

AQA NEWS LINK

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

OCTOBER 2006



Caravanning To Port Stephens

The blue water paradise on the mid-north coast of New South Wales

Quads 4 Quads

Experience the 800km off-road gruelling bike ride From Ballito To Johannesburg



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Luxury accommodation in the heart of the historic and picturesque mountain township

Plus much more...



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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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From the CEO

The AQA Annual General Meeting is upon us again and will be held on Tuesday 21st November 2006 at 6pm. I encourage members to come along and meet staff and Board Directors. This year we farewell a long serving Board Director Bernie Bartels. After twenty-two years involvement with AQA, nineteen years as a Director, and several terms as Treasurer, Bernie has made the decision to retire from the Board. Bernie's commitment to AQA has been invaluable and his contribution will be greatly missed, particularly his support of Management and staff. We all wish Bernie every success in the future. We also have two new nominations for directors, Stephen Huybens and Jaqueline Wilson. Stephen and Jaqueline have been attending board meetings since April, and I look forward to their contribution. We currently have a vacancy on the Board and I would welcome any enquiries in regard to this from members.



This year we have Lions Christmas Cakes for sale. A 1.5kg cake is \$12. This is on behalf of the North Blackburn Lions Club, who over the years has assisted several of our members to build ramps in their homes, trim trees and provide general maintenance. These cakes can be purchased from the AQA office in Fairfield, so don't hesitate to drop in if you are interested.

Ian Bennett

Chief Executive Officer

ianbennett@aqavic.org.au

xcella Grip
Introducing the Newest and Latest Design
for Wheelchair Push Mitts

Increased Pushing Power
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Website: www.accesssolutionsnational.com.au
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Mobile: 0411 201 125
Access Solutions National Pty. Ltd.

From the Editor

G'day members,

Member Harry Kerr makes his first contribution to News Link with an article about his caravanning experience to Port Stephens on page 6. Harry designs accessible caravan's and custom built his own. AQA has compiled a DVD on Harry's caravan and if you would like further details please contact the info department on (03) 9489 0777.



Ari Seirlis, the CEO of QuadPara Association of South Africa (QASA), shares with us the highs and lows of competing in a gruelling 800 km off-road quad bike race that spanned over four days from Ballito to Johannesburg. This amazing story is a must read.

The 2006 Royal Talbot Disabled Winter Sports Ski Camp to Falls Creek was a great success with five sit skiers and thirteen guides hitting the slopes at the start of September. Even though there wasn't much snow about it didn't stop everyone from having a fantastic time. We hope to see more of you joining in next year.

On Sunday 22nd October AQA Victoria held a fundraiser event at Albert Park Lake. The event was appropriately named 'Around The Lake Without A Brake' and a good turnout of people walked and wheeled their way around the 5 km course. Afterwards a sausage sizzle was followed by a handball competition held by footy legend Billy Brownless. All in all the day was a great success and we hope to make this an annual event. To read more on the event please turn to page 7.

On page 8, Member Mal Noble sent in an article regarding his weekend stay at the Star Hotel in Walhalla. He and his wife thoroughly enjoyed the warm atmosphere and beautiful scenery.

All members have a chance to win a free voucher for a mobile massage by entering in our latest competition by making a contribution in to News Link by 31st November 2006. See page 16 for more details.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au



Pharmaceutical Benefits Scheme safety net

If you or your family need a lot of medicine in a calendar year, the Pharmaceutical Benefits Scheme (PBS) safety net may help you with the cost. All Australian residents, and eligible people from countries with which Australia has a reciprocal health care agreement, are eligible for the PBS safety net.

The safety net applies when you have spent the safety net threshold on prescription medicine. In 2006, the threshold amount is \$960.10 for general patients and \$253.80 for concession cardholders. When you, or your family, reach the safety net threshold, you can apply for a PBS safety net card and your PBS medicine will be less expensive or free for the rest of the year.

To keep track of how much you spend on medicine, it's a good idea to ask your pharmacist for a prescription record form and to get them to fill it in for you whenever you buy prescription medicine. Your pharmacy might also be able to keep a record for you on their computer, but it's best to keep your own records as well. If you have a family, ask your pharmacist about combining the amounts you spend for your safety net total.

You can get more information about the PBS safety net by:

- talking to your pharmacist
- visiting your local Medicare office
- phoning 1800 020 613 for the cost of a local call
- visiting Medicare online at www.medicareaustralia.gov.au

2006 Emirates Melbourne Cup Parade

The streets of Melbourne will again play host to the 2006 Emirates Melbourne Cup Parade. Together with the Victoria Racing Club, Wheelchair Sports Victoria will be coordinating the provision of viewing areas for people with disabilities and their companions.

Two designated areas will be provided for the Parade on Monday 6th November 2006.

- Swanston Street between McDonalds and Kentucky Fried Chicken
- Outside the Melbourne Town Hall.

Information will also be printed in the national newspapers and the Victorian Racing Club website closer to the day.

Invitation To Participate In Research Project

“Barriers to post-injury employment faced by compensable and non-compensable patients: a pilot study of traumatic spinal cord injury patients”.

I am writing to invite you to participate in a project being jointly conducted with the **Victorian Spinal Cord Service (Austin Health)** and the **School of Public Health, La Trobe University**.

The project is looking at factors that effect people's employment achievements after a spinal cord injury. The results will help design more effective interventions, particularly those services that can be commenced whilst a patient is in rehabilitation.

We are hoping to interview employers who have had some experience with employing people with a Spinal Cord Injury. The interview will last between 20 to 30 minutes and can be conducted over the phone or in person. All information remains confidential.

If you would like further information and are interested in participating I can be contacted on 9490 7276, or via email on Leanne.Rees@austin.org.au.

Your time will be greatly appreciated, and we look forward to hearing from you.

Regards,
Leanne Rees
Physiotherapist/Research Assistant
VSCS/La Trobe University



Voting in the Victorian State Election for people with a disability

The Victorian Electoral Commission (VEC) has been working with disability groups and culturally and linguistically diverse groups to make voting centres as accessible as possible for the Victorian State Election on Saturday 25 November 2006.

All voting centres have been rated by the VEC for physical accessibility. These ratings will be included alongside the centres listed in newspapers and on the VEC election website www.13vote.com.au. If a person is not able to access a voting centre, they can be assisted to vote outside. Postal voting is also available, with applications to be with the VEC by 6:00 pm on Thursday 23 November.

An Easy English guide to enrolling and voting in Victoria has been developed by the VEC, in partnership with Scope and is available on the VEC election website. Election officials will also be available to assist any person who asks for assistance to complete the ballot paper.

Every voting centre has a leaflet explaining how to vote in 18 languages. Some centres will have staff who can speak another language, identifiable by an interpreter symbol sticker with the name of the language they speak.

Enrolments, or changes to enrolment details, must be with the VEC by 8:00 pm on Tuesday 7 November.

Further information about enrolling and voting can be obtained from:

VEC election hotline: 13 VOTE (13 86 83)

VEC election website: www.13vote.com.au

Note: Sourced from ACROD News Update.

A.Q.A. Victoria Ltd Annual General Meeting

Date: Tuesday 21st November 2006

Time: 6pm

R.S.V.P.: Wed 15th November 2006

Assistance For Parents Of People With Severe Disability

The Prime Minister, the Hon. John Howard MP, in conjunction with the Minister for Family and Community Services, Senator the Hon. Kay Patterson and the Minister for Ageing, the Hon. Julie Bishop MP, announced a \$200 million package to assist parents of people with severe disabilities to establish private trusts for the future care of their children. From September 2006, parents or other immediate family members of a person with a severe disability will be able to establish a private trust worth up to \$500,000 for the future care of that person without being affected by social security income tests and gifting rules. Income from the trust will not affect the person's Disability Support Pension. The \$500,000 limit will be increased annually in line with CPI. Senator Patterson has established an advisory group, including financial and disability experts, to advise on the implementation of the package. More at: www.facs.gov.au/internet/facsinternet.nsf/disabilities/carers-future_planning.htm.

Note: Information sourced from Department of Families, Community Services and Indigenous Affairs.

Wattletree Cottage
Wheelchair Friendly Accommodation
in the Yarra Valley

Wattletree Cottage is a five-bedroom retreat that can sleep up to 12 people. The Cottage is nestled in the beautiful township of Warburton and is fully self-contained with cathedral ceilings and a large open family/kitchen/lounge area with a wood heater. There are two bathrooms and one has a roll in shower with rails in shower and toilet. An adjustable bed, portable hoist and shower/commode chair are all available. Front and rear balconies provide great outdoor entertaining areas and lovely views of the mountains.

Please call 0400 822 766 for more information or visit the website; www.wattletreecottage.com.au
Special rates for disability groups planning trips.



Port Stephens Holiday

Written by Harry Kerr



Hi members, my name is Harry Kerr and I've been a C6/7 complete Quad since 1984. This is my first contribution to News Link and I would like to share with you the wonderful world of caravanning in a wheelchair.

I designed and had a caravan purpose built for a wheelchair with an accessible toilet and shower on board. I do the driving/towing and my lovely wife Karen manages to get the caravan on and off the tow ball.

Before we started caravanning, Karen and I attended caravan school with our new van at Kilsyth. It was a full day course that covered theory and practicalities of caravanning and cost us \$130 each. We both passed the course, received our certificate and we can now go on holidays in confidence. I highly recommend the course to anyone starting out and you can either attend with your own caravan or use one of theirs for \$50.



Along with Karen and our two dogs' we set off from Berwick Victoria for a holiday at Port Stephens. We decided to travel the 1,100 kms via the Princess Hwy with two stops. Our first destination and overnight stay was at Eden followed by Nowra. I must say the road is quite good for towing a van and the scenery in places like Merimbula, Narooma and Batemans Bay is extremely beautiful.

We set off from Nowra for Nelson Bay, which is located just inside the mouth of Port Stephens, where we stayed at the Halifax Holiday Park, right on Little Beach, for

two weeks. It is a fully wheelchair accessible park set in natural bushland and between two beautiful beaches.



Port Stephens is the blue water paradise of the mid-north coast of New South Wales, with beaches like Fingal Bay and Shoal Bay just 5 minutes from the heart of Nelson Bay.

There are bike tracks between most of these places, perfect for wheelchairs and ideally located to take advantage of the magnificent water views.

There is an exciting range of activities to suit all, including sailing, paragliding, diving, snorkelling, dolphin/whale watching cruises, fishing, boating, helicopter joy flights, winery, pubs, clubs and restaurants, four wheel driving along One Mile Beach or Stockton Beach, deep sea fishing, lighthouse tours or sipping on devonshire tea for the not so young.



It's a real shame that the evening dinner cruise of the bay is not on a wheelchair accessible boat. However, with an abundance of natural beauty from spectacular national parks to aquamarine waters, fringed with white sandy beaches, it's a great place for a holiday.

We came home to Melbourne via the Hume Highway, over 1,000 kms, with two overnight stops at Goulburn and Wangaratta. We plan to see most of Australia over the next few years and believe me there is no better way to do it than caravanning in a wheelchair. It's not just the scenery or the adventure, it's the friendly travellers you meet in the caravan parks, who are always willing to lend a hand, have a chat and a beer.



There is one thing we haven't seen all that often and that is other wheelchair users caravanning. Those reading should seriously consider this as it's a great way to holiday when in the right van. No longer do you have to opt for a Motel or Hotel room with the

worst view, just take your accommodation with you and choose the best view.



Accessible RvVans

Custom Design Is Our Speciality

Whether you're holidaying for a lifetime or getting away from it all on the odd weekend, make sure your new or next van measures up to perfectly match your lifestyle. One of the reasons our *Accessible RvVans* are so popular is that we take pride in innovative design and being responsive to customer needs.

Through our never-ending quest for quality excellence, we are committed to designing caravans for people with disabilities, predominately wheelchair users. That's because we understand the key ingredients required to create the perfect accessible caravan.

Along with Roma Caravans who have been building caravans for well over 50 years, it's a business where the emphasis is on quality and durability. Things like attention to detail, pride in skilled craftsmanship and using only the finest materials.

Fact is *Accessible RvVans*, have more features fitted than most other vans. These features include lavish

wheelchair accessible en-suites; we have the knowledge to ensure that you enjoy your caravanning holidays and adventures for years.

Roma Caravans



Accessible RvVans

Contact: Harry Kerr

Tele/Fax: (03) 9702 6509 / 0417 348 134

Email: accessible.rvvans@yahoo.com.au

Website: www.accessiblervvans.com.au

Around The Lake Without A Brake

AQA's fundraiser "Around the lake without a brake" was held on Sunday the 22nd of October at Albert Park Lake. We are happy to report that the day turned out to be great fun.

Geelong Legend Billy Brownless and Channel Seven/Herald Sun reporter Neil Kearney kept the crowd amused and informed throughout the day.

It was great to see all those people participating, some with their whole family, in the 5km leisurely walk around the lake. Even Billy Brownless surprised himself by getting around the lake in good time. Special mention must go to those who made the effort to support the event by travelling from regional Victoria.

After the walk, everyone mingled while enjoying the BBQ. Following the BBQ was the handball competition, hosted by Billy, which went into overtime. It was a close contest with our very own Simon Damevski coming second. We have to mention though that Simon actually ended up winning the competition because the first place getter was disqualified (he wasn't eligible because he didn't pay to be part of the event).

Thanks must also go to Wheelchair Sports Victoria and the athletes for organizing the handcycling and rugby demonstrations in the afternoon. The kids loved it!

Hopefully we can continue to hold this event on a yearly basis and see many more members join us.





A Weekend in Walhalla

Written by Mal Noble

Recently after reading a Getaway segment in the Sunday Age on Walhalla's Star Hotel and it's attractions etc, including the fact it had a disabled suite, my wife Lesley and I headed off for a quiet couple of days at Walhalla.

Walhalla is one of Victoria's tiniest towns and is set back into the deep mountainous valleys of Gippsland. It was an old gold-mining town that yielded more than 75 tonnes of gold in the early 19th-century. Today there is not a lot left of the bustling mining town that was the fourth richest in Victoria, however if you look you can find an exciting insight into the rich history of Walhalla and what it was like in those rough and tough days.



The scenery and ambience in the old town is fantastic, there is an historic railway through the valley and a mine tour through the Long Tunnel Extended Mine, both are wheelchair accessible and well worth the time. In fact the whole Main Street and most of the buildings are wheelchair accessible. For the "ablebods" there are some great walks to the old cricket ground, the haunting old cemetery perched on the steep slopes above the town and plenty more.



The whole town is heritage listed with the Star Hotel one of the most impressive buildings. The owner Michael Leaney rebuilt the Hotel as a faithful reconstruction from early photos of the original pub that had burnt down nearly 50 years earlier. It looks like a nearly perfect replica on the outside and a real surprise on the inside. The Star Hotel's facilities include 12 beautifully furnished

guest bedrooms with kingsized beds and ensuite (there is one disabled unit that is very user friendly), a private guest lounge with coffee-making facilities and mini bar, and a quality A la carte restaurant with a tempting menu. Buffet breakfast is included and dinner is available every night. Lunches and nice coffee and cakes etc are available in the Grey Horse Cafe alongside the Hotel.



Walhalla is about 180 kilometres from Melbourne via the Princes Highway. Interesting places to visit are the Thomson Dam and the town of Aberfeldy.

The normal rate is \$199 per night, however Michael said if you mention this article he would extend the special rate of \$250 per couple for dinner, bed and breakfast.

We thoroughly enjoyed the warm and welcoming atmosphere of the Star Hotel and found plenty to do in Walhalla to fill in a couple of days.

You can contact the Star Hotel on (03) 5165 6262 or visit their website at www.starhotel.com.au.



Fish Eye 9

Self-contained Accessible Accommodation
in the Otways



New purpose built, 2 bedroom Accessible Holiday Accommodation located on the Great Ocean Road only 6 km from Apollo Bay.

Phone: (03) 5237 1292

Website: www.fisheye9.com

Email: tbrunner@iprimus.com.au



Winter Ski Camp at Falls Written by Campbell Message

The 2006 Royal Talbot Disabled Winter Sports Ski Camp to Falls Creek was a great success!

AQA Victoria's generous support helped us to take five sit skiers and thirteen guides to hit the slopes at the start of September. Maurice Blackburn Cashman also supported us with some great guides. If you could bottle grins, we would have been able to open a bar!

The fun started on Friday 1st of September, when a committed but small group left the Royal Talbot. Hasan, his carer Michelle, Valerie and her husband Geoff, and I were all loaded into the bus. Geoff did an amazing job loading the bus – we had enough stuff to go for a month, as Val quipped; "...It's my right as a woman", no one could argue.

Off we went, ably navigated by Michelle and driven by me; the three and a half hours trip took us about five hours. I didn't tell them on the way up, but I was using a brand new set of portable hand controls on the bus, and wasn't sure they would stay connected to the pedals! But we made it with only a couple of nervous laughs. The lovely cook at Howman's Gap had kept dinner warm for us.

We met the rest of the group at Howmans Gap, including paralympic sit skier Mark Soyer, and potential paralympic sit skier Narelle Henderson. After dinner on Friday night, head guide Rosie talked us through what to expect the next day. How the sit skis worked, and how the guides would be helping us.

Saturday morning, 7.00AM; people were heaving waterproof pants on, doing up ski jackets, scoffing breaky, sipping hot steaming coffee... and with an air of excitement around us we drove up to Falls.

Now for those that were wondering, no there wasn't tons of snow. Normally you would load into your sit skis at the bottom car park, but the lack of the white stuff meant that we had to load our wheelchairs (and ourselves) on to the chair lift to take us to the top of the mountain. From there we transferred into our sit skis, ready to take on the mountain.

It was a fantastic day of skiing! Narelle was mastering the art of mono skiing, while her friends mastered the art of loading her ski on and off the lifts. Michelle and Geoff went off to have a beginner's lesson, while Valerie and Hasan were put through their paces by their fantastic guides. Mark was buzzing around offering great advice to all of us, and showing by example what fantastic things you can do on a sit ski when you have perfected it. I was particularly impressed with how independent he was, including getting on and off the lifts by himself.

Lynne and Rosie from Disabled Wintersport Victoria were incredibly helpful, from organizing everybody, to teaching us how to use these incredible machines. The rest of the guides were wonderful, we learnt a lot in a very safe and enthusiastic environment.

Now to the exciting stuff, Valerie could not stop smiling! The exhilaration of flying down the mountain was one that she hadn't experienced since her days as a biker.

Hasan, although having a relatively high injury (C4/5), showed his pearly whites for most of the day. He exceeded all expectations by managing to ski independently for most of the time. If he had more hours in the day, he probably would have been doing jumps!

Narelle was also flying along. Just as importantly, her friends had learnt enough about skiing that they would be confident in joining Narelle in the future. Maybe they had heard something about trying out for the paralympic squad!

The only mishap was when Hasan tried to get out of the way of a youngster, he fell, injuring his arm. However, on the positive side, he got to have a ride with the snow patrol. He is still very enthusiastic to go again next year.

Unfortunately Sunday was wet, cold and foggy. A couple of the guides went on an advanced scouting mission to test the weather on the top of the mountain, but it was too wet and horrible. So we packed our bags and had a leisurely drive home.

Thanks once again to AQA Victoria for supporting the camp; Lynne Johnstone, Rosie Thom and the rest of the Disabled Winter Sports Victoria guides. I would also like to thank the Maurice Blackburn Cashman guides, Mark Soyer, and the great accommodation at Howmans Gap. Last but not least the fantastic skiers. Many people commented on what a great group it was, and hopefully they all gained confidence to go and do it again some time soon.





First All Abilities Playground To Open In Tasmania



The new Dru Point All Abilities Playground encourages children with a disability to play equally alongside their able-bodied friends and siblings

The new Dru Point All Abilities Playground is the first of its kind to open in Tasmania.

Located in Margate, the playground allows safe access and equipment for children and adults with a range of disabilities.

Opening in May this year, the playground has been well received as a facility that caters for all children and their families within the community. With a number of similar playgrounds present on the mainland, there is an emerging trend to ensure that playgrounds are accessible to all abilities across Australia.

The creative playground takes children on a 'voyage' by way of a boat that caters for wheelchair access. The boat carries children past a range of theme-based stops representing various 'rooms' for the children to visit.

Once on board the central boat, a child has the opportunity to visit any room they wish. One room represents a musical station where children can play outdoor percussion instruments arranged in a way that does not favour left or right-handed visitors.

Other stations include an obstacle course and a funnel ball court with the final pit stop offering a swing room containing the state's only wheelchair swing. For some Tasmanian children, this offers their first sensation of riding on a swing.

Financial assistance to redevelop the playground was offered by the State Government by way of a \$230,000 grant as well as a \$30,000 grant from the Tasmanian Community Fund. In addition to the funding, various community businesses were supportive in supplying materials and community clubs played a significant role.

Home Help and Personal Care in Tasmania

Suburb/Town

Your local Community Health and Services Centre has trained home help staff to assist residents on a regular basis with day to day housework and personal care that may include:

- Vacuuming
- Cleaning bathrooms and toilet
- Other heavy household work
- Showering
- Dressing

Booking Information

If you have a need for home help and personal care, or you have family members or friends who may require this type of support, please contact your nearest Community and Health Services Centre.

Eligibility Information

People of all ages with disabilities, frail and elderly residents and people who are ill or recovering from surgery are able to use these services.

Cost Information

There is a charge for home help and personal care. However, it will vary, depending on individual circumstances. The cost will be discussed with you when your local community nurse first visits to make an assessment and to discuss the type of services required. This visit is free.

If you (or your family member or friend) are unable to pay or have difficulty affording the full amount, this can be discussed further. If you are eligible, you will still receive these services regardless of your ability to pay.

For further information please visit the Health and Human Services in Tasmania website at www.dhhs.tas.gov.au.



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



Australian and New Zealand Spinal Cord Society Conference

We bring to you an exciting, informative, 4 day conference.

This conference will be focusing on the scientific advances, patient care and inspirational stories and innovations from those involved in the management, care and rehabilitation of spinal cord injuries.

Commencing: Wednesday 15th November to Saturday 18th November 2006
9:00a.m
(Registration opening from 08:30)

Held at: Carlton Crest Hotel Melbourne
(Meeting Venue)
65 Queens Road,
Melbourne, Victoria.

We offer International and Australian Medical speakers, Medical Research, and various exhibitions and workshops throughout the conference.



You can download the registration brochure from www.sci2006.com.au/content/RegistrationBrochure.pdf

For further information please contact:

Phone: (07) 3371 0333

Email: meetings@sci2006.com.au

Web: www.sci2006.com

New Headquarters Open for Wheelchair Sports Victoria

It is with pleasure that we advise that we are now operating from 341 George Street Fitzroy (which is almost on the corner of Johnston & George Streets). We are established on one level with 15 undercover car spaces, a range of meeting rooms and a modern technically advanced Telephone Room.

Please take the time to visit your new Club at the first available opportunity. We are sure you will be impressed.

Multi-Disability Swimming in Victoria

Swimming Victoria Inc. (SVI) is the peak body for competitive swimming in Victoria, offering assistance to Victorian clubs and coaches and for enthusiastic swimmers looking for a suitable program to make a splash!

Swimming Victoria Inc. can provide information on:

- how and where you can learn to swim
- details of clubs and coaches where you can start your training
- how you can be classified for participation in competitive swimming in Swimmers With a Disability [SWD) specific events
- information on how swimmers with a disability can successfully integrate into your club and take part in district, state, interstate and international competitions.

Amanda Isaac

Coach, Ivanhoe Neons Swimming Club

“The integration of able and disabled athletes has a positive impact for all athletes within the squad.’ Athletes with disabilities overcome added daily challenges which

inspire the able-bodied athletes. The entire sporting club profits as the athletes work together to create a successful environment

Daniel Bell

Geelong Swimming Club

“Training with able-bodied athletes has helped me accomplish a great deal. From friendships, greater competitive opportunities, to improvements in my technique and times.”

For further information on how to make a splash at your local swimming club, contact Swimming Victoria on:

Swimming Victoria Inc.

Level 3 - Melbourne Sports and Aquatic Centre,
Aughtie Drive, Albert Park 3206

Postal Address: PO Box 230,

South Melbourne 3205

Email: sv.admin@vic.swimming.org.au

Phone: (03) 9686 5222

Fax: (03) 9682 7888

Website: www.swimmingvictoria.org



Bermagui Ramblings

Written by Philip Smallman - Part 2

(Continuation from September 2006 News Link Issue)

March at Bermie is supposed to be glorious with great water temperatures and good weather. Although the weather was reasonable the water temperature went to the shiesenhausen. We spent most of the first day on the 6-mile as the weather forecast was predicting a southerly change of up to 35 knots. Itching to get out to the 12-mile or the shelf we were confined to the six by the competition officials. The only action for the day was a seal, normally a seal will zero in and nip off all the live baits right behind the ears, but not this one. He was a bit too greedy and I was hooked up on my first seal. Fifteen minutes later he was next to the boat and as the trace was cut as close as possible, he was given what became the Bermagui catch cry: You've been a naughty little boy, now (shouting) #@\$@* OFF! It was now the last day of the comp and it was now or never! The water temp had dropped to 19°C (20.5 - 23 being optimal) on the shelf and only 14°C on the 4 mile. We decided for a pre-dawn start on the bait grounds, fish Montague for an hour or so for a few kingies and then out to the Tuross Canyons. We were on the bait grounds at 5.30am and had filled the bait tank by 6.15 am and were fishing Montague by 7.00am. We couldn't raise a touch from a kingie but we spotted a free-swimming shark about 60 metres away. Within minutes we had a live slimy out the back and within 10 minutes the shark had hit the rig, but no hook-up. Another half hour and we left without a kingie and no sign of the shark again.

It was another 23 kms northeast to reach the Tuross Canyons, in bloody sloppy conditions. Halfway out to the Canyons I looked to find the reason I was being lunched all over the place. The right tyre on my wheelchair had gone flat and so I had no braking on that side. On reaching the grounds there was an air of anticipation. The water looked great, the temp was about 21.5C and the conditions were abating. The first baits went in about 9.30am and the coffees were downed as we settled back for a wait full of hope.

Strike! The rubber band pulled in the starboard outrigger and I clambered to get the rod set up and feed the line out as fast as possible. The other rods were retrieved and stowed, the out riggers lifted vertical and on the command of strike from the skipper, he gunned both

engines to bring Blue Water on the plane while I braced for the weight to come on. After driving 400 metres or so it was clear there was no fish and the bait was wound back. It was dead, with a huge scar across its back; we'd been hit all right!

Back to the same scenario, with baits out, another cuppa and the wait was on. Strike the same ritual again. After driving off there was no weight so we once again settled into a wait. Time was running out. We had to be back to the marina (Bermagui) at 3.30pm and now it was lunchtime. We'd been so close but time was now against us. After a total of nine days on the water it had come down to this. We had been speaking earlier to another member (O'Neilly) who had been fishing the Kink with little success and it wasn't long before we saw the unmistakable blue cover of O'Neilly's boat appear on the horizon and then take up a position trolling amongst the few boats that were out here. He passed about 80 metres behind us (too bloody close for our liking) and when his baits were close to ours he was hit, followed by a solid 'hook-up'. Within 20 minutes they had tagged a lovely 100 kilo Striped Marlin.



Wheelchair rod setup

We were doing everything right and were half way through checking the baits. We had two surface slimies on the outriggers and one a little deeper, held down by a sinker on an elastic band. The two outriggers were checked; the deep slimy just wound in, checked and was being lowered back to depth when it was hit. Strike! Was shouted, the rod passed to me and the other slimies were brought in. Same ritual as had been well rehearsed previously. I furiously stripped line from the reel, waiting



for the call from the skipper to move the drag lever to strike. With the boat in readiness the call came from the skipper. Strike! He shouted as the two 4 bangers lifted, Blue Water on to the plane. It seemed like an eternity waiting for the slack to be taken out of the line but there was 'weight'. And weight like I have never felt before! At last, a marlin! The line angle was changing from deep to shallow. I shouted "He's coming up."

About 400 metres away he jumped, furiously trying to throw the hook, but it held and it went deep again. Geoff was behind me, manoeuvring my wheelchair to keep a straight line to the fish, a more difficult task than it should have been due to the fact that I still had a flat tyre on the wheelchair. I can't believe the strength of these fish, able to strip off 30-40 metres of line in a single burst of speed, against 8 kilos of drag. I held against the fish during the runs and worked hard to retrieve line when possible. The two-speed reel allowed for low cranking power that really helped to get a bit of line back. I settled into the fight, hauling back on the rod and cranking while lowering but it seemed as if there was only centimetres of line being laid on the reel each time. This was going to be a long fight! As I can't use my body for advantage all the pressure came on my arms and shoulders and it wasn't long before they were burning. With all the adrenalin flowing, my mouth was dry and Geoff squirted water down my throat while keeping the wheelchair in line with the location of the fish. Andy was preparing the tag pole; Peter was driving the boat with precision to give me the best advantage. Marlin fishing is a team effort, there's no doubting that.

After about 20 minutes the fish was about 50 metres out, the line angle changed and it jumped again, and again, what a sight! Peter called it for a Striped Marlin of about 110 kilos. To see a marlin all lit up, jumping close to the boat and at the same time feeling every headshake and tail pump through the line, was an extraordinary experience. At times the line was so tight it was singing, adding an acoustic dimension to the fight. Even after half an hour this fish had enough strength to strip off 10 metres of line with explosive bursts of speed. The double was within sight, just a couple more cranks. The fish went straight down and Peter gave a little burst of speed to keep a better angle then a gut wrenching feeling occurred, the hook pulled!

I wound the double on in a couple of turns of the handle and the hook was soon to follow. We were so close to getting the tag in but the fact still remains that we didn't. It was a classic fight and no one did anything wrong. It's just that this happens sometimes but you could smell the disappointment on the boat. It took some time to filter into our minds this was our best chance and we dropped it.

The feeling of disappointment continued into the evening, especially during the presentation of awards. A tag in that marlin would have won us the competition, but instead O'Neilly won it with the fish they stole from us out at the Canyons. There was no animosity though, that's fishing and that's the way it will always be. That's what draws you back time and time again. Throughout the night though each of us in Team 8 would catch eyes, give a little shrug of the shoulders and a wry smile, knowing there's always next year.

For me, it was a strange sort of emotion. I certainly shared the disappointment, not just for myself but also for the whole team and especially for Peter who came so close to his goal, to catch me a marlin. I also felt a strange mix of emotion because underlying the disappointment was a feeling of elation, knowing that I had more than met the challenge of being able to fight a big fish on 37kg game tackle with enough drag pressure to have a good chance at catching a marlin. Yes, my shoulder and arms screamed for a rest but there's so much adrenalin I could have gone on for hours. I still dream of that day out at the Tuross Canyons and long for the day to come around again to fulfil our mission, to catch a marlin.



Montague Kingie



Endurance Never Felt So Good

Written by Ari Seirlis

I have just completed the 800km off-road QUADS 4 QUADS ride from Ballito to Johannesburg on my adapted Yamaha 350cc quad bike.



What's this all about? Well, there are two parts and both gel into one of the most epic journeys I have ever undertaken, creating the most physical pain I have ever experienced, but also exposing emotions I have not felt for many years. It allowed me to experience camaraderie which I never thought possible amongst a group of three

hundred and sixty five men, women and children who rode in front and behind me on their own quad bikes, always disguised by dust, which blotted what ever was ahead for four days.

Three years ago, Family Adventures, run by Glenn Foley and Corinne Andrews, put together an event to challenge the off-road route from Durban to Johannesburg on quad bikes and two wheel motorbikes. I was invited to meet them to negotiate an opportunity for the QuadPara Association of South Africa (QASA) to be the beneficiary. Immediately a brand was created: QUADS 4 QUADS. Quad bike riders have the chance to explore this incredible terrain on their powerful machines and in return for the privilege, QASA benefits from the funds raised. This helps us deliver our mission statement to quadriplegics and paraplegics whose mobility is restricted.

In the last two years, in my capacity of CEO of QASA, I had the opportunity to start the riders off in Ballito and greet them again at Carnival City. I had so much fun and QASA received in excess of \$R450,000, from Family Adventures, as well as individuals who participated by digging deep into their own pockets.

Last year, whilst raising my arm in a "thank you" wave to each batch of riders as they finished, I said to myself "I have to do this".

I recruited a great team for support consisting of Mike, Peter, Michelle, Duncan and Togo each with a specific role. Little did we know that their roles would often change, and they would play a part in supporting all the riders. We gathered for half a day of preparation and planning, which proved to test what we were all made of.

I became a quadriplegic twenty one years ago, as a result of a diving accident at Durban's Waterworld. I had already completed the Comrades Marathon, at twenty three years of age, before my life changing accident.

The other part of the event that is very important is the difference we hoped to make to the rural communities we were riding through, by assessing their need for wheelchairs and pressure care mattresses. We planned to deliver fifty wheelchairs and seventy pressure care mattresses. We actually delivered sixty one chairs and seventy one mattresses, with the help of MAN Trucks, and the generous donations flooding in from friends, families, schools, individuals and some corporates namely; SAB, Nedbank, Barloworld Equipment, Vodacom, KCI, Team Yellow, Team Moby, all equalling a grand total of \$R150,000! QUADS 4 QUADS 2006 made these deliveries to people who needed them in Ezakheni, Isithundu, Craigiburn, Weenen, Kwanyezi, Ladysmith, Majuba, Standerton, Greylingstad & Grootvlei. What convinced me that we delivered to the most needy, besides having assessed each request, is that my MS Word spellchecker doesn't recognise a single place!



My personal journey started at 4:30am on Thursday the 29th September. We were heading for Ballito in our AVIS sponsored VW Bus towing my quad and our Yamaha Rhino sponsored support bike.

The start at 6:00am was awesome, with participants and friends waving us off on the way to Weenen. I shed a few emotional tears and I was so nervous. I feared every bend and by 9:00am I had done a radio interview for RSG on top of a plateau overlooking valleys of rural area. By then the blazing sun was hammering my stamina, as well as never ending dust from passing quad bikes hampering my visibility and drying out my mouth.

Dust all bloody day! Then before we had covered even half of the first day's 200kms, my support team of Mike & Peter had mechanical problems with the Rhino. I made a decision to move on as it was boiling hot and I would not have lasted in the sun without temperature control.

A group of guys passed me and said "ok, we will stick with you to the lunch stop". Two hours later we arrived ,



exhausted and dehydrated. I hadn't taken enough liquid and the sun had hammered me. I was weak, delirious and also lost my vision. Peter and Mike arrived and immediately called the medics. After an hour and a half and a drip of what the medic called his 'jet fuel', I was able to continue. As we wound through the valleys the Rhino faltered us again. I went ahead alone and arrived to complete the first day in Weenen. I had learnt some huge lessons. I now understood what this journey was going to be about. I have always believed that I own stamina, resilience and determination and now this had to be demonstrated.



Up at 4.30am for start of day two from Weenen to Newcastle. It was another hot day and it didn't take long to feel uncomfortable. I had to stop regularly to be sprayed down and drink as much water as I could. The day seemed endless, but with support close by, we made it to Newcastle in the early evening. The 220kms seemed like five hundred! A hot bath felt like heaven and we all attended the evening function where \$R30,000 was raised through an auction for QASA. This quad bike fraternity demonstrated generosity as I have never seen before. And they can party hard too. The sound of quad bikes wheeling down the main street was heard way past 3:30am!

We started the third day by handing over a dozen wheelchairs, donated by SAB and left for what I will always remember as the hardest day of my life. We left far too late and the heat was already beating down.

We rode up Majuba Pass into rocky ditches, along miles of railway lines, through a tunnel more than a kilometre long which disorients you. The scenery was incredible, I was exhausted and sore, and it was boiling hot. The lunch stop in Volksrust was welcome but had to be quick as I was behind time and had to get to Standerton before dark. I lost my support again to a puncture however I had to carry on. I ran out of fuel but was saved by the 911 vehicle who topped me up from their own jerry can. The dust was thick and the sun fading. My spirit and soul were broken as I rode into the campsite last after 230kms of hell, to the applause of the other riders who gathered to welcome me! Thank you to that welcoming party as I was going to give it all up. I had been taken to my physical and psychological limits.

Our evening hosts at the B&B were just what I needed, to laugh and revive my spirits and convince myself to continue.

On the last day we got a head start on the others by leaving at 6:30am, but soon, they were flying past us and the road ahead was a single trail of dust. Everyone wanted to get to Carnival City. This last day was an incredible 175km of dust and railway roads. I felt like a horse heading back to the stables!

Everyone that passed gave me the thumbs-up. By 2:00pm we were 200kms away and lined up for the mass ride in, through the Carnival City gates. There is no way of describing the feeling of leading three hundred and sixty four riders in towards the awaiting friends and family members after four days of the most beautiful countryside, heat and testing circumstances.

I have done something I never thought possible, being a quadriplegic. I have never let my disability prevent me from trying anything, although I didn't understand the magnitude of this event, riding from Durban to Johannesburg.

At the prize giving, Glenn Foley and Corrine Andrews handed QASA a cheque for \$R700,000.

After having completed the New York Marathon in November 2005, using a hand cycle, I came up with a phrase "it is more important to start than to finish". I want to start so many things, whether it be an epic event or just a game of chess. My perspective has changed now though, it is worth digging as deep as you can to finish.



We drove back to Durban that Sunday evening the 1st October, silent for hours, contemplating the last four days of our lives

and everyone remembering their own special moments. Thank you for the opportunity to witness camaraderie as I have never seen before, and to a wonderful team who knew what I was going through and made sure I had everything I needed to make it.

I remember overhearing the doctor say to my parents that I was going to be a quadriplegic and would never walk again. What he did not say was that I couldn't fly! The last four days of my life were the greatest I have ever had. Everyone involved ensured that I had this brief time after twenty one years of forgetting about my quadriplegia. Thank you for the short time free from my wheelchair.



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The Broken Lawnmower

When our lawnmower broke down and wouldn't run, my wife kept hinting to me that I should get it fixed.

But, somehow I always had something else to take care of first, the truck, the car, and fishing, always something more important to me.

Finally she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a few minutes.

When I came out again I handed her a toothbrush. "When you finish cutting the grass," I said, "you might as well sweep the driveway."

The doctors say I will walk again, but I will always have a limp.

Marriage is a relationship in which one person is always right, and the other is a husband.

What do Retired People do all day?

Working people frequently ask retired people what they do to make their days interesting.

Well for example, the other day I went into town and walked into a shop. I was only in there for about 5 minutes, when I came out there was a cop writing out a parking ticket.

I went up to him and said, "Come on man, how about giving a senior citizen a break?" He ignored me and continued writing the ticket.

I called him a pig. He glared at me and started writing another ticket for having worn tyres.

So I called him a beanhead. He finished the second ticket and put it on the windshield with the first.

Then he started writing a third ticket. This went on for about 20 minutes.

The more I abused him, the more tickets he wrote.

Personally, I didn't care. I came into town by bus.

I try to have a little fun each day now that I'm retired.

It's important at my age.....

I wasn't drunk

Paddy staggered home very late after another evening with his drinking buddy, Mick. He took off his shoes to avoid waking his wife, Brigit. He tiptoed as quietly as he could toward the stairs leading to their Upstairs bedroom, but misjudged the bottom step. As he caught himself by grabbing the banister, his body swung around and he landed heavily on his rump. A whiskey bottle in each back pocket broke and made the landing especially painful. Managing not to yell, Paddy sprang up, pulled down his pants, and looked in the hall mirror to see that his butt cheeks were cut and bleeding. He managed to quietly find a full box of Band-Aids and began placing a Band-Aid as best he could, on each place he saw blood. He then hid the now almost empty Band-Aid box and shuffled and stumbled his way to bed.

In the morning, Paddy woke up with searing pain in both his head and butt with Brigit staring at him from across the room. She said, "You were drunk again last night weren't you Paddy?"

Paddy said, "Why you say such a mean thing?"

"Well," Brigit said, "it could be the open front door, it could be the broken glass at the bottom of the stairs, it could be the drops of blood trailing through the house, it could be your bloodshot eyes, but mostly..... it's all those Band-Aids stuck on the hall mirror."

Woman in wheelchair shoots mugger - USA

Margaret Johnson might have looked like an easy target in her wheelchair, but when a mugger tried to grab a chain from her neck, the 56-year-old pulled out her licensed .357 pistol and shot him. New Yorker Ms Johnson said she was on her way to a shooting range when the man came up to her from behind. He was taken to hospital with a single bullet wound in the elbow and now faces a robbery charge, police said. Ms Johnson has a permit for the weapon and does not face charges.

Old Wives Tale

Is this an "OLD WIVES TALE" for HICCUPS? See if this works for you.

- Take a good mouthful of water.
- Block your ears tight with your fingers.
- Very slowly swallow the water.
- Count to ten.
- Unblock your ears.

Your hiccups should be gone.

CLASSIFIEDS

For Sale

Roho Cushion

High Profile; 10 x 9, hardly been used; with pump.

Price: \$250ono (2/06#a)

Phone: (03) 9467 3313 (Angelo)

Tilt table

Electric powered, adjustable feet + height, like new, comes complete with all necessary straps, cost \$3,800.

Price: \$1,700 (8/06#a)

Phone: (03) 9776 0522 (Jerry)

Weighing Ramp (for home scales)

Weigh your self in your chair with these aluminium ramps, they fit onto domestic scales.

Price: \$40 ono (7/06#a)

Phone: (03) 5975 4625 (Kathleen)

Electric hoist

Promed elf, 127 kg lifting, very good condition, ideal for quads, new battery, cost \$2,500.

Price: \$800 (8/06#a)

Phone: (03) 9776 0522 (Jerry)

Wheelchair Manual

Lightweight folding 45cm. Blue/Silver colour with adjustable leg rest and extra diffuser cushion. Adult chair, year of manufacture April 2003, excellent condition.

Price: \$600

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Manual Wheelchair

To suit 19inch cushion, adjustable back, fold-up chair, marone in color.

Price: \$900

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Holden Combo "Freewheeler"

Metallic blue, low kilometres, 2 rear fold down seats, five speek gearbox, air-con, excellent front and side vision for the wheelchair user, very Economical. As new condition (barely used), new \$32,000.

Price: \$17,990 (9/06#a)

Mobile: 0417 430 757 (Tasmania)

For Sale

VW Caravelle

White in colour, 1995 model, 150,000 km's, auto, electric windows, wheelchair ramp from the side, seats 6 people plus wheelchair, very clean inside and out, very reliable, always serviced.

Price: \$22,000 (6/06#a)

Mobile: 0413 319 400 (Tony - Glenroy)

Ford Econavan - 2000 model

Very good condition, 5 speed manual, hoist at rear, new tyres.

Price: \$20,000ono (7/06#a)

Phone: (03) 9467 1376 (John)

Mobile: 0401 001 943

2003 Mercedes Benz Sprinter

Campervan Diesel - 5 speed manual, 2 year warranty remaining, low km's, rego for 5 seater, specially designed for wheelchair access, Rycon lift at side, sliding door, lift up double bed, lots of storage, 2 way fridge/freezer, 2 way TV/DVD player, portable toilet, 3 seater bench (can be used as bed), roof top reverse cycle air cond, fiberglass storage box mounted at the back of van, CD player. \$55,000 Also available 6 x 4 fully enclosed trailer \$2,000.

Price: \$55,000 + \$2,000 for trailer (7/06#a)

Phone: (03) 5348 1480 (Ivan)

AU Fairmont Station Wagon Nov '98

Metalic Blue – Never been bingled.Genuine Ford Accessory Cargo Barrier, Tow Bar, Roof Rack Kit, Mag wheels as extras. All Fairmont features incl CD, Climate control, Cruise control &Radio/Cd Controls on steering Wheel, 108,000 "Country" Km, Michelin tyres 80%, Registered March 07, Anti-lock Braking, Airbag, CDplayer, Central Locking, AirCon, Automatic Air Conditioning/Climate Control, Cruise Control, Metallic Paint, Power Mirrors, Power Windows, Power Steering, Trip Computer – Full service history Hand Controls, Steering Spinner Knob &Special Door Pillar Safety Belt Fitted for C6/7 quad. Whole car is in excellent condition. Genuine reason for selling.

Price: \$9,990 (8/06#a)

Phone: (03) 5852 1232 (Rob)

Email: robcroft@kyabram.net.au

CLASSIFIEDS

Freebies

Manual Wheelchair

Titianium, folding seat, seat size 16"x16", back size 18.5"x 16, removable footplates, wheel guards' needs upholstery & some bolts. Needs a little repair but would suit someone fine.

Price: FREE to a good home (5/06#an)
Phone: (03) 9489 0777 (AQA Info Department)

2 x Roho Cushion High Profile

Two high profile roho cushions at 39cm X 44cm.

Price: FREE to a good home (5/06#an)
Phone: 5975 4625 (Kathleen)

Wanted

VEHICLE WANTED: Chrysler Voyager

Auto, with side entry wheelchair access, prefer wheelchair access to front passenger location.

Phone: (03) 9561 3705 (Linda)
Email: lindazu@alphalink.com.au (5/06#a)

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of things that are lying around!

For Sale

Quickie GPV Wheelchair

Rigid frame manual wheelchair, very good condition, 17 x17 seat, quick release wheels, clothing guards, quickie spoke guards, new Primo tyres, micro front castors. Great paint job, very few scratches. Would also consider swap with similar chair with smaller (approx 15x15) seat.

Price: \$500
Mobile: 0417 038 894 (David)

Wymo Wheelchair Hoist For Car

2 years old, only used for 1 year.

Price: \$500 ono (7/06#a)
Phone: (03) 5975 4625 (Kathleen)

Manual Wheelchair Mobility Plus

41cm wide, comes with spare tyres & tubes.

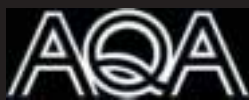
Price: \$300 ono (7/06#a)
Phone: (03) 5975 4625 (Kathleen)

Electric Wheelchair

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

Price: \$4,200 ono (7/06#a)
Phone: (03) 9878 3249 (Gary)
Email: madge@alphalink.com.au

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Price: \$1,000 ono (2/06#a)
Phone: 9467 3313 (Angelo)

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

Price: \$700 ono (2/06#a)
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Sport Tennis wheelchair (Manual)

Mobility Plus - 18 x 13 (wide, high) 18 months old

Price: \$2,000 ono (2/06#a)
Phone: (03) 5722 9889 (Christine)
Can email pictures if wanted, please phone first .

Exterme 4x4 all terrain Electric 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 my house at Werribee South. Current new cost over \$11,000

Price: \$4,500 ono (2/06#a)
Phone: (03) 8742 0252 (Ian)

Motomed Leg Exerciser

Automatic cycling machine, forward, reverse & variable speed. Good for joint movement and circulation. Can send email photo's.

Price: \$950 ono (6/06#a)
Mobile: 0409 766 834

Mercedes Benz Vito 113

1998, 81000Km, Petrol engine, automatic, power windows, MB AirrCon, CD, Cruise, White, Rear seats. 2 sliding doors. Fitted for Disabled Persons. Rear manual ramp, restraints, rotating passenger seat.

Price: \$25,000 or offer (9/06#a)
Phone: (03) 9499 2166 (Bob)

Spectre Electric Wheelchair

Power elevating legs rests, tilt in space seat, recline backrest, articulated suspension, elec attendant control. 3yr old, 1 month use, as new condition, cost \$9,054.

Price: \$5,000 ono, must sell. (5/06#a)
Phone: (03) 51579115 (Sarah)
Mobile: 0407 566 761

For Sale

DOC Electric Wheelchair

Fold-up type, fits in car-boot. Used for only 6 weeks. Receipts worth over \$4000 includes charger & cushion.

Price: \$1,500 ono (2/06#a)
Phone: 9306 0423 (Val - Glenroy)

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: \$3,000 ono (4/06#a)
Mobile: 0403 674 487 (Gail - Watsonia)
Email: gailboelens@phillipsfox.com

Zoom 4 Pride Scooter

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

Price: \$1,800 ono (4/06#a)
Phone: 9369 7660 (Margaret)

OSD Power Chair

Seat Width: 46 cms, Seat Depth: 43 cms, Back Height: 41 - 48 cms. Equipped with a DYNAMIC joystick. Extremely easy to use and offers good performance. Easy to transport - assembling and disassembling very simple. Remove battery basket, fold or take off the backrest and fold the frame. Cost \$5,000.

Price: \$1,500 ono (7/06#a)
Phone: (03) 9861 1199 (Work)
Mobile: 0411 241 469 (Alexandra)

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 good condition, paid \$2,500.

Price: \$1,500 ono (8/06#a)
Mobile: 0410 481 315 (Shaun)

... More Classifieds on page 18 & 19

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