smiths Beach Ramp – Access For All Abilities

Commencing in 2001, a community project by the 'Smiths Beach Ramp Group' (SBRG) was initiated to construct a 100 metre (long) 'switchback-ramp at Smiths Beach, Phillip Island.

The ramp will replace one set of '52 very steep' steps and will make this magnificent safe family Surf Beach surf beach '**accessible to all.**'

Phillip Island Nature Park (PINP) manages the land where the ramp is to be constructed and they support the project 100%. PINP have provided drawings, engineer's reports, etc, however SBRG had to find the funds for construction and materials.

The ramp was originally costed at \$65,000 (labour & materials) but through the generosity of many people the project's cost has been reduced to approximately \$16,000.

The Planning Permit has been issued and construction can proceed providing the funds to pay for the materials are there.

The shortfall of approximately \$6,000 is required to enable the ramp to be constructed by the end of September 2004. The aim is to have the ramp completed by the end of the Paralympic games in Athens.

To help raise the \$6,000 shortfall, SBRG have come up with an innovative idea, they are offering boards/planks for sale. Anyone wishing to purchase a board for \$50, will have their name engraved/routed into the board. The board will be part of the ramp for the life-time of the ramp.

AQA has purchased a board so why don't you.

To purchase a plank, please provide name(s) and cheque for \$50 (for each name or family) made payable to;

'Smiths Beach Ramp'
Smiths Beach Ramp Group
PO Box 3188
Doncaster East 3109

For further information, please contact Dawn King - Coordinator Smiths Beach Ramp Group on (03) 9846 6566 or 0431 474 049.



The American Way

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

“Not very long,” answered the Mexican.

“But then, why didn’t you stay out longer and catch more?” asked the American.

The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, “But what do you do with the rest of your time?”

“I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, have a few drinks, play the guitar, and sing a few songs . . . I have a full life.”

The American interrupted, “I have an MBA from Harvard and I can help you!

You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat. With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge enterprise.”

“How long would that take?” asked the Mexican.

“Twenty, perhaps twenty-five years,” replied the American.

“And after that?”

“Afterwards? That’s when it gets really interesting,” answered the American, laughing. “When your business gets really big, you can start selling stocks and make millions!”

“Millions? Really? And after that?”

“After that you’ll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta, and spend your evenings drinking and enjoying your friends.”

Gorilla Removalist

A man wakes up one morning to find a gorilla on his roof so he looks in the yellow pages and sure enough, there’s an ad for “Gorilla Removers”.

He calls the number, and the gorilla remover says he’ll be over in 30 minutes. The gorilla remover arrives and gets out of his van. He’s got a ladder, a baseball bat, a shotgun and a mean old pit bull.

“What are you going to do?” the homeowner asks.

“I’m going to put this ladder up against the roof, then I’m going to go up there and knock the gorilla off the roof with this baseball bat.”

“When the gorilla falls off, the pit bull is trained to grab his testicles and not let go. The gorilla will then be subdued enough for me to put him in the cage in the back of the van.”

He hands the shotgun to the homeowner. “What’s the shotgun for?” asks the homeowner.

“If the gorilla knocks me off the roof, shoot the dog!”

For Sale

Pride Scooter

4 wheeled Scooter, Pride - Zoom 4, red and grey, new - used for only 500 metres, very light 13 kg, 12 months guarantee, cost \$3,000 new

Price: \$2,300 ono

Phone: 9369 7660 Margaret

Fischer & Paykel Scooter

Excellent condition with both arm rests able to tilt. Lambs wool seat & arm rest covers and a carry basket in the front.

Price: \$2,800

Phone: (03) 9727 1993 Therese

Mobile: 0409 947 593 Gary

STOP PRESS – Wheelchair Rugby Nationals

The last round of the Nationals are being played at the Melbourne Aquatic Centre in Albert Park 12th – 15th of August. Come down and support the Melbourne Thunder. For further details call Wheelchair Sports Victoria 9473 0133

CLASSIFIEDS

For Sale

House For Sale

House For Sale in Hallam, wheelchair accessible, 24 squares, 4 bedrooms, lower kitchen, vanities etc., large kitchen and lounge, garage, close to shops, schools and public transport.

Price: \$280,000

Phone: Michelle from LJ Hooker; 9707 2155

Mobile: 0414 774 816

House For Sale - Mooroolbark Victoria

Wheelchair accessible home in excellent condition on a flat site in prime position close to Chirnside Park, Mooroolbark and Lilydale shopping centres; schools and medical practice in the same street. Open plan living in family/dining/kitchen area with separate lounge and office, 4 bedrooms with built in robes and master bedroom has en-suite, Ducted heating and reverse cycle air-conditioning, Recently painted internally, Large single car garage with remote control tilt door, Low maintenance secluded garden with entertainment area and built in BBQ, Spa set on a low level back deck, Fully self-contained bungalow, Telebus goes right past the front door. Available from the end of June, early July this year...ready to just walk in and enjoy.

Price: \$319,000 will negotiate with the right person!

Phone: 9726 4481 Bruce or Diana Charsley

For Sale

Wheelchair Handcycle Conversion

Transform your everyday chair into a high-performance hand cycle. The 'Shadow Cycle-One' attaches and detaches quickly and easily to most wheelchair makes and models. It is made in the USA and has 21 gears and brake and is in as new condition. New \$3200.

Price: \$1,650 ono

Phone: (03) 9578 1539 Robert Waryszak

Email: robxv1100@hotmail.com

House For Sale - Altona

Brick home (2 residences) near Newport. Downstairs has wide passages, lounge-room, kitchen, laundry and large special bathroom for disabled. Wonderful bedroom for star resident plus two others. Central heating throughout.

Upstairs has new kitchen, two bedrooms with built-in robes, lounge-room and bathroom. Gas space heating and reverse cycle air conditioning. Sound-proof glass wall at top of stairs.

T.A.C. ramps back and front, lovely corner block, garage and generous storage.

Price: High 300's Negotiable

Phone: 0417 317 771 Michael or Tassie
0423 557 771 at Michael Hinds Real Estate or
owner Suzanne 9327 3550 or 9327 3222

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Post this form and the \$5 fee to : **AQA Victoria Ltd., PO Box 219, FAIRFIELD 3078**

CLASSIFIEDS

For Sale

1994 Ford Flash-cab

White stationwagon with 4 litre dual fuel engine, auto, P/steering, air-con. Ultimate vehicle for disabled comfort. Car has been fully retsored and has only done 120,00 kms. , RWC + Reg.

Price: \$20,000

Phone: (03) 9471 4511 or 0409 007 123 Steve

1996 EL Ford Falcon Flash-cab

maritius metallic blue color, completely reupholstered including all seats, new brakes all round, new suspension, tinted windows, transmission is under warranty. All tests are welcome. This car will suit the most fastidious buyer. RWC.

Price: \$20,000 ono

Phone: (03) 9579 1899 Chris

Phone: (03) 9579 5644 Mark

Fischer & Paykel Scooter

Excellent condition with both arm rests able to tilt. Lambs wool seat & arm rest covers and a carry basket in the front.

Price: \$2,800

Phone: (03) 9727 1993 Therese

Mobile: 0409 947 593 Gary

Electric Chair

Siblings Esprit Floater electric chair, custom built for 5' 10", fully upholstered chair with Tilt 'n' Space recline. Soft touch control pad and over \$3,000 worth of options & accessories - excellent condition.

Price: \$7,000 ono

Phone: (03) 9727 1993 Therese

Mobile: 0409 947 593 Gary

VW Campervan

Poptop campervan with disabled hydrolic lift chair converted by 'Swift Motor Conversions' (not a wheelchair hoist). 1988 model, 143,00 km, mag wheels. Excellent condition. Call for details of hydrolic seat.

Price: \$17,000

Phone: (03) 9836 7773 Veronika Banhidi

For Sale

Commodore VP station wagon

Auto, metallic green, late 92 model, left & right accelerators, lightened steering with ball, push button electric handbrake, front electric windows, cruise control, CD player, air conditioning, remote control locking, dual fuel, genuine Commodore alloy rims, tinted windows, Feb 05 regisration, RWC supplied.

Price: \$7,200 ono

Phone: (03) 9324 0572 Joe

1999 Freewheeler Combo

Wheelchair Accessible vehicle, excellent condition throughout, 50,000kms, manual transmission, air conditioning, PMH133

Price: \$27,500 ono

Phone: (03) 9583 8009 AH Bill

Mobile: 0419 889 336 BH Glen Waverley

Tilt 'N' Space wheelchair

Tilt 'N' Space wheelchair with power tilt seat, Jay Deep Contour cushion (16" X 18"), new adjustable posturpedic seat, new front wheels, 2 x new h/duty batteries with quick charger and adjustable joystick control. All maintenance and improvemnts made in the last 9 months by L & R Health Care Centre. This chair would normally cost around \$10,000

Price: \$5,000 negotiable

Mobile: 0412 476 388 Tony Palmieri

Wheelchair Hoist

Ricon 8100 Electric/Hydraulic hoist, 1m lift, 300kg, Underbody type to suit large van or mobile home. Good condition

Price: \$1,000

Phone: 08 97348767 or a/h 08 97971184 Graham

Hydraulic Hoist

Ricon F9001 hydraulic hoist, underbody type, suit large van, good condition, use to be fitted to a 97 Iveca van. Hoist is in Western Australia.

Price: \$1,500 ono

Phone: 08 97348767 or a/h 08 97971184 Graham

... More Classifieds on page 15 & 14