

# AQA NEWS LINK

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

FEBRUARY 2005



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**A.Q.A. NEWS LINK** is the official newsletter of A.Q.A. Victoria Limited, and is published bimonthly. *NEWS LINK* seeks to publish material of interest to people with physical disabilities and their families, professional workers and other individuals and organisations concerned with the welfare of those who are physically disabled.

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

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**Volume 19, Number 1**

## From the CEO

Welcome to our first issue for 2005. Many of you would have received our letter in regard to donations of equipment for the Tsunami appeal. I would like to thank all those people who have responded.



Late last year the Board of Directors and myself in conjunction with PQMC consultants commenced work on a Strategic Plan for the organisation. I am pleased to report work on this is progressing very well and the final copy should be finished in the near future. We are looking forward to the challenges the Strategic Plan will provide and believe it will lay solid foundations for the future of AQA.

We have now installed Voice Recognition computer equipment at AQA and I would like to encourage members to visit the office if they are interested in this type of technology. The equipment is installed on Peter Van Benthem's computer and Peter or I would be happy to talk to members about the equipment. We are also able to obtain a discount on the purchase of Voice Recognition equipment for members.

### Ian Bennett

Chief Executive Officer

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

## From the Editor

G'day members,

I hope that you all had a wonderful holiday period, as I did, and recharged your batteries for yet another year.



In this issue of News Link there's great information on events that are going to be held throughout Victoria. There is also some informative news from the Disabled Motorists Association on page 4.

On pages 10 & 11 Anna Leyden has written a wonderful article regarding choice of clothing for wheelchair users, which all of you should find helpful and informative.

The guys from the Info/Peer Support Department, including myself, spent a whole week at Phillip Island. We got up to many different and interesting activities that I will be writing about in the Next Issue of News Link, so keep an eye out for that article.

### Simon Damevski

News Link Editor

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



## Special Needs Accessible Housing

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## Telephone Directory Assistance Information

Telstra are currently advertising the change of the Sensis directory service number 12456. Sensis, as you may or may not know, is a subsidiary of Telstra.

The current directory assistance phone number is 12456 and this is changing to 1234. This number is **not** a free service.

**The free number they provide for directory assistance is 1223.**

By law, Telstra must provide a **free** directory assistance number, as they are still majority owned by the government.

## Join "Get Out!" in 2005

If you live with family or a voluntary carer in the Frankston or Mornington Peninsula area, are over 18 years of age and want to make lively and experimental art, why not join Get Out! in 2005! Get Out is a quality program offering respite to family and voluntary carers of adults who have an intellectual, physical or sensory disability or those with an acquired brain injury.

In 2005, Get Out! will be held every second Saturday between 10am and 4pm from Saturday 5th February to Saturday 18th June.

For further information on how to partake in this wonderful arts adventure contact Ruth Whittingham on

**Phone:** (03) 9699 8299

**Email:** [rwhittingham@artsaccess.com.au](mailto:rwhittingham@artsaccess.com.au)

### AQA Competition Winners

Congratulations to Frank Debooy and Hilary Ash as they are the lucky winners of the prizes that we offered to all members who have sent in articles for News Link in the past year (see Dec 2004 issue).

Frank Debooy has won the pair of Xcella Grip Push Mitts worth \$55.00 while Hilary Ash won the \$25.00 voucher at Baker & Spice.

This time around, we have a HP Deskjet 3650 Coloured Printer Valued at \$164 (please see page 11 for details to enter)

## Sailability

Sailability is a non-profit organisation dedicated to increasing sailing opportunities for everyone, regardless of age or ability.

**Where:** Hastings Foreshore – Yacht Club

**When:** Fortnightly on Thursday's

**Time:** 10:00am – 2:00pm

**Cost:** Free of charge

**Contact:** Kevin Bates 0418 340 733

If you require additional support please bring a carer as no individual support staff are provided.

## Plant Market in Sunshine to Raise Funds

Plant Market - Some of the cheapest plants in Melbourne.

Mambourin Enterprises is a non-profit organization that supports people with disabilities. They have opened a new centre at -  
50–56 Stanford Street, Sunshine  
(Melways ref. 40 H3)

They grow water-wise plants such as cacti and succulents, as well as a wide range of native and ornamental plants.

They sell direct to the public. Most plants are \$4.00.

**Contact:** Warren Penna

**Phone:** (03) 9364 7999

**Email:** [wpenna@mambourin.org](mailto:wpenna@mambourin.org)

### 2005 Bendigo "BBQ By The Lake"

Yes! We're doing it again. The Kangaroo Flat Lions Club have been wanting to strut their stuff again at another BBQ.

The proposed date for this event is Sunday 17th April 2005 at Lake Weeroona at the main BBQ area. We would appreciate if interested participants could notify either Naz at AQA on (03) 9489 0777 or 1800 999 128 (Toll Free Number for Tasmanian and country Victoria) or Kevin Bailey on (03) 5456 3388.

Please come down as this will be another great social experience.



## Disabled Motorists Association

The Disabled Motorists Association, through The Board of Directors, individual members and volunteers consistently advocate on behalf of people with a disability who are drivers/motorists and are representative on many organisations supporting the needs of all people with a disability.

Directing advocacy for people with a disability is fraught with an environment that is based on theorist ideas and visions and has very little reality in the world that is lived in by people with a disability. The independence of driving a motor vehicle opens up a new world and provides vital transportation to live life as inclusively as possible and to provide access to the workplace, social activity and allows the person with a disability to succeed in the real world as productive contributors to the community.

To meet the financial requirements of owning and driving a motor vehicle has become more difficult as the disabled driver motorist is hit with skyrocketing costs that spiral out of control, inhibiting the use of the vehicle, without careful budgeting and an income generated away from social security or any unemployment.

The workforce for people with a disability is only possible in so many instances, if a motor vehicle is available for access to the workplace. Many people with disabilities provide many valid and authentic hours of work as volunteers providing a service at great savings to the government social security, non-government business and corporate organisations yet this is not valued as it should be.

Many people with a disability are confined to the hours they can be work productive and voluntary work from home is often the most advantageous, as time and energy can be self managed and supported, yet the need for personal independent transport is vital for delivery and on-site work be it paid or voluntary.

In the last few months many people with a disability active in the workplace have spoken with the DMA concerned about their inability to continue to provide an employed position due to the high cost of providing independent transport to and from work. The escalating cost of petrol, parking fees, registration, insurances and vehicle maintenance, including cost for maintaining vehicle modifications.

The costs of purchasing a new or used motor vehicle are stretched to provide a suitable vehicle large enough to accommodate all of the modifications, equipment/aids to be carried along with any other needs.

A disabled driver/motorist is a unique independent safe driver, for without the motor vehicle there is no transportation or independent life. The DMA must continue to represent all of the needs of people with a disability regardless of the brick walls faced.

The Board of Directors and Members,

Lindsay Cottingham. Company Secretary.

William (Bill) Peacock. OAM. President

Disabled Motorists Association 1954 – 2004

(Formally Disabled Motorists (Victoria)

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**Web:** [www.happywanderer.info](http://www.happywanderer.info)  
**Address:** 2493 Northern Grampians Road, Wartook Valley, Victoria 3401



## Information / Peer Support Team

AQA Victoria provides an Information and Peer Support program to all those who are affected by spinal cord injury or similar physical disabilities. Our team also extends our services by visiting members at their home where positive suggestions can be made to them after seeing what their environment is like. Our program is also offered to Victorian Spinal Service (Royal Talbot Rehabilitation Centre) and Olympia Rehabilitation Centre.

The Information / Peer Support Department staff all have a spinal cord injury (quadriplegia or paraplegia) so we have the knowledge and experience that is extremely useful and invaluable to newly Spinal Cord Injured (SCI) people. Our knowledge and what we have to offer people after a serious SCI assists them greatly in their transition back into the community. Newly SCI people have a great fear of what awaits them during and after their rehabilitation and we do much to alleviate their fear and our message to them is that life truly does go on.

We have a large membership base, many of whom are prepared to act as peer supporters, in Victoria and

Tasmania. Through networking we are able to link people with similar levels of injury if need be. Our aim is to create awareness to the wider community as well as to encourage, inform and assist people with a spinal cord injury.

Our staff currently has access to three databases that are maintained and updated constantly. Staff are able to provide information about other organisations, government schemes, equipment, housing, health, attendant care, modifications, transport, accommodation, travel, access, leisure, independence, etc.

So, if you have a query or want information about a specific subject or just want to chat with someone in a similar situation to yourself, please feel free to contact one of us by phone or email.

**Phone:** (03) 9489 0777

**Toll Free:** 1800 999 128 (Country Vic & Tasmania)

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

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## Info / Peer Support Department Co-ordinator



Hi, my name is Nazim Erdem and I am the coordinator of the Information / Peer Support Department. I have been with AQA for 8 years.

I am 34 years old and have been in a wheelchair for 14 years. I broke my neck after a diving accident which resulted in C6 complete Quadriplegia.

I enjoy playing wheelchair rugby, travelling, cars, aussie rules footy and most of all enjoying my spare time.

Please don't hesitate to call me on the numbers provided on the opposite page or on my email address at [nazimerdem@aqavic.org.au](mailto:nazimerdem@aqavic.org.au)

## Information / Peer Support Officer



Hi my name is Peter Van Benthem, I'm 36 years old and I have been working with AQA for 4 years as an Information/Peer Support officer. I had a motorbike accident in 1999 which resulted in C4/5 complete Quadriplegia.

I enjoy being a father, sunny days, family/friends, going out and the great outdoors and most of all living life, not watching it on TV.

Please don't hesitate to call me for any SCI related information or for a chat on the latest information, there is no reason not to contact the AQA team. My direct email address is [petervanbenthem@aqavic.org.au](mailto:petervanbenthem@aqavic.org.au)

## Information Officer / Data Base Clerk



Hi, my name is Nigel Steele and I am an Information / Peer Support officer. I have been with AQA for 5 years.

I am 52 years old and have been in a wheelchair for 34 years. I broke my neck after a trampoline accident which

resulted in C5/6 complete Quadriplegia.

My main interests are computers, reading and spending time with friends.

Please don't hesitate to call me on the numbers provided on the opposite page or on my email address at [nigelsteele@aqavic.org.au](mailto:nigelsteele@aqavic.org.au)

## News Link Editor / Information Officer



Hi, my name is Simon Damevski and I'm the News Link Editor for AQA, but I also help out with information requests.

I am 31 years old and have now been in a wheelchair for 5 years. I had a work accident and I broke my neck and back. As a result, I am a complete T7 para.

I have many interests, especially dog breeding and training

Please don't hesitate to call me on the numbers provided on the opposite page or on my email address at [simondamevski@aqavic.org.au](mailto:simondamevski@aqavic.org.au)

## Information Officer



Hi, my name is Wayne Bradshaw and I am an Information officer at AQA. I have been working with AQA for 2 years.

I am 41 years old and have been in a wheelchair for 13 years. I broke my back after

falling over a handrail and down three flights of stairs. As a result, I am a complete T4 para.

My main interests are keeping fit, my family, friends, football, ten pin bowling, and horse racing.

You can contact me on either number provided on the opposite page or email [waynebradshaw@aqavic.org.au](mailto:waynebradshaw@aqavic.org.au)

## Information Officer



Hi, my name is Anna Leyden and I am an Information officer at AQA. I have been with AQA for 2 years.

I am 44 years old and have been in a wheelchair for 29 years. I was involved in a car accident and as a result,

I am a complete T2 para.

My main interests are my family, gym, reading, taking my dog for a walk, and checking out different restaurants.

Please don't hesitate to call me on the numbers provided on the opposite page or on my email address at [annaleyden@aqavic.org.au](mailto:annaleyden@aqavic.org.au)



## Holidaying in Tasmania

### Cradle Mountain Chateau



If you are looking for a bit of up market accommodation on your next holiday to Tassie, you couldn't go past a few days at the Cradle Mountain Chateau. It's a 4½ star eco resort situated near the northern end of Cradle Mountain - Lake St. Clair National Park (about 1½ hours drive from Devonport).

Whilst you may not think of holidaying in Tassie during the winter, in my opinion, that's the best time for the Chateau to show off its best amenities. However, if you would prefer it a bit warmer it's also a great place to stay in the summer with its rich wilderness of flora and fauna, glacial lakes, and rugged mountains with over 25 major peaks.

The Chateau is great for people in chairs because the building is all on one level. This makes accessing all the facilities very easy so you can take pleasure in enjoying yourself like everyone else.

So if you are into eco tourism or some of the best trout fishing in the world the Chateau would be a great place to base yourself for a couple of days.

You can contact Vanessa on (03) 6492 1404 to reserve your stay.

**Written by Peter Lloyd**



**Photo:** Dove Lake and Cradle Mountain.

## Matching Houses

A new enterprise enabling disabled people to travel more freely has been launched by a group of friends frustrated by lack of choice. Called 'Matching Houses', the project is based on the established principle of house swapping but has been adapted to suit the needs of disabled people by offering a website ([www.matchinghouses.com](http://www.matchinghouses.com)) to bring people with the same or similar accessibility requirements together.

The idea of a house swap came about because, for example, a wheelchair user in Cornwall will be able to swap houses in eight out of ten cases with a wheelchair user anywhere else in the world. They will have similar requirements wherever they go, so if a wheelchair user lives in Canada, they might want to swap houses with someone who lives in this country so they can go on holiday.

The Matching Houses website works by you entering your details, which are kept confidential, on the website including your access requirements. The search engine in the website will then pull out from the database all the other entries that match with yours, ie. all the other accommodation details that match your access needs and it will also come up with the ones that don't quite meet your needs but prioritises them all for you.

There is a then a link that you click on to send a potential swap an email directly, asking them to get in contact, then you strike up a one-to-one dialogue with that person. There is also an online forum and an online meeting room where you can meet people and just generally talk about properties throughout the world.

Because the project is still so new, they are currently offering free membership to the first people to sign up to the site in order to develop the database.

The Matching Houses website also offers clear, step by step guidelines on how to organise a house swap so both parties are completely clear as to what to expect. There is also a section which helps dispel any of the concerns you may have about swapping houses with a stranger such as security and confidentiality.

*Note: This article was sourced from Infoxchange Australia. To read the full article please go to [www.disabilitynews.infoxchange.net.au/news/items/2004/12/01304-upload-00001.doc](http://www.disabilitynews.infoxchange.net.au/news/items/2004/12/01304-upload-00001.doc)*



I live in the city, although I used to live in the country before my accident. It was much easier back in 1963 to do rehab and find work in the city after the accident. Where I live now the house and block is getting too large, so you never know I may move to the country in a nice pretty town.

**Your best holiday spot and why?**

Queensland Sunshine coast. Why you ask: The weather and girls keep me coming back, ha ha.

**What food do you like best?**

Seafood and a good steak.

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

I would help all disadvantaged people and especially the children who need it most. I might buy a new car for myself and leave some for 1 or 2 chicky babes for the rainy days.

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

Well, that is one of my new goals in my retirement life that I must get around to getting a computer. I will be looking at buying one in the winter.

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**Name:** Milan Krbavcic

**Age:** I'm 62 years of age.

**Disability & Level:** Para T-10

**Are you Married/Single?**

Single, but have had my fair share of girl friends.

**Do you have children?**

Don't think so

**How did you acquire your disability?**

Car accident in 1963.

**What is your living situation?**

I live in a private house where I live independently and happy.

**Your Survival Tip for others?**

The way you think of yourself is important along with looking after your health, accept who you are and look at the bright side of life.

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

Us wheelies have different way of managing our water-works and the

water-works can go wrong sometimes and those sometime are often the worst times, but that's OK. You have to laugh at it at the end of the day, when it happens and don't take it too seriously.

**Your greatest achievement?**

Travelling overseas to my home town in Croatia, visiting family & friends in Canada & USA, and around Australia. Also, working hard from my wheelchair as a printer and earning enough money to buy my own home and look after myself, that makes me proud. I had my accident in 1963 when it was very hard for disabled people and I never thought I could do this but you can, all you have to do is have a go.

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

Now that I'm retired I enjoy taking long drives in the country, catching up with friends, meeting people spending money, and enjoying life.

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



## Dress to Impress



Hello everyone, welcome back to Women's Issues for 2005. I hope the holiday season was a good one for you all and Santa brought you lots of lovely gifts.

In the last issue of News Link I mentioned that I would bring you an article on clothing and fashion for us girls who use wheelchairs. We girls can wear comfortable and stylish clothes, yet practical for wheelchair use without losing our femininity. We can dress to impress and we don't have to wear trousers that end up showing a plumber's crack or skirts that ride up and end up with a moment from *Basic Instinct*, the famous Sharon Stone skirt scenario.

Every season fashion changes, however the key is to have your own style and what you feel is fashionable and comfortable. Over the Christmas and New Year period I spent time researching clothes and fashion for wheelchair users to see if there was any information on the internet that makes life a little easier. If you type in "wheelchair clothing" on any search engine, such as google, you can find useful hints and information to help with the clothing dilemma.

Over the years you will find your body changing, some of you will go from girlhood to womanhood and then to old age. You may notice that as the years go by your waist line may increase along with your thighs. I have noticed the shape of my body changing from a young girl to a woman and also from the years of sitting in my chair.

What has made choosing what to wear quite easy for me is that I have a wardrobe that has bumming around clothes, neat casual clothing and dressy clothing. Leisure outfits are great to wear as they keep you warm and comfortable without taking away the attractiveness. A lot of leisure outfit bottoms have no zippers and come with elastic waists which make them easier to pull up and down while in the wheelchair or when lying on a bed. You can find many fashionable leisure outfits at sporting shops if you take

the time to look. I tend to go for light and bright colors on top, bringing emphases to your face, and the darker colors on the bottom to balance your image.

I have found that short jackets do not rub against the tyres of your wheelchair and when worn with shapely fitted skirts, just above the knees, can be very flattering. What I have also found can make a statement is when I wear an outfit with a pair of stockings, tights or even leg warmers together with a pair of side-zip boots. You can dress the outfit up or down, depending on where you are going and mix and match this outfit with boots or shoes. When I wear shoes I like to have slip-on's with flat or very small heels that can sit well on the foot-plate of my wheelchair. I tend to stay well clear of wearing lace or strap shoes as I find them difficult to do up. They also don't sit very well on my feet as they tend to fall off, especially when I'm transferring in and out of my wheelchair. The last thing us girls want to do is struggle with our shoes when we're out and about especially if we have a hot date or have planned a romantic evening with our loved one.

I can recall a time in the early years of being in my wheelchair when I went out for a romantic dinner in the city with Terry (my ex-husband). As I got out of his car, unknown to me, my lovely open-back, high-heel, strapless sandal shoe fell off on to the footpath. I began to wheel away heading towards the restaurant when a policeman called out to us "Hey, you two stop!" A fear came over me, I thought to myself what have we done? Terry and I stopped and as the policeman got closer I could see him waving something in his hand. As he approached us he said to me, "You have dropped your shoe". I looked down to my foot and I definitely was not wearing one of my lovely high heels. I was really embarrassed as this was my first romantic dinner with Terry and I felt like Cinderella without the ugly sisters. I had learnt my lesson to be a little wiser in selecting shoes that are practical yet attractive.

When making a choice on clothing I usually go for wash and wear as this type of material does not need ironing. I like soft fabrics that don't wrinkle under my bottom as this gives me less probability of getting



pressure marks. Stretchy fabrics are also a very good choice as they are very comfortable to sit in and mould well to the body, thus reducing my chances of getting pressure marks.

I could go on and on about different types of clothes, however, this is only a few suggestions from many I could write about. If anyone would like to speak to me further regarding this topic, please give me a call or send an email as I would be more than happy to discuss fashion, clothing, comfort, and styles with you.

AQA has a database with information on specialist clothing for wheelchair uses such as website information, where you can buy made to order clothing etc. Our Peer Support team are more than happy to help you with any enquires and information on this subject.

So, when deciding what to wear remember it is up to you and what you feel is best suited for your situation.

**Written by Anna Leyden**

## Win Great Prizes



Win a **HP 3650 Compact Deskjet Coloured Printer** Valued at \$164

*Read below to find out all details on how to qualify*

Members who have renewed their membership to the 1st January 2009 (4 years) will go into a draw for the above prize.

To be eligible, your renewal will need to be paid by the 8th April 2005.

Memberships can be paid by Credit Card (phone), Cheque, or Money Order. Please send your payment via post to P.O. Box 219, Fairfield VICTORIA 3078

# Dynamic Wheelchairs



Suspension Chair

### Address:

Unit 17, 14-26 Audsley Street  
Clayton Victoria 3168

### Postal address:

PO Box 4081  
Mulgrave Victoria 3170

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### For further information contact:

**Mike De Santo**

**Tel:** (03) 9548 8400

**Fax:** (03) 9548 8411

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## F1 Australian Grand Prix – 3rd to 6th March 2005

Yes, it's that time of the year again when Melbourne hosts the first round of the Grand Prix season.

As some of you will recall, a few of us guys from AQA went down last year and had a fantastic time. It was also great seeing and catching up with some of our members. It's not about being a fanatical motor sports fan, it's about being out with friends/family and enjoying the whole atmosphere and having a few laughs.

Well this year, there is even more reasons to go. To celebrate the 10th anniversary of the Melbourne Grand Prix, the Australian Grand Prix Association has declared Thursday the 3rd of March "Peoples Day" with FREE general admission.



This year will also see Australia's own, Mark Webber, making his debut in a Williams-BMW. His chances, this time around, of winning have greatly improved after transferring from the Jaguar team to one of the more successful teams. We wish him the best of luck

The Grand Prix Association has been putting considerable thought to the needs of the disabled with three viewing platforms that are accessible and positioned in areas where you get a great view of the track. They also have disabled toilets strategically located near all accessible platforms. In addition to this, they will again contract "Wheel About Accessible Van Rentals" (Phone: 1300 301 903) to drive people with disabilities to different areas around the track (priority will be given to those who pre-book the service by calling AGPC on (03) 9258 7109).

Ticket prices for the other days (Friday, Saturday and Sunday) vary from \$27 (concession price for Friday) to \$620 (4 day reserved seating on the Jones Stand).

An important note to be aware of is that the Australian Grand Prix Corporation is affiliated with the

Companion Card scheme. The Companion Card is a card issued to some people with a disability, which has a photograph of the cardholder and identifies that person as someone who requires the assistance of a companion to access events and venues throughout Victoria eg Cinema's, Footy, Concerts etc. When the holder of a Companion Card purchases a ticket, a second ticket is then issued for their companion at no charge. If you haven't got yours yet, get onto it ASAP. If you would like to find out more about the Companion Card, give them a call on 1800 650 611 or get onto their website at [www.companioncard.org.au](http://www.companioncard.org.au).



There are many ways to get to the track including trains (a free wheelchair accessible bus will operate from Spencer Street Station to the track), bus from Olympic Park (if you park your car there, there will be a \$6 parking fee), trams (a free tram from Spencer Street or Swanston Street (corner of Flinders Street) to the track), and wheelchair accessible taxi's (phone the Central Booking Line on 8413 7202). If you would like to be dropped off in your own car/van, "Transit Passes" are available for drop-offs and pick-ups outside the track by contacting the AGPC on (03) 9258 7109.

For any queries relating to ticketing, and circuit access please contact AGPC on (03) 9258 7109 or <http://cars.grandprix.com.au/>

**Written by Nazim Erdem**



# The Australian Wheelchair Tennis Open

The Australian Wheelchair Tennis Open (AWTO) has been held in Melbourne for the past sixteen years without the same media coverage, sponsorship, advertising or recognition as the Australian Tennis Open? Why is this so? Could it be that disabled people aren't as worthy of receiving the same support or publicity as able-bodied people? Could it be that they are less capable or skilful at the game of tennis? If the match I was privy to at last year's AWTO between the number 1 ranked, Australia's, David Hall and the number 4 ranked, Austria's, Martin Legner then the answer is a resounding no! If anything wheelchair bound athletes are even more capable and skilful than their able-bodied counterparts as they have less body function and yet still have to manoeuvre a wheelchair around the court while keeping the ball in play. If an ability to accomplish all of the above is an indicator of skill, then wheel-chair athletes should be receiving the same if not greater recognition.



At the conclusion of the match both players were presented with their cheques and trophies. However, they were not offered the opportunity to give a speech, as is offered at the Australian Open or be presented with a seven figure cheque, which is also offered at the Australian Open.

Comparisons of the prize money finalists receive in both the Australian and the Wheelchair Australian Opens go like this. In the 2004 Australian Open final the winners of both the men's and women's singles draws received 1.2 million dollars each, while the runners up earned \$600,000 each. In the 2004 Australian Wheelchair Open final the winner of the men's draw received \$3,040 while the runner up received \$1,520. The winner of the women's draw received \$2,533 while the runner up got \$1,267. Again; an example of segregation. There is no valid reason for this as women in the Australian Open receive the same as men.

The reality though is that there just isn't enough sponsorship to be able to offer the money the Australian Open attracts. People with disabilities playing professional sport don't, across the board, attract the same crowds or sponsors that able bodied sports attract. However, there may be an underlying reason for this. Disability based sport isn't advertised, marketed, sponsored or covered by the major media companies nearly as much as say events like the Olympics and the Australian Open. This has been seen with channel 7 broadcasting 24 hour Olympic coverage and similar times with the Australian Open, while only an hour of highlights from the paralympics were shown each day when it was on last year on SBS, and no television coverage of the Australian Wheelchair Open. Maybe this is one reason why the same kind of crowds aren't coming.

Disabled people's sport not being treated as equal to able-bodied people's sport is not only restricted to the Australian Wheelchair Open. It runs right across the board. The Athens Olympics being held separately to the Paralympics is one example of this. If the two spectacles were held together all competitor's country's medals would be tallied together into one big tally.

The good thing that is going on is that AWTO is already supported by organisations like Tennis Australia, Radio Sport 927, Tourism Victoria and NEC. This is a good start, however, more needs to be done if this tournament is going to be treated as equal to the Australian Tennis Open. So, if nothing else will give as much advertising or recognition as the able-bodied Australian Tennis Open receives, I hope this does.

Written by Anthony Bartl

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## Been Drinking

Late one Friday night a policeman spotted a man driving very erratically through the streets of Dublin. They pulled the man over and asked him if he had been drinking that evening.

“Aye, so I have. ’Tis Friday, you know, so me and the lads stopped by the pub where I had six or seven pints. And then there was something called “Happy Hour” and they served these mar-gar-itos which are quite good. I had four or five O’ those. Then I had to drive me friend Mike home and O’ course I had to go in for a couple of Guinnessis — couldn’t be rude, ye know. Then I stopped on the way home to get another bottle for later...” And the man fumbled around in his coat until he located his bottle of whiskey, which he held up for inspection.

The officer sighed, and said, “Sir, I’m afraid I’ll need you to step out of the car and take a breathalyzer test.”

Indignantly, the man said, “Why? Don’t ye believe me?!?”

## History of Sayings

### Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour.

### Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children last of all the babies. By then the water was so dirty you could actually lose someone in it.

### Hence the saying, “Don’t throw the baby out with the bath water.”

Houses had thatched roofs - thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof.

When it rained it became slippery and sometimes the animals would slip and off the roof.

### Hence the saying “It’s raining cats and dogs.”

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed.

Hence, a bed with big posts and a sheet hung over the top afforded some protection. That’s how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt.

### Hence the saying “dirt poor.”

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they would add more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway.

### Hence the saying a “threshold!!!

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while.

### Hence the rhyme, “Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.”

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up.

### Hence the custom of holding a “wake.”



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

# CLASSIFIEDS

## For Sale

### Female Live-in Carer

Jamie White (quadriplegic) who lives in West Heidelberg is looking for a FEMALE live-in carer between 35-45 years old. He doesn't want rent but would like the person to go halves in all bills. The live-in carer is also expected to assist him with washing, cleaning, cooking, feeding, etc.

**Phone:** 9459 0361

### Heather or Charles Tilt-n-Space Wheelchair

Fisher Lane Karma KP 65T motorised Tilt-n-Space wheelchair. Very good condition with many extras. Cost 10,000.

**Price:** \$4,000

**Phone:** (03) 9523 5330 Liz

### Uppertone Exercising Personal Gym

Uppertone unassisted muscle strengthening and conditioning system for quads complete with full set of weights. Wheel in and exercise all movable muscles, no hand grip or assistance required. Excellent condition and cost over \$8,000.

**Price:** \$5,750

**Phone:** (03) 9578 5083 John

**Email:** [dawsonjg@optushome.com.au](mailto:dawsonjg@optushome.com.au)

## For Sale

### Wheelchair Access House For Sale

Modern 3 bedroom purpose built house for sale in Echuca.

**Price:** \$260,000

**Phone:** (03) 5480 7011 Rob Marks

Border Real Estate, Echuca

### Roho Cushion

1 Roho cushion in good condition.

**Price:** \$300

**Phone:** (03) 9489 0777 Christine

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

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

### 2001 Ral Wheelchair Carrier / Trailer

Comes complete with lights, spare wheel, and heavy duty wheelchair cover. Reg 08/05 N36432.

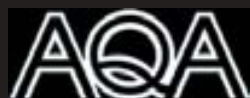
**Price:** \$1,000

**Phone:** (03) 9802 1127 David

**Mobile:** 0403 144 969

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# CLASSIFIEDS

## For Sale

### Electric Wheelchair

Sibbings Esprit Floater electric wheelchair, touch controls, fully reclines, fully padded, feet come up (tilting space), cost \$10,000 new, excellent condition

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

**Phone:** (03) 9727 1993 Therese

**Mobile:** 0409 947 593 Gary

### Monarch Hand Controls

In very good condition, comes with a 3 pronged spinner knob.

**Price:** Best Offer

**Phone:** (02) 60242399 Colin

### 1998 Holden Combo Freewheeler

White; 4 seats + wheelchair; air con; 65,000 kms; RWC; new brakes, tyres and battery; VGC.

**Price:** \$22,900 ono

**Phone:** (03) 9720 9806 Jim

**Mobile:** 0408 209 806

### 1998 Holden Combo Freewheeler

White; 3 seats + wheelchair; Air-con; 94000km; VGC.

**Price:** \$23,000 ono

**Phone:** 9707 2472 John

**Mobile:** 0407 535 498

### 2001 Holden Combo

Manual; seats 3 + wheelchair; air-con; power steering; 18,000 kms; RWC; new condition.

**Price:** \$25,000 negotiable

**Phone:** (03) 9457 1599

### Toyota Camry Wagon (auto)

Low mileage (17,000 kms); Engine date 2000/2001, registration to 31-08-2005. One owner; colour (cashmere); drivers air-bag; power windows; power steering; aircon; engine immobiliser; as new.

**Price:** \$19,000 negotiable

**Phone:** (03) 9585 0041 Suzanne

## For Sale

### Wheelchair Handcycle Conversion

Transform your everyday chair into a high-performance hand cycle. The 'Shadow Cycle-One' attaches and detaches quickly and easily to most wheelchair makes and models. It is made in the USA and has 56 gears and brake and is in as new condition. New \$3200.

**Price:** \$950

**Phone:** (03) 9578 1539 Robert Waryszak

**Email:** robxv1100@hotmail.com

### Hydraulic Hoist

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

**Price:** 1,000 ono

**Phone:** 08 97348767 or a/h 08 97971184 Graham

### 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

### Electric Scooter

3 wheeled electric scooter, CTN-5 Series, red, basket, swivel chair, anti-tip wheels, free wheeling lever, excellent condition.

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

**Phone:** (03) 9380 2858 or (03) 9326 2678 Robyn

### Electric Recliner & Riser Chair

Theropod adjustable back, extra neck rest, 15 year foam warranty, 10 year webbing suspension warranty, hardwood armrest, 2 years old, excellent condition.

**Price:** \$1,200 ono

**Phone:** (03) 9380 2858 or (03) 9326 2678 Robyn

### Air Mattress

Huntley Auto Excell Air Mattress, 7 months old, very good condition. Cost \$5400.

**Price:** \$4,000 ono

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

*... More Classifieds on  
page 19*



Incorporating



## **AQA Members & Friends - BBQ**

Here's your chance to meet and chat with us guys at AQA Victoria for a casual afternoon BBQ, you'll also get the chance to meet other members like yourself.

Family and friends are welcome (BYO Fold-up Chair).  
If you need personal assistance please bring it with you.

There are limited places so please confirm your booking for catering purposes.

When: **SATURDAY 19th MARCH**

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Time: **12pm to 3pm ish**

RSVP: **11th March 2005**

The Park has **all access facilities** as well as **kids play area**

**BBQ supplied** as well as **soft drinks**

Please contact one of us guys in the Information/Peer Support Department on 9489 0777 or email [petervanbenthem@aqavic.org.au](mailto:petervanbenthem@aqavic.org.au)



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