

AQA News Link

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

July 2010



Our Third Ladies Day Out Italian Lunch

Member Profile

Josh Hose – Life
Experience



Targa Tasmania

The Best Time I Have
Ever Had

Who Wants to be a Millionaire

Anthony Bartl's Shot



Plus much more...



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

Address

440 Heidelberg Road
 Fairfield Victoria 3078

Tel: (03) 9489 0777

Fax: (03) 9482 4371

Email: admin@aqavic.org.au

Postal address

PO Box 219
 Fairfield Victoria 3078

Toll Free Number for Tasmanian and country Victoria members

Tel: 1800 999 128

Board of directors

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

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

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AQA NEWS LINK

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

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Deadlines for News Link contributions are:

August Issue	13/08/2010
October Issue	08/10/2010
December Issue	10/12/2010

Volume 24, Number 3

From the CEO



Congratulations on a job well done

At the last Board meeting in June, we formally said farewell to three retiring Directors and celebrated the contribution all three have made to the direction & function of the Board and of AQA.

Jane Beaumont has been a Director for the last 4 years, serving as Company Secretary and on the Board's Risk & Compliance sub-committee. **Jacqui Wilson** has also been a Director for 4 years, serving as Deputy Chair, on the Risk & Compliance and most recently Finance & Audit sub-committees. **Wendy Lundgaard** has been a Director for 6 years, serving for the last 4 years as Chairperson and on the Board's Appointments and Nominations sub-committee. Wendy has lead the Board through a period of transformation that has seen the Board build its capability and meet its responsibilities to good governance. Jane, Jacqui and Wendy have all made a significant contribution to this transformation that includes a new constitution, a sub-committee structure that supports the key responsibilities of the Board, an effective strategic planning cycle, proactive succession planning and a process to review Board performance. They have generously given of their skills, experience and their time, demonstrating a commitment and care for AQA that has seen AQA's interests in their thoughts all of the time.

On behalf of AQA's members and staff I'd like to thank Jane, Jacqui and Wendy for a job well done.

In the coming issues we will be introducing you to new members of the Board who look forward to delivering the next chapter in the life of AQA in partnership with our members, staff and other stakeholders.



Peter Trethewey
Chief Executive Officer
petertrethewey@aqavic.org.au

From the Editor



Welcome to another issue of News Link. It's hard to believe that we are already half way through 2010.

We are strongly appealing to our readers to consider taking part in two studies AQA Victoria is supporting. On page 5, there is a study called "Creating Social

Services for those with traumatic spinal cord injury", which aims to identify and improve the social support needs of people with SCI going through the Royal Talbot. On page 13, there is a study called "Help prevent job loss after spinal cord injury", which aims to identify the factors associated with job loss in order to develop rehabilitation services or interventions that could help prevent unnecessary job loss following return to work after a traumatic spinal cord injury. As an added bonus, all those interviewed about their experiences will receive a movie pass and go into the running for one of 3 iPod Nano's.

In February 2009, the Victorian Neurotrauma Initiative (VNI) was pleased to announce \$14.6 million in funding for three large multi-disciplinary programs of research in spinal cord injury. Each of these programs has the potential to make tangible differences for people living with the consequences of spinal cord injury. An update on progress one year into their five years of funding is provided on pages 8 and 9.

Our Female Peer Support group had their third successful Ladies Day Out a few weeks ago. You can read about how enjoyable it was for all that attended on pages 10 and 11.

Also in this issue, you can read great articles about three of our readers. On pages 12 and 13, Don Lewis writes about his conquest of the Targa Tasmania tarmac rally. For years Don has taken part in motoring events in various cars he has had over the years, however one event that eluded him was the world renowned Targa Tasmania.

On page 14, Josh Hose writes about his life after his accident and wheelchair rugby. He talks about his passion for the sport and the rewards he has gained through intense training.

Finally, on page 15, Anthony Bartl talks with Wayne Bradshaw about his experience as a contestant on Chanel 9's "Millionaire Hot Seat".

We hope you enjoy this issue of News Link and please remember that we appreciate any contributions you may have.

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



News Link Delivery

Did you know that many of our members now receive News Link via email?

Emailing News Link in PDF format to members cuts our costs considerably and you can view the publication in colour. If you have email facilities and are happy to receive the newsletter via email rather than mail, please let us know. If you have any queries or would like to change your mailing arrangements, please contact us on (03) 9489 0777 or info@aqavic.org.au.

ParaQuad Association of Tasmania Inc.

Members if you are looking for accommodation in Tassie that is guaranteed to be accessible, we have found the place for you.

The ParaQuad Association of Tasmania Inc. (ParaQuad Tas. Inc) recently opened the 'Glenn Moore' Short Term Respite Units so that people with spinal cord injury and related physical disabilities, who are confined to wheelchairs, will have short term accessible accommodation available, to them, in Tasmania.

The two units are 'state of the art' large open plan living, two large bedrooms, large bathroom and within close proximity to Glenorchy shopping centre which is approximately 12-15 minutes from Hobart CBD. The units have a mobile hoist, commode / shower chairs, bathroom shower seat and one unit has ceiling hoist from bedroom to bathroom. Main bedrooms have remote controlled queen size beds and the second bedrooms have two king size single beds. Living area has sofa bed, TV with DVD & remote controls, heating / cooling system, dining and lounge settings. Both kitchens have a dishwasher, inverter microwave oven, hotplates, refrigerator, remote controls for blinds, swipe alarm system. The units can accommodate six people utilising the sofa bed in living area.

More information can be found at the following www.paraquadtas.org.au.

If you require further information, regarding the units, you can also contact Kerrie Chilcott, ParaQuad Tasmania (03) 6272 8816 (Tuesday to Thursday) or by email on kchilcott@paraquadtas.org.au.

Wheelie Mitts

AQA has recently been informed by members that the Orthotics Department at the Royal Talbot Rehabilitation Centre has increased their prices dramatically.

We can confirm that they have in fact increased their prices. They are now charging \$120 for a pair of gloves and \$70 to re-rubber them. Their reasoning is that their own costs have increased.

We are asking readers to contact us if you know of anyone who makes or re-rubbers gloves at a reasonable rate, so we can share this information with readers.

Please contact AQA on (03) 9489 0777 if you have any information.

Warning on Car Scam

An online car scam, which has cost a Gold Coast resident \$6,000, has prompted a warning on internet vehicle purchase. Online trading companies take no liability when things go wrong.

The Minister for Justice in Queensland, Kerry Shine, said that shoppers online should ensure that the company had a physical address and phone number, thoroughly read the contracts and take every precaution before any purchase.

The disabled community is very vulnerable as access is a problem and online purchase is often the most convenient and accessible method of purchase of second hand vehicles.

Be aware and investigate leaving no stone unturned before finalising the contract.



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



Extra taxi licenses for people with a disability

For years, people with disabilities have had major problems with wheelchair accessible taxis. These ranged from being overcharged, taxis being late for pick-ups, or not turning up at all.

We welcome the announcement by the State Government saying that they will release a further 330 wheelchair accessible taxi licences for Melbourne.

People with disabilities rely more on taxis because of limited private and public transport options.

Hopefully these extra licences will alleviate waiting times and make M50's more readily available to people with disabilities, the same access needed for taxi services as other Victorians.

These extra licences were recommended in the 2007 "*The Time to Respond*" report, a survey of people with a disability accessing taxi services, which identified an unmet need for older people and people with a disability having access to safe and timely taxi services.

Low Cost Computers

There is a joint Centrelink and WorkVentures opportunity to access low cost personal computers .

WorkVentures have released a new batch of higher powered internet-ready PCs for just \$290 which includes WorkVentures support to help you get set up at home. For just \$290 WorkVentures can provide:

- a complete desktop system (minimum specification Pentium 4 1.8 GHz, 40 GB hard drive and 512 MB RAM
- Microsoft Windows XP Pro and Office 2003 (Word, Excel, Outlook, PowerPoint)
- an internet-ready system with new modem and antivirus software
- a set-up and user guide and free phone technical support
- home delivery to anywhere in Australia

The low cost PC offer is available nationally to **all Centrelink concession card holders**.

If you are interested in purchasing a low cost PC you can call WorkVentures on **1800 112 205** or refer to the WorkVentures website <http://connectit.workventures.net.au/wv/new/default.aspx>.

Social Supports for people with traumatic spinal cord injury

Have you been discharged from Victorian Spinal Cord Service (Royal Talbot) within the last 3 years (i.e., since end of March 2007)?

If you are aged between 18-65, we are keen to hear from you about completing interviews we are doing.

Our interviews aim to identify the social support needs (e.g. information you received or a person who was very helpful) of people with a traumatic spinal cord injury.

Results will be aggregated and used to:-

- Create a tool to measure social support needs;
- Design interventions and activities to meet social support needs of people with a traumatic SCI.

All that is involved is one 45-60 minute interview with a La Trobe University Researcher at either the University, at the AQA office in Fairfield, at your home or suitable nominated community location.

Your involvement could improve the outcomes of people with SCI going through the Royal Talbot.

For further information, please contact Dr Belinda Garth of La Trobe University:

PH: 0423 709 449 (send a text and Belinda will phone you back)

Email: B.Garth@latrobe.edu.au

Or contact Brendon Murley on (03) 9479 3801

Email: B.Murley@latrobe.edu.au



Meet Two AQA Board Directors



In this double column of Board Focus, Board Director Tanya Clarke interviews new Directors Robyn Hunter and Nick Walker about their involvement with AQA, disability issues and other passions.

Robyn Hunter



Tanya: How would you hope to be perceived by the general public if you were a quadriplegic?

Robyn: Living life with spirit and determination.

Tanya: Please outline to readers how you have come to understand the impact of severe physical disability, like SCI: (in lieu of ‘Do you believe you have an understanding of the disability?’)

Robyn: I have firsthand experience of living with physical disability. This is not my own experience, however I have been every step of the way with my mother who spent 25 years in a wheelchair due to MS (from when she was the age that I am now). I’ve seen a crisis that becomes the catalyst for a change in pace and a re-evaluation of what matters most. A perspective shift from long term plans to living each day. I share this perspective.

Tanya: Do you believe people with disabilities have equal opportunities in the work place? If not, how do you think it can be changed?

Robyn: I do believe in equal opportunities in the workplace for disability and that AQA has an advocacy role in promoting and in developing and strengthening the capacity of workplaces to provide employment opportunities, through supporting research, developing training programs, mentoring and leveraging the AQA Peer Support program and information services. I am excited about the prospect of AQA exploring collaboration and partnership opportunities to strengthen the breadth, depth and reach of services in the community including in the workplace. I believe AQA is developing their ability to become an authoritative source to relevant policy-making bodies, by becoming aware of emerging issues and trends and elevating AQA’s reputation as a credible spokesperson.

Tanya: What do you bring to the Board?

Robyn: A couple of things:

- My inspiration to become a physiotherapist was to support people to achieve their independence and self management. My clinical experience brought me into contact with a range of people, patients and their support network and clinicians, who worked hard for their extraordinary achievements. I believe in the mission of AQA.
- My professional experience of strategy development, planning and implementation, facilitation of outcomes are all skills I can bring to the Board. I come to the Board as a novice and it is with respect that I will listen to my fellow Directors and learn from them how to best support the CEO and AQA, to complement my energy and enthusiasm.

Tanya: What do you look forward to most in being part of AQA’s journey?

Robyn: I look forward to being engaged in discussion and debate that supports the direction of AQA and I will strive to provide useful ideas and governance.

Tanya: What do you like to do in your spare time?

Robyn: When I have spare time I like to steal away and watch movies by myself at the local cinema. I do this without checking what’s on and come across amazing movies I’ve not heard any reviews about and because I have no expectations I immerse myself thoroughly as the story unfolds.

Tanya: What are some things that you have on your ‘to do list’ of life?

Robyn: In the next few years I would like to revisit the Galapagos Islands, this time with my children, and share their sense of discovery. I find it amazing to see how kids form theories of how things (like evolution) work. My husband has lived and worked in highland Peru in South America and we have promised ourselves to take the kids there and have some of our own Indiana Jones adventures.

Robyn’s relevant qualifications, skills and experience:

BAppSc(Physiotherapy), MBAClinical.

Joined the board in November 2009. Background in physiotherapy, working in the hospital and home based rehabilitation settings for ten years before moving into rehabilitation services management in private hospitals, and health services management in private health insurance. Served in various senior roles including managing the preparation for privatisation and health services purchasing arrangements.



Nick Walker



Tanya: What do you hope to gain, on a personal level, being a Director of AQA?

Nick: Having been working as an auditor for well over 10 years I've attended a lot of Board meetings but had no experience of what it would be like on the other side. Part of my

motivation was for the opportunity to use the skills I have obtained as an auditor/accountant and to make a contribution to a worthwhile not-for-profit organisation. Being involved with AQA I hope to gain additional skills professionally and to also get a better understanding of the health and community sector.

Tanya: What compelled you to this organisation and why do you think you are a good fit?

Nick: Prior to my appointment I was keen to work with a not-for-profit organisation that had community focused, worthwhile objectives. I believe the work that AQA does is very important so joining the Board was appealing to me. It also helped that the existing Board and management were committed and knowledgeable but also approachable which suited the way I like to think I operate. My main contribution is from my accounting/audit background, but as my knowledge of AQA's operations grows I hope my contribution will be more rounded.

Tanya: Do you support a National Compensation Scheme so all people with serious injuries, in Australia, are covered by compensation?

Nick: Given the relationship between the federal and state government this could be a complex matter, however, as a principle I would be supportive of a National Compensation Scheme.

Tanya: Please outline to readers how you have come to understand the impact of severe physical disability, like SCI:

Nick: No prior experience however since joining AQA I have a better understanding of the impact SCI can have on someone but it has also allowed me to realise how much more I can learn in this important area.

Tanya: Do you believe people with disabilities have equal opportunities in the work place? If not, how do you think it can be changed?

Nick: I must admit to being relatively ignorant of the limited opportunities to people with disabilities in the workforce prior to joining AQA. I believe that there is a perception amongst the general public that there are equal opportunities and this is part of the problem. The issue is not an easy one but education would be a key component of an effective solution.

Tanya: What do you bring to the Board?

Nick: Primarily, I bring my accounting and auditing skills to the Board as well as my knowledge of the requirements of the Corporations Act. I am involved in the audit of a number of not-for-profit organisations operating within the health and community sector so I also bring this background with me.

How do you feel you can make an impact here at AQA?

Nick: I believe that my involvement in the audits of not-for-profit organisations in the health and community sector as well as my accounting and auditing skills will allow me to make a reasonable contribution to AQA.

Tanya: What do you look forward to most in being part of AQA's journey?

Nick: I believe AQA plays a very important role in the community and I enjoy interacting with AQA's Board and management so I look forward to being part of where ever this takes me.

Tanya: What do you like to do in your spare time?

Nick: I enjoy driving back to and from my home town of Mildura in my Alfa Romeo 75 (an unappreciated and underrated classic). I would like to go on more long distant drives but being an Alfa, I can never be sure it will make it. I would like to say that I enjoy going to the football but with Richmond at the bottom of the ladder I'm not sure 'enjoy' is necessarily the right word (more like I feel obligated or compelled to go). At least things have been looking up recently so I'll be glad to say I was with them when they were down. Go Tiges!

Tanya: What are some things that you have on your 'to do list' of life?

Nick: Watching Richmond win a flag would be on my list but that's a little out of my control. I suppose visiting some of the national parks in the US such as Yosemite, Yellowstone and the Grand Canyon (which I've actually been to before but would like to go again) would be somewhere near the top of my list.

Nick's relevant qualifications, skills and experience:

BBus(Accntg/LegalStudies), CPA, Registered Company Auditor (RCA).

Joined the board in November 2009. Currently a senior audit manager with a mid-tier accounting firm. Extensive experience in audit, financial reporting and due diligence reviews spanning corporate and not-for-profit sectors. Raised in Dareton (south-western New South Wales) and having commenced his career in Mildura, Nick has a strong interest in the rural and regional sectors.



Victorian Neurotrauma Initiative (VNI)



In February 2009, the Victorian Neurotrauma Initiative (VNI) was pleased to announce \$14.6 million in funding for three large multi-disciplinary programs of research in spinal cord injury. Each of these programs has the potential to make tangible differences for people living with the consequences of spinal cord injury. These programs are now up and running; an update on progress one year into their five years of funding is provided below.

SCIPA (Spinal Cord Injury and Physical Activity): Intensive Exercise from Acute Care to the Community



SCIPA is a unique, multi-disciplinary, multi-centre program of research comprising four integrated and innovative projects,

namely, SCIPA Hands-On, SCIPA Full-On, SCIPA Com and SCIPA Switch-On. SCIPA's vision is to promote neurological recovery, maintain health and wellness, and optimise independence following SCI. Our group of leading Australian and International researchers will take an innovative approach to investigate the role of exercise in restoration of function following SCI and prevention of secondary complications through shaping nervous system activity.

SCIPA Hands-On: a randomised controlled trial currently underway, comparing the relative effectiveness of functional electrical stimulation (FES)-assisted exercise on an instrumented workstation with standard care in tetraplegic patients undergoing inpatient rehabilitation. The centres involved are spinal units in Melbourne, Sydney (x2), Adelaide, Perth, Brisbane and New Zealand.

SCIPA Full-On: a randomised controlled trial expected to commence towards the end of 2010, comparing the effects of a comprehensive exercise program based on a triad of intensive therapies, exercising the paralysed limbs and upper body musculature with an upper body strength and fitness training program. The centres involved will be spinal units in Melbourne, Sydney (x2), Adelaide, Perth and New Zealand.

SCIPA Com: development of an on-line training program for service providers (staff from Government agencies, private practitioners, interested health science students, professional fitness trainers, sports trainers) to increase their knowledge of spinal cord injury, goal-setting, wellness planning, risk management and chronic disease management principles. The on-line training program is currently being developed in WA and will be piloted there prior to being rolled out to other sites.

SCIPA Switch-On: a randomised controlled trial to determine the relative effectiveness of FES-cycling and passive cycling commenced early after SCI on prevention of musculoskeletal deterioration. Intervention will commence as soon as it is safe to do so after injury. Participating sites will be spinal units in Melbourne, Adelaide, Perth, Brisbane and New Zealand. This trial is expected to commence in 2011.

The SCIPA website was launched in March 2010 at www.scipa.unimelb.edu.au. It has additional information about the projects, staff involved, contact details and quarterly newsletters, and will be updated regularly.

The Autonomic Nervous System in Spinal Cord Injury



This Research Program combines unique clinical and preclinical approaches to develop novel treatments for Autonomic Nervous System (ANS) dysfunction in Spinal Cord Injured patients. The program is focused on understanding and treating bowel, blood pressure and bladder disorders associated with spinal cord injury in patients. The program has almost completed its first year of operation and has achieved significant progress across all its research areas.

Project 1: Bowel Function

This project aims to develop novel pharmaceutical approaches for emptying the bowel of Spinal Cord Injured patients. Experiments are well underway and continue to progress well. Initial experiments with the lead compound are well advanced in animal models and

Continued on next page...



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have shown to stimulate bowel emptying. Preparation for the human clinical trials is underway and it is anticipated that the human research study will commence at the end of this year.

Project 2: Blood Pressure Regulation

This project aims to develop therapeutic approaches to control the blood pressure increases, nocturnal diuresis and postural hypotension experienced by spinal cord injured patients. The blood pressure project is comprised of three studies: the natural history study (how blood pressure control problems develop in humans after spinal cord injury), the prevalence study and the intervention study; which is the full clinical trial of pharmaceutical intervention. The first study, the natural history study, has commenced with the first participants already recruited. Data acquisition and recruitment for this study will continue over the next few years.

Project 3: Bladder Function

This project aims to investigate the causes and introduce treatments for urinary bladder mucosal barrier breakdown, recurrent cystitis and bacteremia which is a common occurrence following spinal cord injury. Studies undertaken using animal models have revealed substantial breakdown of the bladder lining following spinal cord injury. The first part of this research project which is currently underway aims to identify biological markers which can be used as indicators of bladder damage in spinal cord injured patients. Eventually it is hoped that this project can identify the mechanisms giving rise to bladder damage and identify potential therapeutic targets for treatments.

More information on our program can be found at www.sciautonomic.com.



Project Update – Sleep Health in Quadriplegia (SHiQ)

The Sleep Health in Quadriplegia (SHiQ) program will address how the sleep of people with quadriplegia can be assessed, managed and improved. The program is

being done in collaboration with a number of national and international organizations in Melbourne, Sydney, Brisbane, New Zealand, Canada and the United Kingdom.

Significant progress has been made on the Sleep Health in Quadriplegia (SHiQ) program during its first year, and each of the projects that make up the program are underway. The COSAQ (CPAP for Obstructive Sleep Apnea in Quadriplegia) and Melatonin projects commenced participant recruitment in late 2009, while the other projects have commenced planning, undertaken pilot studies and are in various stages of compiling ethics submissions.

The COSAQ project, which aims to establish the impact on sleep function of using a CPAP nasal mask and pump at night, has commenced participant recruitment in Melbourne, New Zealand, one UK site and Canada. Other sites are expected to commence recruitment soon.

The Melatonin project aims to investigate whether a melatonin supplement improves sleep and quality of life. Sleep studies for this project were originally planned to be done in a sleep laboratory, however approval has now been obtained for sleep studies to be done in each participant's home, which is much more convenient for participants.

The SHiQ website was launched in May 2010 at www.shiq.com.au, and this site will continue to be updated with information when available. The program has had a very productive and successful first year, and is well placed to build on this over the coming years.

Want Your Profile Published?

Member profiles are very welcome from any of our members and we'd especially like to see more of our female, country or Tasmanian members profiled. Please contact the Information department on:

Phone: (03) 9489 0777

FreeCall: 1800 999 128 (Country Victoria & Tasmania members)



Our Third Ladies Day

We had our third successful Ladies Day Out a few weeks ago and you can read all about it below. Chrissy Rowe has also written to let us know how much she enjoyed the day out. She also writes about her and her husband Rod's stay at the Hilton South Wharf Hotel.

The first Ladies Day Out was a pampering day, where we had the experience of a professional make-up artist, hairdresser, nail technician, colour therapist and hand massage and exfoliation from the Body Shop.

Everyone had a chance to receive some or all of the pampering and thoroughly enjoyed themselves. Also included were door prizes; a buy, swap and sell stall and a lovely lunch/afternoon tea. Friendships were made, phone numbers were exchanged and many traveled quite a distance to be there.

The second Ladies Day Out included 2 guest speakers and our own wheelchair fashion parade.

Our first guest speaker was 38 year old Honey Brown (T12 paraplegic). Honey recently published her first novel "Red Queen" and it's an excellent read.

Our second guest speaker was Horticultural Therapist Steven Wells. Steven runs a Horticultural Therapy Program at the Royal Talbot, which is a process of using plants and garden related activities to assist with achieving patient rehabilitation goals, to promote the well-being of people's mind, body and spirit.

The wheelchair fashion parade was a big hit. We had our lovely ladies; Lynne, Sheree, Jashu and Georgina parade some great clothing for winter, summer and evening wear.

Our third Ladies Day Out (our most recent) was a luncheon on Wednesday 23rd June which was held at "Cafe Medici", an Italian restaurant in Docklands. One of our team members, Georgina negotiated a fair price with the owner at \$20 per person for a lovely lunch. All had arrived by 11:30am and the last to leave was around 2:30 pm.

On the day around sixteen ladies arrived ready for another fun-filled day (two ladies brought their husbands along because they had planned to stay the night in the city - great idea).

We seated ourselves around one long table so we could all communicate better.

Our meals came out quickly and the food was delicious - lavish bread with 3 dips, and a choice of pizza or various types of pasta. We all brought our own drinks as we ate, laughed and chatted for a few hours.

Georgina's mum Elizabeth organised a few fun ideas and prizes for us that had us guessing various weights, colours and hidden objects.

Lots of conversation about various topics and everyone seemed to have had a wonderful time.

Thank you to Lynne and Georgina for all their hard work in organising another successful Ladies Day Out.

Just to let you know our next Ladies Day Out will be sometime in Spring at the Botanical Gardens. We will provide more details as the event approaches.

Cheers,

Debbie Galavodas - Information Officer

Phone: (03) 9489 0777

Email: debbiegavodas@aqavic.org.au

Continued on next page...



What a feast



Sharing stories



One of the prizes given



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Chrissie Rowe's Highlights

On Wednesday 23rd June, the third Ladies Day Out was held. The venue on this occasion was the Cafe Medici at Docklands. Friends, family members and carers were all invited to attend, and quite a few new people accompanied some of the ladies which included two men. David who is Robyn's husband, and Rod who is my husband. We couples had driven up from the country for the day out and were both staying in Melbourne for the night.

The cafe had plenty of room to manouvre our chairs and the meal which included dips, pizza's and pasta were value for money. There was much laughter and chatting over lunch and Debbie was busy taking photo's of happy faces around the table. Georgina and her mum had organised lucky numbers, a few guessing games and questions with prizes for the correct answers.

One question asked was how much Georgina plus her Titanium chair weighed.

There were plenty of winners and lots of laughs throughout the lunch. After everyone finished eating, people started moving around the table meeting some ladies from previous lunches and some new friends, not forgetting our two husbands David and Rod.

Robyn and David were staying in a hotel in Melbourne overnight and getting together with family and friends for a celebratory dinner. We hope they had a great evening.

Rod and I were also staying in Melbourne for the night. One of our daughters had paid for an evening in an Executive Suite at the Hilton South Wharf - (POSH). We were made to feel very special by the staff and the room was to die for; it was huge, about the same size in area as our house. The views were unreal, right on the river on one side and fantastic views of the city on the other.

As darkness fell, the views became even more beautiful. I will not go into too much detail about trying to get me out of the sunken bath, but I will just say, I haven't laughed as much for a very long time.

After a most friendly and enjoyable lunch and a great night in the city, Rod and I loved the whole day out.

Once again thank you to Debbie, Georgina, and Lynne and the other ladies that make these days so special. It was fantastic. See you next time.

Regards,
Chrissie.



the whole group socialising



Friendships



Lynne pleased with the day



Lunch is here



Lovely ladies



The best time I have ever had in a car with my clothes on!

News Link reader Don Lewis is a motoring enthusiast. For years he has taken part in motoring events in various cars he has had over the years. One event he hadn't taken part in was the world renown Targa Tasmania. He knew Alan Stevenson and Naz Erdem had entered the event in 2006, 2007, and 2008. Naz and Alan provided Don with knowledge and first hand accounts of their experience. Don had a fantastic time and really enjoyed the experience.

I entered my XKR in the nineteenth running of Targa Tasmania, April/May 2010, and boy what a fabulous experience it was! This is an internationally renowned motor sport event almost on my doorstep and after many years of contemplating entering I finally asked a mate if he would be interested, and once Mike said yes the entry form went in the mail.

I had run the Jag at various club track days but this was to be the first tarmac rally for both of us. Mike occupied the navigator's seat and another mate and his wife (Russell & Cheryl) expressed their interest when they found out what we planned and volunteered to be our support crew. The four of us thoroughly enjoyed the event and came away with broad smiles and another item ticked off our "Bucket List".



I entered my XKR into the "Tour" section of Targa Tasmania as I wasn't too enthusiastic about risking my pride and joy in a flat out race and didn't want to heavily modify it by installing the compulsory rollcage and other safety equipment required for the full competition cars.

Another consideration was the \$7,000 entry fee for the competition cars compared to \$3,000 for the Tour! The only change I made to the XKR was installing a set of competition disc pads for the Brembos, which really improved the bite of the brakes and removed any sign of fade that I had previously experienced on hard track days. Regulations also required the carrying of 2 fire extinguishers, warning triangles, a first aid kit and a bag of "kitty litter" to mop up any oil spills.

Targa Tasmania was run over six days with day one being a Prologue in George Town to determine the starting order. Days 2, 3 and 4 were run in different areas centred around Launceston, day five was a run to Strahan with an overnight stop there and the last day was from Strahan to the finishing point in Hobart.

We may have entered the Targa Tasmania "Tour" section but believe me it was far from a leisurely run around the beautiful Tasmanian countryside with a picnic basket and bottle of bubbly carefully balanced on the back seat. We may not have been officially "racing"; however I have never driven so fast over such long distances on public roads! The XKR was in its element and either the accelerator or brake pedal were constantly being abused as we chased a number of other high performance and exotic cars in the Tour including a V10 powered BMW M6, BMW M3's, hot Nissan Z cars and high performance Porsches on some very challenging closed public roads - often in wet and slippery conditions in torrential rain.

The XKR performed faultlessly and you better believe that a BMW M6 or M3 is no match for an angry supercharged cat on full song! The XKR handled, braked and performed like a true supercar and we received many a compliment from impressed fellow competitors who were surprised how well it performed and sounded. I think we converted quite a few people into Jaguar believers.

Our thirty "Tour" cars were divided into "packets" of ten with a Tour Leader at the front of each. The Tour regulations prohibit passing but the cars were grouped together according to their potential performance and the desire of just how quick each driver wanted to go. Gradually, during the first day, positions on the road changed as the slower cars (and drivers) moved to the rear of the field. We then chased the Tour Leader over the closed road competition sections as he theoretically kept our speed to under the regulated 130 kph. Most sections were so tight and twisty that no matter how hard we tried we struggled to maintain an average speed

Continued on next page...



...from previous page

of 80kph, but on some straight sections I had the big cat's supercharger whining away as we howled well into the illegal section of the speedo – what a buzz! As the roads were closed we could use both sides of the road and push hard through blind corners that would normally have been impossible without great risk to us and other road users.

The Tour cars were the first away as each competition road section was closed by the Police and organisers. Once we cleared the section the competition cars were let loose as we proceeded at legal speeds over open public roads to the next closed road where it was pedal to the metal once again. The 39 closed road Stages varied from 4 to 56 kilometres in length. We covered



2,300 kilometres in total with just over 500 kilometres of closed competition roads.

For anyone interested in entering the Targa Tasmania Tour you should be aware that it's not a cheap exercise – but oh what an experience! The approximate cost for our entry fee, fuel (\$500), accommodation and Spirit of Tasmania fares was just over \$6000. And this is only the basic cost, plus of course you will need a suitable car and a very understanding wife who may also want to "Tour" Tasmania, but you should warn her that it's a very quick tour!

Targa Tasmania 2010 was a fantastic experience and the best time I have ever had in a car with my clothes on! Mike, Russell Cheryl and I would highly recommend the Targa Tour to all motoring enthusiasts, especially Jaguar owners.

You may be interested in reading a review of the event that I have put on my web site:

http://www.xkrjaguar.ozcarnut.com/html/targa_tasmania.html

Help prevent job loss after spinal cord injury... then go to the movies on us

La Trobe University and AQA are conducting a research study on preventable job loss following return to work after a traumatic spinal cord injury (SCI).

The overall purpose of the study is to identify the factors associated with job loss in order to develop rehabilitation services or interventions that could help prevent unnecessary job loss.

We are interested in talking with people who have gained a job or returned to a job after their spinal injury but then had to leave that job. We are interested in finding out about your experiences with employment and your interest/willingness to participate in the research.

All interested people who have worked after their spinal cord injury but then left a job can register their interest in being interviewed about their experiences with the Principal Researcher;

Dr Greg Murphy
School of Public Health
La Trobe University
G.Murphy@latrobe.edu.au

Phone: (03) 9479 1745

or register your interest online at:

<http://www.surveymonkey.com/s/employmentproject>

This is a chance to influence how new services are developed to better support those who return to work after SCI. As an added bonus, all those interviewed about their experiences will receive a movie pass and

go into the running for one of 3 iPod Nanos. The project aims to interview 30 participants so if you're interviewed that's a **1 in 10 chance of winning your own iPod.**





Josh Hose – Life Experience

Josh Hose writes to us about his life after his accident and wheelchair rugby. He talks about his passion for the sport and the rewards he has gained through intense training.

Hello AQA readers, my name is Josh Hose and I was asked by Nazem Erdem to write a little about myself and my experiences including my latest representation with the national rugby team.

Let's go back to the start. I grew up in a town called Camperdown about 3 hours West of Melbourne and on Australia Day in 2005 I was involved in a car crash that changed my life forever. My mate was driving two friends and I to Port Campbell, a nearby coastal town, and he lost control of the car and rolled down a steep embankment. As a result of the accident I became an incomplete C6-C7 quadriplegic. I was 18 years of age at the time and only two months out of school.

I was airlifted to the Alfred Hospital from the accident scene and admitted to the ICU with chest, spinal and head injuries. I spent four weeks in Alfred Hospital, three of which was in an induced coma. I was then transferred to Austin Hospital ICU for about four weeks and then onto the Royal Talbot Rehabilitation Centre for two months of rehab. During my stay at the Royal Talbot, while learning to do the basics all over again, I came across the Victorian Wheelchair Rugby team training in the basketball court. I was taken back by the physical nature of the sport and I knew right then and there I wanted to play this game. After being discharged from Royal Talbot on the 12th of July in 2005, I went back home to Camperdown for a couple of years and most of this time was taken up with post rehab such as physio etc.



At the end of 2008 I decided to relocate to Melbourne in the suburb of Footscray. Footscray is a great place to live as it's very close to the Melbourne CBD and offers a wide range of cuisines and fresh produce at the markets. Public transport is on the improve with elevators and upgrades of the Footscray Railway Station nearly complete and therefore making the station more wheelchair accessible.



Once I settled in Melbourne I started training with the Victorian rugby squad. The training was extremely intense and physically telling on my body. Every training session was structured and taken very seriously from personal fitness/conditioning to game plan. In the end it was this training that helped me get selected for my first event with the Victorian rugby team in March 2009. We played in the Border Bash title against South Australia and won the game. A few months later I was invited to an Australian Wheelchair Rugby Selection Camp and was selected to be a part of the Australian Wheelchair Rugby Team. In November 2009 I was selected to represent Australia in the Asia-Oceania Zone Championship in Christchurch, New Zealand. We ended up winning the event against New Zealand and as a result qualified for the 2010 world championship in Vancouver, Canada. Playing the tournament gave me invaluable experience and exposure to the elite level and overall it has given me more drive to achieve my goals with rugby e.g. competing in the 2010 World Championship in Vancouver and the 2012 Paralympic Games in London.

Since the Asia-Oceania Zonels, I traveled with the Australian team to compete in the Canada Cup in Montreal. We had a very successful tournament by winning the final against Canada. This is a fantastic achievement for us leading up to the world championships in September of this year, in which we hope all the hard work pays off..



Who wants to be a millionaire?

He is the face of the Victorian Companion Card, he has snorkelled on the Barrier Reef, he has sailed a boat, he has completed a Bachelor of Media Studies at La Trobe University, he has had articles published in The Age and Sun just when you thought what else could this likable 30 year old C1 Quadriplegic do, he appears on Who wants to be a millionaire and wins \$50,000. Wayne Bradshaw recently caught up with Anthony Bartl and asked him to share his Millionaire Experiences with us readers...

Anthony sustained a C1 spinal cord injury at the age of 6 when he was hit by a truck.

For as long as he could remember, Anthony has always wanted to go on a game show. He loved the aspect of how contestants' and the host of the various shows got along so well, joking, laughing, and generally having a great time.

For the last few years, it has been a ritual for Anthony to sit in front of the television at 5.30pm.

He liked the whole concept of Eddie McGuire's "Who wants to be a millionaire". He liked the friendly banter on the show, the challenge of testing his knowledge, and of course the prize money.

So a while back, he thought that he'd apply to be a contestant of the show "Hot Seat". He was glad that he could apply to be a contestant through the internet.

Some time had passed and he had forgotten about it when out of the blue he got a call to sit a written test covering history, general knowledge, sport etc. after passing the test with flying colours he had to do a screen test and talk about something interesting that he had done. Anthony talked about meeting Michael Jackson when he was out on his "I'm Bad Tour". This sounded very interesting the executives thought and after checking out the logistics of having a ventilated chin driving quadriplegic on the show, he was invited on. (After all when have you seen anyone in a wheelchair on a quiz show before?)

The big day arrived and it was a surreal experience sitting up on stage with the other contestants. Anthony was that nervous that he could hardly speak. Eddie was great;



Anthony thought that they had an instant rapport. The cameras started to roll and it was game on. Anthony was the first of six contestants. Eddie started asking the questions; Anthony answered one and passed the next. One by one the other contestants had a turn and as luck has it they were eliminated. With 2 questions to go and \$50,000 at stake Anthony was in the hot seat. He guessed the first one and Eddie asked him the \$50,000 and last question of the night; Anthony could hardly contain his excitement as Eddie read out the last question, "Which band did actor Jack Black play in?", because he knew the answer. "Tenacious D and lock it in Eddie", Anthony said with a huge smile on his face.

Suddenly the lights came on, music started playing and Eddie announced "Anthony you have just won \$50,000", the crowd went berserk and gave him a standing ovation. Anthony thought "this can't be happening, I was more worried about bombing out early."

Anthony is going to use the money to travel. He wants to cruise around the Mediterranean, visit his brother in Germany and some friends in London. While in England maybe go to the Glastonbury music festival and the tennis at Wimbledon, also pop over to France and Amsterdam.

Anthony currently takes part in a disability awareness program in schools for the Mooney Valley and Darebin councils as well as gives spinal injury prevention talks for Independence Australia and the Alfred hospital. He also writes for disability related articles for the Victorian Government website www.divine.vic.gov.au.

Anthony is an amazing young man who has an unquestionable zest for life. He is an inspiration to us all as he continues to break down barriers and build positive awareness of the capabilities of people with disabilities in regard to being 'disabled'. We all can draw strength from this great guy.



Tracey Todd's Blog

Tracey Todd is a News Link member who lives in South Africa with her son. After a car accident more than 10 years ago, at the age of 28, with a 10 month old son, she was left with C4 quadriplegia. She is passionate about creating awareness to make changes for both physically and (more importantly) in mindset, in order to fulfil and accommodate the needs of all people.

Tracey has contributed to News Link over the past 2 years; in 2009 sharing her experiences about returning to work as a teacher, and in 2008 sharing her experiences as a woman with quadriplegia.

Her blog is entertaining, informative and interactive. Tracey uses a battery powered, chin-controlled wheelchair and travels frequently throughout South Africa to give inspiring and educational public presentations.

If you would like to communicate with Tracey, or simply read her entertaining stories of her everyday life, living independently in her own home, the challenges and inspiration of raising a young son, along with her travel adventures, visit her blog <http://tracytodd.wordpress.com>

Tracey would love to hear from you and interact with you.

E-Mail her todd@soft.co.za

Visit her Website www.tracytodd.co.za

Read her Blog <http://tracytodd.wordpress.com/>

Follow her on Twitter <http://twitter.com/TracyTodd1>



Wheelchair Accessible Vehicles

A few weeks ago, we heard that Freedom Motors was going to demonstrate their new Kia 'Soul' wheelchair accessible vehicle at the Disabled Motorists Association's premises. We couldn't make it, however we were able to get them to display the vehicle at our office in Fairfield. If you haven't seen the Kia Soul, it's worth having a look as it's what some people may call a 'head-turner'.

We found out that even though **Freedom Motors Australia** (FMA) is based in Sydney, they are a national company. They have extensive experience in the design and manufacture of modified vehicles and have a range of different designs to accommodate one or two wheelchair occupants as well as having a range of options to make it easier for the parent or carer to secure the wheelchair in the vehicle for transportation. Their "Freedom Van" rear entry conversion, as seen on the next page, provides the greatest amount of seating configuration possible and a straight path in and out of the vehicle. The wheelchair user is positioned low down and centrally, which ensures a smooth and comfortable ride as well as making it easier to talk to fellow passengers. The Freedom Van also offers the wheelchair occupant panoramic vision out of the vehicle from their wheelchair.

Vehicles converted by FMA comply with all relevant ADR's (Australian Design Rules) and they are members of the MTA (Motor Traders Association) and MVRIA (Motor Vehicle Repairers Association). All FMA modified vehicles are also approved and certified to the relevant state's road and traffic regulations. When you purchase a wheelchair accessible modification vehicle from Freedom Motors Australia it is backed by a 3 year or 60,000km warranty Australia wide.

If you have any questions or would like further information, please contact Garry J. Dale (National Sales Manager) on the details provided below:

Freedom Motors Australia Pty Ltd

Address: 17 Plasser Crescent,
St Marys, NSW, 2760

Phone: 1800 672 437

Email: sales@freedommotorsaustralia.com.au

FREEDOM VAN

Wheelchair Accessible Vehicles

The Freedom Van range is designed and built by Freedom Motors, who deliver Australia's largest range of popular vehicles for conversion.

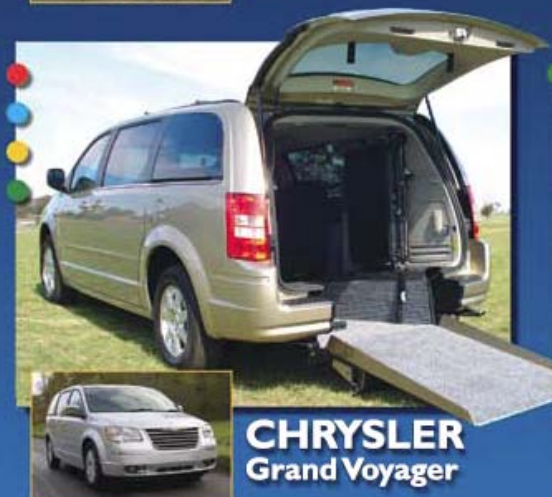
We've been in the forefront of the industry for over 10 years with our innovative designs and layouts. Others have copied but only the Genuine Freedom Van will give you the satisfaction you expect and deserve.



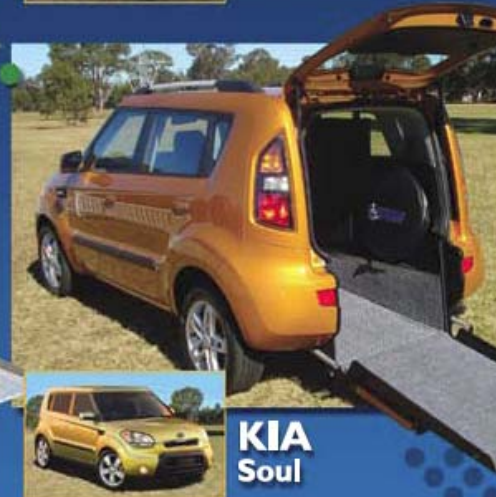
TOYOTA
Tarago



KIA
Grand Carnival



CHRYSLER
Grand Voyager



KIA
Soul

Our vans offer options like:

- Remote-entry system
- 2 seat fold down bench
- Electric wheelchair restraints
- Wheelchair docking system
- Power transfer seat



● Passenger



● Family



● Self-drive



● 2 seater

Freedom Van range of conversion layouts

Our vans can be custom built to the layout that best suits your requirements. The colour code indicates which layouts are available to specific van models.

Other vehicles available for conversion on request

FREECALL:

1800 672 437

email: sales@freedommotorsaustralia.com.au

Visit our website:

www.freedommotorsaustralia.com.au



FREEDOM
MOTORS AUSTRALIA
Wheelchair Accessible Vehicles



Stimulus Package

Three contractors are bidding to fix a broken fence in Yarralumla. One is from Canberra, another from Melbourne, and the third one is from Perth. All three go with a government official to examine the fence.

The Canberra contractor takes out a tape measure and does some measuring, then works out some figures with a pencil. "Well", he says, "I figure the job will run to about \$900, \$400 for materials, \$400 for my crew and \$100 profit for me".

The Perth contractor also does some measuring and figuring and says "I can do this job for \$700, \$300 for materials, \$300 for my crew and \$100 profit for me".

The Melbourne contractor doesn't measure or figure, but leans over to the government official and whispers "\$2,700". The government official, incredulous, says "You didn't even measure like the other guys! How did you come up with such a high figure?" The Melbourne contractor whispers back "\$1,000 for me, \$1,000 for you, and we hire the bloke from Perth to fix the fence". "Done", replies the government official.

And that, my friends, is how the new stimulus plan is working.

The Widow

Three hicks were working on a telephone tower - Steve, Bruce and Jed.

Steve falls off and is killed instantly. As the ambulance takes the body away, Bruce says, "Someone should go and tell his wife."

Jed says, "OK, I'm pretty good at that sensitive stuff, I'll do it."

Two hours later, he comes back carrying a case of beer.

Bruce says, "Where did you get that, Jed?"

"Steve's wife gave it to me," Jed replies.

"That's unbelievable, you told the lady her husband was dead and she gave you beer?"

"Well, not exactly", Jed says. "When she answered the door, I said to her, you must be Steve's widow".

She said, "No, I'm not a widow!"

And I said, "I bet you a case of beer you are."

New Coffee

Ascot Vale deli has a new coffee on its menu – 'The Des Moran Espresso'!

It has 3 shots, only costs tuppence and will blow your head off.

Taking a Number

A man making heavy breathing sounds from a phone box told a worried operator: 'I haven't got a pen, so I'm steaming up the window to write the number on'.

Technology

Tech Support: 'I need you to right-click on the Open Desktop'.

Customer: 'OK'

Tech Support: 'Did you get a pop-up menu?'

Customer: 'No'

Tech Support: 'OK'

Right-Click again: 'do you see a pop-up menu?'

Customer: 'No'

Tech Support: 'OK, sir. Can you tell me what you have done up until this point?' Customer: 'Sure. You told me to write 'click' and I wrote 'click'.

Shopping Centre

My grand daughter told me one last night:

Q: What do you call a Woolworths that has burnt down?

A: Coals.

A child's prayer

'Dear God, Please send clothes for all those poor ladies in Daddy's computer..... Amen'

Ice Cream Parlour

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?'

'No' he replied, 'Arthritis.'

The Hearing Aid

A man was telling his neighbour, 'I just bought a new hearing aid. It cost me \$4000, but its state of the art. It's perfect.'

'Really,' answered the neighbour. 'What kind is it?'

'Twelve thirty.'

CLASSIFIEDS

For Sale

Waterford Recliner - Chair

Sheep cover (new), Good Condition, Easy stand-up features

Phone: 0422 667 767 (Connie)

Price: \$150 ono

House for sale - Bendigo

Architecturally designed, Brick veneer, Wheelchair accessible home, 10 old, Approx 30 squares, 4 bedrooms, Games room, 2 bathrooms, one large spacious main with ensuite, Electric double garage + double carport, Solar panel, Set on 2.5 acres, approx 7kms from Bendigo CBD.

Phone: 0421 550 062 (Ben)

Price: \$450,000

Wheelchair Accessible Caravan

No expense spared, luxuriously appointed, Excellent condition, Custom built, Year 2005, SIZE 23' x 8', Accessible for: Wheelchair user - Quad - Para or limited mobility, slide out ramp, wheel-in shower. This caravan is featured on AQA website by video link, Please call for further details as too many to list here.

Phone: (03) 59419218 or 0417 348 134 (Harry)

Price: \$49,950

2004 Mazda van

Very low 25,000kms All ties down belts are supplied Auto A/C front & rear Power windows Professional modified by Flash-Cab RWC

Phone: 0411 660 867.

Price: \$36,000ono (Yael)

Commode Chair

Padded seat and armrests pan 4 wheels front safety bar footrest armrests tilt up and fold out. **As new**

Phone: Greg (03) 98982914, M 0409967492

Price: \$600 ono

Wheelchair, Sunrise Breezy

Tilt and recline Elevating leg rests, ROHO cushion and foam cushion. Pneumatic tyres front and back. Very comfortable for indoor and outdoor use

Phone: Greg (03) 98982914 ,M 0409967492

Price: \$2000 ono

For Sale

House For Sale - McKinnon

Beautiful 4 bedroom family home in McKinnon. Very well presented family home. High School zone, with excellent wheelchair facilities.

Phone: (03) 9578 5083 (John)

2003 Holden SRI Astra

Urgent Sale, selling due to illness. Vehicle is in pristine condition with only 25,000kms, 1 of a kind, always garaged. Fitted with unique hand controls for Quad's, this enabling the driver to operate: Indicators operate all window wipers horn hazard lights and more without taking hand off hand controls. Also fitted with electric hand brake, Lightened steering, Vehicle Also has: Ergonomic Recaro seat with built-in fan heater full electric seat adjustment. Rego till 06/10. All mods worth over \$12,000. Willing to separate recaro seat

Phone: James (03) 62741143 - Mob 0412618713

Price: \$20,000 ono - \$17,000 without recaro seat

Wheel chair

Glide 6 series electric wheel chair ROHO cushion, waterfall arm rests, extendable attachable foot rests, add on head rest. Reclines lifts, freewheel feature. Cost new \$8000.

Phone: (03) 9787 1566 (Cheryl after 6.00pm)

Price: \$5000

Plega 3 wheeled Scooter

Columbus model, Very Good Condition Carry basket 8 years old

Phone: (03) 5798 5544 (David)

Price: \$1000 Seymour area

Qunum 600 power wheelchair

2007 model, 18 x 18 seat.

Phone: Elizabeth 0400 168 167 or Michelle 0403 352 481

Price: \$5000

Wheelchair

M1 Roller 2004, excellent condition, suitable for hilly area.

Phone: 0447 681 117 (Michael)

Price: \$4000

CLASSIFIEDS

For Sale

Hand Controls, For vehicle

These were on my car for 3 years and I took them off, so they have not seen much use.

Purchased from Franks Engineering.

Phone: Brendan (03) 5482 6182

Price: \$200

Roho Cushions X 8

8 x Roho cushions, 9 x 9 cells, very good condition, no cover.

Phone: (03) 9386 9818 (Colin)

Price: \$200 ono (for 1 Cushion only)

Wheelchair MobilityPlus Glide

17 inch, rigid frame, excellent condition, red and yellow in colour, fold down back.

Phone: (03) 9386 9818

Price: \$600 (Colin)

Ford 94 ED Falcon Futura

Wheelchair access wagon. Good condition, CD, A/C, Dual fuel, CC, Reg till May 2011. RWC.

Phone: (03) 5592 1791

Price: \$12,000

Electric Tilt Table

Excellent condition limited use, cost new \$3700

Phone: (03) 9774 2017 or 0409 380 765 (Jerry)

Price: \$2500

Freebies

Exercise Bed

We have an "exercise bed" currently located in Elsternwick that I would like to give somebody who could benefit from it. It was previously used by somebody who had muscular paralysis as a way of facilitating some movement.

The person lies on the bed and places feet in the straps at the end of the bed. There is an automatic timer and a speed controller.

The feet would then be moved either clockwise or anti-clockwise depending on the setting. It also had a setting for the arms to be moved by holding onto the bars.

The unit is the size of a single bed but is heavy to move. I am happy to donate this to somebody but I would appreciate it if the next owner could please arrange transport for it before 21 December.

Phone: 0411 660 867

For Sale

Pool Hoist

Hydro-workx Aqua Lift, Water Wheelchair provided, (hoist lifts aqua chair into water/pool), Rescue board & floatation aids. Used only once.

Phone: (03) 9813 5313 (Geoff)

Price: \$4,000 ono

Power Wheelchair

Aspire 10 Captain Seat, Very manoeuvrable, comfortable chair. Joystick control for user, or hand control for carer. External battery charger. Grey upholstery. Excellent condition.

Phone: 0413 089 598 (Faye)

Price: \$2,600 ono

Quickie LX Manual Folding Wheelchair

Quickie LX Manual Folding Wheelchair Wheels easily removed. Lightweight, fit into car boot. Purple frame, black upholstery. Left leg support customized and adjustable. Excellent condition.

Phone: 0413 089 598 (Faye)

Price: \$500 ono

1995 Nissan Pulsar

Hand controls, roof hoist, excellent condition, electric roof mounted hoist. The colour is grey, automatic gear box, Supplied with RWC, 12 months reg, regularly service and maintained.

Phone: 0408 806 841 (Grant)

Price: \$5,500 ono

Tilt Table / Stand up-right table

Excellent condition hardly used. 240volt & battery back up

Phone: Michael on (03) 97025102 or 0409196713.

Price: \$2000

Exercise Bench

Good height to transfer onto from wheelchair (60 cm high). The measurements are 2 metres by 1.2 metres. It's made from a light green vinyl. I paid \$1,200.

Phone: Jerry on 9774 2017 or 0409 380 765

Commode Shower Chair

Front opening, self propelled, anti-tip wheels, as new.

Phone: (03) 9386 9818

Price: \$800 (Colin)