

AQA NEWS LINK

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

NOVEMBER 2007



QUADS 4 QUADS 2007

Dust, sweat and tears for
a great cause

Me and my town
Introducing a new
section about members
and their town



Handcycling

Le Tour Hand cycle '07
(Orbost to Melbourne)

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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Volume 21, Number 5

From the CEO



November was a very busy month at AQA. We held a successful AGM where amongst other business AQA welcomed two new board members with the election of Kerry Durrand and Bill Robinson. We look forward to benefiting from Kerry and Bill's

skill and experience and thank them for their active interest in AQA. You can find out a little more about Kerry and Bill on page 12 of this issue. Board profiles will become a regular feature of future News Link's as we introduce your Board members and provide an insight into the major issues at the Board table during the year.

This year's AGM also saw the adoption of a new constitution. AQA as an incorporated public company is required to have a constitution that sets out how the organisation will operate. Our previous Constitution had not been fully reviewed for 20 years, and given all the changes in Corporation law & Tax law etc in that time, it contained sections that had become outdated, ambiguous and in some cases not fully compliant. To their credit, the board took on this task, starting with a look at what similar organisations had done interstate, taking legal advice regarding the shape of modern constitutions and industry advice regarding not for profit constitutions. This work, combined with a final review at the AGM, sees AQA with a constitution that we can feel very confident in. Thanks to all those who have taken an active interest in AQA's future.

The AGM also launched our annual report for 06/07. Members can access the annual report on the AQA website, or can request a hardcopy by contacting the office. Thank you to all those who contributed to the report, particularly those who shared part of their story to help us give people a sense of what AQA is about. Thanks to my staff for their reports and production coordination.

Congratulations to the News Link team for the new columns launched in this issue. I encourage all members to get behind these new ways for our membership to share real life experience and information that you just can't get in other places. Macca gets us off to a flying start in "Me and My town".

Peter Trethewey

Chief Executive Officer

peter@aqavic.org.au

From the Editor

Dear Readers,

Welcome to another edition of News Link as we approach Christmas and New Year. It's amazing how quickly the year has disappeared.



Kevin Bailey is back again with his "Bailey's Bits" column on page 4. In this issue we have re-printed his clever article titled "White Ants". His message about health issues, other than SCI related, is so important that we thought it worth a reminder.

Our new column, now called "Woman's Point Of View" commences on page 5 with requests for 'good accessible shops', particularly at this busy shopping time of year near Christmas. We hope you will send in your ideas for this column as we want to make it as relevant and interesting as possible.

We'd like to introduce you to a new and exciting column called "Me and My Town". We are appealing to members to send through their own articles similar to the one on page 14 by Macca from Echuca. You don't have to be a good writer as we will help you write your article. We will be offering some great prizes (details in the next issue of News Link) to those members who participate. We're sure there are some great stories out there, so please send in yours and help make this column a success. For any more details or queries please email or call the AQA Information/Peer Support team.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au

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



Beware the White Ants

Dear Readers, we hope you enjoy reading this clever article below from Kevin Bailey regarding “White Ants”. In other words, health issues, other than SCI related, that we all can forget about getting checked. We ran this article a while ago and feel it was time to revisit it. We hope you read the article carefully and get the point about “white ants”. We all need to do our 12 to 18 monthly checkups, test for prostate problems, testicular problems, breast problems, heart problems and others – these should all be approached with your local Doctor/ Austin clinic etc.

“Once upon a time there was a tree that lived in the forest. He wasn’t an extra special tree but he had always done his best to do the things that trees do. He was generally well respected by those around him where their fields of endeavor touched. He was a very lucky tree because he had three lovely suckers growing beside him and he was able to shelter and guide them as they developed. Life was indeed very pleasant for this tree in his patch of forest.

But then, one day, out of a patch of blue sky, he was struck by lightning.

This event changed his whole being. He could no longer do any of the tree things that he grew up doing. He felt lost and alone as he struggled to be other than firewood for some lonely fire. At this time, the suckers and his friends around him sheltered him until he was able to shoot again. He didn’t have the strength to do the things that he had enjoyed before but he gradually found other ways where he could make a contribution to the forest. He also found other ways to enjoy himself and found that he was still needed now and then to guide the suckers. Life was again beginning to be full for our tree.

During this time, the tree was often inspected by the foresters to check on the damage done by the lightning. They made sure that any repairs that could be done were effected when necessary. This went well until, one day, the tree asked a forester to check and see if there might not be the chance of any white ants doing any damage. This was done and the tree found that not only were the white ants present but that they were indeed doing considerable damage.

This state came about because the tree, the foresters and all of the other trees about him had only been concentrating on the lightning damage. If a simple sap test had been done earlier, the white ant problems could probably have been avoided. All older trees should have a sap test to check for white ants, even the ones that have been struck by lightning.”

THE MORAL for anyone that doesn’t get out into the forest and doesn’t know any trees, they might know a man that has reached 50 and hasn’t yet had a blood test to check for prostate problems. This could be a good suggestion, even for someone that has a serious disability or other major health problem.

Now, I don’t want to be quite as obtuse anymore. Since I first wrote this, two of my friends have had heart surgery and another has breast cancer. Wheels have been their primary source of locomotion for a total of more than 100 years. I don’t know if anything would have altered if their medical attention had been different or not.

What I am saying is, that when we, or anyone else with an obvious health problem, presents themselves to a doctor the focus is too often on the obvious. What we need to say is, “Forget the wheels (or stroke, or blindness, or whatever) and look at me as a person that can suffer any of the other issues that can impact on anyone.

All the best for now,

Kevin.

Editors Note: Below is a comment made by Mr. Steve Lindsay, MBBS FRACS; Urological Surgeon, after reading the article.

Thank You. Your article is touching and articulate. I agree completely with the sentiments that you have expressed, particularly that we should look deeper than the surface “bark” and not miss underlying “white ants”.



Summer Shopping

Thank you to those who responded to the article in the last issue of News Link. Your support for including "From a Woman's Point of View" in the newsletter is encouraging.

We have two topics for discussion this month; Accessibility to shopping centres/shopping strips and comfortable shoes/sandals.

Shopping Centres/Shopping Strips

It is hard enough to shop without stress near Christmas, but trying to find the most accessible shopping areas can often compound the situation. If you have found some great accessible places to shop please let us know so we can share them with others. If you know a particular store that is accessible and has good service, we are happy to mention it in the column.

One of our members has mentioned Southland Shopping Centre in Cheltenham for good accessibility and a great variety of shops. At this time of year sometimes the shops can be inaccessible due to large amounts of stock in the stores, but where this occurred this member found staff very helpful.

Shoes/Sandals for summer

Shoes are an important part of our wardrobe. We all have some sort of problem with our feet during our lives due to swelling (oedema), wide feet, narrow feet, bunions, corns, high arches, and flat feet (have we missed anything) and many other problems not even discussed. Any suggestions where to find great, comfortable sandals and shoes around your area or suburb? Where do you shop? Once again please let us know so we can 'spread the news' and avoid disappointment (not to mention wasting time) by shopping in the wrong places!

Please help us make this new column successful by sending in your suggestions and getting 'A Woman's Point of View' up and running. Looking forward to getting some feedback soon and happy shopping!

Cheers,

Debbie G

Email: debbiegavodas@aqavic.org.au

Phone: Tuesdays – (03) 9489 0777

Preventing Violence Against Women with Disabilities

Why is violence the top priority for the Women with Disabilities Network Advocacy Information Service (VWDN AIS)?

Preventing violence against women with disabilities has been identified as the top priority for the AIS for 2007-2008. Research has established that women with disabilities experience violence at a higher rate (Chenowith 1996), for longer periods (Young, Nosek et al 1997), and are less likely to report the abuse (Hassouneh-Phillips & Curry 2002), than women without disabilities.

Women with disabilities experience the same types of violence as other women in the community, ie physical, sexual, emotional and financial abuse. Women with disabilities also experience forms of violence particular to their situation.

Women with disabilities are often not respected or valued for who they are. In general they are poorer than other women, they experience more isolation and can be more dependent on partners, family members or carers. Because of this, women with disabilities can be vulnerable to forms of abuse that do not fit traditional definitions of violence. Withholding equipment, food and medication; limiting access to communication devices, and threats of institutionalisation are some forms of disability related abuse that may go unreported (Nosek, Foley et al 2001).

Women With Disabilities Australia (WWDA) has produced a resource manual on violence against women with disabilities, made up of four booklets:

- **It's not ok, it's violence:** information about domestic violence and women with disabilities
- **A life like mine:** narratives from women with disabilities who experience violence
- **Forgotten sisters:** a global review of violence against women with disabilities
- **More than just a ramp:** a guide for women's refuges to develop disability Discrimination Act action plans.

For further information:

Women With Disabilities Australia

www.wwda.org.au

wwda@wwda.org.au

(03) 6244 8288



Congratulations to all Bar None nominees

Written by Information / Peer Support Team

A few weeks ago Naz and Wayne from the Info/Peer Support department went along to the Melbourne Town Hall for the Bar None Celebration.

The Minister for Community Services, Lisa Neville, joined the Choir of Hard Knocks and many of the 300 nominees, some of which are AQA members, in the Office for Disability's Bar None project.

As part of Bar None, communities across Victoria have nominated for recognition people and organisations who are helping to remove barriers to allow people with disabilities to fully participate in community life.



Bar None is a colloquial phrase which means that everyone is welcome and included. It is a call to action as much as it is a project theme.

Since its launch in July, the Office for Disability has spread the word by holding Bar None events across Melbourne and Victoria. These included a "Good Access is Good Business" forum in Ringwood and a "Sporting Celebration" in Shepparton.

The Office for Disability also entered into a unique partnership with Leader Community Newspapers to promote Bar None and its objectives. As part of the project, Leader developed Victoria's first editorial guidelines on reporting on disability issues.

The number and breadth of nominations were overwhelming and a tribute to the resourcefulness of communities in allowing everyone the chance to participate in sport, artistic and cultural pursuits and meaningful employment.

Nominees include people with and without disabilities. They range from small dance centres and clubs which have opened their doors to all comers to big organisations like Bendigo Bank and Spotlight, which are showing that disability is no barrier to employment.

Nominees travelled from around the state to attend the event, hosted by television presenter and disability advocate Stella Young. They enjoyed a video highlights presentation and were treated to performances by the Choir of Hard Knocks, which includes people with disabilities and the homeless. The choir's founder and conductor Jonathon Welch, is a Bar None nominee. Congratulations must also go to the Choir of Hard Knocks who won an Aria award recently.

The project has been a great success for the Office for Disability and its legacy includes:

- highlighting community efforts to break down barriers and encouraging others to strive for a more inclusive community
- promoting a new generation of leaders
- forging better relationships between the media and people with disabilities.

After the event Wayne and Naz gathered in the Foyer to converse with some of the AQA Members who were also in attendance. We both thought the celebration was a successful event and really enjoyed the Hard Knocks Choir who belted out 4 songs of a very high quality. Jonathon Welch deserves a lot of praise for bringing these homeless people with a host of disabilities together and making them sound so professional. The performance was overwhelming for Wayne who had a few tears running down his cheeks after one of the songs.

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Stem Cells for the Treatment of Spinal Cord Injury

Spinal cord injury leads to the formation of complex scar tissue within the injury cavity as the result of cell death, inflammation and tissue degradation. This environment fails to support the intrinsic capacity of the injured mature central nervous system for endogenous cellular and axonal repair.

Therefore, several strategies to facilitate regeneration and tissue restoration are under investigation. Among the most promising are neutralizing the inhibitory molecules associated with the failure of axonal regeneration and creating a permissive growth environment in the lesion by the implantation of various cell types.

Transplanted stem cells can either replace missing populations of cells or rescue cells in the injured spinal cord by the production of cytokines and/or neurotrophic factors that facilitate regeneration.

Adult stem cells, such as bone marrow cells, neural stem cells or olfactory stem cells, may have ethical and legislative advantages over fetal or embryonic stem cells.

The use of endogenous or autologous adult stem cells in cell-based therapies for spinal cord injury repair look very promising. The combination of both these approaches may lead to human clinical studies in the near future.

Note: Sourced from Spring issue of ACCORD

Victorian Neurotrauma Initiative

Written by Information / Peer Support Team

Recently there was a Research Seminar conducted by the Victorian Neurotrauma Initiative Group held in the Conference Rooms of the Telstra Conference centre in Melbourne. There were 2 presenters that gave summaries of the work concerning Spinal Cord Injury that they are involved in:

Professor Norman Saunders talked about the complex molecular changes that follow a spinal cord injury. However, it has been possible to identify novel gene targets (including some previously unknown genes) for therapeutic intervention. The finding of a long-term increase in blood-brain and blood-spinal cord barrier permeability increase provides a possible opportunity to deliver neuroprotectants to damaged areas of the brain and spinal cord, since small neurotoxic molecules may be entering the injured brain and spinal cord much longer than previously thought. A research group with comprehensive expertise in research into secondary injury following brain or spinal cord injury has been established, in addition to work on the specific research project supported by VNI. This group provides the neurotrauma community with the effective therapies for neurotrauma. Novel gene targets have been identified which will lead to development of new potential therapies for traumatic brain and spinal cord injuries, although it will take some years to evaluate such developments to the point where they can be tested in patients.

Dr Peter Batchelor talked about regeneration of the injured spinal cord following spinal cord injury. Severed axons do not regenerate and recovery is generally very limited. The reasons why axonal regeneration fails are surprisingly complex. In this presentation the nature and consequences of spinal cord injury was briefly reviewed. The results of research into the mechanism behind the limited axonal growth that occurs following injury was outlined. New data on ways to stimulate growth and regeneration of the principle motor pathway in humans (the corticospinal tract) was also discussed.

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Handcycling



Le Tour Hand cycle '07 (Orbost to Melbourne)

Written by Wheelchair Sports Victoria

On Saturday 27th October, a team of hand cyclists completed their epic journey from Orbost to Melbourne over 5 days as part of the Le Tour Hand cycle '07 event finishing on Harbour Esplanade, Docklands.

Stuart Tripp, Michael Taylor, Gary Connor, Glen Wood, Craig Barrett & Rob Martin rode as a team for the full five days and were joined with several other riders during the Tour, including fellow hand cyclist Gavin Fulsham on the final day. Commencing on Tuesday 23rd October 2007, Le Tour Hand cycle '07 covered approximately 500km over 5 days meeting with school children and many community sporting organisations along the way promoting the 'get active' message. The Le Tour riders travelled from Orbost to Melbourne via Bruthen, Bairnsdale, Meerlieu, Sale, Maffra, Heyfield, Traralgon, Churchill, Driffield, Mirboo North, Leongatha,

Korumburra, Tooradin, Cranbourne, Mordialloc and St Kilda.

The Hon. James Merlino MP, Minister for Sport and Recreation welcomed the hand cyclists into Melbourne. The aim of Le Tour Hand cycle '07 was to encourage people in rural areas to become more physically active whilst recognising the achievements of people with disabilities. Along the tour route the hand cyclists stopped to visit primary and secondary schools as well as local sporting clubs to generate awareness of people with a disability and showcase the sport and recreation of hand cycling and conduct a few wheelchair basketball exhibition matches.

Le Tour Hand cycle '07 was part of the "Hand cycling for Everyone" program which received funding through the Victorian Government's 'Go for your life' Physical Activity Grants Program. The 'Go for your life' initiative aims to increase levels of physical activity and healthy eating by all Victorians, and to promote stronger, healthier communities.

Wheelchair Sports Victoria (WSV) would like to thank RACV and RACV Wheelchair Assist who proudly supported Le Tour Hand cycle '07. WSV would also like to acknowledge the generous assistance of Norden, Cycle Sport Victoria, James Hill and Elke Timm from GippSport, Mementos Gifts, Rebel Sport, Jodi Moresi (East Gippsland Shire), Frances Ford (Wellington Shire) and the TAC.



Stop Press!!!

Australia has won the Oceania wheelchair rugby championship with a 47-41 win over Canada at Sydney Olympic Park Sports Centre.

It completed a perfect campaign for the Steelers, who won all of their six round-robin games and a semi-final in the lead up to Saturday's triumph.

Australia clinched qualification for next year's Paralympics in Beijing and will now rise to No.2 in the world behind the United States.

New Zealand finished third in the tournament with a 29-25 victory over Japan.



Are you, or do you know, a Person with a Disability who is looking for work?

Cerebral Palsy Tasmania has several opportunities to join the team at their Kingborough Tasmania Resource Recovery Centre.

The positions available include duties such as:

- . Working in a retail environment
- . Salvaging
- . Recycling
- . Assisting customers
- . Repairing
- . Stock presentation

If you meet the following requirements, they would love to hear from you:

- . Receiving a Disability Support Pension
- . Able to *work* 8 or more hours per week
- . Registered with Centrelink

Cerebral Palsy Tasmania can provide transport to and from work, or you can arrange your own transport. Employees are paid under the Disability Service Providers Award.

For more information or to apply for a position please contact:

Kelly Smith - Office Manager

Cerebral Palsy Tasmania

Phone: (03) 6228 4488

Fax: (03) 6228 4564

Email: kelly@cerebralpalsytas.org.au

DVD Project

The AQA Information/Peer Support Department has a number of personal case studies on VHS video of paras and quads living with spinal cord injury. We are currently converting these videos into a digital format to allow access by members and others via DVD, website sample video clips, computer video clips and email. The old videos will be grouped into similar topics such as demonstration of farm equipment, accessible vehicles and caravans, people at work, hobbies such as woodworking, adaptations in the home, recreation and sport to name a few. Included in this will be various TV programs relevant to disability.

It will also be possible to upload the clips to uTube where people can already view a plethora of similarly useful video clips. Website for this is <http://www.youtube.com/Apparelyzed>

We are always on the lookout for interesting and useful subjects to video. If you have any suggestions for topics of videos you would like to see, or you know someone who can help with the DVD Project, please contact the AQA Information/Peer Support team. The project is still in its early stages of development and we will continue to keep you informed of its progress. Your ideas and input will assist us develop this project to provide a motivational and practical information tool that can be used by anyone with a physical disability.



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QUADS 4 QUADS 2007 – dust, sweat and tears for a great cause

Written by Ari Seirlis: National Director of QuadPara Association of South Africa (QASA)

To describe this event in the true sense and to make a reality of it, one would have to write your words on a piece of paper covered in dust, a PC terminal to write this does not do justice to the 4 days I have just experienced.

“THANK YOU, THANK YOU, THANK YOU” were the first words I used when asked to address the 300 quad and two wheeler bike riders before we departed from Thunder Valley in Brakpan on the 1st day of the 1000km off road ride to Ballito. The same words I used to end my talk when we completed the event at Cane Cutters in Ballito 4 days later.



These special words mean a lot to QuadPara Association of South Africa (QASA) and the quadriplegics & paraplegics in South Africa as QUADS 4 QUADS 2007, raised R1,100,000 Rand (\$187,000) for the Association whose strategic plan is to “*develop the full potential of quadriplegics & paraplegics*” through our projects, products and services we deliver. Our members are challenged on a rocky road, 365 days a year, for thousands of kilometres in our own four wheelers.

Although it did not seem so for Jakkie Pieters, a quadriplegic and our Chairperson who rode the “up run”, half a dozen paraplegics who braved the course, including myself. This event was easier than the event of continuing life as it is for most of our fellow members who don’t have the luxuries of quad bikes.

This event allows us to provide the resources to make a difference for them. THANK YOU, THANK YOU, THANK YOU. And so we set off on the 1st day from Thunder Valley to Standerton, 200km away. It was

awesome, but scary too, to wave goodbye to the quadriplegics who came out to wish us well, the support personnel and family and friends.

Within the first kilometre we were introduced to our long lost friend not seen in the cities, DUST, who accompanied us all the way!! Now I know why farmers along the way pray for rain! Don’t ever believe that they have a tan; it is DUST, impeached in their skin. The DUST is everywhere and at times you cannot see 20m in front of you. You pray the rider ahead does not stop and also that there is no oncoming vehicle.

I could write a page for each kilometre of experience we had. I saw so many things either side of the road and experienced so many thoughts. I am fortunate to ride a wonderful Yamaha 700 Grizzly, with power steering and fuel injection and with the necessary adaptations to seat me in a stable position and control the steering, acceleration and braking, and this bit of machinery allowed me adequate power to keep up with most and all I could have wished for was air-conditioning, but this does not come as part of the package. Add HEAT to the menace of DUST, just to test me further.

I suffer from not having temperature control which comes with quadriplegia and this must be managed by lots of liquid intake via a camel back and a support vehicle in the form of a Polaris Ranger carrying a cooler box of ice in my wake for when we stop.

After 7 hours of riding, we reached Standerton, relieved to have completed the 1st day. This part of South Africa needs rain. Every tree in sight along the way has an animal below in its shade and trees are sparse. I smile as I remember huddling around the braai facilities with 500 other comrades, trying to thaw the frozen chicken pieces. I am sure there are still some pieces on those braai’s right now.

WOW, Standerton folk are hospitable and leave a lasting impression. The mass ride through the town early the next morning on our way to Newcastle 250km away was memorable, and then back to our hate relationship with DUST. The river crossing in knee deep water

surprisingly offered some relief even though scary. The lunch stop offered some relief for my aching shoulders and sore hands and after a tasty burger and some fuel, we made it to Newcastle having ridden for some 8 hours. I can never forget the mountain passes we navigated and the forest areas we rode through.

Majuba Lodge hosted us for dinner and Glenn Foley did us proud with his unique auction style, extracting R40 000.00 (\$6,800) from some generous bidders. The riders from Team Moby who nurtured me through the event must be applauded for their planning and patience and this made a huge difference to my support team and me. They kept an eye out for us, refueled us, maintained our bikes and kept our personalised goblets full in the evenings.



A sore body was lifted back onto my bike for day 3, 250km away from Weenen. 50km out of Newcastle saw a hectic section of rocks and dongas. I did a lot of praying to survive that stretch. A long stretch of riding alongside the railway lines was testing and then we wound up and down some awesome stretch of district roads

into Weenen, breaking the back on the journey. This day was really hot and long and seemed endless, 8 hours in the saddle again.

Doug Anderson gave us a fair share of airtime on Radio 2000 and the sunset was quite incredible to take away the attention from the pain of my aching body. Another braai together with my team saw us energised before bed at Imbalala Lodge.

One day and 275km to go before the end. Once or twice I did wish that this could go on forever as it is quite an experience spending more time on a quad bike than in a wheelchair for a change and it revives the soul and you wish it would never end. I remember when they brought my wheelchair to my bike at the end of each day, I would think “is that really mine?” and the reality sets in. But still, for that chance to ride a quad bike all

day through our countryside, I have to thank Family Adventures and their vision and the opportunity they have offered to participate. For those 8 hours on my bike, with all that power, experiencing the camaraderie and being able to “be one of the boys”, I shall never forget!

On the 4th and last day of the ride from Weenen to Ballito, it is difficult not to have a few tears flowing, for a number of reasons; for having got so far, for seeing a lot of poverty in the rural areas, for seeing smiling, waving and hungry kids lining the sides of the roads in the valleys, for knowing it is the last day of an experience you might never have again, some tears from pain, but most from the reflections. The last four days I was not a quadriplegic, I was an off road rider with 300 others. THANK YOU for that.

1000km and 4 days after we left Thunder Valley, I was honoured by riding through a channel of quad bikes and their riders, made especially for me to come to the front to lead them all into Cane Cutters in Ballito.

My family and loved ones stood out in front of me on my last twist of the throttle and it was over. The pain seemed to have gone away. I had



made it again. I did not quite believe it. I did not really want to see my wheelchair, but I needed it. *QUADS 4 QUADS* was over and I am a new person. Inspired by all who took part. Inspired by the support of my team and their dedication and encouragement. Inspired by the purpose of the event and journey.

And now I am inspired to perform my job and task far more challenging, over greater distances and with far more obstacles, but with a lot less physical pain and with no DUST, and that is to ensure that we deliver to our members, quadriplegics & paraplegics, the dream that they so dearly deserve, with the resources so generously donated and raised through *QUADS 4 QUADS*. ***I will be back and I hope all of you who were there and who have read this will be too.***



Multi Purpose Taxi Program (MPTP)

Correct charging of fares for MPTP passengers.

This is a guide to charging correct fares under the MPTP.

Procedures on MPTP

The taximeter must be switched on and operating for all trips.

The driver must start the taximeter at the beginning of the trip and stop the taximeter at the end of the trip.

The driver must not operate the taximeter whilst loading and unloading a passenger and his or her luggage if the driver will receive a lifting fee from the MPTP for loading and unloading that passenger.

The taximeter can only be operated if the passenger is present, unless the passenger has expressly asked the driver to wait and the time for collecting the passenger has passed; or asked the driver to return to the passenger at a specified time, in which case the taximeter can only be operated from the specified time at which the taxi-cab returns.

If the taximeter is started whilst a driver waits for an MPTP passenger, and an MPTP lifting fee applies to loading that passenger, the driver must then pause the taximeter during the time spent loading the passenger.

The driver can only operate the taximeter when performing transport-related services. Transport related services do NOT include, for instance, eating lunch with an MPTP member or assisting with an MPTP member's shopping.

Processing MPTP fares

An MPTP member's card can only be used to subsidise a trip if the MPTP member has travelled in the taxi-cab during that trip.

The metered fare must be used for calculating and claiming each MPTP subsidy.

All fares charged under the MPTP must be processed using the electronic transaction processing system, unless:

the technology is not operating correctly or not installed, in which case a paper voucher that accurately records all the details of the trip must be prepared immediately at completion of the trip; or

an MPTP member's carer has lawful possession of the MPTP member's card due to that member's severe disability and the carer is at the pick up location (rather than the drop off location). In these circumstances, a paper voucher must be prepared at the commencement of the trip and the metered fare entered on the voucher at the completion of the trip.

The driver must ensure that the MPTP member's card is returned to the member or his or her carer immediately after the fare is processed. If the MPTP member accidentally leaves the card behind, the driver must take all reasonable steps to immediately return the card to the member or his or her carer or to immediately surrender the card to the Victorian Taxi Directorate (VTD).

A booking fee must NOT be charged unless the taxi-cab was pre-booked by telephone.

An Airport Taxi Parking Fee or CityLink Taxi Toll must NOT be included in the metered fare for the purpose of calculating a subsidy under the MPTP.

Charging the correct tariff

The driver must NOT select a tariff higher than the minimum tariff unless:

the taxi-cab has been hired for carrying more than five passengers (excluding the driver); or

the taxi-cab has been hired by a person with the specific request for a vehicle that carries more than five passengers (regardless of the number of passengers actually carried during the trip), unless such a booking is for the carriage of a person(s) in a wheelchair.

The driver is NOT permitted to combine separate trips for the same hirer when calculating the number of passengers for which the taxi-cab is hired in any one trip.

Editors Note: Please look out for more MPTP facts in the next issue of News Link.



AQA Board of Directors

AQA Victoria would like to welcome Bill Robinson and Kerry Durrand to the Board of Directors.



Bill Robinson.
Diploma of Law, Diploma of Criminology,
Fellow FSIA

Bill has an interest in working in the Not for Profit sector and people with disabilities and this prompted him to apply for a position on the AQA Board. He has Chief executive experience across Federal and State Government and statutory bodies spanning legal aid, corporate regulation and regulation of legal profession. Bill recently retired from his role as customer advocate in dispute resolution within the banking sector. Previous board management experience includes compliance committee and chairmanship of internal audit committee.



Kerry Durrand
Bachelor of Commerce, CPA

Kerry's interest in becoming an AQA Board Director was triggered by her assessment of AQA's contribution to the community and her interest in being involved in a board that played an active role in governance. Kerry has 14 years experience in administration and management in Australia and overseas, with a focus on budget and financial management. She is a practicing CPA, and has volunteered with CPA Australia to promote women's interests. Kerry is currently employed at the Metropolitan Ambulance Service.

Supporting the work of AQA

Making a bequest to AQA in your will is a meaningful way of supporting people with spinal cord injury.

Bequests provide a legacy to an organisation you already support, or would like to support in the future. This legacy can give long-term benefits to people with spinal cord injury. It strengthens the planning of services that promote the independence, quality of life, community inclusion and participation of people with disabilities.

In 2006 AQA received a generous bequest from a supporter of the organisation from many years ago. This gift has enabled us to develop our peer support and information services – to offer assistance to more people with spinal cord injury.

Our regret is that we found out about the bequest when contacted by the person's solicitor after their death and so we didn't get the chance to acknowledge and thank the person for their generosity.

If you have arranged for a bequest to AQA, or are considering making a bequest in your will to AQA we would love to hear from you so we can acknowledge your support of the work we do.

We would also like to include you in our list of supporters who receive our supporters newsletter that provides an update of our services, events and other activities that AQA is involved in that support people with spinal cord injury.

Address: Lot 9, Ventnor Road Ventnor Victoria 3922	Postal address: PO Box 531 Cowes Victoria 3922
Phone: (03) 5956 8416	Fax: (03) 5956 8413
Mobile: 0417 104 051	
Email: info@alvina.com.au	
Website: www.alvina.com.au	



Me and my town

Welcome to the new and exciting column called "Me and My Town". This is where we ask members to write about themselves and the town or suburb they live in. We are appealing to members to send through their own articles similar to the one below by Macca from Echuca. You don't have to be a good writer as we can help you write it. We will be offering some great prizes (details in the next issue of News Link) to those members who participate. We need your assistance to ensure this column is a success. Please email or give us a call for more details...

G'day Members,

Macca here and I'm going to fill you in with life as a complete c6 Quad living in sunny Echuca.

I'm a 42 year old male and run a Demolition Business aptly named Maccas Demolition. I employ 8 staff; we do asbestos removal and have a salvage yard. I had to modify my excavator so I could still swing into it to operate it.



Macca and his gang

I've lived in Echuca since 1990 and broke my neck on a swing rope here in January 1996. Echuca is 214 kilometers north of Melbourne and can be reached in about 2 ½ hours.

Echuca has a population of 12,000 uprights and 11 wheelies. It is situated on the mighty Murray River and the water levels are controlled by two weirs. One is East at Yarrawonga and the other West at Torrumbarry. So by opening one and shutting another, our patch of water keeps a fairly regular level making it a haven for water sports and fishing.

Access for river users in and around Echuca is pretty good with improvements and upgrades happening all the

time. The local Shire have formed an Access Committee, which I happen to be on, which deals with direct issues involving Benny's (wheelchair users). With this committee, up and going for five years, the work they have done with parking and access issues has been fantastic. It's a real tourist town.

If you're a Benny and want to access the river, Echuca is your spot. We have BBQ boats, houseboats and Paddle-steamers that can all handle chairs. If you don't want to be on the water, you can get around the river and town on the new access track that is about 11km in length and is bitumen. You could roll around on this stuff all day listening to the bird life, watching the Paddle-Steemers cruise the river, roll through history at the old port which has been restored and upgraded. There is also a blacksmiths shop, winery, old shops, state of the art picture theatre and heaps more...

Tired yet? No, well check out the pubs around Echuca, all offering access. Go in and meet the locals, tell'em Macca sent you. Great country folk up here and they will chat for hours.

Do you like old cars? Echuca has a Holden museum. Fair dinkum! Don't miss it, access is round back. Golf! Great Golf course... I've never been able to understand the game myself though. My mates are teaching me at the moment. It's easy, I don't have any clubs yet just the Esky, it's got wheels on the back and it fits perfectly behind my Electric chair. Maybe they will teach me the game next year.

There are plenty of shops like Coles and Safeway, and 90% can be accessed by Benny's. We also have a state of the art Medical Centre and a local Public Hospital.



The boat ramp where everything is accessible - Boats included

So as you can see there is heaps to do at Echuca, the weather is better than the Gold Coast, the shops are plentiful, plenty of places to stay, heaps to do and all 2 hours drive from Melbourne.

So remember... how many people get to experience life in a wheelchair? Not many, so embrace it with a smile and show all uprights that our amazing spirit is truly something special.

Regards

Macca



Domestic scene

Wife gets off the phone and the husband asks why she only talked for half an hour instead of the usual two hour conversation. "Oh," the wife explains, "it was a wrong number!"

The kidnapping

A driver is stuck in a traffic jam on the motorway.

Absolutely nothing is moving.

Suddenly a man knocks on the window. The driver rolls down his window and asks, "What's happened?"

"Terrorists have kidnapped John Howard and are asking for a \$10 million ransom. Otherwise they are going to douse him with petrol and set him on fire. We are going from car to car to take up a collection".

The driver asks, "How much is everyone going to give them?"

"About a litre each would be fine."

The Cowboy

One day, a cowboy rode into a Wild, Wild West town. The people in the town love to play jokes on visitors. After tying his horse to the pole outside a bar, the cowboy went in. "A cup of milk please," he said to the bartender. After drinking, he went out, only to find his horse missing.

Knowing that the villagers did it, he went back into the bar and said to everybody, "I am going to have another drink and when I finish it, I want to see my horse outside! Or else, I will have to do what I did in Texas - HERE!"

The people were very frightened. When he finished his drink, he went outside and saw his horse. The villagers had put it back. Curious, the bartender asked the cowboy, "What did you do in Texas?" The Cowboy replied, "Well, I had to walk home

Sex of a Fly

A woman walked into the kitchen to find her Husband stalking around with a fly swatter. "What are you doing?" She asked.

"Hunting Flies" He responded. "Oh! Killing any?" She asked. "Yep, 3 males, 2 Females," he replied.

Intrigued, she asked. "How can you tell them apart?" He responded, "3 were on a beer can, 2 were on the phone.

Guessing Game

In an old people's home, an 87-year-old woman walked into the recreation room, holding her clenched fist in the air, and announced, "If anyone can guess what I've got in my hand you can make love to me tonight."

One uninterested old man called out, "An elephant."

The old woman replied, "Near enough."

Circulation

A teacher was giving a lesson on the circulation of the blood.

Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face." "Yes," the class said.

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

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



For Sale

"Stannah" Seated Stair Lift:

Model 230 Stannah, There are 2 Stair Lifts for sale
#1. Length is 3.2m **\$2000 ono**
#2. Length is 2.7m **\$1500 ono**
Both lifts are in very good condition, Color of chair is beige & lime green.

Phone: (03) 9307 8913 or Mobile: 0417 505 803 (09/07/#a)

Basketball wheelchair

Mobility Plus, brand new, 26 inch Spinergy wheels, Supercore sports cushion, 16 inch wide seat, black in colour.

Price: \$2,500

Phone: (03) 5020 0310 or 0433 216 823 (Chris)

Wanted

Set of "Monarch" vehicle hand controls. Second hand set would suit.

Phone: (03) 5756 2300Roly (07/09#a)

CLASSIFIEDS

For Sale

Electric Wheelchair "Power Glide"

New batteries, 2x back rests (1 high & 1 low), 2x Roho cushions (9x9 cells & 10 x 9 cells), 3 years old, Can help with transport.

Price: \$1,000 ono (11/06#an)
Phone: 5967 1404 (Roberta)
Mobile: 0410 399 475

Pride Jet Electric Wheelchair

Powerful 2 motor mid wheel drive with adjustable speed up to 7.25 km/hour. Joystick right hand control. Adjustable rest back (angle) with head rest and seat belt. On board battery charger, cost \$4,200.

Price: \$3,000 (1/07/#a)
Phone: (03) 9585 0931
Mobile: 0438 055 949

House For Sale in Yarram

3 bedrooms, main bedroom with ensuite, built-in-robos, air-con, heating, fully wheelchair accessible throughout house and garden, very close to shops, hospital and good fishing spots, 2.5 hours from Melbourne.

Price: \$215,000 ono (03/07)
Phone: (07) 4128 6984

Tilt Table

Excellent condition, Rarely used. 240 Volt power with battery back-up

Price: \$2000 ono (6/07/#a)
Phone: (03) 9702 5102 (Michael)

Electric Hoist

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

Price: \$700 (8/06#a)
Phone: 9776 0522 (Jerry)

Tilt Table

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

Price: \$1,500 (8/06#a)
Phone: 9776 0522 (Jerry)

... More Classifieds on page 15

You can also find the most up to date classifieds on our forum page www.aqavic.org.au/forum

For Sale

Monaro CV8 Series 111

5.7ltr , 65,000kms, 6months Reg, 4 spd Auto, Holden Assist, Sat/Nav, Tinted Windows, Alarm, Tow Bar – only used as safety feature – no towing , Reverse sensors, Boot and Bonnet Protector, Factory fitted Hand Controls, Stretchmarks on take off are free.

Price: \$40,000 (2/07/#an)
Phone: 0419 871 576 (Emilio)

1995 VW Transporter Van

Excellent condition, in floor quick attach/release tie downs, seating set-up three seats + wheelchair, Rego, 2.5lt engine, auto. Spent over \$6000 in the last twelve months on tyres, windscreen, auto recon. etc. Recent service with VW dealer, currently located Seymour.

Price: \$12,000 ono (7/07/#a)
Phone: (03) 5033 1214
Mobile: 0417 430 757
Email: shts@aanet.com.au

Mercedes Benz Vito 1999

Very good condition, new motor and gear box, tinted windows, Room for 2 wheelchairs.

Price: \$20,000 (8/07/#a)
Mobile: 0411 692 689 (Andrew)

Electric Paralift Chair

Electric Paralift chair for swimming pool, pneumatic tyres, made by Atom Handling Equipment, serial No 48011.

Price: \$900 (05/07/#a)
Mobile: 0408 240 336 (Kate)

Please Note: Kate misplaced the number of the person in Tasmania who contacted her and would most appreciative if they could get in contact with her again.

Invalid Comfort Wheelchair Recliner

Food tray sits on front.

Price: \$500 ono (11/07/#a)
Phone: 0408 739164 (Pauline)

Lift & Recliner Massage Chair

wheelchair accessible, Navy blue, corduroy velvet. Fully electronic. Back & foot rest raise & lower. Lift & tilt mechanism. Head to toe massage system. Arm rest on a hinge to allow slide across access from wheelchair. Excellent Condition.

Price: \$2000 exc. (10/07/#a)
Phone: 0410741955



***Australia's bestselling compact wheelchair accessible car,
the Freewheeler Kangoo has a new stablemate.***

***Introducing New
Freewheeler Caddy Life***

Wheelchair Car/People mover



wheelchair friendly cars

***fleetworks
mobility***

Fleetworks Mobility - your one-stop shop: The ease of use of Freewheeler models reflects 40 year's hands-on experience as parent/carers. Understanding the demands on families and carers, we do everything for you, from importing cars, arranging modification, generous fleet discount, registration and delivery. The unique Freewheeler Insurance Program, trade-in facility, repurchase arrangement and used vehicles for sale, complete the most comprehensive package offered to buyers of wheelchair-accessible cars.



New Freewheeler Caddy Life

Freewheeler Caddy Life continues our focus on high quality European cars.



Power train: Based on VW Golf mechanicals, Freewheeler Caddy Life has the gutsy 1.9L 77 kW Turbo Diesel engine

- Combined city/country fuel consumption of 6.7Litres/100km
- Silky smooth 6 speed DSG automatic transmission

Flexible seating: Removable third row seating as standard, accommodating up to 6 seated passengers when not carrying an occupied wheelchair, or up to 5 passengers including a wheelchair passenger.

Even more standard features: Freewheeler Caddy Life offers the same user friendly features as Freewheeler Kangoo plus:

- Cruise control
- Even more headroom
- Even more space between 2nd row seats
- Even more vision for tall wheelchair passengers
- 15"Alloy wheels
- Fog lights

Even more options: Inc some new Freewheeler options*

- Colour-coded bumpers & mirrors
- * Electronic Stabilisation Program (ESP)
- * Side Air Bags
- Metallic or Pearl paint
- Full size spare wheel
- 60 litre stainless steel fuel tank

Price: \$59,990 (fully converted - auto transmission)

After \$2,000 Fleet discount & \$NIL dealer delivery fee. Applies all capital cities. Registration fees, stamp duty & 3rd party are only items not included (Exemptions apply in some states)

Freewheeler flexibility: Both the Kangoo and the Caddy offer a variety of seating options to meet your needs.



Freewheeler Kangoo - the pace setter

Freewheeler Kangoo is the most successful compact wheelchair car offered in Australia. Its spirited 1.6L 16V engine makes it a lively performer in town or country

Features:

- Air conditioning & power steering
- Dual sliding doors
- Power windows & mirrors
- Roof rails
- Fog lights
- Lift-up tailgate
- CD player
- Keyless entry
- Trip computer
- Full size spare wheel
- 50 litre stainless steel fuel tank
- Nine colours

Safety:

- Dual air bags
- ABS brakes
- Emergency Brake Assist
- Four-star safety rating (Euro NCAP)

Wheelchair accessible features:

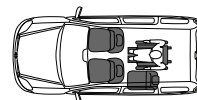
- Finger-tip light ramp
- Electric wheelchair restraints
- Wheelchair passenger Lap/sash belt
- Power loading option
- Freewheeler "Clear Floor" loading system



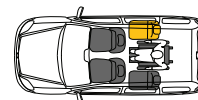
RENAULT ACCORD CONVERTER



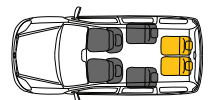
Price \$47,650 (fully converted - auto transmission)



Standard 3 seat layout



Optional 4 seat layout



Removable rear seat - Standard on Caddy Life only

**cars 4 sale
now**

Used vehicles? Check the **cars 4 sale now** page at www.fleetworks.com.au or call David Syer on **1800 222 377**, or email carhelp@fleetworks.com.au

**Call 1800 222 377 in all states
www.fleetworks.com.au**

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