

# AQA NEWS LINK

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

DECEMBER 2005



*Merry  
Christmas*



**HAPPY NEW YEAR**

## *In this issue...*

- Every day a marathon!
- 2005 IFDS Sailing Championship
- New Zealand (South Island)

*Plus much more...*

## **Membership Renewals Due**

Members please note that the yearly \$5 membership is due for those of you who haven't paid for 2006.





**A.Q.A. Victoria Ltd**  
 ABN 90 006 691 185

**Address**

440 Heidelberg Road  
 Fairfield Victoria 3078

**Tel:** (03) 9489 0777

**Fax:** (03) 9482 4371

**Email:** [admin@aqavic.org.au](mailto:admin@aqavic.org.au)

**Postal address**

PO Box 219  
 Fairfield Victoria 3078

**Toll Free Number for Tasmanian  
 and country Victoria members**

Tel: 1800 999 128

**Board of directors**

Dr. Meredith Wallace

Bernie Bartels

Kevin Bailey

Ivan Peterson

Tanya Clarke

Wendy Lundgaard

Rosie Maddick

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.

The opinions expressed in News Link are not necessarily those of A.Q.A. Victoria Limited or the Editor. Original material in News Link can be reproduced only with permission from the editor. Donations towards production costs are greatly appreciated.

Information in News Link is furnished solely as a guide to the existence and availability of goods or services. News Link has neither the staff nor the facilities for testing and evaluating any of the services or items and therefore can assume no responsibility for the effectiveness, safety or quality of any such items or services.

# AQA NEWS LINK

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

## In this issue . . .

**Page 3**

- From the CEO .....page 3
- From the Editor .....page 3

**Information**

- Emergency Wheelchair Breakdown Service .....page 4
- Spinal Cord Awareness Week .....page 4
- Count Me In – Getting active as a volunteer *by Darren Cunningham* .....page 4

**Members Column**

- Alvina Cottages *by Eileen Clohesy* .....page 5
- Rubber For Wheelie Mitts *by Bill Detlefsen* .....page 5
- Driveway Assistance *by Angela Snow* .....page 6

**Leisure**

- Every day a marathon! *by Ari Seirlis* .....page 7

**Travel**

- 2005 IFDS Single-Person Worlds *by Colin Johanson* ..... page 10, 11, 12
- New Zealand - South Island *by Simon Damevski* .....page 14 & 15

**Wheelchairs**

- Dynamic Wheelchairs ..... page 16

## Regular features

**Women's Issues**

- Under Pressure with SPORRT *by Anna Leyden* ..... pages 7

**AQA Victoria Member Profile**

- Campbell Message ..... page 13

**Jokes Page**

- Jokes ..... page 17

**Classifieds**

- Various items for sale ..... pages 18, 19 & 20

## From the CEO

As 2005 comes to an end I would like to wish you all a very Merry Christmas and a safe, happy and prosperous New Year. AQA has enjoyed a year of growth and consolidation and produced a modest profit for 2004/2005. We have once again received valuable input from members who have provided lots of great information for News Link. A marked increase in information inquiries this year has kept staff in the Information/Peer Support department very busy and it's good to see people utilising this service.



Our Attendant Care Service, A.Q.A. Qualcare has been busy again this year assisting people with their care needs. All office staff and Attendant Carers work hard to provide this valuable service and I would like to thank them for their support. I would also like to thank our clients for their continued business and look forward to a mutually satisfying 2006.

The AQA office will close at 11.30am Thursday 22<sup>nd</sup> December 2005 and re-open for business on Tuesday 3<sup>rd</sup> January 2006.

### Ian Bennett

Chief Executive Officer

[ianbennett@aqavic.org.au](mailto:ianbennett@aqavic.org.au)

## Vale

**Sandy Blythe**

**24.02.1962 – 18.11.2005**



It was with great sadness we learnt that Sandy Blythe had passed away. As many of you would know Sandy was an inspirational person who touched many lives. He was an

exemplary sportsman who made a difference when a difference was needed. His work in accessibility is well recorded and his influence in many aspects of disability wide-reaching. He will be greatly missed. We would like to offer our sincere sympathy to Sandy's family and friends.

## From the Editor

G'day Member's,

In our last issue for 2005 we have included Part 2 (South Island) of the New Zealand trip my wife and I did earlier this year. Anna Leyden has written an article on a current issue she is dealing with about pressure sores and how to cope with them.



Also included is an extensive report from Colin Johanson on the 2005 IFDS Single-Person Dinghy Worlds & Sabaudia's Cup International Championship he competed in at San Felice Circeo on the mid-west coast of Italy.

I would like to thank everybody that has contributed to News Link. Please keep the articles and information coming as they are the backbone of our magazine.

Finally, I would like to wish everybody a very Merry Christmas and hope you all have a safe and happy New Year.

### Simon Damevski

News Link Editor

[simondamevski@aqavic.org.au](mailto:simondamevski@aqavic.org.au)

12 Smith's Beach Road  
 Phone: (03) 5952 1744  
 Fax: (03) 5952 1766  
 Mobile: 0431 474 049  
 Email: [wheeliesrest@bigpond.com](mailto:wheeliesrest@bigpond.com)  
 Website: [www.users.bigpond.com/wheeliesrest/](http://www.users.bigpond.com/wheeliesrest/)

**Address:** Lot 9, Ventnor Road  
 Ventnor Victoria 3922  
**Phone:** (03) 5956 8416  
**Mobile:** 0417 104 051  
**Email:** [info@alvina.com.au](mailto:info@alvina.com.au)  
**Website:** [www.alvina.com.au](http://www.alvina.com.au)

**Postal address:** PO Box 531  
 Cowes Victoria 3922  
**Fax:** (03) 5956 8413



## Emergency Wheelchair Breakdown Service

Did you know that the RACV provide an emergency wheelchair breakdown service?

Although this service isn't for everyone, it does give you peace of mind. There is also a fee for the service starting at \$23.50.

You can depend on the service if your wheelchair runs into any kind of trouble eg; flat tyre, mechanical problems, electrical problems, etc. They are available 24 hours a day.

The aim of the service is to get you and your wheelchair going as soon as possible after any kind of breakdown.

There may be times when they can't get you going quickly because special batteries or other parts or equipment aren't instantly available. In these circumstances they will make contact with your friends or family and let them know what is happening. If necessary, they will get in touch with the appropriate people so that alternative transport can be arranged (the cost of alternative transport will need to be covered by you).

It is a good service that they provide but there are limitations to what they can do. For instance, if they can't get you going again, the cost of getting to where you need to go will be covered by yourself, but they will help organise it. Another limitation is their 'no lifting policy', so, if you need to be lifted in and out of your chair, they can't help you.

We don't know of any of our members who use the service but would love to hear from them to find out, first hand, what they think of it.

If you are already a member of the RACV, you can add the Emergency Wheelchair Breakdown Service to your policy for \$23.50. Otherwise there is a one-off joining fee of \$30 plus an annual fee of \$23.50. No joining fee applies if you are under 21 years of age.

For further information, you can contact the RACV the following ways;

**Phone:** 131955  
**Internet:** [www.racv.com.au](http://www.racv.com.au)  
**Post:** 550 Princes Highway,  
 Noble Park, 3174

## Spinal Cord Awareness Week - 14th to 21st November

On Monday the 14th of November, the Info team ventured into the City Square for the opening of Spinal Cord Awareness Week. The week was organised by Paraquad Victoria in conjunction with the TAC and each day different events took place to demonstrate to the community aspects of life with spinal cord injury. On the Thursday, some of the Info team again went to the city to be part of a demonstration of wheelchair rugby (some spectators, some participators!). There was a tent set up all week with lots of information, including some from AQA. You also might have noticed quite a few stories in the Herald Sun that week about people with SCI. This was all part of the campaign, which hopefully will make people more aware of the affects of acquiring a spinal cord injury.

## Count Me In – Getting active as a volunteer

**Darren Cunningham, Access for All Abilities, Shire of Melton**

Without the energy and commitment of an army of volunteers, community level sport and recreation would simply not survive. Sports Clubs across the Shire of Melton are faced with the same volunteering problems as others across the state when it comes to maintaining their existing programs, and for many, they can't even consider the opportunities to attract and include more players until they attract more volunteers or upskill those already in place.

In 2006, we're inviting people with a disability to say "Count Me In" and become a volunteer at community sport and recreation in the Shire. Clubs have a variety of challenging and fulfilling roles they need filled. And with access to a range of supports and resources, you can benefit enormously from getting involved. Volunteers can gain valuable new skills, get a sense of pride from contributing to their community, meet new people etc!

Whether it's a short or longer-term role, a coaching or promotional one or is a position at an elite or more social participation focused club you're looking for, there's a role to suit your skills and qualities now.

To find out what opportunities are available within the Shire of Melton, I can be contacted on (03) 9747 7332 or via email: [darrenc@melton.vic.gov.au](mailto:darrenc@melton.vic.gov.au). Otherwise, contact the Peer Support team at AQA Victoria. For those in other parts of the State, visit [www.govolunteer.com.au](http://www.govolunteer.com.au).



### Alvina Cottages

Written by Eileen Clohesy from Bendigo

We recently spent a few days at Alvina Cottages on Phillip Island, and we enjoyed our stay so much it was suggested to me that I should write a brief account of it.

Kevin my husband is a paraplegic and I wanted to take him for a break away. It is very difficult to find accommodation that is completely wheelchair friendly, but while reading the AQA News Link, I came across an advertisement for Alvina Cottages.

We were very pleasantly surprised to find the cottage suited all our needs. There was a hospital bed for Kevin and the bathroom had everything we needed, wheelchair shower with all equipment provided and the heating was great.

It is a lovely rural setting with cows grazing in the next paddock, plenty of trees and various types of birds, a very restful and relaxing place.

Our hosts, Freda & Will, were most hospitable. Nothing was too much trouble and it was a great help to have Freda come in and help shower Kevin each morning - she is a qualified nurse and has worked at the Alfred Hospital Spinal Unit.

Having a car is a must if you wish to visit the tourist attractions, which we did, and found wonderful co-operation from the staff at each venue. I recommend these cottages to anyone who has a disability. It certainly lives up to all it says in the brochure. We thoroughly enjoyed our stay there and hope to return in the near future.



A Division of A.Q.A Victoria Ltd  
ABN 90 006 691 185

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  
Email: [qualcare@aqavic.org.au](mailto:qualcare@aqavic.org.au)

### Rubber For Wheelie Mitts

G'Day everyone,

I thought I would let you know where to go if you need new rubber on your wheelie mitts, I have just had some replaced.

The contact for this is: Martin French c/o The Orthotic Department, Royal Talbot Rehabilitation Centre.

The charge for this is \$25 a pair and he does a very good job with good quality rubber.

I hope this information is useful if you have had some trouble finding someone to do them.

Regards, Bill Detlefsen

Email: [bdetlefsen@bigpond.com](mailto:bdetlefsen@bigpond.com)

### AQA's Annual General Meeting

Our AGM was held on 22<sup>nd</sup> November this year and although only a small group attended it was an enjoyable night, made even more interesting by viewing the 60 Minutes segment on "Murder Ball". For those who hadn't seen this clip it was a very informative piece and gave much insight into people with disabilities who play Wheelchair Rugby. The Board of Directors presented the Annual Report for 2004/2005 together with their Strategic Plan which will provide the organisation with direction for the next 3 years. (A copy is available from AQA if you are interested)

Rosie Maddick was elected a Director onto the Board. Rosie is a Social Worker at the Royal Talbot Rehabilitation Centre and has been for the past 5 years. Amongst other positions Rosie previously worked with the Department of Human Services for 17 years. She has a keen interest in the area of spinal cord injury. She is also involved in policy development at Royal Talbot. We welcome Rosie to the Board of Directors and look forward to her involvement in the organisation.

We also welcomed back Ivan Peterson and Tanya Clarke who retired by rotation, and after nominating again were re-elected to the board.





## Driveway Assistance - Info provided by Angela Snow

Driveway service is offered at a number of locations across Victoria for the benefit of people who are not able to fill their car themselves due to a disability, or medical reasons. Whilst there are service stations that offer continuous driveway service, others offer a limited service at certain times and some are only able to do so on certain days. Most operators are willing to do so on request, simply contact your local service station operator to arrange a mutually convenient time.



The following VACC Members Provide Driveway Assistance in Victoria or look for this logo.

Address	Company Name	Phone
<b>Altona East</b> 11 The Circle	Circuit Service Station	(03) 9391 3723
<b>Ballarat</b> 911 Doveton Street North	Ballarat Taxis Co-op Ltd.	(03) 5329 0015
<b>Boronia</b> 158 Dorset Road	Paul Lees Motors	(03) 9762 1352
<b>Brighton</b> 375 New Street	Evans Motors	(03) 9596 3693
<b>Brighton</b> 422 New Street	Rex Service Station	(03) 9596 1298
<b>Camberwell</b> 534 Camberwell Road (Cnr. Glen Iris Road)	Fina Camberwell	(03) 9889 1704
<b>Caulfield South</b> 672 Glenhuntly Road	Blueprint Automotive Services	(03) 9523 5572
<b>Caulfield North</b> 91-95 Kooyong Road	Octane Motors	(03) 9509 6103
<b>Chadstone</b> 61 Chadstone Rd	Chadstone Motors	(03) 9569 8813
<b>Chewton</b> Cnr Pyrenees Hwy & Eureka Street Castlemaine	Rent a Car & Maine Taxis	(03) 5470 5444
<b>Coburg</b> 127 Moreland Road	M & R Car Services	(03) 9384 0403
<b>Collingwood</b> 4-10 Stanley Street	Montalto Auto	(03) 9419 1472
<b>Diamond Creek</b> Cnr Shute & Diamond Streets	Shell Diamond Creek	(03) 9438 1053
<b>Echuca</b> 200 Ogilvie Avenue	Caltex Echuca	(03) 5482 2831
<b>Echuca</b> 456 High Street	Ampol Echuca	(03) 5480 6266
<b>Euroa</b> 29 Tarcombe Street	BP Euroa	(03) 5795 3677
<b>Ferntree Gully</b> Cnr Alpine & Station St (opposite Post Office)	Straub's Garage	(03) 9578 4663
<b>Geelong North</b> 133-135 Ballarat Road	John Coumans Motors	(03) 5278 9838
<b>Gunbower</b> Murray Valley Highway	Starcross Automotive Service	(03) 5487 1292
<b>Hughesdale</b> 117 Post Road	Hughesdale Service Station	(03) 9578 4663
<b>Ivanhoe</b> 92 Lower Heidelberg Road	Ray Molloy Motors	(03) 9499 4608
<b>Ivanhoe North</b> 247 Waterdale Road	North Ivanhoe Service Station	(03) 9499 2437

Address	Company Name	Phone
<b>Langwarren</b> 247 Waterdale Road	Langwarrin Service Centre	(03) 9789 1309
<b>Malvern East</b> 253 Waverley Road	Coral Service Station (BP)	(03) 9571 4331
<b>Mildura</b> 19 Madden Avenue, (cnr Seventh St) on the "Stuart Highway"	Mildura Quikaz Lube (BP)	(03) 5023 1263
<b>Mildura</b> 1176 Benetook Ave	Benetook Auto Sales (Shell)	(03) 5023 4366
<b>Moama</b> 73 Meninya Street	Ampol Moama	(03) 5482 1207
<b>Montmorency</b> 59-61 Rattary Road	Gasoline Fuel Co.	(03) 9434 2819
<b>Moonee Ponds</b> 185 Pascoe Vale Road	Morello Motors (BP)	(03) 9375 3256
<b>Moorabbin</b> 245 Wickham Road	Best Automotive (Ampol)	(03) 9553 3454
<b>Mount Waverley</b> 443 Blackburn Road	Caltex Pinewood	(03) 9802 3742
<b>Newport</b> 261-269 Melbourne Road	BP Yarraport	(03) 9391 2263
<b>Niddrie</b> 386 Keilor Road	BP Niddrie	(03) 9379 7414
<b>North Balwyn</b> 313 Doncaster Road (Greythorn)	Greythorn Motors - Independent	(03) 9857 7270
<b>Port Melbourne</b> 108 Pickles Street	Action Service Station	(03) 9690 4971
<b>Rutherglen</b> 62 Main Street	Jasper Bros - Ampol Service Station	(02) 6032 8404
<b>Strathmerton</b> Lot 1 Murray Valley Highway	Hi Tech Automotive Repairs	(03) 5874 5330
<b>Trentham</b> Market Street	Victoria Street ServiceCentre	(03) 5424 1510
<b>Wahgunyah</b> 22 Foord Street	Caltex Wahgunyah Newsagency	(02) 6033 1186
<b>Wandin</b> 389-391 Warburton Highway (Cnr. Sebire Ave)	Wandin Motors	(03) 5964 2177
<b>Wandin</b> 361 Warburton Hwy	Wandin Automotive	(03) 5964 4920
<b>West Melbourne</b> 179 Stanley Street	Westend Automotive Centre	(03) 9328 3402
<b>Yarraville</b> 82 Pentland Parade	A C Motors	(03) 9687 2610



# Every day a marathon!

Written by Ari Seirlis

I have been humbled by an absolutely unbelievable experience – I think one the most meaningful in my life! I participated in, and completed, the New York Marathon 2005.

A few months ago, when I set myself the goal of taking part, I did it for an unusual reason. Since then, I have realised something quite profound: This wasn't at any time a self thing, it is something I had to do to cement and entrench my own mindset and my attitude towards my mobility challenges.

Indeed, each one of us runs his or her own NY Marathon inside of our heads every day...

Let me explain:

With or without disability, our lives are short. It's a brief time where everyone does things which include some goal setting, Sometimes an impediment or disability might be introduced into this map of life. It is quite easy to let this interfere, to let it get in the way... But don't do that; you will find life is too short, even without the intervention!

Many people with disabilities tend to say: "I would love to do so-and-so and so-and-so, but now I can't, because I am disabled...". One day – and preferably sooner rather than later - they must challenge that perception. They must say: "I AM going to do that... Now let me work out the "how" part."

I thought I had learned that lesson years ago. In New York I learned it again. Much more emphatically. Let me set the scene:



Before I left for the US, I had really not achieved my training and practicing goals. I had managed only six kilometres at one stretch - how the hell was I ever going to be able to cover the 42km of the NY course?

But I did! Most importantly it was a set of conditions which took me through it all:

The **environment** was incredible on the day! I can't describe it to you. The countdown to the start was dramatic; the "off" and the

race itself was just unbelievable. There was a special and massive buzz to everything. It was very stimulating.

I had the **equipment** I needed. The handcycle, the handpads, the crash helmet, the route guide...

I needed an **adrenalin** rush. It came in large, large dollops. And when I was about to give up, I needed a God to call on for inspiration to persist.

I had vital **support** from others. My fellow Achilles entrants were all around; this was a massively collective effort.

The **spectator** input was just stunning. One felt as if the Whole of New York Wanted YOU to Finish. Scores of thousands of people – crowd total on the day was three million! - were just willing us along. They gave you arm-power, hand-power, horse-power, wheel-power and mind-power which just rolled those wheels through Central Park and the streets of the Big Apple.

And so we finished!



And then I realised that what we had in NY was symbolic of what all of us need and must have every day: We all need goals; we all need equipment (wheelchairs and assistive devices of various kinds); we all need support; we all need adrenalin, and we all need a friendly, cheering crowd to will us along through our day.

Perhaps I'm saying to you – and to myself – we all need to find, challenge and complete our daily NY Marathons. That way our short lives will become more meaningful – and successful – whatever our circumstances.

Go for it, try something possible, that just seems so impossible. You will see how much resilience you actually have.

**Ari Seirlis** is the first National Director of the Quadriplegic Association of South Africa (QASA), and has held this position since 2001. Ari oversees the general running of the Association and also has particular responsibility for fundraising and for positioning QASA in the private and public sectors to make a difference to the lives of people with disabilities. Ari is a key figure in developing and implementing the strategy of the Association.

Ari became a quadriplegic in 1985 when he sustained an injury in a diving accident at an amusement park. He was Chairperson of QASA from 1997 to 2001.



## Under Pressure with SPORRT



Written by Anna Leyden

Hello everyone and welcome to the last edition of News Link and "Women's Issues" for 2005. In this edition, the article will be about pressure sores in women and men and the short and long term effects this has on our body being

under pressure. Pressure care needs to be maintained so that our well-being can allow us to live life to the fullest. If care and maintenance of the skin is not kept up, it can result in weeks and months of hospitalisation or being laid up in bed for weeks on end. I can assure you this is not a pleasant time in anyone's life having first hand knowledge. In recent months, I have spent time laid up in bed only getting up to use the bathroom. In my case, I had two pressure areas at once, one being from complications of a bursa.

In 1998 the bursa developed into an ischium cyst requiring surgery and 4 months hospitalisation. I was not a happy girl. Since then, my skin has never been the same even though the area healed well. From time to time, the skin on the operated area gives me problems and has forced me to take time out to heal the area, meaning bed rest. The second pressure wound happened by a knock to the coccyx, taking off a piece of skin the size of a 10 cent piece.

I was quite distressed at the thought of spending weeks upon weeks in bed, however I knew bed rest was my only option to a quicker recovery. By continuing with my daily activities and sitting for prolonged periods of time on an affected area would only break down the area further and cause other complications.

The **first step** I took was to get in contact with AQA's Information / Peer Support Department and they in turn pointed me in the right direction. Wayne suggested that I should contact the Royal District Nurses and organise for them to come out to my home and assist me with the wound care dressings and monitor my progress.

**Step 2:** I contacted my GP of 7 years, who I believe is one of the most dedicated and knowledgeable people I have ever met in the area of spinal cord injury. He came

out to my place, assessed my condition, gave me advice and implemented treatment for a speedy recovery.

**Step 3:** I got in contact with SPORRT (Spinal Outreach Risk Reduction Team). SPORRT is made up of experienced clinicians including: Spinal Nurse, Physiotherapist, and Occupational Therapist. They can assist people with spinal cord injury maintain wellness and reduce the risk of complications. I spoke to Melanie the physiotherapist who suggested I call the Austin hospital Spinal Clinic and make an appointment. At the appointment, I was given valuable information in relation to wound care and the steps I needed to take to prevent further complications. Melanie also conducted a home assessment and made some recommendations to help reduce further pressure areas & skin problems. SPORRT Spinal Nurse Lynn came to my home and made suggestions in terms of a gradual returning to my pre-injury activities. The funny thing is that Lynn nursed me in 1998 when I had bursitis, and here we were again treating the same area.

Being under pressure and/or stress can reduce the quality of our lives and if we do get a pressure area, with the support of our GP, SPORRT, RDN, family and caregivers, we can reduce further complications.

In summary pressure sores can occur in people of any age who are bedridden, chairbound, or unable to reposition themselves. Pressure sores usually develop below the waist, although they can occur anywhere on the body generally over bony projections where pressure is concentrated, such as the lower back, heels, elbows, and hips. They may occur where pressure from a bed, wheelchair, cast, splint, or other hard object contacts and presses on the skin. Pressure sores may be painful and can be life threatening. They lengthen the time spent in hospitals or homes and increase the cost of care.

Below are two websites that I found extremely helpful and informative about pressure sores and ulcers;

- [www.mydr.com.au/default.asp?article=24255](http://www.mydr.com.au/default.asp?article=24255)
- [www.merck.com/mmhe/sec18/ch205/ch205a.html](http://www.merck.com/mmhe/sec18/ch205/ch205a.html)

**(If you have any articles you would like to submit in upcoming issues of News Link, please let us know. Have a safe and well deserved break over the holiday period.)**



## Pressure Sores

Written by Anna Leyden

**Causes:** The skin has a rich blood supply that delivers oxygen to all its layers. If that blood supply is cut off for more than 2 or 3 hours, the skin dies, beginning at its outer layer (the epidermis). The dead skin breaks down and forms an open sore or ulcer. Once the skin is broken, bacteria may enter the opening and cause an infection.

Skin moisture can lead to the development of pressure sores. Prolonged exposure to moisture—often perspiration, urine, or faeces – weakens and damages the skin surface, making pressure sores more likely.

Inadequate nutrition increases the risk of developing pressure sores and slows the healing process of sores that do develop. Malnourished people lack the protective layer of fat that helps pad the skin and that keeps the blood vessels from being squeezed shut. People whose diets are deficient in protein, vitamin C, or zinc, which are essential for normal skin repair, are at increased risk as well.

**Symptoms:** For most people, pressure sores cause some pain and itching. However, in people whose senses are dulled, even severe, deep sores may be painless. Pressure sores are categorized into four stages according to the severity of damage, from redness and inflammation (stage 1) to destruction of muscle, fat, and bone (stage 4). Infection delays healing of shallow sores and can be life threatening in deeper sores. Infection can even penetrate the bone (osteomyelitis), requiring weeks of treatment with antibiotics. In the most severe cases, infection can spread into the bloodstream (sepsis).

**Prevention:** Prevention is the best strategy for dealing with pressure sores. In most cases, pressure sores can be prevented by meticulous attention from all caregivers, including nurses, nurses' aides, and family members. Close daily inspection of a bedridden or chairbound person's skin can detect early redness or discoloration. Any sign of redness or discoloration is a signal that the person needs to be repositioned and kept from lying or sitting on the discoloured area until it returns to normal. Because shifting position is necessary to keep the blood flowing to the skin, oversedation should be avoided and activity encouraged. People who cannot move

themselves should be repositioned every 2 hours – more often if possible.

**Treatment:** Treating a pressure sore is much more difficult than preventing one. Adequate nutrition is important in helping pressure sores heal and in preventing new sores from forming. A well-balanced, high-protein diet is recommended as well as a daily high-potency vitamin and mineral supplement. Supplemental vitamin C and zinc may help with healing as well. In the early stages, pressure sores usually heal by themselves once pressure is removed. When the skin is broken, a doctor or nurse will consider the location and condition of the pressure sore when recommending a dressing. Film (see-through) dressings help protect early-stage pressure sores and allow them to heal more quickly. Hydrocolloid (oxygen and moisture-retaining) patches protect, keep the skin appropriately moist, and provide a healthy environment for deep sores. Other types of dressings may be used for deeper sores, those that ooze a lot of fluids, and those that are infected.

Deep pressure sores are difficult to treat. Sometimes they require skin grafting, in which healthy skin is transplanted to the damaged area. This type of surgery is not always successful, however, especially for frail older people who are malnourished. Often, when infections develop deep within a sore, antibiotics are given. When bones beneath a sore become infected, the bone infection (osteomyelitis) is extremely difficult to cure and may spread through the bloodstream, requiring many weeks of treatment with an antibiotic.



**Photo 1:** Most Common Sites for Pressure Sores, Pressure Ulcers, or Dermal Ulcers.



**Photo 2:** A well-defined ulcer on the hip extends to the fatty layer under the skin. This finding is typical of a bedsore (pressure sore).



## 2005 IFDS Single-Person Dinghy Worlds & Sabaudia's Cup International C'ship Report

Written by Colin Johanson

My wife Moira and I left Melbourne for Dubai on Saturday, 24 September 2005, arriving 5:40 am Sunday, 25 September. Arriving at the Hotel in a somewhat hot 38°, after unpacking and a rest we went out for a bit of a shop but it was soon up to low 40s° so we headed back.

After seeing some of the sights of Dubai in heat of 44° most of the day down to a cool 36° at midnight beside the creek, taxi rides were the only realistic cool way to get around. The Dhows in the creek were fantastic with their ornate carving and classic shape. The heat of Dubai was amazing but exhausting but I dealt with it much better than Moira.

We left for Rome at 7:55 am Wednesday, 28 September arriving at noon. A quick taxi ride to the Hotel, at up to 160kph along the Autostrada, and a bit of a look around led to a late dinner, despite being told at 6:00 pm, the restaurant didn't open till after 8! This was an introduction to the Italian habit of late dining.

A day in Rome checking out the shops and sights from the Trevie Fountain, Spanish Steps to the Colosseum ended in a restaurant where the Rome night traffic was an eye opener. Romans seem to drive and park as they like with few apparent rules but it is a thrill ride to just take a taxi. Scooters wiz past on both sides, lanes are changed without indicators or warning but amazingly everyone manages to miss each other. On Friday, September 30 we were back at the Rome airport after a \$100 taxi ride (Rome to Rome airport is expensive either way) for pickup for the 100km drive South East, down the coast to San Felice Circeo where the yacht racing was to take place.

Hotel Villaggio della Mercede San Felice Circeo, which was a Monastery converted into a Hotel, with a fully operational church still a part of it. All the other competitors, family, volunteer helpers and IFDS officials from classifiers, judges, and technical delegates would assemble and stay here. This created a great forum for meeting, socialising, and to exchange of ideas.

### Practice

Racing preparation on the first day, 1 October, involved registration, measurement, classification, seating selection and modification but without practice racing.

Racing practice started on the 2nd with three practice races held during the afternoon on relatively calm water with a bit of slop left over from an earlier squall. Breeze was 8-10 knots.

Racing practice on the 3rd October was abandoned after a night of rain that continued into the next day which had made the pleasant weather and seas of the first day disappear and turn into high seas and showers with moderate winds. The weather cleared in the afternoon after we had all packed up and the opening ceremony was held outdoors that night with local entertainment of traditional Italian trumpeters, drummers and synchronised flag waving and throwing. We hoped that the weather would return to the normal pleasant weather of previous weeks. Sadly we were not to be that lucky.



### Racing

With the rain showers and seas coming from two directions and clashing together to create vicious up to two metre choppy confused seas, racing started on 4th October allowing only one long race due to the 8 knot breezes, high chop and too long a course. The race was very late in starting due to the time required to get all sailors on the water and the course set. I managed a third overall and a bullet (first) in the World Championship (which is for fully electrical servo assist yachts only, where severely disabled sailors sail the yachts via a joystick controlling steering and setting both



sails). Interestingly, five of the top ten places went to servo assist sailors.

On the 5th October the moderate winds and high seas continued and again only one race was completed. Not only was it raining most of the day but water spouts (Willy-willies to Australians but Tornadoes to the Northern hemisphere sailors – who were understandably worried about their potential power) created an idea of the extreme weather we had to cope with. For some unknown reason at the time, my servo steering played up during the third leg of the race, leaving me stuck sailing around in about six circles with my steering locked hard right, until I managed to get it working again (by the subtle method of bashing my joystick against the boat) and finish. I only came eighth overall and third in the Worlds, edged out by the two Portuguese sailors Bento and Fernando. I assumed water had got into the switch – we used drying spray then lubricant into the joystick switch after opening up the box, assuming the severe spray and rain had somehow got inside. (we were wrong, ‘Murphy’ would rule again)

Zoltan Pegan (AUS), who scored two bullets for the first two races overall, described the day well; *“The sea was angry that day, my Friends. The wind had been blowing all night and was a steady 14 knots from the south east, but it must have been blowing from the west last night because there were short, steep rollers with a lumpy cross sea with breaking crests where they crossed each other. When most of the fleet of 21 Liberty were out on the water a tremendous rain shower came in from offshore.”*

“When on a crest I could see the keel of nearby boats through the water. In the trough, just the sail was visible. But other than being wet, no-one was in trouble.”

*“I also sail Sonars (three person crew) and 2.4mR’s (single crew). A Sonar would have been bashing from crest to trough and a 2.4mR would have been swamped in minutes. I was glad that I was sailing a Liberty. The big green waves, water spouts, Sunday and rain - it was like a major amusement park ride.”*

On the 6th October two races were run but after a sixth place overall and another top placing for the Worlds in the first race, I had to withdraw from the second race of the day due to the electrical fault in my new design controller taking out my steering again (turned out to be

a faulty switch unit – thanks to Murphy’s Law) but after a meeting in the protest room, I was offered redress of an average of my results as I was testing a new design controller and the switch failure was due to a manufacturing fault.

The Worlds required four races to be a valid competition and all were both amazed and relieved that that aim had been achieved in the foul conditions. All sailors had taken to the water, that was worse than any they would have sailed in before, and officials were amazed at both the determination of the sailors and the way the 3.6 metre Liberty yachts handled the foul conditions that had the race officials tossed around in both the large 38 foot start yacht and the rubber duckies. One rubber duck even got swamped and they had to be rescued by another safety boat, while we all sailed home.

After a lay day on the 7th October, when we went further South along the coast to see the township of Gaeta with its old fort on the top of the hilly city. The sun shone, the breeze was very light and seas almost flat, as you normally see the Mediterranean promotions. Would we have better weather for the next two days of sailing?

That night all hell broke loose with a tremendous storm that flooded streets to the point of making them impassable to cars and trucks with 600mm deep water flowing towards the nearby sea so rapidly that waves were created in the roads.

The next morning we went sailing initially in sunshine, but menacing clouds developed overhead that, true to form, eventually dumped on us again. We were cold and wet as the first race was run but had to be shortened due to lack of breeze. More of a problem was a massive muddy and debris filled current flowing down the coast, carrying 8 metre trees, rubbish and even a dead dog!

Decrease of wind in the second race and courses laid in the current made sailing difficult as buoys were dragged, one 100 metres from its position and moving almost faster than we could sail upwind to catch and round it. Bento and I both were touched by a downwind buoy we had to chase that despite giving plenty of room was drifting so fast up and across the course, that it ran into both of us. A penalty turn was taken but only four yachts managed to finish the shortened course within the time

**Continued on next page...**



*...from previous page*

limit. With DNFs (did not finish) for most of the yachts, we all hoped to complete another two races the next day to allow two discards rather than just one. We got out of the yachts as just as another downpour hit but we were already soaked and cold.

The last day of racing on the 9th October turned out to have reasonable wind, less waves and sun that actually made us hot in the wet weather gear we had lived in for the week of racing. A horrendous start in the first race with a reasonable race then a good start and a poor race where I was hit by port boats twice and my sailing was poor gave me two 9th places overall and a 3rd and 4th place in the worlds. Although I could have protested both boats that broke the port/starboard rule, it would not have greatly altered the results and the protest room is to be avoided wherever possible. It also could have soured the friendliness of the competition to disqualify two fellow racers on the last day, so I didn't complete the protests after apologies from the offenders.

My final result was second in the World Championship and eighth overall in the Sabaudia Cup. Bento from Portugal, deservedly sailed into first for the Worlds and second in the Sabaudia Cup, with some very consistent and fast sailing. He also proved that full servo control can be competitive in open competition, so I simply was beaten by a better sailor. Third place in the Worlds was won by Fernando of Portugal. First in the Sabaudia Cup was won by Zoltan Pegan of Australia and third by Karim Din Abdul of Singapore so Australia, with the biggest team of all (7 sailors), fared well.

We left from Rome Airport on 11 October 2005 at 4:15 pm for Dubai to arrive at Midnight. After a sleep and relax in the Hotel, we went for a walk in the evening when the temperature was only in the mid thirties, for a nearby shopping complex. Returning to the Hotel we had a meal and went to sleep to rise at 6:00am in order to catch our flight to Australia, arriving at 5:30am. It was a great holiday but it was so nice to be back in Oz again.

### **Overall Summation**

Sailors came from Australia, Portugal, Croatia, Singapore, Malaysia, Great Britain, Greece, America and Italy so there was a fantastic range of competing countries and many friendships were renewed and new ones established. Interestingly there were three female

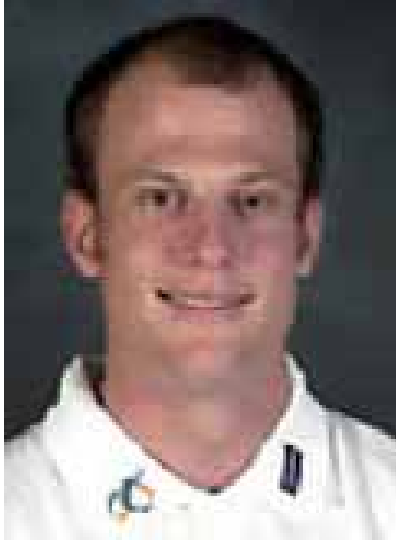
sailors – two from Australia and a Malaysian Muslim girl. The Liberty Class yachts and the severely disabled sailors also impressed the International Judges, International Federation of Disabled Sailors (IFDS) Classifiers and Officers as to their ability to handle the severe water conditions and not baulk or get into difficulties. No-one was injured in the sailing and everyone finished the competition having felt they had achieved a lot in the difficult weather conditions.

I must thank my sponsors: "Ballanced Essentials" (who donated aromatherapy massage oils for each competitor, that were extensively used with very positive feedback); Yachting Victoria; and Helly Hansen who provided a shirt, thermal top and waterproof pants (the pants were unluckily were too small for me – wow could I have used those pants in that rain!) logos were displayed on the deck of my yacht and rather than detract I felt added to the distinctiveness of my Dockland sponsored yacht. Thanks for your help to me and the other sailors.

I have fully tested new servo controls and a new mounting position that both eventually worked as I had hoped and my yacht functioned very well. I have improved on my fourth position in the 2004 Liberty Worlds and although only coming second, was beaten by a better sailor who was second in 2004. My aim for the next Worlds (to probably be held in Singapore in 2006) is to possibly get that coveted first place. More practice, competition and possibly some further equipment tuning/refinements will help.

I'm also hoping to take on some role as a technical advisor for the IFDS and, possibly in the future, as a Technical Officer or even National Classifier. Sailing is a great sport and I am interested in continuing my involvement even once I give up competing. I am currently also working towards being a Certified Coach..





**Name:** Campbell Message.

**Age:** 30 years of age.

**Disability & Level:** L-1 para

**Are you Married/Single?**

Beautiful wonderful fiancé.

**Do you have children?**

Just the cat.

**How did you acquire your disability? Year?**

In 1977, I had a car accident at age two. I wasn't off my L's yet, inexperienced, in the wet, you know the story.

**What is your living situation?**

I am alive. Also, I'm about to move to Northcote with the girlie.

**Your Survival Tip for others?**

The most important things have nothing to do with your disability, concentrate on them.

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

Well I didn't ever really get past crawling, so there has been a lot of

them. But maybe thinking that I could dance on a podium, then stage dive into a loving crowd. It all went to plan, apart from the loving crowd scattering as I dove, leaving me to land on a hard floor.

**Your greatest achievement?**

Winning a Silver medal at the Athens 2004 Paralympic games for basketball.

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

Work at Royal Talbot as the Leisure Specialist.

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

I have a bad sense of direction, so I live in the city (so when I get lost I just look for the big buildings and head for them). I also enjoy a quiet beer at the many pubs.

**Your best holiday spot and why?**

I used to go to Merimbula every year, it was fantastic. But it's getting very crowded now days.

**What food do you like best?**

Peking Duck. It's easily the best dish in the world.

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

I'd travel everywhere, eat Peking duck every night, as well as salted squid. Yum!!!

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

Hotmail.

## Want Your Profile Published?

If you would like to be one of our Member's Profiled, please don't hesitate to contact the Information Department on (03) 9489 0777 or email [info@aqavic.org.au](mailto:info@aqavic.org.au). Country Victoria & Tasmania members can call us on FreeCall 1800 999 128.

Member profiles are very welcome from any of our members and we'd especially like to see more of our female or Country & Tasmanian members profiled.

## 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.



## New Zealand - Part 2 (South Island) ...continued from last issue

Written by Simon Damevski

### Picton – In transit

We (myself and my wife Sandra) arrived after lunch and began the scenic 2.5hr drive to Kaikoura on the East coast. A significant leg of the road trip ran along the coastline, which was pretty and peaceful. This area is very well-known for its cheap fresh crayfish, and much to my delight it did not disappoint.

### Kaikoura – Pebble beach

**Accommodation:** We stayed at the “5 star” Anchor Inn Motel which is within close proximity to the town centre and has both sea and mountain views. The disabled unit contains a fully equipped kitchen, accessible bathroom, king size bed, phone, Sky TV, videos, and is fully air conditioned.

Other features include guest laundry and safe off street parking.

The seaside settlement of Kaikoura is situated midway between Christchurch and Picton on the rugged east coast of New Zealand’s South Island. It is overlooked by majestic mountains, which are snow-capped for many months of the year.

This unique combination of ocean and mountains offers stunning coastal alpine scenery and a host of eco-tourism oriented activities, including Whale watching, Dolphin swimming and walks just to name a few.

Whether you are looking for relaxation, nature, excitement, art, history and culture, or fine wines and cuisine, Kaikoura offers it all.

### Methven – Gorge-ous

**Accommodation:** We stayed at The Lodge on Chertsey situated in the Town Centre of Methven with stunning views of Mount Hutt. The disabled unit contains an accessible bathroom, queen size bed, phone, TV, in-house movies, mini bar, and heating.

Other features include guest laundry, ski & drying room, fully licensed bar & restaurant, and safe off street parking.

Methven/ Mt Hutt Village is a warm and welcoming place at the heart of the New Zealand’s South Island. Only an hour’s drive from Christchurch, it is nestled amongst the rich farmland of the Canterbury Plains with the rugged Southern Alps, as a majestic backdrop.

We decided to drive up Mount Hutt, which was one of the scariest moments of my life; and that was just from Sandra’s driving! However, it was extremely windy, the roads were narrow and primarily unsealed. For some reason in New Zealand they don’t believe in side guard railing! At

one point, we travelled across a narrow bridging piece with no guard railing that had a shear drop of 1000m on either side; Sandra nearly had a panic attack! Once we reached the snow village area, Sandra got out to take a photo and nearly got blown off the mountain! Mount Hutt is known for its long season (May to October) of light and reliable snow, however there was only a sprinkling of snow in sight during our drive. The surrounding countryside offers a range of landscape from colourful lakes, to clear braided rivers and the mighty Rakaia Gorge.

### Lake Tekapo – Winter wonderland

**Accommodation:** We stayed at The Godley Resort Hotel situated in the village centre of Lake Tekapo. The disabled unit contains an accessible bathroom, queen size bed, phone, TV, and heating.

Other features include a restaurant serving daily breakfast and dinner, equipped gymnasium, outdoor swimming pool (summer), ski drying room, indoor child’s play area with TV and video, Sky TV in fireside lounge, guest laundry.

The stunning turquoise-blue waters of Lake Tekapo, contrasted by the snow-capped peaks of the Southern Alps and surrounding yellow-tussock farmland sure to take your breath away! And strangely enough, Lake Tekapo is also one of New Zealand’s best game-fishing locations.

We continued on our road trip here and drove along the outer edge of the Lake Tekapo and surrounding lakes in the area. Glacial flour, fine sediment, is prominent in these lakes, giving them vibrant blue, aqua and green colours. **Lake Pukaki** is another lake within the region that is a great example of the amazing aqua colour water that can occur. When we were there it also snowed quite heavily, which created a surreal winter wonderland. I highly recommend visiting this area when it snows because the experience is out of this world! You really have to see it to believe it! However, driving in this weather can be quite dangerous as your general visibility is affected in addition to the ice creating a slippery road environment. Hence, it would be recommended to hire out chains for the tyres to increase road safety.

I also scouted the local tributaries for trout. I found a couple of fantastic spots and encouraged Sandra to attempt to film the wild trout in their natural habitat, however she is rather heavy footed and had a tendency to scare them away. Eventually we obtained some great footage of spawning trout!

### Aoraki/Mount Cook National Park

**Mount Cook** is the highest mountain in New Zealand and is a peak in the Southern Alps, a mountain range that



runs the length of the West Coast of New Zealand's South Island. The Tasman Glacier and Hooker Glacier flow down its slopes.

Unfortunately, we did not have an opportunity to drive up the mountain due to the poor weather conditions. However, it makes a wonderful backdrop in the pictures we took around Lake Pukaki.

### Lake Wanaka – Quaint village

**Accommodation:** We stayed at Clearbrook Luxury Accommodation which is situated metres from Wanaka's main street and its lakefront. The disabled unit contains a fully equipped kitchen, laundry, king bed, accessible bathroom, phone, Sky TV, and heating.

Other features include safe off street parking, and both apartment style and townhouse accommodation.

Lake Wanaka remains an alpine jewel! It begins on the border of Mount Aspiring National Park, a world-class heritage area covering thousands of square hectares from Makarora in the north and stretches to the South Westland on the West Coast and south to the wilds of Fiordland.

Again we travelled around the area by car to investigate the main and surrounding lakes. Unfortunately poor weather prevented us from venturing up Mount Aspiring and taking a small plane ride across this mountain, Mount Cook and Mount Hutt and a boat cruise into the Fiordland of Milford Sound. We will have to save that for another trip.

We also undertook a day trip to **Queenstown**. It's only an hour and half drive, depending on the route taken.

Queenstown is one of New Zealand's truly international resorts. It is located by the shores of Lake Wakatipu and boasts a large cosmopolitan city for those of you who need a shopping fix.

It is approx. a 3hr drive from Lake Wanaka to Franz Joseph. The drive encompasses a variety of scenery from mountain ranges, with snow and waterfalls, to picturesque lakes and then beaches on the west coast.

Parts of the west coast are also known for salmon spawning. I was lucky enough to see and film the few remaining salmon swimming in a river leading into the sea.

### Franz Joseph – Glacier-ville

**Accommodation:** We stayed at Glacier Gateway Motor Lodge on the edge of the Westland National Park. The glacier access road is located directly opposite the Motel. The disabled unit contains a queen bed, accessible bathroom, phone, TV, and heating.

Other features include safe off street parking, coin operated laundry area, spa and sauna.

Upon reaching the Franz Joseph region we took a turn off to the Fox glacier. The pathway to the glacier is not accessible by wheelchair, however you can just see the end of it from the seat of your car. It is bitterly cold here due to the lack of sunlight from the towering mountains and dense temperate rainforest. When Sandra returned to the car from investigating and taking photos of the glacier, she said that her hands felt like they were going to drop off.

### Some Fox glacier facts:

- It is remarkable in that it ends in temperate rainforest, 250 metres above sea level and a mere twelve kilometres from the sea.
- The Fox Glacier, like all glaciers, advances and retreats. Evidence of the latest surge forward can be seen in the bulging lower ice fall.
- Alpine Guides' access onto the lower parts of the glacier is via a secret track that climbs through regenerating native forest (forest previously wiped out by earlier glacial advances). From the track, you have stunning views into the upper parts of the glacier.

Franz Josef is also the base for exploring the nearby Franz Josef Glacier, one of the steepest and most accessible glaciers in the world. There are a variety of options available to explore the glacier. You can walk along the valley to the head of the glacier, but if you wish to walk onto the glacier itself, you will need a guide. Please note that this is not accessible for wheelchairs. However, you can take a scenic helicopter or fixed wing flight over the glacier, with a snow landing at the top of the glacier.

Franz Joseph is approximately a 6 hour drive to Christchurch. By law you need to carry chains in autumn and winter to increase road safety. There is much ice and snow in the mountain pass areas. The drive encompasses amazing scenery from still reflective lakes, skirted by snow capped mountains, to tropical vegetation by the lakes and sea.

### Christchurch – The Garden City (departed 04-06-2005)

**Accommodation:** We spent our last night at Airport Lodge Motel which is within 5 minutes drive of Christchurch Airport. The disabled unit contains a fully equipped kitchen, queen bed, accessible bathroom, phone, Sky TV, and thermostatic control heating, Cable / Satellite TV, Kitchen, Microwave, Radio, Refrigerator, Telephone. Other features include safe off street parking, laundry, free airport drop-off and pick-up.

If you are into natural beauty, then New Zealand is definitely the place for you!



## Access Medical Rehab

*Would You Like Assistance?*

We have 25 years  
nursing  
experience



Continance  
Management  
Specialist



All ages provided  
Paeds-Adults



Sales, hire -  
why not try  
before you buy

### Professional At Home Service

*For genuine no-obligation advice & Service  
throughout N.E. Victoria & Southern NSW*

**Ph: (02) 6056 7414 or 0413 587 993**

69 Thomas Mitchell Drive, Wodonga

## Xcella Grip

Introducing the Newest and Latest Design  
for Wheelchair Push Mitts



**Increased Pushing Power**  
**Increased Breaking Power**  
**Decreased Wear & Tear on your hands**  
**Long Lasting Leather**  
**Highly Abrasive Rubber**

**Email:** [accesssolutions@optusnet.com.au](mailto:accesssolutions@optusnet.com.au)

**Website:** [www.accesssolutionsnational.com.au](http://www.accesssolutionsnational.com.au)

**Address:** PO Box 2433, Fountain Gate 3085

**Ph/Fax:** (03) 9705 2149

**Mobile:** 0411 201 125

**Access Solutions National Pty. Ltd.**

## Dynamic Wheelchairs

### Address:

Unit 17, 14-26 Audsley Street  
Clayton Victoria 3168

### Postal address:

PO Box 4081  
Mulgrave Victoria 3170



Suspension Chair

- ➔ largest range of custom lightweight manual wheelchairs
- ➔ imported - quickie, invacare
- ➔ locally manufactured by - A-1 mobility
- ➔ for quality, comfort, style and strength
- ➔ folding, rigid and suspension frames (over 15 models to choose from)
- ➔ children to adults
- ➔ individually measured & highly adjustable
- ➔ personalised service to home, hospital and rehabilitation



Folding Chair

### Seating products

- ➔ experienced suppliers of: jay, roho, invacare
- ➔ a wide range of accessories and spare parts
- ➔ sports wheelchairs & recreation equipment

### For further information contact:

Mike De Santo

**Tel:** (03) 9548 8400

**Fax:** (03) 9548 8411

**Email:** [dynamicw@hotkey.net.au](mailto:dynamicw@hotkey.net.au)



## Santa Stats

Weight of Santa's sleigh loaded with one Beanie Baby for every kid on earth: 333,333 tons.

Number of reindeer required to pull a 333,333-tons sleigh: 214,206 — plus Rudolph.

To deliver his gifts in one night, Santa would have to make 822.6 visits per second, sleighing at 3,000 times the speed of sound.

At that speed, Santa and his reindeer would burst into flame instantaneously.

## At Grandma's

Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds to say their prayers when the youngest one began praying at the top of his lungs.

"I PRAY FOR A NEW BICYCLE...

I PRAY FOR A NEW X-BOX...

I PRAY FOR A NEW DVD..."

His older brother leaned over and nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Gramma is!"

## Early Shopper

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?" "Doing my Christmas shopping early," replied the defendant. "That's no offense," said the judge. "How early were you doing this shopping?" "Before the store opened," countered the prisoner.

## Oil Shortage

A lot of people can't understand how we came to have an oil shortage here in this country.

Well, there's a very simple answer.

Nobody bothered to check the oil. We just didn't know we were getting low.

The reason for that is purely geographical. Our oil is located in Bass Strait and off the coast of W.A.

Our dipsticks are located in Canberra.

## Beer Drinkers

The general Managers of Cascade Brewery (Tasmania), Tooheys (New South Wales), XXXX (Queensland), Carlton (Victoria) were at an international beer conference.

They decide to all go to lunch together and the waitress asks what they want to drink.

The president of Tooheys says without hesitation "I'll have a Tooheys New."

The president of Cascade smiles and says "I'll have a Cascade Draught, brewed from pure mountain water!"

The president of XXXX proudly says "I'll have a XXXX Gold, the King of Beers!"

The bloke from Carlton glances at his lunch mates and says, "I'll have a diet coke."

The others look at him like he has sprouted a new head.

He just shrugs and says, "Well if you blokes aren't drinking beer, then neither will I."

## Being Swallowed

A little girl was talking to her teacher about whales.

The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale.

Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask Jonah".

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him".

## Rushing Blood

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face."

"Yes," the class said.

"Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?"

A little fellow shouted, "Cause your feet ain't empty."

# CLASSIFIEDS

## For Sale

### Roho Cushion

High Profile 9 x 10 with pump, only used four times.

**Price:** \$300 ono

**Phone:** (03) 9467 3313 Angelo

### Transender Electric wheelchair

Chair can climb steps; wheels adapt to all types of terrain; reclines; very good condition but needs new batteries

**Price:** \$1,500 ono

**Phone:** (03) 9467 3313 Angelo

### Breezy 500 Wheelchair

Folds to fit in boot of a car, one month old; cost \$800

**Price:** \$400

**Phone:** (03) 9467 3313 Angelo

### Car Hoist

Roofrack car hoist for lifting manual wheelchair up/down.

**Price:** \$100 ono

**Phone:** (03) 9822 2232 or 0411 716 816 Ty

### 1987 Toyota Camry Ultima

1987 Toyota Camry Ultima 2000cc motor with RWC; automatic; hand controls (can be taken off); full electrics, alarm, keyless entry, cruise control, many more options. 170,000kms and in very good condition.

**Price:** \$5,000 ono

**Phone:** (03) 9822 2232 or 0411 716 816 Ty

### Vintage Electric wheelchair

Lightweight foldable good for elderly person.

**Price:** \$500 ono

### Karma KP40 Electric Wheelchair

Powerful electric wheelchair with complete set, extra key to lock, mobile phone charger, speedo meter, VGC, cost \$7000

**Price:** \$1,000 ono

**Phone:** (03) 9822 2232 or 0411 716 816 Ty

## For Sale

### Pride Electric Wheelchair

PRIDE Jazzy 1121 Mid Wheel Drive Power Chair; Joystick controlled; Both indoor/outdoor use; As new condition. Cost \$5,700. Will deliver within Melbourne area.

**Price:** \$2,500

**Phone:** (03) 9710 1585 Gary (St Andrews)

### Manual Wheelchair

Glide Series 1; Collapsible with removable leg rests.

**Price:** \$200

**Phone:** (03) 9710 1585 Gary (St Andrews)

### Commode shower chair

Model GL10, Stainless Steel, Attendant Propelled, fixed height with simple foot operated sliding step & safety rail, front locking castors, open seat. Wheels over toilet or can be used with pan. used once.

**Price:** \$200

**Phone:** (03) 5156 6519 Laurie (Bairnsdale)

## Wanted

### Attention all Division One Nurses

- Interested in earning some extra money?
- Like a change of pace?
- Would you like to fast track your career?
- Have you considered a clinical coordinators support role?

I am looking for RN's interested in making a difference to the lifestyle of a young man with a C1 spinal injury.

A number of roles available; one of which is a clinical coordinators support role.

- Paid training and supervised shifts will be provided
- 3A rates for normal shifts and more for clinical coordinators support role. Please Call Kayanne at Drake Medox on **1300 360 070**

### Commode Wanted

Wanted to buy self propelled commode with fold up armrests, can do any repairs.

**Phone:** (03) 6344 8594 Alan

**Email:** [cyclad2@iprimus.com.au](mailto:cyclad2@iprimus.com.au)

# CLASSIFIEDS

## For Sale

### Huntley Auto Excell Air Mattress

7 months old, very good condition. Cost \$5400.

**Price:** \$2,000 ono

**Phone:** (03) 9783 9430 Margaret

### Zoom 4 Pride Scooter

4 wheeled Scooter, 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

### Roho Cushion

High Profile, 9 x 8, with pump, very good condition;

**Price:** \$300 ono

**Phone:** (03) 9761 8778 Jenny (kilsyth)

### Manual wheelchair,

To suit 19 inch cushion, adjustable back to suit quad, fold-up chair, marone in colour.

**Price:** \$900

**Phone:** (03) 9776 0522 Jerry

### Promed Sling

Suitable for quadriplegic, large size, never been used, full harness.

**Price:** \$250

**Phone:** (03) 9776 0522 Jerry

## For Sale

### Pride D2 Stand Assist Chair

Cashmere, Used for 5 months, cost \$1,280.

**Price:** \$800 ono

**Phone:** (03) 9877 0509 Cheryl

**Mobile:** 0411 639 456

### Suntec Wheelchair

Lightweight 305-48 Suntec wheelchair, 48cm, Used for 3 months, cost \$776.

**Price:** \$500 ono

**Phone:** (03) 9877 0509 David or Cheryl

**Mobile:** 0411 639 456 Cheryl

### Tub Chair

Broda 785-500 Tub/Wheelchair with large rear wheels and removable front tray. Comfortable and easy to push. Only used for 10 months, cost \$4380

**Price:** \$3,200 ono

**Phone:** (03) 9877 0509 David or Cheryl

**Mobile:** 0411 639 456 Cheryl

### Rigid Frame Wheelchair

Glide Manual Rigid Frame Wheelchair, detachable arm rests, blue, push handles, 18 " height & width, VGC.

**Price:** \$350

**Mobile:** 0424 710 446 Michael

If you like what you are reading and **you are not a subscriber to News Link, why not subscribe now?**

It only costs \$5 per year. You will receive an issue of News Link bi-monthly.



## NEWS LINK SUBSCRIPTION FORM

Name (Mr/Mrs/Miss/Ms/Company) .....

Address .....

Suburb ..... State ..... Postcode .....

Phone No. (.....) ..... Email .....

Date of birth ...../...../..... Occupation .....

Disability (if any) ..... Lesion .....

Interests .....

Signature ..... Date .....

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

# CLASSIFIEDS

## For Sale

### 2004 Holden Combo XC

Holden Combo XC 2004 model 12,500 kms, still under new car warranty, 12 mths rego, air-conditioning, alloy wheels, silver duco, CD player, RWC, Excellent Condition.

**Price:** \$36,000 ono  
**Phone:** (03) 5192 4461 Ron

### 1998 Mercedes Vito

White disabled vehicle, power-steering, automatic, dual fuel, tow bar, air-condition in front/back, raised roof, tinted windows, spoiler kit all around, seats mounted in rear with custom trim, lowered, Ricon hoist-side entry - under vehicle, 6 seater, cd player/amp/sub, 6 month reg, very reliable and sporty looking.

**Price:** \$33,000 ono  
**Phone:** (03) 9705 2856 Shaun  
**Mobile:** 0410 481 315

### Quicki TNT Manual Wheelchair

17" Quicki TNT manual wheelchair, brand new frame, frog leg casters, colour purple and black, the whole chair is quick release, comes with back support, side clothes guards, under chair net, wheelie bars, push handles. In very good condition.

**Price:** \$2000 ono  
**Mobile:** 0410481315 shaun

### 1998 Subaru Liberty

Subaru Liberty wagon, burgundy in colour, 178,000 kms, good condition, monarch hand controls.

**Price:** \$16,000 ono  
**Phone:** 0402 416 573 Sean

### 2000 Mercedes MB 100

White; petrol; manual; "Norden" Conversation for wheelchair access; wheelchair access by side entry, luggage barrier; attendant seat beside chair is removable; 29,000kms..

**Price:** \$28,000 ono  
**Phone:** (03) 5492 2376 John

### Wymo Car Wheelchair Hoist

In very good condition.

**Price:** Best Offer  
**Phone:** (02) 6024 2399 Colin

## For Sale

### Electric Wheelchair

Rollerchair Navigator electric wheelchair with 5 forward speeds, one reverse and it tilts back for pressure relief or going down hills. Very comfortable seat with adjustable headrest and footplates. Twin batteries for long range use, includes charger and feeding tray. Excellent condition

**Price:** \$5,300 ono  
**Phone:** (03) 9878 3249 Gary  
**Email:** [madge@alphalink.com.au](mailto:madge@alphalink.com.au)

### Custom Built Electric Wheelchair

Very comfortable - racing style seat back, gel cushion, tilt and recline, adjustable foot rests & new rear tyres. Good condition, photo can be emailed.

**Price:** \$4,200  
**Phone:** 9435 8515 (AH) Gail Watsonia  
**Mobile:** 0403 674 487  
**Email:** [gboelens@optusnet.com.au](mailto:gboelens@optusnet.com.au)

### Fisher Paykel Electric Wheelchair

Harrier model electric wheelchair, very good condition, 7 years old, left or right hand control.

**Phone:** (03) 5765 2244 Graham (Wangaratta)  
**Price:** \$1,800 ono

### xtreme 4X4 All Terrain Power Wheelchair

Magic Mobility genuine 4 wheel drive wheelchair. This chair will allow you to go virtually anywhere. Come and try before you buy, on the beach at Werribee South. Current new cost over \$11,000.

**Price:** \$5,000  
**Phone:** (03) 8742 0252 Ian

## Advertise in News Link!

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

... More Classifieds on page 18 & 19