



NEWS LINK

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

February 2004



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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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Volume 18, Number 1

From the CEO

I'd like to welcome all our readers to another year of reading and information from AQA. We will endeavour to bring you interesting and informative articles that cover a wide range of topics. We also hope you will continue to send in your articles to provide that personal account of what is happening in the world around us.



As you will read we are very sad to report the passing away of Rees Houston. Rees was a member of AQA for many years and also worked on the newsletter a couple of years ago. Our sincere condolences go to Rees's family and friends.

AQA has recently undergone a Business Services Review by the Department of Family & Community Services. We are currently waiting on this report but feedback by the consultant was very positive and we envisage the report will be favourable. Staff are also currently preparing for our ISO 9001 Accreditation which we will undertake mid March 2004. We consider that these processes are a necessary part of continuous improvement and look forward to the challenges they will provide.

Ian Bennett

Chief Executive Officer

ianbennett@aqavic.org.au

AQA Competition Winner

Congratulations to Keith Taylor from Warrnambool. He is the lucky winner of the portable CD player that we offered as a prize to all members who had renewed their membership not only for this year but 2005 as well (see December 2003 issue).

This time around, we have got 3 complimentary gift vouchers, valued at \$25 each, to be used at Bob Jane T-Marts in Ballarat. The vouchers entitle the holder to a Dynamic wheel balance, tyre and wheel safety check, rotation of tyres, air pressure check and adjustment.

If you would like one of the vouchers, you must register your name with us (PH: (03) 9489-0777, Toll Free: 1800 999 128 (Tas. & Country Vic. only), Email: info@aqavic.org.au) by Friday the 26th of February - winners will be notified on the 1st of March. Please note that the vouchers can only be redeemed in Ballarat.

Look out for future issues of News Link because we plan to run further competitions on a regular basis.

From the Editor

G'day members,

Firstly, I hope you had a safe and happy Christmas and New Year.

In this edition, you will find an article regarding Assistance Dogs for people with higher needs. I know of two people who utilise these specially trained animals and have gained great independence and are now living a much happier and fulfilled life. This service is provided free of charge to those that are eligible.

Also, there is a scholarship for those of you who are interested in learning to fly a light aircraft in Cooma, South East NSW. To qualify for this scholarship you must be fully independent in activities of daily living.

Finally, there are many events being held throughout Victoria in the upcoming months so please make an effort to attend these, thanks.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au



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Injectable scaffold aids – rebuilding of nerves

A liquid that forms a gel-like mass of nanofibres on contact with water could provide the most promising vehicle yet for the regeneration of damaged spinal cords. Many groups working in regenerative medicine are trying to develop artificial scaffolds that store or attract cells and then control their growth and final identity. The most common approach has been to build fabrics, films or gels out of biopolymers such as collagen and then “seed” them with the cells to be regenerated. These have had varying degrees of success in encouraging cell growth. But when treating patients, one of the problems their designers face is how to get these scaffolds into the damaged tissue. The least invasive option would be to develop a scaffold that can be injected as a liquid and assembles itself once in place, which is exactly what a team led by Gabriel Silva of the Institute for Bioengineering and Nanoscience in Advanced Medicine (IBNAM) at Northwestern University, Chicago believes it has done.

Growth promoter

Their scaffold consists of molecules containing a fragment of the natural protein laminin, called IKVAV. This is known to promote the growth of long neuronal fibres or axons. Within seconds of these molecules coming into contact with water, electrostatic forces drive them to form a tangle of long, slender fibres that are thousands of nanometres long but only seven nanometres in diameter. In gross terms, this structural change means the solution turns into a gel. In each of the nanofibres, the molecules radiate outwards from the centre, looking in cross-section like the spokes of a wheel. This presents the IKVAV fragments on the surface of the fibre. “It is a very good architecture to generate an ultra-high density of IKVAV in the right geometric position to interact with cells,” says Samuel Stupp, director of IBNAM and one of the team. When the researchers mixed their scaffold with a suspension of neural progenitor cells in a dish, they found that it stimulated the proliferation of the cells, which went on to form neurons. This is important, Stupp explains, because when spinal cords are injured another type of nervous system cell, astrocytes, usually proliferate. These form scar material which blocks attempts to repair the cord.

Trauma treatment

“They seem to have found a more rapidly stimulating substrate on which to selectively cultivate cells,” says Allen Ehrlicher of the University of Leipzig in Germany, who studies how growing neurons can be steered. “Suppression of astrocytes while promoting neurons is incredibly interesting,” he told **New Scientist**. “I could imagine this material appearing in future trauma treatment.” Using eyes and spinal cords from rats, Silva’s team has also shown that the formation of the gel can be triggered by injecting the liquid into living tissue. That would be crucial for the treatment of traumatic spinal injury, they say, because it would mean that the scaffold would not leak away from the injection site, but would remain at the site of injury. Journal reference: *Science* (DOI: 10.1126/science.1093783)

New Service Announcement – Information on Australian Government Services

Do you live far from a capital city? Do you have a question about Commonwealth Government programs and services? Then you need to contact the Commonwealth Regional Information Service free call line on 1800 026 222 between 9am and 6pm EST, Monday to Friday. We’ll help you with your enquiry and tell you how to get further details.

The other services we provide are:

- the Commonwealth Regional Information Directory (formerly the Rural Book) - a free publication detailing major Commonwealth Government services and programs (available by calling 1800 026 222 or by visiting our shopfront displays).
- community information stands, located at regional community groups as a local source of information.
- Shopfront displays that travel to rural shows, field days and community and industry events.

The Commonwealth Regional Information Service – your first point of contact for Commonwealth services and programs.

Contact us on our Toll Free number 1800 026 222 or find us on the net at www.regionalaustralia.gov.au

Contact Name: Brett Harrison

Contact Phone: (02) 6274 7217

Contact Email: brett.harrison@dotars.gov.au

Disabled assured on pensions

The Federal Government yesterday assured the 670,000 Australians receiving disability support pensions that they would not be forced to sign up to the Job Network under a plan to find them jobs and reduce the welfare bill.

Employment Minister Kevin Andrews said as many as 150,000 of Australia's disability pensioners could join the workforce if a trial program proved successful and was expanded.

Under a six-month, \$840,000 trial, 12 Job Network providers will be offered cash to run advertising campaigns and to employ staff to contact disability pension recipients to find out if they want to join training programs and job schemes. Providers will receive a fee of up to \$6000 if they find a disabled person work. Placement fees for ordinary first-time job seekers rise to \$90.

"We all know that having a job brings a sense of dignity to people and a sense of self-worth," Mr Andrews said. "There is no proposal by the Government whatsoever to make this a mandatory scheme."

He denied the plan was more about saving the Government hundreds of millions of dollars a year in welfare payments than finding disabled people work.

But Deputy Prime Minister John Anderson and Health Minister Tony Abbott both yesterday agreed the scheme had the potential to save taxpayers large sums.

Mr Abbott said the Government was keen to reign in the cost of disability pensions. "I certainly have concerns about the growth of the disability support pension," he said.

Randall Markey, a spokesman for the Minister for Family and Community Services Kay Patterson, said the disability support pension cost the Government \$7.6 billion a year.

Opposition Leader Mark Latham warned that the Government's proposals would create more unemployment unless the people who were moved off the disability pension and into the workforce received proper training.

"Unless you're willing to invest in disabled people and give them the training and rehabilitation and support they're going to find it very, very hard to find a job," he said.

He said it was sad that the Government appeared to view disabled pensioners as an opportunity to save money.

The Australian Council of Social Service said the employment plan was a welcome development as long as people on disability support pensions were not made to feel their livelihoods were at risk.

The Department of Employment and Workplace Relations has been working with industry to identify areas most likely to contain suitable jobs for disabled people, with retail and hospitality seeming to provide most opportunities.

SPORRT: Spinal Outreach Risk Reduction Team

This is a community outreach team, assisting people with spinal cord injury maintain wellness and reduce the risk of developing complications and of hospitalisation.

SPORRT works with clients of the VSCS, their families & care networks to generate local solutions to health issues arising from spinal cord injury.

Referrals can be made for care & advice regarding issues such as skin, bladder & bowel management, functional assessment, equipment and environmental issues.

For more information, contact us:

SPORRT

Austin & Repatriation Medical Centre

3KZ Building, Level B

Phone: (03) 9496 5351

Fax: (03) 9496 3626

Email: sporrt@armc.org.au

Wheelies With Wings

Here is a great opportunity for those SCI people who love the freedom of flying. Even better, this organization "Wheelies With Wings" is offering individuals with lower limb disabilities the chance for a scholarship, worth \$7,500, on how to learn how to fly.

"Wheelies with Wings" is run by a committee of 4 people who want to carry on the good work by Suzi Duncan. The concept "Wheelies with Wings" and making flying possible for SCI people with hand control was pioneered by Suzi. She was a qualified flying instructor who gave flying training to many people with disabilities.



These scholarships are given out to people in honour of Suzi Duncan. The committee are not looking for the confident wheelchair basketballer, hand-

glider type of person to award this scholarship to, but more to the person who really needs a lift so they can say "If I can fly an aircraft, I can do anything".

The scholarship consists of a 2-week live in course at Polo Flat airfield near Cooma with full board and modified facilities which are accessible. The course consists of approximately 15 hours flying, weather permitting, and some ground lectures. There are 2 courses a year consisting of 2-3 students which are held in April and October.

One of the Scholarship's criteria is that awardees need to be fully independent as they are unable to bring a carer.

If you would like more information on applying for a scholarship please contact David Clegg on:

Phone: (02) 4877 2772.

email: cleggair@acenet.com.au

web: www.wheelieswithwings.com.au



First Wheelchair Chair Sports Day

The inaugural Wheelchair Sports Victoria (WSV) and Transport Accident Commission (TAC) Wheelchair Sports Day was held in December last year amidst over 50 participants, family and friends. The Royal Talbot Rehabilitation Centre Gymnasium played host to three wheelchair sports: soccer, basketball and rugby. This was the first time WSV and the TAC have worked together in organising a multi sport 'try day.'

The day started off with some soccer drills, lead by VSF Coach Phil Ware. From soccer the eager participants switched their attention to basketball where Paralympic prospects Campbell Message and Tina McKenzie, took everyone through some activities followed by a game.

A well earned lunch-break for all was taken and whilst everyone was munching on their sandwiches they were treated to a demonstration Wheelchair Rugby match played by both Victorian and local comp players.

After lunch Tina McKenzie, who is also a spokesperson for Wheelchair Sports Victoria, introduced the three sports again. She also spoke about the importance of participating in sport whilst in a wheelchair and the self-esteem that someone, especially with a disability, can gain from it. Robert Cotter – Sport Development Officer for WSV, then kicked things off by explaining the rules for each wheelchair sport before watching on as beginners and pros rode their wheelchairs furiously through basketball and soccer, operating at either ends of the court. The stand out moments during these sports being played was to see the beginners take it up to the pros by them trying to beat them to the ball. It was funny to see them do this with great vigour, energy and eagerness, but in the end being hopelessly outdone by the pros.

In the afternoon the gym started to fill up with interested onlookers from Royal Talbot with some even joining in. The afternoon was concluded with a short presentation ceremony hosted by Robert Cotter. Keep your eyes open for future Wheelchair Sports Days in '04 and I strongly urge you to attend the next, as it is great fun and a lot can be learnt from others about each sport, among other things!

Written by Anthony Bartl



Name: Anthony Bartl.

Age: I'm 23 years of age.

Disability & Level: C1, Complete.

Are you Married/Single? Single.

Do you have children? No.

How did you acquire your disability?

I don't know the exact details of how I acquired my disability, but I do know that I was leaving school for the day and was crossing a main road to get to a friend's house. A car travelling at about 60 kph struck me. I was left with a C1 spinal injury, massive internal bleeding, a lacerated liver and with a kidney that was so badly damaged, it had to be taken out.

What is your living situation?

I live with my parents, but am hoping to move out later this year.

Your Survival Tip for others?

First and foremost, think positively and don't let your disability drag you down. Think of the things you can do, not what you can't. There also may be things you won't be able to do after initially becoming disabled, but with a little help from others and with the appropriate equipment, you

can return to doing what you used to, just this time in a modified fashion. The more things you can do by yourself the better you will feel. Also, try to get out and speak to people who already have a disability and who are getting on with their lives.

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

It happened recently actually. I was at a girl's house and my leg bag was leaking urine onto the ground. She saw it and asked what it was. I had to think quickly and my mind was rushing trying to think of an answer. After umming and arring to her I eventually said 'Ohhhh, I've got a drink in the back, it must have tipped over. I don't think I sounded too convincing however.

Your greatest achievement?

I often get asked that and I always struggle for an answer. I suppose it would be, being the first person in Australia with my level of disability, to successfully finish high school.

What do you do with your time?

I go out a lot. I can't stand staying at home doing nothing. I like to go to visit friends, go to pubs and bars, go to the movies and go to see sport. I am studying an Arts course at uni in the hope of becoming a journalist, which I also go to a few times a week.

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

I live with my parents and don't really have a choice at the moment. However, I love inner-city life as there's heaps to do and places to go. But, maybe one day I'll move to the country and discover a new way of living. I won't rule it out.

Your best holiday spot and why?

A couple of years ago I went to the Gold Coast with a couple of friends. I had a blast going on the rides at the three theme parks and also checking out the Queensland nightlife. A real dampener on the trip though was when I was told before going that only I had to pay for admission and when I got there I found it wasn't the case. It turned out ok though, but only after intense arguing and phone calls back and forth.

What food do you like best?

I like most foods, but the food I like best is probably Italian.

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

I could probably go on for awhile, but I'll just mention a few things. I'd go on a round the world trip for a few years, attendants willing, then I'd buy my own house and finally I'd buy the new I-bot, which as you probably know climbs stairs, stands up and drives over any surface, no matter how rugged.

Do you have an internet site you would recommend?

www.theage.com.au. The Age newspaper is bigger than the usual newspapers and is hard to prop up on my tilt table without it keeling over. It's also hard to turn the massive pages with a mouth stick by myself. In this way the web-site is convenient to read from, however the only down side is that the paper isn't there in full.

The Latest Treatment!



I recently had the good fortune to be privy to the benefits of a medical procedure that may benefit many of our members. The main part of the 'good fortune' part of the statement would surely be that I have a verbal report, rather than a visual observation.

It would appear that one of my friends, who shall remain nameless, has a periodic need to be garaged for treatment of inconsiderate pressure breakdown areas. This has caused him to be domiciled, at different times, at various infirmaries for sometimes considerable periods, up to six months on at least two occasions.

The most recent occurrence, while discovered early, was further aggravated by a staph infection. The usual procedure is with a host of often expensive creams, salves and dressings. The latest treatment, commenced after a week of the usual approach, was exposure to

sunlight for two, ten minute, periods a day. It probably doesn't need mentioning that this complaint generally occurs in regions that seldom benefit from the blessings of the sun. It is probably wise, during these periods, to utilise the judicious placement of sheets to protect the sensibilities of casual pedestrians - especially if the treatment is done whilst having coffee at a sidewalk café.

Anyway, it would appear that this action has allowed what would appear to be a miraculous recovery of a problem that has usually taken a long time to heal.

What I am trying to say, in my own subtle fashion, is that here is one instance where a potentially serious pressure sore was assisted in healing by exposure to sunlight.

It has also been pointed out, by he that remains anonymous, that 'where the sun doesn't shine' for ordinary people is in this case a source of sunlight (once again, I accept this without visual verification).

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



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HAVING A SAY CONFERENCE – 2004

'Leading the Way'

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Guest Speaker - Roy McAlpine

Roy is the chairperson of the National Our Voice Committee (Self-advocate forum of National Council on Intellectual Disability - NCID)

Workshop & Discussion Topics:

- Ø Self Advocacy Skills
- Ø Practical Legal Rights
- Ø Highlighting Individual Achievements
- Ø Health and Well-being
- Ø Relationships
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Farewell Rees

Rees Houston passed away tragically on the 4th of February at his home. Many of you would remember Rees for the fantastic articles he wrote for News Link in his unique style and the other work he did for AQA Victoria.

He was such a nice person and liked by all that he came into contact with. Rees was a rough diamond and we all loved him for his cheeky nature.

Condolences to his family and great friends.

Rest in peace mate.



Skybus Super Shuttle



Skybus Super Shuttle provides a world-class rapid transit link between Melbourne Airport and the city's CBD.

The service provides a 20-minute trip from Melbourne Airport to the Spencer Street/Bourke Street base (at Spencer Street Rail Complex). They operate 24 hours / 7 days a week,

departures range from every 15 minutes to 1 hour depending on peak periods.

Their fleet is made up of brand new European style coaches, featuring air-conditioning, heating, increased seating, in-vehicle baggage storage, and in vehicle media and tourist bulletins.

A major feature within these new coaches is that they have ramps, making them completely wheelchair friendly.

From their city base, they pick up and deliver to over 120 hotels, motels and lodges. The current vehicles will

be replaced this year with modern, wheelchair friendly commuter coaches which will compliment their express service. This service is provided daily.

Their current charges are \$13.00 adult one way, \$22.00 return, child \$5.00 each way and family of 2 adults and 2 children \$26.00 each way (The normal taxi service is approximately \$40-\$45 each way). These fares include delivery to accommodation.

Currently, they are designing a new web base ticketing facility that will allow passengers and agents to purchase tickets direct. These tickets will be bar coded for validation on their services. Bookings will not be required as they have the ability to increase services at very short notice.

They believe they have a product which may interest many passengers who may have a disability that affects movement. So, if you need to get to the airport from the city or from the city to the airport, consider what Skybus has to offer.

For further information call Skybus on (03) 9335 2811 or Email info@skybus.com.au or check out their website www.skybus.com.au

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For further information contact:

Mike De Santo
Tel: (03) 9548 8400
Fax: (03) 9548 8411
Email: dynamicw@hotmail.com

Get Out!



A visual and performing arts program for adults with a disability in the Frankston/Mornington area, providing respite for their family and voluntary carers.

Arts Access runs *Get Out!* in partnership with **Wongabeena Association Inc.** They work together to offer this innovative arts program to people in the Frankston/ Mornington Peninsula region.

General Information

- a **quality** arts program offering respite to family and voluntary carers of adults who have a disability
- **designed** for adults with a disability, including those with an intellectual, physical, sensory disability or an acquired brain injury.
- **located** at Cube 37, the modern and purpose-built Frankston Arts Centre, 37 Davey Street, Frankston
- **available** for up to 20 participants
- **held** every second Saturday between 10am and 4pm from 31 January to 26 June, 2004. There will be no project on Easter Saturday, 10 April - this class will be made up on 26 June
- **led** by professional, practising artists

- **fully supported** by qualified support workers
- **costs** \$66 for eleven sessions

Eligibility:

Arts Access receives funding through the GreatBreak Initiative of the Department of Human Services for *Get Out!* To comply with this funding, participants must:

- live with a family member or voluntary carer.
- be over 18 years
- live in the Frankston or Mornington Peninsula local council areas

It is important to ensure that those people with the greatest need for respite are given priority to this program. If you have any particular needs, please let them know.

All enquiries:

Arts Access

24 Eastern Road, South Melbourne 3205

Phone: (03) 9699 8299 (Anne Riggs)

Email: info@artsaccess.com.au

Provides access to arts and cultural activity for people who are disadvantaged including people with a disability.



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www.accesshousing.com

Stop Press!!!

There has been a buzz of activity (or that might even be snoring in the background) as the **2004 Barbecue by the Lake at Bendigo** gains momentum. Due to technical difficulties, (read Kevin forgot to get off his —), we have a couple of prospective dates for this not-to-be-missed event. These are Sunday, April 18 or Sunday, May 2 and we are only waiting for the support again of the Kangaroo Flat Lions to determine which day. As the News Link will be out before this can be determined, we can only suggest that you hold both of these days available so that you don't miss out. It is hoped to get the next News Link out in early April where we will be able to confirm the date, but if you need to know earlier, a call to AQA on 9489 0777 or FreeCall 1800 999 128 (only Tasmania & country Vic.) should get the necessary information. We will be looking for some idea of numbers after the April News Link however. Till then.....Kevin



Deal on wheels

YARRA ratepayers could subsidise renovations to make restaurants and shops wheelchair-friendly.

The council will consider offering grants to businesses that agree to install ramps, disabled toilets, and new floor layouts to cater for vision-impaired people and wheelchair users.

Yarra Disability Advisory Committee chairwoman Cr Deborah Di Natale, said the matter was discussed at the committee's latest meeting.

At last month's full council meeting, she requested a report on a financial scheme to help businesses upgrade.

Cr Di Natale said people with limited mobility were "very upset" they could not dine out as ably as other people.

"This issue should be at the forefront of traders' minds but it is not," she said.

"It saddens me that council would need to reimburse traders and this is not coming of their own volition."

She said it was extremely short sighted if traders thought disabled access would not reap business dividends.

Wheelchair user Martin Leckey, of Carlton North, estimated he was able to use fewer than half of the shops, restaurants and cafes along Yarra's major retail strips.

"There are many shops and restaurants I can't get into because of steps in the doorway," Mr Leckey said.

"If there is one step, I can get in with help but even then it is often a hassle and I don't bother. That is only the first obstacle. Then there is getting around inside and in most cases there are no disabled toilets."

He said more businesses should follow the example of the Standard Hotel in Fitzroy and Collins Simms Real Estate, Clifton Hill, which had installed permanent or portable ramps.

Fellow disability advisory committee member David Brant echoed his concerns. But Niki Sheldon, of Abbotsford-based Disability Justice Advocacy, said plans for a campaign called "Ramp it Up" had been blocked after failing to gain state funding.

Ms Sheldon said the campaign was a joint initiative by Yarra Council, the advocacy group and the disability advisory committee.

"We applied for \$80,000 from the Department of Human Services but the money went to other proposals," she said. "We were going to train disabled people to do access audits (to see if properties were accessible for disabled people)."

She said she planned to lobby the council to fund the program instead.

Several traders the *Leader* spoke to said they were not considering access upgrades at this stage.

Upcoming Events - ERLS Netball & Basketball Competition

Eastern Recreation & Leisure Services Inc.

Want to play netball or basketball? The new season of the ERLS Friday Night Netball & Basketball Competition starts on the 6th February 2004. The competition is for people with disabilities who wish to play social and competitive netball or basketball. Places still exist for people wishing to try a new sport, or continue developing previously gained skills. A great opportunity to meet new friends too! For further details, please see the attached flyer.

Contact Name: Simon Crabb

Contact Phone: (03) 9877 9333

Contact Email: erlsraid@infoxchange.net.au



A Division of A.Q.A. VICTORIA LTD.
A.B.N. 90 00 691 185

Service Provider for Attendant Care throughout the State of Victoria Attendant care provider to people with a disability who need assistance with personal care and/or day to day activities.

Phone: (03) 9482 4373

Can we be of Assistance?

Assistance Dogs Australia (ADA) is a non-profit organisation established in 1996 that trains and maintains dogs in community settings to help adults and children with physical disabilities.

Our highly skilled dogs perform tasks including opening and closing doors, turning light switches on and off, pressing pedestrian crossing buttons and retrieving and picking up items off the floor. They not only perform physical tasks but provide unconditional love and support that only a dog can.

Many recipients of these wonderful dogs have been able to cut back on carer hours and shop alone.

When Tanya met Harry her life changed. They are now inseparable, going to restaurants, pubs, movies, theatre and even rock concerts together.

Tanya's quality of life improved and for the first time she could get out of her own front door, because Harry opened it for her.

Tanya Clarke – Web Designer



“Harry came into my life and made a huge difference to my level of independence. He even helps me with my shopping! For the first time since my accident, my quality of life has improved.”

“Harry has improved the way I feel about myself. He's the very best friend that anyone could ever wish for. I would strongly recommend an Assistance Dog for anyone with a physical disability. They certainly add a new dimension to your life.”

Timothy McCallum - Singer/Entertainer



Before Buster came into Tim's life his disability meant that he could not be left alone. Now just the two of them can go shopping or along the beach promenade.

Tim is also back performing cabaret shows with Buster by his side.

“I was at the beginning of the road to my dreams and it had just crumbled down before me. My life changed completely and Buster has made it so much better and happier.”

“He has had an amazing impact on my life. At 23 years of age, my independence is really important to me. But because of my disability, I need constant care and help with everyday tasks like opening doors and picking up objects off the floor.”

Since having Brandi, Cameron has really got his life back together. He is now coaching lacrosse, recently married and the latest happy news is that he and his wife are expecting.

Cameron Toomey – Lacrosse Coach



“Brandi is a beautiful dog, she is part of the family. She goes everywhere with me, everyone who sees her has a smile on their face. And I have found that Brandi helps to break down the usual barrier, by almost acting like a cushion.”

Rod leads a full life, with Harley by his side. They go shopping together and also regularly attend ADA events and demonstrations.

Rod McNeill – Wheelchair Rugby Player



“Harley is a great companion and helps me with many daily activities. I find people are more likely to approach you when you have the dog and always have their own dog story to start up a conversation with.”

By the end of 2004 ADA will have over 50 dogs in our training program. All these dogs will be given to recipients **Cost Free**.

Dogs are regularly placed in Victoria and all recipient training is conducted in Melbourne.

If you are interested in applying for an Assistance Dog or would like some more information please phone our toll free number **1800 688 364**. Please visit our website at www.assistedogs.org.au

By Tanya Clarke

Little Johnny

A stranger was seated next to Little Johnny on the plane when the stranger turned to the boy and said, "Let's talk. I've heard that flights will go quicker if you strike up a conversation with your fellow passenger."

Little Johnny, who had just opened his book, closed it slowly, and said to the stranger, "What would you like to discuss?"

"Oh, I don't know," said the stranger. "How about nuclear power?" "OK," said Little Johnny. "That could be an interesting topic. But let me ask you a question first. A horse, a cow, and a deer all eat grass. The same stuff. Yet a deer excretes little pellets, while a cow turns out a big flat patty, and a horse produces small ball shaped clumps of dried grass. Why do you suppose that is?"

"Jeez," said the stranger. "I have no idea." "Well then," said Little Johnny, "How is it that you feel qualified to discuss nuclear power, when you don't know shit?"

How well does cold water clean?

A man went to visit his 90 year old grandfather in a secluded, rural area of the state. After spending the night, his grandfather prepared breakfast for him consisting of eggs and bacon. He noticed a film-like substance on his plate and he questioned his grandfather, "Are these plates clean?" His grandfather replied... "Those plates are as clean as cold water can get them so go on and finish your meal."

That afternoon, while eating the hamburgers his grandfather made for lunch, he noticed tiny specks around the edge of this plate, and a substance that looked like dried egg yolks... so he asked again, "Are you sure these plates are clean?" Without looking up from his hamburger, the grandfather says, "Told you before, those dishes are as clean as cold water can get them, now don't ask me about it anymore!"

Later that afternoon, he was on his way out to get dinner in a nearby town. As he was leaving, Grandfather's dog started to growl and would not let him pass.... "Grandfather, your dog won't let me out." Without diverting his attention from the football game he was watching, Grandfather shouted, "Coldwater, get out of the way!"

Gas

At Heathrow Airport, a 300-foot long red carpet stretched out to Air Force One and Mr. Bush strode to a warm but dignified handshake from Queen Elizabeth II. They rode in a silver Bentley limousine to the edge of central London where they then boarded an open 17th-century coach pulled by six magnificent white horses. They rode towards Buckingham Palace, each looking out their respective sides of the coach and waving to the thousands of cheering people lining the road.

Suddenly the right rear horse let loose with a most horrendous, earth-shaking, eye-stinging, acrid blast of flatulence, so powerful that it shook the coach. Uncomfortable, but under control, the two dignitaries did their best to ignore the incident.

But, embarrassed, the Queen decided it was impossible to ignore it. "Mr. President, please accept my regrets. I'm sure you'll understand that there are some things not even a Queen can control."

Ever the Texas gentleman, the President replied, "Your Majesty, please don't give the matter another thought. You know, if you hadn't mentioned it, I would have thought it was one of the horses."

The Cleaner

In a hospital's Intensive Care Unit, patients always died in the same bed, on Sunday morning, at about 11:00 a.m., regardless of their medical condition.

This puzzled the doctors and some even thought it had something to do with the supernatural. No one could solve the mystery as to why the deaths occurred around 11:00 a.m. on Sunday, so a worldwide team of experts was assembled to investigate the cause of the incidents.

The next Sunday morning, a few minutes before 11:00 a.m., all of the doctors and nurses nervously waited outside the ward to see for themselves what the terrible phenomenon was all about. Some were holding wooden crosses, prayer books, and other holy objects to ward off the evil spirits.

Just when the clock struck 11:00, Pookie Johnson, the part-time Sunday cleaner, entered the ward and unplugged the life support system so he could use the vacuum cleaner.



If you have heard any good jokes lately, why don't you send them in and share them with others

FOR SALE

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

Electric Chair

Sibings 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

Membership renewals are now due!!

Members please note that membership renewals are due for those of you who haven't paid for 2004 and renewals can be paid for one or more years in advance. If you have any further questions please don't hesitate to give us a call on (03) 9489 0777

FOR SALE

House For Sale

House 4 sale in Bayswater - Heathmont border, available in 2-3 weeks, 4/5 bedrooms, 2/3 living areas, 3 bathrooms - 1 accessible, central heating x 2, 2 hot water systems, undercover parking, brick, bus stop is close, train station is 1 km away, 20 min push to shopping centre, quiet avenue.

Price: \$349,000.
Phone: (03) 9779 4024 or 0402 910 089 Lorraine

Fisher & Paykel Scooter

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

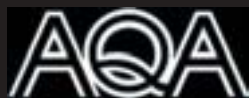
Price: \$3,000 ono
Phone: (03) 9727 1993 Therese
Mobile: 0409 947 593 Gary

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.

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Interests

Signature Date

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: \$22,000

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

Mercedes Vito

Mercedes Vito van 1999, built in Sydney by Wally Bancroft, comes with automatic hoist, wheelchair, handcontrols. Van is in Caulfield if anyone is interested.

Price: \$33,000

Phone: (03) 9509 7414 or 0419 385 929 John Eddy

Wheelchair Hoist

Wheelchair hoist (Tieman), heavy duty, suit Toyota Hiace, see working, excellent condition.

Price: \$1,200 ono

Phone: (02) 6059 3594 after 5pm Noel (Wodonga)

Motomed Active Passive Trainer

Portable motorised fitness resistance trainer, leg and arm capability, two way movement – forward and backward, all accessories, excellent condition, cost \$3,500 new

Price: \$2,200 ono

Phone: (03) 5486 5457 Luke (Echuca)

Manual Glide 3 Wheelchair

restraining belt, reclining mechanism, back extension, padded arms, brakes, leg extension & support, Care Quip seat insert, Seat width 500mm.

Price: \$750 ono

Phone: (03) 9787 6129 (Yaqirah) or 9531 8936 (Sol)

Gazelle Motorised Wheelchair

4 yr. old, very good condition. Chair has been rarely used.

Price: \$1,500 negotiable

Phone: (03) 9878 2947 Sue

FOR SALE

Altinating Pressure Mattress System

KCI Airworks - Super, Fits on single bed perfect condition, 6 months old prevents pressure sores cost \$2600 new

Price: \$1200 ono

Phone: (03) 9509 3923 Glynn Headlam

Mobile: 0438 563 951

Carrier Air Conditioner

2.5 horse power, reverse cycle, window or wall mountable, excellent condition, 4 years old.

Price: \$400

Phone: 9702 6509 Harry

Ford Econovan

2000 model, manual, Airconditioning, 3 front seats, 2 rear Hoist for wheelchairs with controls at the back of the car.

Price: \$1,500

Phone: 9305 0105 or 0418 580 125 Rod Stevens

Wheelchair Hoist

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

Price: \$300

Phone: 08 97348767 or a/h 08 97971184

David Abela

FREEBIES

Š Shower/Commode Chair

This one looks like a standard chair and has no wheels. It is in excellent condition. The seat is removed to reveal the commode.

Š Catheters

Catheters (Nelaton Ref 001.12.040 x 40 cm). Indoplast brand, single use and sterile. 300 of them.

Phone: Information Department 9489 0777

... More Classifieds on page 15