

AQA

NEWS LINK

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

OCTOBER 2004

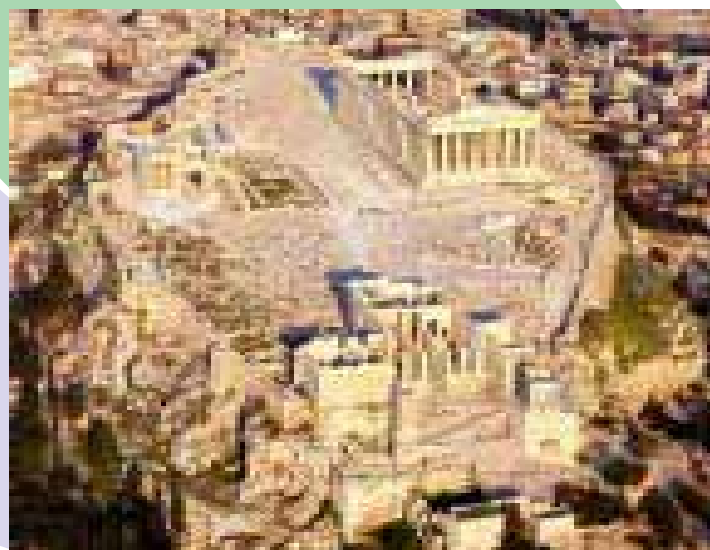


Arts Access

First Australian Disability Film Festival

The Acropolis

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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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AQA NEWS LINK

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

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From the CEO

From time to time A.Q.A are asked to give their support to advocacy issues. The Board of Directors have recently written an Advocacy Policy that clearly states the process and objectives that the organisation will follow in regard to advocacy issues. We have enclosed a copy of the policy in this issue for your information and should you have any questions about the policy please do not hesitate to contact us.



We have followed with great interest Naz Erdem's exploits and adventures throughout his visit to Athens for the Paralympic Games. Naz has sent numerous emails about the progress of the wheelchair rugby team. The team came fifth in their competition and Naz will report on this further in the next issue of News Link. Last report he sent he had left Athens for a holiday in Istanbul before returning home. We're sure he will have some interesting stories to tell us when he returns.

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

From the Editor

G'day members,

In this issue of News Link, there's a very interesting article on page 10 and 11 written by Anna Leyden for Women's Issues. Also, Naz has written an article on the Acropolis now being accessible in Athens on Page 8.



The lucky winners of our News Link competition are John Van Aken (2 double Village Cinema Passes) and Terry Serong (\$50 Dinner voucher at St. Arnou Hotel). In this coming issue you have the chance to be in the draw to win one more great prize - please see page 11 for details on how to enter.

If you participated in our 'Member Survey' last year, you can find Part 3 of the results on page 12.

Simon Damevski
 News Link Editor
simondamevski@aqavic.org.au



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Website: www.careforyou.com.au

Name: Di Cray

Phone: 1300 785 350

Email: di@careforyou.com.au

9th Awakenings Festival Off and Running!

Awakenings started in 1996 as an initiative of Wimmera Uniting Care. It is Australia's only regional disability festival. The community celebration aims to improve access to the arts for people of all abilities.

Awakenings has grown from 40 participating performers to about 600 in recent years. Performers, artistic directors and carers come from Horsham district and other areas including metropolitan and regional Victoria, NSW, Queensland, South Australia and Tasmania.

Celebrated talent Tim McCallum will be a feature performer at the 2004 Awakenings festival.

Volunteers are the backbone of the festival with more than 370 volunteers involved in 2003. Awakenings always welcome new volunteers. People interested in becoming involved can phone the festival office on (03) 5362 4006 or email awake@wimmera.unitingcare.org.au. For further information on the Awakenings festival you can visit their website on <http://awakenings.horsham.net.au/>

Two Activity Groups At The Craig Family Centre

The Craig Family Centre runs 2 activity groups for adults who experience disability and are independent in areas of self care. Ace Space is an activity/drop-in group held on Fridays, cost \$4 which included afternoon tea. Activities include cooking, crafts, DVD's etc. A-Crew is an outings group held on Saturdays, usually from 11:00 - 3:00. Cost depends on destination. Outings include the zoo, IMAX, bowling, galleries, bus drives etc.

Name: Kate Delbridge

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First Australian Disability Film Festival

Arts Access, the peak body for arts and disability in Victoria, takes pleasure in announcing that the inaugural The Other Film Festival will take place from Friday 3 until Sunday 5 December 2004. The festival will coincide with International Day of People with a Disability on 3 December.

The Other Film Festival will present a program of curated sessions, gritty and raw new work by emerging filmmakers, and vigorously debated forums. The festival seeks to engage, enthuse, enlighten and entertain a diverse audience

The Other Film Festival is particularly proud to announce Academy Award winner, Adam Elliot, as the Patron of Australia's first disability film festival.

Adam Elliot says, "I am honoured to be involved in The Other Film Festival. My films have appeared in other disability film festivals around the world, so it's a great time to introduce an Australian equivalent that will allow audiences the chance to experience films and filmmakers with a focus on difference."

Contact Name: Nerida Weller

Phone: (03) 9699 8299

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Website: www.artsaccess.com.au



New Independent Living Centre for the East

ILC Blackburn is a partnership of the MS Society and Yooralla. Located at the Nerve Centre in Blackburn, the I.L.C will operate as Yooralla's ILC equipment advice and display service, as well as providing an assessment space for Yooralla's ComTEC service and the MS Society's Lifestyle Planning Service. The project received \$120,000 in funding from the Bracks Government which recognised there was a need to provide this type of facility in Melbourne's east, to complement the excellent Centre operating in Brooklyn.

According to Yooralla's Manager, Independent Living Centre, Cath Williams, ILC Blackburn features a kitchen, bathroom and lounge area that simulates difficulties people with a disability face every day in their own homes and in their local community.

"Hundreds of people with disabilities who live in Melbourne's eastern suburbs will benefit from the new ILC. It will allow people with disabilities to trial aids and equipment such as adjustable benches, modified cutlery, kitchen utensils like specially adapted jar openers, bathroom aides, wheelchairs and powered scooters in a home-like setting," said Cath.

"The new facility is also equipped with a video link to our already existing Independent Living Centre at Brooklyn which has over 1,700 items on display. Yooralla Occupational Therapists and Physiotherapists will be available to demonstrate equipment not housed at the Blackburn site, give expert advice about suitability, product availability, cost and suppliers. The development fits within the aim of the ILC to enable people to make informed choices about products best suiting their needs. Around 600 people are expected to use the new facility at Blackburn each year," said Cath.

Name: Carla Tátulaschwili

Phone: (03) 9666 4528

Email: carlat@yooralla.com.au

Website: Yooralla Independent Living Centre

Motorcycle for disabled riders wins industry award

FOURTH year mechanical engineering student Darren Lomman, from the University of Western Australia, has taken first place in Atlas Copco Compressors' inaugural Air Quest for Ingenuity award.

Lomman's entry, a motorcycle for disabled riders, uses compressed air to power gear changes and stabilise the bike at low speeds - normally performed by the legs of an able-bodied rider.

To make the motorcycle safe, comfortable and easy for paraplegics or those with other disabilities to operate, modifications address stability, braking, gear changing and rider support.

Lomman came up with the idea after meeting Shane Thompson, a former motorcross competitor who became paralysed in a motorcross accident in July 2002. Lomman said he first thought of the idea on his second visit to the hospital.

"Shane didn't know I rode a motorbike until he saw me arrive on that second visit," he said.

"After that we began talking about bikes and didn't stop until I left to go home. But as I was leaving, Shane said to me with such conviction, 'I would do anything to ride again'. That inspired me and was really the beginning of my project."

The prototype is due for completion at the end of 2004, and will cost around \$10,000 in parts alone. Lomman is adapting his own bike, a Honda CBR250RR, which he will donate to Thompson on completion.

To support the project contact Lomman at lomman@iinet.net.au

AQA Competition Winners

Congratulations to Terry Serong and John Van Aken as they are the lucky winners of the prizes that we offered to all members who have made a contribution to News Link this year (see Aug 2004 issue).

John Van Aken has won the 2 double Village Cinema Passes while Terry Serong won the Dinner voucher at St. Arnou Hotel valued at \$50.

This time around, we have a Portrait Photo Session at Viva Photographics & Digital valued at \$150 (please see page 11 for details to enter)



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Name: Derek Vanderbom

Age: I'm 27 years of age.

Disability & Level: T4 Incomplete Paraplegic

Are you Married/Single?

Single

Do you have children?

No

How did you acquire your disability?

Racing motocross in April of 2000

What is your living situation?

Live with my border Bianca who is a student

Your Survival Tip for others?

Do as much as you possibly can for yourself and be good at wheelchair skills and transfers to help get out and about.

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

A young girl came up to me while I was shopping in Target to tell me that my water bottle under my chair was

leaking, unfortunately the bottle was done up tight but my leg bag was not.

Your greatest achievement?

So far my greatest achievement would be traveling overseas for 12 week's on my own.

What do you do with your time?

I work full time in the quality department for a metal stamping company who supply Holden. Also enjoy racing Go-carts, water skiing, doing woodwork and camping up the mighty Murray.

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

I live in Ballarat because I like the quality of life, it only takes me 4 minutes to drive across town to my work, it's close to the beach, Melbourne, the river and not too far to the snow. The draw back would probably be lack of wheelchair sports, which seems to be due to lack of young disabled people. This is good I suppose in one sense.

Your best holiday spot and why?

My favorite place to holiday (although not the greatest for access) would be camping at Robinvale on the Murray River. It's such a nice part of the river and its always pretty quiet any time of the year. But for access Las Vegas Nevada, that place is just a great place with a great feel about it

What food do you like best?

I love cheesecake, chili con carne and lemon lime & biter's to drink.

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

If money was no object I'd buy every big boys toy available, jet ski, 4 wheeler etc, live out of town on property with a massive shed for all those toys and give as much as I could to spinal research.

Do you have an internet site you would recommend?

If you're into bikes try www.cyclenews.com/ as it's always up to date with the latest

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The Acropolis is now accessible!

Visitors to Athens, especially the disabled, have always wanted to see the ancient sites that the great city has to offer, especially the Acropolis and the Parthenon.



Well up until very recently, this has been nearly impossible. I have got great news for those thinking of visiting these famous landmarks in the future, and bad news for those who visited in the past (bad news because you had to go through so much difficulty in reaching the site).

The Greek Ministry of Culture has installed a system of lifts on the North Slope of the Sacred Rock following recommendations of the Central Archeological Committee. The main reason for having the systems of lifts is to facilitate access for the disabled and elderly to the Acropolis – emblematic monument of the international cultural heritage.

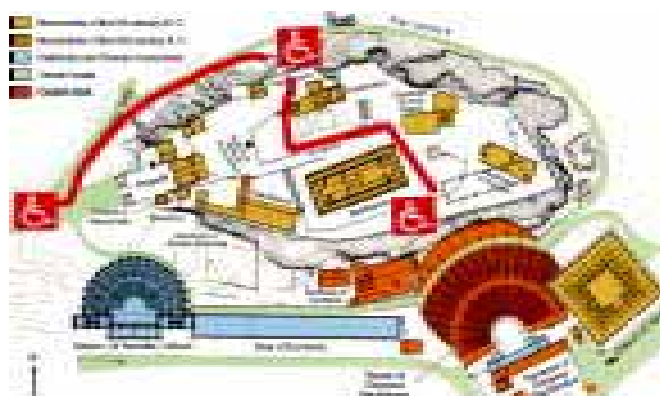


The site, with its unique monuments, will be accessible to the disabled and elderly for the first time in 2500 years. Naturally, this was partly due to the momentum provided by the Olympic and Paralympic games.

Hopefully, while in Athens, I will get the opportunity to visit

this great site and give you all a first hand account of it.

Nazim Erdem



Acropolis Hill



The Acropolis hill, so called the “Sacred Rock” of Athens, is the most important site of the city. During Perikles’ Golden Age, ancient Greek civilization was represented in an ideal way on the hill and some of the architectural masterpieces of the period were erected on its ground. During the Classical period (450-330 B.C.) three important temples were erected on the ruins of earlier ones: the Parthenon, the Erechtheion, and the Temple of Nike, dedicated to Athena Parthenos, Athena Polias, and Athena-Apteros Nike, respectively.

The Parthenon



The Parthenon is the most important and characteristic monument of the ancient Greek civilization and still remains its international symbol. It was dedicated to Athena Parthenos, the patron goddess of Athens. It was built between 447 and 438 B.C. and its sculptural decoration was completed in 432 B.C. The construction of the monument was initiated by Perikles, the supervisor of the whole work was Pheidias, the famous Athenian sculptor, while Iktinos and Kallikrates were the architects of the building. The temple is built in the Doric order and almost exclusively of Pentelic marble.



Common Sense Prevails, at Last - Free parking at the Austin.

For those of you who are in wheelchairs and make regular visits to the Austin Hospital you will have noticed that in the past 12 months you have not been able to park on the grounds of the hospital free of charge. The hospital management, in its wisdom, decided to charge a fee of \$4 to everyone including wheelchair patients. I experienced this about six months ago and was not happy. I have never paid to park in a disabled parking area, certainly not at a hospital. I would have thought that the Austin hospital having a spinal unit would have an exemption for people in wheelchairs. So I set about to have this decision changed for the good of everyone like myself in a wheelchair.

First off I decided to do some research from 22 other hospitals that I could think of to see what that parking policies were. Admittedly a lot of other hospitals do charge for disabled parking, which I think is terribly wrong, but a lot don't and this was clearly shown by my research.

I then lobbied to quite a few politicians from the local area and they wrote letters to the management of the hospital either asking the question why the hospital was charging for disabled people or as a supporting letter for my request. Most of the politicians got a letter back basically saying they could not single out one group of people to allow an exemption.

I was not satisfied with this outcome, so I rang Human Resources and discussed their reply, point by point. Finally, I got them to see some sense about the whole issue and they have now agreed to allow wheelchair patients through at the gate **to park for free in the grounds of the hospital**. They have spoken to the head of security, who in turn have alerted the men at the gate.

Please pass on to any of your friends in wheelchairs visiting the hospital that they can now park free of charge.

Gary Allsop
(Honorary Director Spinal Cure Australia)

Note: AQA has contacted Austin Hospital and we have since received a reply with contact details if anyone has a problem when visiting the Austin. You can either contact Rob Mc Glynn, Manager of Security & Parking, on 9496 5134 or John Richardson, Executive Director Human Resources, on 94965134.

Memories of a Member

By Hilary Ash

My sadness lingers over Philip Butterworth's sudden death late last year. He always held a soft spot in my heart, and I miss him. He'd surely be amazed to discover that there were people who felt great affection for him, that he touched and benefitted their lives. Phil and I go back to 1986. Our accidents were just weeks apart, so we shared space in 13East at the Austin, considered new and swish back then. Voices in the dark, our friendship grew out of long night talks in those early, confusing times. It was weeks before we met face to face. My capacity to down many tablets in one gulp I owe to Phil's ribbing: he used to boast about swallowing handfuls of 'shrapnel' without water to stay awake while driving trucks on long interstate trips. His last trip left him with paraplegia.

What an irreverent character! In matters ridiculous Philip had perfect pitch. He never suffered fools gladly, and struggled to appear undaunted by his life. I loved his earthy sense of humour and his kindness, which pulled me through many tough times in the Austin, in 13East and on ward 17.

It was Philip's birthday on 19th July, uncelebrated this time. Gone he is but not forgotten.



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Mirror, Mirror on the wall, am I as beautiful as I was before.



Body Image, and how it affects us, is a subject that we sometimes want to file away into the archives of our minds to be dealt with later. However, through my years of experience in a wheelchair, I have realized how important it is to address. Following are some thoughts I would like to share with you.

Before I had my car accident I was a typical 15 year old girl, in the midst of discovering my sexuality. I had a few boyfriends and then in a split second everything changed: I became paraplegic. As I recovered, I considered my place in the dating game: would any boys be interested in a girl in a wheelchair?

When I initially returned home, I had a very difficult time accepting my new life in the wheelchair. I couldn't even answer the door because I feared that others would see me as ugly and someone to be pitied. Now I think that it might have been because I had lost faith in myself and lost sight of my life goals. I would often look in the mirror and hate what I saw! My perception at the time was that I needed fully functional limbs to feel complete. It was a very sad and lonely time for me.

Through the years there were a few guys interested in me and I was asked out on several dates. However, I continued to decline their offers as I was constantly plagued by negative thoughts: Why did these guys want to take me out? Did they feel sorry for me? Did they think they were doing me a favor? At that stage I didn't believe that a man would want to go out with me, let alone love me. How could I fall in love with someone when I didn't truly love myself?

As time passed I started to notice positive changes occurring within me. I knew it was not going to be an easy ride, nor was I expecting miracles in a short time, but I had to get on with my life. In hindsight I would not have wasted so much time wallowing in self pity.

That was when I was introduced to Terry by a mutual friend. Terry and I got along pretty well and later on that evening he asked me out! I was hesitant at first and had a strong compulsion to run and hide! Up until that moment I was used to creating barriers to prevent myself from being hurt. However this time a different tune was being played inside my head: a little voice inside my head was telling me to give this guy a chance. I had nothing to lose and everything to gain.

Terry had mentioned that he planned to introduce me to some of his friends and I instantly thought "What if his friends can't accept me?" I tried to fight the negativity, but was unsuccessful because I had convinced myself that I was unlovable. So I attempted to sabotage our first date rather than allowing it to take its natural course. However, Terry didn't cancel.

As my date with him approached, I noticed that my mind reverted back to its insecure thought patterns. I remember thinking that I didn't want to be seen in public with him. I was really scared about what everyone would think. It concerned me that he might not be able to handle the glares from other people. I had convinced myself that I was unlovable!

The big day had finally arrived. It was a Saturday evening. My heart was racing and I thought I was going to faint when I heard a knock at the door. I hoped it wasn't Terry! As I opened the door a beautiful man with the most amazing, spellbinding blue eyes greeted me. I was astonished that he actually turned up! Terry said "You look lovely Anna". I brushed it off, thinking that he was just being polite.

I remember giving him every excuse under the sun so that we didn't have to go out in public. I recall him questioning me about this and fearing that I might have been embarrassed of him! I immediately felt a sense of relief, and almost laughed out loud, because I couldn't believe that he had expressed the same fear as me! I was embarrassed of myself, not him.

I have to give Terry credit as he persisted on going out, so off we went in his brother's flashy car - he had borrowed it in an attempt to impress me. We ended up having a fantastic evening! When we finally got back to my place I asked him why he wanted to take me out and he answered, "Why wouldn't I go out with you?" I still couldn't believe that such a great looking man with a fantastic personality would want to go out with me!



Over time our relationship developed and we became intimate. I still remember when Terry first saw me naked. I had an overwhelming fear that he would not be attracted to my physique. This couldn't have been further from the truth! Terry's eyes slowly took in every inch of my body and he commented, "Wow, you are beautiful!" I realize now that that the only person who had a problem with my body and wheelchair was me! I didn't need his approval; I only needed my own. I could finally look into the mirror and say "Mirror, mirror on the wall, I am as beautiful as I was before!"

A few years later Terry and I got married and we now have two beautiful children. To be honest, I still have body image issues from time to time but so do most people! We are constantly bombarded with airbrushed images of 'beautiful' people on television, billboards and on the covers of magazines. However, even these people experience body image problems on occasion. That is reality. The world is how you perceive it and what you make of it. We all have choices. I could have stayed home, feeling sorry for myself, and not allowed myself to experience what life has to offer. But where does that get you? It would be a life full of missed opportunities and regret. At the end of the day, I need to know that I gave everything my best shot and I had a great time!

Written by Anna Leyden

Win Great Prizes



Win a Portrait Photo Session at Viva Photographics & Digital valued at \$150

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 prize. If you too would like to enter this draw, you have till the 20th of November to send in your contribution via post (P.O. Box 219, Fairfield VIC 3078) or email to the Editor : simondamevski@aqvic.org.au

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Mike De Santo

Tel: (03) 9548 8400

Fax: (03) 9548 8411

Email: dynamicw@hotmail.com



Survey Results – Part 3

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 2. 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 3 & 4, we wanted to find out if members knew what they could contact us for.

- 84% know that they can contact us for general information requests
- 6% didn't know that they can contact us for general information requests
- 29% didn't know that they could contact us for **a chat**
- 18% didn't know that they could contact us for **linking to support groups**
- 13% didn't know that they could contact us for **peer support**
- Most members were aware of our services which is pleasing, the others are aware of it (our services) now. Members who answered this question know now that they can contact us for these reasons.

Action:

We will continue to remind members, through News Link, that they can contact us for various reasons. The introduction of our new 1800 number has already made an impact in members contacting us. Linking to support groups can be also pushed through News Link and on AQA's website via the links page. Another way to address the peer support concern is through News Link by introducing a regular article listing the types of information requests handled within the past couple of months.

- 16% of members have hesitated to contact us
- The two top reasons at 10% were "don't know any peer support staff" and "not sure if we can assist them".
- "Phone rates too costly" was a small number but has already been addressed with the 1800 number.
- "Having to go through the switchboard" and "may think their query is a burden, trivial or too personal" were not significant.

Action:

One member made the comment that they needed to contact us in regard to women's issues. We recognise that we do need female staff, but we have made use of female members as peer supporters. By introducing a regular article listing the types of information requests handled within the past couple of months will give members an idea of the range of requests we handle. A "film strip" of department staff with names and basic introductions as a regular inclusion in News Link should help members know who they are talking to.

A high majority know that they can contact us for general information requests, but surprisingly many don't know that they can call us just for a chat or if they are going through a rough trot. Many of our country members hesitated to give us a call because "phone rates are too high", but this shouldn't be a problem anymore because of our FreeCall number 1800 999 128. So please remember that we are here for you, even just to chat – don't hesitate to give us a call. Nothing is too trivial for us.

Life Skills Day

The final 'Life Skills Day' of the year will be held mid December 2004. There will be a guest speaker as well as other entertainment.

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 the day, please RSVP to Peter Van Benthem at AQA Victoria:

Phone: (03) 9489 0777

FreeCall: 1800 999 128 (Country Victoria and Tasmania only)

email: petervanbenthem@aqavic.org.au



Bladder infections (UTIs) and Ammonium Chloride

What's the story?

Rees Houston wrote a helpful article in "News Link" June 2002:

"Prevention is always better than cure and the unnecessary overuse of antibiotics can lead to resistant infections. One of the first means of prevention is keeping your fluids up. Eight or more glasses a day is very important. The other thing that can be done without too much fuss is to try and make your bladder too acidic or alkaline for the bugs to live in. A natural way to do this is to drink a glass of lemon juice. If this doesn't tickle your taste buds, try cranberry juice or tablets (the tablets are supposed to be much better for prevention). Recent research provides good evidence for the effectiveness of cranberry.

There are also a couple of tablets designed for this, Hiprex and **Ammonium Chloride** (known as bullets and smarties while I was in rehab). Hiprex (bullets) is a urinary tract antibacterial, which requires an acidic 'environment' to work well. The Ammonium Chloride (smarties) will maintain the urine at an acidic pH level. If you're going to be serious about this, ask the chemist for some pH test strips to keep track of acidity and adjust the dose of Ammonium Chloride to keep your urine slightly acidic. If you give these a try, you might save yourself a trip to the doc and a dose of antibiotics. If you find you're still coming down with infections or an existing one is getting worse, don't hesitate to get down to your GP. These infections can get bad, fast! Till next time, stay healthy.

Now what's happening?

Ammonium chloride, which helps to maintain urine at an acidic level, has been withdrawn from the market by Sigma Pharmaceuticals. Hiprex (distributed by 3M Pharmaceuticals) is STILL AVAILABLE.

Is there a substitute?

Dr Doug Brown writes:

"The manufacturer of Hiprex recommends for those patients who require urinary acidification i.e. those whose urine pH is not naturally acid at below 5.8, that they take **ascorbic acid 2g per day**. It is important that patients purchase 100% ascorbic acid rather than one of the many forms of vitamin C tablets that contain other ingredients

such as sodium ascorbate. This can be taken as 500mg four times a day to keep the urine in an acidic state for the whole 24 hour day"

Ascorbic acid is available as 'Blackmore's Cold Relief Vitamin C' tablets (active ingredient: 500mg ascorbic acid; no sodium ascorbate). The ascorbate form of Vitamin C tends to make your urine less acidic.

If you still want Ammonium Chloride

If you find ascorbic acid is not as effective, or if it tends to give you diarrhea, you can get ammonium chloride through a pharmacist who is prepared to compound pharmaceuticals, and who will make up 500mg capsules. You can ring 1300 722 268 to get the name of a pharmacist near you. (Or look up the website www.pccarx.com.au of Professional Compounding Chemists of Australia.)

I have been speaking with Vanita Dahi at **Dartnell's Pharmacy**, Cnr Union Street and Canterbury Rd, Surry Hills (03 9888 5699) and they are happy to supply AQA members. Unfortunately, the product is not available on PBS, so it will cost about \$26.50 per 100 tablets. Plus \$7 if you need it sent (obviously, it is better to get 3 months supply in one go). If you ring, say you are a member of AQA.

TIP: I have been using pH strips to test acidity and found I can halve the tablets I take from 4 per day to 2 per day. I also take 2 cranberry tablets daily - and this might help the acidity level.

PH strips are available from a company in Adelaide, called Aquaspex. For a reel of 5m (which will do approximately 100 tests) the cost is \$19.90 (plus postage).

Contact:

Aquaspex Water Testing Products
P.O. Box 306
Blackwood
SA 5051
AUSTRALIA

Phone: (08) 8278 9413

Fax: (08) 8460 1110

Email: info@aquaspex.com.au

web: www.aquaspex.com.au

If you are able to solve this problem better than I have, please let us all know at AQA.

Meredith Wallace
AQA member



Two Parrots

A lady approaches her priest and says, "Father, I have a problem. I have two female talking parrots, but they only know how to say one thing."

"What do they say?" the priest inquired.

"They only know how to say, "Hi, we're virgins. Do you want to have some fun?"

"That's terrible!" the priest exclaimed, "but I have a solution to your problem. Bring your two female parrots over to my house. I will put them with my two male talking parrots who I taught to pray and read the bible. My parrots will teach your parrots to stop saying that terrible phrase, and your female parrots will learn to praise and worship.

"Thank you!" the woman responded.

The next day, the lady brings her female parrots to the priest's house.

His two male parrots are holding rosary beads and praying in their cage. The lady puts her female parrots in with the male parrots and the female parrots immediately say, "Hi, we're virgins. Do you want to have some fun?"

One male parrot looks over at the other male parrot and exclaims, "Put the beads away. Our prayers have been answered".

Picabo

The medal winning Olympic runner, Picabo (pronounced Peek-A-Boo), is not just an athlete, she is a nurse.

She currently works in the Intensive Care Unit (ICU) of large South African metropolitan hospital.> However, she is not permitted to answer the telephone while she is at work.

It simply caused too much confusion when she would answer the phone and say: "Picabo, ICU"

A good clean story is hard to find these days.

Sent in by member Angela Snow

Who ate the Manager?

A big corporation recently hired several cannibals.

"You are all part of our team now", said the HR rep during the welcoming briefing. "You get all the usual benefits and you can go to the cafeteria for something to eat, but please don't eat any of the other employees".

The cannibals promised they would not.

Four weeks later their boss remarked, "You're all working very hard, and I'm satisfied with you. However, one of our Personal Assistants has disappeared. Do any of you know what happened to her?"

The cannibals all shook their heads no.

After the boss had left, the leader of the cannibals said to the others, "Which one of you idiots ate the PA?" A hand raised hesitantly, to which the leader of the cannibals continued, "You fool!!! For four weeks we've been eating Managers and no one noticed anything, but noooooo, you had to go and eat someone who actually does something!

Blonde Police Officer

A blonde female police officer pulls over a blonde in a convertible sportscar for speeding.

She walks up to the car and asks the blonde for her driver's license.

The blonde convertible driver searches through her purse in vain.

Finally she asks, "What does it look like?"

The blonde police officer tells her, "It's that thing with your picture on it."

The blonde driver searches for a few more seconds, pulls out her compact, opens it and sure enough sees herself.

She hands the compact to the blonde cop.

After a few seconds looking at the compact, the blonde cop rolls her eyes, hands the compact back to the blonde convertible driver and says:

"If you would have told me you were a police officer when I first pulled you over we could have avoided this whole thing."

CLASSIFIEDS

For Sale

Tilt-n-Space Wheelchair

Fisher Lane Karma KP 65T motorised Tilt-n-Space wheelchair. Very good condition with many extras.

Phone: (03) 9523 5330 Liz

Price: negotiable

Rascal Deluxe Scooter

Burgundy Rascal Deluxe Scooter, 4 wheel model with front + rear suspension; turning indicators; front basket; rear frame holder; Absolutely as new - never been used - 16 months old. Can deliver (metro area). Cost \$4,370.

Phone: (03) 9376 0537 Claudia

Mobile: 0429 680 195

Price: \$3,000

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: Best offer - must be sold!

Phone: 08 97348767 or a/h 08 97971184 Graham

For Sale

Wheelchair Access Home in Craigieburn

Located close to amenities this three bedroom home has been built for a w/c user. Bathroom will allow wheel in and kitchen accommodates the w/c also. Intercom throughout allows door release option. Power points and light switches are at appropriate heights. There is ducted heating/cooling with zoned cooling option. Large double garage with remote control & house access and carport. Easy access to Hume Hwy, future Craigieburn Bypass, Pascoe Vale Road and Airport.

For your chance to view this property, please call Eileen Broderick on either of the numbers below.

Phone: (03) 9305 5533 Eileen Broderick

Mobile: 0407 857 544

Address: LJ Hooker, 1A Hamilton Street
Craigieburn 3064

Wheelchair Access House For Sale

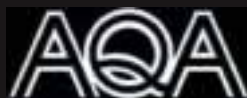
Modern 3 bedroom purpose built house for sale in Echuca.

Phone: (03) 5480 7011 Rob Marks

Border Real Estate, Echuca

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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

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: \$2,000 ono

Phone: 9369 7660 Margaret

1996 EL Ford Falcon Flash-cab

This vehicle is wheelchair accessible and in pristine condition. It has metallic blue paintwork, tinted windows, dual fuel, runs & drives like a new car. Reg and RWC. All tests are welcome.

Price: \$19,500 ono

Phone: (03) 9579 1899 Chris

Phone: (03) 9579 5644 Mark

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: \$15,900

Phone: (03) 9836 7773 Veronika Banhidi

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

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: \$1,400

Phone: (03) 9578 1539 Robert Waryszak

Email: robxv1100@hotmail.com

For Sale

Linak Hoist

Linak hoist HB 51-002 – carries max weight 150 kg, has a toilet and regular sling with battery and charger. As new.

Price: \$1,200 ono

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

Shower Trolley

Polymedic Shower Trolley – Lays completely flat or tilts to 90 degrees. \$400 ONO

Price: \$400 ono

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

Toilet Chair

Toilet chair with armrests and padded seat.

Price: \$50

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

Air Mattress

Apex Alternating Pressure Pump System Air Mattress

Price: \$250 ono

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

Bed Back Rest

Bed back rest with metal frame and cloth backrest.

Price: \$25 ono

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

Lightweight Wheelchair

Jackaranda Lightweight Wheelchair.

Price: \$500 ono

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

Commode/shower chair

Commode/shower chair on wheels.

Price: \$100 ono

Phone: (03) 5629 5646 Linda Fitzpatrick (Bunyip)

*... More Classifieds on
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