

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 73 No.51

November 2009

Future Programmes

Nov	7	Sat	10.30 am	Book Club	Belgreen
Nov	7	Sat	2.00 pm	Colin Beacroft	Belgreen
Nov	11	Wed	10.30 am	Wednesday Group	Belgreen
Nov	14	Sat	11.30 am	Picnic	Abbotsford
Nov	17	Tues	7.00 pm	Management Committee	Belgreen
Nov	28	Sat	10.30 am	Embroidery Group	Belgreen
Dec	6	Sun	12 noon	Christmas Luncheon	Kogarah
Jan	23	Sat	1.30 pm	Management Committee	Belgreen
Jan	23	Sat	5.00 pm	Barbecue	Belgreen

This will be the last newsletter for 2009 – the above January dates start the new year's meetings. The Book Club, Wednesday Group and Embroidery Group will commence in February.

On behalf of our President, Janet Malone and all members of the Management Committee, I would like to wish all members and friends a very Happy Christmas – may you share and enjoy the spirit of this special season.

We also send lots of good wishes for the coming year. For members who have been having difficult times for a whole range of reasons, let's hope 2010 is kinder.

Patricia Byrne

The following information was included in a recent e-mail I received from SUTHERLAND SNIPPETS -

DISABILITY ADVOCACY BROKERAGE

IDEAS has recently received funding to provide advocacy brokerage servicing South East Sydney, which includes Botany Bay, Hurstville, Kogarah, Randwick, Rockdale, Sutherland Shire, Sydney, Waverley and Woollahra. Their free service is available for people with disability and their supporters, family, friends or carers, who reside in funded geographic areas.

Service users can contact their Intake Officers to discuss the issue for which advocacy assistance is required. The Intake Officer will assess the advocacy need and 'broker' the advocacy to an advocacy service with whom IDEAS have established an agreement.

The advocacy service will:

- Protect and promote your rights
- Support your decision making
- Represent your interests
- Assist you to be heard

Call them on 1800 029 904 to inquire about advocacy or to make a referral.

Patricia Byrne

The Physical Disability Council of NSW (PDCN) held its Annual General Meeting on the 21st October, which was preceded with a speech given by Graeme Innes, Disability Discrimination Commissioner calling on the Royal College of General Practitioners (RACGP) to ensure equality in access to medical care for people with a disability by making it mandatory for GP surgeries to have height adjustable examination beds.

Commissioner Innes congratulated PDCN on their recent report following a survey of people with a disability in 2008/09 on the subject of height adjustable examination beds. He acknowledged the efforts of Sheila King (from Access for All Alliance) who undertook research on this issue in 2004 showing that under 5% of GP surgeries had height adjustable examination beds. Today while GP accreditation bodies report that just under 50% of GP surgeries have an adjustable bed, the experience of PDCN is that less than 20% of patients have access to them in reality.

Organisations such as People With Disability and Women With Disabilities Australia have also done work on the subject, and are interested in joining with PDCN in their efforts to address this issue. PDCN is spreading the word on this issue and seeking the support of a number of other organisations to hopefully effect the very necessary change that is needed to enable people with a physical disability to have appropriate health care.

Commissioner Innes said RACGP has worked hard over the past few years to educate its members about the benefits of having such beds for both patients and staff, he went on to say it now has an opportunity to really show some leadership on this issue and use the current review to make height adjustable examination beds mandatory.

Patricia Byrne

News from **Physical Disability Australia (PDA)** regarding The China Disabled Persons Federation Leadership Development Tour – funded by an AusAid Grant, Auspiced and run by PDA August 9th - September 10th 2009.

Six weeks ago PDA successfully ran a travelling training course for twenty senior employees of the China Disabled Persons Federation (CDPF). The whole experience was exhilarating and positive. The visitors from China were a delight and so very keen to learn as much as they could about how Australia delivered services to people with disabilities. They were excited by all the examples of how people with disabilities were involved with the development of policies, services and their management. And they were astounded at the range of aids and equipment.

Yes - PDA constantly gave an honest assessment about the complexities of our service systems, our endless waiting lists and the imposed poverty of disability. But they were still impressed and each person left the country committing to trying to influence policies and resource allocation back in China. They got our main message too - that people with disabilities know best about what they need and how it should be delivered.

The whole event lasted 28 days with 15 dedicated to full days of training. The training was brilliantly presented by people we knew who held senior positions in Sydney, Canberra and Brisbane.

At the conclusion, the group had received 35 training sessions on 32 different topics, only six of the trainers did not have a disability. PDA hopes to continue to build our relationship with the CDPF over the next few years and retain a part in the future developments of policies and services to people with disabilities in China. They have already asked PDA to organise more training courses.

Niki Sheldon, Project Manager CDPF

Future Programmes

**Saturday, November 7 10.30am
Belgreen 40-42 Chalmers St, Belmore**

Members of the Book Club enjoy their time together, and share the following reviews with you.

“Always East” by Michael Jacobson. The story of two men with entirely different cultures, backgrounds and life experiences whose paths one day meet.

An unlikely combination, the two become firm friends and this friendship lasts a lifetime.

Set in a small crayfishing village in Tasmania Sabbath Cullen (of western culture) and Chu Gon (of eastern culture) form a strong friendship and bond in a time when alliances between people of different races were not socially acceptable. In spite of their differences, the two support each other through life’s ups and downs.

This book chronicles their story, and their lives produce a number of crises and surprises, making a most enjoyable story.

Anne Buchanan

“Tales of the Rose Tree” by Jane Brown (2004) Harper Perennial. A wonderful, light hearted and detailed description of the rhododendron. This tree has made huge impact on gardens throughout the world in many and varied habitats.

This native plant of the Himalayas and the Appalachians (well go figure how that happened!) which also goes well in the swamps of Carolina, in the jungles of Borneo and the island inlets of Japan.

Maura Outterside

“Murder on a Midsummer Night” by Kerry Greenwood (2008) Allen & Unwin. My first journey into fiction that I have been “hooked-on”. This Phryne Fisher mystery is part of a long series of detective novels. This lady of independent means lives in 1920’s Melbourne. Her household include a butler, a housekeeper, a secretary and two adopted daughters. In this particular story our heroine, a glamorous private investigator is finding the heat wave and lack of cases rather a bother. When a distraught woman emphatically proclaims her son would not commit suicide and pleads with Phryne to investigate his “murder”, she takes the case and opens a real “page turner”.

Maura Outterside

“For the Love of My Son” by Margaret Davis – Hodder (2006). This is the true story of a mother’s journey in search of justice.

Margaret’s son, Steven, was murdered in 2001 in the Philippines. After 2 years of inaction by the local police and the slow grind of the court system finally his killers were jailed for 40 years. It was Margaret’s constant investigation and persistence, which brought about justice for her son.

Steven was a wealthy and successful businessman, well liked by the locals, married to a Filipino girl and had 2 children. He loved his life, his wife and his family. Investigations by his mother revealed his wife was having an affair and had organised his murder with her lover and 2 other men.

This is a story of a young woman’s greed and lust, her lack of responsibility for her children and the lack of remorse for this terrible crime. The children are with their English grandparents and now live in Spain.

I found this book, once started, hard to put down. It shows the strength of a mother's love and the clash of cultures, which resulted in such terrible consequences. *Janet Malone*

There is an open invitation if you wish to come along to the Book Club, bring your lunch – tea and coffee available at Belgreen.

Enquiries can be directed to our co-ordinator *Maura Outterside* telephone **9718 5803**.

**Afternoon Meeting Saturday November 7
2.00 p.m.**

Belgreen 40-42 Chalmers St, Belmore

Colin Beacroft has kindly agreed to be our guest speaker again, and this time will be giving a talk and power-point presentation on Arthur Yates "The Seed Man". He has gathered information about the history and family business of Yates seeds. Should be very interesting and something we can all relate to – Yates is a household name.

Wednesday Group November 11

10.30 am – 2.00 pm

Belgreen 40-42 Chalmers St, Belmore

The Wednesday Group extends an invitation to members and friends to join them – bring your lunch, tea and coffee available at Belgreen. It's a relaxed environment and you can enjoy the company of others.

Any enquiries can be directed to the Group's Co-ordinator *Daphne Berger* please ring **9718-3678**.

Saturday November 14 from 11.30 am

Hopefully we should be getting some good weather, so we thought a picnic should be added to the "agenda". **The venue selected is Quarantine Reserve, Spring Street, Abbotsford.**

For those who have not been there before, there is off-street parking and a shelter shed, with barbecues and nearby accessible toilets. A very pleasant part of the world.

We hope you are able to join us.

**Management Committee Meetings
Belgreen 40-42 Chalmers St, Belmore**

Tuesday November 17 7.00 pm
Saturday January 23 1.30 pm

Saturday November 28

**10.30 am – 3.00 pm Embroidery Group
Belgreen 40-42 Chalmers St, Belmore**

This will be the final Embroidery Group get together for 2009 – can you believe it, where has the year gone??

Come along and enjoy the opportunity of setting aside some time to embroider and also share what others are currently doing.

You might like to spend some time planning ahead so you can work on your embroidery over the festive season.

As this is the last meeting for the year we usually bring along a little extra for lunch and share, to capture a little of the coming festive season. Tea/coffee available. If you are coming please give me a call so we can co-ordinate the lunch. *Patricia Byrne 9150 5512*.

CHRISTMAS LUNCHEON

**Sunday December 6, 12 noon until 5.00 pm
Mahogany Room, St George Leagues Club**

This occasion is usually popular with our members. However, there a number of names missing from the list – I've not heard from many members at this stage, so if you are planning to attend please let me know. Ring *Patricia Byrne 9150 5512*.

A 2 course meal (main and dessert) – with 2 choices, will be served alternatively. Cost is \$30.00 per head including jugs of soft drink. The Association is subsidizing the overall cost to keep it viable.

Please forward payment to our Treasurer, Jenny Chin, 2 Salerwong Place, Ryde 2112, prior to the luncheon.

This is important to confirm our booking as once numbers are given to the Club, we are required to pay.

This also avoids Jenny having to collect money on the day.

We look forward to seeing everyone – hope you will be able to join us.

Saturday January 23 5.00 pm
Belgreen 40-42 Chalmers St, Belmore

An opportunity to get together following the festive and holiday season. Bring along your own food – the barbecue will be available and tea/coffee will be provided at Belgreen.

Program Report

Maude Chin very kindly gave of her time and effort to provide members with a great day on the 10th October, when she shared her culinary skills. Maude's support to the Association over so many years is really amazing and everyone really enjoys her visits.

Personal Pats

We are pleased to report **Ross Chin** is feeling much better and progressing well – keep up the good work, Ross.

Unfortunately **Bill Freshwater** is experiencing further health problems – our thoughts are with you, Bill.

Ann-Mason Fumage is very pleased with recent surgery on her ear – glad to know everything went well, Ann-Mason.

Our best wishes go to **Coralie Lewin**, who is soon to go into hospital – our thoughts are certainly with you, Coralie.

Alix Rainnie has just spent a few days in Sydney to catch up with people and the “city” – she was able to attend the Embroidery Group, which was great. Alix is looking well and passes on her good wishes.

Congratulations to Pat Davies, who is a proud Grandmother again – it's a girl, born 24th October – mother and baby both well!! Best wishes to all.

At the last meeting of the Management Committee the following **Honorary Members** were again elected.

Mr. Jim Anderson
 Miss Daphne Berger
 Mrs. Maude Chin
 Mr. Albert Foster
 Miss Margaret Gray
 Mrs. Olive Hale
 Mr. Hugh Joy
 Mrs. Margaret Lee

Mr. Albert Lewin
 Mrs. Coralie Lewin
 Mrs. Marge Lotty
 Mrs. Janet Meagher
 Mrs. Gwen Mitchell
 Mrs. Janice Steinfurth
 Mr. Jan Steinfurth
 Mrs. Yvonne Williams
 Mrs. Pat Wynne

The election of these members, acknowledges the contribution they have made to the Association and we once again offer our sincere appreciation for their efforts, interest and support.

Independent Living Magazine

This particular issue concentrated on Communication Systems and provided detailed information on a range of available equipment.

As usual, they also have their Product Review section and the following are some of the items, which may be of interest to you.

Chef'N Palm Peeler – eliminates tight gripping. This is a slightly curved square peeler with a swivel blade. It has a rubberised surface and flexible finger grip. The PalmPeeler is designed as an “extension of the hand”. The finger is slid through the grip and the device sits in the palm of the hand. The stainless steel blade is kept safely away from the user's fingers. A whole hand movement is used to peel the food. A pointed eye at the top if the blade is used to remove potato eyes. Approx. price \$10.95.

Hills Portable Clothesline This is a lightweight portable clothesline for indoor/outdoor use. It features a sturdy leg brace and latching system. There are integral spaces at the sides for coat hangers. The feet are slip resistant and non marking. Two sizes offer a choice of 12 or 17m of line space. Height is 1.3 or 1.5m and it folds for storage. Approx. price \$200.00 (Portable 120) and \$230.00 (Portable 170).

Mini Steam Iron ergonomically designed. This small iron has a large handle which does not require a tight grip to operate. A rubberised grip enhances the safety and comfort of the user. The easily accessible

controls are on the top of the handle. The iron can be used for steam or dry ironing. There is no automatic shut off. It features a non stick sole plate. The cord can be wound around the neck of the handle when not in use. It is compliant with overseas voltages for travel use. Approx. cost \$69.95.

Photoluminescent Door Knob Surround locates a door handle in the dark. This is a glow-in-the-dark photoluminescent square with a peel-off adhesive backing. The circular centre piece is removed and the backing is peeled off the remaining section. This section is placed over the door knob or handle and adhered to the door. After being exposed to a light source, the surround will glow-in-the-dark to assist with locating the door knob. Approx. cost \$3.52 each plus postage.

Shepherd 260 European Standard Fingerprint Mortise Lock three modes of unlocking. This Mortise lock has a slimline design and a long lever handle. It combines fingerprint ID with a keypad system. The Lock features an LED display and simple buttons for operation. Up to 50 users can have their fingerprints programmed. For short-term visitors, temporary access codes can be given. Afterwards, their individual codes can be deleted. The lock is battery operated and has a low battery warning alarm. It comes with an inbuilt deadbolt and an emergency key override. It is suitable for domestic or commercial use. Approx. cost \$800.00.

The wonderful thing about friends is that they can grow separately and yet not grow apart.
Anon.

Management Committee 2009 – 2010

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St. George Master Plumbers & Mechanical Contractors Association
Five Dock RSL Sub Branch
Lions Club of Oatley

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